



Manor Monthly



Embrace the possibilities

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

October 2021

Featured Articles

**Service Coordinator
Corner & Monthly Fun
Facts** pg. 2

**Breast Cancer Awareness
Continued & Moments** pg. 3

**September Memories &
Birthdays** pg. 4

**Maintenance Message & A
New Beginning** pg. 5

Random Tidbits pg. 6

Recipe Swap & Funnies pg. 7

*Also included: Bingo Card, Senior
Center Information page, Menu &
Calendar*



Picture by Angiola Harry – unsplash.com

Breast Cancer Awareness

Ask your doctor when you should get a mammogram.

Other than skin cancer, [breast cancer](#) is the most common cancer among American women. [Mammograms](#) are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

What Are the Symptoms?

There are different [symptoms of breast cancer](#), and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

Continued on Pg. 3



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**Get ready! Medicare's Open Enrollment starts October 15.**

You can enroll in Medicare health and drug plans from October 15 – December 7. Get ready for Medicare's Open Enrollment with these 5 tips:

1. **Check your mail.** You may get important notices from Medicare or Social Security. If you're in a Medicare plan, you'll get an [Annual Notice of Changes \(ANOC\)](#). Note any 2021 changes to your health coverage or any [Extra Help](#) you may get to pay for prescription drugs. You may also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. [Remember](#) — plans aren't allowed to call or come to your home without an invitation from you.
2. **Review your 2021 "Medicare & You" handbook.** It has information about Medicare coverage, as well as Medicare plans in your area. If you get your handbook by mail and want to get your next copy electronically, choose to [go paperless](#) next fall.
3. **Think about your Medicare coverage needs for 2021.** Carefully review your Medicare coverage materials during Medicare Open Enrollment. Note any changes in 2021 costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage and it's still available for 2021, you don't need to take any action.
4. **Preview 2021 health and prescription drug plans.** [Medicare Plan Finder](#) makes it easy to compare coverage options and shop for health plans. For a personalized search, [log in or create an account](#) (if you have a Medicare Number) to create or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs.
5. **Get personalized help in your community.** You may be able to find free information and events online, and help from health insurance counselors in your area by phone, like your [State Health Insurance Assistance Program](#).

Medicare's Open Enrollment is almost here! Get important news & updates from Medicare.gov. Scroll down [our home page](#) and enter your email address in the light green sign-up box.

Source: <https://www.medicare.gov/blog/medicare-open-enrollment-get-ready>

Assistance will be available at the Senior Center next door. Ashley and I will be assisting folks reviewing current plans and explaining Medicare options. Please call Ashley at (989) 733-2559 to make an appointment if you would like assistance concerning Medicare during the open enrollment period.

- I have asked an expert from the Medicare/Medicaid Assistance Plan, Inc. to come to the Senior Center to give a presentation concerning Medicare open enrollment and the various options available.

The Medicare presentation will be October 14 at 2:00 P.M. at the Senior Center next door.



Picture source: www.rareseeds.com

October Symbols -

www.ducksters.com

Birthstone: Opal

Flower(s): Calendula

Zodiac Signs: Libra and Scorpio

October's Origins -

www.ducksters.com

October was originally the eighth month in the Roman calendar before January and February were introduced.

October Fun Facts -

www.ducksters.com

October holds many health observances including: Breast Cancer Awareness, Spinal Bifida, Lupus, Healthy Lungs, Blindness, and Sudden Infant Death Syndrome. To commemorate the Great Chicago Fire of 1871, the National Fire Prevention Week happens during the week of October 9th.

What Are the Risk Factors?

Continued from Pg. 1

Some main [factors that affect your chance of getting breast cancer](#) include—

Being a woman

Being older (Most breast cancers are found in women who are 50 years or older.)



Having changes in your **BRCA1** or **BRCA2** genes.



How Can I Lower My Risk?

You can do things to help [lower your breast cancer risk](#).

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

Fast Facts about Breast Cancer

- Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.

For more information on breast cancer and how to identify it please visit the following website:

<https://www.cdc.gov/cancer/dpcp/resources/features/breastcancerawareness/index.htm>



The Flu Vaccine Is Coming To Lynn Street!

Walgreens (Cheboygan)...Here (Boardroom) at Lynn Street Manor

November 3rd

2:00 PM

Please bring proof of insurance such as your Medicare card.

Moments

Author: Lynn Alexander

One of my favorite sayings is: "A life cannot be measured by how many breaths you take, but rather by the moments that take your breath away." Over the past eighteen months it's been a bit harder to create those moments. During the pandemic we went for months without being able to hug loved ones. We were unable to visit the special places that take our breath away, such as resorts or just having lunch with a close friend. We all learned how resilient we can be and the importance of never giving up. There is a reason that the word Age begins with an A. It's our attitude that will get us through.

I am not the only one who believes this. Ask anyone who has lived to be 100. They may have different ideas as to how they did it. Some say being a vegetarian made it happen. Others talk about staying active while some believe wholeheartedly a sip of whiskey every night is the secret. However, to a person they all mention attitude and being engaged with life and others as playing a key role. We need a sense of purpose and something to look forward to.

So hold tight to your dreams. Make new ones. Call up a long-time friend. Take up a new hobby. Teach something to your grandchildren or other young persons. Most of all create experiences that take your breath away for you and those you hold dear. That is my wish for you!

September Memories



Reminder...PVM Village Victory Cup 2021
Games: October 5 & 6 (1-4P.M.)

We are kicking off the games with a potluck at noon...October 5th!

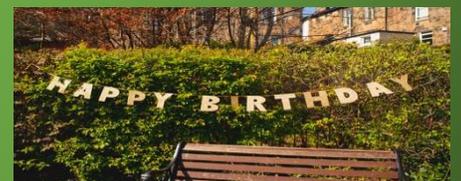
Like last year the games will be: the Bean Bag Toss, Hoop Shoot, Wordsmith, Wellness walk, Kick-A-Roo. Expression of Wellness, and Spirit Award.

We need players! Please sign up for one or multiple games as well as to bring something to the potluck. Sign-up sheets on the bulletin board across from the main office.

BIRTHDAY BASH

October 8, 2021 at
1:00pm

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



Picture by Ellis Garvey – unsplash.com

BIRTHDAYS:

- Carmen Clayton 10/10



MESSAGE(S) FROM MAINTENANCE:

A/C units will be taken out starting Monday, October 4th, please make sure that you have added your name to the sheet on the board across from the office. The Bi-annual unit inspections will start October 11th and will go through the whole week, please come to the office if you have any questions. Thank you so much for taking such great care of your gardens this year. Please be sure that you complete your harvest and start preparing for winter by pulling plants, etc.

*Thank you,
Pat*

A New Beginning

Author: Tom Wyllie

It is with a great deal of emotion that I write this article, my last as Director of Innovation & Wellness for Presbyterian Villages of Michigan. After almost 13 years of service, my last day with PVM will be September 10, 2021. After a great deal of consideration and conversations with family and friends, I have decided to make a career change and accepted a Head Coaching position for a youth swim team in [Wenatchee, Washington, the Apple Capital of the World!](#)

As some of you may know, competitive swimming has long been a passion of mine. I started competing at age 7, began coaching at age 18 and for the past 24 years, from December through March, have served as the Head Coach of the Birmingham High School Boys Swimming & Diving Team. While standing on the pool deck during those frigid months, I often dreamt of making coaching a full-time career, but the stars never seemed to align until now.

I am extremely grateful to PVM for allowing me to pursue my two other passions – innovation and wellness - and am extremely grateful to you for allowing me to serve you. I hope that I have passed along tips and information you were able to use to enhance your health and wellbeing.

There are many things I am going to miss about working for PVM. I am going to miss working with an amazing group of dedicated colleagues and I will miss interacting with you. Most of all, I am going to miss the Village Victory Cup, to quote a past volunteer, “the best day ever!” I will, however, be watching and cheering you on from afar.

One thing I learned while at PVM is that it is never too late to pursue your passion. It may be as scary as can be, but it is never too late. Whether you have dreamt of becoming a painter, a musician, an author, an artist, an athlete, a poet or even a full-time swim coach, do not let the calendar stop you. Meaning and purpose is what gives meaning and purpose to life. So find your passion; find your purpose and pursue it whole-heartedly. And when the “what if’s” start popping up, I encourage you to take the advice of a very dear friend of mine, “stop worrying about what could go wrong and think of what could go right.”

Thank you again for allowing me to serve you. Best wishes for a happy, healthy, purposeful, meaningful life!

RANDOM LITTLE TIDBITS

1. Halloween Trick or Treating

Halloween falls on a Sunday this year. I spoke with someone at City Hall and she confirmed that Trick or Treating will be held on the 31st from 5 – 7:30 pm. Our Halloween Events will start at 4 pm and will go until we run out of candy or 7:30 pm, whichever comes first.

2. Halloween Door Decorating Contest

We will be having a door decoration contest this year for Halloween! Judging will happen Thursday, October 28th so please have your doors ready by the 27th. You do not need to be present to win. Rules and additional details will be handed out October 4th.

3. Halloween Craft – October 15th

Our Halloween themed craft will be held on October 15th at 1 pm in the board room. I will be providing a small snack for the craft. A sign-up sheet will be on the board across from the office on October 7th.

4. Gardens Beds

Please reach out to Pat if you have questions about what is needed to clean out the garden beds.

5. Victory Cup

This year the Victory Cup events will happen on October 5th and 6th. We will be having a potluck lunch on the 5th at 12 pm to kick off the events. Sign-up sheets for the events are on the board across from the office. A sign-up sheet for the pot luck was posted on the board September 27th.

6. Let's Talk

Let's Talk, our once a month get together to discuss up-coming events and our time to share information, will be on October 7th at 1 pm.

7. Board Meeting – October 25th

The Board Meeting will be held on October 25th and residents are encouraged to join from 3 – 4 pm in the dining room. This will be your opportunity to bring your ideas, concerns, etc. to the Board.

8. Pink Ribbons

October is Breast Cancer Awareness Month. October 4th I will be providing pink ribbons for everyone to wear in support of this cause. Wearing the ribbons is not mandatory.

9. Medicare and Medicaid Presentation – October 14th @ 2pm

Matt has arranged for someone to come do a presentation about Medicare and Medicaid and what options you have as we approach open enrollment. **THIS MEETING IS AT THE SENIOR CENTER.**

10. Flu Shots – November 3rd

Matt has arranged for Walgreens of Cheboygan to administer Flu Shots this year on November 3rd at 2 pm in the board room. A sign-up sheet will be posted on the board across from the office October 8th. Please bring proof of insurance when you come to receive your flu shot.

11. Christmas Cards for Soldiers

I am now collecting Christmas cards to send to active duty soldiers overseas. Please do not get/give cards with glitter due to security issues. If you want to write a brief, encouraging message that is more than welcomed. The envelope is not needed so you can keep it for your own personal use.

***We want your ideas...What would you like to see more of in our Newsletter?
Suggestions can be made at the office or dropped in the suggestion box by the window.***

Recipe Swap & Funnies

LUCILLE'S CAKE MIX

Thank you Mary Ann Stockwell for this recipe

Ingredients

- ½ Cup Flour
- ½ Cup Sugar
- 1 Tsp Baking powder
- 1 Egg
- 2 Tbsp. Butter

Directions

1. Preheat oven to 350° F
2. Mix above ingredients well in a medium bowl
3. Place fruit of choice in the bottom of a 9x9 pan
4. Spoon cake mixture over fruit evenly
5. Bake for 35 – 40 minutes or until golden
6. Enjoy!!!

*If you would like to thicken the fruit, you could try adding a Tbsp. of flour or cornstarch.

Peanut Butter Banana Oatmeal Cookies

Recipe donated by Patricia (Trish) Pasini

Ingredients

- 2 cups Old Fashion Oatmeal
- 2 cups Peanut Butter
- 2 Eggs
- 2 Bananas Mashed
- 1 cup Sugar

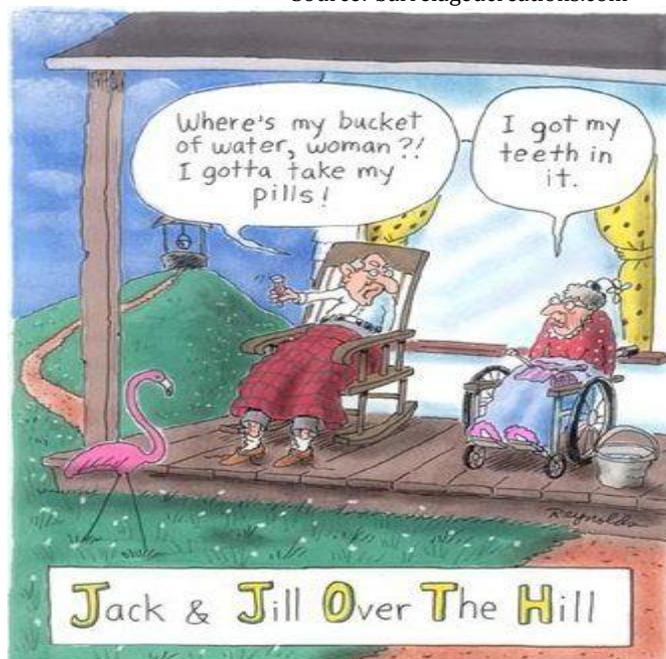
Directions

1. Preheat oven to 350° F
2. Mix ingredients thoroughly
3. Bake until golden, about 12 minutes
4. ENJOY!!

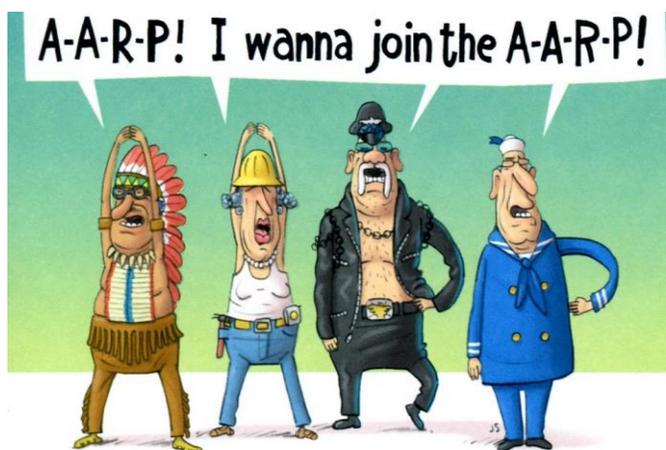
If you have a recipe you would like to share, please bring it to the office and it will be included in the next newsletter.



Source: barrelagedcreations.com



Source: community.aarp.org



The Retirement Village People

Source: community.aarp.org

**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

Office Number

(989) 733-2661

Village Staff

Monica Voigt

Housing Administrator

Lindsay Doyle

Housekeeper

Patrick Downing: (989) 306-5452

Maintenance Technician

Patricia “Trish” Pasini

Administrative Assistant

Matt Bush

Service Coordinator

Gary Hansel: (989) 306-4694

Caretaker

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



BOARD MEMBERS:

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



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



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

• **B5 today's number**

The Winner of September's BINGO:
No Winner – October will have double the prizes.

Commodities – October 14, 2021.

PICCOA Bus: 989-766-8191

Embrace the possibilities