



Manor Monthly



Embrace the possibilities

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

November 2022

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



Picture source: Monica Voigt

A Short Lesson on Gratitude

Written by: Nick Ortner

Today I want to share a short story with you about gratitude.

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which read, "I am blind, please help."

There were only a few coins in the hat – spare change from folks as they hurried past.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. Then he put the sign back in the boy's hand so that everyone who walked by would see the new words

Soon the hat began to fill up. A lot more people were giving money to the blind boy.

...Continued on Pg. 3



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



The History of Veterans Day

Veterans Day, observed annually on November 11, is a tribute to military veterans who have served in the U.S. Armed Forces. Not to be confused with [Memorial Day](#), which honors those who died while in service, Veterans Day honors [all military veterans](#), including those still with us.

Veterans Day is observed annually on November 11. It's a holiday honoring men and women who have served in the U.S. armed forces, on the anniversary of the end of World War I.

Veterans Day, originally celebrated as Armistice Day, was first issued on November 11, 1919, by President Woodrow Wilson a year after the end of World War I. The purpose of Armistice Day was to honor the fallen soldiers of the Great War for their sacrifice and bravery. Seven years later, in 1926, Congress adopted a resolution requesting that President Calvin Coolidge issue annual proclamations on November 11, making Armistice Day a legal holiday.

In 1945, World War II veteran Raymond Weeks had the idea to expand Armistice Day to celebrate all veterans rather than just the ones who died in World War I. He led a delegation to General Dwight Eisenhower, who was all for the idea. Weeks then organized the first Veterans Day celebration in 1945 in Alabama and every year since, until he died in 1985. In 1982, he was honored by President Reagan with the Presidential Citizenship Medal. Weeks was also named the 'Father of Veterans Day' by Elizabeth Dole.

In 1954, Ed Rees, the U.S. Representative from Emporia, Kansas, presented a bill to establish the holiday to Congress. Eisenhower, who was then the president and also from Kansas, signed the bill into law on May 26, 1954, eight and a half years after Raymond Weeks held the first Veterans Day. After having been through both World War II and the Korean War, the 83rd U.S. Congress — at the urge of the veterans' service organizations — amended the Act of 1938 by striking out the word 'Armistice' and inserting the word 'Veterans.' With the approval of this legislation on June 1, 1954, November 11 became a day to honor American veterans of all wars.

The National Veterans Award was also created in 1954, first received by Congressman Rees for his support in making Veterans Day a federal holiday. Though the holiday is currently and was originally celebrated on November 11, the day was moved to the fourth Monday of October in 1971 due to the Uniform Monday Holiday Act. Finally, on September 20, 1975, President Gerald R. Ford signed a law that returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978.

The holiday is observed by the federal government on a Friday, if the holiday falls on Saturday, or on a Monday, if the holiday falls on a Sunday. Federal government closings are established by the U.S. Office of Personnel Management. State and local government closings are determined locally and non-government businesses can close or remain open as they see fit, regardless of federal, state, or local government operation determinations.

The United States Senate Resolution 143, which was passed on August 4, 2001, designated the week of November 11 through November 17, 2001, as National Veterans Awareness Week. The resolution called for educational efforts directed at elementary and secondary school students concerning the contributions and sacrifices of veterans.

Source: <https://nationaltoday.com/veterans-day/>

House Rules

Subject: Smoking

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 new Smoke Free Environment Policy. Effective July 1, 2010 indoor smoking is no longer 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.

...Continued from Pg. 1

That afternoon, the man who had changed the sign returned to see how things were. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way."

I wrote, "Today is a beautiful day, but I cannot see it."

Both signs spoke the truth. But the first sign simply said the boy was blind, while the second sign conveyed to everyone walking by how grateful they should be to see...

When your life seems full of troubles, it seems difficult to maintain an attitude of gratitude, doesn't it? All we see are our problems, like a blackened storm cloud casting a dark shadow over our lives.

And the times when everything just seems to be going smoothly? We often take these precious moments for granted too, don't we? Caught up in the bliss, comfort, and familiarity of it all, we can simply forget to be thankful.

So what, then, is gratitude?

Simply put, gratitude is a habit. It's a way of looking at the world and all the good things in it with a feeling of appreciation, regardless of whether or not your current situation is to your liking.

Gratitude is a heart-centered approach to being at peace with yourself and with all you have. When you practice this feeling of gratitude, it attracts even MORE things into your life for which to be grateful.

Go ahead, try it out right now. What or who do you have in your life to be thankful for?

Until next time,

Keep Tapping!

Nick Ortner

Source: <https://www.thetappingsolution.com/blog/short-lesson->

First Fires

By Dorothy Schultz

When I was little I used to
flip to the last page of my
chosen library book
first
and read it aloud to myself.

I thought by doing this I
would be made privy to
some secret information.

I could outsmart the
author and figure it all out
before he or she intended.

I could win.

Everything was a game.
Nowadays, I avoid the last
page as long as possible.

I abandon books all over
my apartment.

One lays with its spine
cracked open on the arm of
my couch
while another curls on the
floor under my bed asleep.

I don't want to get to the
end of anything anymore.

I only want beginnings:
First sentences striking
like matches on the roof of
my mouth.

Igniting like the first fires
on earth.

Source:

<https://www.rd.com/list/inspirational-poems/>

Please tell us what you are Thankful for and return to the office.

What are you Thankful For?



Source: <https://www.papertraildesign.com/wp-content/uploads/2018/10/Thankful-coloring-page.jpg>

BIRTHDAY BASH

Nov. 11th, at 1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

- Kay C 11/6
- Larry R 11/9
- Calvin H 11/13
- Oscar H 11/13
- Molly 11/13
- Edna W 11/14
- Patti S 11/16
- Anna W 11/19

November Symbols

www.ducksters.com

Birthstone: Topaz

Flower(s):

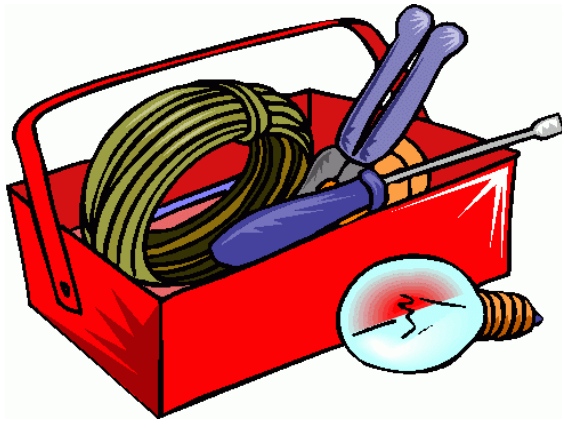
Chrysanthemum

Zodiac Signs: Scorpio & Sagittarius

Halloween Fun



Let's work together to make next Halloween just as fun as this year!! Congrats to all the prize winners of the costume and door contest!! You all were great!!!



MESSAGE(S) FROM OUR Maintenance:

Welcome to November!!

With the temps outside being up and down, remember that you do not need to turn your thermostat all the way off or all the way up to reach a comfortable level in your apartments. Not only does making small adjustments save energy, it can help regulate the temperature in your apartments. Temperature adjustments typically take 24 hours to take effect if being done drastically. If you have questions call the office.

*Thank you,
Joe*

RANDOM LITTLE TIDBITS

1. When Borrowing from Kitchen

Please remember that when you are borrowing something from the kitchen that you need to let the office know that you are doing so. You also need to return what you have borrowed once you are finished using it so that others may be able to make use of it as well.

2. Maintenance Emergencies

If you have a maintenance emergency over the weekend and Gary is unavailable, you can call the maintenance cell phone number. Do not call the home number. A new updated, laminated sign will be coming to your doors soon.

3. Christmas Window Decorating Contest

The Onaway Chamber is hosting a window decorating contest and we would like ideas. Please let the office know your thoughts and ideas on what we should do for our front window.

4. Decorator Wanted

Miss Carmen Clayton has decided that it is time for her to hang up her decorating hat and would like to pass the mantle to someone that may be interested. She has agreed to mentor the new candidate and even be there to bounce ideas off. Let the office know if you are interested.

5. Winterizations

As some of you may have noticed, we have started our winterization to get ready for the winter season. Yes, some things have been moved to storage already and the rest will be there soon. Please do not be alarmed if something is not where it should be, it might have been put in storage. If you have questions, please contact the office.

6. Brunch Fundraiser

There will be a fundraiser brunch for the kitchen on Nov. 11th @ 11am. The menu includes ham, French toast, egg bake, potatoes, and goulash, with a suggested donation of \$2 a plate but please give what you can if you can. No one will be turned away if you do not donate. Everyone is invited but please bring your own place settings. Coffee and juice will be provided.

7. Thanksgiving Meal with Friends

Jenni will be arriving early Nov. 30th to prepare a Thanksgiving meal that will be served at 12pm (Listed on the calendar). Everyone is invited to join, if you are not able to join but would still like a plate, please let the office know and it can be arranged. For everyone attending please bring your own place setting.

The Senior Advocate

Senior Fall Prevention Tips

Happy Fall to all of our readers. The crisp air, football games, bands and pumpkin patches along with Halloween makes this season a favorite of mine. It also brings up memories of the start of the school year. Even though my son is a grown adult with children of his own, I still feel myself looking at school ads and feeling that rush that all moms know so well. I even have strong memories from my school days. Fall is also a good time to take a look around us to make sure we are doing all we can for Wellness. One of the biggest challenges to staying strong and independent is the risk of falling; so I have decided to share some tips from experts. Many thanks to our very own risk manager, Katrina Summersett, for assisting:

Senior Fall Prevention Tips

- Regular exercise for strength/balance
- Shoes with non-skid soles
- No cords in walkway
- No throw rugs
- Clean up spills right away
- Keep home well lit



Recipe Swap & Funnies

AMISH CINNAMON BREAD

Thank you, Willow Liebenow, for this recipe.

Ingredients:

Batter

- 1 C Butter, softened
- 2 C Sugar
- 2 Eggs
- 2 C Buttermilk (or 2 C milk with 2Tbs vinegar or lemon juice)
- 4 C Flour
- 2 Tsp Baking soda

Cinnamon Mixture

- 2/3 C Sugar
- 2 Tsp Cinnamon

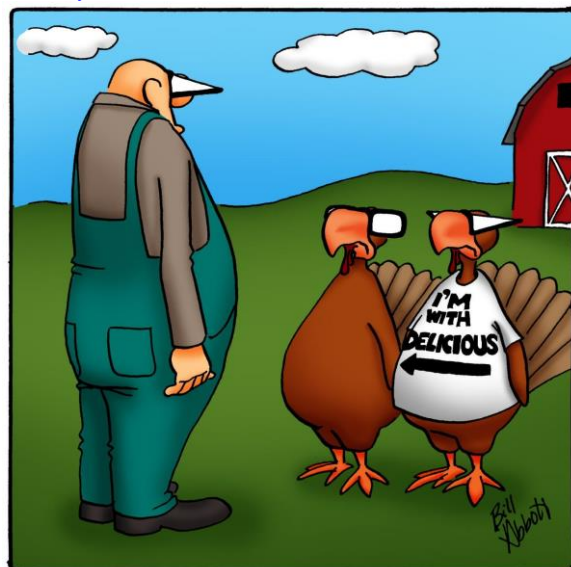
Directions:

1. Preheat oven at 350° F
2. Cream together butter, 2C sugar, and eggs.
3. Add milk, flour, and baking soda.
4. Put ½ of batter (or less) into greased loaf pans (1/4 in each pan).
5. Mix in a separate bowl the 2/3 c sugar and 2 tsp cinnamon.
6. Sprinkle ¾ of cinnamon mixture on top of the ½ batter in each pan.
7. Add remaining batter to pans; sprinkle with last of cinnamon topping, swirling with a knife.
8. Bake for 45-50 minutes or until toothpick tester comes clean.
9. Allow to cool 20 minutes before removing from pans.

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.

I see people
around my age
mountain
climbing, I feel
good getting
my leg through
my underwear
with out losing
my balance

Source: [Senior Citizen stories, Senior jokes and cartoons. - Page 5 - AARP : Community](#)



Source: <https://www.rd.com/list/thanksgiving-cartoons/>

MY FACE IN THE MIRROR ISN'T WRINKLED OR
DRAWN; MY HOUSE ISN'T DIRTY AND THE
COBWEBS ARE GONE. MY GARDEN LOOKS LOVELY
AND SO DOES MY LAWN;

ANGELS, FAIRIES & CHERUBS ~ OH MY



I THINK
I MIGHT
NEVER
PUT MY
GLASSES
BACK ON.

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

**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

Monica Voigt

Housing Administrator

Molly Booth

Housekeeper

Justin “Joe” Hoerner: (989)306-5452

Maintenance Technician

Patricia “Trish” Pasini

Administrative Assistant

Matt Bush: (231)268-8990

Service Coordinator

Gary Hansel: (989)306-4694

Caretaker

BUILDING AFTER OFFICE HOURS (989) 306-4694
EMERGENCY NUMBER



BOARD MEMBERS:

- SANDRA GRULKE
- TOM PETERMAN
- SCOTT PAULY
- LAURA SHACK
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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 numbers on the board and by the office window daily.

**The Winner of October’s BINGO:
Thomas McDonald**

Commodities – November 3, 2022

PICCOA Bus: 989-766-8191

Embrace the possibilities