



Manor Monthly



Embrace the possibilities

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

January 2022

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Pictures source: <http://clipart-library.com/free-cold-cliparts.html>

8 Healthy New Year's Resolutions for Older Adults

Do you make New Year's resolutions? If you're looking to make 2019 one of your healthiest and happiest years yet, consider focusing on doable goals to boost your health and quality of life. It turns out even small daily adjustments can have a surprisingly big impact on your health!

Here are eight ways you can help yourself feel good and age well:

1. Eat more nutrient-dense foods. You need fewer calories with aging, but just as many nutrients. Eat more [nutrient-rich fruits and vegetables, whole grains, seafood, lean meats and poultry, beans, nuts, and seeds](#). Also consider consuming less sugar-sweetened drinks and desserts, white bread and pasta made from refined grains, advises the National Institutes of Health (NIH).

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Lynn Street
Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner | Matthew Bush (989) 306-0172**2022 Medicare Parts A & B Premiums and Deductibles/ 2022 Medicare Part D Income-Related Monthly Adjustment Amounts**

Nov 12, 2021

On November 12, 2021, the Centers for Medicare & Medicaid Services (CMS) released the 2022 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs, and the 2022 Medicare Part D income-related monthly adjustment amounts.

Medicare Part B Premium and Deductible

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year the Medicare Part B premium, deductible, and coinsurance rates are determined according to the Social Security Act. The standard monthly premium for Medicare Part B enrollees will be \$170.10 for 2022, an increase of \$21.60 from \$148.50 in 2021. The annual deductible for all Medicare Part B beneficiaries is \$233 in 2022, an increase of \$30 from the annual deductible of \$203 in 2021.

The increases in the 2022 Medicare Part B premium and deductible are due to:

Rising prices and utilization across the health care system that drive higher premiums year-over-year alongside anticipated increases in the intensity of care provided.

Congressional action to significantly lower the increase in the 2021 Medicare Part B premium, which resulted in the \$3.00 per beneficiary per month increase in the Medicare Part B premium (that would have ended in 2021) being continued through 2025.

Additional contingency reserves due to the uncertainty regarding the potential use of the Alzheimer's drug, Aduhelm™, by people with Medicare. In July 2021, CMS began a National Coverage Determination analysis process to determine whether and how Medicare will cover Aduhelm™ and similar drugs used to treat Alzheimer's disease. As that process is still underway, there is uncertainty regarding the coverage and use of such drugs by Medicare beneficiaries in 2022. While the outcome of the coverage determination is unknown, our projection in no way implies what the coverage determination will be, however, we must plan for the possibility of coverage for this high cost Alzheimer's drug which could, if covered, result in significantly higher expenditures for the Medicare program.

Source: <https://www.cms.gov/newsroom/press-releases/cms-announces-2022-medicare-part-b-premiums>



Picture: Tomas Malik unsplash.com

January Symbols

www.ducksters.com

Birthstone: Garnet

Flower(s): Carnation

Zodiac Signs: Capricorn & Aquarius

January Origins

www.ducksters.com

January was named after the Roman God Janus which is also the Latin word for door.

January Fun Facts

www.ducksters.com

Because January is the first month of the new year, it is seen as a new beginning and people are known to make resolutions to make changes in the new year. What is your New Year's resolution?

...Continued from Pg. 1

2. Do a variety of physical activities. Older adults can benefit from doing [four types of activity regularly](#). These include *aerobic* exercise, such as walking or swimming, for endurance; and activities to *strengthen* muscles, improve *balance* and increase *flexibility*, says NIH. Doing yoga, for example, combines balance, flexibility and strengthening.

3. Think positively. Studies show that a positive attitude has been linked to [faster and better recovery from injury or disability, lower risk of chronic disease and memory loss](#), less isolation and loneliness, and handling stress better without ignoring difficulties, according to Dalhousie University.

4. Stimulate your mind. Challenging your brain to [learn something new](#) through a university or community class, book or movie club, or photography group, helps keep your brain healthy, says Dalhousie University. Lifelong learning helps build cognitive reserve, the brain's resilience and ability to cope with stress and challenges.

5. Help other people. Research reveals volunteering improves health by [reducing stress and depression risk](#), and keeping you physically, mentally and socially active. It also may help you live longer, reports Mayo Clinic.

6. Stay connected and make new friends. Social engagement and participation are especially important for older adults. These are linked to [better cognition and overall health](#), and lower risk of depression and disability, reports Statistics Canada.

7. Engage in the arts. Participating in the arts through [music, painting, writing, dance or theatre](#) can stimulate people in unique ways that bring cognitive and mood benefits, according to McMaster University.

8. Share a good laugh. Humor, or a smile, can make you feel good even in difficult times. Laughter also [strengthens your immune system, lifts mood, eases pain and lowers stress](#), says Harvard Health.

Source: <https://chartwell.com/en/blog/2019/01/8-healthy-new-years-resolutions-for-older-adults>

Happy New Year Wish

By Joanna Fuchs

My Happy New Year wish
for you
Is for your best year yet,
A year where life is
peaceful,
And what you want, you
get.

A year in which you cherish
The past year's memories,
And live your life each new
day,
Full of bright expectancies.

I wish for you a holiday
With happiness galore;
And when it's done, I wish
you
Happy New Year, and
many more.

Source:

<https://www.poemsource.com/new-years-poems.html>

The Senior Advocate

Presbyterian Villages of Michigan Celebrates Participants of the 16th Annual Village Victory Cup

A total of 260 senior residents from 17 Villages across the state participated in games and activities sponsored by Humana.

THE RESULTS ARE IN!

Presbyterian Villages of Michigan (PVM) recently hosted the 2021 Village Victory Cup, which inspires participation and good sportsmanship among our residents each year. The Village Victory Cup, sponsored by Humana, is part of an overall wellness initiative that provides ongoing support and encouragement to promote healthy aging.

The Village Victory Cup combats social isolation and provides inspiration for aging well. The Cup games were played at 17 participating PVM Villages across the state. Residents at all levels of fitness aptitude participated with an emphasis on creativity as well as arts and culture. Residents worked together as a team to collect points from various activities, which included the Beanbag Toss, Hoop Shoot, Wordsmith, a 50-yard Wellness Walk, Expression of Wellness and Kick-a-Roo.

A coveted Spirit Award also was presented to the PVM Village that demonstrated the strongest spirit and enthusiasm. Communities entered the Spirit Award contest by submitting a video of their residents displaying their spirit.

The Village Victory Cup winners include: The Village of Westland won first place with a total of 551 points. The Village of Oakland Woods in Pontiac won second place with 542 points, and The Village of Hampton Meadows in Bay City won third place with 460 points. The winner of the Spirit Award was The Village of Oakland Woods.

A total of 260 seniors participated: 23 residents were under the age of 64; 87 residents were 65-74 years of age; 81 residents were 75-84 years of age; 33 residents were 85-89 years of age; 23 residents were 90 years of age or older, with 13 residents of unknown age. In light of the ongoing pandemic, the games and events were conducted remotely at each Village location.

Congratulations to all the Village Victory Cup participants for a rousing competition and for engaging in an annual highlight for PVM! Many thanks to Humana for making this important event possible.

For more information about PVM, visit www.pvm.org.

BIRTHDAY BASH

January 14, at 1:00pm

** Please let Trish know if you will be bringing something. **



Picture by Gift Habeshaw unsplash.com

BIRTHDAYS:

- Sherry DeRosia 1/07
- Elaine Wanzel 1/14
- Lindsay Doyle 1/18



ALLHAPPYQUOTES.COM



MESSAGE(S) FROM MAINTENANCE:

Happy New Year!! We have a lot planned this year, including some new carpeting and paint for the hallways. So, please excuse any mess that may be coming we will be working to get it cleaned up in a timely manner. Do your best to avoid the area where the workers are and follow directives on signage. As always please let the office know if you have any maintenance issues so they can make a work order.

Thank you,

RANDOM LITTLE TIDBITS

1. Wash your own cups

We have found that an abundance of cups and dishes get left in the sink over the weekends. To cut down on this we are asking that you start washing the cups and dishes that you use from the kitchen.

2. Borrowing at the Manor

Please let the office know if there is anything that you wish to borrow from common areas, including the kitchen and exercise room. If the office is closed, write what you borrowed on a slip of paper with the date and leave it in the suggestion box.

3. Soup Potluck Lunch – January 14th

We are having a soup potluck lunch **January 14th at 12pm**. If you are wanting to bring in a soup, there will be a sign-up sheet on the board across from the office. Please bring your own place settings.

4. Book Club

Trish is putting together a book club for anyone that likes/loves to read. If you are interested in joining there will be a sign-up sheet on the board across from the office. There will be no cost for you to join and meetings will be held the last Friday of the month starting January 28th.

5. Donation Money

As you were told at the December Let's Talk, we still have some money left over from the \$2000 that was donated last year, and we want your input on how this money should be spent. Bedbug heat room? Bigger TV? Outdoor Patio Area? Put ideas into our "suggestion" box.

6. Losing Money in the Washers?

When you are using the washers, make sure that you are inserting only one quarter at a time. If the quarter does not register, switch machines and fill out a Lost Change Report pinned to the board in the laundry room and give it to the office or leave it in the suggestion box.



Recipe Swap & Funnies

MAMAW'S CHICKEN & RICE CASSEROLE

www.allrecipes.com/recipe/233983/mamaws-chicken-and-rice-casserole/

Ingredients

- 3 Chicken Breasts, Cut into cubes
- 2 Cups of Water
- 2 Cups Instant White Rice
- 1 Can (10.75 oz.) Cream of Chick Soup
- 1 Can (10.75 oz.) Cream of Celery Soup
- 1 Can (10.75 oz.) Cream of Mushroom Soup
- ½ Cup Butter, Sliced in pats
- Salt and Pepper to taste

Directions

1. Preheat oven to 400 degrees F (200 degrees C). Grease sides and bottom of a casserole dish.
2. Stir chicken, water, rice, cream of chicken soup, cream of celery soup, and cream of mushroom soup together in the prepared casserole dish; season with salt and pepper. Arrange butter evenly over the top of the chicken mixture.
3. Bake in preheated oven until the rice is tender and the chicken is cooked through, 1 hour to 75 minutes. Cool 15 minutes before serving.

If you have a recipe you would like to share, please bring it to the office and it will be included in the next newsletter.



Source: coolfunnyquotes.com



Source:

<https://funstuffpeoplesendme.wordpress.com/2014/01/23/maxine-talks-about-the-current-weather/>



Source: <https://helonational.com/hny-2022/happy-new-year-jokes/>

**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

BOARD MEMBERS:

- SANDRA GRULKE
- TOM PETERMAN
- SCOTT PAULY
- LAURA SHACK
- NICK JARVIS
- CARMEN CLAYTON
- JACK WALSH

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Administrative Assistant

Matt Bush

Service Coordinator

Gary Hansel: (989) 306-4694

Caretaker

BUILDING AFTER OFFICE HOURS (989) 306-4694
EMERGENCY NUMBER




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.**



THE FOUNDATION

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



Check your numbers on the board and by the office window daily.

The Winner of December’s BINGO:

No Winner, Prize for January Doubled

Numbers for January 1- 7: G50, B8, I18, G48, 068, B10, G51

Commodities – January 13, 2021.

PICCOA Bus: 989-766-8191

Embrace the possibilities