



# Manor Monthly



## Embrace the possibilities

4255 S. Lynn Street • Onaway, Michigan 49765 • [www.pvm.org](http://www.pvm.org)

December 2023

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

## 9 Ways You're Doing Laundry All Wrong



Picture source: <https://clipart-library.com/clipart/free-laundry-cliparts-27.htm>



## Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



You follow the same routine each week, gathering dirty clothes, sheets, and towels, separating whites from darks, pouring detergent, and spending hours washing, drying, and folding clean laundry.

Roughly 50 percent of American families wash seven loads of laundry per week — or up to 2,000 pounds of clothes every year, according to a 2021 survey done for appliance maker Whirlpool. Believe it or not, laundry ranks as America's favorite cleaning task, according to a separate survey by the American Cleaning Institute.

Even if you love doing laundry, you're likely making loads of mistakes when it comes to getting your clothes clean. Here are nine ways you might be doing laundry all wrong.

*Continued on page 3 & 4*

# Operation Christmas Child Mission

*“Let the children come to Me; do not hinder them, for to such belongs the kingdom of God.”*

*Mark 10:14, ESV*

The mission of Operation Christmas Child is to demonstrate God’s love in a tangible way to children in need around the world. Through this project, Samaritan’s Purse partners with the local church worldwide to share the Good News of Jesus Christ and make disciples of the nations.



Franklin Graham leads a team to deliver Operation Christmas Child shoeboxes to boys and girls in Bosnia in 1995.

**Thanks to the generosity of folks at Lynn Street Manor, Hillside Apartments, and Good Hart Church...26 boxes are on their way to children all over the world to spread Christmas cheer! Thank you!**

## Lease

### Section 9-D Pg. 3&4 of 10

The term "material noncompliance with this Agreement" shall, in the case of the TENANT, include

- (1) one or more substantial violations of this Agreement,
- (2) repeated minor violations of this Agreement which disrupt the livability of the project, adversely affect the health or safety of any person or the right of any tenant to the quiet enjoyment of the leased premises and related project facilities, interfere with the management of the project or have an adverse financial effect on the project, ...

To read more of this section, it can be found on Pg. 3 of your Lease.

Continued from Pg. 1

**1. Skipping sorting:** Separating whites and darks is just the beginning.

Though research showed that some households sort laundry according to stain intensity or wash underwear separate from kitchen towels, there's no need to sort laundry into countless micro loads. Instead, Keith Flamer, laundry expert for *Consumer Reports*, suggests thinking about fabrics.

Sort delicates from synthetics and wash denim on its own — even if your favorite jeans and T-shirt are the same color. Denim, he explains, can be abrasive and damage lightweight clothing.

**2. Overloading the machine:** Doing fewer, larger loads might cut down on the amount of time you spend doing laundry, but your clothes may not get as clean.

“When we overstuff [the washing machine], the clothes and the detergent can't circulate enough,” Flamer says. “You end up with uneven cleaning and possibly detergent residue on your clothes.”

Flamer suggests washing two medium-sized loads instead of one extra-large load of laundry. Check your washing machine manual for recommended load sizes — they might be smaller than you think.

**3. Doubling down on detergent:** Detergent was designed to trap dirt and wash it down the drain in the rinse cycle, but washing machines aren't powerful enough to keep up with excess detergent, says Patric Richardson, who calls himself the Laundry Evangelist and is host of *The Laundry Guy* on the Discovery+ channel.

“The soap is doing its job, but it doesn't get rinsed out, so it resettles into your clothes — with the dirt,” he says.

You don't need more than two tablespoons of laundry detergent in a full load to get your clothes truly clean, according to Richardson; use even less detergent in smaller loads.

**4. Choosing hot water:** You probably already know that hot water can shrink or fade your clothes, but you may not realize that it can cause blood, sweat, and other stains to set in the fabric.

*Consumer Reports* tested stain removal at various water temperatures and found that lower (cooler) temperatures were just as effective as hot water.

Washing clothes in cold water also cuts energy use and could lead to savings on your utility bills.

**5. Ignoring labels:** Almost one-quarter of Americans rarely or never read the fabric care instructions on tags before washing their clothes, according to the American Cleaning Institute survey.

“Most clothes are washable,” Flamer says, but it's still a good idea to follow the manufacturer's recommendations for washing machine settings, water temperature, and bleach instructions. “It will help your clothes last longer.”

## The Green Grass Under the Snow

By: Annie A. Preston  
Source:

<https://www.stresslesscountry.com/winterpoems.html>

The work of the sun is slow;  
But as sure as heaven, we know;  
So we'll not forget,  
When the skies are wet,  
There's green grass under the snow.

When the winds of winter blow,  
Wailing like voices of woe,  
There are April showers,  
And buds and flowers,  
And the green grass under the snow.

We find that it's ever so  
In this life's uneven flow;  
We've only to wait,  
In the face of foe,  
For the green grass under the snow.



Picture source:

<https://unsplash.com/photos/white-snow-on-green-grass-field-7FTVdfxE6ik>





**6. Tossing clothes in the dryer:** Not all clothes that come out of the washing machine should go into the dryer.

Richardson only uses the dryer for towels, sheets, and socks; he hangs everything else to dry. The reason: Heat is really hard on fabrics. Putting cotton clothes in the dryer damages the fabric and reduces its strength, increasing the risk of tears. Keep bras, lingerie, and other delicates out of the dryer, as well as anything wool.

“It really is best for your clothes to hang them up, but it’s especially important for things that are wool and for those techno [performance] fabrics,” he says. “It really will extend their life.”

**7. Adding fabric softener:** Flamer has a hot take about this popular laundry product: It’s a waste of money. He included dryer sheets in that assessment.

“Most people like soft clothes, but it can leave a layer of residue on your clothes,” he says.

Fabric softeners can ruin the moisture-wicking properties in workout clothes; the heat in the dryer may cause the chemicals in the fabric softener to bond to stains, making them harder to get out.

Worried about static cling? Use dryer balls — round objects typically made of wool that prevent laundry from clumping together — in every load. Richardson recommends using a softball-sized ball of aluminum foil in the dryer, saying it works better than fabric softener or dryer sheets to collect static cling. The ball should last 30 to 60 loads and won’t harm fabric, he says. The ball will get smaller and smaller through use, so when it gets to the size of a walnut, toss it and create a new one.

**8. Avoiding the manual:** It’s true that appliance manuals aren’t page-turners, but they are still important reading. Flamer notes that manuals provide information on different washing machine and dryer settings and advice on when to use each one. Following the manufacturer’s recommendations could help improve appliance performance.

**9. Using ‘one size fits all’ products:** The supermarket laundry aisle is chock full of dark formula detergents and detergents for delicates and fabric softeners, stain removers, and scent beads. You might not need all of them but don’t assume that the same products should be used to wash everything from socks to silks.

Richardson points to oxygen bleach as an oft-overlooked but essential laundry product in the era of athleisure. Oxygen bleach, also known as sodium percarbonate, contains hydrogen peroxide that helps remove sweat stains and oils that minimize the stretch in athletic wear and other performance fabrics.

If you would like to read the full article, visit <https://www.aarp.org/home-family/your-home/info-2023/laundry-mistakes.html>



# Color Me



Source: <https://everfreecoloring.com/cp/grinch-coloring-pages-for-adults-grinch-hiding-behind-a-christmas-tree/>

## **BIRTHDAY BASH**

*December 8<sup>th</sup>, at 1:00pm*

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



Picture by Patricia Pasini

## **BIRTHDAYS:**

- Mary J. 12/12
- Red F. 12/21



Picture source: Patricia Pasini

## **December Symbols**

[www.ducksters.com](http://www.ducksters.com)

Birthstone: Turquoise

Flower(s): Narcissus & Holly

Zodiac Signs:  
Sagittarius & Capricorn

# Word Search



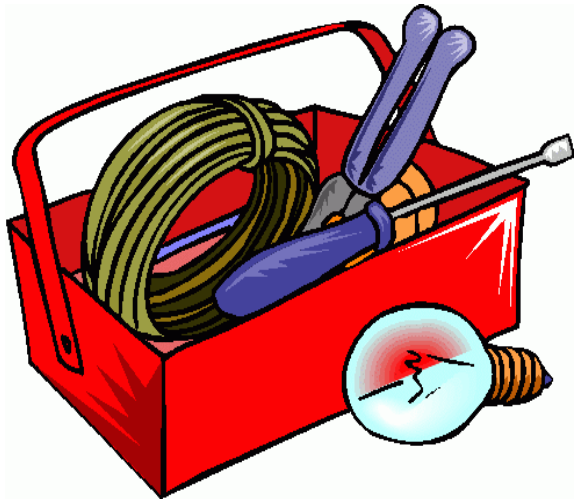
S	T	O	Q	A	Q	S	M	R	A	E	A	E	E	T
Y	A	O	K	G	T	T	Q	E	J	T	L	D	O	B
P	O	M	J	X	H	N	R	E	R	J	N	V	P	U
C	F	J	T	C	X	E	E	D	I	R	Z	A	E	L
D	U	X	N	S	D	S	E	N	B	X	Y	H	S	S
M	Y	I	N	N	I	E	H	I	B	P	A	F	O	C
Z	R	O	O	L	R	R	C	E	O	D	B	F	T	O
G	W	W	E	T	Z	P	H	R	N	Y	T	F	H	O
I	Y	L	I	M	A	F	Y	C	S	B	R	S	W	K
Y	L	G	D	E	C	O	R	A	T	I	O	N	S	I
S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

- |           |          |             |
|-----------|----------|-------------|
| Bows      | Caroling | Cheer       |
| Christmas | Cookies  | Decorations |
| Elves     | Family   | Friends     |
| Grinch    | Joy      | Merry       |
| Presents  | Reindeer | Ribbons     |
| Santa     | Snow     | Snowmen     |
| Tree      | Wonder   | Wreathes    |

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

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





MESSAGE(S) FROM Maintenance:

*The salt containers have been put out. Please do not touch/move them. If you think that salt needs to be put down, let the office, Joe, or caretaker know.*

*Be sure to take precaution when exiting the building and while in the parking lot, conditions may be icy.*

*Thank you,  
Joe*



**New Year's eve party in the planning process. If you have ideas or suggestions, please bring them to the office.**

## RANDOM LITTLE TIDBITS

### 1. New Housekeeper

As many of you may have noticed, we have a new housekeeper, Lovina. Please remember that if you notice an area that needs her attention you are to let the office know and we will make sure it gets done, there is no need to disturb her while she is doing her work.

### 2. Life Safety

We have noticed that hallways being congested with different items left outside of unit doors. Leaving things in the hallways cause EMTs difficulty navigating with a gurney, which could become a Life Safety issue. Delays in providing care to a resident in need because they had to move a walker to get by, for example. Therefore, starting December 1st, if you leave anything in the hallways (i.e. walkers, carts, etc.) you will receive a warning to remove the item immediately. If repeated, you will receive a Life Safety lease violation.

### 3. Opening the Door

Just a friendly reminder, ONLY open the door for people who are here to see you. Even if you know them, they need to buzz the apartment they are visiting. This allows the resident to grant access and gives them time to prepare for their guest's arrival.

### 4. Girl Scouts Caroling

A local Girl Scout troop plans to do some caroling on **Dec. 3<sup>rd</sup> at 4 pm** in the dining room. They will be bringing cookies to share with the residents. Come down and join in on the fun.

### 5. Cookie Decorating

Barb H.'s daughters will decorate cookies with the residents on **Dec. 15<sup>th</sup> at 1 pm**. Cookies will be pre-made. A sign-up sheet will be on the board across from the office.

### 6. Christmas Caroling

There will be Christmas Caroling in the Dining Room on **Dec 17<sup>th</sup> at 3 pm**. A light snack will be provided, so come join the festivities.

### 7. Painting with Monica

Painting with Monica will be held on **Dec. 20<sup>th</sup> at 10 am**. This session will be a continuation of the one held in October.

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



# Resident Council Message Board

## President's Report:

Halloween was a great success! The Activity Committee did a wonderful job decorating, and with the help of the many volunteers we were able to pass out candy to roughly 299 children.

Please join me in congratulating the winners of the Costume Contest: 1<sup>st</sup> –Thomas S. 2<sup>nd</sup> – Oscar H. 3<sup>rd</sup> – Sharon W.!

We were happy to see that eight residents attended the Nov. meeting and hope to see even more in attendance at the Dec. 14<sup>th</sup> 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 currently have nothing planned but will be getting together soon to make plans for future events.

Hope everyone had a Happy Thanksgiving.

Thanks,  
The Kitchen  
Committee

## Hello from the Activities Committee!!

Christmas is upon us, and we wish everyone a happy and safe holiday season!

Hope to see you all at the next Council meeting, Dec. 14<sup>th</sup>!!

Thank you,  
-Miss Kay, Joanie, Brad & Bill

P.S. – How many of you would like to see our Council President, Larry R., dressed as Santa?

## Welcome Committee:

Welcome Karen Wood in 226 to LSM.

We are ready to welcome all new move-ins and look forward to getting to know our new neighbors.

Thank you,  
The Welcome Committee

## Wellness Committee

If you are not feeling well and think you may need Pedialyte please call Cherrie at 989-505-6143.

The Wellness Committee is here for you.

# Recipe Swap & Funnies

## HEAVEN ON EARTH CAKE



Thank you, Barb Homan and Pinterest, for this recipe.

Source: <https://www.onionringsandthings.com/heaven-on-earth-cake/>

Picture source: Monica Voigt

### Ingredients:

- 1 Box Angel food cake or 1 prepared Angel food cake
- 1 Pkg. (3.4 oz.) Instant Vanilla Pudding
- 1 ½ C. Milk
- 1 C. Sour cream
- 1 Can (21 oz.) Pie filling of your choice
- 1 Tube Cool Whip
- 1 Tbsp. Toasted almond slivers

### Directions:

1. Bake angel food cake according to package's directions. Allow to cook and cut into cubes.
2. In a bowl, combine pudding mix, milk, and sour cream and beat until smooth. Set aside.
3. In a 9x13 baking dish arrange ½ of cake cubes in a layer.
4. Spoon 2/3 of pie filling over cake.
5. Place the remaining ½ of the cake on top of the pie filling.
6. Spoon pudding over cake and spread evenly.
7. Spoon and spread whipped topping over the pudding layer.
8. Garnish with the remaining pie filling and toasted almonds.
9. Chill for about 4 to 5 hours. Cut into servings.

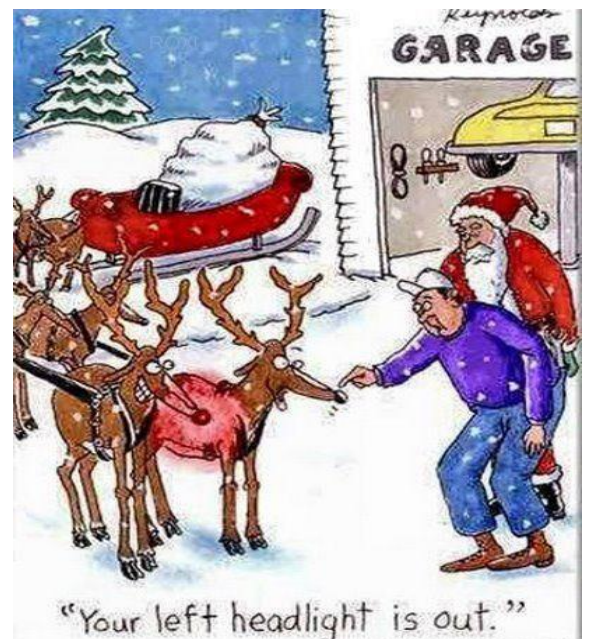
*If you have a recipe you would like to share, please bring it to the office and it will be included in the next newsletter.*



Source: <https://www.pinterest.com/pin/75505731231391180/>



Source: <https://www.pinterest.com/pin/189080884330241563/>



Source: <https://www.pinterest.com/pin/75505731231391180/>



# December Kindness 2023



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



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

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

6 Leave a positive message for someone else to find

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 2024





**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](http://www.pvm.org)

# Office Numbers

989.733.2661

## Village Staff

**Monica Voigt**

*Housing Administrator*

**Lovina Kenroy**

*Housekeeper*

**Justin "Joe" Hoerner:**

**989.306.2256**

*Maintenance Technician*

**Patricia "Trish" Pasini**

*Administrative Assistant*

**Matt Bush: 231.268.8990**

*Service Coordinator*

**Gary Hansel: 989.306.4694**

*Caretaker*

**BUILDING AFTER OFFICE HOURS  
EMERGENCY NUMBER**

**989.306.4694**



## BOARD MEMBERS:

SANDRA GRULKE

NICK JARVIS

SCOTT PAULY

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](http://www.pvmgifts.org)



Check your numbers on the board and by  
the office window daily.

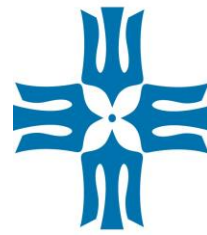
The Winner of November's BINGO:  
Kay Carter

**Commodities – December 7, 2023**

**PICCOA Bus: 989-766-8191**

# Embrace the possibilities






# Dec 2023



# Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Monday	Tuesday	Wednesday	Thursday	Friday
				1 6p – Card Games
4 10a – Onaway Banks (Van Trip) 1p – Let's Stretch 5:30p – Bingo!	5 6p – Board Games	6	7 9a – Commodities	8 1p – Birthday Bash 6p – Card Games
11 1p – Let's Stretch 5:30p – Bingo!	12 6p – Board Games	13	14 1p – Resident Council	15 1p – Cookie Decorating 6p – Card Games
18 1p – Let's Stretch 5:30p – Bingo!	19 6p – Board Games	20 10a – Painting w/ Monica	21	22 6p – Card Games
25 	26 6p – Board Games	27 12p – Meals with Friends	28	29 2p – Book Club 6p – Card Games

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