



Manor Monthly



Embrace the possibilities

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

December 2021

Featured Articles

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

**Cold Weather Continued &
Senior Advocate Article**
pg. 3

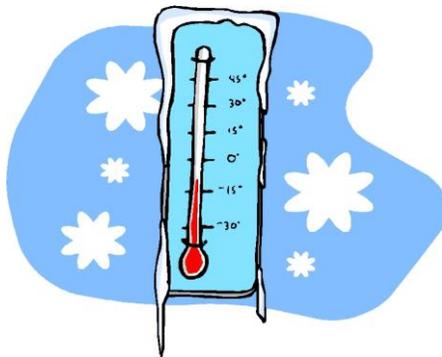
**Christmas Word Scramble
& Birthdays** pg. 4

**Maintenance Message &
Random Tidbits** pg. 5

Candy Cane pg. 6

Recipe Swap & Funnies
pg. 7

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



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

Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a [heart attack](#), [kidney problems](#), [liver damage](#), or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.



**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 (989) 306-0172**CMS Announces 2022 Medicare Part B Premiums**

Nov 12, 2021

Medicare Parts A & B

Today, the Centers for Medicare & Medicaid Services (CMS) released the 2022 Medicare Parts A and B premiums, deductibles, and coinsurance amounts, and the 2022 Part D income-related monthly adjustment amounts. Most people with Medicare will see a 5.9 percent cost-of-living adjustment (COLA) in their 2022 Social Security benefits—the largest COLA in 30 years. This significant COLA increase will more than cover the increase in the Medicare Part B monthly premium.

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. The increase in the standard monthly premium—from \$148.50 in 2021 to \$170.10 in 2022—is based in part on the statutory requirement to prepare for expenses, such as spending trends driven by COVID-19, and prior Congressional action in the Continuing Appropriations Act, 2021 that limited the 2021 Medicare Part B monthly premium increase during the COVID-19 pandemic. It also reflects the need to maintain a contingency reserve for unanticipated increases in health care spending, particularly certain drug costs. There is significant uncertainty regarding the potential for future coverage of clinician-administered Alzheimer's drugs (i.e., Aduhelm™), requiring additional contingency reserves. Potential Medicare drug coverage is currently the subject of a Medicare National Coverage Determination (NCD) analysis, which, if covered, could increase Medicare spending. The proposed NCD on Aduhelm (as well as any drugs in this category) is still to be determined.

Most people with Medicare will see a significant net increase in Social Security benefits. For example, a retired worker who currently receives \$1,565 per month from Social Security can expect to receive a net increase of \$70.40 more per month after the Medicare Part B premium is deducted.

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



Picture: Tijana Drndarski unsplash.com

December Symbols

www.ducksters.com

Birthstone: Turquoise

Flower(s): Narcissus

Zodiac Signs:

Sagittarius and
Capricorn

December Origins

www.ducksters.com

December was original the tenth month in the Roman calendar before January and February were introduced. It was named after the Latin word “decem” which means tenth.

December Fun

Facts www.ducksters.com

Even though December moved to the 12th month it kept its name. December is the first month of winter but the last month of the year.

Keep Warm Inside

...Continued from Pg. 1

Living in a cold house, apartment, or other building can cause hypothermia. People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

What Are the Warning Signs of Hypothermia?

Watch for the signs of hypothermia in yourself, too. You might become confused if your body temperature gets very low. Talk to your family and friends about the warning signs so they can look out for you.

Early signs of hypothermia:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering (in some cases the person with hypothermia does not shiver)
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

For more information about cold weather safety and hypothermia, and to read the full article, please visit this website:

<https://www.nia.nih.gov/health/cold-weather-safety-older-adults>

The Senior Advocate

Many thanks to our board members and donors

Author: Lynn Alexander

During turbulent times the strongest of organizations come through even stronger with the promise of longevity. Presbyterian Villages of Michigan is among them. One of the most important reasons for this is the people who make it work.

PVM's strength comes through in large part due to the outstanding cadre of board members and donors at the system wide level and the PVM Foundation as well as the Villages level. With over several hundred combined board members PVM benefits from tens of thousands of hours of expertise and experience. From teachers and lawyers to ministers and business or civic leaders, they grasp the importance of service leadership. In addition to countless in-kind hours of service from board members they generously contribute donations which are the lifeblood of our organization. On many occasions a board member and/or donor has matched all donations up to a certain level. It is this loyalty and dedication which has allowed us to provide benevolence for residents and expanded our campuses and services to meet present day and future needs of Michigan seniors.

This is one of many reasons PVM has remained strong for 77 years and will continue to do so well into the future. Many thanks to our board members and donors for your dedication through good times and bad. Wishing all a well-earned wonderful year in 2022!

Christmas at the Manor

Look carefully at the jumbled words and try to unscrambling as many words as you can. Good luck!

OSGNRIEHB _____

HGCINR _____

MRASCHSTI _____

TGTHEROE _____

SSMEIL _____

TNSNET RELY _____

ASTAN _____

NTEERSPS _____

IKNOTSSCG _____

TUARGEHL _____

EEERRNDI _____

NNSEIDSK _____

BIRTHDAY BASH

December 17, 2021 at
1:00pm

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



Picture by Gift Habeshaw unsplash.com

BIRTHDAYS:

- Kelly Lake 12/08
- Mary Johnson 12/12
- Red Fialkowski 12/21



Merry Christmas



MESSAGE(S) FROM MAINTENANCE:

Thank you for all your cooperation this year while we work towards getting back to normal. We are working towards getting the lower level door replaced/fixed so please do not block the door with rocks, it is causing more problems for the door. Also make sure that you report to the office when you have a work order so that I can get to it in a timely manner. Wish you all a Merry Christmas.

*Thank you,
Pat*

RANDOM LITTLE TIDBITS

1. Winter is here

Please pay attention to **possible slippery conditions** headed our way this winter season. We make every effort to make sure the sidewalks and parking areas are clear and safe for our tenants. However, as you know in Northern Michigan the weather can take a turn for the worse in a split second. Please be careful and take the necessary extra time needed to travel and please be careful anytime you are walking outside. Black ice is also hard to see and predict.

2. Covid-19 & Quarantine

With another round of Covid-19 going through the building, we are asking that everyone wear a mask while in the halls and public areas. If you are supposed to be quarantined, please try to make arrangements to have your groceries and prescriptions delivered. If you need help with getting things please reach out to the office, we might be able to help. Failure to follow procedures could result in a Lease Violation.

3. Victory Cup Results

We finished in 9th place in the Victory Cup Games!! Thank you to everyone that joined us in the games! It was great to get outside and have some fun. Next year let's try for 1st place!!

4. Bake Sale - December 10th

We will be hosting a Bake Sale to help supplement our birdseed and kitchen funds. If you would like to sell some baked goods please make sure that they are wrapped or able to be sold individually. Sign-up sheet on the board across the office.

5. Washer Price

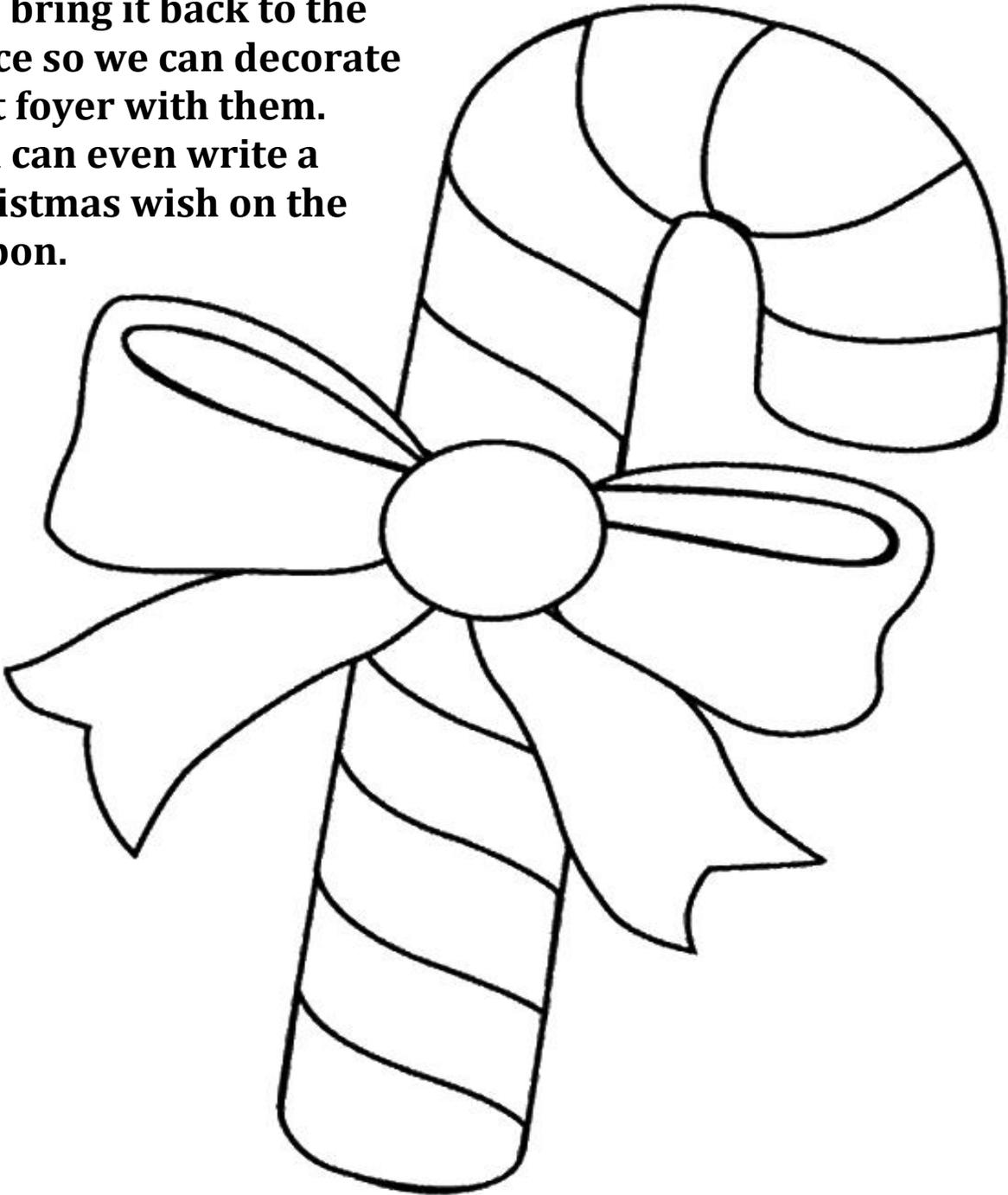
As of November 24th the price for washing is now \$1.75. Please note that for newer coins you will need to be a little forceful when inserting so they register. Do not try to put in more than 0.50 if the coins are NOT registering, it will make the problem worse. This issue will be addressed in more depth at the Let's Talk on **December 17th**.

6. Christmas Caroling - December 17th

Local community members will be here to do some Christmas caroling with guitar accompaniment in the dining room, permitted that we do not have another round of Covid-19 cases. Everyone is invited but it is not mandatory to attend.

Color the Candy can

Color the candy cane and bring it back to the office so we can decorate that foyer with them. You can even write a Christmas wish on the ribbon.



Recipe Swap & Funnies

CARAMEL APPLE CHEESECAKE BARS

Thank you Barb Homan for this recipe

Ingredients

- 2 C All-purpose flour
- ½ C Packed brown sugar
- ¾ C Cold butter, cubed
- 2 Pkg. (8 oz. each) Cream cheese, softened
- ½ C plus 2 Tbsp. Sugar, divided
- 1 Tsp. Vanilla extract
- 2 Eggs, lightly beaten
- 3 Medium tart apples, peeled and finely chopped
- ½ Tsp. Ground cinnamon
- ¼ Tsp. Ground nutmeg

Streusel

- ¾ C All-purpose flour
- ¾ C Packed brown sugar
- ½ C Quick oats
- 1/3 C Cold butter, cubed
- 1/3 C Hot caramel ice cream topping

Directions

1. Preheat oven to 350° F. In a small bowl, combine flour and brown sugar; cut in butter until crumbly. Press into a well-greased 13x9 in. baking pan. Bake 15-18 minutes or until lightly browned.
2. Meanwhile, in a large bowl, beat cream cheese, ½ cup sugar and vanilla until smooth. Add eggs; beat on low speed just until combined. Spread over crust.
3. In a small bowl, toss apples with cinnamon, nutmeg and remaining sugar; spoon over cream cheese mixture. In another bowl, mix flour brown sugar and oats; cut in butter until crumbly. Sprinkle over apple layer.
4. Bake 25 – 30 minutes or until filling is set. Drizzle with caramel topping; cool in on a wire rack 1 hour. Refrigerate at least 2 hours. Cut into bars.

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://www.lovethepic.com/blog/6108/10-christmas-humor-jokes>



Source: <https://thajokes.com/christmas-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

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

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 November’s BINGO:
Carmen Clayton**

Commodities – December 9, 2021.

PICCOA Bus: 989-766-8191

Embrace the possibilities