



Manor Monthly



Embrace the possibilities

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

July 2019

Featured Articles

Flag Day Event pg. #2

Thank you, Breakfast Fundraiser, & Birthdays pg. #3

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

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



Photo by [meredith hunter](https://www.unsplash.com/photo/meredith-hunter) on [Unsplash](https://www.unsplash.com/)

“July was selected, according to the founder Alan Caruba, because after July 4th, there’s not much going on and it’s the hotter part of the summer break from school. That’s no excuse to experience boredom during July, though.

When fending off boredom, it’s important to know what the symptoms are and why we get bored. We often associate being bored with having nothing to do, but that’s not always the case. Many times, we have plenty to do or are even doing it, but the task at hand does not stimulate our minds. It may be repetitive or not challenging enough. When this happens, we can become irritable, tired, or begin to not care about how well we do a task. We may also seek out stimulation to relieve the boredom. Depending on what we seek, it may be good or bad for us; We can form good habits or bad addictions.

HOW TO OBSERVE

Finding creative and healthy ways to beat boredom will improve our everyday lives. Once we’ve identified our causes, approach boredom with a set of positive challenges or stimuli to keep it at bay.

Source: <https://nationaldaycalendar.com/national-anti-boredom-month-july-2/>

CONTINUED ON PG-2...



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





June 14th we were blessed with a beautiful day for our Flag Raising Ceremony. Members of the local VFW (Post 5857) and the Veterans that live in the Manor, were present to officiate the ceremony. We are proud that we could honor their service to this country and our Flag.

The cookout that followed was a huge success as well. Our Residents, their friends and family, and even some Board members were able to join us for hamburgers, hot dogs, salads, conversation, and more! It was great to see everyone that came out.

A big thanks to Tom McDonald (grill master), Bob Mann, Cheryl Nichols, and all those that assisted in getting the meal made and served.



BOREDOM CONTINUED...

Play – Board games are an excellent way to fight boredom.

Get physical – Exercise not only provides stimuli but also helps change scenery and improve health.

Learn – Visit a museum, read a book or take a class.

Clean -Tackling a cluttered cupboard, closet or even garage brings about a bit of satisfaction for a job well done.

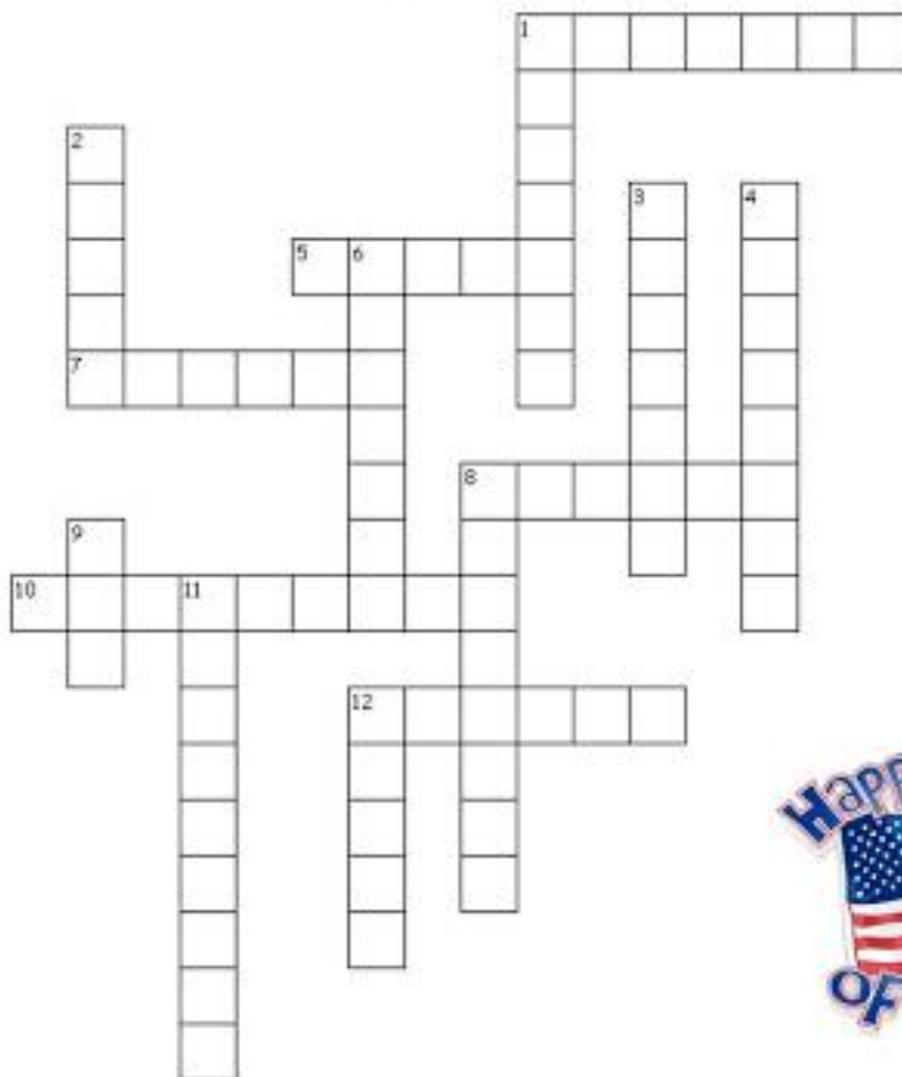
Cook – Making in our own kitchen with ingredients we enjoy gives us two ways to be satisfied.

Be creative – Even if you usually don't create, just trying can help break the boredom cycle.

Volunteer – Helping someone who needs something more than you often makes us reassess why we were bored in the first place.

Get social – Visit a friend or neighbor. Kids, this includes you! Aunts, uncles or cousins would enjoy a friendly conversation over an ice-cold popsicle.

Fourth of July Crossword Puzzle



Across

1. This is the one founding father to sign the Declaration of Independence on the Fourth of July.
5. This is the place where most of the fireworks are imported from.
7. Only one founding father signed the Declaration of Independence on July 4th. The rest of them signed in this month.
8. The stars of the original American flag were in this shape to symbolize equality.
10. This person is credited with writing the Declaration of Independence.
12. This animal was the suggested patriotic bird by Ben Franklin.

Down

1. This is the university that 7 of the Declaration of Independence signers attended.
2. This daughter of a past president is born on the Fourth of July and will be turning nineteen this year.
3. This is an activity that many friends and family members get together for on the Fourth of July.
4. The Liberty Bell is tapped this many times on the Fourth to represent the original number of colonies.
6. An estimated 150 million of these will be eaten on the Fourth of July.
8. This is the group responsible for making the Fourth of July a federal holiday.
9. This person is credited with writing "The Star Spangled Banner."
11. These light up the night sky on the Fourth of July.
12. This is the number of presidents who died on the Fourth of July.



*A thankful heart is
a happy HEART*

Many thanks to Cheryl Nicols and Tom McDonald for organizing and putting on the Breakfast Fundraiser. They gathered donated items and put in the time and effort to provide this great meal. Donations received were \$112.00! GREAT WORK!!



BIRTHDAY BASH

Friday, July 12th
1:00 p.m.



BIRTHDAYS:

- Hugh Donley 7/4
- Marian Hoffmeyer 7/10
- Richard Wright 7/10
- Sandy Wilson 7/18
- Ian Straley 7/18



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 **JULY 11TH AT 1:30PM.** **Matt Bush is bringing in a speaker to talk about “CapTel” (a captioned telephone system for people with hearing loss) following Let’s Talk.**

2. Motorized Chairs

Please keep your motorized chair speeds on low or slow. Some of our neighbors may not hear or see you coming and travelling a high speeds is a hazard we want to avoid.

3. Common Area Tables

THERE ARE NO DONATION TABLES IN THE BUILDING!!

If you want to give something away, make a sign and post it in the Laundry Room, or throw it away. Leaving items to give away on the tables around the building creates clutter and looks unkempt.

4. Fourth of July

The office will be **CLOSED ON JULY 4TH & 5TH.** If you have an emergency please contact Gary or utilize the emergency maintenance line.

5. BONFIRES IN THE FIRE PIT – Please pay close attention to the daily fire risk status. There is a “Smokey the Bear” sign above the sign-up sheet on the main level bulletin board. The risk will be posted as “Okay” or “Not Okay”.

PLEASE USE RESPONSIBLY AND CLEAN UP AFTER YOURSELVES.

THIS IS A PRIVILEGE.

6. Fire Drill

We are awaiting word from the Presque Isle County Emergency Manager on when our fire drill will take place. As soon as we know the time and date, we will distribute the information.

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



MESSAGE(S) FROM MAINTENANCE:

1. With Lindsay being out, if you notice any “Housekeeping” issues let Monica in the office know. We are doing our best to maintain, but have other things going on as well so don’t always notice.
2. Air Conditioners are in the process of being installed. Thank you for your patience.
3. As always, if you have any maintenance issues, write them on the “Maintenance Request” list on the main floor bulletin board...even if we have spoken about the issue.

Thank you! Pat

Actual Size Comparison **MI Tick ID Card**

Blacklegged (Deer) tick
American dog (Wood) tick
Lone star tick

1 inch
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 Mary Ann S. for sharing!**

Peanut Butter Fudge

- 16 oz. Jar of Peanut Butter (any brand)
- 16 oz. Tub of Ready Made Vanilla Frosting (any flavor works, but it is best to avoid cream cheese and whipped frosting as it doesn't get as firm)

Directions

1. Empty both the peanut butter and frosting into a microwave safe container.
2. Microwave on high for 1 minute and stir.
3. Then microwave on high for 1 minute and pour mixture into a glass pan. (9x9 works best)
4. Smooth out, then refrigerate until hard.

Need more recipes for next month!!
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NOTE FROM MONICA IN THE OFFICE:

Did you bring me a recipe for "Chicken Zucchini Casserole"? Someone brought me the recipe, but I didn't write down the name...apologies. Please let me know and I will add it to next month's newsletter.

Thank you!



Memories

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

Nothing enhances the good old days more than a poor memory.

**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

Office Number

(989) 733-2661

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



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



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