



Manor Monthly



Embrace the possibilities

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

September 2020

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Senior Center Menu,*



Important Facts about Falls

Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls Are Serious and Costly

- One out of five falls causes a serious injury such as broken bones or a head injury
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.

What Can Happen After a Fall?

Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own.

- Falls can cause broken bones, like wrist, arm, ankle, and hip fractures.
- Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don't have a brain injury.
- Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Continued on pg. 2.....

Service Coordinator Corner | Matthew Bush (989) 306-0172**MDHHS launches media campaign urging residents to get flu vaccine during upcoming vital season. State sets goal of giving 33 percent more flu vaccines this year.**

LANSING, Mich. – Today, the Michigan Department of Health and Human Services (MDHHS) announced it is launching a [statewide media campaign](#) encouraging Michiganders to get their flu vaccine this fall and help prevent an outbreak of a second communicable disease that – with COVID-19 still very much a concern – could put our state's economy and health care system at greater risk.

Last flu season, an estimated 3.2 million people in Michigan received a flu vaccine as documented in the Michigan Care Improvement Registry (MCIR). While reporting doses to the MCIR is strongly encouraged, it is not mandatory for adults aged 20 years and older. The state has set a goal of achieving a 33 percent increase in flu vaccination this season, which means more than 1 million people over last flu season. To accurately reflect how many Michiganders are receiving flu vaccine this season, reporting all doses to the MCIR is vital.

The vaccine is already available in some parts of Michigan, with an ample supply expected across the state and nation starting in early fall.

“It’s more important than ever for Michiganders everywhere to get your flu vaccine. Preventing the flu will help us save lives and preserve the health care resources we need to continue fighting COVID-19,” said Gov. Gretchen Whitmer. “Every flu-related hospitalization we see this season will put an additional strain on Michigan’s economy and our health care systems and hospitals. Our hospitals are still reeling from the spring COVID-19 hospitalizations and are working to prepare for a potential second wave of the virus. I encourage everyone to get their flu vaccine, and tell your friends and family to do the same.”

As the flu vaccine becomes available, Michiganders should contact their local health departments, physicians and pharmacies to schedule a time to get the flu shot, and to seek out credible sources like [IVaccinate.org](#) for answers to vaccine questions. For more information about the flu, visit [Michigan.gov/Flu](#).

Information around this outbreak is changing rapidly. The latest information is available at [Michigan.gov/Coronavirus](#) and [CDC.gov/Coronavirus](#).

Source: <https://www.michigan.gov/mdhhs/0,5885,7-339--537640--,00.html>

The pharmacists at Walgreens in Cheboygan came to Lynn Street last year to offer vaccinations. I contacted them recently to see if they would come out this year. Their leadership is looking into this. They have not made a decision yet due to the current virus situation.

Matt

Falls cont'd...**What Conditions Make You More Likely to Fall?**

Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as
 - broken or uneven steps, and
 - throw rugs or clutter that can be tripped over.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.

Source:

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Go to the above website for the full article.



BIRTHDAY BASH
 September 2020 at
 1:00pm (outdoor).



BIRTHDAYS:

Mary Trudell 9/21
 Mary Skuse 9/26



Opal made the [“Got Your Six Support Dogs Therapy Dogs”](#)

Facebook page after getting a surprise visit from Izzy. It is a wonderful thing when visitors arrive and put a smile on our Neighbor’s faces...no matter what form they come in. Hopefully we will be able to return to having indoor visitors, but until it is allowed, we make due the best we can.

Got Your Six Support Dogs Therapy Dogs is at Lynn Street Manor Apartments.
 August 28 at 9:14 PM · Onaway · 🌐

Izzy was sharing some love with his Grammy O who is 97 years young, while on vacation in Michigan. The humans were social distancing while sitting outside.



“Growing old is mandatory, but *growing up is optional.*”

– Walt Disney



ROOT BEER FLOAT DAY!!



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. Sign up will be posted this week outside of the office.
2. I am looking for volunteers for removal and replanting of flower beds. Please let the office know if you would like to help.
3. Raised garden beds will be dismantled after the first hard frost. Notifications will go out to those who planted to give time for a complete harvest.

Thank you!
Pat

Exercise Your Right to Vote!



Photo by [Tiffany Tertipes](#) on [Unsplash](#)

The election will be here very soon! Remember that voting is a right folks have fought and died for. Many citizens around the world do not have this right. So please exercise your right to vote. Take action now! Request an absentee ballot as soon as possible to make sure it reaches your clerk's office in time to cast your ballot via mail.

Once you have completed your ballot you can also utilize the more than 700 ballot drop box locations which are around the state. Although others are prohibited from telling you how to vote, they can drop off your ballot for you. Get some Return On Investment from your children and grandchildren! You can check with your local clerk's office to find a location near you.

Vote not only for yourself but to honor all those who sacrificed for this right!

Author: Lynn Alexander

RANDOM LITTLE TIDBITS

1. LET'S TALK – September 10, 2020 at 1:00 p.m.

Another “socially distant” Let’s Talk meeting is scheduled this month with chairs being set up outside 6 feet apart. We still need to maintain our vigilance in keeping safe. (weather permitting)

2. Commodities -September 10th –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. An application must be submitted to verify qualification for the program; available at PICCOA in Posen and Onaway. Call or visit a PICCOA center or Northeast Michigan Community Service Agency at 866-270-0685 for details.

3. Visitors-When in doubt, reach out...to the office.

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 continue practicing COVID-19 safety such as wearing masks, social distancing, etc.

4. Winner of the “Who’s that Baby”

Kelly Lake was the winner of the name the baby contest with 6 out of 10 correct!! Most others who guessed got 4 of 10 correct. Thank you to those who participated. Please continue to bring in baby photos and when there is enough, another contest will be held. You can use photos of when you were in grade school if you cannot find a baby photo.

5. Rock Painting – September 22, 2020 at NOON.

[Here's Why You're Going to See Painted Rocks Hidden Everywhere](#)

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

If you didn't get a chance to participate (or even if you did), we will be painting rocks again. It was such a calming, joyous, and creative activity. We will be doing Autumn/Fall themed rocks during this session. **Bring your own rocks with you.** If you would like to pre-paint your rock with white, come see Monica in the office in the days prior to the event.

6. Census 2020-2020 Census takers have started to visit. They have specific people they ask about when they arrive (only 2 so far). The office will call and verify that it is ok to answer for you. You also have the option to come to the office to have them assist in filling out your census online. The process takes less than 10 minutes. MAKE SURE YOU ARE COUNTED!

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

Recipe Swap



“LAZY-MAN’S” PIE -PEACH COBBLER-

Thank you [Susan Recipes](#) for the recipe!

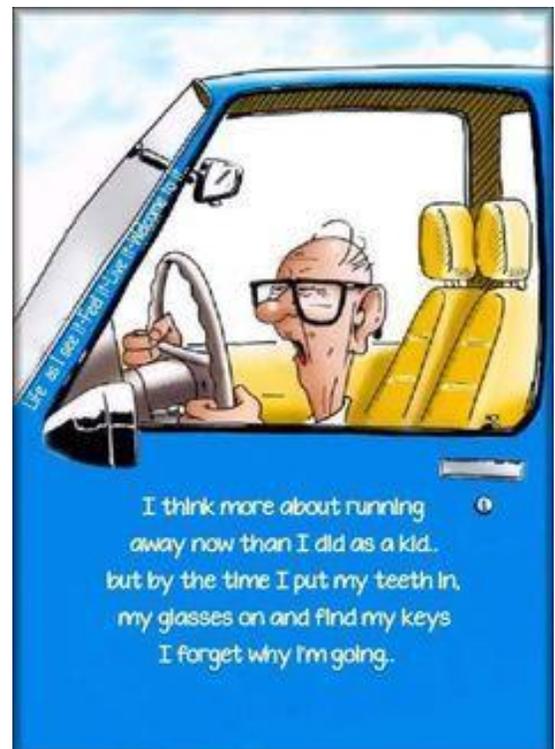
Ingredients

- 1 stick butter or margarine
- 1 Cup milk
- 1 Cup sugar
- 1 Cup flour
- 1 tsp. baking powder
- Dash of salt
- 1 quart (4 Cups) fruit, sweetened (peaches, cherries, blackberries, etc)

Directions

1. Melt butter in baking pan.
2. Mix flour, sugar, baking powder, salt and milk.
3. Pour batter in pan on top of butter
4. Cover with fruit. **Do not stir**; batter will rise to top as it bakes and absorbs the flavor of the fruit.
5. Bake at 350 degrees for 1 hour.
6. Serve warm with whipped cream or ice cream.

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

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Lindsay Doyle
Housekeeper

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Maintenance Technician

Monica Voigt
Administrative Assistant

Matt Bush
Service Coordinator

Gary Hansel: (989) 306-4694
Caretaker

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



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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.**

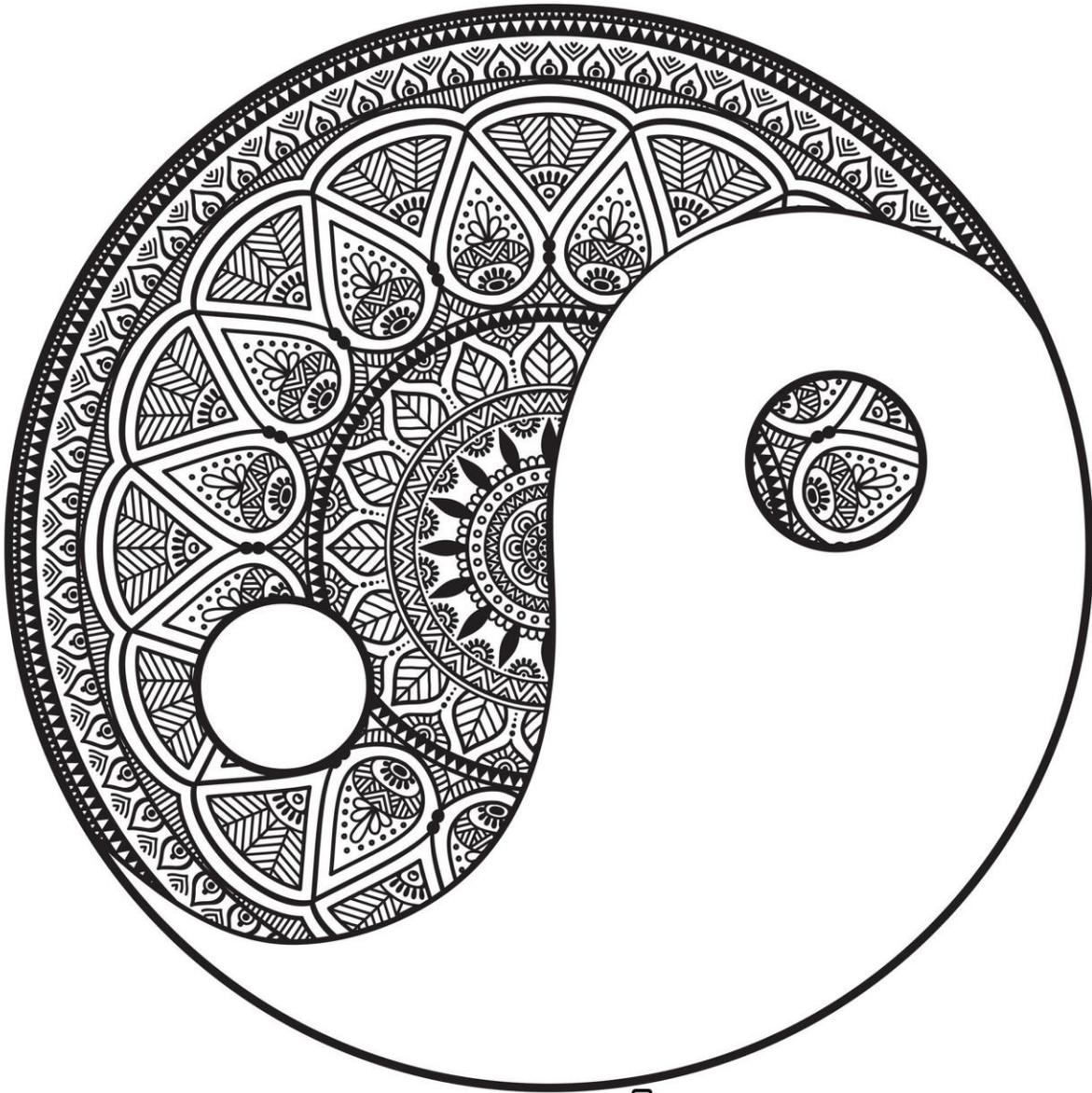


For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



We have resumed our newsletter Bingo. Check your number on the board and by the office window daily. Cheryl Nichols was the August winner!!

Embrace the possibilities



Be the *change*
you wish to *see*
in the *world*

Gandhi