



Manor Monthly



Embrace the possibilities

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

February 2020

Featured Articles

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- Event Photos & Birthdays
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Carpet Replacement
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Also included: Bingo Card, Calendar, Senior Center Menu & Activity Calendars, Taking Care of Our Hearts Together

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

February is

American Heart Month!

Sleep is essential for a healthy **heart**. People who don't **sleep** enough are at higher risk for cardiovascular disease and coronary **heart** disease—regardless **of** age, weight, smoking and exercise habits. Getting enough good quality **sleep** is important if you want to lower you risk **of** these conditions.

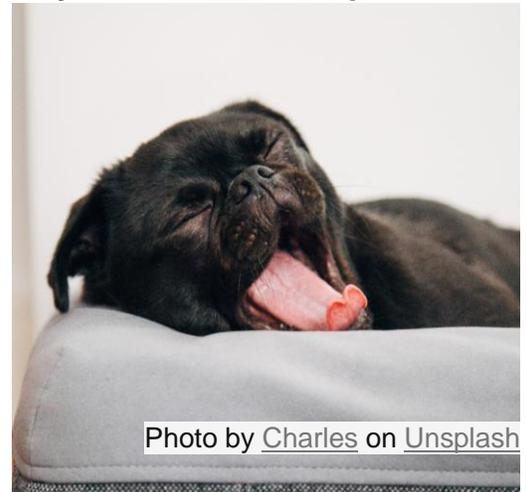


Photo by [Charles](#) on [Unsplash](#)

“What sleep conditions can hurt my heart health?”

“Over time, sleep problems can hurt your heart health.

Sleep apnea happens when your airway gets blocked repeatedly during sleep, causing you to stop breathing for short amounts of time. Sleep apnea can be caused by certain health problems, such as obesity and heart failure.

Sleep apnea affects how much oxygen your body gets while you sleep and increases the risk for many health problems, including high blood pressure, heart attack, and stroke. It is more common among blacks, Hispanics, and Native Americans than among whites.⁷

Insomnia is trouble falling sleep, staying asleep, or both. As many as one in two adults experiences short-term insomnia at some point, and 1 in 10 may have long-lasting insomnia.⁸ Insomnia is linked to high blood pressure and heart disease. Over time, poor sleep can also lead to unhealthy habits that can hurt your heart, including higher stress levels, less motivation to be physically active, and unhealthy food choices.

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Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner | Matthew Bush (989) 733-7792

Prescription Savings Card

CARD ID 009008906
 BIN 610194
 GROUP ID 847061
 PCN FW



Show this card to your pharmacist every time.

This is not insurance - discounts only.



Everything You Need to Know About FamilyWize

“FamilyWize Community Service Partnership is dedicated to helping improve the health and well-being of individuals, families, and communities. We work with United Way Worldwide, the American Heart Association, the National Council on Aging, and more than 100,000 other community organizations, government agencies, pharmacies, health systems, and businesses to educate people about health and wellness-related topics and to share our free prescription savings card, which helps to make prescription medication more affordable and accessible for all.

The Free FamilyWize Prescription Savings Card helps to reduce the cost of prescription medication. The card has unlimited use, so you can apply it to every prescription you fill. Better yet, the card works for both the insured and the uninsured – anyone can use it!

The card has no eligibility requirements. It has no registration, activation, or restrictions due to preexisting conditions. Just print it and show it at your nearest participating pharmacy.

By using the FamilyWize card, you can expect to save an average of 43 percent on prescriptions. Since 2005, FamilyWize has helped over 10 million people save more than \$1 billion on their prescription medications!

We also have a mobile app! You can download the FamilyWize app to your smartphone from [Google Play](#) or the [Apple App Store](#). The app serves as a digital version of the card.

It couldn't be easier. Just print the card (or use the mobile app on your phone), bring it to your pharmacist, show it, along with your prescription, and then ask your pharmacist for the best price.”

Please note: Your Service Coordinator (Matt Bush) has the Prescription Savings Cards in a card rack outside of his office door. If you would like more information concerning Familywize please see Matt.

Source: <https://familywize.org/blog/everything-you-need-to-know-about-familywize>

Continued from pg. 1...

What can I do to get better sleep?

- Stick to a regular sleep schedule. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

- Get enough natural light, especially earlier in the day. Try going for a morning or lunchtime walk.

- Get enough physical activity during the day. Try not to exercise within a few hours of bedtime.

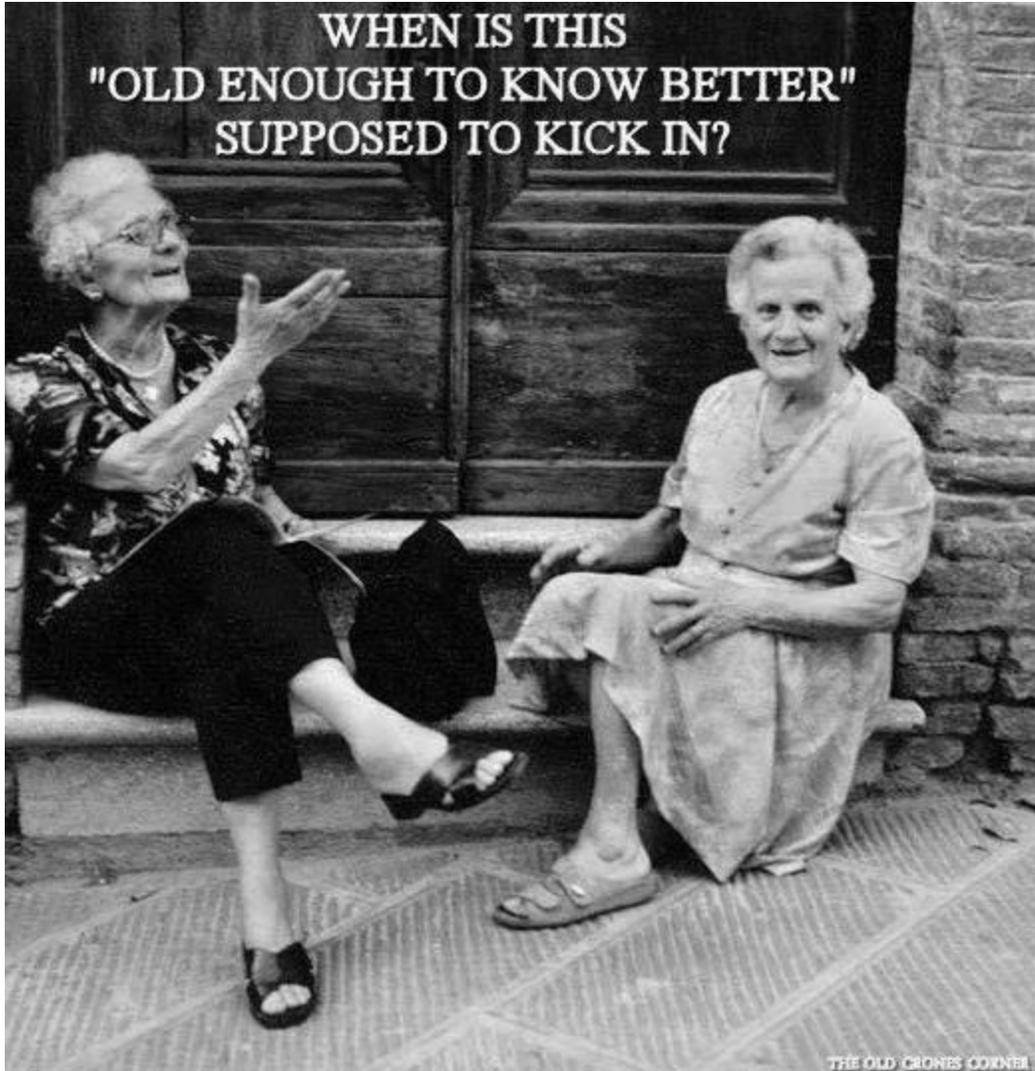
- Avoid artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone.

- Don't eat or drink within a few hours of bedtime, especially alcohol and foods high in fat or sugar.

- Keep your bedroom cool, dark, and quiet.”

Source:

<https://www.cdc.gov/features/sleep-heart-health/index.html>



BIRTHDAY BASH

Friday, Feb. 14th

1:00 p.m.



BIRTHDAYS:

- Bob Mann 2/07
- Sharon Watson 2/09
- Myra Tennant 2/14
- Storm McNall 2/14
- Monica Voigt 2/14
- Opal Adkins 2/15
- Willow Liebenow 2/15
- Dorothy Brooks 2/17
- Melvin Freier 2/22
- Gail Box 2/23
- Marcia Worley 2/27
- Tierra DeYoung 2/28

PLEASE LET THE OFFICE
KNOW IF YOU ARE
BRINGING A CAKE.

THANK YOU!







MESSAGE(S) FROM MAINTENANCE:

Thank you for your cooperation Friday moving vehicles! The parking lot was able to be plowed effectively.

Phase I of the carpet will be finished the first week of February. The main office will be completed at that time.

Fire Alarms and Pull Cords will be tested February 11th, starting at 9:00 a.m. You do not need to be present, but ALL units will be entered.

*Thank you!
Pat*



RANDOM LITTLE TIDBITS

1. Resident Telephone Surveys

Thank you to all our Neighbors who took the time to answer the telephone surveys that started last fall. Results have been shared with us and we are at or above the company average in most categories. If you would like to see our results compared to the company averages, please stop by the office. We do take to heart your concerns as well and will work to get those addressed if they haven't been taken care of already.

2. Fire Alarm & Pull Cord System Testing

February 11th starting at **9 a.m.** Summit Companies will be onsite to complete fire alarm and pull cord system testing. They will need access to **ALL** units (accompanied by a staff member), but you need not be present. During this time, there will be intermittent sounds of the alarms going off.

3. Annual Unit Inspections

Annual Unit inspections will take place **February 18th-21st** starting at **9 am**. If you have questions about what you can do to prepare, please stop by the office.



If you have any ideas or requests for activities, let the office know!

March is National Women's History Month. Let the office know what the best/most helpful piece of advice a women has given to you and they will be featured in next month's newsletter. Thank you!

Recipe Swap



CHOCOLATE LOVERS COOKIES

Thank you Sandy Grulke for the samples & recipe!

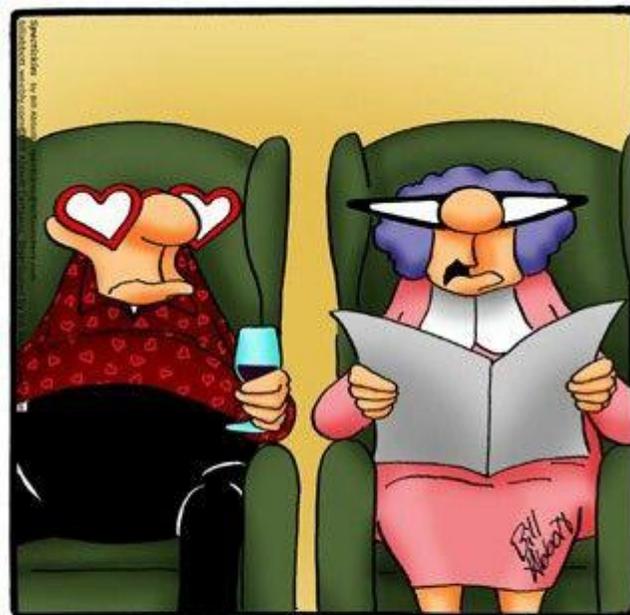
Ingredients

- 1 Cup Oleo (or butter) – Melt
- $\frac{3}{4}$ Cup Brown Sugar
- $\frac{1}{2}$ Cup White Sugar (granulated)
- 1 tsp Vanilla
- 1 Egg
- $\frac{1}{4}$ Cup Sour Cream
- 2 Cups Flour
- 1 tsp Baking Soda
- $\frac{3}{4}$ tsp Salt
- 1 Bag Chocolate Chips

Instructions

1. Mix together: Oleo (or butter), brown & white sugars, vanilla, egg, and sour cream.
2. In a separate bowl, mix together flour, baking soda, and salt.
3. Add flour mixture into the first mixture.
4. Stir in chocolate chips.
5. Bake at 375° for 12 minutes

These were the cookies that we had at the Tea Party.



“I don’t care that it’s Valentine’s Day,
I won’t call you my Hunka Hunka
Burnin’ Love.”



**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

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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.

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and leave a legacy.**



For more information, call
Paul Miller at the PVM Foundation
248.281.2045
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