



Manor Monthly



Embrace the possibilities

4255 S. Lynn Street • Onaway, Michigan 49765 • www.pvm.org

January 2020

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Also included: *Bingo Card, Calendar, Senior Center Menu & Activity Calendars*

Welcome to the month of January at Lynn Street Manor Apartments.



Photo by [Julian Hochgesang](#) on [Unsplash](#)

NATIONAL HOT TEA MONTH

Bitter cold January days call for nothing less than a long bath, candles lit, and cup after cup of hot tea to warm you up from the inside out. A hot, steamy cup of tea is perfect for any time of the day. Happy National Hot Tea Month, do yourself a favor and enjoy tea as much as you want this month! We'll break down for you what kinds of tea are good for your health at certain times of the day in just a minute. First, have you ever wondered where tea came from, and what made someone put leaves in hot water for flavor? Well, legend says in 2737 BC, a Chinese emperor was sitting under a tree while his servant boiled drinking water when some leaves blew into it. The emperor happened to be a renowned herbalist, and he decided to taste the infusion that had just been created by accident... He loved it, and that's where tea comes from! Here are some of the best benefits tea has to offer:

Continued on pg. 2...



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner | Matthew Bush (989) 733-7792

Photo by Frederick Tubiermont
on Unsplash

Telephone Scams: Telephone scammers try to steal your money or personal information. Scams may come through phone calls from real people, robocalls, or text messages. The callers often make false promises, such as opportunities to buy products, invest your money, or receive free product trials. They may also offer you money through free grants and lotteries. Some scammers may call with threats of jail or lawsuits if you don't pay them.

How to Protect Yourself From Telephone Scams

Remember these tips to avoid being a victim of a telephone scam:

Do

- Register your phone number with the [National Do Not Call Registry](https://www.ftc.gov/identity-theft/identity-theft-prevention/identity-theft-prevention-registry). You may register online or by calling 1-888-382-1222.
- Be wary of callers claiming that you've won a prize or vacation package.
- Hang up on suspicious phone calls.
- Independently research business opportunities, charities, or travel packages being offered by the caller.

Don't

- Don't give in to pressure to take immediate action.
- Don't say anything if a caller starts the call asking, "Can you hear me?" This is a common tactic for scammers to record you saying "yes." Scammers record your "yes" response and use it as proof that you agreed to a purchase or credit card charge.
- Don't provide your credit card number, bank account information, or other personal information to a caller.
- Don't send money if a caller tells you to wire money or pay with a prepaid debit card.

Source: <https://www.usa.gov/common-scams-frauds#item-37207>

Tea is packed with antioxidants. These help keep our bodies "young" and protect them from toxins. It has less caffeine than coffee. (The kinds that do contain caffeine) usually contain about 50% less than coffee which means you can drink it without affecting your nervous system. Research shows a correlation between tea and heart health. A recent study says people who drink tea have a 20% less chance of having a stroke or heart attack than those who don't. It can help with weight loss, especially when paired with a well-balanced diet and exercise. Tea is usually calorie-free, and it can give you energy and cause your body to burn more calories throughout the day. It's an immune system booster. Studies show that tea helps immune cells reach their targets more quickly.

Source:

<https://nationaldaycalendar.com/national-hot-tea-month-january/>

Potluck/Ugly Sweater Party

Thank you to everyone who participated in the Potluck/Ugly Christmas Sweater party...either through donation or by bringing dishes. A special thanks to all those dressed in an Ugly Sweater! We were able raise about \$50.00 for our kitchen fund.

In honor of **National Hot Tea Month**, we are going to forgo the potluck for January and have an “**Afternoon Tea**” instead. This will take place at **2pm on the 22nd**. We will provide Tea, finger sandwiches, and scones. If you would like to bring your tea of choice...feel free. Also, if you have a teapot we can borrow, let the office know. There will be a sign-up sheet on the board so we can get the correct amount of food. If you would like to volunteer to put the sandwiches together the day before, please reach out to the office.

BIRTHDAY BASH

Friday, Jan. 10th
1:00 p.m.



BIRTHDAYS:

- Barb Homan 1/6
- Sherry Derosia 1/7
- Elaine Wenzel 1/14
- Don Hemme 1/21
- Eleanor Freel 1/30

PLEASE LET THE OFFICE
KNOW IF YOU ARE
BRINGING A CAKE.

THANK YOU!



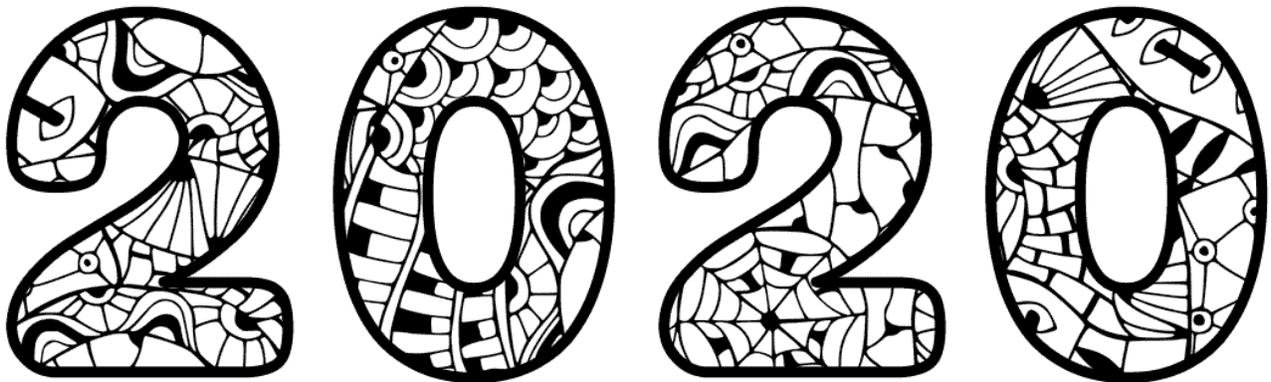


MESSAGE(S) FROM MAINTENANCE:

Let's start 2020 with on a positive note...
We have a lot of new projects in the works for the New Year. Thank you in advance for your patience and understanding as the work is being done. We will post the dates and times as they come up.

Also, the Annual Inspections for your units will take place in February. Please watch for the official notices on your door.

Thank you!
Pat



RANDOM LITTLE TIDBITS

1. Winner of PVM's "Top Shining Star" Coming to the Manor

Jonathan Hayes will be coming to Lynn Street Manor to lead a "live & in person" exercise class. This will take place in the dining room on **January 14th at 10:30am.**



It will be similar to the one that we did via webcam last fall.

2. Winter Safety Talk – Cheryl with Medilodge:

Cheryl that comes to do the afternoon blood pressure (2:30pm on 1/7) will be doing a presentation on Winter Safety. It will be held at **3:00pm on 1/23** before the Free Bingo. Because of this presentation, the **Free Bingo will start at 3:45pm instead of 3:30pm.**

3. Pick-up Trash and/or Clean-up

With the cold and flu season upon us, the use of tissues increase. If you drop it out of your pocket, please pick it up. This goes for anything that you see or drop not just tissue. If you need help cleaning up a spill or something, please let the office or staff know, and they will be happy to assist. It is our home and we should all take pride in keeping it clean and tidy.

4. Heavy Snow Days – Reminder that if you notice a heavy snow, please move your car by 10:30 am to a location that has been plowed. Also, keep them grouped together as much as possible to allow for the plow to clean up the snow between parking spaces.

5. Free BINGO: Jennifer will be coming on **January 23rd at 3:45pm.**

6. Annual Unit Inspections

Annual Unit inspections will take place in February. Now is a good time to get started on your preparations. If you have questions about what you can do to prepare, please stop by the office.



If you have any ideas or requests for activities, let the office know!

Health and Psychological Effects of Loneliness

Loneliness can affect your health. In fact, the impact on our bodies has been compared to the effect of smoking 15 cigarettes a day. Being lonely has also been linked to a 26-percent increase in the odds of premature death. Some of the health problems that loneliness can exacerbate include:

High blood pressure | Heart disease | Depression | Diabetes

The wide range of health problems that can result from feeling alone actually makes sense from an evolutionary standpoint: In prehistoric times, we were more vulnerable to harm if we were by ourselves in the wild. So our bodies have learned to send out alarm signals. As a result, people who describe themselves as lonely have higher levels of cortisol, the "stress hormone." And lonely people often have weaker immune systems.

Loneliness has also been linked to a 40-percent increase in a senior's risk of developing [dementia](#).

So it's normal to feel worried when reading about the health effects of elderly loneliness. Statistics can make it seem as if health problems such as dementia are inevitable if you live alone. But when it comes to your own risk, the numbers don't tell the whole story. Even if you don't have a lot of social contact, you may be one of the many seniors who do just fine.

Keep in mind that social isolation doesn't cause dementia in and of itself. Seniors who experience the early symptoms of dementia might withdraw socially as a result of those symptoms, increasing their loneliness. And lonely seniors may be more likely to do other things that can increase their risk of dementia, such as drinking alcohol in excess. Here's one of the most important points to remember: Loneliness doesn't have to be permanent. Talk to your doctor if you feel lonely. Your healthcare team will help you create a plan.



Photo by Sasha Freemind on Unsplash

Solutions for Seniors Who Feel Lonely

One key to overcoming loneliness is to think about ways you can start feeling more connected to others. Consider what type of social contact makes you happy and fulfilled. After all, it's the quality of your time with other people that's most important.

For some ideas on how not to be lonely, check out these tips:

- **Increase your social interactions.**

Becoming more social might sound difficult at first. But if you're retired, you may have more free time than you used to. And many opportunities are available that can improve your [social well-being](#). For example, if you live near a seniors' center, check out what it offers. And think

about the activities you enjoy (or have enjoyed in the past). Look for events in your community that are related to those activities. Whether you like doing [crafts](#), exploring [spiritual issues](#), or [playing games](#), your hobbies and interests can help you meet like-minded people.

Of course, you also want to have social contact that is friendly and meaningful. As a senior, you may have lots of life experience to draw upon, but making new friends can still be challenging at any age. Here are some books that might help:

- [*The Relationship Cure: A Five-Step Guide for Building Better Connections with Family, Friends, and Lovers*](#) by John Gottman—A guide for being more engaged in all kinds of relationships, written by a best-selling marriage expert
- [*Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships*](#) by Kira Asatryan—Proven, practical tips for developing closeness with others
- [*The Grief Club: The Secret to Getting Through All Kinds of Change*](#) by Melody Beattie—A heartfelt guide for connecting with others in tough times

- **Consider volunteering.**

If you're able to, doing volunteer work is a great way to increase your social connections. One study found that just two hours a week of volunteering significantly reduced symptoms of loneliness in widowed seniors. Some older adults enjoy volunteering by helping other seniors who have less independence than they do.

- **Exercise and have fun.**

Exercise can improve both loneliness and depression, which in turn can improve the quality of your social interactions. Plus, many forms of physical activity have the added bonus of giving you opportunities to meet new people.

- **Stay on top of any hearing issues.**

Hearing problems can lead to increased loneliness. In fact, one study found that a 10-decibel decrease in hearing ability led to a 53 percent higher risk of social isolation. Sometimes, seniors are reluctant to talk about hearing problems with their doctors or other caregivers. But don't hesitate to bring up concerns about your hearing. In a quiet doctor's office, a physician might not notice that you're having issues unless you tell him or her. Plus, many doctors overlook the possible connections between hearing loss and loneliness and depression unless they're reminded about them.

- **Reach out for support.**

If you're feeling depressed or overwhelmed by loneliness, help is available. For example, the [Institute on Aging](#) offers a toll-free 24-hour Friendship Line you can call for support. The organization's volunteers also do outgoing calls to check in on adults who have requested someone to monitor their well-being. **The Friendship Line can be reached at 800-971-0016.**

Recipe Swap



QUICK & EASY AVOCADO TOSTADAS

Ingredients

- Corn tortillas 10 count
- 15 oz can refried beans
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- 1 lime or 1/2 tsp lime juice
- 2 avocados
- 10 oz pico de gallo
- 4 oz sliced black olives
- 4 oz queso fresco or cotija cheese crumbled
- non-stick cooking spray

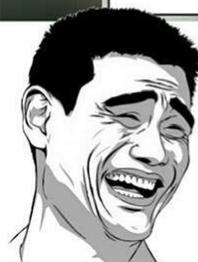
Instructions

1. Preheat oven to 400F. Place tortillas on baking sheet and spray each side with non-stick cooking spray. Bake tortillas 4 minutes on each side or until edges are slightly curled. Remove from oven and set aside.
2. In a small bowl, add refried beans, chili powder, cumin powder, and lime juice. Mix all ingredients together and microwave for 1 1/2 minutes or until beans are warm.
3. Cut avocado in half, remove pit, slice into thin strips, and scoop the green flesh out of the shell with a spoon.
4. Assemble tostadas by topping each toasted tortilla with 1/4 cup refried bean mixture, 4 avocado slices, 1/4 cup pico de gallo, 2 Tbsp crumbled queso fresco, and 1 Tbsp black olives.
5. Serve as is or squeeze a little lime juice over the top of each tostada before serving.

Recipe Notes

You can find the pico de gallo in the deli section of your grocery store and the Mexican cheeses in the refrigerated cheese section.

<https://www.livingwellspendingless.com/quick-easy-tostadas>



Every year my friend's
new year resolution
ends up like this

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

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Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...
and leave a legacy.**



For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

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