



Manor Monthly



Embrace the possibilities

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

October 2020

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Also included: *Bingo Card, Senior Center Menu, Calendar, Phone List, Steps to Declutter page*



The Cost of Clutter in Your Life

By Elizabeth Scott, MS

Photo by [Samantha Gades](#) on [Unsplash](#)

Clutter—most of us have a little of it here or there. In fact, many of us have more than just a little. In a survey conducted by the National Association for Professional Organizers in 2015, it found that over a third of readers were overwhelmed by their clutter—and don't know where to begin cleaning.¹ (In contrast, less than 10% say their homes are clutter-free.) How is all this mess affecting us?

Time - People often think of clutter as an energy drain, but it also drains us of our time. How? People in cluttered homes spend extra time, virtually every day, looking for lost items, such as keys, money, shoes, tools, etc. Even when we're looking right at the lost item, it becomes difficult to see when surrounded by clutter. And the extra time it takes to search through the mess adds up quickly.

Money - When we don't have financial papers organized, bills can get lost, causing us to accrue late fees. Replacing lost items and buying duplicates of those we didn't realize we already had can also carry a cost that adds up quickly.

Stress - The most obvious toll that clutter takes is added stress on one's life. Some examples of the stress that clutter can cause: Having guests over becomes an embarrassment or an event that takes all-day preparation. Each room carries visual reminders of all the work that needs to be done in the way of cleaning. A cluttered home, rather than a haven from stress, is a big stressor in itself and intensifies the frustration and exhaustion that an already-stressed person feels.

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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

2020 Village Victory Cup: COVID-19 Edition



Since 2005 Presbyterian Villages of Michigan has hosted this fun-filled day of camaraderie and friendly competition between its senior living communities from across the state of Michigan. This year, due to COVID-19, rather than convene in one location to compete, participating communities will instead host the games at their respective communities.

We (Lynn Street Manor) will begin our games **Oct 5, 2020**. Some of the games will take place outside and some inside depending on the weather. *The games will not take place in one day, rather over the course of that week.* Some of the games are comprised of teams of multiple players and some are played individually. Please see game descriptions posted on the bulletin board next to the sign up roster.

The staff is encouraging all residents to sign up to play a game or multiple games! Please look over the following list of games and sign up. Please contact me if you have any questions.

Matt

Beanbag Toss (Team), Hoop Shoot (Individual), Wordsmith (Team), Wellness Walk (Individual), Kick-A-Roo (Individual), Expression of Wellness Sing-A-Long (Team), PVM Anniversary Banner Contest (Team).

**DESCRIPTIONS OF THE GAMES ARE
AVAILABLE IN THE OFFICE.**

Clutter cont'd...

How Much Is Too Much?

Knowing the toll that clutter takes, how much clutter is too much? While we know that piles of clutter can cause stress and a perfect home may be unrealistic for some people, the level of tolerable clutter may vary from person to person.

Stress. The first sign you may have too much clutter is the effect it has on your stress levels while at home. It's helpful to remember that you can best appreciate your home when it's a sanctuary for you.

Can you truly relax in your home or is it an energy drain?

Company. It can also be stressful to have to do a full cleaning of your home before having any guests over. Do you feel agitated that you can't have someone drop by without worrying about getting everything organized first?

Organization. Is your home organized enough that you can generally find everything you're looking for without having to search?

Source:
<https://www.verywellmind.com/the-cost-of-clutter-3144688>

Go to the above website for the full article.



BIRTHDAY BASH
 October 16, 2020 at
 1:00pm (outdoor).
 *We will be doing
 Pies for this
 birthday bash. Let
 the office know if
 you would like to
 make one.*



BIRTHDAY:
 Carmen Clayton
 10/10



**ROCK PAINTING CANDY CORNS WITH
 FACES AND OTHER FUN STUFF!!**



“Wrinkles should
 merely indicate
 where smiles
 have been.”
 – Mark Twain





MESSAGE(S) FROM MAINTENANCE:

Fall is in the air and with it comes a bit of a chill. The Boilers have been turned on and heat should be coming from your registers. If you have any problems with the temperature not changing with your thermostat, please notify the office IMMEDIATELY. I am currently working on the A/C removal, and I thank you for your patience during the process.

*Thank you!
Pat*

By Seniors. For Seniors.

YGL Your Good Life

Whether you're looking for something entertaining to read, consider yourself a budding author and have words of wisdom or a funny story to share or have an interest in brushing up on your poetry skills you need to check out [Your Good Life](#)!

Started by a group of friends who live at a senior living community in Indiana, Your Good Life is a blog written by seniors for seniors. Weekly posts explore what life was like in the past, what it is like now and what it may be like in the future for today's older adults.

You'll also find a list of [recommended readings](#) as part of their [online book club](#), which incidentally you can join, along with a series of [poems written by readers](#) including many that address contemporary issues. One of my favorites is "[Isolation](#)" by Mary Jane Baxter in which she ponders how being socially isolated due to COVID-19 may impact her life.

Speaking of favorites, if you want a hearty laugh you must read Gene Helveston's post titled, "[The Bag](#)". In it, he writes about the time when he had the responsibility to deposit the weekly offerings from the previous Sunday's church services and the bank bag turned up missing. Not meant to be just a passive experience, Your Good Life offers you the opportunity to submit a story or poem of your own, discover the [benefits of journaling](#), start a [memoir](#), share some meaningful photos and become an active member of their online community.

So do yourself a favor. Check out Your Good Life (<https://yourgoodlife.org>). I don't think you'll be disappointed.

Author: Tom Wyllie

RANDOM LITTLE TIDBITS

1. LET'S TALK – October 8, 2020 at 1:00 p.m.

Another “socially distant” Let’s Talk meeting is scheduled this month with chairs being set up outside 6 feet apart. We still need to maintain our vigilance in keeping safe. (Weather permitting)

2. Commodities -October 8th –Pick up in kitchen from 9:00a.m. to 10:00 a.m.

Please remember to keep social distance as you are picking up your box. Not going to be able to make that time...call the office to make arrangements for your box. If you are interested in receiving commodities, please go to the Senior Center to get signed up and receive your first box. An application must be submitted to verify qualification for the program; available at PICCOA in Posen and Onaway. Call or visit a PICCOA center or Northeast Michigan Community Service Agency at 866-270-0685 for details.

3. Halloween Costume Contest. OCTOBER 29TH AT 1:00pm (Parade Starts)

With the uncertainty of Halloween activities, we wanted to let you know that we will still be giving prizes for the best Halloween Costumes. There will be a parade through the halls of the Manor to show off the costumes. If you are NOT dressing up, you can view the parade from your door, and cast your vote for your favorite costume. The office staff will be passing out treats at the same time.

4. Create Your Own Pumpkin

Tired of carving pumpkins every year...come make one that can be used year after year. We will have an activity to make a fall pumpkin. If you have any fake fall leaves, please bring them with you. This activity will take place **October 14th at 11:00-1:00.**



5. Pinecone Art Project –Create a beautiful wall piece out of pinecones. You will need to provide your own picture frame or piece of wood/board for the base of your project. We will provide the pinecones, paint, glue, etc. If you have any specific ribbon or accessory to add, you will need to bring it with you. This project may take more than one day, so we have set it to occur from **NOON-2:00pm on BOTH the 21st and the 22nd of October.**



6. Voting-If you are unsure if you are going to receive an absentee ballot, you can reach out to **Crystal Veal, Clerk/Treasurer, City of Onaway, 989-733-8313**. She will verify your status. If you prefer to vote in person, they will have that set up in the meeting room on the second floor. They do have an elevator for those that have difficulty with stairs.

If you would like a printed activity packet (crosswords, word search, Sudoku, color pages, etc.) please let the office know!

Recipe Swap



LOADED BAKED POTATO SOUP

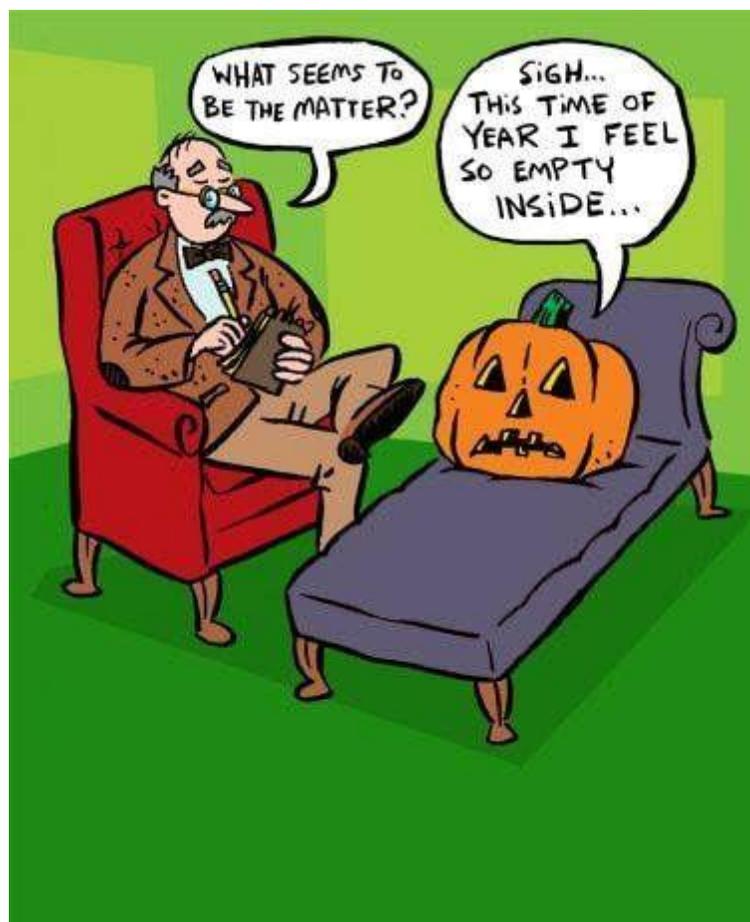
Thank you [Better Homes & Gardens](#) for the recipe!

Ingredients

- 2 large baking potatoes (about 8 ounces each)
- 6 tablespoons thinly sliced green onion (3)
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 teaspoons snipped fresh dill or chives or 1/4 teaspoon dried dill
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups milk
- 1 1/4 cups shredded American cheese (5 ounces)
- 4 slices bacon, crisp-cooked, drained, and crumbled

Directions

1. Scrub potatoes with a vegetable brush; pat dry. Prick potatoes with a fork. Bake in a 425 degree F oven for 40 to 60 minutes or until tender; cool. Cut each potato lengthwise. Scoop out white portion of each potato. Break up any large pieces of potato. Discard potato skins.
2. In a large saucepan cook 3 tablespoons of the green onion in butter over medium heat until tender. Stir in flour, dill, salt, and pepper. Add milk all at once. Cook and stir for 12 to 15 minutes or until thickened and bubbly. Add the potato pulp and 1 cup of the cheese; stir until cheese melts.
3. Top each serving with the remaining 1/4 cup cheese, remaining 3 tablespoons green onion, and the bacon.



**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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Housekeeper

Patrick Downing: (989) 306-5452
Maintenance Technician

Monica Voigt
Administrative Assistant

Matt Bush
Service Coordinator

Gary Hansel: (989) 306-4694
Caretaker

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



BOARD MEMBERS:

- SANDRA GRULKE
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Your Life. Your Legacy.

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.**

 **Presbyterian Villages**
OF MICHIGAN
THE FOUNDATION

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



Check your number on the board and by the office window daily.
Carmen Clayton was the September winner!!

Embrace the possibilities