



Manor Monthly



Embrace the possibilities

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

July 2020

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*Also included: Bingo Card,
Senior Center Menu*

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

Happy Interdependence Day!



Photo by [Hannah Busing](#) on [Unsplash](#)

July 4, 1776. This is the date on which the Continental Congress, representing the 13 original colonies officially declared its independence from Great Britain thus giving birth to a new nation. Traditionally, we call this day "Independence Day". In the era of COVID-19, I propose we give it a new name. I suggest we instead call it "Interdependence Day".

Collectively, if we are to remain healthy and well and mitigate the spread of the coronavirus, we need to rely on each other. When in public, we need to stay at least six feet away from one other and wear proper face coverings to keep from spreading the virus to our friends, neighbors and other fellow citizens. When we have symptoms, we need to stay home and contact our healthcare provider for further instructions. And we need to frequently wash our hands with soap and water. If neither is available, hand sanitizer is the next best option.

If we all do our part, we can beat COVID-19. It is only through effective interdependence that we can truly become independent and free of this virus. So this 4th of July, consider greeting each other with "Happy Interdependence Day!" If you get a funny look in reply, after reading this column, you should be able to explain why.

Author: Tom Wyllie.



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

ATTENTION SENIORS OF
PRESQUE ISLE COUNTY!

PROJECT FRESH 2020



Michigan-grown produce and nutrition for older adults.

Senior Project FRESH provides vouchers to eligible older adults in Presque Isle County. These vouchers can be used to purchase unprocessed, Michigan-grown fruits/vegetables, herbs/spices and honey from authorized farmers markets and roadside stands.

Senior Project Fresh 2020

Coupon Distribution Dates:

Both Centers:

Monday, July 6th

Onaway Center: 10:00 am

Posen Center: 1:00 pm

PLEASE NOTE:

You must hold your application until the day of distribution.

Also, a limited number of applications will be available.

****NO APPLICATIONS WILL BE AVAILABLE THE DAY OF DISTRIBUTION****

To participate, please complete the following:

1. Please fill out the application and bring it with you on the day of distribution.
2. Due to the COVID-19 Pandemic, the mandatory nutrition education meeting has been waived, you will receive an informational booklet along with your coupons.

If you plan to stand in as a proxy for an individual, please bring their completed application and signed proxy form to the coupon distribution.

LOCATIONS:

Onaway Senior Center	Posen Senior Center
4203 S. Lynn St.	6520 Darga Hwy.
Onaway, MI 49765	Posen, MI 49776

Sun Protection Tips

Limit time in the midday sun

The sun's UV rays are the strongest between 10 a.m. and 4 p.m. To the extent possible, limit exposure to the sun during these hours.

Use shade wisely

Seek shade when UV rays are the most intense, but keep in mind that shade structures such as trees, umbrellas or canopies do not offer complete sun protection. Remember the shadow rule: "Watch your shadow – Short shadow, seek shade!"

Wear protective clothing

A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back or your neck. Sunglasses that provide 99 to 100 percent UV-A and UV-B protection will greatly reduce eye damage from sun exposure. Tightly woven, loose fitting clothes will provide additional protection from the sun.

Use sunscreen

Apply a broad-spectrum sunscreen of SPF 15+ liberally and re-apply every two hours, or after working, swimming, playing or exercising outdoors.

Source: <https://www.who.int/news-room/q-a-detail/sun-protection>

Applications are available in my office, the main office, and at the Senior Center across the street.

Congratulations to Donna Diller who won the COVID-19 delayed bingo with a \$10 Dairy Queen Gift Card prize. Also, to Gail Box who was the first to solve the puzzle from last month. If you would like to know the correct answer, please contact the office or stop by.

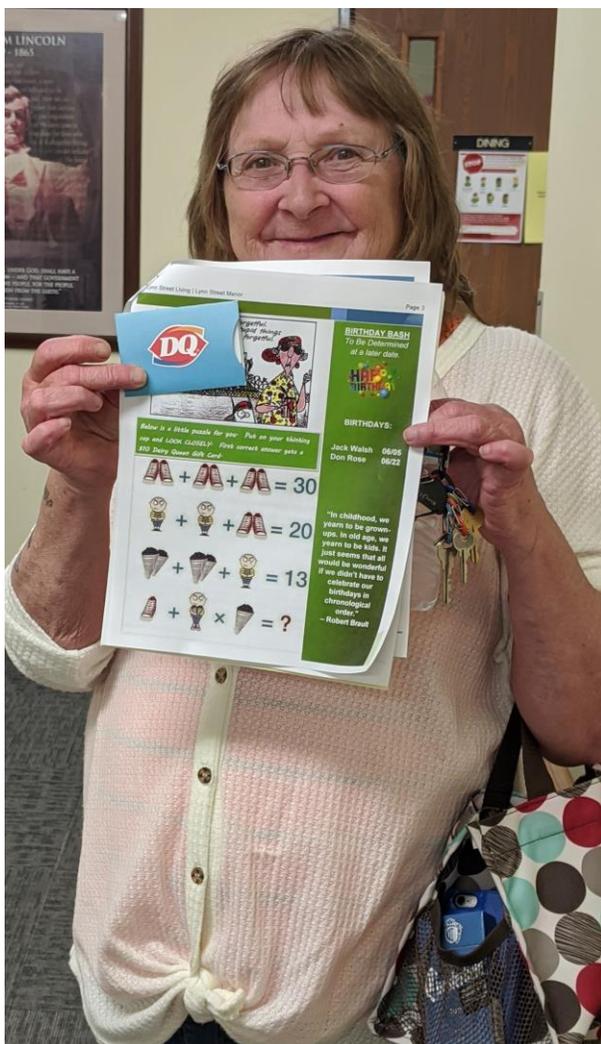


BIRTHDAY BASH
To Be Determined at a later date.



BIRTHDAYS:

- Hugh Donley 7/04
- Richard Wright 7/10
- Sandra Wilson 7/18
- Ian Straley 7/18



Age is not how old you are, but how many years of fun you've had.

—Matt Maldre

“The secret of staying young is to live honestly, eat slowly and lie about your age.”

— Lucille Ball



On June 27th it was National Sunglasses Day and we celebrated as best we could. Wonderfully different and fun sunglasses were seen and ice cream eaten. Even though we had to take some precautions it was fantastic to see everyone gathered and chatting on a beautiful day (at an acceptable social distance of course)! We will try to have more gathering like this, so check the board frequently. There is a short movie on our Lynn Street Manor Facebook page if you would like to watch as well: [Sunglass Day Movie](#)



MESSAGE(S) FROM MAINTENANCE:

We have been given the OK to enter the units and begin working on the non-emergency maintenance issues. I understand that some of the work orders have been on hold for a few months, and some items may still have to be delayed due to availability of parts, etc. I appreciate your patience and cooperation through it all, and will begin taking care of them on Monday, July 6th. This will address any outstanding issues as a result of the February unit inspections as well. Please continue to add any maintenance issues you are having to the board on the wall or let Monica in the office know.

Thank you!
Pat

More than ever it will be important for all of us to be counted in the 2020 Census! I am sharing information we received from the federal government as to the Why and How of doing so. They have made it much easier to comply with this request to reply:

Census email to tenants:

Dear Resident:

The 2020 Census is here and you still have time to count you and your family. Every 10 years, the census counts everyone living in the United States. It is important to count every person living in your home to make sure your community and others across the nation are accurately funded and represented for the next decade

No matter who lives in your home, be sure to count them all in the 2020 Census. This includes grandparents, young children, foster children, and nonrelatives who are living with you. Information collected in the census will inform the allocation of more than \$675 billion in federal funding each year.

Health care, emergency response, schools and education program, such as SNAP are all impacted by the 2020 Census. The COVID-19 pandemic also underscores the importance of census data and census participation.

The 2020 Census is also easy, safe and important. Your personal information is kept confidential by law and your responses can only be used to produce statistics. They cannot be used for law enforcement purposes or to determine your personal eligibility for government benefits.

It's never been easier to respond to the 2020 Census all without meeting a census taker at your door. Your response matters so be sure to get counted and respond online now to shape your future at 2020census.gov, by phone at 844-330-2020, or by mail.

Author: Lynn Alexander

RANDOM LITTLE TIDBITS

1. LET'S TALK - JULY 16, 2020 at 1:00 p.m.

We are going to attempt a "socially distant" Let's Talk meeting this month. We will set up chairs and such outside 6 feet apart. This will be a trial run for possible outdoor talks, activities, etc. so let's all do our part to remain vigilant with distances and make this work!

2. Outdoor Flowers and Flower Beds

As the restrictions for our area are lifted, we will be able to get our outdoor flowers and landscaping moving forward. If you are interested in assisting with the flower beds, please reach out to Pat.

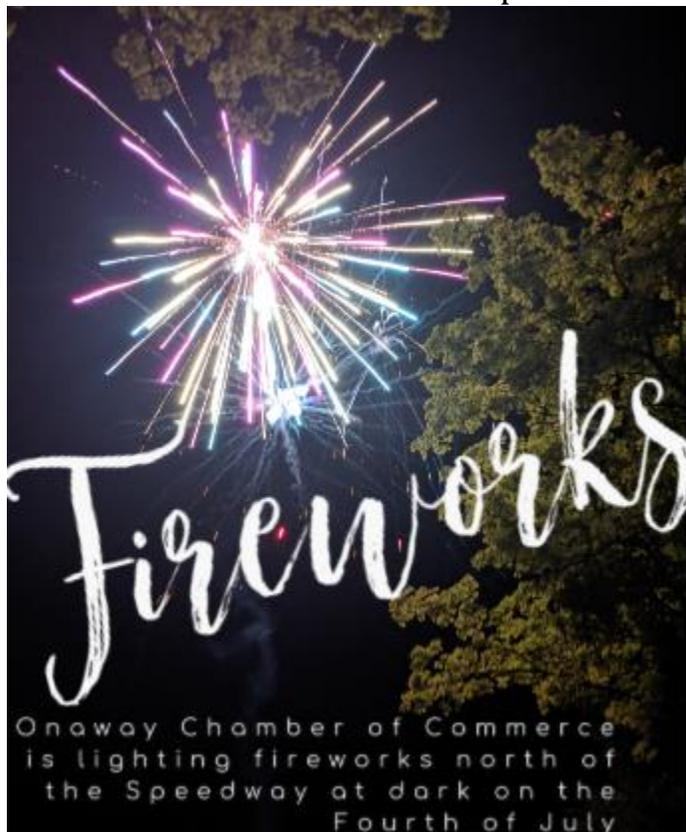
3. Grills & Outdoor Games

The time for grilling and outdoor games is at hand. The grills are set up and there is a sign-up sheet on the board by the office. Please let Pat know if the gas is getting low so it can be refilled. If you are using the grill or the outdoor games, please remember to maintain social distancing practices.



4. Commodities - July 9th - Pick up in kitchen from 9:00a.m. to 10:00 a.m.

Please remember to keep social distance as you are picking up your box. Not going to be able to make that time...call the office to make arrangements for your box. If you are interested in receiving commodities, please go to the Senior Center to get signed up and receive your first box. Once you have done that, you will begin receiving them here at the Manor.



If you would like a printed activity packet (crosswords, word search, Sudoku, color pages, etc.) please let the office know!

Recipe Swap



BROCCOLI TAHINI PASTA SALAD

Thank you [Love and Lemons](#) for the recipe!

Ingredients

- 3 cups small broccoli florets
- 1 cup cut green beans
- 2 cups uncooked gluten free fusilli pasta
- 1 small zucchini, thinly sliced and cut into half moons (or spiralized)
- 1 cup sliced cherry tomatoes
- 4 oil-packed sun-dried tomatoes, chopped
- 8 fresh basil leaves, thinly sliced
- ¼ cup pine nuts
- sea salt and freshly ground black pepper

Lemon Tahini dressing: (can be made ahead)

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons tahini
- 3 tablespoons fresh lemon juice, more for squeezing at the end
- 2 tablespoon white wine vinegar
- 1 garlic clove, minced
- ½ teaspoon Dijon mustard
- ½ teaspoon maple syrup
- ½ teaspoon sea salt
- 3 tablespoons water

Instructions

1. In a small bowl, whisk together the olive oil, tahini, lemon juice, vinegar, garlic, mustard, maple syrup, salt and water. Set aside.
2. Prepare a large pot of salted boiling water and a large bowl of ice water. Drop the broccoli and green beans into the boiling water and blanch for 1-2 minutes, until tender but still bright green. Remove and immediately immerse in the ice water to stop the cooking processing. Keep in the ice water long enough to cool completely, about 15 seconds. Then, drain and place on a kitchen towel to dry.
3. In a large pot of salted boiling water, prepare the pasta according to the instructions on the package, cooking until al dente. Drain and rinse with cold water.
4. In a large bowl, combine the broccoli, green beans, zucchini, tomatoes, basil and the pasta. Drizzle with the dressing and toss. Season to taste with salt, pepper, and squeezes of lemon, if desired. Sprinkle with the pine nuts and chill for 15 minutes. Can be stored in the refrigerator for up to 2 days.

**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

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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:

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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



We have resumed our newsletter Bingo. Check your number on the board and by the office window daily.

Embrace the possibilities