



Manor Monthly



Embrace the possibilities

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

August 2021

Featured Articles

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Corner & Declutter tips
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Also included: Bingo Card, Senior Center Information page, Calendar & Menu

Welcome to August!!!



Picture by Laura Pratt – unsplash.com

August Symbols - www.ducksters.com

Birthstone: Peridot

Flower(s): Gladiolus and Poppies

Zodiac Signs: Leo and Virgo

Origin of August - www.ducksters.com

August was named after Emperor Augustus, the first emperor of Rome, for his many great deeds.

Facts about August - www.ducksters.com

August is the last month of summer and in many cultures is considered the harvest month.

August in the Southern Hemisphere is like winter in the Northern Hemisphere.



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



Victory Cup

It's that time again...It's time for the PVM Village Victory Cup 2021! Since 2005 Presbyterian Villages of Michigan has hosted this fun-filled day/days of camaraderie and friendly competition between its senior living communities from across the state of Michigan. Though the pandemic appears to be waning, rather than convene in one location to compete this year, out of an abundance of caution participating communities will once again host the games at their respective communities.

Like last year the games will be: the Bean Bag Toss, Hoop Shoot, Wordsmith, Wellness walk, Kick-A-Roo. Expression of Wellness, and Spirit Award. A full description of the games and rules are posted on the bulletin board across from the front office as well as sign-up sheets for each game. If you have questions please contact the Service Coordinator...Matt Bush.

Source: Email announcement by Tom Wyllie, July 14, 2021



About The Van

Our residents of Lynn Street Manor have been truly blessed to be gifted a van. The purpose of the van is to transport our residents to and from local events and venues. The expectation was the van would be utilized by many of our residents, however, that has not been the case. Six trips were scheduled for the month of July with seven seats offered per trip, however, only one to three residents signed up for each trip with the exception of one. Please consider taking advantage of this gift we have and sign up for one or more of the trips being offered.

There is no cost, however, donations are accepted. The August trip sign-up sheets are posted on the bulletin board across from the main office.

Source: Matthew Bush

Tips to Help Declutter

Written by - Joshua Becker
www.becomingminimalist.com

Ever look around and think that you might need to declutter a little? Here are a few tips that might help get you started.

- Make a decluttering list, this helps you visualize what can stay and what can go.
- Start by giving yourself 5 minutes to start out and build momentum as you go.
- Donate the clothing you never wear. Try hanging clothes in reverse in your closet and after wearing something hang it properly. The clothing still in reverse after a few months should be able to be donated.
- For the clothes that you are donating, just fill a garbage bag.

Some of the best reasons to start decluttering is to eliminate fire risks, trip and fall hazards, and pest risks. Decluttering can also improve your mood and relieve stress.

Thank you to everyone that brought a little something to the July Birthday Bash!! (Side note: Everything looked so yummy! Sorry I missed it! – Trish)



July was a month filled with smiles and laughter. Thank you everyone here at Lynn Street Manor as well as those that donated their time and services.



BIRTHDAY BASH

August 20, 2021 at
1:00pm

** Please let the office know if you will be bringing something.**



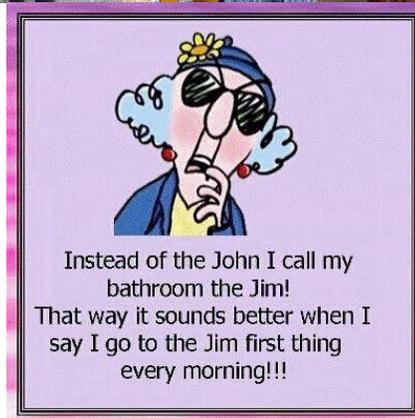
Picture by Jane Graystone – unsplash.com

BIRTHDAYS:

- Mary Ann Stockwell 8/1
- Christine Bennett 8/8
- Trish Pasini 8/14
- Bill Gralewicz 8/15
- Janice Tierney 8/21
- Marion Horton 8/25
- Gary Hansel 8/28



www.jokejive.com



www.elderoptionsoftexas.com





MESSAGE(S) FROM MAINTENANCE:

Now is a good time to start thinking about where you will be storing your A/C units and to clean out a space to ensure you can get the same one back next year.

The parking lot will also be getting resurfaced and striped starting at 6:30am on August 13th & 14th. Make sure you have your vehicles moved over to the PICCOA, Senior Center parking lot on Thursday, August 12th after 6pm. Any cars left in our lot on Friday morning will be towed at the owner's expense.

*Thank you,
Pat*

Time to Smile!



Originally established to promote dental health, this year National Smile Week runs from August 8th through August 14th. With the events of the past year and a half, it may be difficult to find something to smile about, but that is precisely why you need to make time to smile. Whether you feel like smiling or not, putting a smile on your face - even if it is a “fake” smile - sends signals to your brain that cause it to release chemicals that boost your mood. Smiling also gives your immune system a boost, reduces stress, lowers blood pressure and may even increase longevity. So the next time things aren't going your way, force yourself to smile. A short time thereafter, you may find things aren't quite as bad as they first seemed. And what better time to practice than during National Smile Week?

RANDOM LITTLE TIDBITS

1. Parking Lot Safety

It is not advisable to leave walkers and wheelchairs in the parking lot, they could cause damage to other's vehicles. As it states in the Rent/Lease House Rules, PVM Community is not responsible for any theft, vandalism, or damage to any vehicle or personal property while parked on the Village premises.

2. Parking Lot Resurfacing

Our parking lot will be getting resurfaced and striped starting at 6:30am Friday, August 13th and Saturday, August 14th. Starting Thursday, August 12th at 6pm vehicles need to be moved to the PICCOA, Senior Center parking lot. PICCOA has given us permission to use their lot during the resurfacing process. Any cars still in our parking lot on Friday morning will be towed at the owner's expense. If you need assistance moving things please reach out to the office.

3. Nautical Fest Parade August 8th

On August 8th our very own van will be in the Nautical Fest Parade in Rogers City. Line up starts at 11:30 am and the parade starts at 12:30 pm. We will be having a craft session to make decorations for the van on August 6th at 1pm.

4. Community Meals & Special Events

On days when we are having a community meal or special event we ask that everyone brings their own table service. Donations happily accepted but not required, any money donated will be put towards the kitchen fund for future meals and events.

5. Storage Units

Just a friendly reminder that when you are filling your storage units, please make sure you are not going above the top of the unit. Anything above the top is considered a fire hazard.

6. Van Trip Dates

Aug. 8 – Rogers City, Nautical Festival – Departing at 9:30a – Meet in dining room.

Aug. 11 – Petoskey, Petoskey Steel Drum Band – Departing at 4:00p – Meet in dining room.

Aug. 18 – Alpena, Alpena Fair – Departing at 10:00a – Meet in dining room.

Aug. 25 – Clear Lake State Park, Picnic – Please bring your own lunch – Departing 10:00a – Meet in dining room.

7. Lock Your Doors

Please remember to make sure that your doors are locked when you are not in your apartment. As it states in the Rent/Lease House Rules, PVM Community is not responsible for any theft that may occur.

8. Computer Usage

Just a friendly reminder, when you are finished using the public computers in the computer lounge that you log out of your personal accounts. This helps to keep you and your information safe.

9. Let's Talk

Let's Talk, our once a month get together to discuss up-coming events and time to share information, will be on August 11th at 11 AM. We will have a snack and a raffle drawing at the close with Trish, which includes a \$10 gift card and more. Attendance is not mandatory for the meeting, but to be entered into the raffle you must attend.

10. Monica Unavailable

Monica will be unavailable in the afternoons while training on August 11th and 12th. You can leave a message with Trish in the office.

11. PICCOA Bus: 989-766-8191

It is still important to make use of this valuable service for medical visits, groceries, and errands around town. If you need to schedule a ride please reach out to **PICCOA at 989-766-8191**. The bus is now in Onaway on Tuesdays and Thursdays and once a month to Cheboygan. The Presque Isle County Council on Aging also offers other services designed to help seniors remain independent and in their own homes as long as possible

12. Commodities-THIS THURSDAY (August 5) here and Quarterly at PICCOA (August 12)

The commodities will be disbursed this Thursday from 9 am to 10 am. If you are unable to make that time, please reach out to the office and let them know what you would like done with 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 12TH**

We want your ideas...What would you like to see more of in our Newsletter? Suggestions can be made at the office or dropped in the suggestion box by the window.

Recipe Swap – August is National Peach Month



FUZZY NAVEL MOCKTAIL

Thank you allrecipes.com for this recipe!

Ingredients

- ½ Cup Sparkling Water
- ½ Cup Orange Juice
- ½ Cup Peach Nectar
- 1 Tsp Lime Juice

Directions

1. Add Ice to a glass.
2. Pour sparkling water, orange juice, peach nectar, and lime juice over ice and stir.
3. Add garnish if desired.
4. Enjoy!!

Fresh Peach Pudding

Thank you Willow Liebenow for this recipe!

Ingredients

- ¾ stick oleo - 1 tsp. baking powder
- ¾ c. sugar - ¼ tsp. salt
- ¾ c. flour - 2 c. raw peaches
- ¾ c. milk - dream whip

Directions

Melt oleo in casserole. Mix sugar, flour, milk, salt and baking powder, mix well. Pour into casserole. Top with peaches. Bake at 425 for 30 – 35 minutes. Top with dream whip.

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.

It may look like I'm having really deep thoughts but 99% of the time I'm just thinking about what food I'm going to eat later.

SoRelatable.com

Peach and Tomato Caprese Salad

Thank you allrecipes.com for this recipe!

Ingredients

- 2 Tbsp. Extra virgin olive oil
- 1 Tbsp. Balsamic vinegar
- 1 Tsp. Salt, divided
- 2 Large tomatoes, thinly sliced
- 2 Ripe peaches, halved, pitted, and sliced into halve moons
- 6 Leaves of fresh basil
- 1 ball(8 oz.) mozzarella, thinly sliced

Directions

1. Whisk olive oil, balsamic vinegar, and a pinch of salt together in a small bowl until smooth
2. Alternate tomato slices, peach slices, basil leaves, and mozzarella slices in layers on a platter. Drizzle dressing over salad and sprinkle remaining salt if desired.
3. Enjoy!!

**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

Monica Voigt

Housing Administrator

Lindsay Doyle

Housekeeper

Patrick Downing: (989) 306-5452

Maintenance Technician

Patricia Pasini

Administrative Assistant

Matt Bush

Service Coordinator

Gary Hansel: (989) 306-4694

Caretaker

BUILDING EMERGENCY NUMBER (989) 306-4694
AFTER OFFICE HOURS



BOARD MEMBERS:

- SANDRA GRULKE
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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



**Check your number on the board and
by the office window daily.**

**The Winner of July's BINGO –
Barbara Homan**

Embrace the possibilities