



Manor Monthly



Embrace the possibilities

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

June 2019

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

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



JUNE

Alzheimer's & Brain Awareness Month



June is celebrated as National Alzheimer's and Brain Awareness Month! Brain health activities increase your "brain reserve" and reduces the risk for many diseases such as Alzheimer's. See below for some of the tips you can utilize for better brain health:

- Exercise at least 3-5 times a week
- Hobbies like puzzles, games or other mental stimulation
- Sleeping for six hours or more
- Connecting with family and friends, and socializing regularly

*If there are activities that you would like to see happen at Lynn Street Manor, please reach out to Matt Bush our service coordinator, or the office. We will do our best to accommodate.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



RESIDENT POLICIES... (HOUSE RULES)



Each resident has signed that they have “read and received a copy” of this handbook and that violations of the rules may have unpleasant consequences.

If you have any specific topics you would like us to focus on, please come to the office.

Source: Senior/Disabled Subsidized Housing Resident Policy Handbook

HAVE YOU SIGNED THE NEW "HOUSE RULES"?

WE STILL HAVE ABOUT HALF OF THE MANOR THAT NEEDS TO SIGN.

****REMEMBER YOU ARE RESPONSIBLE FOR YOUR GUEST. If your guest has a visiting pet...their pet needs to be on a leash and has to follow all rules outlined in the Pet Policy.****

PARKING: DO YOU HAVE A DECAL FOR YOUR CAR?



If you have not received a decal for your car, please reach out to the office. We have a “Resident Parking Permit Form” for you to fill out so that we have the information on your vehicle in our system. You need to update this form ANYTIME you get a new vehicle that will be on our premises.

Lynn St Manor is now **SMOKE FREE!**

At the last “Let’s Talk” meeting we discussed the 3 outside designated smoking areas.

Smoking is no longer allowed inside ANY areas of the Manor including individual apartments.

MANAGEMENT STAFF HAS THE RIGHT TO ENTER YOUR UNIT ANYTIME IF THERE IS A COMPLAINT MADE OR SUSPICION OF SMOKING.

If you are caught smoking in the building, you will receive 1 verbal warning, then up to 3 written lease violations before eviction proceedings will start.



*A thankful heart is
a happy HEART*

We are the lucky recipients of a beautiful donated wreath. Gail Milledge graciously gave us the wreath that hangs in our front lobby. She handcrafts and sells many different variations and sizes of wreaths. They can be done with a holiday theme, specific color pallet, or whatever you would like. If you are interested in purchasing one from Gail, please reach out to her directly for more information or to order your wreath.

Gail Milledge 231.290.1992



BIRTHDAY BASH

Friday, June 7th

1:00 p.m.

ALL TENANTS

WELCOME IN THE DINING ROOM!

EAT CAKE and ICE CREAM!

BIRTHDAYS:

- Jack Walsh 6/5
- Cathy Curtis 6/15



IF YOU WOULD LIKE TO PROVIDE A CAKE OR TREAT FOR THIS MONTH'S BIRTHDAY BASH, PLEASE LET THE OFFICE KNOW.

Thank you for donating to our kitchen fund at the last potluck!

It was a wonderful spread, and we received about \$60.00 in donations.



A bittersweet farewell party, as Beverly Brougham's last day as the interim Housing Administrator was Friday, May 31st. Her knowledge of Lynn Street Manor was invaluable as the new staff was hired and learning. We thank her for getting us through the transition and wish her the best in her Retirement 2.0!

THIS MONTH'S FUNDRAISER WILL BE A BREAKFAST on JUNE 21ST AT 9:00AM Pancakes, scrambled eggs, sausage gravy & biscuits, will be provided. If you would like to bring anything, cinnamon rolls, donuts, or any breakfast pastry would be welcome!

RANDOM LITTLE TIDBITS

1. Let's Talk Meetings –Make your voice heard!

The “Let’s Talk” meetings take place in the dining room, and is the best time to find out about events that are coming, policy issues, etc. It is also the best opportunity for you to vent any concerns or complaints that you may have. Also, there is a prize

drawing for those that attend. The next meeting is **JUNE 6TH AT 1:00PM.**

2. Flag Raising Ceremony on June 14th, Flag Day.

Please SAVE THE DATE! We are organizing a Flag Raising Ceremony with the VFW and possibly the Cub Scouts, to get our new flag up on the pole. There will be lunch provided and outdoor activities. A flyer will be put under your door with specifics times and such about a week prior.

3. Some **STILL** Need to Sign –

Annual Inspection Sheets, New House Rules & the Media Release

Please come to the office to sign your new house rules & inspection forms. We would also like for you to sign a Media Release form. That will allow us to post photos and such on Social Media Platforms, advertising, etc. ***If you need the forms brought to your apartment for signature, just call the office to let me know.**

4. Ian will be gone today, June 3rd for a PVM Fair Housing Meeting

This is a mandatory meeting to go over the current Fair Housing regulations and rules.

5. **BONFIRES IN THE FIRE PIT** - The end time for the fire pit has been extended to Midnight. If you are using the pit, it must be for a “purpose” so marshmallows have been in the cooler and skewers have been provided, if you need. Firewood has also been provided...DO NOT pull logs and branches from the property. The wood needs to be fully inside of the ring with nothing hanging over. Also, a 5 gallon bucket of water is available to use when extinguishing the fire when you are finished.

PLEASE USE RESPONSIBLY AND CLEAN UP AFTER YOURSELVES.

THIS IS A PRIVILEGE.



Patrick Downing: (989) 306-5452
Maintenance Technician

MESSAGE(S) FROM MAINTENANCE:

1. Garden Spots are **READY**. Monica will have your plot assignments available in the office Tuesday 6/4 in the afternoon. A bag of Dairy Doo is available for your use...only put on your own plot.
2. Air Conditioners are in the process of being cleaned and prepared for installation. Currently the heat in the building is still on, so when the night time temperature stays closer to 60°, the heat will be turned off and A/C installation will begin.

Thank you! Pat

Actual Size Comparison **MI Tick ID Card**

1 inch

Blacklegged (Deer) tick

American dog (Wood) tick

Lone star tick

2 inch

Female, Male, Nymph, Larva

Common ticks found in Michigan
From left to right: Blacklegged tick nymph, Blacklegged tick female, Lone star tick female, American Dog tick female

Tick removal tips www.michigan.gov/lyme

- Remove as quickly as possible.
- Use tweezers to grasp the head close to the skin.
- Pull gently.
- Use soap and water, or antiseptic on the bite.

...preventing tick bites

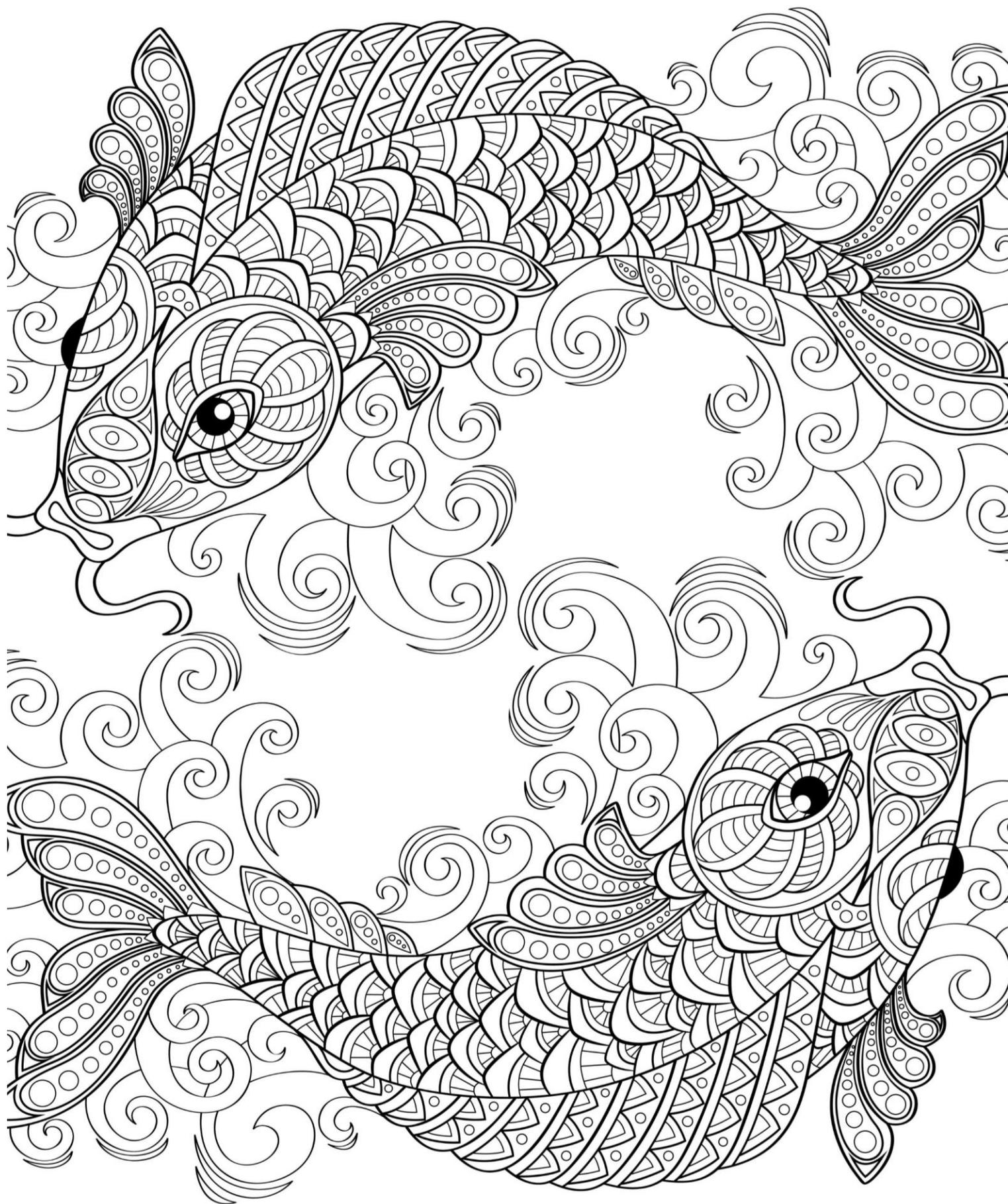
- Use a repellent containing no more than 30 percent DEET.
- Use repellents that contain permethrin on clothing.
- See your healthcare provider if you have symptoms of fever, rash, body aches or fatigue after a tick bite.

Michigan Department of Health & Human Services

“As Mother Nature has blessed the region with warmer weather lately, she’s also — unfortunately — given us something else. This time of year is when various species of ticks begin to spread in natural areas such as grassy shorelines, wooded areas or fields near wooded areas. Ticks are closely related to insects and spiders, and there are more than 20 known tick species in Michigan. Several species of ticks are known to bite people and pets, and may harbor dangerous bacteria, viruses or parasites including Lyme disease. Not all ticks carry diseases, but tick-borne diseases do occur in Michigan, and can be serious or fatal if not properly diagnosed and treated.

Wiese, McLaren physician assistant, said the best way to prevent possible tick bites is preventing them from getting on you in the first place. “Wear appropriate clothing if you’re out in the woods, long sleeves, tuck your pants into your boots and tuck your shirt in,” Wiese said. “Anything you can do to try to prevent them from getting into your body.””

Source: <https://www.petoskeynews.com/featured-pnr/ticks-and-health-what-to-know-about-michigan-based-species>



Recipe Swap



***Thank you Eva G. for sharing!**

Mushrooms Florentine

- 12 large mushrooms
- 2 Tbsp margarine
- 1 onion, chopped
- 1 clove garlic, pressed
- 1 package frozen spinach, thawed
- 1 egg yolk
- ½ tsp salt
- 1/8 tsp nutmeg
- 4 Tbsp Parmesan cheese

Directions

1. Clean mushrooms: pull the caps and remove stems (but set aside).
2. Melt margarine in frying pan over medium heat.
3. Turn mushroom caps in butter and arrange cut side up in a baking dish.
4. Dice stems, add onion, garlic, and sauté until onion is limp.
5. Squeeze spinach DR™Y and add to onion mixture.
6. Remove from heat.
7. Add egg, salt, nutmeg, and 2 ½ Tbsp cheese.
8. Mound mixture into mushroom caps and sprinkle with remaining cheese.
9. Bake at 325° for 15 minutes.



***Thank you Mary Ann S. for sharing!**

Peanut Butter Cake

- 2 cups flour
- 2 cups sugar
- 1 stick butter
- ¾ cup creamy peanut butter
- ½ cup oil
- 1 cup water
- 1 eggs
- 1 tsp vanilla
- ½ tsp salt
- 1 tsp soda
- 1/3 cup buttermilk

Directions

1. Mix flour and sugar...set aside.
2. Combine butter, oil, peanut butter, and water in a sauce pan. Let it come to a boil. Remove from heat.
3. Pour over flour/sugar mixture while still hot.
4. Add eggs, vanilla, salt, soda, and buttermilk.
5. Mix together well and pour into jelly roll pan or sheet cake pan.
6. Bake 20 min at 350°

Icing

Mix together 1 stick butter, ¾ cup creamy peanut butter, 1/3 cup milk, and a dash of salt. Bring to boil. Add 1 lb. (3 ½ cups) powdered sugar and 1 tsp vanilla. Pour over cake while still hot.

Need more recipes for next month!!
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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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Lindsay Doyle
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Service Coordinator

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



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org

MENTAL HEALTH AWARENESS MONTH



**May was Mental Health Awareness
Month.**

If you have a mental health emergency, you should seek help **RIGHT AWAY**. A “mental health emergency” is when a person is experiencing a serious mental illness, developmental disability, or a serious emotional disturbance. If you need help, night or day call:

24 hr Crisis Hotline:

- **989.772.5938**
- **(toll free) 1.800.317.0708**



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