



Manor Monthly



Embrace the possibilities

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

July 2023

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5 Effective Ways to Set Healthy Boundaries



Setting boundaries comes down to communication. Communicating your needs and desires is the most vital step toward defining your limitations and living a more liberated existence.

Visualize and Name Your Limits

The first and most important step to defining your boundaries is to make them concrete. Boundaries are often confusing and abstract because they feel invisible in our daily lives.

However, by visualizing your boundaries and writing them down, you can get much more clarity on where you want to draw the line between you and other people.

Set aside some time to reflect on the state of your life. Ask yourself:

- What is causing me unnecessary stress or discomfort?
- What do I look forward to each day versus what do I dread?
- Who or what gives me energy?
- What areas of my life do I feel exhausted by?
- What makes me feel safe, supported, and valued?

Draw a large circle on a blank piece of paper. Inside the circle, write everything that makes you feel safe and stress-free. For example:

- A daily routine
- Clear communication from your loved ones
- Saying “no” to energy vampires



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner | Matthew Bush (231)268-8990

Michigan taking additional actions to preserve Medicaid eligibility as renewal process resumes following COVID-19

June 22, 2023

Enrollees reminded to return renewal packets on time to keep their coverage

LANSING, Mich. – The Michigan Department of Health and Human Services (MDHHS) is taking new actions to preserve Medicaid eligibility for those residents who must complete renewal forms by the end of June.

The additional MDHHS efforts to help Michiganders keep their coverage are possible as a result of the federal government releasing new flexibilities and strategies late last week to state officials to lessen the impact of the resumption of Medicaid renewals.

Medicaid beneficiaries who received renewal packets with a deadline of June 30 are still being reminded to complete and return their forms by that date to avoid losing coverage, as required by federal law. **However, MDHHS will not disqualify anyone from coverage for not returning the paperwork until the end of July under the new guidance from the federal Centers for Medicare & Medicaid Services.**

MDHHS is implementing this change only for beneficiaries up for renewal in June and during this additional time will review and adopt additional strategies authorized by the federal government for outreach to beneficiaries to preserve their Medicaid coverage.

Starting this month Medicaid and Healthy Michigan Plan beneficiaries must renew their coverage this year, as was the case before the COVID-19 public health emergency, to comply with federal legislation that requires states to resume redetermination of Medicaid eligibility.

Michiganders who no longer qualify for Medicaid will receive additional information about other affordable health coverage options available, including on [HealthCare.gov](https://www.healthcare.gov). Affected Michiganders will be able to shop for and enroll in comprehensive health insurance as they transition away from Medicaid, and many Michiganders can purchase a plan for less than \$10 per month.

The Michigan Department of Insurance and Financial Services (DIFS) is working with MDHHS to help impacted Michiganders get affordable, comprehensive health insurance if they are determined to be no longer eligible for Medicaid. DIFS can answer questions about purchasing a health insurance plan. Call DIFS at 877-999-6442, Monday through Friday from 8 a.m. to 5 p.m. or visit [Michigan.gov/StayCovered](https://www.michigan.gov/StayCovered) to learn more.

Source: <https://www.michigan.gov/mdhhs/inside-mdhhs/newsroom/2023/06/22/medicaid-reminder>

Work Order Procedure

Work orders are to be submitted through the office so we can track the work being done. If you have a non-emergency work order, i.e., light bulb out, closet door squeaking, kitchen drawer doesn't work properly, etc., there could be up to a 2 week wait. If you have been waiting more than 2 weeks, please call the office and let us know.

For all issues that cause damage to the building, i.e., clogged toilet, leaking sink, or a building emergency i.e., fire/flood, let the office know right away, if it is after hours call Joe's phone. If the building is on fire **CALL 911 IMMEDIATELY.**

Continued from Pg. 1

On the outside of the circle, write down anything that causes you discomfort, pain, annoyance, or emotional exhaustion. These are the people or situations pushing the limits of your boundaries.

For example:

Worrying about what certain people think about you
 Strange people at the bar touching you without asking
 Acquaintances asking deep or intimate questions about your life

This circle represents a visible manifestation of your limits. It's time to take anything outside the circle and determine how you can define a boundary that will prevent or eliminate those issues in the future.

Openly Communicate Your Boundaries

One of the biggest mistakes people make is setting boundaries in their minds but not openly sharing them with the people in their life. Sometimes people assume that you should know their boundaries. But if they didn't clearly communicate where they've drawn the line, how will you know when you've overstepped it?

This can seem daunting and scary, but it can feel like a significant relief once you get it out of the way. As social psychology researcher Brene Brown says, "clear is kind, unclear is unkind." Once you know your boundaries, you have to communicate them.

HOW TO CLEARLY COMMUNICATE BOUNDARIES

Time Boundary "I can only stay for an hour" or "If you're going to be late, please let me know ahead of time."

Energy Boundary "I don't have the energy to help you with [their request] right now, but maybe [this resource] can help."

Emotional Dumping "I understand you're having a hard time and I want to be there for you, but I don't have the emotional capacity to listen right now."

Personal Space Boundary "It makes me feel uncomfortable when you [touch or action]. If you can't respect my space, I'll have to leave."

Conversational Boundary "This is not a topic I'm willing to discuss right now."

Comment Boundary "I don't find those types of comments funny."

Mental Boundary "I understand we see things differently and I respect your opinion, but please don't force it on me."

Fortunately, once someone is aware of your boundaries, most people will respect them and apologize if they accidentally cross the line. Without clear communication, the lines become blurred. You can quickly find yourself crossing into the more dangerous territory of getting burned out, taken advantage of, or even neglecting your own needs.

The more precise and direct you can communicate your boundaries, the easier it will be to uphold them. Boundaries are like the "rules" of a relationship. When they're displayed for all parties involved, it is much easier to respect them.

A Nation's Strength

William Ralph Emerson

Source: <https://poets.org/poem/nations-strength>

What makes a nation's pillars
 high

And its foundations strong?
 What makes it mighty to defy
 The foes that round it throng?

It is not gold. Its kingdoms
 grand

Go down in battle shock;
 Its shafts are laid on sinking
 sand,
 Not on abiding rock.

Is it the sword? Ask the red dust
 Of empires passed away;
 The blood has turned their
 stones to rust,
 Their glory to decay.

And is it pride? Ah, that bright
 crown

Has seemed to nations sweet;
 But God has struck its luster
 down

In ashes at his feet.

Not gold but only men can make
 A people great and strong;
 Men who for truth and honor's
 sake

Stand fast and suffer long.

Brave men who work while
 others sleep,

Who dare while others fly...
 They build a nation's pillars
 deep

And lift them to the sky.

Reiterate and Uphold Your Boundaries

Like the invisible perimeter fence around a yard protects a dog from running into the street, boundaries protect you from overextending your mental and emotional well-being.

But the dog has to be trained not to cross that line. They have to understand where their yard begins and ends. It takes time, repetition, and patience.

The same is true of human boundaries. Not everyone will understand or respect your boundaries the first time. It's essential to stand firm in your decision while kindly reminding them of your needs when necessary.

A dog will get confused if the yard ends at the bushes one day but extends to the sidewalk the next. If someone doesn't initially respect your boundary, remind them, but stay consistent with your original decision.

Don't Be Afraid to Say No

Have you ever met someone who seemed to say "yes" to everything? People afraid to say "no" often end up with an overflowing plate of duties and responsibilities that they can't seem to keep up with. They tend to forgo their self-care as they frantically try to meet the demands of all the people and things they said "yes" to.

"No" is a powerful word. It sounds strikingly similar in dozens of languages and can be recognized by simple gestures or facial expressions.

Yet so many people in the modern-day have been programmed to feel guilty for their "no's." In reality, to say "no" is to draw a line in the sand. It is an expression of courage, self-love, and sovereignty over your daily decisions.

Remember that every "yes" and "no" shapes your reality. You have the power to choose how you will spend your time and energy. If something doesn't feel right in your gut, you probably shouldn't do it. The word "no" is essential for healthy boundaries.

Take Time for Yourself

Amidst our fast-moving world, self-care can feel selfish or even frivolous. But the science of self-care is clear: taking alone time for yourself is linked to more confidence, greater creativity, more emotional intelligence, and more emotional stability in challenging situations. It can even help prevent burnout.

But what does self-care have to do with boundaries?

Solitude allows you to reflect on your life and your values. The time you set aside for self-care can help bring more clarity into your relationships with other people, ultimately helping you define your boundaries.

To many, this may seem selfish. Modern society's tendency toward self-sacrifice and workaholicism has led a large majority of people to dismiss their boundaries or sacrifice their well-being to please other people. Ironically, this can often have the opposite effect than they'd like.

Self-care and healthy boundaries are not selfish; they are a form of self-love that leads to deeper relationships and more fulfilling experiences.

As the saying goes: you cannot pour from an empty cup. Healthy boundaries are a way to fill your cup so that you can offer more joy and help to the world.

Read more at: <https://www.scienceofpeople.com/how-to-set-boundaries/>

Color Me



BIRTHDAY BASH

July 14th, at 1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

- Sandy P. 7/3
- Timothy L. 7/14
- Sandy W. 7/18
- Marion S. 7/20
- Melody V. 7/27



Picture source: Monica Voigt

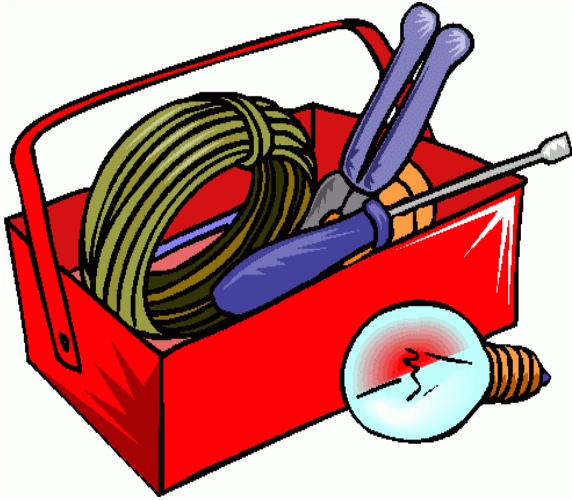
July Symbols

www.ducksters.com

Birthstone: Ruby
Flower(s): Water Lily
Zodiac Signs: Cancer and Leo

Pictures





MESSAGE(S) FROM Maintenance:

Please do not take or touch things left in the halls and common areas by maintenance. We know they are there and are there for a reason. If they are causing you concern, please come to discuss with the office.

*Thank you,
Joe & Molly*

The Senior Advocate

IN A FLASH!

By: Lynn Alexander

In a flash, you can lose all of your possessions and even your life during a fire. You can also destroy the life of a neighbor. According to the National Fire Protection Association, more than 26% of reported fires in 2016-2020 occurred in homes. In addition, 75% of civilian fire deaths and 74% of the reported injuries were caused by home fires. Over that same time period as a whole, cooking was the leading cause; and smoking was also tops on the list. It can take just 30 seconds for a small flame to turn into a major blaze, according to the Department of Homeland Security.

So what can we do to protect ourselves and our community? PVM has a **No Smoking** policy in place to protect everyone. With everyone being so close that 30 seconds just mentioned can spread very quickly to others. Not smoking is good for your health in general but also smart for protecting one's self from a fire. Take extra caution when making dinner. Make it part of your routine to always check to make sure the burners are turned off before you remove the food from the stove. Also, you can place a reminder notice on your door reminding you to check that all burners are turned off before you leave. That can also hold true for irons, steamers, and hair grooming products.

Do not allow yourself or your neighbors to become another death or injury statistic.

Be a SMART & SAVVY SENIOR!

RANDOM LITTLE TIDBITS

1. LSM Family Picnic

Staff and residents are invited to a family picnic at Burt Lake in Indian River on **July 29th**. The vans will be leaving at 2:30 pm, with dinner starting at 4 pm. There will be 2 vans for this event, and we are asking vehicle owners to use their own vehicles to make room for people in the vans, there may be more than 1 trip. There is a sign-up sheet on the board with a section to bring a dish to share, LSM will be providing Sloppy Joes.

2. Activity Committee Events

The Activity Committee has started Game Nights and other events, which include Board Games on Tuesdays, from 6 – 9 pm, Card Games on Fridays, from 6 – 9 pm, Cookout and Music on Saturdays from 4 – 6, and Outside Games on Sundays from 6 – 8 or 4 – 8, depending on the number of participants. Everyone is invited to join in the activities.

3. Housekeeping Request Forms

New housekeeping request forms will be on the boards on each floor for when you notice that a housekeeping task needs to be completed. These forms are only for common/public area cleaning. Once you fill them out, bring them to the office so a work order can be made.

4. Furniture Deliveries

All furniture deliveries should be done Monday – Friday between 9 am and 3 pm., so a staff member can inspect for unwanted passengers.

5. Pulling out Appliances

If you want to clean behind/under your appliances, make sure that you call the office to make it a work order. For your safety and to avoid damage, please do not attempt to move your stove and refrigerator on your own.

6. Turning Dryer Drums

When you are using the dryers, make sure that you turn the drum clockwise and not counterclockwise. If you turn the drum counterclockwise you take a chance of pushing the belt off or breaking it.

7. Bake Sale Thank You

The bake sale was a huge success, having raised \$250 for the Resident Council. A HUGE thank you to everyone involved in making it such a great event, especially to Oscar Hilliker, Bob Mann, Tim LaFond, Willow Liebenow, Marion Lyon, Cherrie Bonham, and Becky Peacock.



Recipe Swap & Funnies

SLOW COOKER THAI CHICKEN

Thank you, Monica Voigt, for this recipe.

Source: <https://www.eldelpaso.ca/recipes/slow-cooker-thai-chicken>

Ingredients:

- 8 Chicken thighs, skin removed (2 lbs.)
- ¾ C. Old El Paso Thick N' Chunky Salsa
- ¼ C. Peanut Butter
- 2 Tbsp. Lime juice
- 1 Tbsp. Soy Sauce
- 1 Tsp. Grated gingerroot
- ¼ C. Chopped peanuts
- 2 Tbsp. Chopped fresh cilantro

Directions:

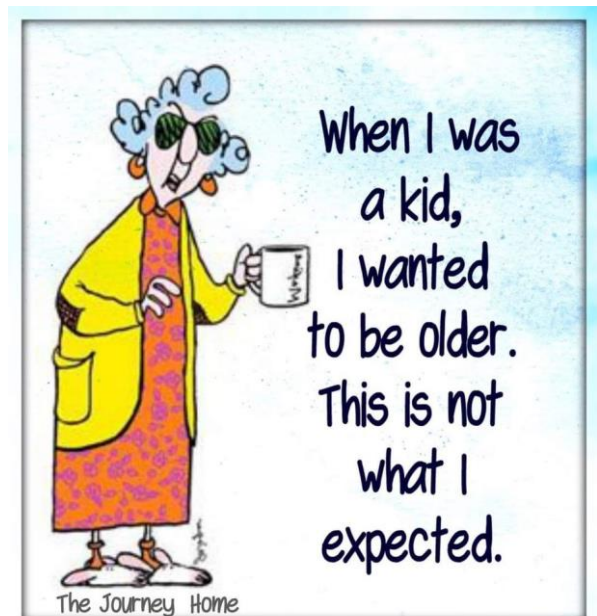
1. Place chicken in 3 ½ to 6-quart slow cooker.
2. Mix remaining ingredients except peanuts and cilantro; pour over chicken.
3. Cover and cook on low heat setting 8 to 9 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut.
4. Remove sauce from slow cooker; skim fat from sauce.
5. Pour sauce over chicken. Sprinkle with peanuts and cilantro.

Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

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.



Source: <https://community.aarp.org/t5/Our-Front-Porch/Senior-Citizen-stories-Senior-jokes-and-cartoons/td-p/1832735/highlight/true/page/4>



Source: <https://community.aarp.org/t5/Our-Front-Porch/Senior-Citizen-stories-Senior-jokes-and-cartoons/td-p/1832735/highlight/true/page/2>



<https://community.aarp.org/t5/Our-Front-Porch/Senior-Citizen-stories-Senior-jokes-and-cartoons/td-p/1832735/highlight/true/page/4>

**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 Numbers

989.733.2661

Village Staff

Monica Voigt

Housing Administrator

Molly Booth

Housekeeper

Justin "Joe" Hoerner:

989.306.2256

Maintenance Technician

Patricia "Trish" Pasini

Administrative Assistant

Matt Bush: 231.268.8990

Service Coordinator

Gary Hansel: 989.306.4694

Caretaker

**BUILDING AFTER OFFICE HOURS
EMERGENCY NUMBER**

989.306.4694



BOARD MEMBERS:

SANDRA GRULKE

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MICHAEL BENSON

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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
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THE FOUNDATION**

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



Check your numbers on the board and by
the office window daily.

The Winner of June's BINGO:
Kay C.

Commodities – July 13, 2023

PICCOA Bus: 989-766-8191

Embrace the possibilities