



Manor Monthly



Embrace the possibilities

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

December 2019

Featured Articles

Know the Rules & Chronic Pain continued...
pg. 2

Event Photos & Birthdays
pg. 3

Veteran's Day Event
Photos pg. 4

Maintenance Message & Suet Recipe pg. 5 & 6

Recipe Swap & Jokes
pg. 7

Also included: *Bingo Card Calendars will come next week.*

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



Photo by [Online Marketing](#) on [Unsplash](#)

7 TIPS FOR TALKING ABOUT YOUR CHRONIC PAIN

By [Margaret Boyles](#)

“Don’t just say, “I hurt all over.” Think about how to describe your pain in words—lots of words, including flowery language and metaphors—and how to describe the ways that pain affects your daily functioning and quality of life. However, since the average medical appointment doesn’t allow much time for flowery speeches, and the average doctor interrupts or [stops listening to a patient after 11 seconds](#), you have work to do:

1. Spend time investigating your pain. Where is it located? Think about when you first noticed it and note whether it’s gradually gotten worse or stays the same.
2. Pay attention to pain at different times of day and night. When is it worse? Think about it when performing different kinds of actions. Take some notes, maybe a lot of notes. For example, if the pain doesn’t seem to have a single location or a consistent intensity, jot that down. If it moves around, gets worse or better with the time



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Subject: HARASSMENT/BULLYING:

Lynn Street Manor prohibits acts of harassment or bullying. A safe and civil environment is necessary for residents to feel safe and secure in their homes. Bullying can be defined as health-harming mistreatment of another resident, staff or guest to the campus that usually involves subtle methods of coercion such as intimidation.

Bullying consists of four basic types of abuse – [emotional](#), [verbal](#), [physical](#), and [cyber](#) (including electronically transmitted acts via the Internet, cell phone, and personal digital assistant or wireless hand held device.)

Residents and/or Guests should report incidents of bullying to the Executive Director/Administrator, Assistant Administrator, Service Coordinator or other members of management. Lynn Street Manor prohibits reprisal or retaliation against any person who reports an act of harassment or bullying.

Violators will be subject to appropriate consequences up to and including termination of their lease.

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.

TIPS continued...

of day, the temperature, the seasons, or with certain activities, write down the specifics.

3. Think about how the pain prevents you from doing what you used to do or want to do, what seems to make it worse, when and where it hurts more, what helps (or doesn't) alleviate it. Write it down.
4. Don't forget to include the ways the pain has affected your state of mind (e.g., "I have a hard time concentrating on my work." "I don't want to be around other people." "I've started snapping at people." "I feel hopeless.")
5. Write down everything you've done to try to lessen the pain, what's helped and how much.
6. Now collect your notes and boil them down to a single page of bullet points, maybe two. (By now you're halfway to becoming a professional writer!)
7. After the hello and your doctor's sharing test results (if any), hand over your notes and plunge right in. "Dr. Goodwill, because I know we don't have time for my whole story, here are some notes to add to my medical record that summarize my pain situation."

Source:

<https://www.almanac.com/news/home-health/natural-living/talking-your-doctor-about-pain>



Potluck

Thank you to everyone who participated in the Potluck, either through donation or by bringing dishes. A special thanks to Matt & Tom who were the cooks! We were able raise about \$40.00 for our kitchen fund. Please join us for the next potluck/Ugly Christmas sweater party on **December 23rd!**

Visit from A Local Children's Group



Check out our Facebook page to see more photos of the evening:

 [Lynn Street Manor Apartments](#)

BIRTHDAY BASH

Friday, Dec. 13th
1:00 p.m.



BIRTHDAYS:

- Nancy Porter 12/01
- Kelly Lake 12/08
- Pete Lawrence 12/09
- Red Fialkowski 12/21
- Carlton Fusee 12/30

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

THANK YOU!





Patrick Downing: (989) 306-5452
Maintenance Technician

MESSAGE(S) FROM MAINTENANCE:

Hello to All,

It has been a year now! I could not be any more pleased with all the great folks at Lynn Street Manor and your patience & understanding in accomplishing your maintenance requests.

HAPPY HOLIDAYS & I look forward to a fantastic 2020 working with and for you ALL!

Thank you!
Pat

HOW TO MAKE SUET FOR BIRDS TRY THESE HOMEMADE SUET RECIPES!

By [Catherine Boeckmann](#)

Suet is the perfect bird food for the winter months, when birds' food sources start to dwindle. Here's how to make suet for your backyard birds!



WHAT IS SUET? Suet is essentially a solidified mix of fats, which birds eat to stay warm. Particularly in winter, suet is a valuable bird food.

- You can use almost any seed or grain, mixed with beef fat, lard, or natural peanut butter. A basic suet combines equal parts of beef fat and assorted birdseed.
- Put it in a tuna or cat food can to chill (or freeze) until it's hard enough to hold its shape, then release it into a wire suet cage or sturdy mesh bag.
- For a fancier suet, add natural peanut butter to the mix. You can also bind cornmeal or oatmeal with natural peanut butter and spread it into holes drilled in a post or log.
- Birds also like dried fruits, so consider adding raisins, currants, apricots, or citron.

Suet Cake Recipe 1

- 2 parts melted fat (beef fat or lard)
- 2 parts yellow cornmeal
- 1 part natural peanut butter

Suet Cake Recipe 2

- ◆ 1 pound melted fat (beef fat or lard)
- ◆ 1 cup millet
- ◆ 1 cup sunflower seeds
- ◆ 1 cup raisins ◆ 2 tablespoons honey (optional)

Instructions for Both Recipes

Melt the fat in a saucepan until completely liquid. Next, remove from heat and let sit for several minutes. Stir in the remaining ingredients and cook for a few minutes. Pour into small containers (tuna fish cans are good), and refrigerate until they start to harden and then store them in the freezer until ready for use.

Source: <https://www.almanac.com/content/homemade-bird-food-recipe-suet>

RANDOM LITTLE TIDBITS

1. Phase I: Common Area Carpet Replacement

Rogers City Home Furnishings will be working in the following common areas as part of Phase I carpet replacement...possibly starting the second week of December: Dining room, Main Lobby Hall (from fire door to fire door), Matt's Office, & Main Office. Please

be patient and try to keep out of their way as they are working. Sections will be blocked off as they go. The exact dates and times when they are working will be posted. As always, the Upper and Lower level common areas are available for your convenience.

2. Make your own COOKIE PLATE:

Barb Homan had a wonderful craft idea that we are going to make on **December 9th at 12:30 in the Dining Room**. If you have a special Christmas/Holiday fabric that you would like to use, please bring it with you...Otherwise all supplies will be provided. There is a limited number of plates, so be sure to sign up on the board by the office.



3. MOR (Management & Occupancy Review) AUDIT

Thank you everyone for your patience through our preparations for this audit. We are extremely pleased to announce that the score received was "**Above Average.**" This means the property is adhering to HUD policies and is operating a safe, fair, and financially sound operation for providing affordable housing to the community.

4. Ugly Christmas Sweater Party & Potluck for December –

Monday, December 23rd at 1:00pm in the dining room. Wear your best "ugly" sweater and join us for potluck and Christmas cheer. Sign-up is on the board by the office. If you are unable to join us, please call the office to let us know you would like a plate brought to your room.

5. Free BINGO: Jennifer will be coming on **December 26th at 3:30pm.**

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

We are **HONORED** to have the following Veterans as our Neighbors here at Lynn Street Manor: Allen, Bob L., Carlton, Hugh, Jack, Melvin, Rich, Richard, as well as Matt our Service Coordinator. Thank you all for your service and dedication to our country.

Matt Bush, along with Hugh Donley, Melvin Freier, and Rich Lucier were honored guests at the Onaway School's Veteran's Day Program.



“Veterans know better than anyone else the price of freedom, for they’ve suffered the scars of war. We can offer them no better tribute than to protect what they have won for us.”

- President [Ronald Reagan](#), 1983, in a [radio address to the nation](#).

Recipe Swap



Photo credit: <https://cookieandkate.com/roasted-butternut-squash-soup/>

Butternut Squash Soup -Thank you Tierra

Ingredients

- 2 cups Chicken Broth
- 1 Onion
- 1 Potato
- 6 Cloves of Garlic
- 3 Tbsp. Olive Oil
- Salt & Pepper
- 1 cup Greek Yogurt
- 2 tsp. Curry Powder

Directions

Cube Squash, potato, and onion into $\frac{3}{4}$ inch cubes and drizzle olive oil on them, season with salt & pepper. Roast at 400° for 30 minutes, stirring every 15 minutes. Blend with garlic cloves. Add to crock pot with curry powder & Greek yogurt. Warm until heated through (about an hour). If soup is too thick, thin with 1 cup of water.

Need more recipes for next month!!
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Source: <https://www.pinterest.com/>



Source: <https://www.coolpun.com/topic/dirty+christmas>



Source: <https://www.pinterest.com/ismokealone/granny-3915/>

**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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AFTER OFFICE HOURS



BOARD MEMBERS:

- SANDRA GRULKE
- TOM PETERMAN
- SCOTT PAULY
- LAURA SHACK
- CARMEN CLAYTON
- CYNTHIA BIGGINGS
- JACK WALSH
- DAVE HAVEL



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

United Soldiers and Sailors of America - USASOA
presents



**OPERATION
CHRISTMAS CARDS**

Send a Christmas Card to a Service Member
Protecting our Nation Overseas.
Share The Joy of the Season.

We are collecting Christmas cards for deployed troops. If you would like to participate, please write out your card and bring UNSEALED to the office by December 3rd. Apologies for the short notice, but they need to get to Washington DC by December 7th to ensure they get to the soldiers in time for Christmas!

Embrace the possibilities