



Manor Monthly



Embrace the possibilities

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

March 2025

Featured Articles

- Seniors and Community & Lease Info. pg. 2 & 3
- Poem pg. 3
- Color Me & Birthdays pg. 4
- Word Search pg. 5
- Maintenance Message & Tidbits pg. 6
- RC Message Board pg. 7
- Recipe Swap & Funnies pg. 8
- Optimistic Calendar pg. 9
- Monthly Calendar pg. 11

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:



5 Ways for Seniors to Get Involved in Their Communities

Article source: <https://www.wesleylife.org/blog/5-ways-for-seniors-to-get-involved-in-their-communities>



Picture source: Patricia Pasini & Monica Voigt

When an empty nest, career change, or retirement leaves you with extra time, you might find that giving back to your community is a passion that rises to the top of your to-do list. Volunteering can help lend a sense of greater purpose to your life while assisting organizations that could greatly benefit from your time and assistance.

Whether you're an avid volunteer or just getting started, there are plenty of reasons to incorporate volunteering into your life.

Continued on pages 2 & 3

Continued from Pg. 1

Why Get Involved?

Research points to the fact that our lifestyle and habits might positively affect our longevity. Perhaps the best-known research on the topic centers around the Blue Zones, places in the world where residents live the healthiest, longest lives. According to Blue Zones residents, [one of the keys to longevity is giving back](#) and connecting to your community. Both can provide you with a heightened sense of purpose.

But Blue Zones residents are not the only ones who have made the connection between purpose and well-being. Research around the globe reinforces the idea. For example, [Reuters Health](#) reports that older adults who have a sense of purpose are more likely to live longer and less likely to encounter heart, circulatory, and digestive diseases.

[Finding purpose in life](#) looks different for everyone, which is what makes your pursuit a personal one. However, giving back through volunteering or finding new ways to feel part of your community is a great place to start.

How to Get Started

You can get involved in your greater community based on your passions, interests, and talents. What works for you might not work for your neighbor, so be sure not to compare your volunteering journey to someone else's.

An advantage of volunteering is that your schedule can be flexible. You can establish long-term volunteer relationships or smaller commitments based on how much time you have. You can also participate in volunteer roles that suit your interests and talents.

Here are a few ideas that might inspire you to connect with your community.

1. Join a community board or run for office.

Running for office or serving on a community board is an excellent way to give back to your state, city, or homeowner's association. If you are interested in harnessing your communication skills or have a passion for creating change, visit your city's website to inquire about how to begin a petition to run for office. If you are more interested in serving on a board, contact that organization to inquire about the process.

If you aren't quite sure that public office is your next step but you want to be involved politically, try volunteering for your local political party to register voters or support upcoming campaigns. If you prefer to serve in a non-partisan role, volunteering at a polling place can be the perfect option.

House Rules Subject: Harassment and 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 handheld 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.

2. Find an organization that matches with a hobby or a skill from your career.

There's nothing better than doing what you love by giving back to an organization you love. As you consider ways to volunteer, make a list of activities you enjoy and determine how you could benefit local organizations with those passions. For example, if you love to garden, read, or cook, you could volunteer for a local gardening club, read to kids at the library, cook meals at the local Ronald McDonald House, or bring a warm meal and a warmer smile to seniors with [Meals on Wheels](#).

You have gained a great deal of experience in your career and throughout your life. Why not use those skills for the greater good? Consider offering your professional expertise pro-bono to a nonprofit organization in your area. Mentoring a young professional can also be rewarding. You can find mentor opportunities by contacting local networking associations in your area. If they don't have an established mentor program, perhaps volunteer to start one for them.

3. Rally your community to raise money or collect donations.

If you love leading a group or inspiring others to incorporate volunteering into their lives, you might consider starting a drive for goods or money to benefit an organization or movement. For example, perhaps you can collect bags of dog food for a local animal shelter, Thanksgiving meal supplies for your city's food bank, or new backpacks for kids in local schools. Before you start collecting, contact the organization you want to work with and ask what supplies they need.

You might even be inspired to collect money as a response to crisis relief. Edgewater, a WesleyLife community in West Des Moines, was moved to support the relief efforts following the devastation of Hurricane Dorian. The Resident Council spread the word that they were collecting donations, and in just five days, [the community collected nearly \\$20,000!](#) It's amazing what a community of inspired people can accomplish.

4. Consider travel volunteerism.

An advantage of retiring or working fewer hours is increased opportunity for travel. If you love to travel, consider giving back to the area you will be visiting by finding a travel volunteerism agency. These agencies [create itineraries that feature more than just sightseeing](#)—travelers also spend time visiting children in local schools, cleaning up the environment, or serving the area in another capacity.

5. Tag along with a friend.

If you have a friend who volunteers regularly, consider tagging along. You'll share an experience with someone you care about while helping to determine what kind of volunteer experience is right for you.

Many senior living communities also provide volunteer opportunities and other ways to give back to the community throughout the month. Look for [opportunities on the event calendar](#), and if you have a new idea, talk to leadership or a resident-driven council about it!

Spring Song

By: Paul Laurence Dunbar

Source: <https://poets.org/poem/spring-song-0>

A blue-bell springs upon the ledge,

A lark sits singing in the hedge;

Sweet perfumes scent the balmy air,

And life is brimming everywhere.

What lark and breeze and bluebird sing,

Is Spring, Spring, Spring!

No more the air is sharp and cold;

The planter wends across the wold,

And, glad, beneath the shining sky

We wander forth, my love and I.

And ever in our hearts doth ring

This song of Spring, Spring!

For life is life and love is love,
'Twi'x't maid and man or dove and dove.

Life may be short, life may be long,

But love will come, and to its song

Shall this refrain forever cling
Of Spring, Spring, Spring!

Color Me

BIRTHDAY BASH

March 14th, at 1:00 pm

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

Picture by Patricia Pasini

BIRTHDAYS:

- Allen K. 3/7
- Brenda M. 3/16
- Anita D. 3/27

Picture source: Patricia Pasini

March Symbols

www.ducksters.com

Birthstone:

Aquamarine &
Bloodstone

Flower(s): Daffodil

Zodiac Signs: Pisces
& Aries

Coloring page source: <https://www.happierhuman.com/st-patricks-day-coloring-pages/>

Word Search

Basketball	Clover	Daylight
Food	Friends	Fun
Gatherings	Gold	Green
Laughter	Leprechaun	Lucky
Madness	Parties	Rain
Rainbow	Spring	Wishes

Border source: <https://worksheets.clipart-library.com/worksheet/free-printable-irish-borders-23.html>

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

MESSAGE(S) FROM Maintenance:

Report all work orders and requests to the office. Anything brought directly to the housekeeping and maintenance staff will not be addressed.

*Thank you,
Joe*

**RANDOM
LITTLE
TIDBITS**

1. New Washers and Laundry Pods



If you use laundry pods while doing your laundry, make sure not to put them in the detergent dispenser on top of the washer. Instead, place the pods directly in the drum with your laundry, using either hot or warm water. If you put them in the dispenser, they may not dissolve properly and could clog it.

2. Garbage

As a friendly reminder, all garbage must be properly bagged and secured before being sent down the chute or placed in the trash room. Loose garbage can make a mess and cause unwanted smells that travel throughout the building. If you are unable to secure the bag, please take it directly to the dumpster.

3. Door Signs

Please see Trish in the office if you want a personalized door sign. Signs could say "Sleeping, Do Not Disturb", "Do Not Knock after 8 pm", etc., and will be laminated.

4. Door Knocking/Harassment

Repeatedly knocking on doors asking for favors is a form of solicitation and is prohibited per the lease. If someone says no on your first attempt, do not return and ask again on a different day. As a reminder, to prevent unwanted entry, ensure that your doors are locked.

5. Saint Patrick's Day Meal

Sign-up sheets are on the board for anyone wanting to bring a dish or help with the Saint Patrick's Day meal. Members of the board are helping to get the corned beef. For anyone wanting to donate, potatoes, carrots, cabbage, and rutabagas are needed.

6. Technology Panel

The Tech Department from PVM is hosting a Technology Panel on **March 21st at 10:30 am** in the Dining Room. Anyone with questions concerning their cellphones or computers should attend with their devices.

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

Resident Council Message Board

President's Report:

Thank you for your patience during the updates to the laundry room and the installation of the new machines. I believe these improvements will benefit all residents.

We are having a Saint Patrick's Day meal on March 17.

A potluck is planned for April 9th, with donations going toward the Resident Council.

We hope to see you all at our next meeting on March 13th 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:

It was voted on in a previous Council meeting that Birthday Bash will start occurring quarterly. The next Birthday Bash will be on March 14th.

The Kitchen Committee is still accepting new members, please see a Council member if you are interested in joining.

Hello from the Activities Committee!!

If you have any suggestions for upcoming activities, please see a member.

Thank you, Miss Kay, Susanna, Brad, and Bill

Welcome Committee:

The Welcoming Committee has ensured all new residents receive a welcome bag with the Resident Council information booklet.

Thank you,
The Welcome Committee

Wellness Committee

The Wellness Committee is accepting new members. If you are interested in joining, please speak with someone from the Resident Council or attend the next council meeting on Feb. 13 at 1 pm.

Recipe Swap & Funnies

EASY SHEPARD'S PIE

Source: https://www.simplyrecipes.com/recipes/easy_shepherds_pie/

Ingredients:

- 1 Tsp. Salt, plus more for taste
- 3 Large Potatoes (1 ½ - 2 lbs.), peeled and quartered
- 8 Tbs. (1 stick) butter, divided
- 1 Medium Onion, chopped
- 1 – 2 C. Mixed vegetables, such as diced carrots, corn, and peas
- 1 ½ Lbs. Ground beef
- ½ C. Beef broth
- 1 Tsp. Worcestershire sauce
- Pepper and/or other seasonings of choice

Source: <https://matthias-hauser.pixels.com/featured/be-the-change-inspirational-gandhi-quote-matthias-hauser.html>

Directions:

1. Preheat oven to 400°F. Boil potatoes in a medium-sized pot until tender (about 20 minutes).
2. Sauté vegetables over medium heat in 4 tablespoons of butter, adding softer vegetables later, in a large sauté pan until tender.
3. Add ground beef to the cooked vegetables and cook until no longer pink. Drain the excess fat (anything more than 1 tablespoon). Add salt, pepper, and seasonings of choice. Add Worcestershire sauce and beef broth. Bring to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more broth if necessary to keep the meat from getting dry.
4. When the potatoes are tender, mash them with 4 tablespoons of butter. Add salt, pepper, and seasonings of choice.
5. Spread the cooked mixture in an even layer in a large baking dish. Spread mashed potatoes over the top of the meat mixture. Bake until browned and bubbling, about 30 minutes.

Source: <https://funstuffpeoplesendme.wordpress.com/2014/03/17/st-patricks-day-from-maxine/>

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://mickaboo.org/bird-toon-day-march-11-2024>

Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 If you find yourself rushing, make an effort to slow down

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

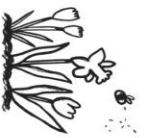
27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



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

Kim Fox

Housekeeper

Justin “Joe” Hoerner:

989.306.2256

Maintenance Technician

Patricia “Trish” Pasini

Administrative Assistant

TBD

Service Coordinator

248.847.8637

Caretaker

BUILDING AFTER OFFICE HOURS

248.847.8637

EMERGENCY NUMBER



BOARD MEMBERS:

SANDRA GRULKE

NICK JARVIS

SHANNON HOBAN

LAURA SHACK

LISA POCHMARA

MICHAEL BENSON

LARRY RILEY

OSCAR HILLIKER

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 February's BINGO:
Ellen McGuire

Commodities – 12 pm, March 25, 2025

PICCOA Bus: 989-766-8191

Embrace the possibilities

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>1p - Let's Stretch</p> <p>5:30p - Bingo!</p>	<p>4</p> <p>6p - Board Games</p>	<p>5</p>	<p>6</p> <p>Office Closed to Visits</p>	<p>7</p> <p>6p - Card Games</p>
<p>10</p> <p>1p - Let's Stretch</p> <p>5:30p - Bingo!</p>	<p>11</p> <p>6p - Board Games</p>	<p>12</p>	<p>13</p> <p>1p - Resident Council</p> <p>Office Closed to Visits</p>	<p>14</p> <p>1p - Birthday Bash</p> <p>6p - Card Games</p>
<p>17</p> <p>12p - St. Patrick's Day Meal</p> <p>1p - Let's Stretch</p> <p>5:30p - Bingo!</p> <p>St. Patty's Day</p>	<p>18</p> <p>6p - Board Games</p>	<p>19</p>	<p>20</p> <p>Office Closed to Visits</p>	<p>21</p> <p>10:30a - Technology Panel</p> <p>6p - Card Games</p>
<p>24</p> <p>1p - Let's Stretch</p> <p>5:30p - Bingo!</p>	<p>25</p> <p>12p - Commodities</p> <p>6p - Board Games</p>	<p>26</p> <p>12p - Meals with Friends</p>	<p>27</p> <p>Office Closed to Visits</p>	<p>28</p> <p>5:30p - Book Club</p> <p>6p - Card Games</p>
<p>31</p> <p>1p - Let's Stretch</p> <p>5:30p - Bingo!</p>				

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