



Manor Monthly



Embrace the possibilities

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

September 2024

Featured Articles

SC Corner & House Rules	pg. 2
Fall Facts & 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

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



Image: freepik.com

Important Facts about Falls

Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls Are Serious and Costly

- One out of five falls causes a serious injury such as broken bones or a head injury
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner |



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Join us in celebrating 40 years of providing affordable senior housing in Northern MI. Refreshments and food will be available. Bruce Leo from 99.9 The Wave will be broadcasting from Lynn Street Manor.

Where: 4255 S. Lynn St, Onaway MI

When: September 20, 2024 4-6 pm

Prizes and giveaways sponsored by AdvisaCare, 99.9 The Wave, and Lynn Street Manor Apts.

AdvisaCare
Home Health & Hospice



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

What Can Happen After a Fall?

Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own.

- Falls can cause broken bones, like wrist, arm, ankle, and hip fractures.
- Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don't have a brain injury.
- Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

What Conditions Make You More Likely to Fall?

Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as
 - broken or uneven steps, and
 - throw rugs or clutter that can be tripped over.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.

For the full article visit:

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

September Midnight

By: Sara Teasdale

Source:

<https://www.southernliving.com/holidays-occasions/fall/fall-poems>

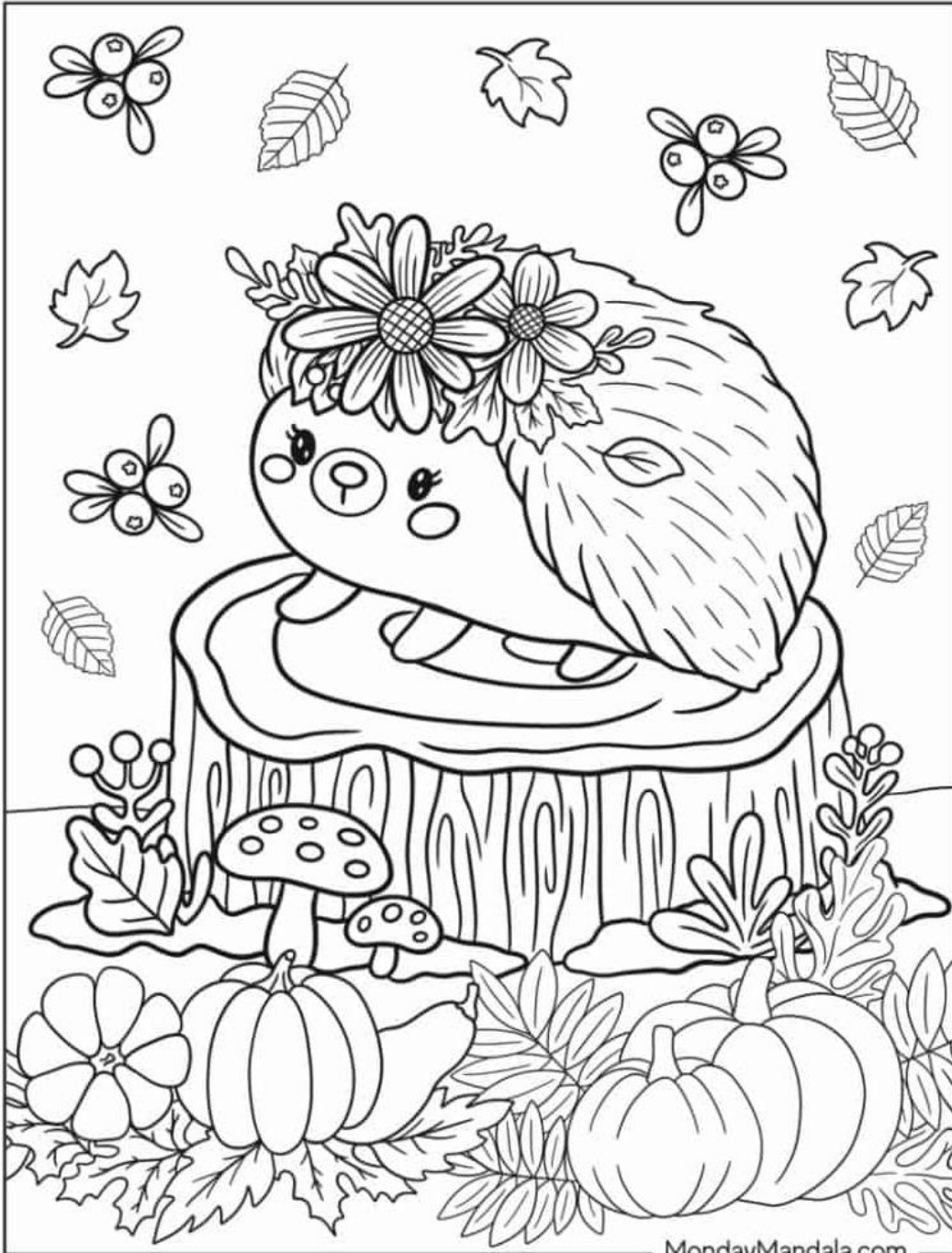
Lyric night of the lingering
Indian Summer,
Shadowy fields that are
scentless but full of singing,
Never a bird, but the
passionless chant of insects,
Ceaseless, insistent.

The grasshopper's horn,
and far-off, high in the
maples,
The wheel of a locust
leisurely grinding the
silence
Under a moon waning and
worn, broken,
Tired with summer.

Let me remember you,
voices of little insects,
Weeds in the moonlight,
fields that are tangled with
asters,
Let me remember, soon will
the winter be on us,
Snow-hushed and heavy.

Over my soul murmur your
mute benediction,
While I gaze, O fields that
rest after harvest,
As those who part look long
in the eyes they lean to,
Lest they forget them.

Color Me



Source: <https://mondaymandala.com/fall-coloring-pages/>

BIRTHDAY BASH

September 13th at
1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

- Doug H. 9/03
- Joan S. 9/06
- Ellen M. 9/11
- Andrea O. 9/15
- Rick V. 9/18
- 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



Anniversary
Family
Friends
Music
Prizes

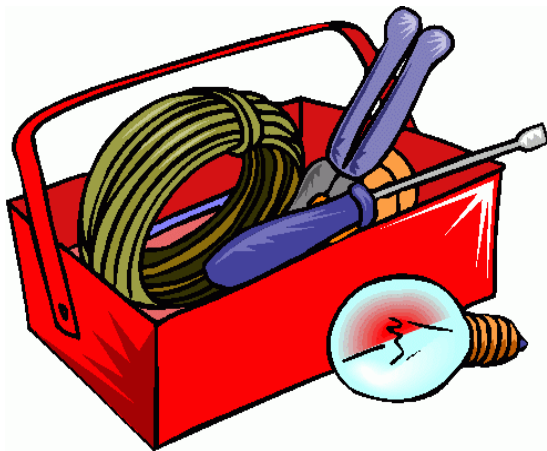
Celebrate
Food
Laughter
Neighbors
Refreshments

Dancing
Forty
Memories
Party
Sweets

pageborders.org

Border source: <https://clipart-library.com/clipart/681610.htm>

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



MESSAGE(S) FROM Maintenance:

Changes are coming to the parking lot outside of the kitchen. The 20-minute parking is be moving for the fall and winter season when the dumpster moves back near the building. Four (4) spots are being designated for employee only parking.

*Thank you,
Joe*

RANDOM LITTLE TIDBITS

1. **A/C Removal** – A/C units are being removed Oct. 3 & 4. Be sure to clean the unit and have a space ready for storage.
2. **CapTel Phones** - CapTel phones, phones that display and translates your conversation to text, now work without a landline. If you are interested to know more, the office can help you contact them. There is an example telephone in the office.
3. **Cars** – A parking lot audit will take place soon. If you have changed, sold, or bought a new vehicle, let the office know. We are in the process updating our digital files. Illegal vehicles are at risk of being towed at the owner's expense.
4. **Phone Numbers** - Let the office know any time your phone number changes. If you are unsure if we have your current number, call the office and ask. You must report any changes of contact information to the office.
5. **Survey** - There may be an opportunity coming to our residents if there is enough people interested. The University of Michigan is doing a paid health survey. Once more information is available, we will let you know.
6. **Art of Music September 11** – Art of Music is coming **September 11 at 1pm** to entertain everyone in the dining room. Come join in the fun and show your support.
7. **Karaoke September 18** - Darla is hosting Karaoke in the dining room on **September 18 at 6 pm**. Bring your own drink and snacks as well as a list of songs you want to sing.

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

Resident Council Message Board

President's Report:

The Board and Council met to discuss and plan the 40th Anniversary event happening on September 20th. Results of this meeting will be on the agenda for our next meeting.

We hope to see you all at our next meeting, Sept. 12th 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:

Thank you everyone that helped with Matt's going away party by decorating, serving, and with donating for his gifts.

If you are planning to bring something for Birthday Bash on 9/13, please let Bob M. know.

Hello from the Activities Committee!

With Halloween approaching quickly, we are now accepting candy donations.

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

Welcome Committee:

Please welcome our newest neighbor, Michael C in 223.

Thank you,
The Welcome
Committee

Wellness Committee

This committee brought nothing to the office.



Recipe Swap & Funnies

OLD FASHIONED POTATO SOUP

Source: <https://www.allrecipes.com/recipe/13043/old-fashioned-potato-soup/>

Ingredients:

- ¼ C. Butter
- 1 Large onion, chopped
- 6 Potatoes, peeled and diced
- 2 Carrots, diced
- 3 C. Water
- 2 Tbsp. Chicken bouillon powder
- Ground pepper to taste
- 3 Tbsp. All-purpose flour
- 3 C. Milk
- 1 Tbsp. Dried parsley
- ¼ Tsp. Dried thyme

Directions:

1. Melt butter in a saucepan over medium heat. Stir in onion; cook and stir until onion has softened and turned translucent, about 5 minutes.
2. While onions are cooking, place diced potatoes, carrots, water, and chicken bouillon in another pot and bring to a boil. Cook until vegetables are tender, about 10 minutes. Do not overcook. Season with black pepper to taste.
3. Add flour to cooked onions to make a paste. Cook, stirring constantly, for 2 minutes. Gradually add milk and stir well. Cook over low heat stirring constantly until warmed through. Add potato and carrot mixture. Stir in parsley and thyme and heat through. Serve hot.

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://cocktailrobot.com/012-fall-time>



Source: <https://community.aarp.org/t5/Our-Front-Porch/Senior-Citizen-stories-Senior-jokes-and-cartoons/td-p/1832735/page/2>



©Hallmark Licensing, Inc.

Maxine.com

Source: <https://www.pinterest.com/pin/16536723607406459/>

Self-Care September 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

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

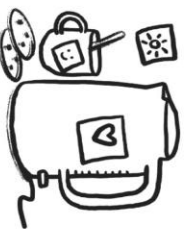
26 Find a new way to use one of your strengths or talents

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



**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 August's BINGO:
Thomas S.

Commodities – September 24, 2024

PICCOA Bus: 989-766-8191


Embrace the possibilities

Sept 2024



Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Monday	Tuesday	Wednesday	Thursday	Friday
2 1p - Let's Stretch 5:30p - Bingo! Labor Day	3 6p - Board Games	4 9a - Scheduled Power Outage 1-4p - Senior Expo in Gaylord	5 Office Closed to visits	6 6p - Card Games
9 1p - Let's Stretch 5:30p - Bingo!	10 6p - Board Games	11 1p - Art of Music	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 6p - Karaoke w/ Darla	19 Office Closed to visits	20 4-6p - 40th Anniversary Party 6p - Card Games
23 1p - Let's Stretch 5:30p - Bingo!	24 10a - Commodities 6p - Board Games	25 4 - 10p - Dining room Reserved for private party	26 Office Closed to visits	27 6p - Card Games
30 1p - Let's Stretch 5:30p - Bingo!				

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