



Manor Monthly



Embrace the possibilities

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

November 2019

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National Diabetes Month
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*Also included: Calendars,
Bingo Card, "Take Diabetes
to Heart page" & more!*

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



Photo by [vitaly turchaninov](#) on [Unsplash](#)



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Subject: PULL CORDS & SAFETY

Recently we have been getting some small blips of “false alarms” coming from our pull cord system. We are working to determine the source of the issue. Please notify the office of **ANY** issues with the pull cords in your room...for example, does it go off if you just barely bump the cord, or have you tried to pull the cord, and nothing happened.

We will have a technician out to test the system soon, so look for a notice on your door for the exact date and time.

Reminder:

The area around the pull cord is to ***be clear of furniture and debris***. If you need to relocate how the cord hangs to accommodate your bed or other piece of furniture; reach out to Pat or put in a maintenance request with the office.

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.

“November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the [National Heart, Lung, and Blood Institute \(NHLBI\)](#) *NIH external link*, this year’s focus is on the link between diabetes and cardiovascular disease. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. **The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:**

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits - be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.”

SOURCE: <https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month>



Pumpkin Painting & Cupcakes

In preparation for the Trick-or-Treaters and Halloween Party, our neighbors spent an afternoon painting pumpkins and enjoying some delicious cupcakes. We even had some visitors participate. Check out our Facebook page to see more of the pumpkins:

 [Lynn Street Manor Apartments](#)

Wii Bowling-Team: Cheryl, Marion, Elaine, & Sandy...Congrats on your win this week!!

2019 PVM System-Wide Wii Bowling Tournament



Week 1 Results

Match 1:	McFarlan Home	1316	vs	Peace Manor	1464
Match 2:	Westland	1317	vs	Spring Meadows	1290
Match 3:	Hampton Meadows	1530	vs	Court Street	forfeit
Match 4:	Lynn Street	1230	vs	Sage Grove	1140
Match 5:	Holly Woodlands	1663	vs	St. Martha's	1336

Week 1 Byes: East Harbor, Oakland Woods, Vista Grande Villa

BIRTHDAY BASH

Friday, Nov. 8th
1:00 p.m.



BIRTHDAYS:

- Kay Carter 11/6
- Pete Riley 11/9
- Oscar Hilliker 11/13
- Cal Hilliker 11/13
- Edna Wellesley 11/14
- Mary Skuse 11/16
- Anna Wood 11/18
- Allen Mishler 11/25
- Karen Wolgast 11/25

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

THANK YOU!





HAPPY

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There will be a slide show that will have all the photos from Halloween, As soon as it is determined, the date & time will be posted!!

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



7 Ways to Prevent Identity Theft

Preventing identity theft is difficult in the world we live in today. Preventing identity theft is easier if you keep a few things in mind. First of all, know that identity theft is one of the fastest growing crimes. Last year approximately 10 million Americans fell prey to

identity thieves with a loss of \$5 billion. To guard against the headaches, hassles and financial loss related to identity theft, remember these guidelines:

Guard your Social Security number. Protecting this number is the most important part of preventing identity theft. Always avoid carrying it with you. Instead lock it up and memorize it. When you encounter a request for it, ask if it's absolutely necessary.

Take caution in public. Identity thieves are creative. They'll steal information while looking over your shoulder or listening to your phone conversations. This is a commonly overlooked source of identity theft.

Protect your computer. Password-protect your computer but also individual documents containing account numbers, bank information or other confidential information.

Don't ignore your trash. Identity thieves go through dumpsters to find names, addresses and/or account information. Get into the habit of shredding papers containing any of this information. A cross-cutting shredder is recommended for preventing identity theft. These can be purchased at your local office products store or online.

Pick up your mail every day. If you're going to be out of town, arrange for a friend or neighbor to get it for you. Don't make it easy for thieves to get your information. (This is effective in preventing identity theft and keeping your mailbox from overflowing!)

Email Phishing. This term refers to bogus emails that appear very real – from banks, credit institutions, even the IRS. Any time you receive an email asking you to confirm your account information and/or passwords, do not respond. Delete immediately. You can also report emails like this. Clicking "spam" will help the email providers to put the senders of emails like this in the spam filter. This means that when this person tries to

send spam emails to others (or you), their email will go directly in the spam filter. This allows everyone to be involved with preventing identity theft.

Check your credit report. You can get a free one from any of these well-known credit reporting agencies: Experian Equifax TransUnion

Once you get your report study it carefully. If there are accounts or credit cards listed which you don't recognize, report it immediately to the agency.

While preventing identity theft is the best way to deal with scammers, you may still fall victim. If you suspect that your identity has been stolen, act immediately. Contact your banks and all financial institutions, credit card companies and the three credit agencies listed above. You should also file a report with your local police department. Preventing identity theft is a job that every person should take seriously; it can happen to you if you are not careful. Considering how damaging these thieves can be, preventing identity theft should be a high priority.

By: Audrey Thomas

Please call me or stop by the office if you have any questions. –Matt



Patrick Downing: (989) 306-5452
Maintenance Technician

MESSAGE(S) FROM MAINTENANCE:

1. With the winter season upon us, there will be salting, snow shoveling and parking lots being plowed. Please be prepared that when the Manor is being plowed use extra caution and watch for trucks and equipment. Also, let's be prepared to move vehicles so that we can keep up with snow removal.
2. All Air Conditioners will be removed this coming week.

Thank you! Pat

RANDOM LITTLE TIDBITS

1. Calendar will be coming, but until it does...

For the upcoming week we have the following:

Monday (11/4): 11:00am – Let's Move
3:30pm – God's Squad
5:30pm – Bingo

Tuesday (11/5): 2:30pm – Blood Pressure-Cheryl

Friday (11/6): 10:00am – Foot Care
1:00pm – Birthday Bash

2. BINGO NUMBERS DRAWN: N43 (Fri.), B2 (Sat.), I19 (Sun.)

3. Phone Lists: Phone lists for your neighbors were sent out last month, but we have had some new people move in. If you would like an updated list, please stop by the office. **Anytime you change your phone number, the office should be notified.**

4. MOR (Management & Occupancy Review) AUDIT

Our office is scheduled to have an audit on November 13th. Monica & Ian will be working on the preparation for that and the office may be closed down to minimize distractions. However, you can still contact us or stop by if you need something.

5. Potluck for November – Tentatively scheduled for **11/15 at 1:00pm.** (if it is on the calendar when those come out, it is no longer tentative)

6. Veteran's Day (Monday the 11th) – Thank you to our Veteran Neighbors & Staff: Bob L., Carlton, Hugh, Jack, Matt, Melvin, Rich, and Richard.

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

Recipe Swap



Photo credit: Allrecipes.com

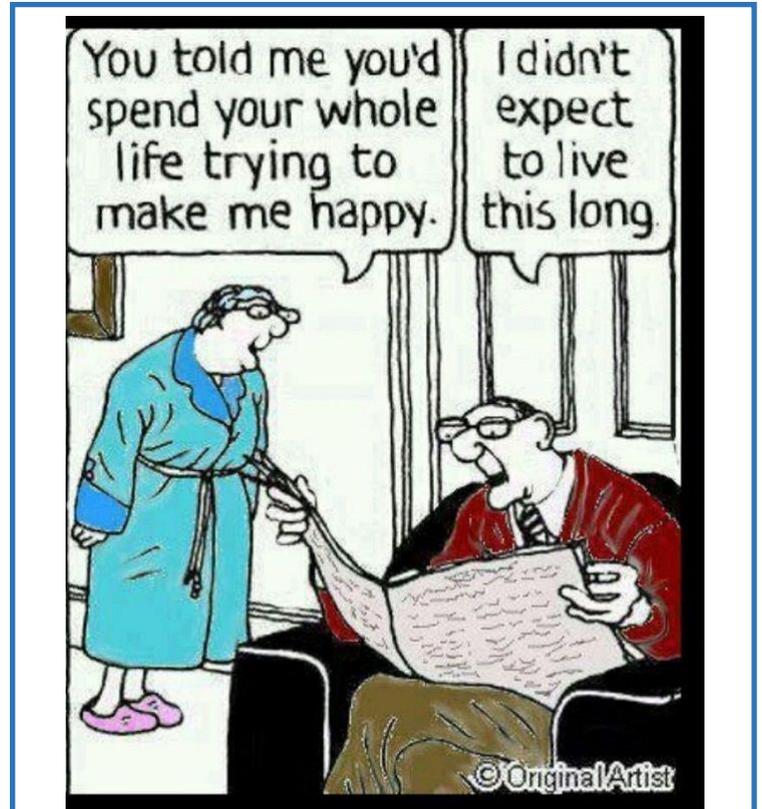
Apple & Sausage Stuffed Acorn Squash- Allrecipes.com

Ingredients

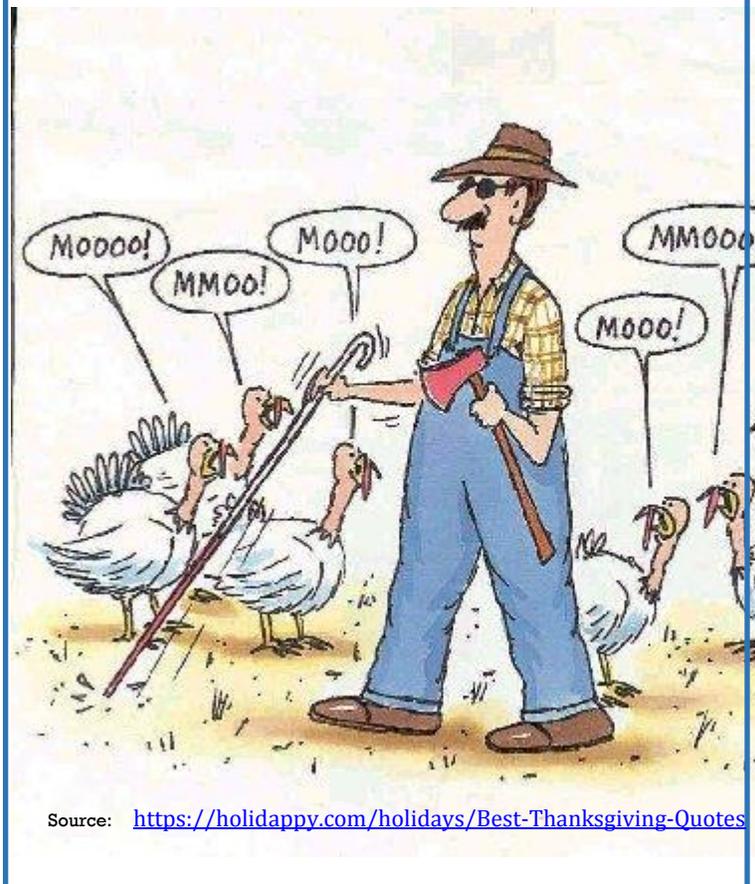
- 2 acorn squash, halved & seeded
- 2 large Gala apples, cubed
- 1 cup pork sausage (like Jimmy Dean®)
- ½ onion, diced
- 1 cup raisins
- 1/8 tsp poultry seasoning
- 1/8 tsp ground ginger
- 1/8 tsp ground cloves
- 1/8 tsp celery seed
- Salt & black pepper to taste

Directions

1. Preheat oven to 350°. Place acorn squash cut side down on baking sheet.
2. Bake in the preheated oven until soft & browned, about 30 minutes
3. Mix all other ingredients together in a bowl. Spoon sausage mixture into the hollow of the squash; place on baking sheet.
4. Bake in the preheated oven until sausage is cooked through and apples are soft, about 30 minutes.



Source: <https://www.pinterest.com/pin/531284087279046325/?lp=true>



Source: <https://holidaypy.com/holidays/Best-Thanksgiving-Quotes>

Need more recipes for next month!!
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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

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Village Staff

Ian Straley
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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



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
JACK WALSH
DAVE HAVEL

Embrace the possibilities