



# Manor Monthly



## Embrace the possibilities

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

March 2022

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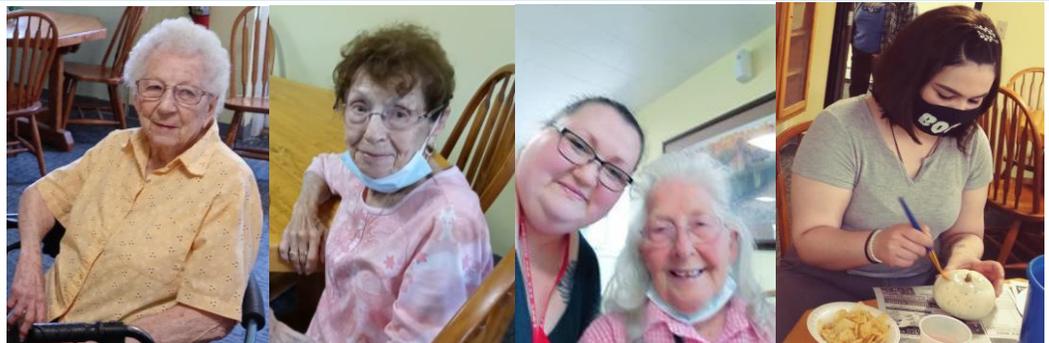
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### March is Women’s History Month

Every year, March is designated Women’s History Month by presidential proclamation. The month is set aside to honor women’s contributions in American history.

#### ***Did You Know? Women’s History Month started as Women’s History Week ....***

Women’s History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a “Women’s History Week” celebration in 1978. The organizers selected the week of March 8 to correspond with International Women’s Day. The movement spread across the country as other communities initiated their own Women’s History Week celebrations the following year.

In 1980, a consortium of women’s groups and historians—led by the National Women’s History Project (now the National Women’s History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women’s History Week.

*...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 (989) 306-0172**

LANSING, Mich. (WPBN/WGTU) -- There's money available to help families in need pay for broadband in Michigan.

Eligible Michiganders may qualify for monthly assistance toward paying their monthly home internet bill under the federal Affordable Connectivity Program.

The Federal Communications Commission's (FCC) Affordable Connectivity Program (ACP) is a \$14.2 billion program that succeeds the previous Emergency Broadband Benefit program.

Through the ACP, eligible households can receive up to \$30 off their monthly broadband bill and \$75 for those living on qualifying tribal lands.

The transition period between the EBB and the new ACP ends March 1, so it's important for existing beneficiaries to take steps to ensure that they'll continue to receive the benefit.

### **Eligibility details are below:**

- One ACP discount is available per eligible household. One member of the household must have an income at or below 200% of the federal poverty guidelines (\$36,620 for two people, \$55,500 for a four-person household, for example).
- Participates in Supplemental Nutrition Assistance Program (SNAP), Medicaid, Federal Public Housing Assistance, Supplemental Security Income (SSI), Special Supplemental Nutrition Program for Women, Infants and Children (WIC), or the Lifeline phone or broadband benefit.
- Participates in Tribal programs such as Bureau of Indian Affairs General Assistance, Tribal Temporary Assistance for Needy Families (TANF), or a Food Distribution Program on Indian Reservations. Received a Federal Pell Grant during the current award year.
- Meets eligibility requirements for a participating broadband provider's existing low-income program.

Most Emergency Broadband Benefit (EBB) participants who were enrolled by Dec. 31, 2021, will automatically be enrolled in the new Affordable Connectivity Program and will not have to take additional steps to receive the ACP benefit.

That does not apply to participants who received the EBB because of a temporary loss of income related to the COVID-19 pandemic or who were participating in a COVID-19 program.

Participants in this category were notified by their broadband provider or the Universal Service Administrative Co. in January of the steps they'll need to take to recertify their eligibility before March 1.

Go to the Affordable Connectivity Plan [website and apply online](https://acpbenefit.org/how-to-apply/);

Source: <https://upnorthlive.com/news/local/financial-help-available-for-families-needing-internet-service>



Picture: Roman Datsiuk - [unsplash.com](https://unsplash.com)

## **March Symbols**

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

Birthstone: Aquamarine  
Flower(s): Daffodil  
Zodiac Signs: Pisces & Aries

## **March Origins**

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

The month of March was named after the Roman god of war, Mars and was the first month of the Roman calendar.

## **March Fun Facts**

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

For many years because March was the first month of the Roman calendar, it was used as the beginning of the New Year throughout Europe. Even Britain used March 25<sup>th</sup> as the New Year until 1752. Each year March and June end on the same day of the week.

*...Continued from Pg. 1*

## Nutrition for Older Adults

### **What is nutrition and why is it important for older adults?**

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that your body needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

### **What can make it harder for me to eat healthy as I age?**

Some changes that can happen as you age can make it harder for you to eat healthy. These include changes in your:

- Homes life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, makes your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food

### **How can I eat healthy as I age?**

To stay healthy as you age, you should:

1. Eat foods that give you lots of nutrients without a lot of extra calories, such as fruits and vegetables, whole grains, lean meats, beans and nuts, and fat free milk and cheeses.
2. Avoid empty calories, such as chips, candy, baked goods, sodas, and alcohol.
3. Pick foods that are low in cholesterol and fat.
4. Drink plenty of water.
5. Be physically active.

### **What can I do if I am having trouble eating healthy?**

- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
- If you are having trouble chewing or swallowing, try drinking plenty of liquids with your meal. If this does not help, try seeing your dentist or health care provider, a medicine or healthy condition could be the problem.
- If you are not eating enough, try adding some healthy snacks throughout the day to help you get more nutrients and calories.
- If an illness is making it harder for you to cook or feed yourself, check with your health care provider.

For more healthy eating ideas or to read the full article, please visit this website:

<https://medlineplus.gov/nutritionforolderadults.html>

## Women's History Month

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month". Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each president has issued an annual proclamation designating the month of March as "Women's History Month".

The National Women's History Alliance designates a yearly theme for the Women's History Month. The 2022 theme is "Women Providing Healing, Promoting Hope". This theme is "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history".

To learn more about Women's History Month please visit these websites:

<https://www.womenshistory.org/womens-history/womens-history-month>

<https://www.history.com/topics/holidays/womens-history-month#:~:text=The%202022%20theme%20is%20%22Women,healing%20and%20hope%20throughout%20history.%22>

## Make a wish!



## BIRTHDAY BASH

March 11, at 1:00pm

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



Picture by Stephen Wheeler - [unsplash.com](https://unsplash.com)

### BIRTHDAYS:

- Allen Karsten                      3/7
- Brenda Major                        3/16
- Roger Murphy                        3/29





MESSAGE(S) FROM MAINTENANCE:

*Welcome to March!!*

*As many of you know, Pat is currently out on medical leave. While he is away, we will still be working hard to be ready for the upcoming inspections and to keep up on any maintenance issues. Let the office know immediately if you have work orders that need to be done.*

*Thank you,  
Monica*

# *The Senior Advocate*

By Lynn Alexander



## Scam Alert!



Scam artists are relentless when it comes to trying to steal personal information and life savings. They are also nimble to take advantage of any new opportunities that come their way. Their latest scam involves COVID relief issues. In fact, you may have already received robocalls, text messages or e-mails offering COVID-19 test kits in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits! Hang up immediately!

Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers. Over-the-counter or at-home tests are available for sale at many reputable and trustworthy retailers and pharmacies. Remember that each household in America can receive four free COVID-19 at-home tests shipped directly to their home at no cost. Visit [COVIDtests.gov](https://www.covidtests.gov) to order tests or learn more about testing.

IF YOU SUSPECT FRAUD, CALL 1-800-MEDICARE to report it.

# RANDOM LITTLE TIDBITS

## 1. Day light Saving

It's time to spring ahead and welcome longer days and warmer weather. So, don't forget to **set your clocks ahead one hour before you go to bed on March 12th**. We don't want anyone being late for church or running behind for anything that you have planned.

## 2. Cellphone Assistance

For anyone that is needing assistance with their cellphones, Billy S. in room 105H has offered to help. He is quite knowledgeable when it comes to cellphones and might be able to help you with what needs to be done. We in the office don't mind helping but ask that you go to Billy before coming to the office. Matt is also looking into getting a training class for anyone interested in learning about new technology.

## 3. Work Orders

With Pat being out on personal leave, we are still taking work orders for issues that need to be done around your apartments. Let the office know immediately when you have something that needs to be done. We are still preparing for the REAC inspections as well and will be sending out notices for the bi-annual inspections, once we are notified of the REAC inspection date.

## 4. Thank You

We want to send out a special thank you to the people that have been doing little extras around the Manor. We should all say thank you to Oscar, who makes sure that the birdfeeders stay full and who has been spotted on several occasions cleaning off people's cars after it has snowed (Yes, we seen that). Let's also thank Carmen and Cheryl for doing the decorating to help us all get into a festive mood and to keep our spirits up.

## 5. St. Patty's Day Meal - March 17<sup>th</sup> @ 1pm

Thanks to the generous donation of corned beef by Nick Jarvis, one of our board members, we will be having a lunch on St. Patrick's Day. Lunch will include, but not be limited to, corned beef, potatoes, and cabbage. If you would like to bring a side dish there will be a sign up sheet on the board across from the office.

## 6. Pie Contest - March 14<sup>th</sup>

Who's ready for some  $\pi$ ?! We are having a pie contest on **March 14<sup>th</sup> @ 1pm**. If you would like to put your favorite pie recipe to the challenge there will be a sign up sheet on the board across from the office, a flier with rules for the contest will be going out as well.



## Recipe Swap & Funnies

### NO BAKE NO SUGAR

### CHOCOLATE TRUFFLES

Thank you, Meta Steeb, Great Lakes Energy,  
Michigan Country Lines Magazine

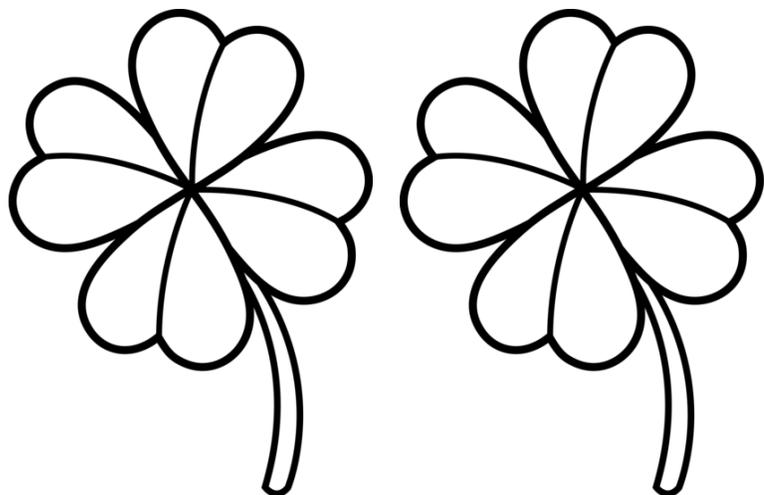
#### Ingredients

- ½ Cup Chopped nuts of choice (almonds, walnuts etc.)
- 7-8 Pitted medjool dates, soaked in water for 10 minutes to soften; drained
- 1 Tsp. vanilla extract
- 2 Tsp. unsweetened cocoa powder
- 2-3 ounces bittersweet chocolate or semisweet chocolate if you prefer)

#### Directions

1. Add chopped nuts to a food processor and pulse a few times until broke into small pieces.
2. Add the dates, vanilla and cocoa powder, and pulse until a moist, stick dough is formed.
3. Roll dough into 10-12 (1 inch) balls and freeze for at least 10 minutes.
4. Melt chocolate and, using a toothpick or tongs, dip each truffle to coat with chocolate. Optional: Add crushed nuts on top as chocolate is still melted.

*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.*



~ Irish Blessing ~

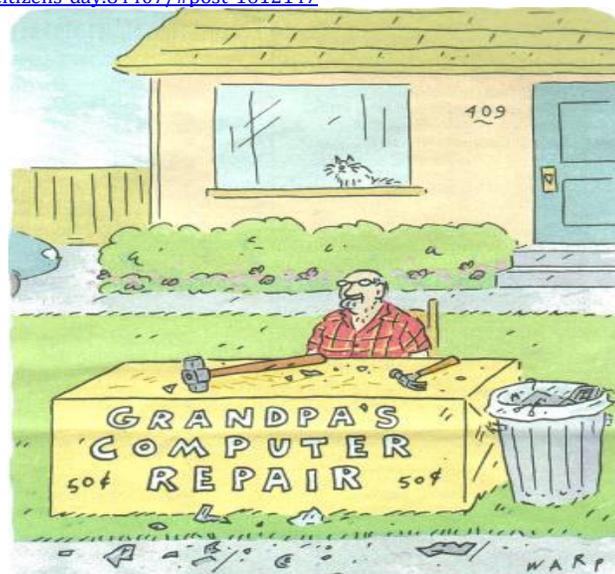
May the wind at your back not  
be the result of the corned beef  
and cabbage you had for lunch.

(Maxine)

Source: <https://www.funny-jokes-quotes-sayings.com>



Source: <https://thelatebay.com/index.php?threads/today-is-senior-citizens-day.84407/#post-1612147>



Source: <https://www.swapmeetdave.com/Humor/Seniors.htm>

**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.**



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 February’s BINGO:  
Cheryl Nichols

**Commodities** – March 10, 2021.

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

**Embrace the possibilities**