



Manor Monthly



Embrace the possibilities

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

March 2021

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*Also included: Bingo Card, Senior
Center Information page & Menu,
PVM Letter to Residents*

MARCH IS NATIONAL NUTRITION MONTH



Support Your Health with Nutrition

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis.

Protein plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Vitamin A helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



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Service Coordinator Corner | Matthew Bush (989) 306-0172

Van's Maiden Voyage...SUCCESS!



Tuesday (February 23, 2021) our volunteer driver, Barb, took our van and three of our residents on the maiden voyage! They went to Cheboygan to do some shopping at Walmart. Afterwards they stopped at McDonalds and enjoyed fish sandwiches and fries. When I asked one of the participants if they would like to be one of the first to ride our bus she replied, "I haven't been to McDonalds in over a year!"

We are so happy to have the van! Presently Presbyterian Villages of Michigan's transportation policy is that riders must be six feet apart, wear masks, and no open food or drink. While these restrictions are prudent, they do limit the number of passengers per trip. It is because of this initially we are offering rides to folks that rarely have the opportunity to venture out. Some have no transportation or do not feel comfortable driving in the snow. Eventually we will offer a sign-up sheet to schedule trips out into the community. Barb has agreed to make weekly treks out into the community on a scheduled basis. The intent concerning van use is to compliment the senior center van (PICCOA) schedule so residents are asked to continue utilizing the senior center van for local runs to Tom's grocery store, medical appointments, and other local shopping opportunities.

Please stop by my office or call me at 989-306-0172 if you have any questions. ***A huge thank you again to the Friendship Center in Petoskey for donating this van to us and to Barb for volunteering her time!***

Matt the Service Coordinator or call 989-306-0172.



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Vitamin C supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.

Vitamin E works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and peanut butter.

Zinc helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

Other nutrients, including vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

Obtaining these nutrients from foods is preferred, so be sure to speak with your health care provider or a registered dietitian nutritionist before taking any supplements.

For the article go to: <https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>



BIRTHDAY BASH

March 12, 2021 at
1:00pm
(pick-up to go).

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



Thank you Willow for helping pass out the cakes (and a pie) for last month's Birthday Bash! It is always nice to get out for something a little sweet.

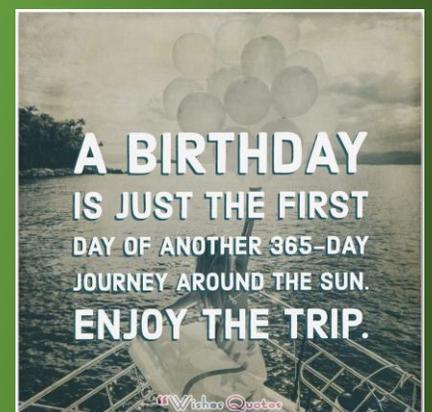
The next birthday bash will include some Hudsonville Creamery & Ice Cream Company ice cream; donated by **The Black River Party Store**, 9720 M68-33 Hwy, Onaway, MI.

Thank you Amy for delivering!



BIRTHDAYS:

- Allen Karsten 3/7
- Eva Gilbert 3/9
- Brenda Major 3/16
- Coralee Porter 3/29
- Rich Lucier 3/29
- Roger Murphy 3/29





District Health Department No. 4

For Immediate Release
Date: February 25, 2021

COVID-19 Cases Rising in Cheboygan County

District Health Department No. 4 (DHD4) would like to make residents aware of the recent spike of COVID-19 cases being reported out of Cheboygan County. Several different outbreaks, defined as two or more cases that can be linked together, have been identified, impacting local schools and other areas of the county, as well as neighboring counties. In the past two weeks, we have seen the sliding 7-day average for positivity rate more than quadruple, from less than 1% on February 6th to 4% on February 20th. During the same two week period, Cheboygan County has seen an increase of 42 total cases. This mid-week's report indicates another 41 total cases have been reported since Monday, February 22nd.

“With similar spikes occurring in other areas of the State, now is an opportune time to remind residents how easily COVID-19 spreads and stress the importance of remaining vigilant in the fight against COVID-19” states DHD4 Health Officer Denise Bryan. Bryan continues, “testing remains critically important to tracking and stopping further spread of COVID-19 in our local communities.” Residents can find COVID-19 test sites in their communities at [Michigan.gov/CoronavirusTest](https://www.michigan.gov/CoronavirusTest).

While we are all hopeful that the vaccine is the beginning of the end of this pandemic, now is not the time to let our guards down. The reality is COVID-19 remains prevalent across MI and the DHD4 jurisdiction. While it seems like old news, DHD4 continues to disseminate the latest COVID-19 quarantine and isolation information to the community to boost awareness and stress the importance of prevention. Everyone must continue to do their part to prevent the spread of this virus; wear your mask, avoid large gatherings, ventilate indoor space, socially distance, wash your hands often, and get vaccinated when it is your turn.

For more information on COVID-19, visit the DHD4 COVID-19 web site at www.dhd4.org/COVID19 or the State of Michigan's website at www.michigan.gov/coronavirus.

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Suite 200
Alpena, MI 49707
(989) 356-4507
Fax (989) 356-3529
1-800-221-0294

Cheboygan County

Doris E. Reid Center
825 S. Huron St.
Suite 1
Cheboygan, MI 49721
(231) 627-8850
Fax (231) 627-9466

Montmorency County

P.O. Box 183
12519 State St.
Atlanta, MI 49709
(989) 785-4428
Fax (989) 785-2217

Presque Isle County

106 E. Huron St.
Suite A
Rogers City, MI 49779
(989) 734-4723
Fax (989) 734-3866

www.dhd4.org



MESSAGE(S) FROM MAINTENANCE:

Thank you for your patience during the inspections. Sorry about the delay, but they will be completed by the end of this week. Be sure to let me know of any minor work that needs to be taken care of when I am there for your inspection.

The upper level and a few on the main level are all that need to be completed. Everyone else is finished.

*Thank you,
Pat*

Stay Safe and Warm

With the terrible cold and storms gripping our nation, I thought it is a good time to remind everyone of tips for surviving through the rest of winter:

- In case of power outages keep a supply of water and canned food along with a non-electric can opener.
- Have flashlights handy and check to make sure they have good batteries.
- If you receive a weather alert regarding power outages fill your tub with water for washing up and to flush the toilet.
- Make sure your cell phone is fully charged.
- Faithfully wear your emergency pendant so you can get help even if your phone is not working.
- Be sure to keep your room temperature no lower than 65 degrees. There have been many stories of folks trying to save money by turning their furnace down and ending up with hypothermia.
- Ask for help. Do not try to shovel snow yourself.
- Ask family and friends to deliver groceries to you. In some cases it may make sense to stay with family if we are in the midst of a major winter storm.

Wishing all a safe end to winter. Spring will be here soon!

Author: Lynn Alexander

RANDOM LITTLE TIDBITS

1. **MONDAY NIGHT BINGO is Back.**

Come on down to the dining room on Monday Nights at 5:30p.m. Seating has been arranged to accommodate the 6 ft. social distancing. Please wear your mask and sign in on the sign-in sheet.

2. **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 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. If you feel you would like to access their in-home services information you can visit their website at piccoa.org or reach out to Matt, our Service Coordinator.

3. **Euchre**

If you are interested in joining in on a game or two of Euchre, meet **WEDNESDAY, MARCH 10TH at 6:00pm** in the Dining Room. Please wear your mask and sign in on the sign-in sheet. Also, be sure to practice social distance and hand sanitization as well.

4. **Commodities-THIS THURSDAY (March 4th)**

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 need to sign up

5. **St. Patrick's Day Meal. CORNED BEEF & CABBAGE**

To celebrate St. Patrick's Day, we will prepare a Corned Beef and Cabbage meal with potatoes and carrots. This will be a meal that you can take with you back to your room. If you would like to contribute a dish to pass...side dishes and desserts are welcome. There will be a sign-up sheet on the bulletin board outside of the office if you would like to participate. Please sign up early so we know how much food to prepare.

6. **Feeding the birds and wildlife.**

While it is quite enjoyable to view the wildlife that comes to our yard, it is important that you do NOT feed them PEOPLE FOOD. Leaving scraps of food on the ground will draw unwanted rodents and such closer to our building. Seeing it laying on the ground is very unappealing as well. The office has recipes for homemade suet or you can contribute to the kitchen fund for birdseed if you would like to help.

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



AVOCADO CHICKEN SALAD

Thank you [Strong and Beyond](#) for the recipe!

Ingredients

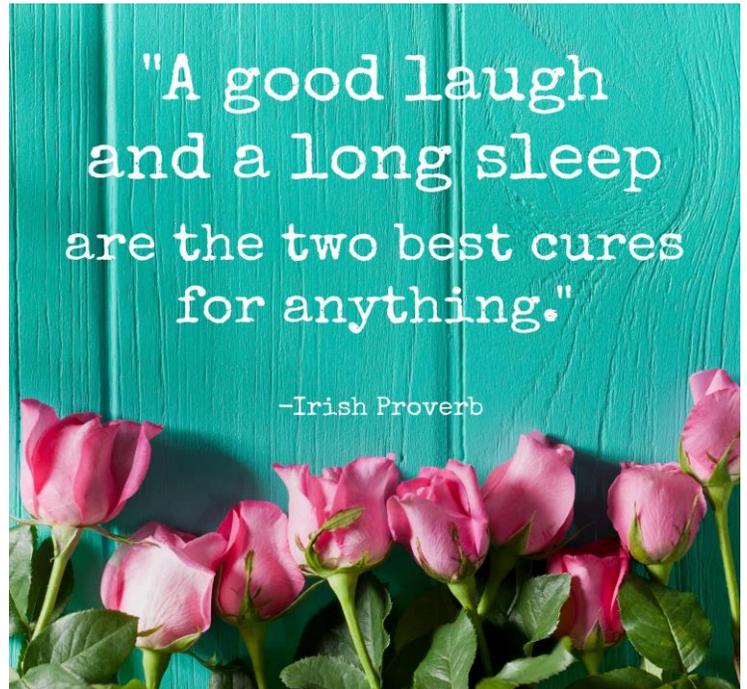
- 2 slices multigrain bread
- 1/2 ripe avocado
- 1 tbsp. green onions
- 3 ounces cooked boneless, skinless chicken breast, sliced
- 4 thin slices of cucumber
- Salt and pepper to taste
- 1 tbsp. Lime juice
- 2 tbsp. cilantro

Directions

1. Mash avocado with a fork.
2. Add green onion, lime juice, salt, pepper and cilantro.
3. Fold in shredded chicken.
4. Mix well.

When ready to eat, toast the bread. Divide the chicken salad evenly between 2 slices of toasted bread. Make layers of fresh spinach and cucumber. Top with remaining slices of bread. 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.



**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

Housing Administrator

Lindsay Doyle
Housekeeper

Patrick Downing: (989) 306-5452
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



BOARD MEMBERS:

- SANDRA GRULKE
- TOM PETERMAN
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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. Carmen Clayton was the winner for February. Bingo numbers for March 1st & 2nd are: I-20 & B-14

Embrace the possibilities