



Manor Monthly



Embrace the possibilities

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

August 2020

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National Senior Citizens Day – August 21, 2020

“Do you have an elderly person in your life that you love and appreciate? National Senior Citizens Day, August 21, is the day to let them know how much you care and it’s an opportunity to recognize their accomplishments. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.



WHY NATIONAL SENIOR CITIZENS DAY IS IMPORTANT

Seniors give wise and useful advice

Our elderly family and friends have a lifetime's worth of precious experiences (and stories) to share. For centuries, cultures across the world have looked to the seniors in their communities for wisdom and knowledge. In times of trouble or when we simply don't know what to do, seniors are often the first people we turn to for a different or even, unusual perspective. If we listen, we can learn so much from them.

Seniors give generously

It's widely known that seniors make more charitable donations than any other age group. They have more time to devote to others and volunteer. We appreciate how much they look out for their loved ones and it's a quality we love in our seniors. We salute and appreciate you!”



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Source: <https://nationaltoday.com/national-senior-citizens-day/>

Service Coordinator Corner | Matthew Bush (989) 306-0172

Coronavirus Scams Targeting Older Americans

[The Federal Trade Commission and the Food and Drug Administration](#) have warned companies about making false claims and pushing bogus cures. You can read hear audio from multiple examples of fake offers for coronavirus cures, vaccines, tests, HVAC filters, masks and more on our [COVID-19 scams page](#).

Audio Sample: Social Security Callback Scam

Audio transcript: *Hello this is a call from the Social Security Administration. During these difficult times of the coronavirus, we regret to inform you that we have got an order to suspend your socials immediately within 24 hours due to suspicious and fraudulent activities found on your socials. We are contacting you as this case is critical and needs your urgent attention. To get more information about this case please call immediately on our department number 888-991-XXXX. I repeat 888-991-XXXX.*

The [Social Security Administration posted an alert about a scam](#) claiming that benefit payments may be suspended or decreased due to office closures related to the COVID-19 pandemic. The SSA says that any call, text or letter offering to “maintain regular benefit payments” if you make a payment is fake. If you’ve been targeted by this scam, report it to the [SSA’s Office of the Inspector General](#).

The [IRS has also issued similar warnings about coronavirus imposter scams](#) related to stimulus checks, overdue payments, filing extensions and other tax related topics.

Older Americans should also be aware of pandemic versions of the “grandparent scam,” where a scammer poses as a relative, often a grandchild, in a desperate situation and urgently in need of money. If you receive such a call requesting that you wire money or buy a gift card and call back with the gift card number, hang up and check in with family directly. To learn more, read the [FCC’s consumer guide on grandparent scams](#).

Source: <https://www.fcc.gov/coronavirus-scams-targeting-older-americans>



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>



Last month's outdoor Let's Talk meeting and potluck went splendidly. We are going to do an outdoor gathering to celebrate our August Birthdays as well as celebrating V-J Day (Victory over Japan) on August 14th. During this time we will honor the memory of



Hugh Donley who passed on July 24th. After leaving Medilodge, he was able to spend the last week of life with his son and family downstate.

Services are pending and information for those will be shared when it is available.

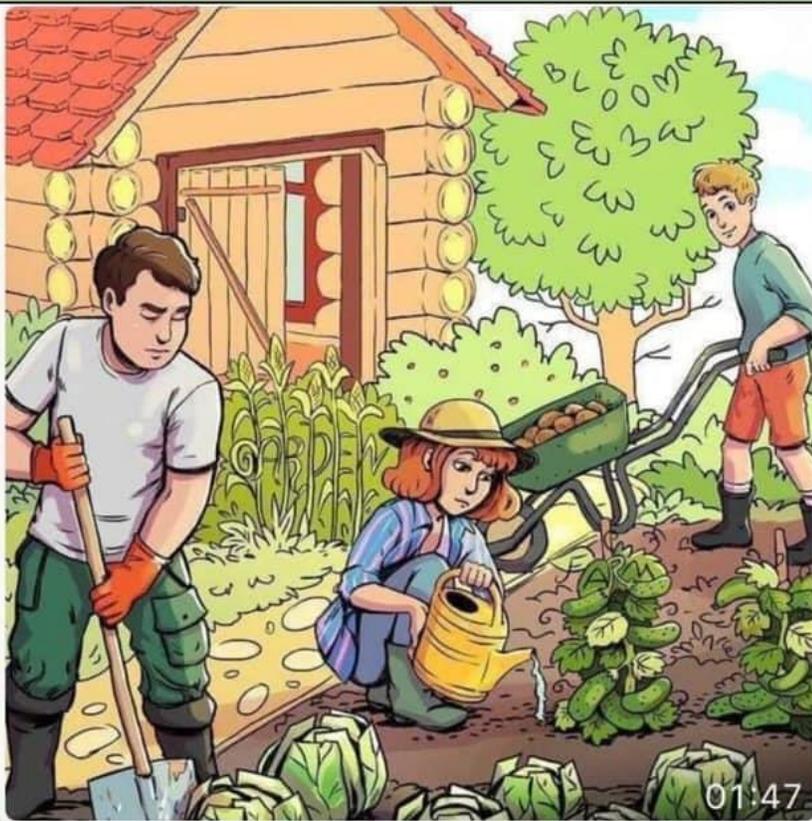
BIRTHDAY BASH

August 14, 2020 at 1:00pm (outdoor).



BIRTHDAYS:

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



➡ Forwarded

There are 3 English words hidden in this picture. If you are able to find them meant you are not OLD yet.



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

– Lucille Ball

**Names of the Babies
in the Photos:**

Kay Carter

Donna Diller

Monica Voigt

Coralee Porter

Patti Skuse

Myra Tennant

Calvin Hilliker

Kelly Lake

Mary Skuse

Ian Straley



Baby Photo Who's Who...

Think you can tell which name matches the baby photo? The Neighbor who correctly guesses the most babies will win a prize. If you are one of the photos...Don't give yourself away!

“These Are the Times That Try Men’s Souls”

“These are the times that try men’s souls”, so wrote Thomas Paine on December 23, 1776. Considered by some to be among America’s Founding Fathers, he continued his essay as follows, “The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the love and thanks of man and woman.” These words, along with the rest of his essay titled, “The American Crisis” helped inspire the birth of a new nation. Prior to the Battle of Trenton, in which George Washington and his men famously crossed the Delaware River on Christmas Day to route the Hessian Army, General Washington had his commanders read the essay to his troops. This small, but important victory is often credited with providing the spark that was needed for the Continental Army to go on to win the American Revolution.



Today, 244 years later, we once again find ourselves in a crisis that is trying our souls. Rather than battling the tyranny of King George, we are battling the tyranny of the coronavirus. By the time you read this, we will have been in this fight for 6 months. Like me, you’re probably feeling a little weary and worn out, but now is not the time for us to shrink from the service of our country. We need to stand by it and do what we collectively can to beat back this foe. We need to wear our facemasks, wash our hands, and stay at least 6 feet apart. Though awkward and uncomfortable, this is what science tells us is the best way to combat the virus until such time there is a cure or vaccine.

In closing, I want to share another excerpt from Paine’s essay that I hope will ultimately ring true as we collectively work together against our common enemy, COVID-19.

“Let it be told to the future world, that in the depth of winter, when nothing but hope and virtue could survive, that the city and the country, alarmed at one common danger, came forth to meet and to repulse it. Say not that thousands are gone, turn out your tens of thousands; throw not the burden of the day upon Providence, but "show your faith by your works," that God may bless you. It matters not where you live, or what rank of life you hold, the evil or the blessing will reach you all. The far and the near, the home counties and the back, the rich and the poor, will suffer or rejoice alike.”

By our common action, by doing what we know we can do to control the spread of the coronavirus, there will apt to be much less suffering and a lot more rejoicing. So do your part. Be the equivalent of a 1776 American Patriot. Wear a facemask. Wash your hands. Stay 6 feet apart.

Author: Tom Wyllie.



MESSAGE(S) FROM MAINTENANCE:

Due to COVID-19 response and production times from our vendors are taking longer than normal. Therefore if you have an a work order that needs parts it may seem to take a bit longer than it should, but I may be waiting for a delivery from an outside vendor or store. I appreciate your patience as we all work through these delays.

Please don't simply tell me about work that needs done...it needs to be written on the Work Order sheet or have Monica in the office enter a work order for you. This will ensure that the nothing is missed.

Thank you!
Pat



July Let's Talk Meeting Prize Winners:

Kelly Lake (left)
Sandy Wilson (right)

Join us at the next Let's Talk Meeting for your chance to win.

August 6th, 2020 at 1:00pm
Outside the kitchen.



We will also celebrate National Root beer Float Day!

RANDOM LITTLE TIDBITS

1. LET'S TALK – August 6, 2020 at 1:00 p.m.

We will have another “socially distant” Let’s Talk meeting this month. We will set up chairs and such outside 6 feet apart. We still need to maintain our vigilance in keeping safe. (will reschedule if weather)

2. National Root Beer Float Day- August 6, 2020

In addition to the Let’s Talk Meeting, there will be Root Beer Floats to enjoy and a chance to win the prize drawing. If you do not like root beer, bring your pop of choice for your float.

3. Visitors

At this time, we are still restricted on the types of visitors that are allowed into the building and into your apartments. These visitors should only be caretakers. There are instructions in regard to COVID-19 screening and all individuals not residing at the manor should be following them at ALL TIMES...even (and especially) when the office is closed. Deliveries should only be made to the Main Entry Lobby. Social visits are still restricted and should take place outside of the Manor. Please practice COVID-19 safety such as wearing masks, social distancing, etc. If you have any question on visitors, please come to the office.

4. Commodities -August 6th –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. **TEFAP Quarterly Commodities will be available for pick up at the Senior Center from 9:00am – 12pm on AUGUST 13TH.** You must remain outside when picking up these commodities.

5. VOTE ON August 4th-Important Millage Renewals

Presque Isle County has a Library Renewal Millage which is needed to sustain the library’s existing services, programs, classes, and materials that they provide to patrons and general public. Also, there is a PICCOA Senior Millage Renewal that ensures funding for the vital services are provided to the area seniors, such as hot meals, personal care, transportation, and many other aspects that keep seniors independent.

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



Photo by [Allie](#) on [Unsplash](#)

Recipe Swap



SALTINE TOFFEE BARK

Thank you Cheryl Nichols and [Taste of Home](#) for the recipe!

Ingredients

- 40 Saltine Crackers
- 1 cup Butter (cubed)
- ¾ cup Sugar
- 12 oz. Semi-sweet Chocolate Chips
- 8 oz. Milk Chocolate English Toffee Bits

Directions

1. Line a 15x10x1-in. baking pan with heavy-duty foil. Arrange saltines in a single layer on foil; set aside.
2. In a large heavy saucepan over medium heat, melt butter. Stir in sugar. Bring to a boil; cook and stir for 1-2 minutes or until sugar is dissolved. Pour evenly over crackers.
3. Bake at 350° for 8-10 minutes or until bubbly. Immediately sprinkle with chocolate chips. Allow chips to soften for a few minutes, then spread over top. Sprinkle with toffee bits. Cool.
4. Cover and refrigerate for 1 hour or until set. Break into pieces. Store in an airtight container.

Here's Why You're Going to See Painted Rocks Hidden Everywhere

It's a nationwide scavenger hunt meant to promote positivity and kindness.



**Join us August 18th at
1:00pm
(outside of the kitchen)**

**to paint some rocks and join in
this inspirational activity.
Bring your own rocks with you.**

**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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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. Don Rose was the July winner!!

Embrace the possibilities

