

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

October,
2026



Charlene's Message

Welcome to October, 2026 Voice. 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 7th @ 2:00 p.m. in the Community room.

The office will be closed on Monday, October 12th in recognition of Columbus Day.

Just a friendly reminder that we have a wonderful beautician on site for our community and the public. Her salon is down the hallway from the office. Her name is Latacha Chandler, and she is very accommodating with

prices and flexible with her scheduling. She prefers text messages or to leave a message, 716 715-1143.

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. 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 be a clear and easily accessible path toward the kitchen/bathroom sink and both living room and bedroom window for fire/safety purposes.
- 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.
- 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 or any furniture.

Enjoy the beautiful colors of autumn!

Charlene



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
Going Places Van 716-858-7433
Call 716-858-RIDE for
groceries or Doctor's
appt

Salvation Army

Buffalo Office-
716-886-5772

Sewing & Alterations

Sew Beautiful – Patricia
Jones 716-380-8310

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

October, Birthdays



Albert Wheeler	Apt 81	10/2
Linda Lazzaro	Apt 133	10/18
Malcolm Bradley	Apt 111	10/25
Perry Garrett	Apt 147	10/30
Bernard Cook	Apt 131	10/31

LAUGHTER IS TIMELESS.
IMAGINATION HAS NO AGE.
AND DREAMS ARE FOREVER.

– WALT DISNEY



Your Family's Medical History Matters

Certain health conditions can run in families. Diabetes, heart disease, cystic fibrosis, sickle cell anemia... even cancer – just to name a few. These ailments have the potential to repeat from generation to generation.

Knowing your family's health history and the illnesses suffered by your parents, grandparents, and so on can help doctors identify some of the health risks you and your family members may face. Unfortunately, with the passing of each generation, valuable health information is often forgotten or lost. By compiling your family's medical history, you can help impact the health of your current loved ones and future generations to come.

Here are some tips on assembling your family's medical history.

A few helpful tips...

Ask relatives about your family's health history. Find out what your contemporaries and older members of the family remember regarding family health issues over the decades.

Look for family records. Try to locate things like family trees, birth certificates, death certificates, etc. Even old diaries, photo albums and scrap books may help.

Search for official documents. Government records (like death certificates and military discharges) along with newspaper reports (such as obituaries and hometown articles) may include some useful information. Many can be accessed online or through your public library.

Compile your information. Document your family history in a computer file so you can share it with the rest of your family as well as pass it on to future generations. The U.S. Surgeon General has developed a computerized tool called [My Family Health Portrait](#) to help people create a family medical history.

What Makes a "True" Friend?

“A true friend is someone who lets you have total freedom to be yourself – and especially to feel. Or, not feel. Whatever you happen to be feeling at the moment is fine with them. That’s what real love amounts to – letting a person be what he really is.”

Most people probably have a lot more “acquaintances” than “true friends.” Acquaintances can be wonderful people who are important to us. But, there is something about a relationship with a real, “true” friend that makes the person more central and impactful in our lives. If you have someone in your life that you know will always be there for you through thick and thin, then you know what it feels like to have a true friend and you are a very fortunate person indeed.

The “seasoned” years provide a great time to strengthen existing friendships and make new ones. Like fine wine, friendships often improve with age. As we get older, we are no longer as influenced by some of the things that might have weakened a friendship when we were younger. We tend to be more comfortable in our own skin, more accepting and forgiving of others, and less critical of the “smaller” things in life.

Some studies have shown that having friends you can count on is measurably good for your health and well-being as you get older. Research suggests that friends can help improve the quality of life in later years and even lengthen life spans.

With all the people that come in and out of our lives through the decades, some will be acquaintances and some will be true friends. In general, true friends might be best described as people we “choose” to be our family.

Characteristics of a "True" Friend

- **A true friend** is attentive. The desire to listen is the sign of a friend who really cares. A true friend listens to you with his/her full attention, validates your feelings, and responds with awareness and focus.
A true friend can be trusted. You can share your secrets with a true friend and know that whatever you share will stay with that person. A true friend does not gossip behind your

back and will never say or do anything to damage your reputation.

- **A true friend** will not judge. You can be confident that a true friend accepts and loves you as you are and does not expect you to be anybody or anything else. A true friend understands that you will not always agree with each other or share the same beliefs and opinions... and it is perfectly okay.
- **A true friend** is forgiving. Nobody is perfect or immune from making mistakes and a true friend knows that. When you have disagreements or something hurtful happens between you, a true friend will find a way to reach across the divide that may separate you to grab your hand and hold on. A true friend does not hold a grudge.
- **A true friend** says "I'm sorry." It isn't always easy to realize or accept when you are mistaken or have made an error. A true friend will try to see things from your perspective and acknowledge when you are right and he/she is not.
- **A true friend** is honest, even when it is difficult. A true friend will tell you how they really feel even if it is not something you want to hear. He or she will applaud you for your positive actions and "call you out" when he/or she thinks you need to hear it.
- **A true friend** helps you be more accepting of yourself. When you are full of self-doubt or your self-esteem needs a boost, a true friend will lift you up. He/she will help you see the positives you may overlook when you are feeling down about yourself.
- **A true friend** is supportive through highs and lows. During life's victories, a true friend will be your loudest cheerleader. He/she will be genuinely happy for you. During times of heartbreak, pain or crisis, a true friend will be there to support and guide you without hesitation.
- **A true friend** keeps drama to a minimum. Every friendship has its dramatic moments, but a good friend will not create drama just for attention. A healthy friendship does not require theatrics to keep it strong.

- **A true friend** makes friendship a priority. Lives are busy. A true friend makes time for you. He or she tries to keep up with what is happening in your life even when life is hectic. If you need a true friend, he or she will always find a way to be there for you.
- **A true friend** is in it for the “long haul.” Friendships that endure the test of time do not just happen. They are forged by a desire and determination to see them thrive and flourish. A true friend knows and respects the fact that there is an ebb and flow to most friendships. You may not see a true friend for weeks months, or even years, but it never takes long to pick right up as if you were together yesterday.
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SIMPLE WAYS TO RELAX WITHOUT LEAVING HOME OR SPENDING A CENT

Visualize your own peace. Sit down, close your eyes, clear your mind, and envision a place where you feel most calm and safe. See the sights, sense the environment, smell the smells, taste the tastes. The more detailed you get the more relaxed you will become. Fold laundry. Yes, that's right. Fold your laundry. Studies have shown that simple, repetitive actions like folding laundry have a relaxing effect. Write in a journal. Putting down your thoughts can help reduce stressful feelings you may be carrying around with you. Soak your feet. Give your feet a break in some nice warm water. A foot bath is a great way to soothe your body and mind, because it helps relieve body tension and calms mental stress.

Please join us!

Friday October 9 10:30 - 11:30

Medicare

Open Enrollment Seminar

Thinking about making a change?

Learn about your options!

Licensed Insurance Broker

Ladana Brown

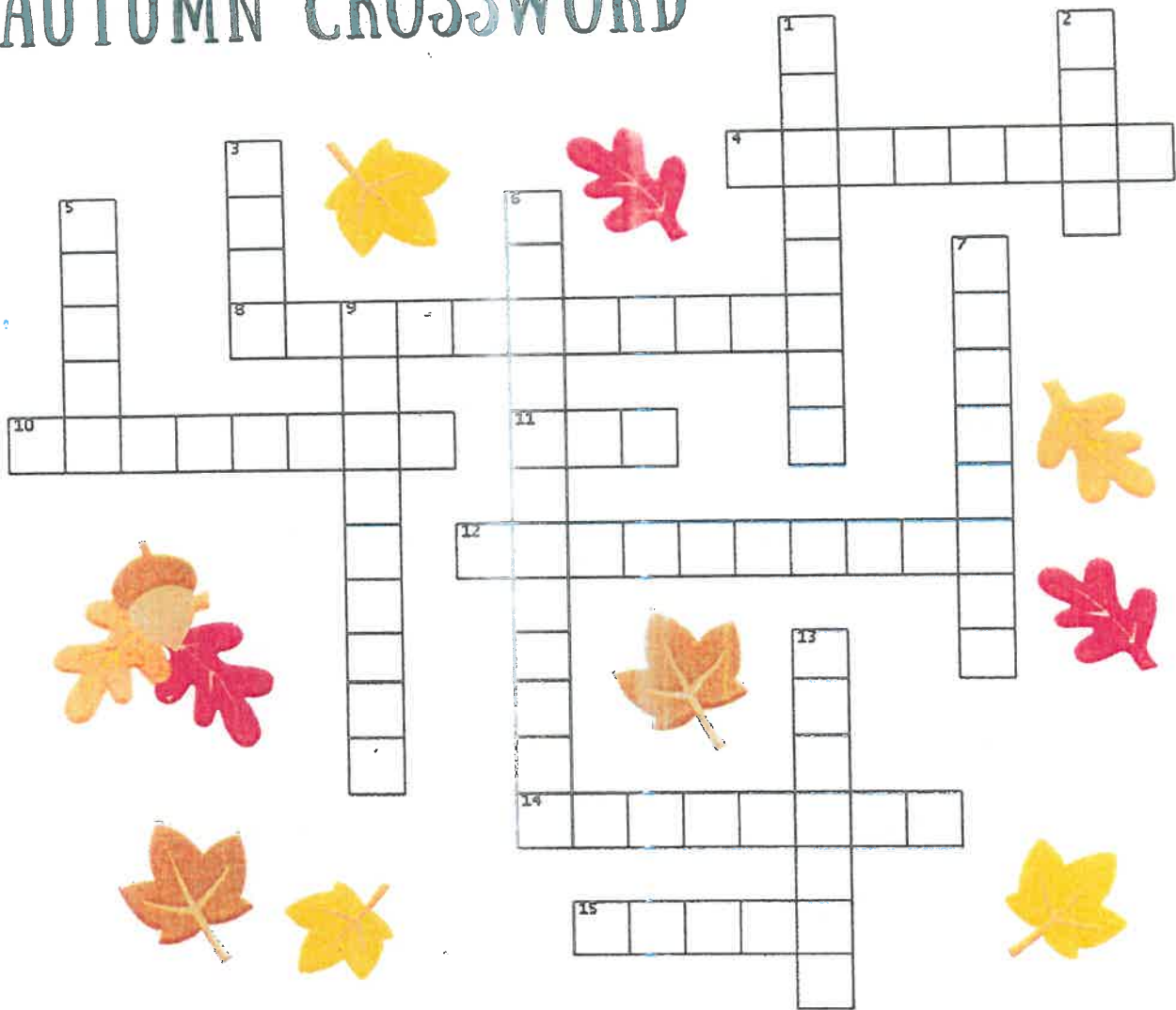
Will guide us through the maze!

Please sign up in the lobby

Refreshments will be served

in the Community Room

AUTUMN CROSSWORD



ACROSS

- 4. Edible fungus
- 8. Visually attractive scene
- 10. Celebratory event or gathering often centering on a theme
- 11. Food for plant-eating animals
- 12. Waterproof coat
- 14. Tree dwelling rodent
- 15. Stitched bed cover

DOWN

- 1. Wind blowing in strong gusts
- 2. Cornfield pest
- 3. To cut or gather a crop
- 5. Tree and/or sweet liquid
- 6. Spongy confections
- 7. Waterproof overshoes
- 9. Small, round fruit with sour taste
- 13. Move seasonally

Answers on back

SOLUTIONS

AUTUMN CROSSWORD

