



# Manor Monthly



## Embrace the possibilities

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

May 2020

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*Also included: Senior Center Menu, Bingo Card, Soap Carving instructions*

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

Are you getting a little "shack wacky"?



[shack wacky - Urban Dictionary: www.urbandictionary.com](http://www.urbandictionary.com)

*One that is affected by cabin fever, i.e., about to go crazy by spending too much time home.*

The past couple months have been unique as we have practiced the "Stay-at-Home" order from Governor Whitmer. Hypervigilance in keeping yourselves safe and protected from the transmission of COVID-19 can be very exhausting and emotionally draining. So therefore we have to go above and beyond our normal routines to maintain the positive mental attitude and to keep ourselves from excess worry and anxiety.

*...More on page 2*



## 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**

Michigan Department of Health &amp; Human Services

**MDHHS Announces Peer-run Warmline to Aid Persons with Mental Health Needs During COVID-19 Pandemic***Warmline will operate seven days a week 10 a.m. to 2 a.m.*

April 13, 2020

**"LANSING, MICH.** Starting today, the Michigan Department of Health and Human Services (MDHHS) is launching a statewide warmline for Michiganders living with persistent mental health conditions. The warmline will connect individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers.

The warmline will operate seven days a week from 10 a.m. to 2 a.m. at **888-PEER-753 (888-733-7753)**. It is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma. Individuals in crisis, including those considering suicide, are urged to contact the Disaster Distress Helpline 24/7 at 800-985-5990 or the National Suicide Prevention Lifeline 24/7 at 800-273-8255.

"The warmline will help individuals with long-term mental health challenges find someone to talk to – someone who has lived these challenges themselves – and do it while staying safe and staying home," said Robert Gordon, MDHHS director. "COVID-19 is a grave threat not just to physical health, but also to mental health, and we are doing everything we can to offer supports for everyone."

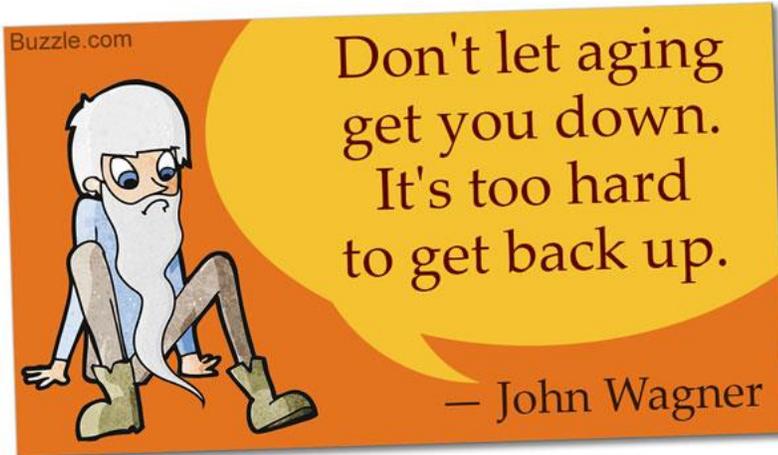
Warmlines are an alternative to traditional psychiatric crisis hotlines and are used to avoid extreme emotional distress that can lead to hospitalization or other severe outcomes that are preventable with early intervention of peer support. Warmlines alleviate the burden on crisis responders by offering a solution for non-crisis callers. The Certified Peer Support Specialist (CPSS) Warmline **will offer support for individuals feeling isolated from society, and will provide referrals for outreach and assistance for those seeking critical physical and behavioral health services.** The warmline will provide particular support to underserved Medicaid beneficiaries, who often lack social connectedness and may now have increased anxiety and feelings of severe isolation during this critical time. It is available to all Michiganders, regardless of insurance status.

MDHHS is collaborating with Justice In Mental Health Organization (JIMHO) Project DOORS, Michigan's first peerrun organization. JIMHO will moderate the warmline and network with CPSS, statewide peer-run organizations, Community Mental Health Association of Michigan and MDHHS peer services unit. JIMHO has provided critical peer-support and community living skills to persons living with mental illness for 39 years and has assisted more than 15,000 residents using experienced peer-support specialists during that time.

**Information around this outbreak is changing rapidly. The latest information is available at [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus) and [CDC.gov/Coronavirus](https://CDC.gov/Coronavirus).**"

*Continued from page 1...***IDEAS TO KEEP FROM BEING "SHACK WACKY"**

1. Call your grandkids and read them a story, or have them read one to you.
2. Call or Text your Neighbors. Share funny things you have seen or heard.
3. Plant a small herb garden and watch it grow.
4. Keep a routine. Get dressed and move around your home.
5. Start a story on a piece of paper and hang it on Neighbor's door so they can add to it, pass it to the next Neighbor and so on.
6. Read the same book as a friend, then call to discuss.
7. Create a window design with masking tape and washable paint.
8. Start a journal. Great way to keep track of what is happening in the world currently and share with future generations.
9. Set up a time with a Neighbor where you can both sit in your own doorways, but can still chat across the hall.
10. Take up a new hobby.



## CELEBRATIONS WILL CONTINUE AS SOON AS WE ARE ABLE!

*Meals-on-Wheels are still getting delivered with a little assistance from the Staff. Thanks Guys!*



*Left to right: Pat Downing, Maintenance; Matt Bush, Service Coordinator; and Ian Straley, Housing Administrator.*

### BIRTHDAY BASH

To Be Determined  
at a later date.



#### BIRTHDAYS:

- . Dan Milbocker 05/05
- . Pat Young 05/14
- . Donna Diller 05/17
- . Jean Hyde 05/18
- . Nelda Wellsted 05/19
- . Etta Walters 05/27
- . Matt Bush 05/29



# Look Out for the BAD GUYS

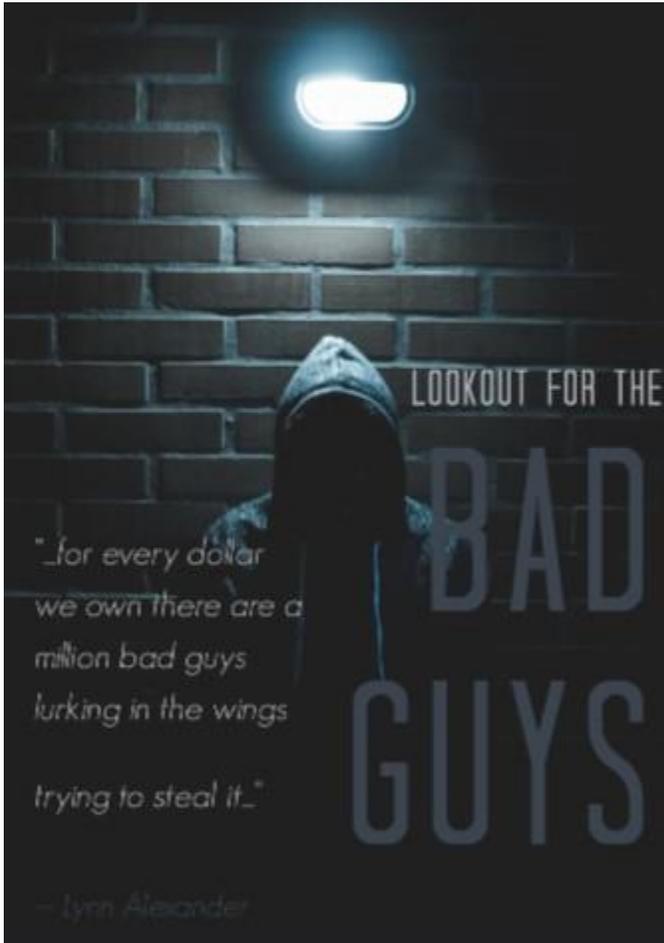


Photo by [Luis Villasmil](#) on [Unsplash](#)

I have always said that for every dollar we own there are a million bad guys lurking in the wings trying to steal it from us. As a state aging director I used to tell seniors that if someone is really a prince from a foreign land he did not need their money. Now with the internet and social media these disgusting scam artists have many more ways to steal not just our money but our future.

The Better Business Bureau reports: Even in these challenging times, the bad guys are after your money and doing it in a very coy way - through texts and e-mails as well as phone calls. They are even exploiting the Coronavirus to do their dirty deeds. Several of these ploys include offering to send a COVID-19 test to you for a fee and claiming fast results. They offer to do this on-line which is impossible to do. Always go through your physician to inquire about a test.

Another dangerous scam is a form which is being sent out via text messaging saying that it must be filled out and take a test to receive a stimulus check. Be aware that the government does not communicate with others in this fashion. Use trusted sources for gaining information. Do not reply to unsolicited calls, e-mails or texts. Be smart and savvy! Look out for the bad guys!

**Author: Lynn Alexander, Senior VP & Chief Marketing Officer  
Presbyterian Villages of Michigan**



### MESSAGE(S) FROM MAINTENANCE:

Thank you to All during these trying times. I myself look forward to getting back to business as usual, as soon as we are able. In the meantime, I will be on location Monday, Wednesday and Friday Regular Hours 7am to 3:30pm and naturally I will be on Call for Emergency Call outs 24/7.

Please take care of your Health and Remember I need you as much as you need me. Prayers and Blessings to All.

*Thank you!  
Pat*

### GARDEN PLOTS REQUESTED BY:

- Bob Mann
- Cal Hilliker
- Anna Wood
- Carmen Clayton
- Allen Karsten
- Myra Tennant

*\*There is still time to sign up for a plot...either call the office or Monica to sign up\**

***Monica will only be in the office only on Wednesdays, until further notice. She may randomly give you a call to see how you are doing or set up an appointment.***

***Her number is:***

***206-793-9978***

***Comes up as a Seattle number but is not a spam caller.  
\*call if you're bored\****

## RANDOM LITTLE TIDBITS

### 1. In the Shelter Of Each Other

*"It is in the shelter of each other that the people live." –Irish Proverb*

This quote is extremely appropriate for these times we are in. As we are all sheltering in place it becomes all the more apparent how important connection is for us as human beings. We miss our children, grandchildren and all loved ones and friends more that we could have even imagined before. They are the lifeblood of our lives.

The PVM staff feels that way about all of you.

This all seems so counterintuitive as we have always encouraged you to be engaged, get involved, and come together for fun, wellness and connection. Now we are insisting that you shelter in place. You have been doing a great job of this; and it is working! We are flattening the curve of this terrible disease known as COVID-19 or the Coronavirus. Please remember that you are not only protecting yourself but everyone else as well. And also remember that your administrators and staff are available to help you when needed. Check in with them...they are just a phone call away.

We appreciate very much your cooperation and support. Once we get through this we will celebrate in a very big way. We are one day closer to having this behind us. Better days are ahead!

### 2. Masks Must be Worn

During the "Stay-at-Home" order, social visits have been limited. Currently, PVM is requiring masks to be worn in all common areas as well as when you go out of the building into the public, in response to the latest information from the Governor's office.

### 3. Soap Carving

There is an instruction packet attached to the newsletter this month on how to create a **soap carving**. We will take photos of your creations and post online to be voted on: Best in Show, Most Creative, Funniest, etc. Prizes will be given to the winners.

### 4. Latex Gloves (**WASH HANDS/SANITIZE/USE GLOVES/DON'T TOUCH YOUR FACE**)

We still have gloves available in the office that you can grab when you need to go out to the grocery store or to appointments. Please be cautious in places where there is high transfer of germs...gas pumps, grocery carts, door handles, etc.

### 5. Your Advice/Words of Encouragement to Others

If you had to give some words of advice/encouragement/etc. to future generations in regard to what is happening right now...What would they be??

### 6. Passing of Brenda Millitello

If you haven't heard, Brenda passed on Sunday, April 26<sup>th</sup>. Brenda's family will honor her memory privately. Cremation arrangements are in the care of Chagnon Funeral Home. If there is any information that we can share, we will. However, we must show respect to the family in this difficult time. Please, keep them in your prayers.

# How to Paper Mache

## What you need

- flour
- water
- mixing bowl
- spoon



## Activity

Mix one part flour with one part of water (e.g., 1 cup flour and 1 cup water, or 1/2 cup flour and 1/2 cup water) until you get a thick glue-like consistency. Add a bit more water if it's too thick.

Mix well with a spoon to get rid of all the lumps. If you find you are getting lumps in your glue, you can use a small kitchen electric mixer to whiz them out.

Add a few tablespoons of salt to the final mixture to help prevent mold.

### NOTES:

- You need to use strips of newspaper only, or even paper tissues or towels.
- Let the newspaper strips soak in the paper mache glue a little before using.
- Cover your artwork with only 2-3 layers, then let dry completely. This is an important step.
- Once a layer is dry you can add 2-3 more layers, remembering to let each layer dry before adding the next one.
- The final layer can be plain paper - so it's easier to paint - but use the thinnest paper possible and make sure it's soaked well in the paper mache glue.

Source: <https://www.kidspot.com.au/things-to-do/activity-articles/make-paper-mache-glue>



IDEA SAMPLE PHOTOS FOUND: [WWW.ROUNDECOR.COM](http://WWW.ROUNDECOR.COM)

## Recipe Swap



### CRESCENT BACON BREAKFAST RING

Thank you [www.jocooks.com](http://www.jocooks.com) for the recipe!

### Ingredients

- 5 Eggs
- ½ Red Bell Pepper, chopped
- ½ Green Bell Pepper, chopped
- ¼ tsp Pepper, or to taste
- ¼ tsp Salt, or to taste
- 8 Slices Bacon, fried
- 8 oz crescent rolls (1 can (8oz) Pillsbury)
- 1 Cup Cheddar Cheese, shredded
- 1 Egg for egg wash (optional)

### Instructions

1. Preheat oven to 375°. In a bowl, beat the eggs with the chopped peppers, salt & pepper. Cook the eggs in a skillet so that they're scrambled.
2. Lay out the crescent rolls on a parchment paper, like a star (tips pointing out in a ring).
3. On each crescent roll lay a piece of bacon. Add half of the cheese around the ring. Add scrambled eggs around the ring and top with the remainder of the cheese.
4. Fold the tips of the crescents over towards the center of the ring. You may brush with the egg wash to add a more golden color.
5. Bake for 20 minutes or until the crescents are cooked and golden brown.
6. Garnish with parsley, if preferred. Serve Warm.



Me after washing my hands for 20 seconds 57 times in one day



**NO ACT OF KINDNESS,  
NO MATTER HOW SMALL  
IS EVER WASTED!**

**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**

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**Village Staff**

**Ian Straley**  
*Housing Administrator*

**Lindsay Doyle**  
*Housekeeper*

**Patrick Downing: (989) 306-5452**  
*Maintenance Technician*

**Monica Voigt**  
*Administrative Assistant*

**Matt Bush**  
*Service Coordinator*

**Gary Hansel: (989) 306-4694**  
*Caretaker*

**BUILDING EMERGENCY NUMBER** (989) 306-4694  
**AFTER OFFICE HOURS**



**BOARD MEMBERS:**

- SANDRA GRULKE
- TOM PETERMAN
- SCOTT PAULY
- LAURA SHACK
- CARMEN CLAYTON
- CYNTHIA BIGGINGS
- JACK WALSH
- DAVE HAVEL

*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)



Keep your April & May bingo cards. Once we start drawing numbers again...you can play on both for an extra chance to win!!

**Embrace the possibilities**