



Manor Monthly



Embrace the possibilities

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

January 2021

Featured Articles

- Service Coordinator Corner pg. 2
- Neighbor Happenings & Birthdays pg. 3
- 6 Simple Steps... pg. 4-5
- Glass to Color pg. 6
- Maintenance Message & MI Secretary of State Article pg. 7
- Random Tidbits pg. 8
- Recipe Swap & Jokes pg. 9

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

Hello Everyone and Happy



I want to thank all of you for your continued support in this terribly tough time. I am very proud of the way the residents and my staff have handled this pandemic. It is the first time we are dealing with this as a community at Lynn Street Manor and as a company at PVM. We may not always agree with everything we are asked to do, but please know that it is making a difference. I am more than happy to listen and help where I can. On the other hand, there are some things that have to stay shut down for now. I hope everyone understands it is for the safety of yourselves, your neighbors, and the staff. We have had minimal cases of the virus in the building and I am planning to do everything in my power to keep it that way. As soon as the restrictions are lifted we will be opening everything back up to whatever capacity we can.

The COVID-19 vaccines are beginning to be distributed throughout the state. We are unfortunately not first in line, but Matt and I are working hard to bring the vaccines here to the Manor. We have been told that it may not be until Spring but I am hopeful that it may come sooner. I personally will be getting the vaccine and highly



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



...Continued on page 2

Service Coordinator Corner | Matthew Bush (989) 306-0172

I am happy to announce that Lynn Street Manor will soon have a van! It is a 2013 Ford E350. It has 124,000 miles but is in excellent condition. It has a wheelchair lift. With a wheelchair it is a 7 seater and without a wheelchair it seats 9. Ian and I will be getting the title transferred and getting plates for it next week. The Friendship Center in Petoskey sold the van to us for a dollar!



We would like to hear ideas of where you would like the bus to travel. While they may not all be possible, it will help determine your needs and interests. You can leave a note in the suggestion box by the main office window and be sure to include your name.

Thank you!

...Continued from page 1
encourage everyone to do so as well! Be sure to review the ingredients of the vaccine to avoid allergens or irritants before taking it. Some symptoms will be present in people that get the vaccine but much less intense than having the actual virus. Please come to the office and ask for information if you misplaced the distributed handouts, I am more than happy to give out the info!

While we are continuing to restrict use of common spaces and restrict visitors, please know that we in the office are here, and available during business hours to hear your requests, answer your questions, and to distribute information as we learn more. Never hesitate to come down and ask us things, we have no reason to tell you anything but the truth, as long as it does not infringe on the rights to privacy of information for our residents.

As 2021 progresses, let's remember how tough 2020 has been for all of us. Be kind, smile, and try to do our best to make everyone that lives here feel at home.

**Ian Straley,
Housing Administrator**

Cards from the Kindergartners, and First & Second Graders at Onaway Area Schools



Thank You!



We are hoping to be able to do some kind of meal to celebrate the start of the New Year, and if you would like to volunteer to assist in the cooking and disbursal call or come down to the office. Details will come.

See you next year!!

BIRTHDAY BASH

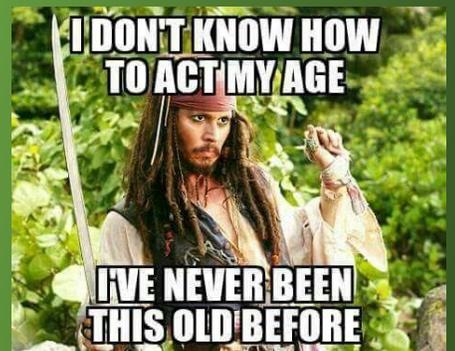
January 15, 2021 at
1:00pm
(pick-up to go).

We will be doing Cookies and the like this month. Please let the office know if you will be bringing something.



BIRTHDAYS:

- Barb Homan 1/6
- Sherry DeRosia 1/7
- Elaine Wenzel 1/14
- Lindsay Doyle 1/18
- Don Hemme 1/21
- Eleanor Freel 1/30



6 simple steps to keep your mind sharp at any age

Updated: May 26, 2020

Published: May, 2011



Everyone has the occasional "senior moment." Maybe you've gone into the kitchen and can't remember why, or can't recall a familiar name during a conversation. Memory lapses can occur at any age, but aging alone is generally not a cause of cognitive decline. When significant memory loss occurs among older people, it is generally not due to aging but to organic disorders, brain injury, or neurological illness.

Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia

with some basic good health habits:

- staying physically active
- getting enough sleep
- not smoking
- having good social connections
- limiting alcohol to no more than one drink a day
- eating a Mediterranean style diet.

Memory and other cognitive changes can be frustrating, but the good news is that, thanks to decades of research, you can learn how to get your mind active. There are various strategies we can use to help maintain cognitive fitness. Here are several you might try.

1. Keep learning

A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Many people have jobs that keep them mentally active. Pursuing a hobby, learning a new skill, volunteering or mentoring are additional ways to keep your mind sharp.

2. Use all your senses

The more senses you use in learning something, the more of your brain that will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each presented along with a smell. They were not asked to remember what they saw. Later, they were shown a set of images, this time without odors, and asked to indicate which they'd seen before. They had excellent recall for all odor-paired pictures, and especially for those associated with pleasant smells. Brain imaging indicated that the piriform cortex, the main odor-processing region of the brain, became active when people saw

objects originally paired with odors, even though the smells were no longer present and the subjects hadn't tried to remember them. So challenge all your senses as you venture into the unfamiliar.

3. Believe in yourself

Myths about aging can contribute to a failing memory. Middle-aged and older learners do worse on memory tasks when they're exposed to negative stereotypes about aging and memory, and better when the messages are positive about memory preservation into old age. People who believe that they are not in control of their memory function — joking about "senior moments" too often, perhaps — are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

4. Prioritize your brain use

If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of smart phone reminders, calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often.

5. Repeat what you want to know

When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection. For example, if you've just been told someone's name, use it when you speak with him or her: "So, John, where did you meet Camille?"

6. Space it out

Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period, as if you were cramming for an exam. Instead, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day. Spacing out periods of study helps improve memory and is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment.

For more information on diagnosing memory problems and boosting your memory, read *Improving Memory*, a Special Health Report from Harvard Medical School.

Source: <https://www.health.harvard.edu/mind-and-mood/6-simple-steps-to-keep-your-mind-sharp-at-any-age>

Decorate each with a wish/cheer for the New Year, your name, simply color and **bring to the office**. We will hang them up on the wall so that all our neighbors will be able to share the positive thoughts. We need as many as we can get so if you want to create more than one... extras are available at the office!!

Thanks for your

participation!





MESSAGE(S) FROM MAINTENANCE:

Please be aware of your footing and slippery spots. We will do our best to keep parking lots, sidewalks, and such places salted, but still be cautious. Let the office know of bad areas and they will be tended to.

Remember to move your cars into spaces that have been plowed and in groups if possible... Especially after a heavy snow. This will allow for a better maintained parking lot.

*Thank you!
Pat*

MICHIGAN'S SECRETARY OF STATE OFFICE MOVING MORE SERVICES ONLINE

The pandemic has highlighted the importance of making things easier for Michigan constituents. They have taken note of the important part this can play for ease and convenience during these times. It appears that the office and many other government and service organizations will be doing the same well into the future. Here are some of these services which the Michigan Secretary of State's Office has announced:

Beginning in March, driver's licenses and state ID cards can be renewed online and at self-service kiosks around the state. Drivers can also add a motorcycle endorsement to their license and request their own driving record online. The 130 kiosks in branch offices, Meijer, Kroger and other grocery stores statewide can also process an ID replacement and allow residents to add themselves to the donor registry. Other online transactions include:

Electronic lien and title information instead of paper title documents; a simplified graduated driver's license program to reduce visits to their office; mechanic testing registration (beginning March 15th for those with a Michigan driver's license or state ID.

This is good news for many who are high risk for COVID and have been unable to renew their license or ID. And this shows promise for continuing into the future, especially for seniors who may have transportation issues. This good news, along with the vaccines coming to our rescue, show promise for a brighter and easier time in the New Year.

I hope that you were able to connect with family over the holidays in new and creative ways. Thank heavens for the internet! Wishing you a safe, healthy and peaceful New Year in 2021. Thank you for your readership.

Author: Lynn Alexander

RANDOM LITTLE TIDBITS

1. LET'S TALK – Will come to your door as a flyer.

COVID-19 restrictions are still limiting the number of people for indoor gatherings, so we will continue to bring Let's Talk to your door until this changes. **If there are any topics you would like to see addressed, reach out to your office staff by the end of the first week of the month.** Watch for the flyer and remember to fill your name out on the raffle ticket for a chance to get a prize.

2. PICCOA Bus: 989-766-8191

For those that ride the bus, I am sure you are aware that the schedule has changed. Because of the lack of bus drivers, the bus will **ONLY RUN ON WEDNESDAYS**. Winter weather will also play a factor in whether the bus will run or not, so it is very important that you reach out to **PICCOA at 989-766-8191 to schedule your rides.**

3. Christmas Decorations around the Manor

Thank you to Carmen and all the Elves that helped put up our Christmas decorations. The Elves that assisted Carmen were: Gail Box, Anna Wood, Barb Homan, and Cheryl Nichols. All the help was so appreciated and it made the Manor look so festive! **Also, if you created an ornament...they have been laminated and can be picked up in the office.**

4. Annual Unit Inspections will be coming in mid-February

Annual Unit inspections will take place in February, and specific information will be coming as we get closer. However, now is a good time to get started on your preparations. Some things to start with are as follows: Make sure windows are accessible and the sill is clear. Cabinets below the sinks can't be crammed full...nothing should touch or push into the pipes below. No cords or the like can cross areas where you walk and these areas should also be cleared of debris. If you have any more questions or concerns about what you can do to prepare, please stop by the office.

5. Baby Photos

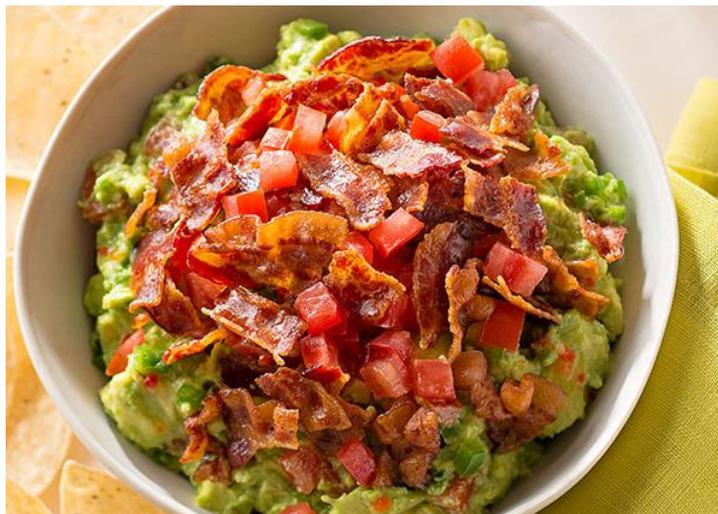
We will be doing another "Guess the Baby" contest so I need more photos! Any photo from when you were younger will work. Please bring them to the office by **January 18th**.

6. Stories from Your Past

Do you have an interesting stories from your past that you would like to share with the neighbors? If so, write them down and drop at the office. I think it would be interesting to spotlight some of your memories in the upcoming newsletters.

If you would like a printed activity packet (crosswords, word search, Sudoku, color pages, etc.) please let the office know!

Recipe Swap



BACON & TOMATO GUACAMOLE

Thank you [Kraft Foods](#) for the recipe!

Ingredients

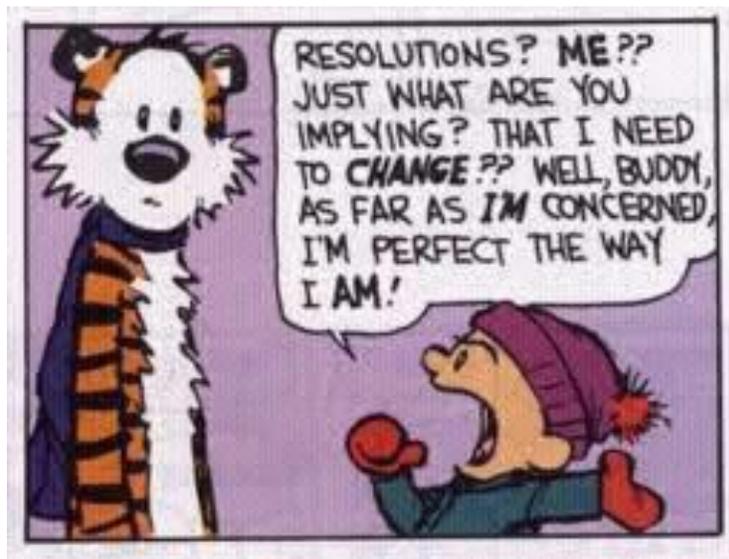
- 3 Fully ripe avocados, mashed
- 1 Tomato, seeded, chopped, divided
- ¼ cup KRAFT® Zesty Italian Dressing
- 1 Jalapeño pepper, seeded, chopped
- 8 slices cooked OSCAR MAYER® bacon, chopped

Directions

1. Combine avocados, ¼ cup tomatoes, dressing, and pepper.
2. Spoon into serving bowl.
3. Top with bacon and remaining tomatoes.

Special Extra (Optional)

Stir 2 Tbsp. chopped fresh cilantro into the guacamole before topping with bacon and tomatoes.



**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

Ian Straley
Housing Administrator

Lindsay Doyle
Housekeeper

Patrick Downing: (989) 306-5452
Maintenance Technician

Monica Voigt
Administrative Assistant

Matt Bush
Service Coordinator

Gary Hansel: (989) 306-4694
Caretaker

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



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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.**

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



Check your number on the board and by the office window daily. Gail Box was the winner for December.

Embrace the possibilities