

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

October,
2025



Charlene's Message

Welcome to the October Voice Newsletter. Our monthly newsletter is to keep you updated on our latest news and events. Each month we have an exchange meeting to share ideas, suggestions, concerns and most importantly to celebrate birthdays and the arrival of new residents.

*****This month's exchange meeting will be held on Wednesday, October 29th @ 2:00 p.m. in the community room*****

*****Flamin Fish food truck to come once a month on a Thursday, Date To Be Determined, watch on Crawl for more updates.**

*****Office will be collecting for the month of October Donations for Roswell for Breast Cancer Awareness month. Thank you in advance for any donation.**

The Annual Apartment Inspections will begin in October. Watch your mailboxes for the date and time that we'll be on your floor. Please take this time to de-clutter your apartment. We will be checking to make sure apartments are being maintained in accordance with your lease and that everything is in good working order. Be sure to report to the office any plumbing leaks, cracks in outlets, loose toilet seats, ripped screens, refrigerator seals needing repairs, etc. Some items to take note of:

- There should not be any tripping hazards such as cords running across the room.
- There should not be anything blocking access to your emergency pull cords in both bathroom and bedroom.
- Pull cords may not be tied up in any way.
- If you live on floors 2 or 3 you cannot have anything blocking access to your windows in the bedroom and living room.
- There should not be anything touching your heating units including drapes.

Enjoy the beautiful colors of autumn!



DEB'S NOTES



COVID

Vaccination

Friday October 10th

8:15 – 11:15 am

COVID remains a threat to older individuals, especially people with serious illnesses. Protect yourself!

Sign up in the lobby

or

Call Deb at 716-881-1120 x 4

Maintenance

For Work Orders 716-881-1120 ext. 1

EMERGENCIES (toilet/leaks): 716-983-1711

SERVICES

Taxi Services

Airport 716-633-8294
Broadway 716-896-4600
Cold Spring 716-886-4900
Liberty 716-877-7111

Beauticians

Latacha's – Latacha
Chandler
Located on 1st floor of
Baptist Manor--Call for
appointment
716-715-1143

Grocery and/or Transportation Services

Price Rite 716-885-2887
Yelloh (formerly
schwans) 888-724-9267
Going Places Van 716-858-7433
Call 716-858-RIDE for
groceries or Doctor's
appt

Sewing & Alterations

Sew Beautiful – Patricia
Jones 716-380-8310

Salvation Army

Pick-Ups 716-875-2533,
Ext: 9

City of Buffalo -Call 311-
Pick up anything w/cord-
broken/working

October Birthdays



Albert Wheeler	Apt 81	October 2
Linda Lazzaro	Apt 133	October 18
Perry Garrett	Apt 147	October 30
Bernard Cook	Apt 131	October 31

**MY LIFE SOMETIMES
FEELS LIKE A TEST I
DIDN'T STUDY FOR.**

- AUTHOR UNKNOWN



SEASONEDTIMES.COM

Try These Homespun Air Fresheners

Most people are very familiar with oatmeal. We eat it as a cereal, add it to our trail mix, use it as an ingredient in cookies, etc. But oatmeal is much more versatile than you may think. There are loads of unusual uses for oatmeal. Here is just a handful things oatmeal can do.

- **Oatmeal can get rid of odors.** Oatmeal absorbs smells. An open container of oatmeal left in the refrigerator will help eliminate any unpleasant smells dwelling inside. A decorative bowl of oatmeal set out in a room can look pretty and keep the air free of unwanted scents.
- **Oatmeal can morph into non-toxic modeling clay.** Oatmeal clay is simple to make, requires no cooking, and makes quite sturdy creations. Mix together one part water, one part flour, and two parts oatmeal and voilà... clay! You can use a little more or less water to get the consistency you want for the clay. Then sculpt away. Oatmeal clay sculptures can be painted once they are dry and hardened.
- **Oatmeal can soothe dry or itchy skin.** Adding ground oats to warm bath water can help ease the discomfort of dry or irritated skin.
- **Oatmeal can be used between hair washings.** When hair looks a little oily but there's no time for a wash and style, oatmeal can save the day. Mix together equal amounts of ground oatmeal and baking powder and then rub the mixture into hair at the roots. It will soak up any overabundance of oil. Just make sure to brush your hair well before heading out the door.
- **Oatmeal can replace breadcrumbs.** Oats can be used instead of breadcrumbs in many recipes. Oats can be just as effective and tasty as breadcrumbs when used as a binding agent in foods like meatloaf, hamburgers and meatballs. Oatmeal makes a great coating or topping, too.
- **Oatmeal can fill a homemade heating pad.** You can make your own heating pad with some oatmeal and an old sock (no holes allowed). Fill the sock about halfway with oats and sew or tie the sock shut on the open end. Make sure no oatmeal can escape the sock. Warm the sock in the microwave. BE CAREFUL not let it get too hot. Always let your oatmeal heating pad warm to a COMFORTABLE temperature before using. And don't leave the heating pad on your body for longer than 15 minutes at a time.

5 Good Sleep Don'ts

Finding it more difficult to get a good night's sleep is one of the less welcome things that can come with getting older. At least for some of us.

There are various reasons why sleeping sometimes becomes more of a challenge in later life. Some sleep problems are actually caused by things we are doing that impact our ability to sleep well. Some of our daily and bedtime habits can make it harder to fall asleep and stay asleep. If we change these habits, we may find that we sleep much better.

Just a few things that can impact sleep quality...

FOOD. Eating certain foods make it harder to sleep, such as fatty, spicy and highly processed foods. Avoiding these foods, especially in the evening, can help you sleep better. In fact, eating anything close to bedtime may affect sleep. It's best to have a healthy dinner at a reasonably early hour and then, if possible, to avoid eating after dinner.

CAFFEINE. Many people avoid drinking coffee in the evening because they know it contains caffeine, which can interfere with sleep. But coffee isn't the only source of caffeine that may keep us from sleeping well. There's caffeine in chocolate as well as in anything containing cocoa. Many varieties of tea also contain caffeine. Even decaffeinated coffee still has a certain amount of caffeine. Of course, some people are more sensitive to the effects of caffeine while others can drink a cup of coffee or hot chocolate right before bed and sleep still like a baby.

ALCOHOL. Yes, a glass of wine or mixed drink can make you feel drowsy and you may even fall asleep fairly quickly after downing one, but drinking alcohol before bed can affect the kind of sleep you experience. It can lessen what is called "restorative sleep" and keep you from feeling well rested after sleeping.

ELECTRONIC DEVICES. There's lots of evidence that using electronic devices, such as tablets, phones, and e-readers, and even TV, at bedtime can cause sleep disturbances. The artificial blue light produced by these devices can alter the body's sleep cycle and reduce the production of melatonin, a sleep inducing hormone. Most manufacturers now offer some kind of option to

enable you to filter out blue light when using devices around bedtime. Look for your device's "blue light filter."

MEDICATIONS. Some common prescriptions and over-the-counter medications can interfere with sleep. Some contain ingredients that may make sleep difficult for several hours after they are taken. Some can upset the stomach if taken right before lying down. Of course, there are certain medications that must be taken at night to be the most effective. If you are taking medications and experiencing sleep issues, speak with your doctor. Together, you can find the best course of action to meet your medical needs and sleep requirements.

Freezing Fruits and Vegetables

Enjoy produce "fresh" from the freezer

"Eat your vegetables, they're good for you" and/or "An apple a day keeps the doctor away." Haven't we all heard these phrases over the course of a lifetime? Although lots of us had to be cajoled or bribed to eat our fruits and vegetables as kids, plenty of us find them much more appealing today. In fact, many of us now find them downright delicious!

Fruits and vegetables are filled with flavor and packed with nutrition. Freezing fruits and vegetables while they're in season is an easy and convenient way to enjoy them all year round without making daily trips to the grocery store or local farmer's market.

According to the United States Department of Agriculture, freezing can preserve the flavor and health benefits of most produce. When properly prepared and stored at 0°F or below, many fruits and vegetables can be safely frozen for as long as a year.

The taste and condition of any frozen food depends on how fresh it was before freezing. The techniques used to prepare fruits and vegetables for freezing and the type of packaging used for storing them in the freezer also affect quality.

Of course, some varieties of fruits and vegetables freeze far better than others. For the best quality, select fruits and vegetables that are fresh from the garden. Although most will retain flavor and nutritive value after being frozen, some will end up with a much softer consistency after being frozen than when fresh.

Check online for specific directions on how to best freeze fruits and vegetables of your choice. Here are some general suggestions.

A few helpful tips about freezing produce...

All fruits and vegetables should be washed in cold water and thoroughly dried before freezing. Cores, pits, stones, skin, and unripe or rotting pieces should be removed as necessary. Fruits and vegetables

should be stored in packaging specifically designed for freezing, such as freezer wraps and bags, vacuum packaging, strong plastic containers, or even glass.

Freezing Fruit

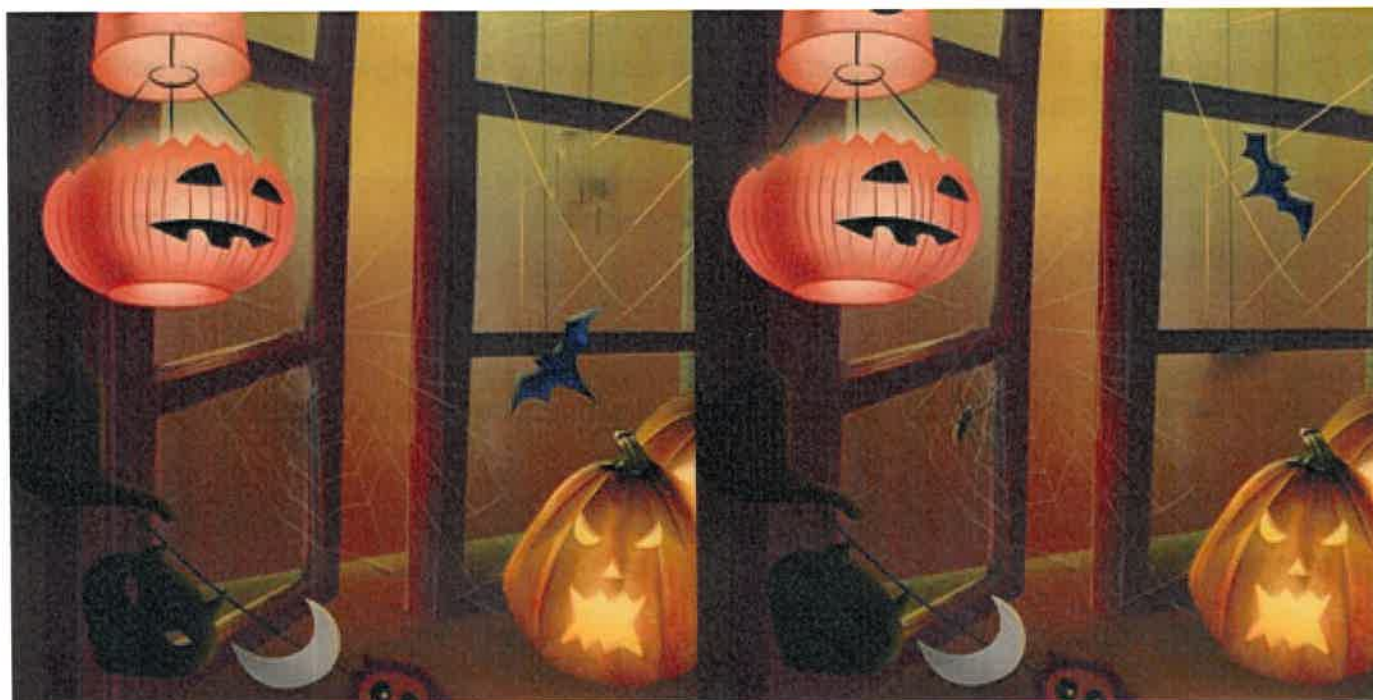
A variety of techniques can be used to prepare fruit for freezing. Often the method will depend upon the type of fruit being frozen and what the fruit will be used for when thawed. Fruits may be frozen in water, syrup, or juice. They may be frozen whole, in pieces, crushed, or pureed. Small fruits – like blueberries and grapes – are often frozen whole, while larger fruits are usually halved, sliced, or chopped.

Light colored fruits, like apples, bananas, pears, and peaches, can turn brown during freezer storage. To eliminate browning, ascorbic acid (vitamin C) or a prepared commercial mixture may be added to fruit prior to freezing.

Freezing Vegetables

Freezing vegetables is a bit different than freezing fruit. Vegetables best suited for freezing are those cooked before serving. Vegetables can be cut into manageable portions for freezing. To prevent the loss of nutrients and undesirable changes in color, texture, and flavor, almost all vegetables should be put through a process called blanching before freezing.

During blanching, vegetables are exposed to boiling water or steam for a brief period and then rapidly placed in very cold water. Blanching reduces the action of enzymes in vegetables that help them grow and ripen. These enzymes continue to act even after a vegetable is harvested. Although freezing can slow down the action of these enzymes, it does not stop the process.



HAPPY HALLOWEEN