



Manor Monthly



Embrace the possibilities

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

October 2024

Featured Articles

- SC Corner & House Rules pg. 2
- Community & Poem pg. 3
- Color Me & Birthdays pg. 5
- Word Search pg. 6
- Maintenance Message & Tidbits pg. 7
- RC Message Board pg. 8
- Recipe Swap & Funnies pg. 9
- Optimistic Calendar pg. 10

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

COMMUNITY FOR SENIORS IN 2024



Picture source: Patricia Pasini

As we progress through 2024, a significant demographic milestone is upon us: the largest number of individuals reaching the age of 65 in history. This surge of retirees, often referred to as the "silver tsunami," brings to the forefront the critical importance of community, engagement, and support for our senior population. As more individuals enter retirement, it becomes increasingly vital to address their need for connection and active participation in society.

The Need for Community

Human beings are inherently social creatures, and this need for social interaction does not diminish with age. For seniors, maintaining a sense of community is essential for their overall well-being. Isolation and loneliness are significant concerns among the elderly, often leading to detrimental effects on both physical and mental health. Studies have shown that loneliness can increase the risk of mortality, cognitive decline, and depression.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Continued on page 3



TWO LOCATIONS!

October 14

12:00-3:00

**St. Paul's Church Hall
20811 Washington, Onaway**

October 17

12:00-3:00

**Peace Lutheran Church
1401 M-68, Rogers City**

Join us at one of these FREE events to learn about resources and services offered for anyone in Presque Isle County and to connect with agencies and organizations in our community!

- Food Truck Distribution
- Hygiene Product Giveaway
- Mental Health Supports
- Up North Prevention (CHS)
- Great Start Collaborative
- MI Works
- Substance Use Treatment
- DHHS
- Financial Services
- And more!

Food Distribution is sponsored by:
Alpena Alcona Area Credit Union, The Food Bank and Presque Isle Coalition

Hygiene Items were sponsored with funds awarded by The Women's Giving Circle/ Community Foundation for Northeast Michigan and the Fraternal Order of Eagles Millersburg Eagles #4482

Thank you to the attending organizations and businesses.

Sponsored by the Presque Isle Coalition (formerly HSCC)

There will be multiple van trips to and from the Onaway event **only**. A sign-up sheet will be available on the board across from the office.

Volunteers are needed to help with distribution. Let the office know if you want to help.

House Rules

Subject:

Harassment/Bullying

Lynn Street Manor prohibits acts of harassment or bullying. A safe and civil environment is necessary for residents to feel safe and secure in their homes. Bullying can be defined as health-harming mistreatment of another resident, staff or guest to the campus that usually involves subtle methods of coercion such as intimidation. Bullying consists of four basic types of abuse – [emotional](#), [verbal](#), [physical](#), and cyber (including electronically transmitted acts via the Internet, cell phone, and personal digital assistant or wireless hand held device).

Residents and/or Guests should report incidents of bullying to the Administrator, Assistant Administrator, Service Coordinator or other members of management. Lynn Street Manor prohibits reprisal or retaliation against any person who reports an act of harassment or bullying.

Violators will be subject to appropriate consequences up to and including termination of their lease.

Continued from Pg. 1

A strong community provides seniors with a support network, a sense of belonging, and opportunities for social interaction. Whether through family, friends, or neighbors, being part of a community helps seniors feel valued and connected. It can also provide practical support, such as assistance with daily tasks or transportation, which can be challenging for older adults.

The Need for Engagement

Engagement in meaningful activities is another crucial aspect of healthy aging. Staying active and involved can improve cognitive function, physical health, and emotional well-being. Engaging in hobbies, volunteering, or participating in social groups provides a sense of purpose and fulfillment. For many seniors, retirement offers the opportunity to explore interests and activities they may not have had time for during their working years.

Participation in community activities can also help seniors develop new skills, meet new people, and stay mentally stimulated. Whether it's joining a book club, taking a class, or attending community events, these activities can prevent the sense of stagnation that can sometimes accompany retirement.

Support Groups and Getting Involved

For those looking to enhance their engagement and sense of community, support groups can be invaluable. These groups provide a safe space for seniors to share experiences, offer and receive support, and build meaningful connections. Support groups can focus on various aspects of aging, such as managing chronic illnesses, coping with loss, or navigating the transition to retirement.

In addition to support groups in our area, you can find programs and services specifically designed for seniors. Local senior centers, community centers, and non-profit organizations often provide a range of activities and resources, from exercise classes to educational workshops. Getting involved in these programs can help seniors stay active, learn new things, and meet people with similar interests.

Halloween is Coming

By: Fiona Halliday

Source:

<https://www.familyfriendpoems.com/poem/halloween-is-coming>

Creeping, crawling creatures
scurry in the night,
Rats and bats and spiders,
nibble, out of sight,
Don't look too carefully,
You'll get a nasty fright!

Monsters in the bathroom,
witches in the hall,
Hairy beasts and demons
climbing every wall,
You won't want to catch them,
When they start to fall!

Vampires' stealthy footsteps
cross the wooden floor,
Werewolves howling fearfully,
beyond your kitchen door,
Don't look outside now,
You won't want to find out
more!

Zombies with their wild eyes
and their soulless grins,
Skeletons with their bony
cheeks and their missing skins,
Listen for their rattling sounds,
But do not let them in!

Halloween is coming, what a
scary night,
Ghosties, ghouls and goblins
dancing in the light,
Here they are all coming now,
feel the spooky beat,
If you listen, hear 'em shout:

"TRICK OR TREAT!"



Positive Mental Health Effects

Engagement and community involvement have profound positive effects on mental health. Active seniors often experience lower levels of stress, anxiety, and depression. Social interactions can boost mood and provide emotional support, reducing feelings of loneliness and isolation. Engaged seniors are also more likely to maintain their cognitive abilities and overall health.

Research has consistently shown that seniors who are actively involved in their communities have better mental health outcomes. They report higher levels of life satisfaction, greater happiness, and a more positive outlook on life. These benefits extend to their physical health as well, with engaged seniors often enjoying lower blood pressure, improved immune function, and a reduced risk of chronic diseases.

Conclusion

As we witness an unprecedented number of individuals entering retirement in 2024, it is crucial to emphasize the importance of community and engagement for our senior population. Providing opportunities for social interaction, meaningful engagement, and support can significantly enhance the quality of life for seniors. By fostering strong communities and encouraging active participation, we can ensure that our aging population remains healthy, happy, and connected.

To read the full article, visit: <https://www.polarhealth.com/blog/the-importance-of-community-and-engagement-for-seniors-in-2024#:~:text=Engagement%20and%20community%20involvement%20have,feelings%20of%20loneliness%20and%20isolation>

Color Me



Source: <https://stamping.craftgossip.com/6-free-fall-and-halloween-coloring-pages/2023/09/22/>

BIRTHDAY BASH

October 11th at
1:00 pm

**Let Bob M. know if you will
be bringing something.*



Picture by Patricia Pasini

BIRTHDAYS:

- Michael C. 10/20



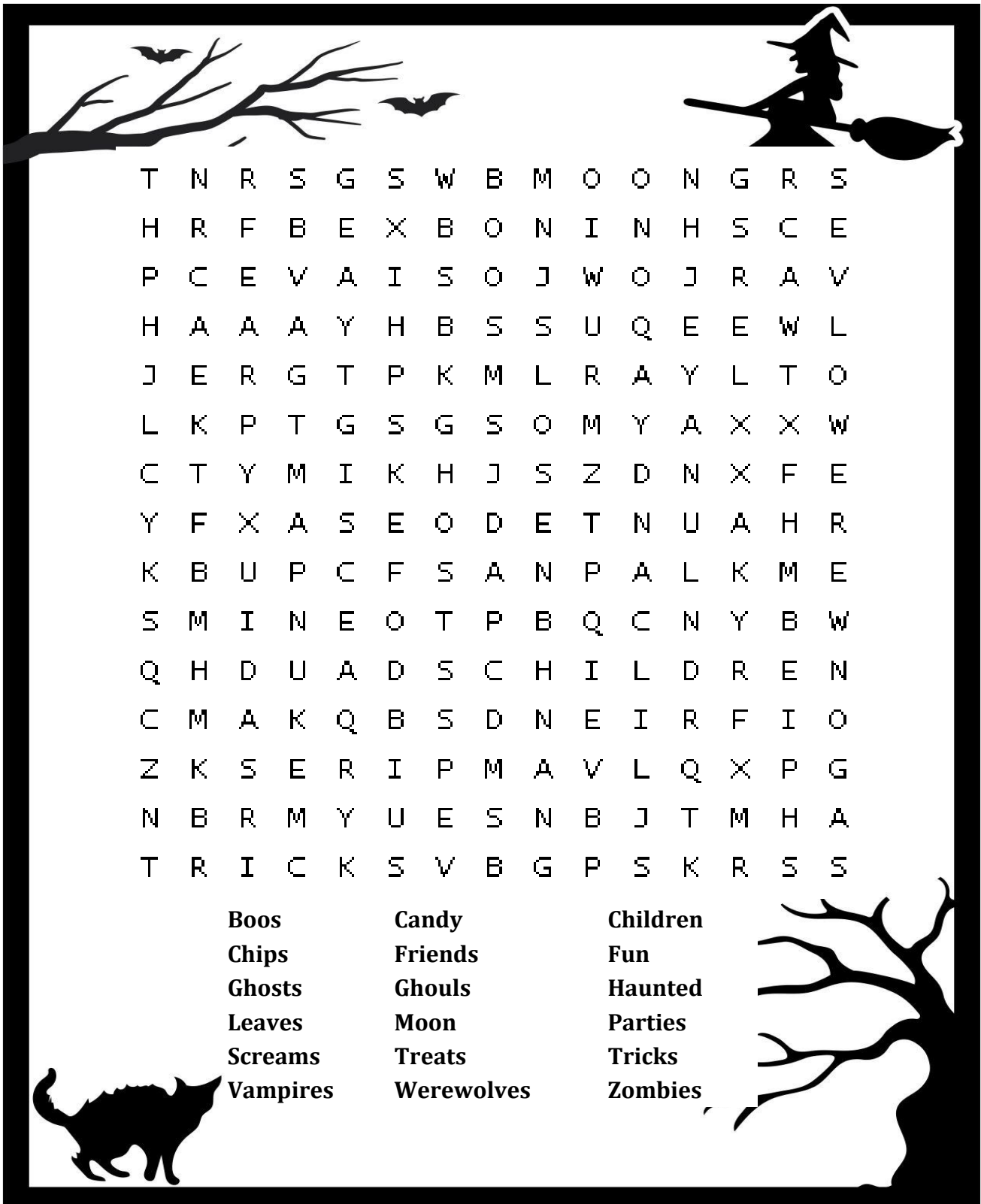
Picture source: Patricia Pasini

October Symbols

www.ducksters.com

Birthstone: Opal
Flower(s): Calendula
Zodiac Signs: Libra &
Scorpio

Word Search

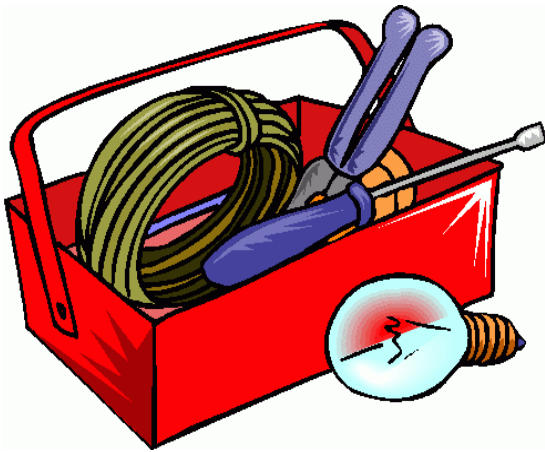


T N R S G S W B M O O N G R S
 H R F B E X B O N I N H S C E
 P C E V A I S O J W O J R A V
 H A A A Y H B S S U Q E E W L
 J E R G T P K M L R A Y L T O
 L K P T G S G S O M Y A X X W
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 K B U P C F S A N P A L K M E
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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

Boos	Candy	Children
Chips	Friends	Fun
Ghosts	Ghouls	Haunted
Leaves	Moon	Parties
Screams	Treats	Tricks
Vampires	Werewolves	Zombies

Border source: https://clipart-library.com/clipart/halloween-clipart-black-and-white-borders_45.html

Puzzle source: <https://puzzlemaker.discoveryeducation.com/word-search/result>



MESSAGE(S) FROM Maintenance:

Ensure your garden spots are cleared out the first week of October.

A/C units will be taken out on October 3 and 4, let the office know if it has already been removed. Have the space ready for storage, and the unit and filter cleaned. Contact the office if you don't know how to clean the filter.

*Thank you,
Joe*

RANDOM LITTLE TIDBITS

1. **Project Connect** – Lynn Street Manor will have a booth at Project Connect in both Onaway and Rogers City. The van will be making multiple trips for the Onaway event only. There will only be a single trip to Rogers City. A sign-up sheet will be on the board across from the office. **Volunteers are needed, contact the office if you would like to help.**
2. **Garbage** – When putting your garbage in the shoot, ensure it is in a properly tied bag. Do not put loose garbage down the shoot. If you need garbage bags, come to the office. If loose garbage keeps being put down the shoot it could result in the shoot being closed.
3. **Halloween Door Contest** – Rules for the Halloween door contest will be coming out by October 11. Let the office know if you want to be added to the participant list by October 18.
4. **Defacing Signage** – Do **NOT** write on the signs that management has posted. Not only does it waste materials, but it interferes with the peaceful enjoyment of your neighbors and could result in a lease violation.
5. **Thanksgiving baskets** – We are planning to do the Thanksgiving baskets again this year. Let the office know if you have a family that could benefit from receiving a basket.

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

Resident Council Message Board

President's Report:

The Board has set aside time to meet with residents on Oct. 15 at 3 pm. Bring any questions or concerns you have for the Board and an open mind.

We hope to see you all at our next Resident Council meeting, on Oct. 10th at 1 pm.

Thank you,
Larry Riley – Resident
Council President

**The Resident Council adheres to the Roberts Rules of Order with members speaking one at a time and attending residents able to bring new topics/concerns during new business.*

Kitchen Committee:

We are working with the activity committee to do a breakfast on Oct. 4 at 10 am to help raise funds. Please bring your place settings.

Hello from the Activities Committee!

We are accepting chips and candy donations for Halloween.

Thank you,
Miss Kay, Suzanna, Brad, & Bill

Welcome Committee:

Nothing to report.

Thank you,
The Welcome
Committee

Wellness Committee



Recipe Swap & Funnies

CABBAGE ROLL SOUP

Source: <https://www.allrecipes.com/recipe/231255/cabbage-roll-soup/>

Ingredients:

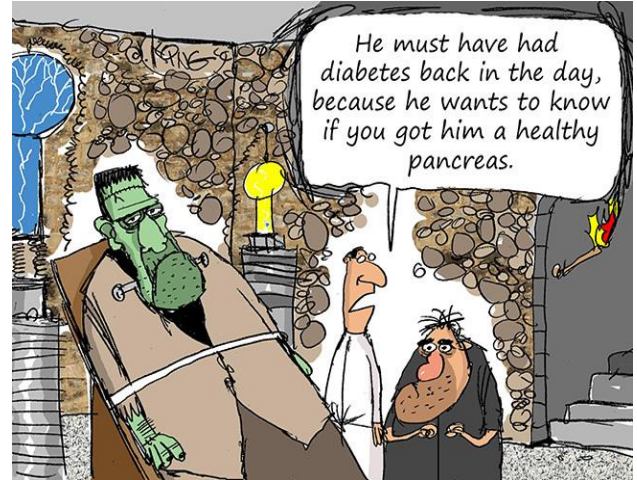
- 1 ½ C. Converted long-grain white rice
- 3 C. Water
- 1 lb. Ground beef
- 2 C. Water
- 1 (20 oz.) Jar of pasta sauce
- 1 (10 oz.) Can tomato soup
- 3 ½ lbs. Cabbage, cut into bite-size pieces
- 1 Onion, chopped
- Salt and ground black pepper to taste
- 1 Dash of hot pepper sauce

Directions:

1. Bring converted rice and 3 cups of water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
2. Heat a large soup pot over medium-high heat. Cook and stir beef in the hot pan until browned and crumbly, 5 to 7 minutes; drain and discard grease.
3. Stir 2 cups water, cooked rice, pasta sauce, cabbage, onion, salt, black pepper, and hot sauce into beef. Bring soup to a boil, reduce heat to medium-low, and cover. Simmer until cabbage is soft and tender, 20 to 30 minutes.

*You can substitute broth for water, and canned diced tomato for pasta sauce.

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://forum.tdiabetes.org/t/sunday-halloween-funnies-or-stories-have-a-good-one/57020>



Source: <https://athensletters.com/2022/10/24/halloween-humor/>



Source: <http://www.cigarasylum.com/vb/showthread.php?t=23747>

Optimistic October 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

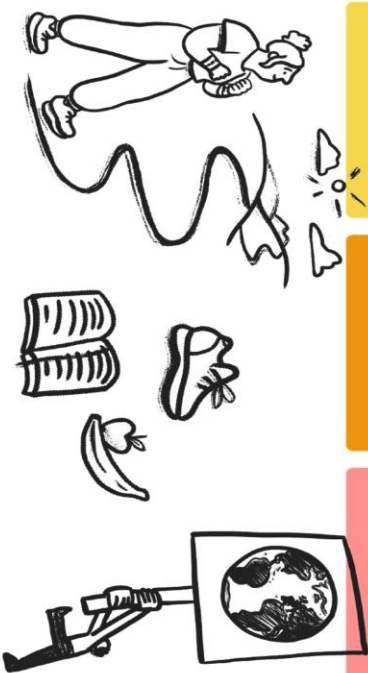
27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

**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

Kimberly Fox

Housekeeper

Joe Hoerner: 989.306.2256

Maintenance Technician

Patricia Pasini

Administrative Assistant

TBD

Service Coordinator

248.847.8637

Caretaker

**BUILDING AFTER OFFICE HOURS
EMERGENCY NUMBER**

248.847.8637



BOARD MEMBERS:

SANDRA GRULKE
NICK JARVIS
SHANNON HOBAN
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 September's BINGO:
Mary S.

Commodities – October 22, 2024 @ 12 pm

PICCOA Bus: 989-766-8191

Embrace the possibilities

Oct2024



Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Monday	Tuesday	Wednesday	Thursday	Friday
	1 6p - Board Games	2	3 Office Closed to visits	4 10a - Breakfast 6p - Card Games
7 1p - Let's Stretch 5:30p - Bingo!	8 6p - Board Games	9 1p - Pest/Bedbug Presentation 4p - Dining Room Reserved	10 1p - Resident Council Office Closed to visits	11 1p - Birthday Bash 6p - Card Games
14 12p - Project Connect 1p - Let's Stretch 5:30p - Bingo!	15 3p - Board Meeting with Residents 6p - Board Games	16	17 12p - Project Connect Office Closed to visits	18 6p - Card Games
21 1p - Let's Stretch 5:30p - Bingo!	22 12p - Commodities 6p - Board Games	23	24 Office Closed to visits	25 6p - Card Games
28 1p - Let's Stretch 5:30p - Bingo!	29 6p - Board Games	30 12p - Meals with Friends	31 	

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