



Manor Monthly



Embrace the possibilities

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

August 2019

Featured Articles

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*Also included: Calendar,
Senior Center Menu & Activitv*

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



Photo from: <https://www.optometristsclinic.com>



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



National Eye Exam Month

“This August, observe National Eye Exam Month by learning about ways to keep your vision clear and healthy. As we age, getting a baseline eye exam can detect early signs of disease or damage to your eyes. Ophthalmologists recommend periodic eye exams every 2-4 years from the ages of 40 to 65, and every 1-2 years after the age of 65. While most symptoms are often disregarded, getting a simple checkup and following a doctor’s orders can greatly lower risks of more severe and future damage, and you can continue to enjoy healthy vision.”

Source: <https://nationaltoday.com/national-eye-exam-month/>

CONTINUED ON PG-2...



Subject: Visitors

A Visitor is anyone other than the person(s) who signed the apartment lease. Residents are allowed to have overnight visitors. However, visitors should not stay more than two weeks. Total number of visitors should not exceed a stay of more than 21 days per year. All visitors staying, more than **48** hours are to register with Management.

Subject: Extended Absence

HUD will allow a resident to keep an apartment for up to 180 days if they are hospitalized, or in convalescent care.

Residents must not be absent for more than 60 continuous days for non-medical reasons. If a resident is absent for longer than 60 continuous days, management may seek possession of unit for abandonment.

If a resident is leaving for more than 48 hours, they must give Management the name, telephone number, and address where they are staying.

HUD's rule is that Lynn Street Manor must be the resident's **ONLY** place of residence and they may not receive any government subsidy other than that for Lynn Street Manor.

REMEMBER: COMMON SENSE AND COMMON COURTESY GO A LONG WAY. ALSO, WHEN IN DOUBT CHECK YOUR HOUSE RULES OR COME TO THE OFFICE WITH YOUR CONCERNS AND/OR QUESTIONS.

How to Observe National Eye Exam Month

1. Take the exam

There is no reason to put off something this important. An eye exam usually takes about 20-30 minutes. See your doctor and make sure everything's ok.

2. Encourage others to do the same

So many of us take the laissez-faire approach to something like sight by simply adopting the "if ain't broke..." philosophy. Urge your loved ones to brave the doctor's office and ensure their healthy vision.

3. Make sure you have the right prescription

Your eyes change over time. Adjusting your prescription may be necessary to reduce eyestrain, optimize performance, and make your vision as clear as can be.



A thankful heart is
a happy HEART

BIRTHDAY BASH

Friday, August 16th

1:00 p.m.



BIRTHDAYS:

- Mary Ann Stockwell 8/1
- Christine Bennet 8/8
- Bill Gralewicz 8/15
- Marion Horton 8/25
- Gary Hansel 8/28



Thursday, August 1st, we were lucky enough to have a wonderful group of kids, from the Onaway Schools summer program, visit the manor. These 6-10 year olds were learning how to give back to their community and made a bunch of birdhouses as well as enough door hangers for each of our residents.

Thank you to Leah Arnold for reaching out and organizing the visit! Also, thank you to Willow Liebenow for making a big batch of cookies to share with our guests.

And as the door hangers say: **"Friends are flowers in the garden of life."**

JULY 4th 2017



Funds received:
\$51.00



That third week of July was so hot, we had to have an Ice Cream Social. Tom McDonald was kind enough to whip up some homemade ice cream, and we had all the fixins for Sundaes.

Following, we had a guest singer, Vern Bishop that came and sang for our neighbors. Thank you Pat Young for organizing his visit.



Ice Cream Social & Karaoke with Vern Bishop

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. The next meeting is

August 13th (Tuesday) at 1:00pm. Also, there is a prize drawing for those that attend.

2. Live Stream of “Sit & Be Fit” –in the Dining Room at NOON

-presented by Jon Hayes, Wellness Coordinator of the Village Oakland Woods

Jon is testing the Live Streaming abilities so that he can bring fitness activities to the Villages that do not have a Wellness Coordinator. If it works well, it will open up other fitness class options for us here at Lynn Street Manor.



3. Food Containers in Garbage Chute

Please do NOT just throw them down the garbage chute!!

For example, Pat found an exploded container of spaghetti in the trash tote at the bottom of the chute. The lid popped off when it hit the bottom and created a big mess that he had to clean up. This will also contribute to more smells coming from the garbage room as well as attracting flies. So please make sure ALL items that go down the garbage chute are IN A BAG that is tied.

4. Monica out of the office (OOTO) & OFFICE CLOSED

Monica will be gone August 29th and 30th to attend her brother’s wedding. Also, the office will be closed on Labor Day (Sept. 2).

5. B.I.N.G.O. – So sorry about the delay in getting the newsletter and the new BINGO cards to you this month. The numbers that have been drawn are: B-6, N-38, N-39, N-42, and O-75.

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



Patrick Downing: (989) 306-5452
Maintenance Technician

MESSAGE(S) FROM MAINTENANCE:

1. Are you happy with your Air Conditioner? Would you like to guarantee the same one for next year? If so, please have a space cleaned out in your closet (on the floor) at the time of removal. If you do NOT have a space, the A/C units will all be stored together and we can't guarantee that the same unit will be installed for you next year. There is plenty of time, so no worries. Notice will be given when it is time to remove them.

*We are trying this method to expedite installation next year.

Thank you! Pat

Service Coordinator Corner | Matthew Bush (989) 733-7792



Buy \$1 fruits & veggies **with your Bridge Card** and get \$1 FREE fruits & veggies with Double Up Food Bucks! The only participant in the local area is Family Fare in Rogers City.

Here's how Double Up works: Shop for up to \$20 worth of fruits & vegetables at the Family Fare grocery store in Rogers City.

1. For every \$1 spent on fruits and vegetables **with your Bridge Card**, the store will put \$1 on a YES card to be used at a later date to buy more fruits and vegetables.
2. For every \$1 spent on fruits and vegetables with your Bridge Card, the store will put \$1 on a YES card to be used at a later date to buy more fruits and vegetables.

Please note: This program will be active through Dec 2019.

Recipe Swap



***Thank you Bob M. for sharing!**

Chicken Zucchini Casserole

- 1 package (6 oz.) Stuffing Mix
- $\frac{3}{4}$ cup Butter (melted)
- 3 cups of diced Zucchini
- 2 cups of cubed cooked Chicken
- 1 can (10.25 oz) Condensed Cream of Chicken Soup (undiluted)
- 1 medium carrot (shredded)
- $\frac{1}{2}$ cup chopped Onion
- $\frac{1}{2}$ cup Sour Cream

Directions

1. In a large bowl, combine stuffing mix and butter. Set aside $\frac{1}{2}$ cup of the mix for topping.
2. Add the zucchini, chicken, soup, carrots, onions, and sour cream to the remaining stuffing mixture.
3. Transfer to a greased 2 quart baking dish.
4. Sprinkle with reserved stuffing mixture ($\frac{1}{2}$ cup)
5. Bake at 350° uncovered for 40-45 minutes or until golden brown and bubbly.

Need more recipes for next month!!
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THE OLD-TIMERS' RIGHT

A group of Sun City Senior citizens was sitting around talking about their ailments:

"My arms are so weak I can barely hold a cup of coffee", said one.

"Yes, I know. My cataracts are so bad I can't even see my coffee", replied another.

"I can't turn my head because of arthritis in my neck", said a third, to which several nodded in agreement.

"My blood pressure pills make me dizzy," another went on.

"I guess that's the price we pay for getting old," winced an old man as he shook his head.

Then there was a short moment of silence.

"Well, it's not that bad," said one woman cheerfully. "Thank God, we can all still drive"!



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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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



Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

BOARD MEMBERS:

SANDRA GRULKE
TOM PETERMAN
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Embrace the possibilities