



# Manor Monthly



## Embrace the possibilities

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

February 2022

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## 6 Reasons Senior Friendships are Vital for Healthy Aging

As people age, the relationships they forge and maintain with friends become more important than ever. Having people to connect with socially and personally isn't just fun; it's actually fundamental to promoting a healthy lifestyle throughout the aging process. And while certain transitions and circumstances at this stage of life can make creating and sustaining active friendships more challenging, there's no denying that these special bonds are instrumental for seniors.

Let's talk about what friendship might look like during one's golden years and explore a multitude of reasons why prioritizing friendships is so essential to a senior's well-being.

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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) 306-0172**

## **Free Tax Return Preparation for Qualifying Taxpayers**

The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer **free basic tax return preparation** to qualified individuals.

The VITA program has operated for over 50 years. VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including:

- People who generally make \$58,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers

In addition to VITA, the TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors.

While the IRS manages the VITA and TCE programs, the VITA/TCE sites are operated by IRS partners and staffed by volunteers who want to make a difference in their communities. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

VITA/TCE services are not only free, they are also a reliable and trusted source for preparing tax returns. All VITA/TCE volunteers who prepare returns must take and pass tax law training that meets or exceeds IRS standards. This training includes maintaining the privacy and confidentiality of all taxpayer information. In addition to requiring volunteers to certify their knowledge of the tax laws, the IRS requires a quality review check for every return prepared at a VITA/TCE site prior to filing. Each filing season, tens of thousands of dedicated VITA/TCE volunteers prepare millions of federal and state returns. They also assist taxpayers with the preparation of thousands of Facilitated Self-Assistance returns.

If you would like to participate in this program and get your tax return prepared for free, please contact your Service Coordinator, Matt Bush. I can be reached at 231-268-8990.

Source: <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>



Picture: Obi Onyeador - [unsplash.com](https://unsplash.com)

## **February Symbols**

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

Birthstone: Amethyst

Flower(s): Primrose

Zodiac Signs: Aquarius & Pisces

## **February Origins**

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

February was added to the Roman calendar in 713 B.C. and is the shortest month of the year.

## **February Fun Facts**

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

February is not only the shortest month of the year but at one time had as few as 23 days. The Welch call February “y mis bach” which means “little month”. February is celebrated as the romance month and holds Valentine’s Day, which is celebrated throughout many countries and cultures.

...Continued from Pg. 1

### 1. Dynamic friendships help battle senior loneliness and depression.

Seniors who find themselves isolated from the people and sense of purpose that once fueled them are prone to declines in mental and emotional health. Often, they're lacking adequate opportunities for human connection, as they struggle to stay social, active, and fulfilled. This can lead to [a general sense of loneliness](#) and even spiral into more serious levels of depression.

### 2. Social engagement promotes mental acuity and cognitive health.

Scientists have long thought that the brain's ability to learn and grow was hardwired and finite, but the latest research on neuroplasticity reveals that the brain can continue to change, reorganize and create new pathways. This means that human brains can adapt and stay sharp well past the formative years. In order to realize the full benefits of neuroplasticity, however, [one must practice using their brain](#).

### 3. Human connection is closely linked to physical health and immunity.

[Data has shown some eye-opening correlations between personal relationships and health](#). For instance, a comparative analysis of lonely and non-lonely seniors found that the lonely seniors also suffered from various medical conditions at a higher rate, including hypertension, diabetes, and heart conditions. And a study from the University of Chicago found that loneliness can significantly affect someone's blood pressure, particularly when they are older, potentially increasing it by up to 30 points.

**4. Friendships can help you live longer.** Developmental psychologist Susan Pinker's research and studies in social neuroscience show a critical link between face-to-face contact and the ability to learn, find happiness, be resilient and live a long life. She explains that human beings are hardwired to connect with other human beings, whether that connection comes in the form of close personal relationships or simple social bonds. All of these in-person touchpoints come together to form a personal "village" of family, friends, and community, [one we desperately need in order to thrive and survive](#).

**5. Family members often fall into more of a caregiver role.** "As we get older, our friends begin to have a bigger impact on our health and well-being, even more so than family, according to a new study," [says AARP](#). Researchers led by William Chopik, an assistant professor of psychology at Michigan State University, reviewed two surveys of approximately 280,000 people who were questioned about relationships, happiness, and health. In the first study, "valuing friendships was related to better functioning, particularly among older adults, whereas valuing familial relationships 'exerted a static influence on health and well-being across the lifespan.'"

**6. Friends motivate each other to adopt healthy habits.** There's something to be said for the idea that there's accountability in friendship. When seniors spend time together, they can often motivate one another to embrace healthier approaches to nutrition and exercise. [Physical activity, for example, can be a social activity among friends](#), one that encourages each participant to keep up a healthy routine.

For the full article please visit: <https://www.umh.org/assisted-independent-living-blog/6-reasons-senior-friendships-are-vital-to-healthy-aging>

## Warning Signs of a Heart Attack

February is American Heart Month. Below you will find some early warning signs and identifiers you may catch in yourself or a loved one.

### *Catch the signs early*

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort of other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** This can occur with or without the chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea, or lightheadedness.

For more information, please visit this website:

[www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack](http://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack)



## BIRTHDAY BASH

February 11, at 1:00pm

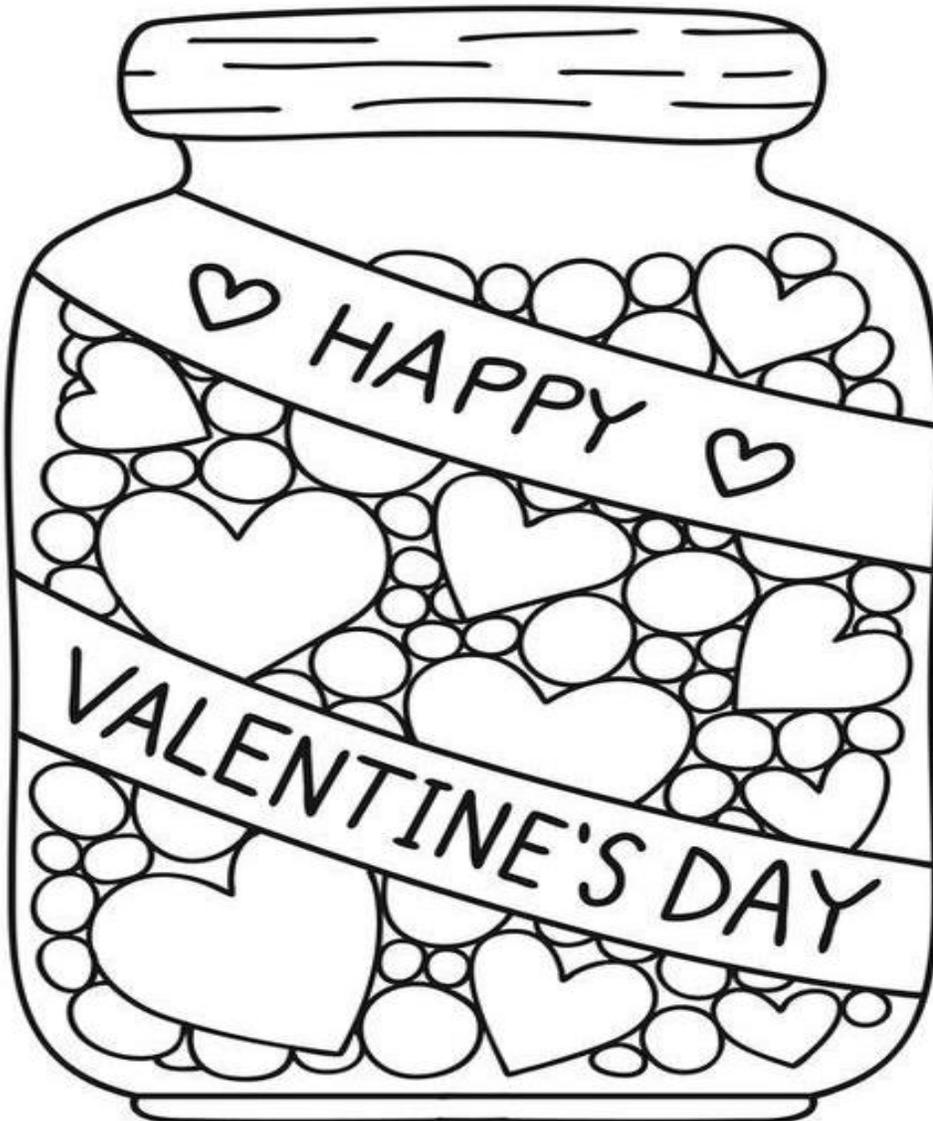
*\* Please let Trish know if you will be bringing something. \**



Picture by Gift Habeshaw [unsplash.com](https://unsplash.com)

### BIRTHDAYS:

- Billy Schumacher 2/6
- Robert Mann 2/7
- Sharon Watson 2/9
- Myra Tennant 2/14
- Storm McNall 2/14
- Monica Voigt 2/14
- Opal Adkins 2/15
- Willow Liebenow 2/15
- Melvin Freier 2/22
- Gail Box 2/23
- Marcia Worley 2/27
- Tierra DeYoung 2/28





### MESSAGE(S) FROM MAINTENANCE:

*Happy February! Coming this spring we will be having the REAC Inspections as well as our Quarterly Inspections. If you have any outstanding work orders let the office know so they can be added to the schedule. With the temperatures still reaching subzero please make sure that you are being careful when going to and from your cars, and please let someone know if salt needs to be put down.*

*Thank you,  
Pat*

## RANDOM LITTLE TIDBITS

### 1. Chili Cook-off!! – February 11th

The gauntlet has been thrown!! Trish has challenged Matt to a Chili Cook-off, and all are welcomed to join and attend. There is a sign-up sheet on the board for anyone that would like to join the contest. If you would like to bring something that is not chili you can, just write on the sheet what you are bringing. Let's have fun and eat chili!

### 2. Snow, Salt & Motorized Wheelchairs

We have been getting complaints about the snow and salt being tracked in by the motorized wheelchairs and causing puddles in the elevator. Unfortunately, there isn't much that can be done for this since the people using these chairs aren't able to knock the snow off their tires. If you notice that there are puddles forming in the hallway or elevator, please let the office know unless it's after business hour, then let the caretaker know.

### 3. 2021 Taxes

Matt has been working with the manager of the Cheboygan Vita office and he was informed that our residents will not need to be seen in person at the Vita office. Matt will be able to help gather your information and send it to the manager, and they will do everything for you.

The information that Matt will need to get from you will include:

- |                           |                    |
|---------------------------|--------------------|
| 1. Name                   | 5. Proof of income |
| 2. Phone Number           | 6. Proof of rent   |
| 3. Social Security Number | 7. Property name   |
| 4. Date of birth          |                    |

If you have any questions you can always reach out to Matt or if Matt is not available, stop by the office and Trish can send him an email for you.

### 4. Newspaper Price

The Presque Isle Advance newspaper has gone up to \$1.00 starting immediately.

# *The Senior Advocate*



Picture source: <https://www.michaelsellers.com/blog/2017/01/17/betty-white-national-treasure-just-turned-95/>

## A Tribute to a Legend

By Lynn Alexander

January 17th would have been Betty White's 100th Birthday. She almost made it, passing away just recently. She was an icon and a role model for many inside and outside Hollywood. Her storied career of many decades included the Mary Tyler Moore Show and The Golden Girls. She also appeared in many movies and even had a memorable commercial for a Super Bowl well into her later years. Betty was known for her quick wit and comedic timing. And she was known as well for her passion to save animals.

For anyone over the age of 50 she also provided inspiration for an aging well attitude. I often talk about the interesting things that centenarians attribute to their longevity - everything from exercise, eating vegetables and a positive attitude to a shot of whiskey every night and a fondness for chocolate have been acknowledged. I got a chuckle out of Betty's explanation in a recent interview—vodka and hot dogs!

She did exhibit traits which are often stated by experts in that she had a zest for life, a wonderful sense of humor, many interpersonal relationships, and a continued dedication to her acting career. Thanks for your inspiration and your magnificent example of a life well lived, Betty!

## Recipe Swap & Funnies

### JAPANESE CHICKEN

Thank you, Rebecca Lambright, Great Lakes Energy,  
Michigan Country Lines Magazine

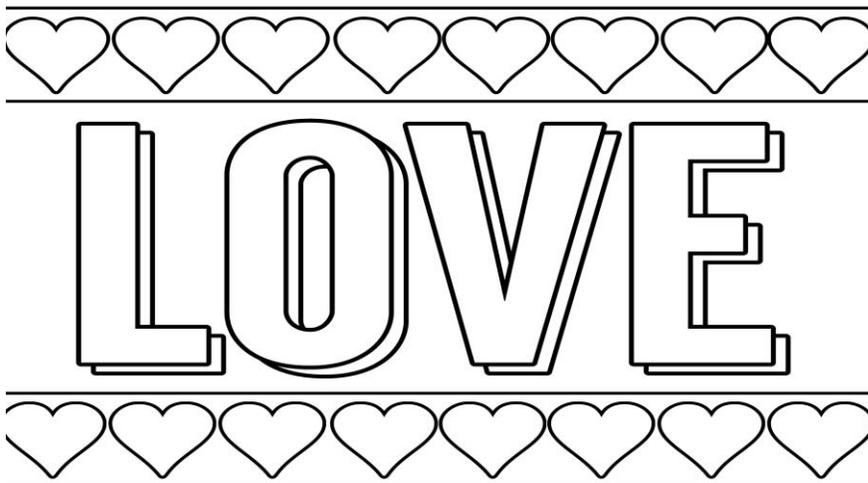
#### Ingredients

- 2 Pounds uncooked chicken
- Flour for coating
- Garlic Salt
- Seasoned Salt
- Paprika
- 1 Cup Sugar
- ½ Cup Vinegar
- 4 Tbsps. Soy Sauce
- ½ Cup Water
- ½ Tsp. Salt

#### Directions

1. Preheat oven to 350° F.
2. Dip chicken in flour and fry. While chicken is frying, sprinkle with garlic salt, seasoned salt, and paprika.
3. In a saucepan, mix together the sugar, vinegar, soy sauce, water and salt. Heat until sugar is dissolved.
4. Place fried chicken in baking dish and pour warm sauce over it. Bake 1 ½ to 2 hours.
5. Serve over rice or noodle. After chicken is done, pour sauce into cooked rice or noodles.
6. ENJOY!!

*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: [www.pngitem.com](http://www.pngitem.com)



Source: <https://www.yourlifechoices.com.au/fun/the-silly-side-to-senior/>



Source: <https://helonational.com/hny-2022/happy-new-year-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](http://www.pvm.org)

**Office Number**

**(989) 733-2661**

**Village Staff**

**Monica Voigt**

*Housing Administrator*

**Lindsay Doyle**

*Housekeeper*

**Patrick Downing**

*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](http://www.pvmgifts.org)



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

**The Winner of January’s BINGO:  
Janice Tierney**

**Commodities** – February 10, 2021.

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

**Embrace the possibilities**