



Manor Monthly



Embrace the possibilities

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

October 2022

Featured Articles

- Service Coordinator
Corner & House Rules pg. 2
- Responsibility & Prayer pg. 3
- Word search & Birthdays pg. 4
- Maintenance Message &
Random Tidbits pg. 5
- Bi-Annual Inspection Prep pg. 6
- Recipe Swap & Funnies pg. 7

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



Picture source: <http://clipart-library.com/search1/?q=excuses#gsc.tab=1&gsc.q=excuses&gsc.page=1>

How to Take Personal Responsibility and Stop Making Excuses

When things aren't going your way, it's hard to accept your own role in the situation. Often, it's much easier to look externally – at other people, at the circumstances, or at just plain bad luck. However, while all of these things can be factors, failing to take personal responsibility can block you from becoming your best self.

Making excuses provides short-term comfort, but it holds you back from growing and improving, and from avoiding similar mistakes in the future. But how do you know if you're failing to take personal responsibility, and what can you do about it?

If you're ready to empower yourself by taking responsibility and leaving excuses behind, this article is a perfect place to start. We'll explore the key signs that you have difficulty accepting personal responsibility, explain the benefits of changing your approach, and provide concrete tips and reminders that can help you stay on track.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



...Continued on Pg. 3

Service Coordinator Corner | Matthew Bush (231)268-8990

MDHHS urges residents to get flu vaccine during upcoming fall season

September 23, 2022

The Michigan Department of Health and Human Services (MDHHS) is urging Michiganders to get their flu vaccine as soon as possible to protect themselves and their communities from flu this season.

Getting a flu vaccine is critical because flu viruses and the virus that causes COVID-19 will likely be spreading simultaneously. Residents can get their COVID-19 vaccine at the same time as their flu vaccine. [According to the CDC](#), those who are at higher risk for contracting flu are also at a higher risk for contracting COVID-19. Vaccinations for both COVID-19 and the flu are safe, effective strategies to protect ourselves, our families and our communities from illness.

“Annual flu vaccination is recommended for individuals aged 6 months and up, and we encourage you to schedule your appointment as soon as possible to receive protection this flu season,” said Dr. Natasha Bagdasarian, MDHHS chief medical executive. “There is an ample supply of flu vaccine available in many convenient locations, from primary care providers to local pharmacies, and you can receive your flu shot at the same time as many other vaccines (including the COVID-19 vaccine).”

This season, CDC has adopted new recommendations for older adults. Adults aged 65 years and older are recommended to receive one of the following if available: high-dose influenza vaccine, adjuvanted influenza vaccine, or recombinant influenza vaccine, over standard-dose influenza vaccine. If none of the recommended vaccines are available, any age-appropriate vaccine should be used and the opportunity to be vaccinated should not be missed. The flu vaccine is the best way to reduce risk from the seasonal flu and its potentially serious complications. Each year flu vaccination [reduces the burden of influenza](#) significantly in the United States preventing millions of illnesses, and thousands of hospitalizations and deaths.

During the 2021-2022 flu season, approximately 3.3 million people in Michigan received a flu vaccine as reported to the Michigan Care Improvement Registry (MCIR). The state has set a goal of vaccinating a total of 4 million Michiganders for the 2022-2023 flu season.

During the 2019-2020 flu season, the nation recorded [8 to 13 million estimated cases of the flu](#), 3.7 to 6.1 million medical visits due to the flu and nearly 170,000 hospitalizations. Despite its comparison to the common cold, the flu is a serious and potentially deadly disease, especially for children, older people and people with chronic health conditions, which is why vaccination remains a critical strategy for prevention.

Vaccines will be available at the property soon. Questions?...please call Matt at 231-268-8990.

Source: <https://www.michigan.gov/mdhhs/inside-mdhhs/newsroom/2022/09/23/flu-2022>

House Rules

Subject: Parking

Each resident is allowed one car only. There are no assigned parking spaces, except that some spaces have handicapped signs. Only residents with **OFFICAL** handicapped cards may park in the handicapped spaces.

No trailers, boats, or other recreational vehicles are to be parked on the premises for more than 12 hours.

Unlicensed or inoperable vehicles will be towed from the premises at the owner's expenses.

PVM Community is not responsible for any theft, vandalism, or damage to any vehicle or personal property while parked on the Village premises.

7. Car repairs and maintenance work of cars should not be done on the property of the Village.

21. Any considerations or exceptions to the above rules and regulations must be discussed with the Administrator.

...Continued from Pg. 1

6 Important Reminders for Taking Personal Responsibility

To take personal responsibility, the biggest step you have to take is deciding that you want to stop making excuses.

However, it's helpful to have techniques on hand to keep you on track. Having reminders you can refer to when it becomes hard to avoid the urge to blame others is especially good. These reminders will help to stick to your plan and stay consistently accountable to yourself.

Stop Blaming Others

When you catch yourself focusing all your resentment and anger on another person, stop and take a few deep breaths. Pull back from your urge to blame and focus on yourself. How did you get here? What happened? If you could do the situation over, what would you change?

Stop the Constant Complaining

When you hear consistent moaning coming out of your mouth to friends, family, or colleagues, catch yourself and change direction. It's okay to say something like "I just realized I'm moaning about this – let me change track." Ask yourself: what's the positive in this situation, if there is any? If not, how can I move forward?

Be Mindful & Live in the Present Moment

Add a personal reflection period to every day to stop you from analyzing the past and stressing about the future. Whether it's a guided meditation, [mindfulness exercises](#), or just a walk, find time to zone into the present moment.

Get Clear & Set Intentions

Set your goals in clear, unambiguous language. Write them down (write an [intention statement](#)) and pin them up somewhere if it helps and stick to them. Focus on these intentions throughout the day, and let your guiding question not be "Why me?" but "What can I do in order to turn my intentions into reality?".

See Challenges Instead of Problems

We all hit roadblocks, but when you do it's important to view them as beatable challenges. How can you overcome them? What strategies can you use? These are not signs you'll be permanently stuck or that you're powerless. They're not problems but rather prompts to grow beyond your present self.

Be Responsible for Yourself

Finally, don't look to your partner, your friends, your children, or anyone else to make sure you're happy. Your happiness is up to you, which is both a great gift and a great responsibility. If you want to feel a certain way, explore how you can get there – don't ask others to take you there.

For more information and to read the full article, please visit:

<https://thelawofattraction.com/personal-responsibility/>

I Said a Prayer for You Today

By: Unknown



I said a prayer for you today, and know GOD must have heard.

I felt the answer in my heart, although He spoke no word.

I didn't ask for wealth or fame,
I knew you wouldn't mind.

I asked him to send treasures of a far more lasting kind.

I asked that He'd be near you at the start of each new day,
To grant you health and blessings and friends to share your way.

I asked for happiness for you in all things great and small,
But it was for his loving care I prayed for most of all.

Halloween @ the Manor

Words can go in any direction.

Words can share letters as they cross over each other.



Boos	Brooms	Candy
Costumes	Decorations	Fun
Ghouls	Halloween	Laughter
Neighbors	Potions	Pumpkins
Skeletons	Spooky	Treats
Tricks	Vampires	Witches

Source: <https://puzzlemaker.discoveryeducation.com/word-search>
<http://clipart-library.com/clipart/zTXe8rRec.htm>

BIRTHDAY BASH

Oct. 14th, at 1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

• Carmen C 10/10

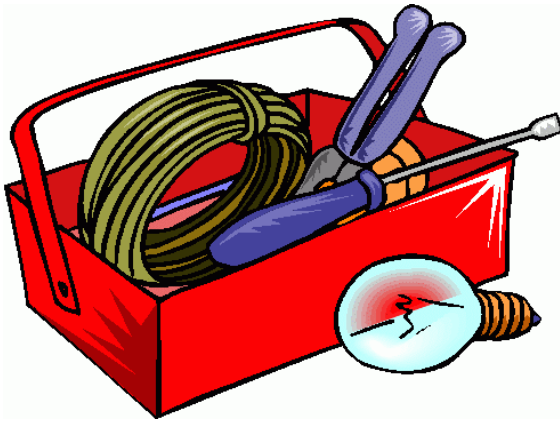


Picture by Patricia Pasini

October Symbols

www.ducksters.com

Birthstone: Opal
 Flower(s): Calendula
 Zodiac Signs: Libra & Scorpio



MESSAGE(S) FROM OUR Maintenance:

Welcome to October!!

Thank you everyone for being so welcoming, I look forward to working with you all!!

It is garden clean-up time!! Get your gardens cleaned out no later than October 21st for the coming winter. I will be hauling away the garden compost, no foreign objects are to be in the compost. If you have questions, please leave them with the office.

*Thank you,
Joe*

RANDOM LITTLE TIDBITS

1. Village Victory Cup

We will be holding the Victory Cup games on October 19th. It will be an all-day event with a pot luck lunch. Sign-up sheets are on the board for anyone wishing to join the games and for the pot luck. Practices are still happening every Wednesday at 2pm until the day of the games.

2. New Salt Cans

Joe is putting out new salt cans for the upcoming winter season. Do NOT use these cans for garbage or pet waste, they are for the salt ONLY.

3. Board Meeting

Residents are invited to join the board meeting on October 24th from 3pm to 4pm in the dining room. During this time, residents are able to ask questions and make suggestions. Please come with an open mind and remember not everyone has the same opinion as you.

4. Halloween

We will be packing candy bags in preparation for trick-or-treaters on Oct. 27th at 2pm. We will also be having a movie during this time. Everyone is welcomed to come, you don't have to pack candy to watch the movie.

5. Thanksgiving Baskets

We are planning to do the Thanksgiving baskets again this year. If you have a family's name you believe would benefit from a basket, please bring it to the office so that we can put that name at the top of our list. There will be a sign-up sheet for anyone wishing to help pack the baskets. More information will be available at a later date.

6. Bi-Annual Unit Inspections

Inspections have been scheduled for Nov. 1st through the 4th. Please make sure that your apartment is ready and if you have any issues call the office.

7. Winter Storage

If you are wanting to store your bikes or have anything under the lean-to for the winter, speak with the office, consideration and arrangements need to be made in advance and not at last minute.

8. Parking Spots and Speeding

There is NO need to take up more than 1 space per vehicle. Please be aware of how you are parking in the parking lot. And just another friendly reminder that the speed limit in the driveway and parking lot is **10 MPH**.

Bi-Annual Inspection Prep

For anyone that has not been part of the annual inspections and for those that have been but need a refresher, here are few things to know to get your apartments ready.

1. ALL entry doors need to shut by themselves. If your door needs to be pulled shut, please let the office know.
2. Bi-fold doors (closet) need to close freely.
3. Windows need to open and close easily and the sills need to be free of clutter. There shouldn't be anything in front of your windows that would prevent you from getting out if your window in case of emergency/fire.
4. If your smoke detector has been taken down, it needs to be available to be put back up. *(As a side note...removing batteries, taking smoke detector off the wall, or disabling in any way is a Life Safety Issue and should NEVER HAPPEN)*
5. You are responsible for ensuring your personal property does not create a hazardous condition inside or outside of your apartment. Personal property must not:
 - a. Hinder entrance or egress from the apartment
 - b. Inhibit movement within the apartment
 - c. Obstruct access to windows and/or doors

Personal property must be kept in a safe and sanitary manner at all times.

If you have any issues in your apartments, please report them to the office immediately so that a work order can be made. We all need to work together to be ready for these inspections.



Recipe Swap & Funnies

MICHIGAN PASTY

Thank you, Willow Liebenow, for this recipe.

Ingredients:

- 3lbs Potatoes – diced
- 1 C Carrots – diced
- 2 C Onions – diced
- 2 C Rutabaga – diced
- 2lbs Meat or Fish – diced or ground

Directions:

1. Mix diced ingredients thoroughly.
2. Take about 1 dozen 4oz. pie crust dough balls that have been cooled then warmed to room temperature.
3. Roll each dough ball into a 10 inch oval.
4. Place 10oz. of pasty filling mix on dough and pull over the top, crimping the edges.
5. Bake for 1 hour at 350°F.

Makes 12 pasties.

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: <https://community.aarp.org/t5/Our-Front-Porch/Senior-n-stories-Senior-jokes-and-cartoons/td-p/1832735/highlight/true>

Crabby Road

11-9-11



Source: <https://www.facebook.com/KingsportSeniorCenter/photos/a.592499577451802/4337090512992671/>



Source: https://www.pinterest.de/pin/306315212127656398/?nic_v3=1a3fq7che

**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

Molly Booth

Housekeeper

Justin “Joe” Hoerner: (989)306-5452

Maintenance Technician

Patricia “Trish” Pasini

Administrative Assistant

Matt Bush: (231)268-8990

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

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 numbers on the board and by the office window daily.

**The Winner of September’s BINGO:
Carmen Clayton**

Commodities – October 6, 2022

PICCOA Bus: 989-766-8191

Embrace the possibilities