



Manor Monthly



Embrace the possibilities

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

December 2024

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Loneliness and Social Isolation — Tips for Staying Connected



Picture source: Patricia Pasini

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



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being. Studies show that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline.

If you are in poor health, you may be more likely to be socially isolated or lonely. If you are socially isolated or feeling lonely, it can put your physical and mental health at risk. Adults who are lonely or socially isolated tend to be less healthy, have longer hospital stays, are readmitted to the hospital more often, and are more likely to die earlier than those with meaningful and supportive social connections.

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What is the difference between loneliness and social isolation?

The number of older adults age 65 and older is growing, and many are socially isolated and regularly feel lonely.

Loneliness and social isolation are different, but related. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.

Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

How can feeling lonely or being isolated affect older adults' health?

People who are socially isolated or lonely are more likely to be admitted to the emergency room or to a nursing home. Social isolation and loneliness also are associated with higher risks for:

- High blood pressure
- Heart disease
- Obesity
- Weakened immune function
- Anxiety
- Depression
- Cognitive decline
- Dementia, including Alzheimer's disease
- Death

People who are lonely or socially isolated may get too little exercise, drink too much alcohol, smoke, and sleep poorly, which can further increase the risk of serious health conditions.

People who are lonely experience emotional pain. Losing a sense of connection and community can change the way a person sees the world. Someone experiencing chronic loneliness may feel threatened and mistrustful of others.

Emotional pain can activate the same stress responses in the body as physical pain. When this goes on for a long time, it can lead to chronic inflammation (overactive or prolonged release of factors that can damage tissues) and reduced immunity (ability to fight off disease). This raises your risk of chronic diseases and can leave a person more vulnerable to some infectious diseases.

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 of July 1, 2010 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.

Social isolation and loneliness may also be bad for brain health. These have been linked to poorer cognitive function and higher risk for dementia, including Alzheimer's disease. Also, too little social activity and being alone often may make it more difficult to perform everyday tasks such as driving, paying bills, taking medicine, and cooking.

Certain factors may increase your risk of social isolation and loneliness. These include:

- Loss of mobility
- Vision or hearing problems
- Psychological or cognitive challenges
- Feeling a lack of purpose
- Financial struggles
- Living alone
- Lack of transportation
- Inability to leave home without help
- A major life change, such as the death of a family member or retirement
- Separation from friends or family
- Lack of social support
- Caring for a loved one who is unwell
- Living in a rural, unsafe, or hard-to-reach neighborhood
- Experiencing discrimination based on age, racial, ethnic, sexual orientation, or gender identity
- Language barriers

How can you stay connected with friends and family?

There are things you can do to help protect yourself or a loved one from the negative effects of loneliness and social isolation. First, it's important to take care of yourself. To help manage stress and stay as mentally and physically healthy as possible, try exercising, eating healthy, getting enough sleep (7 to 9 hours), and pursuing activities you enjoy.

Second, it's important to stay active and connect with others. People who engage in meaningful, productive activities they enjoy with others feel a sense of purpose and tend to live longer. For example, helping others through volunteering helps you feel less lonely and allows you to have a sense of mission and purpose in life, which is linked to better health. Studies show activities like these may help boost your mood and improve your well-being and cognitive function.

Here are some other ideas to help you stay connected.

- Find an activity that you enjoy, restart an old hobby, or take a class to learn something new. You might have fun and meet people with similar interests.

Winter?

By: Kelley776

Source: <https://allpoetry.com/poems/about/Winter>

Winter whispers through barren branches, coating the world in a frosted hush.

Breath turns to clouds, visible dreams, of warmth wrapped in scarves and mittens.

Footsteps crunch on crystal paths, each snowflake a star, uniquely quiet.

The sky a canvas of soft gray brushstrokes, spilling snow in gentle cascades.

Inside, windows steam as kettles sing, and stories are woven by the firelight glow.

Time takes on a slower pace, tucked under blankets of wool and wonder.

Winter, a season of sleep, of waiting, for whispers of green beneath the snow, a promise of springtime stories yet to unfold.

- Schedule time each day to stay in touch with family, friends, and neighbors in person, by email, social media, voice call, or text. Talk with people you trust and share your feelings. Suggest an activity to help nurture and strengthen existing relationships. Sending letters or cards is another good way to keep up friendships.
- Use communication technologies such as video chat or smart speakers to help keep you engaged and connected.
- If you're not tech-savvy, sign up for a class at your local public library or community center to help you learn how to use email or social media.
- Consider adopting a pet if you are able to care for one. Animals can be a source of comfort and may also lower stress and blood pressure.
- Stay physically active. Find ways to exercise with others, such as joining a walking club or working out with a friend. Adults should aim for at least 150 minutes (2 1/2 hours) of moderate-intensity activity each week.
- Introduce yourself to your neighbors.
- Find a faith-based organization where you can deepen your spirituality and engage with others in activities and events.
- Check out resources and programs at your local social service agencies, community and senior centers, and public libraries.
- Join a cause and get involved in your community.

Source: <https://www.nia.nih.gov/health/loneliness-and-social-isolation/loneliness-and-social-isolation-tips-staying-connected#:~:text=Being%20alone%20may%20leave%20older.%2C%20depression%2C%20and%20cognitive%20decline.>



Color Me



Source: https://www.justcolor.net/events/christmas-coloring-pages-adults/?image=events-christmas_coloring-grinch-background-christmas-balls_1

BIRTHDAY BASH

*December 13th at
1:00 pm*

**Let Trish know if you will be bringing something.*



Picture by Patricia Pasini

BIRTHDAYS:

- Kelly L. 12/08
- Mary J. 12/12



Picture source: Patricia Pasini

December Symbols

www.ducksters.com

Birthstone: Turquoise
Flower(s): Narcissus & Holly
Zodiac Signs: Sagittarius & Capricorn

Word Search

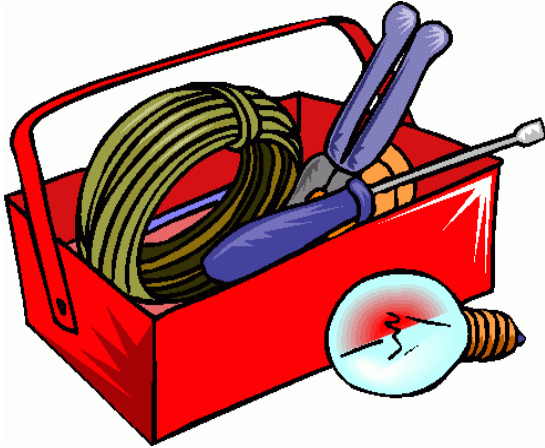


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|-----------|-------------|-----------|
| Christmas | Decorations | Family |
| Feasts | Friends | Happiness |
| Icicles | Joy | Laughter |
| Lights | Ornaments | Parties |
| Presents | Skiing | Sledding |
| Smiles | Snowflakes | Surprises |
| Trees | Winter | Wonder |

Border source: <https://clipart-library.com/clipart/1964529.htm>

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



MESSAGE(S) FROM Maintenance:

Please remember to knock off any snow and slush from your shoes when entering the building. The debris tracked inside is damaging the carpet and making it difficult to clean.

Also, when it's time to plow, kindly move any vehicles in the parking lot near the kitchen to either the other parking lot or further forward.

*Thank you,
Joe*

**RANDOM
LITTLE
TIDBITS**

1. **K9 Inspections** – Rose Pest Solutions will arrive on **December 3rd at 10 a.m.** to conduct bedbug inspections with their K-9 teams. Notices were placed in your cubbies on November 20 and 27. If you have questions, contact the office.
2. **Bi-Annual Inspections** – Bi-Annual Inspections are happening from **December 4 to December 6**. Please check your cubbies for an informational sheet outlining the instructions and expectations for your apartments. If you are new and have not yet gone through an inspection, feel free to call or visit the office with questions.
3. **Do Not Salt!** – Please do not salt the entrances! If you believe they need salting, please inform the office. Outside normal business hours, you can contact the **Caretaker in Apartment 221**. If you are found salting the entrances, you may receive a lease violation for interfering with the building's maintenance operations.
4. **Christmas Caroling** – Carolers will perform in the dining room on **December 15 from 2 to 4 p.m.**
5. **Christmas Dinner** – Meals with Friends is providing a meal on **Christmas Day at 1 p.m.** A sign-up sheet is located on the board across from the office. **Please sign up by December 18**. If you would like to bring a guest, please indicate the number of guests after your name on the sheet.
6. **Healthcare Talk** – PICCOA of Posen is presenting “Navigating Healthcare” on **Dec. 20th at 2:30 p.m.** If enough people wish to attend, a van trip could be arranged. Let the office know if you are interested in attending.
7. **Ugly Sweater Day** – **December 20** is Ugly Sweater Day! We will have a small party in the **Dining room at 4 p.m.** to showcase all our ugly sweaters, accompanied by a light snack.

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

Resident Council Message Board

President's Report:

The annual memorial has been pushed back until the first quarter of 2025.

We've noticed that about a third of you are using your cubbies and we think they are succeeding. Please, remember to keep checking them for upcoming notices.

We had five members of the council and five residents in attendance at the Nov. meeting, but we hope to see more of you for the Dec. 12th meeting.

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 want to extend a huge thank you to Barb's family for providing a wonderful Thanksgiving dinner. It was delicious!

Let Trish know if you are bringing a cake to the Birthday Bash.

The Kitchen Committee is accepting active members.

Hello from the Activities Committee!

We are planning on implementing a buddy system for anyone willing to participate. For more information and to ask questions, please see a committee member.

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

Welcome Committee:

We had one new move-in in November, Mary A. in #211.

Welcome home, Willow L., after being away for an extended time.

Thank you,
The Welcome Committee

Wellness Committee

Remember to step carefully when going outside; it's already getting icy.

The Wellness Committee is accepting active members.

Recipe Swap & Funnies

TORTELLINI SOUP

Source: <https://www.allrecipes.com/recipe/241063/authentic-tortellini-soup/>

Ingredients:

- 2 (49.5 fluid oz) Cans chicken broth, divided
- 1 (20 oz) Package cheese tortellini
- 1 Tsp. Olive oil
- 1 (12 oz) Package mild Italian sausage
- 1 Small onion, chopped
- 2Tbsp. Minced garlic
- 1 Tbsp. Italian seasoning
- 1 (28 oz) Can tomato puree
- 1 bunch fresh spinach, chopped

Directions:

1. Pour 1 can of broth into a small saucepan and add tortellini; bring to a boil. Cook tortellini until tender yet firm to the bite, about 5 minutes.
2. Heat oil in a larger stockpot over medium heat.
3. Cook and stir sausage, onion, garlic, and Italian seasoning until sausage is browned and crumbly, 5 to 10 minutes.
4. Add tortellini-broth mixture, remaining broth, tomato puree, and spinach to sausage mixture; cover stockpot and simmer until flavors blend, about 30 minutes.

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.



“Some people call him Santa Claus, some call him Kris Kringle, some call him Saint Nicholas. Obviously, a victim of identity theft!”

Source: <https://www.glasbergen.com/about-winter/>

NEW WINTER SPORTS



ICE HATING



NO-MOBILING



SNOW SHOO-ING



CROSS-COUNTRY FLEEING

©Brian Gordon

Source: <https://www.pinterest.com/pin/5629568268248727/>



Santa has a senior moment

Source: <https://pleated-jeans.com/2023/12/16/funny-christmas-comics-dt-walsh/>

December Kindness 2024



SUNDAY

1 Spread kindness and share the December calendar with others

MONDAY

2 Contact someone you can't be with to see how they are

TUESDAY

3 Offer to help someone who is facing difficulties at the moment

WEDNESDAY

4 Support a charity, cause or campaign you really care about

THURSDAY

5 Give a gift to someone who is homeless or feeling lonely

FRIDAY

6 Leave a positive message for someone else to find

SATURDAY

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

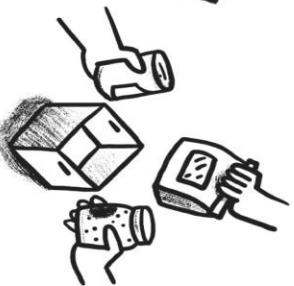
27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2025



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

Trish P: 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 November's BINGO:
Sandy W.

Commodities – December 24, 2024 @ 12 pm – Could change.

PICCOA Bus: 989-766-8191

Embrace the possibilities

Dec 2024



Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 10a - K9 Bedbug Inspections	4 Bi-Annual Inspections	5 Office Closed to visits	6 6p - Card Games
9 1p - Let's Stretch 5:30p - Bingo!	10 6p - Board Games	11	12 1p - Resident Council Office Closed to visits	13 1p - Birthday Bash 6p - Card Games
16 1p - Let's Stretch 5:30p - Bingo!	17 6p - Board Games	18	19 Office Closed to visits	20 4p - Ugly Sweater Party 6p - Card Games
23 1p - Let's Stretch 5:30p - Bingo!	24 12p - Commodities (Could Change) 6p - Board Games	25 1p - Christmas Dinner Office Closed Merry Christmas	26 Office Closed to visits	27 6p - Card Games
30 1p - Let's Stretch 5:30p - Bingo!	31 6p - Board Games New Years Eve			

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