

The Voice

September 2019

Baptist Manor --- A Community of Caring

276 Linwood Avenue

Buffalo, NY 14209

www.baptist-manor.org

Martha's Message

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

National Night Out was a great success. We have many great cooks living at Baptist Manor. The food was outstanding! Donna Pecoraro and Band once again played an amazing show and the weather could not have been better. Thank you to all who assisted with set up and clean up.

Thank you to the Enhancement Committee for your hard work organizing the Friends and Family Event. I heard favorable comments from many of you. We are truly blessed to have so many of you working together to enhance the quality of life for the people living here. Thank you for your support and effort.

The annual apartment inspections will begin in September. Watch your mailboxes for date and time we'll be on your floor. Please take this time to de-clutter. We will be checking to make sure apartments are being maintained in accordance with your lease and that everything is in good working order. Be sure to report to the office any plumbing leaks, cracks in outlets, loose toilet seats, ripped screens, refrigerator seals needing repairs, etc. Some items to take note of:

- There should not be any tripping hazards such as cords running across the room.
- There should not be anything blocking access to your emergency pull cords in both bathroom and bedroom.
- Pull cords may not be tied up in any way.
- If you live on floors 2 or 3 you cannot have anything blocking access to your windows in bedroom and living room.
- There should not be anything touching your heating units including drapes.

The office will be closed on Monday, Sep 2nd in recognition of Labor Day.

I hope you enjoy the remaining beautiful days of summer.

Martha

JOAN'S NOTES



Where does the time go! Please check your Voice calendar for special celebrations and programs.

P.A.C.E

People with Arthritis Can Exercise to!

This gem of a program was taught to us many years ago. PACE is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility; range of motion and maintain muscle strength. It also helps increase overall stamina. Tai-Chi and Yoga movements are also incorporated to aid in the prevention of Falls. Join us on Monday for PACE and Bands and Thursday for PACE and Weights both at 10:00am.

Big Thank you to Wegman's for providing our Flu Shot Clinic.

Make it a September to remember.....

God Bless and Keep you...

Joan

Don't Miss September's Special Events!

September 2nd - Office Closed

September 2nd @ 4:30 Enhancement Committee Meeting

September 6th @ 2:00 Ice Cream Social

September 9th @ 5:30 Choir

September 13th @ 6:00 Bingo

September 17th @ 10:30 Arts & Crafts w/ Joni Russ

September 18th @ 2:00 Exchange Meeting/Birthday Celebration

September 20th @ 6:00 Pokeno

September 23rd @ 12:00 Welcome Fall Luncheon

September 26th @ 2:30-4:00 Wegman's Pharmacy Flu Shot Clinic

WATER EMERGENCIES: 983-1711

Taxi Services

Airport	633-8294
Broadway	896-4600
Cold Spring	886-4900
Liberty	877-7111

Transportation

CAO – Joyce Wilson	886-2616
The Mayor's Van	851-4141
Going Places Van	858-7433
West Side Community Services	884-6616

Grocery Services

Super Saver/Tim & Marge Wagner 894-7990

\$7.50 - \$12.00 Charge

Price Rite-885-2887

Cliff-622-9540 (Schwans)

Horticulture

Thomas Morris – Apt. #127 730-0734

\$5.00 Consultation Fee

Beauticians

Kut to the Point Salon 220-8043

Laundry Services

Bryant Street Laundry 939-3131

Aladdin Dry Cleaning 835-1707

Jewelry Repair-Lela Hall-Apt #36 935-7333

Mending & Darning-J. Ingram 529-9418

Medical Services

Podiatrist – Dr. Leon Ber, D.P.M. 895-5454

(Does home visits)

Reflexologist – Tonnalee Batchelor 830-4715

Podiatrist - Dr. Robert Ciepiela 832-2762

(Does home visits)

Stay Fit Dining – Lunch Program Mon-Fri 12:15 Community Room

Place orders by Wed. 9:30 a.m. 1 week prior with Joan at 819-1820

~~~Birthdays~~~

Wanda Smith #156 9/1

Joan Bartholomew- Staff 9/2

Robert Gordon #22 9/8

Margaret Vullo #154 9/12

Elizabeth Turner #91 9/12

Vera Tompkins #42 9/12

Helen Westmoreland #155 9/16

Barnabas Britt #86 9/16

Ramona Grimes #55 9/18

Judy Hamner #26 9/19

Sandra Fields #107 9/20

Janet Williams #133 9/21

Pearl Cunningham #121 9/24

Freda Hall #152 9/28





Learn to Play Ping Pong

Every Tuesday from 10am – 11am in the Game Room

Come down and learn the game of ping pong.

So much fun while getting a little exercise at the same time!

Disney Character Word Search

M M G U U G G E P P
 Y I I D K S O J X L
 D D C N B A O Z O U
 W O O K N O F N Z T
 V E N O E I Y M R O
 K O V A W Y E O W Z
 N M Y R L Z P A Z H
 B E T R M D L U F V
 C N T S O L B L E F
 P I D S E D H A A J

MICKEY



MINNIE



GOOFY



NALL-E



DONALD



PLUTO



WOODY

BUZZ



NEMO

DORY

Disney Character Word Search

D O N A L D X Y
 E I N N I M Y E
 P D O R Y F A K
 O L R D O Z Y C
 M Z U O T D P I
 E Z G T O D B M
 N U S O O M J X
 V B W E L L A W

MICKEY



MINNIE



GOOFY



NALL-E



DONALD



PLUTO



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