



Manor Monthly



Embrace the possibilities

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

September 2023

Featured Articles

| | |
|---------------------------------------|-------|
| S. C. Corner & House Rules | pg. 2 |
| Gossip Lesson & 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 |
| Self-care Calendar | pg. 9 |

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

A Lesson on Gossip



Picture source: <http://clipart-library.com/search1/?q=Gossip#gsc.tab=1&gsc.q=Gossip&gsc.page=1>

In Ancient Greece, Socrates had a great reputation of wisdom. One day, someone came to find the great philosopher and said to him:

- Do you know what I just heard about your friend?
- A moment, replied Socrates. Before you tell me, I would like to test you the three sieves.
- The three sieves?
- Yes, continued Socrates. Before telling anything about the others, it's good to take the time to filter what you mean. I call it the test of the three sieves. The first sieve is the **TRUTH**. Have you checked if what you're going to tell me is true?



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

Mackinaw City VA clinic to close Sept. 7

Cheboygan Daily Tribune

MACKINAW CITY — The Cheboygan County VA Outpatient Clinic in Mackinaw City will officially close on Thursday, Sept. 7.

Services at the clinic, located at 14540 Mackinaw Hwy. in Mackinaw City, will be relocated to the new Pfc. Justin T. Paton Department of Veterans Affairs Clinic in Indian River.



More: [House passes bill renaming Indian River VA clinic in honor of Paton](#)

The new clinic, at 5739 Highway M-68, broke ground on June 30, 2022. Officials said the new location allows for easier access to veterans in the area, especially as Indian River is so near to I-75.

The U.S. House of Representatives passed a bipartisan bill on June 20 naming the clinic after Pfc. Justin T. Paton, an Indian River native who served in the U.S. Army with the 1st Cavalry Division, Delta Company until he was killed in action by enemy fire in February 2007 at the age of 24.

All appointments beginning Tuesday, Sept. 12 will be held at the Indian River clinic. The Cheboygan/Indian River Call Center line number will remain the same at (989) 497-2500, extension 13560.

Source: Cheboygan Daily Tribune (<https://www.cheboygannews.com/news/>)

House Rules Subject: Smoke Free Environment

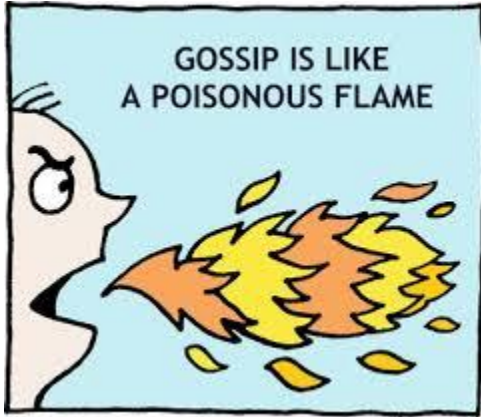
As a leader in Quality Senior Living and in support of our ongoing commitment to the safety, health and well-being of our residents, staff, and guests, PVM has implemented a Smoke Free Environment Policy. As May 1, 2019, indoor smoking is not allowed at **Lynn Street Manor**, including in individual 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



Picture source: <http://clipart-library.com/search1/?q=Gossip#gsc.tab=1&gsc.q=Gossip&gsc.page=1>

- No, I just heard it.
 - Very good! So, you don't know if it's true. We continue with the second sieve, that of **KINDNESS**. What you want to tell me about my friend, is it good?
 - Oh, no! On the contrary.
 - So, questioned Socrates, you want to tell me bad things about him and you're not even sure they're true? Maybe you can still pass the test of the third sieve, that of **UTILITY**. Is it useful that I know what you're going to tell me about this friend?
 - No, really.
 - So, concluded Socrates, what you were going to tell me is neither true, nor good, nor useful. Why, then, did you want to tell me this?
- "Gossip is a bad thing. In the beginning it may seem enjoyable and fun, but in the end, it fills our hearts with bitterness and poisons us, too!"
- Gossips undresses and shames and leaves innocent people who cannot defend themselves vulnerable. It unclothes human dignity and shames the others unfairly. We kill innocent people with our gossip and bad mouthing... Gossip is the stripping of human dignity by bitter souls...
- Pope Francis

Source:

<https://www.facebook.com/mwaba.mutale/posts/pfbid02dd49YGPcDJGjLfXXwR2WtnpJWpg5jhe2P SrCEzYs5HiT4q8etz374CqyDAUrxwrTl>

September

By: Jimhl

Source:

<https://allpoetry.com/poems/about/autumn>

Already bracken fronds are tinged with brown,
and heather proudly wears her purple crown.
Below no valley hears the cuckoo calls,
and swifts will soon fly south from autumn squalls.

Summer thoughts still fresh, are soon to fade,
to mimic golden wheat fields near the blade.
Swollen apples tumble one by one,
to beat a slow retreat on earth's green drum.

Early morning dew not quick to dry,
while lazy sun will rise each day less high.
Restless airs stir leaves to warn the senses,
for creatures to make ready their defenses.

There is still time for sunny days to come,
But nature's march to winter has begun.

Color Me



Source: <https://designbundles.net/plusstore/1605350-autumn-coloring-harvest-gnome-with-pumpkins-and-sq>

BIRTHDAY BASH

September 8th, at 1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

- Doug H. 9/3
- Joan S. 9/6
- William W. 9/6
- Ellen M. 9/11
- Cathy D. 9/13
- Mary S. 9/26
- Kathy M. 9/29



Picture source: Patricia Pasini

September Symbols

www.ducksters.com

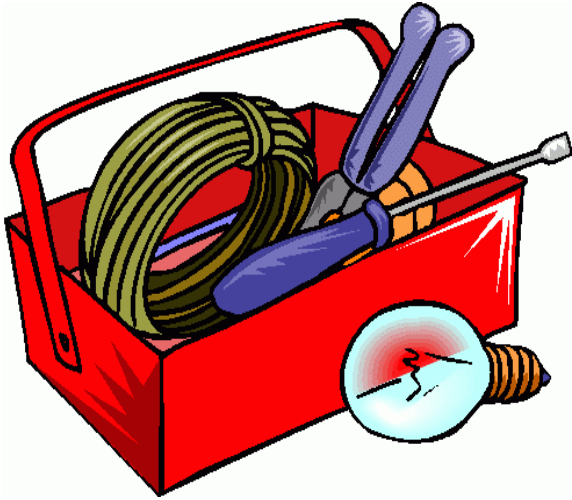
Birthstone: Sapphire
 Flower(s): Aster
 Zodiac Signs: Virgo & Libra

Word Search

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

| | | |
|---------------|----------|----------|
| Beautiful | Bonfires | Breezy |
| Cheerful | Chilly | Glorious |
| Golden | Harvest | Leaves |
| Mellow | Mums | School |
| Smores | Squash | Stormy |
| Unpredictable | Vibrant | Wet |

Border Source: https://clipart-library.com/clipart/color-border-cliparts_13.htm
 Puzzle Source: [Word Search Puzzle | Discovery Education Puzzlemaker](https://www.discoveryeducation.com/puzzles/word-search-puzzle/)



MESSAGE(S) FROM Maintenance:

A/C units are scheduled for removal the 1st week of October. If you would like yours removed before then, call the office and make a work order. Please make sure the space to store it is available and accessible.

When cleaning out your gardens use the wheelbarrows and compost bins for compost ONLY. There are garbage cans available for garbage. Gardens should be winter ready before the end of October.

*Thank you,
Joe*

The Senior Advocate

The Americans with Disabilities Act (ADA)

Celebrating Its 33rd Anniversary

By: Lynn Alexander

The Americans with Disabilities Act (ADA) is celebrating the 33rd Anniversary of its enactment. Today many citizens take for granted amenities and civil liberties that did not exist prior to the enactment of this important legislation. This enactment has been hailed as a major milestone toward fair and just opportunities for all. This was the first legislation of its kind to outlaw discrimination based upon physical or mental disabilities.

If you have appreciated having yours or a loved one's handicapped placard protected by stiff penalties and policing and been relieved to walk through an accessible door or utilize an accessible restroom you have the ADA to thank. Protection against discrimination in hiring practices was created by this legislation as well. Advocates are hard at work encouraging policymakers and elected officials to strongly recommit to supporting disability rights.

I have noticed that not all businesses and buildings are up to date with these practices. Whenever I encounter this I let folks know that I prefer giving my business to disability-friendly locations. I also praise those that have best practices in this arena. Everyone should have to try getting a wheelchair or transport chair through a heavy and difficult door to increase understanding.

Discrimination still exists in healthcare. The Robert Wood Johnson Foundation has studied the many ways in which disabled persons were undervalued when healthcare went first to people without disabilities. This was very apparent when it came to testing supplies and ventilators among other key protections. As a result of these studies, the Robert Wood Johnson Foundation (RWJF) has created the RWJF National Commission to create solutions. What can we do? Make our voices heard and remind everyone that a society has a responsibility to care for its most vulnerable citizens. For further information go to their website at rwjf.org.

A logo with the words "RANDOM LITTLE TIDBITS" in a stylized, blocky font. "RANDOM" is on the top line, "LITTLE" is on the second line, and "TIDBITS" is on the third line. The text is white and set against a dark blue background within a square frame.

1. Mail

Some people are getting mail in their boxes that don't belong to them. There are new people delivering, so when you retrieve your mail, please double-check to make sure that it has your name before opening it. If you get something addressed to someone else, bring it to the office.

2. Brunch Fundraiser

The Kitchen/Dining room committee will be hosting a fundraising brunch on **September 13th at 12:30 p.m.** with the raised funds going towards the kitchen/birdseed funds. If you have any questions, please contact the kitchen/dining room committee. – **This may be canceled or postponed due to unforeseen circumstances, updates will be on the board.**

3. Bed Bug Refresher

There will be a meeting about bedbugs on **September 22 at 1:00 in the dining room.** This is not a mandatory meeting but we do **recommend** that everyone attends. If you do not attend it is your responsibility to know the provided information. This meeting will help our newer residents recognize signs of bedbug activity, what to do and not do, and act as a refresher course for the residents who have been through it before.

4. Covid-19

With COVID-19 on the rise, please remember to wash your hands, use hand sanitizer, and limit contact with others until symptoms have passed. At this time the office does not have Covid-19 tests but if you call your doctor/pharmacy, they may be able to get you one.

5. Painting with Monica

Due to the closing of our financial year Painting with Monica has been moved to next month. The new date is **October 25th.** A sign-up sheet will be on the board across from the office at the beginning of the month.

6. Commodities

If you are not able to retrieve your commodities box on the day of arrival, call the office and make arrangements for it to be held in your name. Boxes will be held in the kitchen for one day and then put in the pantry at the end of the Friday after commodities day to be available for anyone.

7. Monica and Hillside

Monica is helping at Hillside in Harbor Springs until a new Housing Administrator can be hired. There may be days when she is not available because she is working either at Hillside or on Hillside things from our office. If you need to see/speak with her call our office to set up an appointment.

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

Recipe Swap & Funnies

BUTTERNUT SQUASH SOUP

Thank you, allrecipes.com, for this recipe.

Source: <https://www.allrecipes.com/recipe/77981/butternut-squash-soup-ii/>

Ingredients:

- 2 Tbsp. Butter
- 1 Small Onion, chopped
- 1 Stalk Celery, chopped
- 1 Med. Carrot, chopped
- 2 Med. Potatoes, cubed
- 1 Med. Butternut squash – Peeled, seeded, and cubed
- 1 (32 fluid oz.) Container chicken stock
- Salt and black pepper to taste

Directions:

1. Gather and prep all ingredients
2. Melt butter in a large pot over medium heat, and cook onion, celery, carrot, potatoes, and squash until lightly browned, about 5 minutes. Pour in enough chicken stock to cover vegetables.
3. Bring to a boil over medium-high heat. Reduce heat to low, cover pot, and simmer until all vegetables are tender, about 40 minutes.
4. Transfer soup to a blender and process until smooth. Return to the pot and mix in any remaining stock to reach desired consistency. Season with salt and pepper.
5. Serve hot and enjoy!!

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: <https://www.pinterest.com/pin/214765475983623029/>

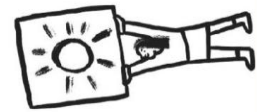


Source: <https://www.pinterest.com/pin/336995984632432346/>

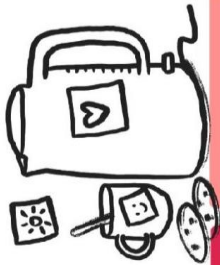


Source: <https://www.pinterest.com/pin/206250857925435702/>

Self-Care September 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



- 4 Plan a fun or relaxing activity and make time for it
- 5 Forgive yourself when things go wrong. Everyone makes mistakes
- 6 Focus on the basics: eat well, exercise and go to bed on time
- 7 Give yourself permission to say 'no'
- 8 Be willing to share how you feel and ask for help when needed
- 9 Aim to be good enough, rather than perfect
- 10 When you find things hard, remember it's ok not to be ok
- 11 Make time to do something you really enjoy
- 12 Get active outside and give your mind and body a natural boost
- 13 Be as kind to yourself as you would to a loved one
- 14 If you're busy, allow yourself to pause and take a break
- 15 Find a caring, calming phrase to use when you feel low
- 16 Leave positive messages for yourself to see regularly
- 17 No plans day. Make time to slow down and be kind to yourself
- 18 Ask a trusted friend to tell you what strengths they see in you
- 19 Notice what you are feeling, without any judgement
- 20 Enjoy photos from a time with happy memories
- 21 Don't compare how you feel inside to how others appear outside
- 22 Take your time. Make space to just breathe and be still
- 23 Let go of other people's expectations of you
- 24 Accept yourself and remember that you are worthy of love
- 25 Avoid saying 'I should' and make time to do nothing
- 26 Find a new way to use one of your strengths or talents
- 27 Free up time by cancelling any unnecessary plans
- 28 Choose to see your mistakes as steps to help you learn
- 29 Write down three things you appreciate about yourself
- 30 Remind yourself that you are enough, just as you are



Happier · Kinder · Together

ACTION FOR HAPPINESS

**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 August's BINGO:
Sandy W. & Gail B.

Commodities – September 7, 2023

PICCOA Bus: 989-766-8191


Embrace the possibilities

Sept 2023



Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|--|--|-------------------------------------|
| | | | | 1 |
| 4 1p - Let's Stretch 5:30p - Bingo! Labor Day | 5 | 6 | 7 9a - Commodities 3p - Knitting & Crocheting Club | 8 1p - Birthday Bash |
| 11 1p - Let's Stretch 5:30p - Bingo! Patriot Day | 12 | 13 12:30p - Brunch Fundraiser 2p - Movie | 14 1p - Resident Council 3p - Knitting & Crocheting Club | 15 |
| 18 1p - Let's Stretch 5:30p - Bingo! | 19 | 20 | 21 3p - Knitting & Crocheting Club | 22 1p - Bed bug Refresher |
| 25 1p - Let's Stretch 5:30p - Bingo! | 26 | 27 12p - Meals with Friends 2p - Movie | 28 3p - Knitting & Crocheting Club | 29 2p - Book Club |

Times and dates of events are subject to change, keep an eye on the board for changes.

9/10 - Grandparents' Day
9/23 - First Day of Fall

