



# Manor Monthly



## Embrace the possibilities

4255 S. Lynn Street • Onaway, Michigan 49765 • [www.pvm.org](http://www.pvm.org)

September 2021

### Featured Articles

**Service Coordinator  
Corner & September Fun  
Facts** pg. 2

**Falls Prevention Month  
Continued** pg. 3

**Neighbor Happenings &  
Birthdays** pg. 4

**Maintenance Message &  
"I'd Rather Do It Myself"** pg. 5

**Random Tidbits** pg. 6

**Recipe Swap & Funnies** pg. 7

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

## September is Falls Prevention Month



### Let's Prevent Falls this Fall



### Many Older Adults Fear Falling

The fear of falling becomes more common as people age, even among those who haven't fallen. It may lead older people to avoid activities such as walking, shopping, or taking part in social activities.

But don't let a fear of falling keep you from being active. Overcoming this fear can help you stay active, maintain your physical health, and prevent future falls. Doing things like getting together with friends, gardening, walking, or going to the local senior center helps you stay healthy. The good news is, there are simple ways to prevent most falls.

### Causes and Risk Factors for Falls

Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall. Other causes include safety hazards in the home or community environment.

Scientists have linked several personal risk factors to falling, including muscle weakness, problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension). Foot problems that cause pain and unsafe footwear, like backless shoes or high heels, can also increase your risk of falling.

*Continued on Pg. 3*



## 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**Picture by Laura Pratt - [unsplash.com](https://unsplash.com)**Fraud Alert: COVID-19 Scams**

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

Fraudsters are offering COVID-19 tests, HHS grants, and Medicare prescription cards in exchange for personal details, including Medicare information. However, these services are unapproved and illegitimate. These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.

**Protect Yourself**

Do not buy fake vaccine cards, do not make your own vaccine cards, and do not fill-in blank vaccination record cards with false information.

Offers to purchase COVID-19 vaccination cards are scams. Valid proof of COVID-19 vaccination can only be provided to individuals by legitimate providers administering vaccines.

Be cautious of COVID-19 survey scams. Do not give your personal, medical, or financial information to anyone claiming to offer money or gifts in exchange for your participation in a COVID-19 vaccine survey.

Photos of COVID-19 vaccination cards should not be shared on social media. Posting content that includes your date of birth, health care details or other personally identifiable information can be used to steal your identity.

Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.

Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately. If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477).

Source: <https://oig.hhs.gov/fraud/consumer-alerts/fraud-alert-covid-19-scams/>

**September****Symbols -**

[www.ducksters.com](http://www.ducksters.com)

Birthstone: Sapphire

Flower(s): Aster

Zodiac Signs: Virgo and Libra

**September's Origins -**

[www.ducksters.com](http://www.ducksters.com)

September was the 7<sup>th</sup> month in the original Roman calendar and later lost its place when January and February were introduced.

**September Fun****Facts -**

[www.ducksters.com](http://www.ducksters.com)

September holds the first day of Fall/Autumn and was known as the barley month because the Anglo-Saxons would harvest their barley crops during this month.

## Take the Right Steps to Prevent Falls

*Continued from Pg. 1*

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen." Here are a few tips to help you avoid falls and broken bones:

- **Stay physically active.** Plan an [exercise program](#) that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from [osteoporosis](#).
- **Have your eyes and hearing tested.** Even small changes in [sight](#) and [hearing](#) may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.
- **Find out about the [side effects of any medicine you take](#).** If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.

## What to do if you fall

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible.

Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.

Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.

If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.

Carrying a mobile or portable phone with you as you move about your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.

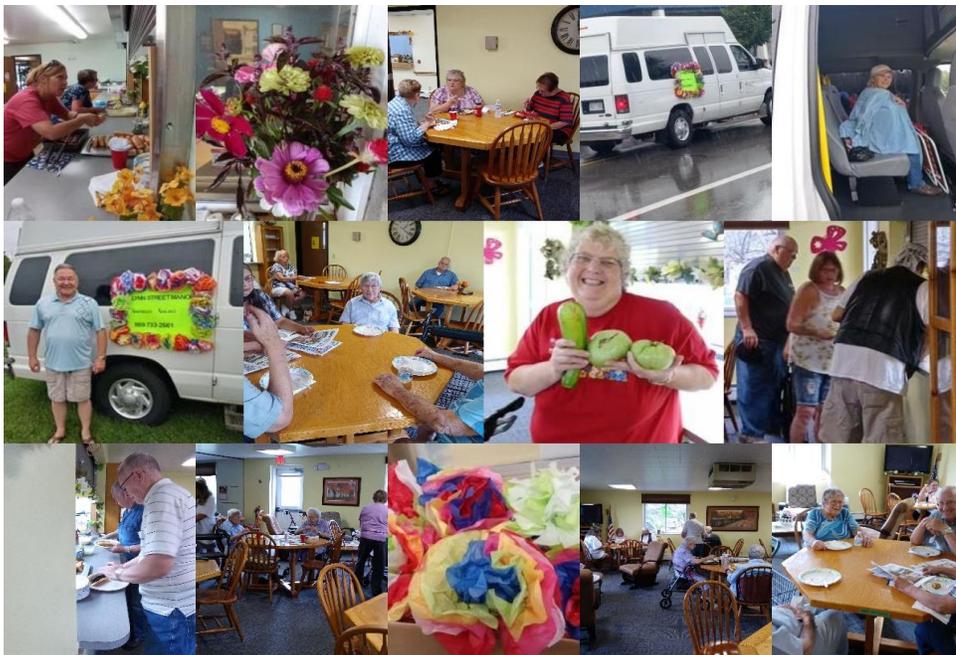
For more information and tips on how to prevent falls please visit the following website:

<https://www.nia.nih.gov/health/prevent-falls-and-fractures>

Thank you everyone that came out to the August Birthday Bash!!! We would also like to extend a special thank you to Miss Eva, who not only came for the Birthday Bash but also brought ice cream for everyone!



Here are some pictures from August. It was a great month!



## BIRTHDAY BASH September 17, 2021 at 1:00pm

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



Picture by Nick Fewings – [unsplash.com](https://unsplash.com)

## BIRTHDAYS:

- Ellen McGuire 9/11
- Mary Skuse 9/26



Picture by Toa Heftiba – [unsplash.com](https://unsplash.com)

**MESSAGE(S) FROM MAINTENANCE:**

*Just a friendly reminder to start thinking about where you will be storing your A/C units. You need to clean out a space to ensure you can get the same one back next year. This also expedites the installation in the spring. Gardens need to be cleaned out by the end of September or the beginning of October. The water will be shut off the beginning of October.*

*Thank you,  
Pat*

## **“I’d Rather Do It Myself”**

Recently I heard several stories of seniors who tried to take care of tasks which were too strenuous and ended up harming themselves in the process with everything from hip to knee injuries and beyond. They play the game “I’d Rather Do It Myself”. That made me think that it is time to remind all of our readers of advice I have been dishing out for over 20 years! When I first started with this messaging seniors seemed to be much older than myself. Now this includes myself and my contemporaries. Ask loved ones and others for help if there is an object out of reach or if there are chores that may be beyond your capabilities these days. That includes indoor and outdoor tasks such as reaching to change a lightbulb up high or clearing debris from your backyard. My husband and I always say: “Call the guy”!

Also, do not fall into the trap of playing “I’ve Got a Secret”. Keep your loved ones informed as to what is going on with you. They cannot help you if they are kept in the dark. Be smart and savvy. Your quality of life depends on it.

Author: Lynn Alexander

# RANDOM LITTLE TIDBITS

## 1. **Monica will be on Vacation**

Monica will be on vacation starting September 2, 2021 and will be returning to work September 13<sup>th</sup>. Let's all wish her a safe trip!!

## 2. **Potlucks and Lunch with Friends**

We are planning to start having potlucks again. This month we have Cal's Grilled Fish lunch on September 24<sup>th</sup> and the Lunch with

Friends Meal will be on September 29<sup>th</sup>. Fliers will be going out before each event. If you would like to plan a potluck please stop into the office and speak with Trish.

## 3. **Atlanta Elk Fest**

Our van will be in the Atlanta Elk Fest parade September 24<sup>th</sup>. Line up begins at 4:30 with the parade starting at 5:00 pm.

## 4. **Van Trips**

If there is a van trip that you would like to go on, please make sure you have at least 3 people before speaking to Matt.

## 5. **New Neighbors**

As many may know, we have had a few move-ins during August. Let's all welcome Sam Armbruster, Moe Pardike, and Billy Schumacher, and welcome back Ellen McGuire.

## 6. **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 September 17<sup>th</sup> at 1:30 Pm, right after the Birthday Bash.

## 7. **Rock Decorating – Sign-up on the Board**

We will be doing a Rock Decorating Craft session on September 10<sup>th</sup> at 1 Pm in the dining room with Trish. We will have rocks available but you can bring your own.

## 8. **Dates of Interest in September**

VJ Day – September 2

Labor Day – September 6

Patriot Day – September 11

Grandparents Day – September 12

Stepfamily Day – September 16

Citizenship Day – September 17

Native American Day – September 24

**\*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 & Funnies

### BIRD FEED

Thank you Mary Ann Stockwell for this recipe

#### Ingredients

- 1 Cup Peanut Butter
- 1 Cup Oatmeal
- 1 Cup Cornmeal
- 1 Cup Bacon Grease
- ½ Cup Flour
- 1 Cup Bird Seed of choice

#### Directions

1. Mix ingredients thoroughly
2. Mold into shape of choice
3. Freeze for up to 2 hours

### Zucchini Tomato Pie

Thank you allrecipes.com-Vegas for this recipe

#### Ingredients

- 2 cups Chopped zucchini
- 1 cup Chopped Tomato
- ½ cup chopped onion
- 1/3 cup grated Parmesan cheese
- ¾ cup biscuit baking mix
- ½ milk
- 3 eggs
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

#### Directions

1. Preheat oven to 400 degrees F and grease a 10 inch pie pan
2. Combine zucchini, tomato, onion and grated parmesan in prepared pan. Combine the biscuit mix, eggs, milk, salt and pepper in a small bowl until smooth then pour over veggie mixture
3. Bake for 30 minutes or until an inserted knife comes out clean.

*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.*



Source: [picturequote.com](http://picturequote.com)



Source: [www.facebook.com/picklescomic](http://www.facebook.com/picklescomic)



Source: [www.oversixty.com.au/](http://www.oversixty.com.au/)

**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](http://www.pvm.org)

**Office Number**

**(989) 733-2661**

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*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
- TOM PETERMAN
- SCOTT PAULY
- LAURA SHACK
- NICK JARVIS
- CARMEN CLAYTON
- JACK WALSH

*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](http://www.pvmgifts.org)



Check your numbers on the board and  
by the office window daily.  
The Winner of August's BINGO:  
Kay Carter

**Commodities** – September 9, 2021.

**PICCOA Bus: 989-766-8191**

**Embrace the possibilities**