

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

January

2025



Martha's Message

Welcome to the January 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, January 13th @ 2:00 p.m. in the community room.***

Thank you for all the beautiful Christmas blessings! I hope you all enjoyed a joyous holiday.

Everyone is receiving a 2.5% increase in your social security starting Jan 1st. When you receive your new SS Award Letter in the mail, please bring it to the office so we can make a copy for your file.

If you receive your bank statements in the mail, save them until your next recertification appointment with Cindy. This will be very helpful in processing your rent recertification.

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, please park your cars straight between the lines so that we can properly remove the snow between them.

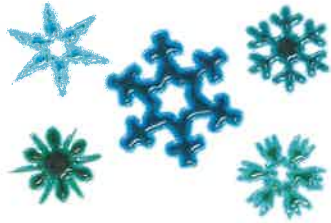
It is with mixed emotions that I let you know that I will be retiring from Baptist Manor on March 28, 2025. As many of you know, my family is growing and I am looking forward to spending more time with my grandchildren. Over the next few months I plan to work with the Board of Directors to ensure a smooth transition for everyone. I thank you for your trust and friendship during my tenure at Baptist Manor.

I wish you all a blessed New Year.

GO BILLS!

Martha

DEB'S NOTES



Fall Prevention Returns!

This past fall, many of you benefited from the **A Matter of Balance** Fall Prevention Program provided by Erie County Senior Services.

As a follow up to **A Matter of Balance**, our very own **Julia Buckner** will provide a weekly **Fall Prevention** program!

Please join us!

Wednesday January 8th at 2 pm

Light refreshments will be served at 1:30

Please **sign up** by calling **Deb** at

716-881-1120 x 4

Maintenance News



Hey Folks:

Thank you all for your Christmas cards and gifts!

I want to thank all the gentlemen in the building for your patience during the repairs in the men's room on the first floor. I want to remind everyone to let us know immediately about any plumbing issues.

If you go to the elevator and see "IN" blinking on the number panel, that indicates that the elevator is locked out. This is usually due to an ambulance or firemen using the elevator. Please do not try to use the elevator at that time. It could mean the difference between life and death for the person waiting for those emergency services. Your cooperation is appreciated.

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	



Winter Word Scramble

1. UAFSMEFR _____
2. ANAWAZK _____
3. LOSITEMET _____
4. KHUHANKA _____
5. WAFOLSKEN _____
6. THO LOACECOTH _____
7. CEI GASTNIK _____
8. NSAWNOM _____
9. HIRSMCSTA _____
10. TISMTNE _____
11. DOCL _____
12. GEGOGN _____
13. REASTEWEW _____
14. ZAIDBRZL _____
15. IDGNSEDL _____
16. PLAFERIEC _____

Answers on last page

Positive People Make Us Smile

Who makes you happy? Most of us know certain folks who always make us smile whenever we spend time with them. They have a positive influence on our lives. They raise our spirits, and we feel happier around them. Plenty of research supports the belief that being around upbeat, positive thinking people really does boost feelings of well-being. Studies show that the opposite is true as well. Spending time with negative people affects our mood and outlook by bringing us down. So, if you want to be happy, hang around the people who have a positive impact on your life. Try to spend as much time with folks who make you smile. Enjoy their company and soak up their positive influence.

A few qualities shared by many positive people...

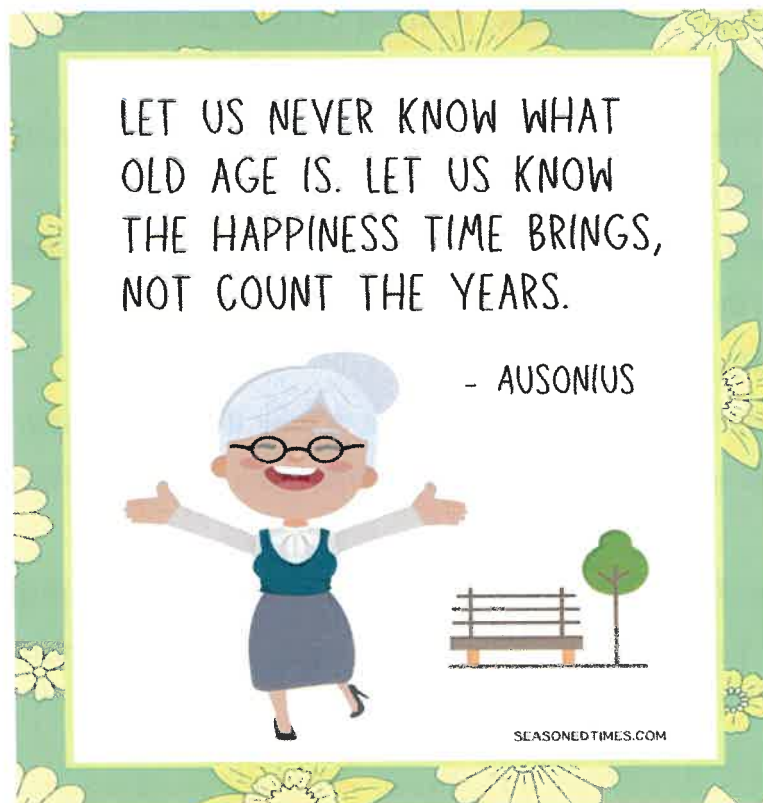
- **Positive people smile... a lot.** They laugh and smile easily and often, and their happiness also shines through their eyes.
- **Positive people are appreciative.** They are thankful for and acknowledge the positive things in their lives, even the little things that may seem small or insignificant to some people.
- **Positive people see the good in people.** They do not focus on the negative things about a person. Instead, they look beyond the common faults many of us have and find the positives.
- **Positive people build others up.** They serve as a mirror reflecting other people's value and worth. They build up our self-esteem and help us feel good about ourselves.
- **Positive people do not hold grudges.** Sure, positive people get angry and hurt and feel wronged. But they are willing to let bygones be bygones. They do not stew over disagreements and conflict. Instead, they move on.
- **Positive people are helpful.** They think about what the people in their lives may need. They do things for other people, because want to make life easier for others... because they really care.
- **Positive people focus on right now.** They do not spend an overabundant amount of time complaining about the past or worrying about the future. They enjoy the present moment.

-----Seasoned Times

JANUARY 2025 BIRTHDAYS



Charlotte Young	Apt 63	January 1
Isaiah Rawls	Apt 23	January 1
Denise O'Meara	Apt 88	January 2
Samuel Renford	Apt 115	January 4
Janice Williams	Apt 29	January 4
Terriss Williams	Apt 129	January 7
Helen Norman	Apt 141	January 8
Sandra Kenner	Apt 57	January 9
Guillermina Cepeda	Apt 79	January 9
John Marohn	Apt 52	January 10
Ruby Dennis	Apt 39	January 18
Kathleen Seeger	Apt 158	January 19
James Whitehead	Apt 127	January 25
Arlitta Rodriguez	Apt 47	January 26



ANSWERS TO WINTER WORD SCRAMBLE

1. EARMUFFS
2. KWANZAA
3. MISTLETOE
4. HANUKKAH
5. SNOWFLAKE
6. HOT CHOCOLATE
7. ICE SKATING
8. SNOWMAN
9. CHRISTMAS
10. MITTENS
11. COLD
12. EGGNOG
13. SWEATER
14. BLIZZARD
15. SLEDDING
16. FIREPLACE