

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

August
2024



Martha's Message

Welcome to the August 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 Monday, August 19th @ 2:00 p.m. in the community room.***

Welcome to our newest resident, Katherine Tussing, in apartment 49. May you find much happiness in your new home!

Our annual backyard BBQ was a great success. It was another beautiful night in Buffalo. The evening was filled with good food and great music from the Donna Rose Band. Congratulations to Donna on her induction into the Buffalo Music Hall of Fame! It is such a well-deserved honor!

Please feel free to come down to the air-conditioned community room to cool off during the hot, sticky days of August. Grab a good book from the library or watch TV on the big screen.

We are collecting donations in the management office for St. Jude's Children's Hospital through the month of August.

The back parking lot fence installation is scheduled for August 30th. You will no longer be able to enter or exit our parking lot through the church parking lot. Please inform your guests and aides of this change.

I hope you are able to get out and enjoy these beautiful days of summer!

Martha

How Does the Sun's UV Rays Affect Your Eyes?

Most people probably understand the link between ultraviolet (UV) radiation and skin cancer. But many are less aware of the connection between UV radiation and eye damage.

The sun's ultraviolet rays can increase the risk for developing cataracts, age-related macular degeneration and growths in the eye, including cancer.

UV rays can come from many directions. They radiate directly from the sun, but they are also reflected from the ground, from water, snow, sand and other bright surfaces.

Look for sunglasses that block both UVA and UVB rays. Neither the darkness of the lens nor the cost of the glasses plays a part in how well a pair of sunglasses protects your eyes.

Glasses that wrap around the temples so that light cannot enter your eye from the side offer the best protection.

~ American Academy of Ophthalmology

Maintenance News



Hi Folks,

Every month we clean the weep holes in the washing machines to prevent flooding. We have been finding a lot of coins and tissue in them lately. Please be sure to check the pockets of any clothing before putting them in the washers.

Another problem we are having is rags being flushed down toilets. It is messy and time consuming to clean out. Please pass this message to your aides/housekeepers.

The lock on your apartment door will give 3 short beeps when the batteries are getting low. When this happens, please contact the office to replace the batteries.

Thank you all for your cooperation.

Rich

For Work Orders 716-881-1120 ext. 1

WATER EMERGENCIES: 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 1 st floor 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	Mary Kay Cosmetics Mary Thomas 716-931-9152
Household Items Watkin's Sales Assoc. – Helen Westmoreland 716-725-6158	Sewing & Alterations Sew Beautiful – Patricia Jones 716-380-8310
Laundry Services Aladdin Dry Cleaning 716-835-1707	

AUGUST BIRTHDAYS



Mary Hillinger	Apt 56	August 7th
Audrey Christopher	Apt 128	August 13th
Susan Sweeney	Apt 72	August 21st
Gail Crawford	Apt 159	August 21st
Gloria Black	Apt 87	August 22nd
Patricia Thompson	Apt 83	August 23rd
Jackie Robinson	Apt 142	August 23rd
Joseph Scrivani	Apt 133	August 24th
Pervies Quicksey	Apt 74	August 26th
Martha Prinzbach	Staff	August 29th
James Williams	Apt 132	August 30th
Angela Lee	Apt 138	August 31st

Old friendships are like fine
wine. Who are we kidding?
Old friends like fine wine.

- Author Unknown



SEASONEDTIMES.COM

Tips for Remembering Names

We all forget people's names from time to time. It happens at any age. As we get older, it may happen more often. Even those of us with a gift for remembering names, may find it becomes more difficult as the years go by.

For most folks, forgetting a name or two is not something to consider worrisome. But, if you're experiencing problems with your memory that go far beyond forgetting a couple names here and there, it's important to let your doctor know. While general forgetfulness is common during the seasoned years, symptoms that could signal memory problems – like dementia and Alzheimer's – should never be ignored.

Remembering names may take a little added effort these days, but we can sharpen our abilities to keep names straight. The following are a few things we can do to get better at remembering names.

Try These Helpful Suggestions:

Use people's names. The old adage "use it or lose it" applies pretty accurately when it comes to remembering people's names. Repeating someone's name during a conversation helps the brain connect the name with the person. Of course, you don't want to overdo it. Greet a person with their name, say the name a couple times while talking with the individual, and then use it again with your goodbye.

Get in the habit of making introductions. When you introduce people to each other, you are forced to use their names and often to come up with some information about them as well. The more times you introduce an individual, the easier it may be to come up with that person's name.

Associate visual images with people and their names. If you can find something to visualize that reminds you of the person, it may make it easier to recall the name when you need it.

Come up with a word that rhymes with a name. Rhymes stick in our minds. Think of all those nursery rhymes we learned as children and still remember to this day.

Link a name to something unique about a person. If there is something interesting, distinctive, or unusual about someone, associate that specific aspect about the person with his or her name.

Find reasons to write names. The very act of writing something down tends to help us remember it. If you send emails or texts to people, include their names with the messages.

Clear your mind and focus on the person. If you are having trouble remembering names, be present in the moment and concentrate on the person in front of you. You may be having trouble thinking of a name because your mind is distracted with too many other things.

-----Seasoned Times



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Manage concerns about falling
through various topics:**



- Home Hazards
- Exercise
- Positive Mindset
- Healthy Habits
- Much more!

The first class will be on Wednesday,
August 14th, 2024, at Baptist Manor!
Your coaches will be Eric Weisansal
and Julia Buckner

Class starts at 1:30 PM but come in 30
minutes early for some coffee and dessert!

To sign up, please call
Deb!

(716) 881-1120 EXT. 4

