

The Voice

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

July 2024



Martha's Message

Welcome to the July 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, July 22nd @ 2:00 p.m. in the community room.***

Welcome to our newest resident, Michael Clark, in apartment 71. May you find much happiness in your new home!

If you haven't already, sign up now for our annual backyard BBQ to be held on July 17th at 4:00pm. Deadline to sign up is July 3rd so sign up today!

Looking for a good book to read while sitting under the shade tree? Check out our vast selection in the library located on the first floor. It is packed with books of all categories. Thank you to resident, Judy Hamner, for keeping the library organized and updated.

The office will be closed Thursday, July 4th in observance of Independence Day. If you live on the south side of the building, you'll be able to see the fireworks from your very own apartment window. It's one of the perks of living at the "Manor."

The summer officially started June 21st and it's getting off to a glorious start. Our gardens look beautiful, thanks to our wonderful maintenance staff. Hope you have a chance to get out and enjoy them.

Martha



Sumer Safety Tip:



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

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.

~ National Eye Institute

Deb's Notes



Cooking with the Commish!

Angela's Appetizers for Summer Parties!

Erie County Senior Services Commissioner **Angela Marinucci** will guide us on an exciting culinary adventure by crafting delectable summer **party appetizers!**

Tuesday July 2nd at 10 am

Call Deb to sign up! 716-881-1120 x 4

Farmers Market Coupons!

Tuesday July 16th 10 am -11:30

Eligibility- monthly income less than \$2,322

Deb

Maintenance News



Hi Folks,

Throughout the day I occasionally hear beeping on various floors coming from either smoke detectors or carbon monoxide detectors. When you hear a high-pitched beeping sound in your apartment, this is a low-battery indicator for one of your detectors and the batteries must be replaced as soon as possible. For your safety, contact the office immediately and I will replace the batteries.

The warm weather is here which unfortunately brings out the people of the night that look for unlocked cars. Please bring all valuables in the building with you and lock your car doors.

Chuck has cleaned all hallway rugs. Help us to keep them looking good. If you spill something on the rug, please let the office know so that we can treat it as soon as possible. The longer the stain remains on the rug, the harder it is to get it off.

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	

JULY BIRTHDAYS



Willie Fisher	Apt 46	July 4th
Lillie Shuford	Apt 96	July 5th
Burnette Tyler	Apt 89	July 7th
Daysi McGill	Apt 126	July 11th
Ronald Smith	Apt 149	July 16th
Norma MeElrath	Apt 68	July 23rd
Marie Triplett	Apt 94	July 26th
Cynthia Goodwin	Staff	July 28th

Talking with Someone with Memory Issues

Tips from people who have been there

There's nothing easy about having a loved one or friend with dementia or Alzheimer's. It is heart wrenching and difficult. So many things are stolen... ripped away in painful ways. Simply trying to have a conversation with the person can be extremely challenging. Through no fault of their own, people with memory issues lose the ability to engage fully. Not only do they forget so much, but they can't process information like we do. You may find it helpful to speak with your loved one's doctor for recommendations on how best to communicate with the person you care so much about. We've collected some tips about talking with someone with dementia or Alzheimer's with input from people who have been there. We hope you find them useful.

You may want to try these suggestions...

- **Keep a positive tone in your voice.** Even when a person with memory issues is unable to comprehend the meaning behind your words, he or she can recognize the mood behind the words. People with dementia sometimes mirror other people's demeanor and behavior. Try to keep your voice evenly pitched and on the quieter side. Try to sound happy, friendly, and loving.
- **Introduce yourself.** When your loved one doesn't seem to recognize you, it can feel like a knife to the heart. However, to have a conversation, you must get beyond the pain. Introduce yourself and your relationship to the person. Then begin a conversation.
- **Start with an explanation.** Before beginning to talk about a subject, it can help to familiarize the person with some background about whatever it is you are going to be speaking about.

Don't just jump right in. Ease in slowly to help the person understand and follow the conversation.

- **Listen.** It can be frustrating, but try not to interrupt the person. Let your loved one complete his or her thoughts even if you've heard the same thing a million times before. People with memory problems often find comfort in telling certain stories they remember. Listening to the story as if you've never heard it before can help create a positive atmosphere for your conversation.
- **Be patient.** If you remain patient, calm, and reassuring, it may help the person communicate better and more easily. Wait for your loved one if he or she seems to be struggling to come up with a word, name, or answer. Don't rush the person. Try not to feel like you have to fill in all the quiet spaces. People with memory problems often need time to gather their thoughts before speaking or responding.
- **Always be respectful.** No adult wants to be treated like a child, even someone who can't remember much. Try to speak with your loved in a comforting but adult manner... even when he or she looks at you blankly or becomes agitated. There may be times when your loved one acts childish, but never forget that the person is not a child. You are speaking with an adult.
- **Don't bother correcting something the person strongly believes is true.** Most likely, there will be times when your loved one firmly believes something you know for a fact is wrong. Try to let it go. Unless it impacts the person's safety, attempting to change his or her mind is probably not worth it. Your correction will probably only agitate the person.
- **Pay attention to nonverbal clues.** When people with memory issues are unable to verbalize how or what they are feeling, they often demonstrate their emotions in other ways. If your loved one's actions or attitude are telling you something, try to respond accordingly. If you notice body language that implies the person is feeling down, frightened, or angry, you may be able to say or do something comforting to help. Like the rest of us, he or she may just need some support and reassurance.
- **Use more than words.** There may be times when your facial expressions and physical touch can connect with your loved one far better than any words you might say. Holding hands, a rub on the back, or a light pat might be the best way to show your love and caring. But, always make sure the person welcomes and feels comfortable with whatever forms of physical touch you use.
- **Come up with activities to engage the person.** If your loved one is not in the mood or condition to have a conversation, try involving the person in a simple activity appropriate to his or her abilities. Perhaps reading a book aloud would be enjoyable for you both. Or a craft project might be fun. Just sitting together watching your loved one's favorite television show can create a bond and feeling of togetherness.
- **Avoid current events.** Always keep in mind that your loved one is probably more comfortable talking about the past than the present. People with memory problems may be able to remember what happened 50 years ago with remarkable clarity but might have no idea about what is going on today. Understand that it could be difficult or even impossible for your loved one to discuss issues related to "here and now." -----*Seasoned Times*



BORN July 4th, I AM THE NATION

- I was born on July 4, 1776 and the Declaration of Independence is my birth certificate. The bloodlines of the world run in my veins, because I offered freedom to the oppressed. I AM THE NATION!
- I am 250 million living souls and the ghosts of millions who have lived and fought and died for me.
- I am Nathan Hale and Paul Revere. I stood at Lexington and fired the shot heard around the world. I am Washington, Jefferson and Patrick Henry. I am John Paul Jones, the Green Mountain Boys and Davy Crockett. I am Lee, Grant and Abe Lincoln.
- I remember the Alamo, the Maine and Pearl Harbor. When freedom called, I answered and stayed until it was over, over there. I left my heroic dead in Flanders Field, the rock of Corregidor, on the bleak slopes of Korea, in the steaming jungle of Vietnam and the desert sands of Kuwait.
- I am the Brooklyn Bridge, the wheat lands of Kansas, the granite hills of Vermont. I am the coalfields of the Virginias and Pennsylvania, the fertile lands of the West, the Golden Gate and the Grand Canyon. I am Independence Hall, the Monitor, the Merrimac and the Challenger.
- I am big. I sprawl from the Atlantic to the Pacific – 3 million square miles of land throbbing with industry. I am more than 2 million farms. I am forest, field, mountain and desert. I am quiet villages and cities that never sleep. You can look at me and see Ben Franklin walking down the streets of Philadelphia with his breadloaf under his arm. You can see Betsy Ross with her needle. You can see the lights of Christmas and hear the strains of “Auld Lang Syne” as the calendar turns.
- I am Babe Ruth and the World Series. I am 170,000 schools and colleges and more than 300,000 churches where my people worship God as they choose. I am a ballot dropped into a box, the roar of a crowd in a stadium, the voice of a choir in a cathedral. I am an editorial in a newspaper and a letter to Congress. I am John Glenn and Neil Armstrong and their fellow astronauts who whirl through the spaces above my head. I am Eli Whitney and Stephen Foster, Tom Edison, Albert Einstein and Billy Graham. I am Horace Greeley, Will Rogers and the Wright brothers. I am George Washington Carver, Jonas Salk and Martin Luther King Jr. I am Longfellow, Harriet Beecher Stowe, Walt Whitman and Thomas Paine.
- Yes, I AM THE NATION and these are the things that I am. I was conceived in freedom and, God willing, in freedom I shall spend the rest of my days.
- May I always possess the integrity, the courage and the strength to keep myself unshackled, to remain a citadel of freedom and a beacon of hope to the world.
- (Written in 1955 by Otto “Whittaker, Jr. of Roanoke, Va. Updated by M.T. Foresthill, Calif)

