



Manor Monthly



Embrace the possibilities

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

August 2023

Featured Articles

- S. C. Corner & House Rules
pg. 2
- Celebrate Aging & Poem
pg. 3
- Color Me & Birthdays
pg. 4
- Word Search
pg. 5
- Maintenance Message &
Senior Advocate
pg. 6
- Random Tidbits
pg. 7
- Recipe Swap & Funnies
pg. 8

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

Why We Should Celebrate Aging



Getting old used to have such a negative connotation to it. Now, more people look forward to their later years. When people hit major milestones in their age, they should celebrate it with fun and exuberance rather than dismay. The reason? Aging has the potential to bring out people's fun sides and give them the ability to enjoy life in new ways.

Growing old is something to be celebrated. As a person grows older, they have more time to spend with family, go on trips, do the hobbies they love, or learn something they've always pined to know how to do. Here are a few reasons why increasing in age is a positive thing, and something many now look forward to.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Continued on page 3

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

Technology Panel



When: August 25th

Where: Dining Room

Time: 11 AM

Members of PVM's Technology Department will be here to hold a presentation on "Today's Technology". Some of the topics they will be discussing include:

1. SCAM Prevention – Phone calls, emails, mail
2. Streaming Services (Netflix, Amazon, Hulu)
3. Streaming Devices (Cellphones, Tablets, Computers, Fire stick, Roku)

Bring your smart phones, tablets, and laptops in case there is time to assist with any questions you may have.

House Rules Subject: Smoke Free Environment

As a leader in Quality Senior Living and in support of our ongoing commitment to the safety, health and well-being of our residents, staff, and guests, PVM has implemented a Smoke Free Environment Policy. As May 1, 2019, indoor smoking is not allowed at **Lynn Street Manor**, including in individual apartments. Smoking will be permitted in designated outdoor smoking areas only. For purposes of this policy the term "smoking" means inhaling, exhaling, breathing, or carrying any lighted cigar, cigarette, or other tobacco product or similar lighted product in any manner or form.

Landlord agrees to provide reasonable advance notice of his/her intent to enter the unit, except when urgency situations make such notices impossible.

Failure to observe this policy shall constitute material non-compliance with your Lease Agreement. A violation of this policy may result in the termination of your Lease.



Continued from Pg. 1

- **When you're older you have more financial sense** – Youth flock to money and get excited about every dollar or cent that lands in their bank account. As people age, they learn that money is not everything – far from it. Instead, financial smarts, learned through mistakes made in younger years, allow people to manage their money in a way that will let them live how they want. Whether you spend your money on time spent with the grandkids, or on trips to new destinations, you know the value of the dollar and can appreciate it when deciding where to spend it.
- **People get smarter as they get older** – Think about all the life skills you accumulate as you make your way through life. Eventually, these life skills will make you pretty smart. As you age, your brain expands so that all of your experiences, information learned and observations come together to help you see the world in a new, smarter light. This lets you do more and live more than you could when you were fearful and unsure in your younger years.
- **You become more at peace with yourself** – In your youth, you worried about what people thought about you. Now, as you age, you can see that worrying is useless. The people who love you will love you, and those who don't really don't matter. This can inspire a fresh new feeling of confidence and happiness as you get older allowing you to become more at ease and at peace with who you are.
- **You become the go-to person for advice** – Because of your experience and lessons learned, you become the person people want to go to for advice. This brings you into the minds and hearts of younger generations allowing you to feel younger again. When youth seek you out for advice, you become a part of their social circle giving you a natural feeling of being young again.
- **You get to tell more stories** – Over the years, your experiences have provided you with a wealth of stories that you can share. When you age, you are better equipped to have fun and interact with others of all ages telling your stories and sharing your life experiences. People love to hear about strange and fun events. When you are older, you have more great stories to share giving you a natural glow and a natural feeling of energy and vitality.

Getting old does not have to mean that you have to bow out of social situations. Instead, you get to slow down and choose where you spend your time. Gone are the days of go, go, go. Now, you get to take a few extra breaths and find peace by tossing out unpleasant obligations. Instead, you have the chance to use your age to your advantage giving you a natural ability to feel happier in your own skin.

Source: <https://changingaging.org/blog/why-we-should-celebrate-aging/>

Sunflowers

By: A. M. Luckart

Source: <https://ozofe.com/top-poems/poems-about-sunflowers/>

A quiet moment within
the dark moist earth,
A desire for light, to the
sun we burst forth,
We soak up the sun and
reach for the stars,
But clouds over cast, into
darkness we stretch our
arms,
A little rain and the light
reappears,
Refreshed and careful, the
darkness we fear,
Growth ignites but a weed
takes it form,
We kill it but deeper into
the earth we squirm,
The sun giving us strength
now proud we stand tall,
The wind begins to blow
fright causing us to stall,
Humility breaking surface
we see the whole view,
Now grateful for our
faults, for in them our
roots grew.

Color Me



Source: <https://coloringpagesonly.com/pages/bouquet-of-sunflowers-coloring-page>

BIRTHDAY BASH

August 11th, at 1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

- Mary Ann S. 8/1
- Christine B. 8/8
- Trish P. 8/14
- Gary H. 8/28



Picture source: Monica Voigt

August Symbols

www.ducksters.com

Birthstone: Peridot

Flower(s): Poppy

Zodiac Signs: Leo &

Virgo

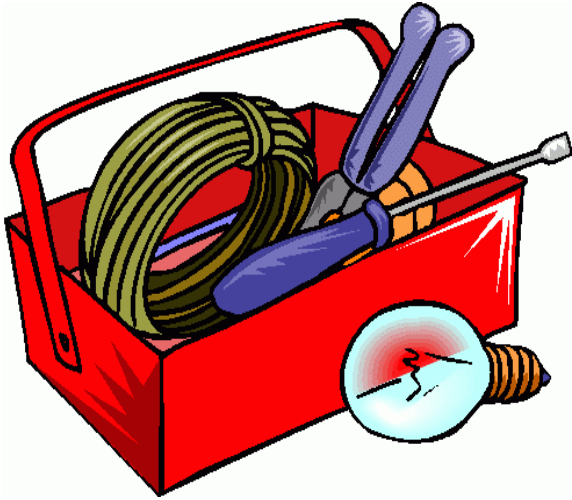
Word Search

E P R S U W E Q B I S S E A F
 S M I P R E A G U N B R S U I
 W N D C J E N R O T K E A G R
 X J O B N I W I M A L W J U E
 A M E I M I T O N T V O W S F
 E E B M N A C Z L J H L H T L
 S F I K C U L S B F G F B S I
 Q W B A R B E Q U E S N O L E
 S U V S U U Y R A S F U N A S
 G A R D E N I N G I K S F V Y
 G N I P M A C A S L T D I I L
 X U S S U N S H I N E V R T I
 C X A U G N I T F A R D E S M
 Y F R I E N D S G G Y Y S E A
 H F R G G S E H C A E B F F F

| | | |
|-----------|------------|-----------|
| August | Barbeques | Beaches |
| Bees | Bonfires | Camping |
| Family | Festivals | Fireflies |
| Fishing | Flowers | Friends |
| Gardening | Picnics | Rafting |
| Reunions | Sunflowers | Sunshine |
| Swimming | Vacations | Warmth |

Puzzle Source: [Word Search Puzzle | Discovery Education Puzzlemaker](#)

Border Source: <https://clipart-library.com/search1/?q=Sunflower%20border#gsc.tab=1&gsc.q=Sunflower%20border&gsc.page=4>



MESSAGE(S) FROM Maintenance:

I will be painting door jams August 4th, 5th, & 6th, not all door jams will be painted. Signs will be posted where work will be done. Do not disturb areas being worked on. Be aware of wet paint.

*Thank you,
Joe*

The Senior Advocate

Just When I Thought...

By: Lynn Alexander

Just when I thought unscrupulous scam artists had thought of everything already they now have come up with a new way to steal our identities and money! Many airline passengers were scammed recently when they were stranded by canceled flights. As if that was not enough frustration for passengers they got to the lines to reschedule flights there were impossibly long waits.

Thus, some folks reverted to going onto Google and trying to rebook through their airline that way. The problem with that was they ended up on fake websites that looked legitimate. One gentleman being interviewed saved himself just in time since he heard some red flags pop up during the conversation. He asked the supposed airline staffer how long his flight would take from Point A to Point B (knowing the correct answer all along) and the response given was totally inaccurate. That's when he realized he had caught a scammer in the act! Since he had yet to give out his personal information he avoided a stolen identity situation.

What can we do about these scammers? Experts say do not go to sites in the internet. Call the number listed on your reservation or on the back of your credit card. Protect yourself from these scammers!

RANDOM LITTLE TIDBITS

1. Van Trips

Due to the decline in people signing up for trips, the van will be doing mostly chartered trips. It will be up to the residents to find a location/event, gather 3 or more people for a trip, and let Matt know. He will then arrange for a driver and verify the trip is a go. Matt is still scheduling van trips for Freddie's, the local banks, and a few other places.

2. Complaints

We would like to remind everyone that all complaints need to be done on a complaint form in order for the issue to be addressed. We are no longer taking verbal complaints over the phone or in person. Completing a complaint form ensures that it is received and handled by the correct person.

3. Visiting Pets

When guests bring a pet while visiting or if you are "pet sitting" for someone... **THE OFFICE MUST BE NOTIFIED IN ADVANCE.** According to LSM house rules: All pets must be registered with the office and abide by the Pet Rules established by Management. The following will be enforced:

- Overnight visiting pets must be registered at the Management office with a recent copy of their license and inoculations.
- Current pet policy will be given to the resident/guest when registering visiting pets.

4. New Home/Away Signs

Everyone will be getting a new HOME/AWAY sign on their door. Trish will be placing them on the doors by August 11th. Please ensure your diligence in switching the sign accordingly as you come and go. They are there for your safety and those of others, as they notify a fireman if you are home in case of fire, etc. This sign allows them to clear the building in a more efficient manner.

5. Taking Supplies

It has been brought to management's attention that supplies are being removed from public restrooms, carts, and other locations. If you are in need of something to get you through the end of the month, please speak with the office but do not pilfer supplies. With no housekeeper, it is hard for us to track when the supplies are low, especially when we know they have been recently stocked.

****The office is available to answer any questions regarding the information provided above.****

Recipe Swap & Funnies

CHOCOLATE-ZUCCHINI CUPCAKES

Thank you, allrecipes.com, for this recipe.

Source: <https://www.allrecipes.com/recipe/15782/chocolate-zucchini-cupcakes/>

Ingredients:

- 2 (1 ounce) Squares unsweetened chocolate, melted
- 3 Eggs
- 1 ¾ C. Packed brown sugar
- 1 C. Vegetable oil
- 2 C. All-purpose flour
- 1 Tsp. Baking soda
- ½ Tsp. Salt
- 2 C. Grated zucchini
- ¾ C. Chopped walnuts (optional)
- 1 (16 ounce) package of frosting – Your choice

Directions:

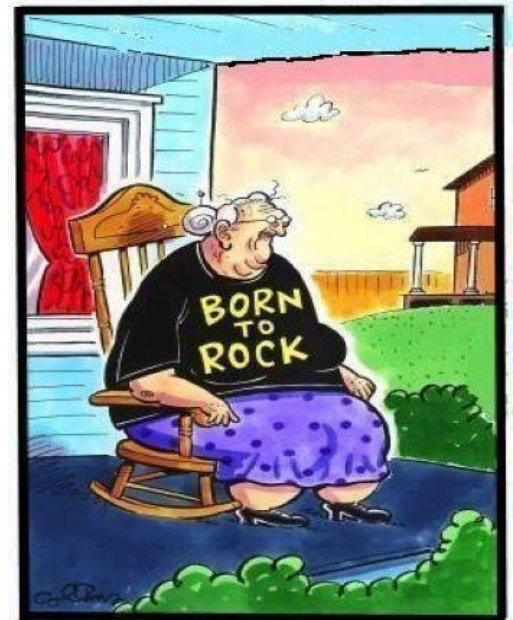
1. Preheat oven to 350° F.
2. In a large bowl, beat eggs with sugar for about 10 minutes or until thickened and pale. Blend oil and cooled chocolate into the beaten egg mixture.
3. In a small bowl stir together flour, baking powder, baking soda, and salt; stir flour mixture into egg mixture until just blended. Stir in zucchini and chopped nuts. Spoon batter into 24 paper-lined or greased muffin cups, filling cups 2/3 full.
4. Bake for 20 minutes or until fork or toothpick inserted in a cupcake's center comes out clean. Let cool in pans on rack for 10 minutes. Remove from pans; let cool completely. Spread with your choice of frosting and garnish with your choice of nut toppings.

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.



I was at lunch with an old friend & pointed to two elderly ladies across the room and said "That will be us in 10 years." She said: "That's a mirror."

Source: <https://community.aarp.org/t5/Our-Front-Porch/Senior-Citizen-stories-Senior-jokes-and-cartoons/td-p/1832735/highlight/true/page/44>



Source: <https://community.aarp.org/t5/Our-Front-Porch/Senior-Citizen-stories-Senior-jokes-and-cartoons/td-p/1832735/highlight/true/page/6>



I think more about running away now than I did as a kid. but by the time I put my teeth in, my glasses on and find my keys I forget why I'm going.

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

**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

TBD

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

989.306.4694

EMERGENCY NUMBER



BOARD MEMBERS:

SANDRA GRULKE

NICK JARVIS

SCOTT PAULY

LAURA SHACK

LISA POCHMARA

MICHAEL BENSON

JACK WALSH

LARRY RILEY

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.***



**Presbyterian
Villages
OF MICHIGAN
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 July's BINGO:
Sherry P.

Commodities – August 10, 2023

PICCOA Bus: 989-766-8191

Embrace the possibilities