



Manor Monthly



Embrace the possibilities

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

October 2019

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Welcome to the month of October at Lynn Street Manor Apartments.



Photo by Robert Zunikoff on Unsplash



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Innovation and Diversity

“Innovation is integral to our mission and vision and is ingrained in PVM’s DNA,” says Roger Myers, President and CEO. “Our embrace of new ideas and approaches has led to success in transforming senior living and services in a way that expands diversity and promotes the wellness of mind, body, and spirit.”

The organization’s commitment to diversity is evident in everything from the economic segments served to the gender, race, religion, sexual orientation, and age of both residents and staff.

“Our management and board of directors worked alongside community stakeholders to craft a business case for diversity and inclusion years ago,” explains LaDonna Holley, Senior Vice President of Human Resources and Housing. “We’re proud today of the positive impact our commitment has had on the communities we serve.”



Subject: Extended Absence

HUD will allow a resident to keep an apartment for up to 180 days if they are hospitalized, or in convalescent care.

Residents must not be absent for more than 60 continuous days for non-medical reasons. If a resident is absent for longer than 60 continuous days, management may seek possession of unit for abandonment.

If a resident is leaving for more than 48 hours, they must give Management the name, telephone number, and address where they are staying.

HUD's rule is that Lynn Street Manor must be the resident's **ONLY** place of residence and they may not receive any government subsidy other than that for Lynn Street Manor.

Subject: Unit Transfers

A resident may transfer to a different apartment to reasonably accommodate a resident's needs with a Physician's verification. *Your lease goes back to a year lease from date of transfer before returning to month to month.*

REMEMBER: COMMON SENSE AND COMMON COURTESY GO A LONG WAY. ALSO, WHEN IN DOUBT CHECK YOUR HOUSE RULES OR COME TO THE OFFICE WITH YOUR CONCERNS AND/OR QUESTIONS.

NATIONAL DIVERSITY DAY IS OCTOBER 4TH.

"HOW CAN YOU SUPPORT CULTURAL DIVERSITY?"

- "Increase your level of understanding about other cultures by interacting with people outside of your own culture.
- Avoid imposing values on others that may conflict or be inconsistent with other cultures.
- When interacting with others who may not be proficient in English, recognize that their limitations in English proficiency in no way reflects their level of intellectual functioning.
- Recognize and understand that concepts within the helping profession, such as family, gender roles, spirituality, and emotional well-being, vary significantly among cultures and influence behavior.
- Intervene in an appropriate manner when you observe others engaging in behaviors that show cultural insensitivity, bias, or prejudice.
- Be proactive in listening, accepting, and welcoming people and ideas that are different from your own."

SOURCE:

<https://www.partnershipinternational.ie/why-is-cultural-diversity-important/>



BIRTHDAY BASH

Friday, Oct. 11th
1:00 p.m.



BIRTHDAYS:

- Carmen Clayton 10/10

PLEASE LET THE OFFICE
KNOW IF YOU ARE
BRINGING A CAKE.

THANK YOU!

Share & Care Meal

BBQ pulled pork, mac & cheese, and all the fixings was a delicious way to spend some time together. Local volunteers provide everything to create a meal for our residents on the last Wednesday of each month. We are so grateful for their generosity, and look forward to each meal!

Pizza with Neighbors

Cheryl, Pat, & Kay organized and gathered funds to buy pizzas from Woodwinds...a local restaurant. In addition to the pizzas we purchased, Woodwinds generously donated some as well. Thank you Ladies for all you did to make this social gathering happen.



*A thankful heart is
a happy HEART*

RANDOM LITTLE TIDBITS

1. Dining Room & Common Areas

The Dining Room and Common Areas are for the use and enjoyment of all the neighbors. Please police yourselves following your use of said areas: pick up your food/drinks, scoot your chairs back in, return items to their homes (example: used coffee cups to kitchen sink, Freddie's Flyers to the stack or to recycling). It is up to each of us to take pride in our environment and be the example we want to see in others.

2. Let's Talk Meetings -Make your voice heard!

The "Let's Talk" meetings take place in the dining room, and is the best time to find out about events that are coming, policy issues, etc. It is also the best opportunity for you to vent any kudos, concerns, or complaints that you may have. The next meeting is: **October 9th (Wed.) at 1:00pm.** Also, there is a prize drawing for those that attend.

3. Donations left on the counter in the kitchen.

Occasionally there items brought in by community members...Remember they are for everyone, so just take enough for yourself and allow time for others. Check back later to see if there is still some left before taking more.

4. Pumpkin Carving/Decorating Event: 1:00pm October 25th.

We will be decorating/carving pumpkins that will be disbursed around the Manor for the Halloween Party. **If you are interested in participating in either that or the Halloween Party, please add your name to the sign-up sheets by the Board.**

5. Decorating the Manor- Thank you Carmen for all your work!!

Carmen, with Kelly's assistance, has started decorating for Halloween (it's looking AMAZING) and as we move into the holiday season, she may need some more help. If you are interested in helping, reach out to the office or to Carmen (Unit 108). We are also accepting donations for new decorations in the office.

6. Change of Season & Bugs

"For most insects, colder winter weather indicates that it is time to find shelter. Some insects literally 'hole up' or hibernate to conserve energy and avoid harsh climates." (<https://www.smithereen.com/residential/four-seasons-residential-pest-control/impact-of-weather-on-pest-movement-and-patterns>) We have had the Exterminator here and they have done the Fall Treatment for the Manor, and the first frost will help slow down the amount of bugs we have seen lately. **Please notify the office IMMEDIATELY if you see or have any bugs in your unit.** If you can catch one for a sample it is very

useful to have the culprit on hand when discussing solutions with the Exterminator. We take all occurrences very seriously.

7. Schwan's Truck here (once a month). Next visit: 10/8/2019

Kory our Swan's Truck driver will be available at our location once a month on a Tuesday. If you have missed him and need to order, I will have him leave extra catalogs in the office, and his phone number is: 989-916-4911. *If using a Bridge Card, the charge is processed on the day of delivery*

8. Nomination for "Shining Star" – Pat Downing

The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence. Employees, residents, families and board members were eligible to nominate PVM employees. He travels to the Banquet, October 18th. We thank you for your excellent service!!

9. Gear up for Winter at St. Pauls' Hall – Donations needed.

St. Pauls' Hall is accepting donations of all size coats, hats, mittens, gloves, and non-perishable food items. The office will have a box that we will take down on Thursday October 10th if you have any donations. Their event is **October 15th from 2:00-5:00pm** if you need any of the aforementioned items.

10. Did you know? Helpful hints for your Auto...

Did you know before you shell out big bucks to an auto body shop for dent repair, you could try a plumber's plunger? Place the plunger over the dent and pull it out gently. You may want to wet the plunger first to help create the suction. This really works...Cheryl Nichol's nephew did it to her Jeep.

11. Staying connected to your community

Staying socially connected can improve the quality of your life, it provides activity and social interaction, and can prevent loneliness. There are many ways to connect: group classes, your faith community, parks and recreation centers and volunteer activities. Try a variety of activities to find what works for you.

If you have any ideas or requests for activities, let the office know!



Patrick Downing: (989) 306-5452
Maintenance Technician

MESSAGE(S) FROM MAINTENANCE:

1. Preparation for the winter –
 - We had Sheer Builders out last week doing work on our building fascia to keep it from blowing in the wind.
 - Downing Landscaping pruned our trees and planted new fruit trees.
 - AC units are in the process of being removed.
 - Boiler has been turned on.
2. The Board has approved the installation of new carpeting in the dining room, halls, and other common areas. This will be done in phases & you will be notified of exact dates as they are determined.

Thank you! Pat

Service Coordinator Corner | Matthew Bush (989) 733-7792

FREE flu shots
no cost to you
with most insurance¹



October 23rd from 1-2 PM

Both Flu and Pneumonia vaccines will be offered!

Please bring proof of insurance such as your Medicare card.

Please note we must have at least 20 sign up for Walgreen's to come! Sign-up sheet is on the bulletin board across from the front office.

Recipe Swap



Photo credit: MARK BOUGHTON

Thai Turkey Burgers- Thank you Cheryl N.

Ingredients

- 1 lb. Ground Turkey
- 1 Tbsp Lemon Juice
- 1 Tbsp Lime Juice
- ½ cup Grated Carrots
- 2 tsp Chili Paste
- 4 Scallions, minced
- 2 Tbsp Chopped Cilantro
- 1 tsp Fish Sauce

Directions

1. Dump everything into a bowl, mix well.
2. Make into patties. 3-4 depending on the size you want.
3. Grill.

Spicy Aioli:

- 1/4 cup mayonnaise or tarter sauce
- 1-2 tablespoons sriracha or chili garlic sauce

Optional Additions: Toasted Buns, Cucumber Ribbons, [pickled red onions](#) (yum), Pickled radishes, spicy greens like watercress, sprouts, avocado

Need more recipes for next month!!
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Source: <https://www.dailymail.co.uk/news/article-2513557/Gardening-retirement-dramatically-improves-health-old-age.html>



Source: https://kmssciencehunt.weebly.com/uploads/1/3/5/7/13572765/halloween-surprise-me_1_orig.jpg

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

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Housekeeper

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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



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

BOARD MEMBERS:

SANDRA GRULKE
TOM PETERMAN
SCOTT PAULY
LAURA SHACK
CARMEN CLAYTON
CYNTHIA BIGGINGS
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Embrace the possibilities