

The Voice

Baptist Manor --- A Community of Caring

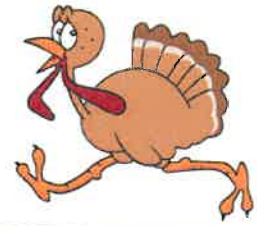
276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

November

2024



Martha's Message

Welcome to the November 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, November 18th @ 2:00 p.m. in the community room.***

Veterans Day is November 11th. We will honor our military veterans for their service to our country with a luncheon on November 7th at noon. May God forever bless our service men and women.

We are collecting donations in the management office for Buffalo City Mission Thanksgiving meals through November 8th. The City Mission delivers thousands of Thanksgiving meals every year to homes in need. Thank you for your continued generosity.

I invite you all to come down and check out **Card & Game Night held every Wednesday evening at 6pm in the community room.** We have several cards and games to choose from or you can bring your own. Grab your neighbor and come down for some good fun!

Why not try your hand at **Wii Bowling held every Tuesday evening at 5:30pm.** It can be played either standing or sitting. All are welcome to join. Come on down and see what it's all about.

Now that winter is almost here, there's a few things to note:

- Never use your oven for heat and portable electric heaters are not allowed. This is a lease violation and fire hazard.
- Be sure nothing is right up against your heating units in the living room and bedroom and curtains should not hang low in front of the heating units.
- Be sure your windows are completely closed. If you need help with this, call the office.

If you feel your heat is not working properly, call the office. If you tend to get cold easily, I suggest you layer your clothes and wear something on your feet.

Happy Thanksgiving to all! Join us for Thanksgiving Lunch on Tuesday, November 26th at noon with musical entertainment by Nan Hoffman & Joe Trumino at 12:30pm. You must sign up for a meal with Deb at least one week prior.

The office will be closed on Thursday, Nov. 28th and Friday, Nov. 29th for the Thanksgiving holiday.

In all things, we give thanks,

Martha

DEB'S NOTES



Medicare Open Enrollment until **December 7th!**

Would you like **help** exploring your **Medicare** options?

Erie County Senior Services Health Insurance
Information Counseling & Assistance

HIICAP Program

716-858-7883

Call today for Information or an appointment.

Unbiased, professional assistance is available
to you, **FREE** of charge!

Deb

Maintenance News



Hey Folks:

We are getting ready to have all the sewer lines in the building cleaned. I'm mentioning this because I ask anyone who has a slow drain issue to please call the office so that we can clear your drains before we do the main lines. This way we're assured that we will have no problems over the winter.

Also please tell all your family members and guests not to park on the striped area in the rear parking lot. That area is reserved for vehicles, especially the delivery trucks and buses, to turn around in. As always thank you all for your continued 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	

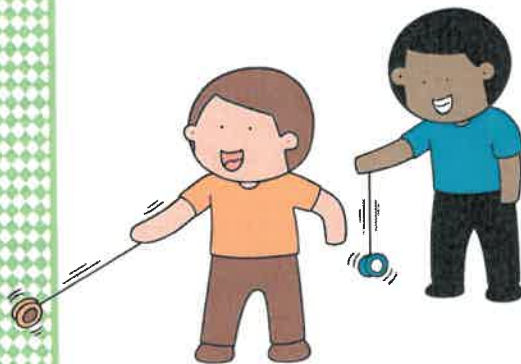
NOVEMBER BIRTHDAYS



Vernon James	Apt 24	November 3
Kathleen Sharpe	Apt 54	November 6
Joann Evans	Apt 112	November 7
Ann Davis	Apt 114	November 11
Bertha Johnson	Apt 109	November 13
Brenda Farmer	Apt 105	November 13
Joyce Dade	Apt 69	November 15
Jean Lombardo	Apt 154	November 17
Ruby Young	Apt 58	November 20
Daryl Jones	Apt 101	November 24
Dorothy Carter	Apt 73	November 25

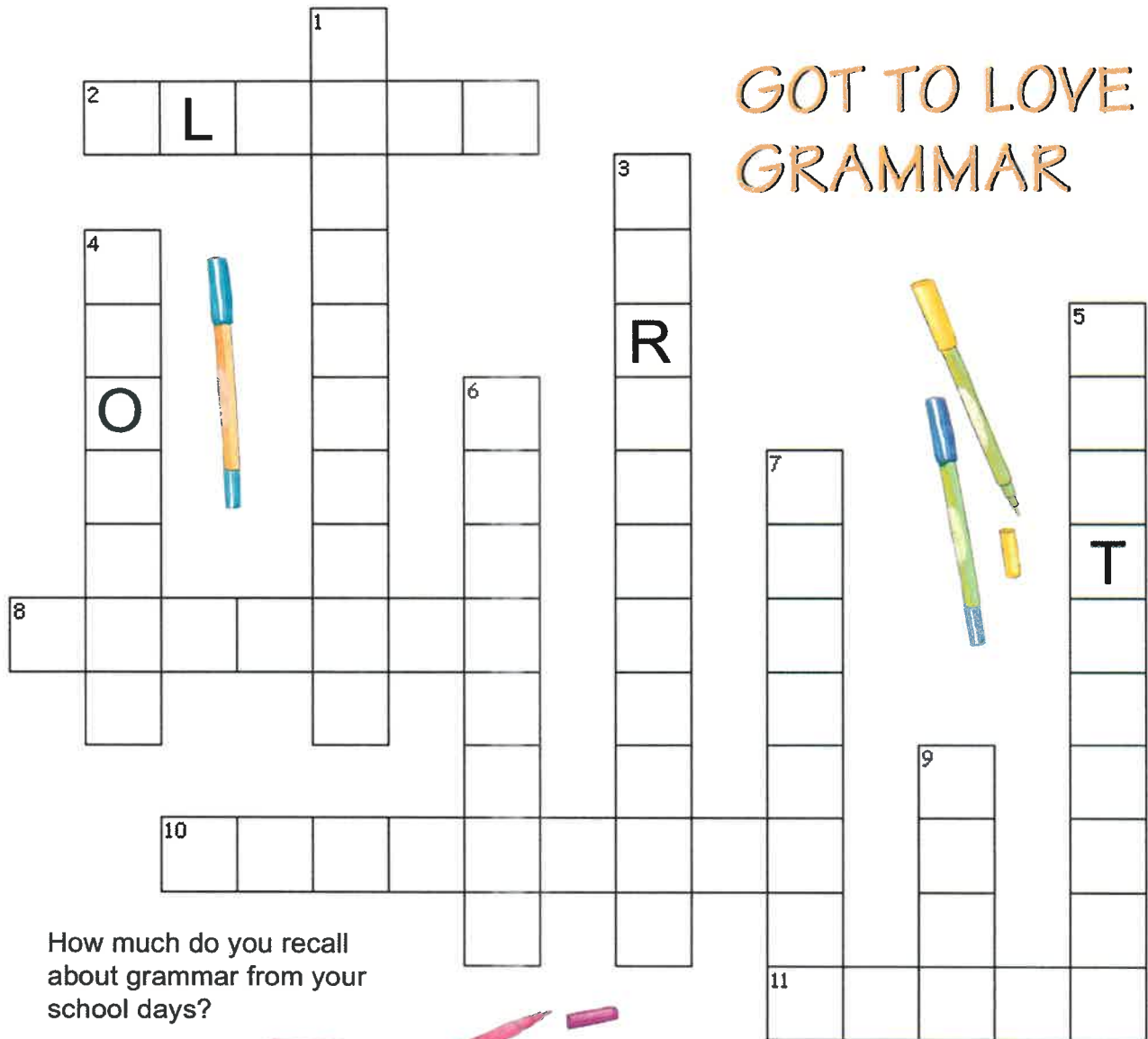
You know you're "seasoned" if...

YOU WERE AROUND WHEN
EVERY KID HAD A YOYO



SEASONEDTIMES.COM

GOT TO LOVE GRAMMAR



How much do you recall about grammar from your school days?

SEASONEDTIMES.COM

ACROSS

2. Group of words with both a subject and a predicate
8. Person or thing doing the action or being described
10. Describes or modifies a noun
11. Indicates time when an action or event occurs

DOWN

1. Conveys the amount or quantity of a noun
3. Allow for the insertion of additional information
4. Word that substitutes for a noun
5. Adjective made from a verb
6. Words put together to mean something
7. Incomplete sentences
9. Serves as the subject of a verb

Answers on last page

Features of the Heart



People around the world associate the heart with romantic love. In reality, the heart is one of the hardest working muscles in the body. You're probably already aware that the main function of your heart is to make sure oxygen and nutrient-filled blood continues to circulate throughout your body. To keep blood circulating, the various parts of the heart must work together perfectly, with each part doing its specific job.

Beyond the fact that our hearts keep us alive, there are some other interesting details worth knowing. Here are just a few.

A few interesting things about the human heart...

- When you listen to your heart beating, you're actually listening to the valves in your heart opening and closing.
- The earliest evidence of heart disease was found in an Egyptian mummy thousands of years old.
- Statistically, more heart attacks happen on Mondays than any other day of the week. And, when it comes to months of the year, December sees the highest number of heart attacks while July sees the least.
- Whales have the largest hearts of any mammal while a type of wasp called the Mymaridae (more commonly known as the fairy fly or fairy wasp) has the smallest heart of any living creature.
- Cancer is very rarely found in the heart and most cancers discovered in the heart originated in another area of the body. That's because cancer targets body cells that are dividing and reproducing. Heart cells rarely have to replicate themselves, unlike other parts of the body where cells are constantly doing so such as the skin, breast, and colon.
- The size of someone's heart depends on the person's full body size as well as the condition of his or her heart. Usually, your heart is about the size of your fist.

Try These Bad Mood Busters

Everyone experiences a bad mood from time to time. We've all been in a slump we just couldn't seem to shake off. Even the most positive, upbeat people have their down moments. After all, we're human... and human beings are programmed to feel a kaleidoscope of different emotions. We feel happy. We feel sad. We feel worried. We feel calm. We are frightened. We are brave. We are enthusiastic. We are indifferent. We are human... and human beings have good moods and bad.

Most bad moods last only so long before taking an upward turn that makes everything begin to look brighter again. If you find you feel down in the dumps for long periods of time with no respite, please speak with your doctor. Persistent negative emotions may signal something more serious than just a "bad mood."

Next time you want to lift your spirits, you may find the following tips help put a smile back on your face.

Tips for busting out of a bad mood...

- **Honor your feelings.** It's okay to feel down. Allow yourself to feel your negative emotions and think your negative thoughts without judgement. Acknowledge the feelings, accept that it's totally normal and "okay" to feel whatever it is you're feeling. Then try to let the negativity go. Some people find it helpful to imagine putting their worries, fears, sadness, etc. into a basket... then tie the basket to a balloon... and let the basket float out of sight.
- **Focus on things you can actually control.** Ask yourself if there's a step you can take to change your situation for the better. If so, take that step. For example, if you're worried something you said or did might have hurt or angered a friend, talk to the person and ask for their perspective on whatever was done or said. Or, if you can't afford to pay a medical bill, try calling the hospital's billing department and ask to be put on a payment plan.
- **Talk with a loved one or friend.** Find someone who is a good listener and a positive, empathetic person. Confide in the person about your bad mood and the reasons why you may be feeling down. Keeping your negative feelings bottled up inside can allow them to fester and grow. If you don't have someone

else to talk with, speak out loud to yourself. You may be surprised how quickly your mood lightens just by putting your thoughts and feelings into words.

- **Take your mind off your problems.** Listen to your favorite music. Watch a funny television show or movie. Sing, dance, and laugh. Start a project or hobby. Really concentrate on what you are seeing, hearing, and doing. It's hard to stay in a negative place when you are focused on something you enjoy.
- **Let the light shine.** Get plenty of sunshine. Research has shown a strong link between positive moods and time spent outdoors in sunlight. If you can't get outside, pull up your window shades and let natural light fill your environment.
- **Breathe in a tranquil scent.** Studies suggest that inhaling a pleasant, calming aroma can help reduce anxiety and stress, increase positivity, and inspire a calmer demeanor. Light a fragrant candle. Put some fresh flowers around your environment. Slice up some lemons or oranges. Fill the air with the scent of vanilla or cinnamon. Some folks even find the aroma of freshly brewed coffee relaxing.
- **Move your body.** Moving keeps your blood flowing. Moving doesn't have to be strenuous. Simply move. Go for a walk. Take a dance class. Play horse shoes or bocce ball. Physical activity stimulates brain chemicals that have been scientifically associated with happiness and relaxation.

~ *Seasoned Times*

Grammar Puzzle Solution

ACROSS

- 2) Group of words with both a subject and a predicate – **CLAUSE**
- 8) Person or thing doing the action or being described – **SUBJECT**
- 10) Describes or modifies a noun – **ADJECTIVE**
- 11) Indicates time when an action or event occurs – **TENSE**

DOWN

- 1) Conveys the amount or quantity of a noun – **QUANTIFIER**
- 3) Allow for the insertion of additional information – **PARENTHESIS**
- 4) Word that substitutes for a noun – **PRONOUN**
- 5) Adjective made from a verb – **PARTICIPLE**
- 6) Words put together to mean something – **SENTENCE**
- 7) Incomplete sentences – **FRAGMENT**
- 9) Serve as the subject of a verb – **NOUN**