



# Manor Monthly



## Embrace the possibilities

4255 S. Lynn Street • Onaway, Michigan 49765 • [www.pvm.org](http://www.pvm.org)

December 2018

### Featured Articles

**Did You Know?  
& Birthdays** pg. #2

**Events from November**  
pg. #3 & 4

**Word Search** pg. #5

*Also included:*

**Calendar, Senior Center  
Menu & Activity Calendar**

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

### *National Hand Washing Awareness Week: December 3<sup>rd</sup>-December 9<sup>th</sup>*

As the winter season is upon us, doctor visits increase. “As a patient in a healthcare setting, you are at risk of getting an infection while you are being treated for something else. Patients and their loved ones can play a role in asking and reminding healthcare providers to clean their hands. Your hands can spread germs too, so protect yourself by cleaning your hands often.”

Don't be afraid to use your voice: **it's ok to ask your healthcare provider questions**, such as:

- “I didn't see you clean your hands when you came in, would you mind cleaning them again before you examine me?”
- “I'm worried about germs spreading in the hospital. Will you please clean your hands once more before you start my treatment?”

Keep in mind that hand sanitizers can quickly reduce the number of germs, but do **NOT** get rid of all types of germs. *\*source: www.cdc.gov*

### *Staffing Changes*

As you may know, Sharon Kindt has moved on to a new career in the Human Resources field. We wish her the best in her new endeavor. Thank you for those that organized her farewell party! Dee Beck our Service Coordinator, is retiring and her last day will be December 5<sup>th</sup>. Please join us for a “Cookie Bake” at 9:00am that day to celebrate her 17 years at Lynn St. Manor.

In the interim, Bev Brougham will be assisting Monica with training three days a week: Monday, Wednesday, & Thursday (9am-5pm), until a new Housing Administrator is hired. Presbyterian Villages is continuing with interviews for a Maintenance Technician as well.

Thank you for your patience with the process.

### Have you signed up for the Christmas meal?

**The catered meal plan has been pushed to sometime in the spring...stay tuned! The Tuckers will be providing a lasagna meal on the 19<sup>th</sup> of Dec. & a full Turkey dinner on Christmas day.**

**Check the board for the sign-up sheet.**



## Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



**MEDICARE OPEN ENROLLMENT DEADLINE IS DECEMBER 7<sup>TH</sup>.**

Did You Know?

**Fraud costs the government and consumers billions every year.**

## How to Avoid Medicare Scams

**ACCORDING TO THE** Coalition Against Insurance Fraud, scams against government and private health care insurers form the largest type of insurance fraud – by far. No one knows exactly how much money is lost through health care fraud, but it is likely in the tens of billions of dollars a year, the group claims. In addition, medical identity theft is now one of the top complaints received by the Federal Trade Commission, CNBC reports.

Government insurance, including Medicare, is a frequent target. Indeed, scammers are using this year's newly issued Medicare ID cards as a way to steal identities. The new cards replace Social Security numbers with randomly generated, 11-character numbers. Scammers posing as Medicare officials are asking people to pay for the new cards, which are in fact free. Or they are calling people to say they have a refund coming and need the ID number and a bank account number to deposit it. These, and many other Medicare scams, are used to steal money or the person's identity and use it for their own medical care or sell it on the black market.

Billing fraud is another huge problem, and it's not always easy to tell what is legitimate and what isn't. "There can be confusion about services that are being billed for, and it is hard to parse out if it's fraud or a billing error," says Fred Riccardi, vice president of client services at the Medicare Rights Center. Fortunately, there are many resources to help.

### Fraud Prevention Tips

The Centers for Medicare and Medicaid Services lists numerous [tips for preventing fraud](#) on its website. Some of the most critical include:

- Protect your Medicare and [Social Security numbers](#) and treat your Medicare card like it's a credit card. Don't give your Medicare card or number to anyone except your doctor or people you know should have it.
- Remember that nothing is ever "free." Don't accept offers of money or gifts for free medical care.
- Educate yourself about Medicare. Know your rights and what a provider can and [can't bill to Medicare](#).
- Be wary of providers who tell you that the item or service isn't usually covered, but they "know how to bill Medicare" so Medicare will pay.
- Always check your pills before you leave the pharmacy to be sure you got the correct medication, including whether it's a brand-name or generic and the full amount. If you don't get your full prescription, report the problem to the pharmacist.

By [David Levine](#), Contributor

via [www.health.usnews.com](http://www.health.usnews.com)

### BIRTHDAY BASH

Friday, December 14th  
1:00 p.m.

ALL TENANTS  
WELCOME IN THE  
DININGROOM!

EAT CAKE and ICE CREAM!

### DECEMBER BIRTHDAYS:

- Nancy P. 12/01
- Kelly L. 12/08
- Pete L. 12/09
- Darlene F. 12/21
- Carlton F. 12/30



**\*\*See Page 5 for  
Photos from last  
month's  
Birthday Bash\*\***

# Thanksgiving Meal Baskets



The generosity of our local businesses allowed us to provide the fixings for a full Thanksgiving meal and a game, for 15 needy families in our community. A special thanks to Hugh D., Patti & Mary S., Cheryl N., Donna D., Carmen C., Lindsay Doyle & Monica Voigt for packing all the totes!!



## THANK YOUR LOCAL DONORS!

- AWAKON FEDERAL CREDIT UNION
- CITIZEN'S NATIONAL BANK
- MANZANA'S RESTAURANT
- PRESQUE ISLE ELECTRIC & GAS CO-OP
- SUNRISE COMMUNICATIONS
- TOM'S FAMILY MARKET
- WOOD WINDS RESTAURANT & PIZZA



Lynn Street Manor partnered with Onaway schools to determine which families were in need of a meal. Superintendent Rod Fullerton and a helper were gracious enough to deliver the totes to the recipients!

THANK YOU!!!



**Thank you Sharon for your time with us at Lynn Street Manor & best of luck in your new endeavor!**



**Lots of cake,  
Ice cream, and fun was  
had at the November  
Birthday Bash!  
Join us for the next one  
on December 14<sup>th</sup>!**

# Christmas Word Find

G C P M E H E F F N Y Y A S E  
 V F I O G K N O C Y R R I L B  
 Z H S J Z X U H E G A B Z N B  
 H A T I D U R X S Z M E I P E  
 R P L R S I L E N T N I G H T  
 R K O Q S N E M E S I W A J H  
 Y L X T Y Z S W C Z S P E P L  
 M I M F H F N P N S J V E K E  
 J A B T T B A R I O R S X Z H  
 S A I Y L Y T E K V O F L W E  
 H A Y E Y T I G N J I O E E M  
 F A M K R H V N A E V U G P E  
 M A A N W A I A R S A S N O E  
 C I H O T C T M F U S O A H F  
 D J E D K Q Y S V S W T E K Q

JESUS  
 MARY  
 JOSEPH  
 WISEMEN  
 MANGER  
 NATIVITY  
 BETHLEHEM  
 CAMEL  
 DONKEY  
 STAR  
 HAY  
 ANGEL  
 FAITH  
 HOPE  
 FRANKINCENSE  
 MYRRH  
 SILENTNIGHT  
 LORD  
 SAVIOR  
 CHRISTMAS



## Recipe Swap



Starting in January, the newsletter will include recipe(s) from our Community Members. So if you have a favorite, please bring it down to the office by the 15<sup>th</sup> of the prior month to have it included in the newsletter.

## 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](http://www.pvm.org)



## Office Number

(989) 733-2661

### Village Staff

**Bev Brougham**  
*Interim Housing Administrator*

**Lindsay Doyle**  
*Housekeeper*

**Dee Beck**  
*Service Coordinator*

**Monica Voigt**  
*Administrative Assistant*

**Gary Hansel**  
*Caretaker*

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



**Presbyterian Villages of Michigan Foundation** serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)

Thank you Mary Ann for sharing this poem:

### **Get Up and Go** by Pete Seeger

How do I know my youth has been spent:  
Because my get-up-and-go, got up and went  
But in spite of all that, I'm able to grin  
When I think where my get-up-and-go has been.

Old age is golden, I've heard it said,  
But sometimes I wonder as I go to bed  
My ears are in a drawer, my teeth in a cup,  
My eyes on a table until I wake up.

When I was young my slippers were red  
I could kick my heels right over my head  
When I grew older my slippers were blue  
But I could still dance the whole night thru.

Now that I am old my slippers are black  
I walk to the corner and puff my way back  
The reason I know my youth is spent  
My get-up-and-go got up and went.

I get up each morning dust off my wits  
Pick up the paper and read the "obits"  
If my name is missing, I know I'm not dead  
So I eat a good breakfast and go back to bed.



## Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

**4255 S. Lynn St.  
Onaway, MI 49765  
989-733-2661**

# Embrace the possibilities