



# Manor Monthly



## Embrace the possibilities

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

December 2022

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



Picture source: <http://clipart-library.com/clipart/548871.htm>

## Be the Change You Want to See in the World!

Written by: Ed and Deb Shapiro

Who we are now is not who we were last year, last week, yesterday or even a minute ago. Life never stands still, no matter what we do.

Change is the very nature of existence--our thoughts, feelings, beliefs, ideas, even our relationships are as changeable as rain and sunshine, or night and day. But, as much as change is inevitable, it is not always welcome or easy to deal with. It can upset our world and generate many conflicting feelings.

However, it is in those very moments when everything looks hopeless that we have a real chance to grow into something better: what the caterpillar calls the end of the world, we call a butterfly!

The journey to such transformation is smoother when we can step back from anger, fear or grief and take a breath, before emotion takes over. Then we can enable the issue to pass, for not even those feelings that seem so enormous, important or overwhelming stay the same. Given time, what is vital to us now will soon lose its relevance.

*...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 (231)268-8990

## Local Christmas Events:



**Fri, Dec 2, 6 – 9 PM**

### Downtown Petoskey Shopping District

Downtown Historic District, Petoskey, MI

Join Downtown Petoskey in celebrating the Holiday season at their Holiday Open House on Friday, December 2nd. Meet your friends and neighbors for a night of good cheer, hospitality, and shopping.

**Sat, Dec 3, 11 PM – Sun, Dec 4, 2 AM**

### 153 E Main St, Harbor Springs, MI

The annual Merchants Holiday Open House in Downtown Harbor Springs will be held Saturday, December 3rd from 6:00 to 9:00 p.m. Enjoy a fun-filled evening of shopping, and holiday treats, thanks to.

**Sun, Dec 11, 3 – 6 PM**

### Great Lakes Center for the Arts

800 Bay Harbor Dr, Bay Harbor, MI

The Crooked Tree Arts Center School of Ballet presents The Nutcracker at Great Lakes Center for the Arts on December 10th & 11th, 2022. With original choreography, awe-inspiring sets and costumes.

**Thu, Dec 22, 7:30 – 9:00 PM**

### Great Lakes Center for the Arts

800 Bay Harbor Dr, Bay Harbor, MI

## House Rules

### Subject:

### Harassment/Bullying

**Lynn Street Manor** prohibits acts of harassment or bullying. A safe and civil environment is necessary for residents to feel safe and secure in their homes.

Bullying can be defined as health-harming mistreatment of another resident, staff or guest to the campus that usually involves subtle methods of coercion such as intimidation. Bullying consists of four basic types of abuse – emotional, verbal, physical, and cyber (including electronically transmitted acts via the Internet, cell phone, and personal digital assistant or wireless hand held device).

Residents and/or Guests should report incidents of bullying to the Administrator, Assistant Administrator, Service Coordinator or other members of management.

**Lynn Street Manor** prohibits reprisal or retaliation against any person who reports an act of harassment or bullying.

Violators will be subject to appropriate consequences up to and including termination of their lease.

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Knowing this means that we can be more at ease with change. As thoughts come and go, as we watch emotions rise and fall like waves, as physical, emotional or mental pain is felt and then gone, we see how this coming and going applies to everything, even our breath. This sense of rhythm informs us that, if we wait long enough, even the darkest of times will also pass.

Mahatma Gandhi famously said, "You must be the change you want to see in the world." In other words, although life changes are inevitable, we can also initiate personal change so we can rise to the challenge and become a bigger and better person as a result. How do we do this? We believe the best ways are to recognize that change is inevitable, that there is always the potential for positive change in every moment and to stay grounded and in touch with our peace.

### 1. All things are coming and going

Everything that is happening now will change into something else; every thought and feeling, no matter how intense or dramatic, will one day be immaterial. Without change in ourselves we become stifled and stagnant. As nothing lasts forever, we can appreciate every moment, fully and completely, knowing it will never happen again. Coming to a still place, gently breathe in and out, silently repeating: *And this too shall pass.*

### 2. Each day starts anew

We always have the opportunity to transform fear into courage, selfishness into kindness and loss into fresh beginnings, just as palm trees transform muddy rainwater into sweet coconut milk. Spring is here, with new life bursting forth, and in the same way we too are capable of creating a new life for ourselves in each and every moment. For surely, life is about not having answers and taking chances, all without knowing what is going to happen next. Sitting quietly, breathing deeply and joyfully, silently repeat: *I open my mind and heart to new possibilities.*

Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

-- Maria Robinson, author

## Christmas Wishes for You

By Sherry Asbury

May peace dwell with you, may prosperity huddle near. May family gather together without heartache or tear.

There us a star shining in the night sky...just there. It is for you to wish upon to you safe from care.

May everything you need be yours to have and proclaim as you're due; just close your eyes and ask it in His precious name.

Merry Christmas to you, friend. Let your season be a blessed one filled with love and cheer and more. Smile, laugh, and enjoy the fun.

Source:

<https://www.familyfriendpoems.com/collecion/short-christmas-poems/>

### 3. Being peace

The clue to transformation is being able move with the waves, to paddle in the dip so we are ready to ride the next crest. Meditation creates a space where times of pain, sadness, anger, fear, hurt, confusion, doubt and all our other conflicting emotions can come and be known and gently released. It enables us to be present with whatever is and to accept, honor and move with change. All kinds of thoughts may arise, or feelings, sensations and images. We watch, without denying, pushing away or holding on. We can comfortably rest in stillness, without any judgment or discrimination.

Just as the breath comes in and out, so it is like the coming and going of all change. Breathe in and out gently, and watch the natural rhythm of your breath. Silently repeat, *May I be easeful, may I be peaceful, may I flow with the changes. And enjoy each moment, as it is a precious gift!*

For more information and to read the full article visit: <https://www.huffpost.com/entry/be-the-change-you-want-to b 569349>

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...Continued from Pg. 2

## Local Christmas Events:

### John Lloyd Young: Heart of Christmas

In the tradition and style of Frank Sinatra, Mel Tormé, Bing Crosby, and Nat King Cole, Tony and Grammy winner John Lloyd Young will inspire a sense of wonder as he finesses every syllable with.

November 26 @ 10:00 am - December 31 @ 4:00 pm

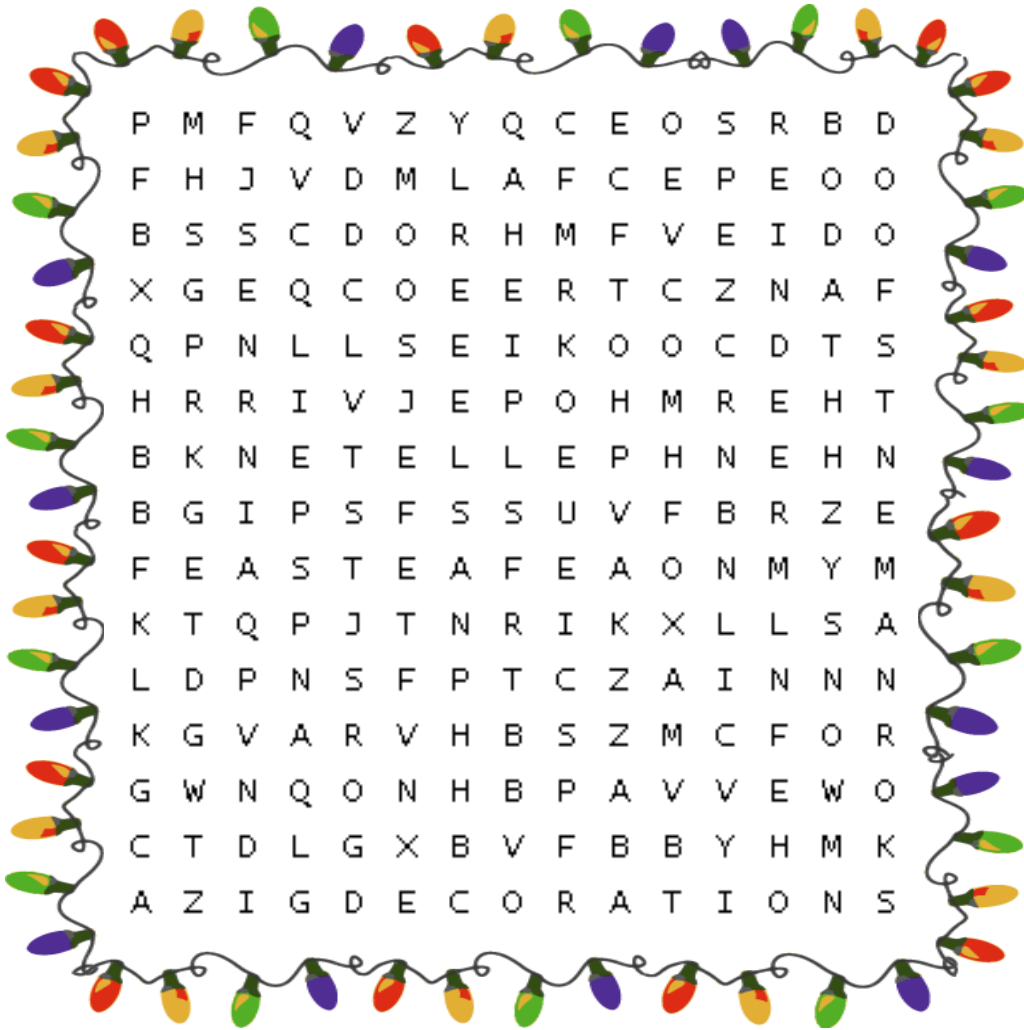
Visit Castle Farms for a dazzling stroll through our holiday display in the Knight's Castle! This enchanting display starts on Saturday, November 26th and will be part of your Self-Guided tour.

### Walloon Lake Community Church

**Live Nativity December 16 & 17;** presentations will be done at 6 pm, 6:30 pm, 7 pm & 7:30 pm each night. Hot Chocolate and cookies will be served between each presentation. Event will take place behind the main church building.

Source: Varied search results.

# Christmas at the Manor



Cakes  
 Crafting  
 Faith  
 Food  
 Ornaments  
 Santa

Caroling  
 Decorations  
 Family  
 Hope  
 Presents  
 Snow

Cookies  
 Elves  
 Feast  
 Love  
 Reindeer  
 Tree

Puzzle Source: <https://puzzlemaker.discoveryeducation.com/word-search/result>

Boarder Source: <http://clipart-library.com/clipart/767061.htm>

## BIRTHDAY BASH

Dec. 9<sup>th</sup>, at 1:00pm

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



Picture by Patricia Pasini

### BIRTHDAYS:

- John B. 12/4
- Mary J. 12/12
- Red F. 12/21



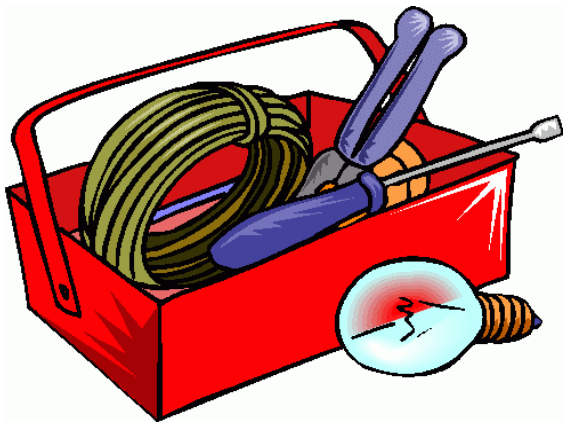
### December Symbols

[www.ducksters.com](http://www.ducksters.com)

Birthstone: Turquoise

Flower(s): Narcissus & Holly

Zodiac Signs: Sagittarius & Capricorn



### MESSAGE(S) FROM Maintenance:

*Welcome to December!!*

*Remember that winter in Northern MI is unpredictable. While we do our best to keep sidewalks, etc. cleared and salted, you need to remember to do the "Michigan Shuffle" and take personal care as well. Let us know if an area needs tending to.*

*Also, I prefer your presence while I am in your apartment completing work orders. Therefore, please set an appointment time.*

*Thank you,  
Joe*

## RANDOM LITTLE TIDBITS

### 1. Frontloading Washer

The frontloading washer is not meant for oversized loads and large blankets/comforters. If you use the washer for these, you will cause it to start leaking or it to break.

### 2. Knitting/Crocheting Club

The knitting/crocheting club will be meeting every Thursday at 1pm starting this month. This is for anyone that is interested in knitting, crochet, needle point, etc., and everyone is invited.

### 3. Christmas Dinner

The lovely ladies with Meals with Friends will be here Dec. 24<sup>th</sup> to provide a Christmas dinner. Dinner will be at 2pm and there will be a sign-up sheet on the board for anyone planning to attend. Everyone is invited to join. Please bring your own place setting.

### 4. Christmas Concert

There will be a Christmas concert held Dec. 10<sup>th</sup> at 3pm. Everyone is invited. A reminder flyer will be sent out a few days before the event. There will be no sign-up for this event.

### 5. Taking out the Trash

When you are taking out your trash make sure that it is tied properly and/or double bagged. This makes it easier for Joe when he is moving the rubbish from the bin to the dumpster (also makes it less gross). Please see an example of what NOT to do below.



# The Senior Advocate

## Don't Fall for Medicare Scams

By Lynn Alexander

It's Medicare open enrollment time, and the scammers are coming out in full force! These scammers are impersonating Medicare employees. These are some warning signs if they say:

- They need to verify your personal information to upgrade your card.
- You need to pay a processing fee to get a new card.
- You need to confirm that you received your new card by providing personal information.
- Your new card is not the right one; and they need your information to replace it.
- You can upgrade to a plastic card instead of a paper one or one with a chip (which Medicare does not provide).

Be a smart and savvy senior! Do not let them steal your identity. Remember that for every dollar you have earned there are millions of scammers standing in line to steal it!



## Recipe Swap & Funnies

### TRISH'S STUFFED SHELLS

Thank you, Patricia "Trish" Pasini, for this recipe.

#### Ingredients:

- 2lbs. Ground Beef
- 2 Bags frozen Spinach
- 2 Bricks 8oz Cream Cheese
- 1 15oz Container of Ricotta Cheese
- 1 bag Shredded Mozzarella
- 1 Box Large Pasta Shells
- 1-2 Jars Spaghetti Sauce
- Minced Garlic (Pre-minced jar garlic work for me)
- Diced Onion (I don't use this but thought you will)
- Salt, pepper, paprika, red pepper flakes, and Italian seasoning

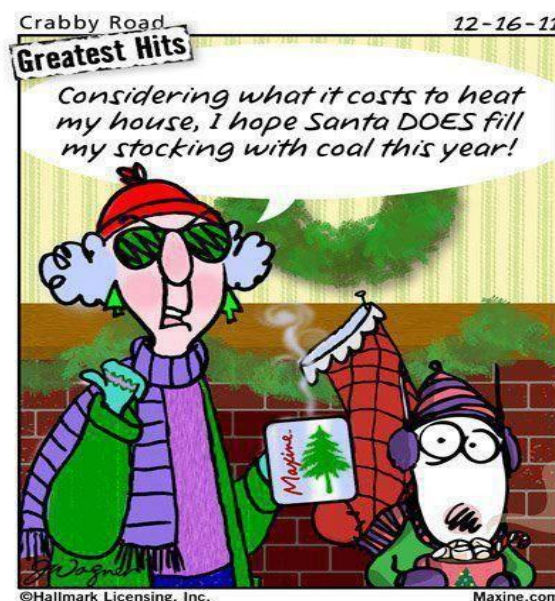
#### Directions:

1. Preheat oven at 350° F and start thawing your spinach.
2. Boil shells for 5-7 minutes (They will be underdone but will cook more in the oven).
3. Brown ground beef, adding salt, pepper, Italian seasoning, paprika, diced garlic and onion to your taste. (I like lots of garlic and no onions.)
4. After removing excess water, add thawed spinach to the ground beef, mixing thoroughly.
5. Add Ricotta and cream cheese, blending until creamy adding a handful of shredded mozzarella (May need to add a little more seasonings).
6. Using a spoon, stuff shells with beef and cheese mixture, placing them in a baking pan with sauce on the bottom, so it doesn't stick.
7. Top with sauce and Mozzarella and bake until golden.

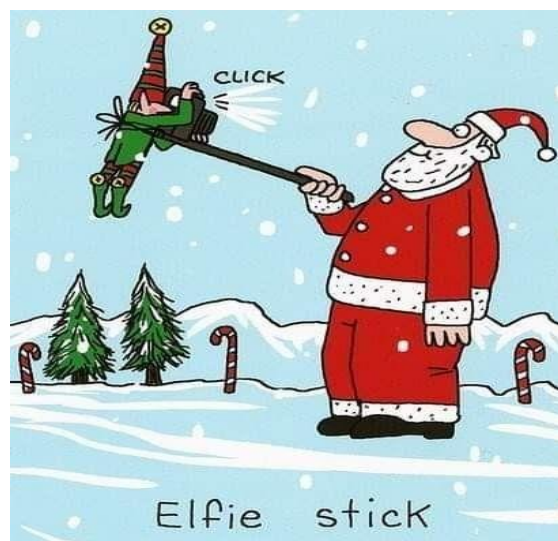
*If you have a recipe you would like to share, please bring it to the office and it will be included in the next newsletter.*



Source: <https://www.pinterest.com/pin/98023729382118237/>



Source: <https://www.pinterest.com/pin/70087337922679029/>



Source: <https://www.pinterest.com/pin/AZajl2O5SavR5DU9TtEtMCpsXyN29yisn6dR-ij1Op1ZUIttx7Hchs/>



**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**

**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
- LISA POCHMARA
- 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.**



For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)



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

**The Winner of November’s BINGO:  
Thomas McDonald**

**Commodities – December 8, 2022**

**PICCOA Bus: 989-766-8191**

**Embrace the possibilities**