

# The Voice

April, 2024

**Baptist Manor --- A Community of Caring**

*276 Linwood Avenue*

*Buffalo, NY 14209*

[www.baptist-manor.org](http://www.baptist-manor.org)



## ***Martha's Message***

Welcome to the April Voice. Our monthly newsletter 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, April 24<sup>th</sup> @ 2:00 p.m. in the community room.***

I would like to give a warm welcome to our new resident, Norma Jean McElrath in apt 68. May you enjoy your new home at Baptist Manor!

April 8th is Total Solar Eclipse Day! The lunch program is cancelled on this day however Mary and Caroline have graciously offered to serve soup and sandwiches that day in the community room.

Erie County Dept of Sr. Services is urging people to ensure they have enough food, medication, etc. prior to April 8th so that you may stay in place to witness this historic event from home. An unprecedented number of visitors are expected in WNY and the roads could be in gridlock for most of the day. If you travel that day, expect long delays. The office will be closed on April 8th.

Viewing the eclipse without protective glasses would very likely be harmful to your vision. DO NOT view the eclipse without protective eye wear. Protective eye wear is available in the office for \$3 or you can get them at any library for free.

With spring comes spring cleaning and a good time to clean behind your appliances. Contact the office to schedule maintenance to move your appliances for you or if you would like us to do the cleaning for you, the charge is \$10.00.

Quarterly bedbug inspections will take place at the end of April. Check your mailboxes for the date we will be on your floor.

All laundry rooms are open to all residents, meaning tenants are not assigned to any particular laundry room. They are not, however, open to family or guests to do their laundry. Please be courteous to all by not leaving your laundry in the machine more than 30 minutes past the completion of the cycle. As a reminder, please do not wash rugs in our washers. They are usually too big for the size washers we have, and they leave a lot of residue in the machine. Rugs and large blankets and comforters must be taken to the laundromat.

Enjoy the warmer days of spring...sure to be here very soon!

***Martha***

# Deb's Notes



*New!*

## *Blood Pressure Clinic*

*Includes Free Coffee & Breakfast goodies* ☺

*The first Wednesday of every month starting:*

**Wednesday April 3<sup>rd</sup> 9am to 10:30 am**

**In The Community Room**



**See you there!**

**Deb**

# Maintenance News



Hello Folks,

Some of you are still having issues with water lines clogging due to the water being shut off a couple of weeks ago. Please continue to call the office about slow running water and drain issues.

Please bag and tie all trash being thrown down the garbage chute. Unbagged trash makes a big mess in the compactor room. Cat owners - do not throw cat litter down the chute. Bag up the cat litter and leave it in the refuse room on your floor.

Thank you all for your cooperation.

Rich

For Work Orders 716-881-1120 ext. 1

**WATER EMERGENCIES: 716-983-1711**

## **SERVICES**

<b>Taxi Services</b> Airport 716-633-8294 Broadway 716-896-4600 Cold Spring 716-886-4900 Liberty 716-877-7111	<b>Beauticians</b> Latacha's – Latacha Chandler Located on 1 <sup>st</sup> floor Baptist Manor Call for appointment 716-715-1143
<b>Grocery and/or Transportation Services</b> 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	<b>Mary Kay Cosmetics</b> Mary Thomas 716-931-9152
<b>Household Items</b> Watkin's Sales Assoc. – Helen Westmoreland 716-725-6158	<b>Sewing &amp; Alterations</b> Sew Beautiful – Patricia Jones 716-380-8310
<b>Laundry Services</b> Aladdin Dry Cleaning 716-835-1707	

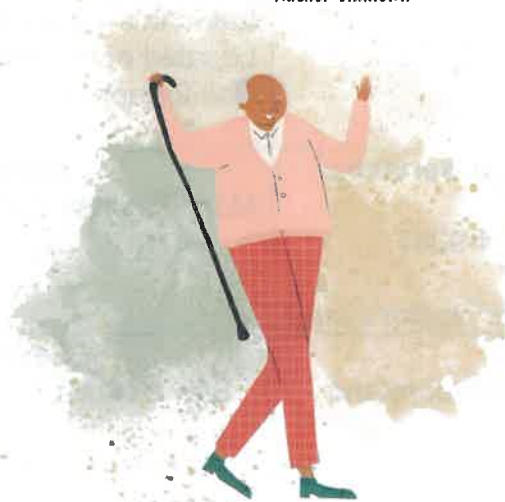
## APRIL BIRTHDAYS



<b>Caroline Babb</b>	<b>Apt 25</b>	<b>April 1st</b>
<b>Miriam Langan</b>	<b>Apt 75</b>	<b>April 5th</b>
<b>Donna Pecoraro</b>	<b>Apt 108</b>	<b>April 6th</b>
<b>Marianna Gurnett</b>	<b>Apt 136</b>	<b>April 6th</b>
<b>Edith Brown</b>	<b>Apt 48</b>	<b>April 15th</b>
<b>Allie Dixon</b>	<b>Apt 139</b>	<b>April 18<sup>th</sup></b>
<b>Glendia Daniel</b>	<b>Apt 118</b>	<b>April 29<sup>th</sup></b>
<b>Barnabas Britt</b>	<b>Apt 86</b>	<b>April 30<sup>th</sup></b>
<b>Shirley Herman</b>	<b>Apt 97</b>	<b>April 30<sup>th</sup></b>
<b>Donald Brainard</b>	<b>Apt 53</b>	<b>April 30<sup>th</sup></b>

*I don't mind my age... it's just the number of  
years I've been around for people to enjoy.*

*- Author Unknown*



SEASONEDTIMES.COM

# **SOLAR ECLIPSE MAP & TIMES-APRIL 8, 2024**



The eclipse will begin in western New York shortly after 2 p.m. Eastern Daylight Time. Full totality will begin in Chautauqua County at 3:17 p.m., moving through the state to Plattsburgh at 3:25 p.m. Locations in the path of totality could experience total darkness for up to 4 minutes.

<b>LOCATION</b>	<b>PARTIAL ECLIPSE BEGINS</b>	<b>FULL ECLIPSE BEGINS</b>	<b>FULL ECLIPSE ENDS</b>	<b>PARTIAL ECLIPSE ENDS</b>
Jamestown	2:03:38 PM	3:17:55 PM	3:20:46 PM	4:31:43 PM
Buffalo	2:04:56 PM	3:18:20 PM	3:22:06 PM	4:32:10 PM
Rochester	2:07:00 PM	3:20:08 PM	3:23:47 PM	4:33:26 PM
Syracuse	2:09:01 PM	3:23:03 PM	3:24:30 PM	4:34:49 PM
Watertown	2:10:05 PM	3:22:33 PM	3:26:12 PM	4:35:01 PM
Plattsburgh	2:14:03 PM	3:25:44 PM	3:29:18 PM	4:37:07 PM

# **2024 Total Solar Eclipse in New York State: Health and Safety**

New York is the perfect place to take in the solar eclipse on April 8, 2024 as several regions stretching from Chautauqua-Allegheny through the Thousand Islands will be in the direct path of totality. Because the 2024 Total Solar Eclipse will not be viewed again for another 20 years, New York State is expecting high turn-out in many regions to view this event.

## **Keep Your Eyes Protected**

- Remember to protect your eyes with [specialized solar viewing glasses](#).
- Check traffic before heading out for this epic event.
- Prepare for the weather.
- Do not look directly at the sun during the eclipse (except during the limited time of totality when the sun is completely covered by the moon—and even then, with caution).
- Sunglasses will NOT protect your eyes
- Do not take a picture with your phone as it can ruin the phone

If your eyes are exposed to the sun without the appropriate protection, it can cause “eclipse blindness,” which can temporarily or permanently damage your eyes.



# **Posture and Aging**

Posture is one of those things that tend to change as people get older. Few of us stand as straight or sit as tall in our seasoned years as we did in our youth. But poor posture isn't just about slouching or stooping over. Poor posture can stop people from experiencing an active lifestyle in their later years.

Posture changes happen gradually over a lifetime, and the degree of change varies from person to person. Why does posture change as we age? There are a few reasons. One reason is that age can wear down the discs in the spine, which causes them to compress. When discs compress, the back starts to tilt forward.

Aging also affects other bones in the body as well as the joints and muscles. The ways in which people try to adjust to changes in posture may also affect the alignment of the body... sometimes actually making things worse instead of better. It's very easy, and common, to overcompensate for a problem, only to cause another problem.

The various injuries, traumas, health problems, and other issues we deal with throughout life impact our posture later in life as well. A bone fracture or injury can affect posture down the line and so can loss of muscle strength, weight gain, and other body changes that happen as a person transitions through life.

Keep in mind that perfect posture is not necessarily a reasonable goal for every person. Posture depends upon many factors like weight, height, and body type. A more realistic objective would be to work toward achieving posture that's best and most appropriate for you and your unique body.

The good news is there are simple things we can do to minimize, improve, delay, or even avoid posture issues. Here are just a few.

## **Tips for Maintaining Good Posture**

- **Be attentive.** Body awareness is helpful when it comes to improving posture. Think about how you hold your body. Stand and walk straight and tall. Stand with your head held high, shoulders back, knees straight, stomach muscles tight, buttocks tucked in. Keep your head pointed straight ahead and tuck in your chin. Your ears should be over the middle of your shoulders.

**Strengthen your core.** Our abdomen muscles are especially important to keeping the spine strong and supporting body alignment and posture. Stretching, walking, weight bearing, and resistance exercises can help strengthen the body's core. Speak with your doctor about the best ways for you to improve your core strength.

- **Don't slouch.** Spending significant amounts of time in a slouched or stooped position can have a negative impact on posture. Actively think about sitting up straight while doing common activities – like watching television, reading, writing, etc.
- **Consult a professional.** If you are concerned about your posture, contact your doctor for recommendations. He or she may have suggestions or recommend that you see a physical therapist.

-----Seasoned Times