

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

December

2024



Martha's Message

Welcome to the December 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, December 11th @ 2:00 p.m. in the community room.***

Be sure to check out Movie Night on select Fridays during the month at 5:30pm. Check your activity calendar attached to this newsletter. If you have any movie suggestions for future shows, let us know!

Diane Torrence hosts a wonderful Coffee Hour every Friday morning from 9am-10:30am. Come down and enjoy a cup o' joe and a breakfast treat with your neighbors.

I'd like to give a big thank you to Diane Torrence who helped with the Calvary Baptist Church Thanksgiving dinner donations last week. Many of our folks were blessed with a hot, delicious Thanksgiving meal thanks to you!

With the winter season upon us, I want to remind you to never go behind the truck in the parking lot when we are snowplowing. The driver may not see you. Also, during inclement weather, stay inside if possible. Slips and falls are the number one accident for older adults. A fall can drastically change your health. Be careful and safe.

We kick off the holiday season on Friday, December 6th with the annual tree trimming at 10:30am (immediately following coffee hour) in the lobby.

Thursday, December 18th at noon is our Holiday Luncheon for those who've signed up.

The office will be closed from noon on Tuesday, December 23rd until Thursday, December 26th for the Christmas holiday.

May the spirit of the holidays bring you peace and an abundance of joy.

Martha

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"Be thankful for what you have; you'll end up having more.

If you concentrate on what you don't have, you will never, ever have enough."

~Oprah Winfrey



Maintenance News



Hey Folks:

As all or most of you know, we are temporarily short a maintenance person. Because of this, some requests may not be done as quickly as usual. We obviously have to deal with priority and emergency situations first but every work order will be completed ASAP.

The light fixtures in your apartment that we provide are only rated for 60-watt bulbs. If you are replacing the bulbs yourself, please do not exceed 60 watts. A higher watt bulb could cause overheating in the fixture which is a fire hazard.

With all the cold weather right around the corner, it's a good time to start checking and locking windows to reduce drafts. If any of you are having any issues closing your windows completely, please call me. We want everyone to be warm and comfortable through the winter. As always 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	

DECEMBER BIRTHDAYS



Avery Key	Apt 35	December 2
Linda Savannah	Apt 137	December 2
Carlson Croom	Apt 117	December 3
Janet Gibson	Apt 64	December 14
Janice James	Apt 24	December 17
James Collins	Apt 102	December 27
Villa Jones	Apt 66	December 27
Daniel Calderon	Apt 116	December 30

Yes... It Could be a New Allergy

Do you have those pesky symptoms that may signal the beginning of a cold? The bothersome tickle in your throat or the itchy and watery eyes? How about a repeating sneeze you can't seem to get rid of? If your symptoms have been hanging around longer than those of the common cold, guess what? Your symptoms may be a sign of adult onset allergies. Yes, allergies can show up for the first time at any age.

Allergies often appear first in childhood... but not always. Lots of folks are not diagnosed with allergies until much later in life. Some newly diagnosed older adults actually have been experiencing allergy symptoms for decades before being diagnosed, but others never had any allergy symptoms whatsoever until reaching later adulthood.

In the course of our lives, we are all exposed to a variety of outside forces (or allergens) with the potential to cause an allergy. Why do some of us end up with allergies while others do not? Well, in some individuals, the immune system sees allergens as a threat and starts emitting chemicals meant to protect the body. The release of these chemicals causes allergic reactions and symptoms.

The immune system can mistakenly overreact to anything and mislabel it as a threat, from dust mites or mold to venom, insect bites, and certain foods. Even if you never had any allergy symptoms to any of these triggers, it is possible for your body to suddenly start reacting to one or more of them.

Allergy symptoms can run the full gamut from barely noticeable to quite severe. Although not common, there are instances when an allergic reaction can become life-threatening. Anaphylactic

shock is an allergic reaction that can cause air passages to swell and make breathing difficult or even impossible. If anaphylactic shock is not treated immediately, there is the chance it could be fatal. Although unusual, it is important to be aware of the dangers of anaphylactic shock. Immediate medical attention is vital.

If you are experiencing allergy symptoms that are new to you, make sure to let your doctor know as soon as possible. Most likely, your symptoms will not lead to a serious health concern, but they may be needlessly affecting your quality of life by making you feel miserable and zapping your energy.

A healthcare professional will be able to help figure out if your symptoms are from an allergy and identify the best way to deal with your symptoms. Your doctor may recommend allergy testing to identify the source of an allergy and/or refer you to an allergy specialist.

Some allergy triggers can be avoided completely, thereby reducing or eliminating allergic symptoms. Milder allergy symptoms are often relieved using over-the-counter medications. More severe or long-lasting symptoms may require prescription medications or even allergy injections.

Is it a Cold or an Allergy?

Colds and allergies often produce similar symptoms. According to the American College of Allergy, Asthma, and Immunology (ACAAI), answering the following questions can help you tell the difference. For more information, visit acaai.org/allergies.

Symptoms for two weeks? If you answer yes, you most likely have allergies. While colds might seem to linger on forever, they are not as long-term as allergies.

3 Important Questions

- **Escalating symptoms?** If your symptoms progress and worsen rather quickly, you might have a cold. Colds evolve. They often start with a stuffy nose, throat irritation, and perhaps even a low-grade fever. Next comes the sneezing and runny nose, with thickening mucus.
 - **Green or clear mucus?** Colored mucus probably isn't the most pleasant symptom you want to think about. Mucus that turns yellow or green tends to indicate an infection, but could also be seen with severe allergies. Clear mucus is usually present with either the common cold or milder allergies.
 - **Itchy or wheezing?** Itchy eyes, throat, and nose, along with sneezing can signal either a cold or an allergy. But, if you also have asthma-like symptoms, you are probably more likely to have an allergy. An estimated 75 to 80 percent of asthmatics also have an allergy.
- * Make sure to inform your doctor about your symptoms.**

Maintaining Memory Muscle

Who hasn't suffered a moment or two of forgetfulness? Many people, both young and "seasoned," experience memory lapses. The older we get, the more likely it is we will have more moments of forgetfulness.

There may be times we can't remember where we put our car or house keys. There may be times we find it difficult to place a name with a face. But, more often than not, a lapse in memory does not signal a serious issue. The good news is most of us will be able to remain both alert and able as we age. Even if it take us a little bit longer to remember some things than it once did.

Although the brain isn't actually a muscle, it does need exercise. Not the same kind of exercise needed by the body, of course. The brain needs regular mental stimulation. Studies have shown that brain function can be strengthened as we age by engaging the brain regularly. Cognitive function can be preserved and improved through stimulating activities like word games, puzzles, learning, hobbies, and even conversing with others about interesting topics.

If you experience more than occasional moments of forgetfulness, it is important to let your doctor know. He or she will know if there is cause for concern.

Here are a few things we can all do to stimulate our minds and exercise our memories.

A Few Ways to Exercise the Memory Muscle

- **Make lists.** Keep track of things you need to remember by writing them down and marking them off.
- **Get organized.** Eliminate clutter and put things back in the same place every time you use them.
- **Repeat information.** If you want to remember something, say it over and over or write it down in your journal. The more you hear or see it, the better the chances are you will remember it.
- **Make associations.** Trigger your memory by associating things that are related to each other. If you usually take your medication after brushing your teeth, keep your pills near your tooth brush.
- **Tackle a daily puzzle or brain teaser.** There are lots of puzzles and games that challenge the mind, like crosswords, word searches, or Sudoku. Playing cards and board games can also stimulate the brain.

JOIN US!

**SNAP
EDUCATION
NUTRITION
CLASS &
FOOD DEMO**



**We'll be
making
Cranberry
Orange
Parfaits!**

When?
Friday,

December 13th
at 10:30am

Right after
coffee hour

*****To RSVP Call Deb
Seifert at 716-881-1120**

x 4 ***



SNAP-Ed
New York

SAVE TIME. SAVE MONEY. EAT HEALTHY