



Manor Monthly



Embrace the possibilities

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

December 2020

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Senior Center Information page &
Menu, and COVID information
page.*



Stress, depression and the holidays: Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

[By Mayo Clinic Staff](#)

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about you and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.



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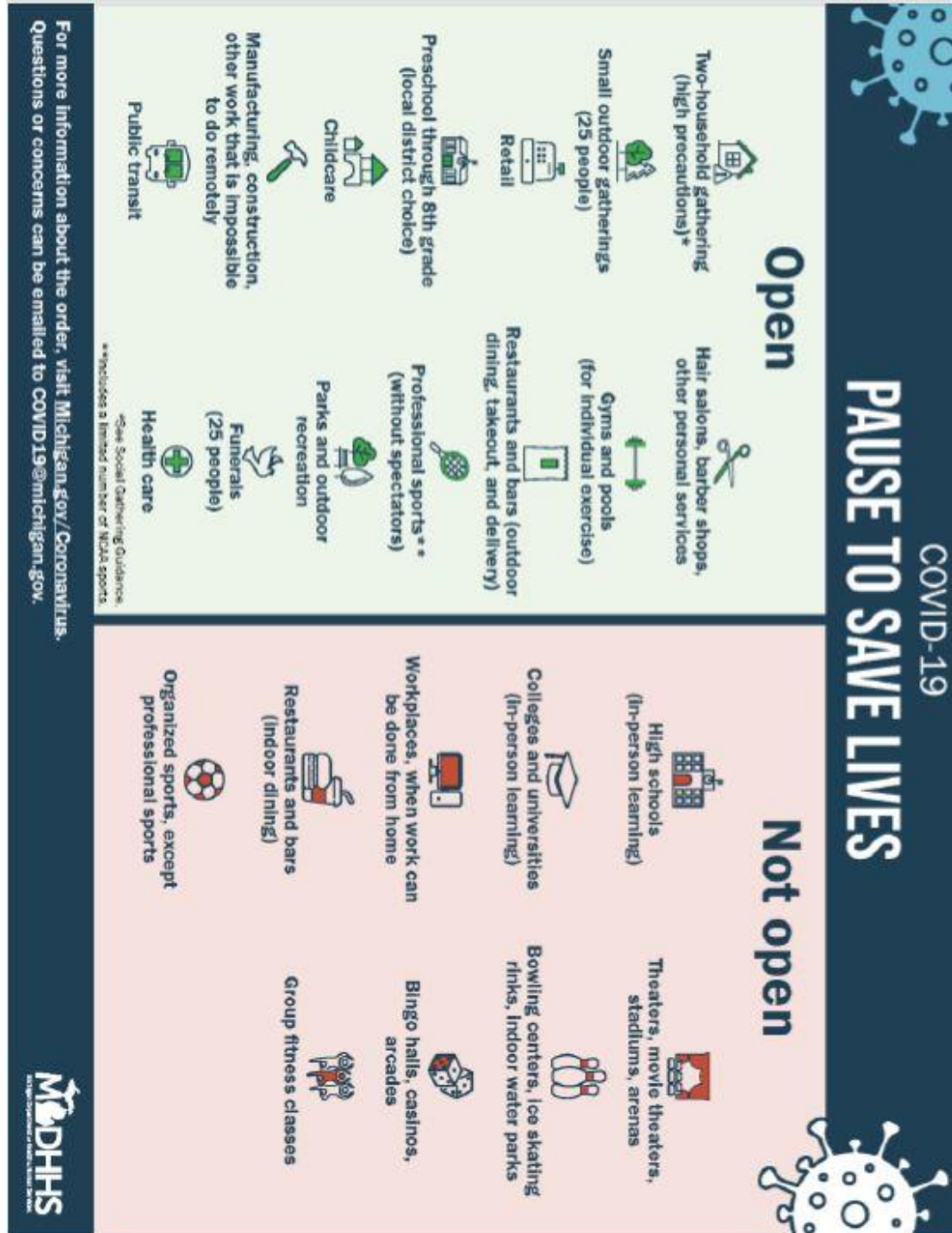
Look for PVM on:



...Continued on pages 4 & 5

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

The chart below indicates what services and organizations are open and which are not as a result of the latest Michigan Department of Health and Human Services epidemic order. This order went into effect November 18, 2020.



In the Christmas song, "The 12 Days of Christmas", how many total gifts does her true love give to her?

The gifts are:

1. A partridge in a pear tree,
2. Two turtle doves,
3. Three French hens,
4. Four calling birds,
5. Five gold rings,
6. Six geese a-laying
7. Seven swans a-swimming,
8. Eight maids a-milking,
9. Nine ladies dancing,
10. Ten lords a-leaping,
11. Eleven pipers piping,
12. Twelve drummers drumming.

Bring the correct answer to the office for a sweet treat!!

Source: <http://web.sonoma.edu/users/w/wilsonst/courses/math300/groupwork/nos23-gwsp34/default.html>



BIRTHDAY BASH
 December 11, 2020
 at 1:00pm
 (pick-up to go).











Bring your favorite Christmas Treats for this birthday bash. Let the office know what you will be bringing.



Thank you to all that participated in creating our Victory Cup Banner. The positivity and creativity were inspiring!!

Christmas word search with Riddle

Find the words in the Word Search. Color each word a different color. When you have found them all, go across the rows and write the letters that are left on the lines below. This will give you an answer to the riddle.

	d	s	w	h	e	t	s	e	
stockings	e	n	a	h	l	r	t	e	present
	c	i	s	n	f	e	o	t	
Santa	o	c	w	a	t	e	c	r	sack
	r	l	a	k	i	a	k	a	
candy	a	n	g	n	b	a	i	i	tree
	t	c	k	w	d	a	n	n	
train	i	d	o	l	l	y	g	r	elf
	o	s	a	c	k	d	s	s	
doll	n	p	r	e	s	e	n	t	decoration

When does Santa say oh-oh-oh?

Answer: _____

BIRTHDAY:
 Nancy Porter 12/1
 Kelly Lake 12/8
 Mary Johnson 12/12
 Darlene "Red"
 Fialkowski 12/21

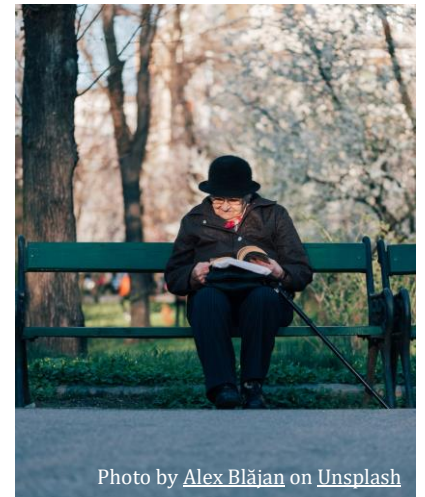
Tips to prevent holiday stress and depression

...continued from page 1

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.
If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
Try these alternatives:
 - Donate to a charity in someone's name.
 - Give homemade gifts.
 - Start a family gift exchange.
6. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:
- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
 - Eat healthy meals.
 - Get plenty of sleep.
 - Include regular physical activity in your daily routine.
 - Try deep-breathing exercises, meditation or yoga.
 - Avoid excessive tobacco, alcohol and drug use.
 - Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.
9. **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include:
- Taking a walk at night and stargazing
 - Listening to soothing music
 - Reading a book
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.



Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

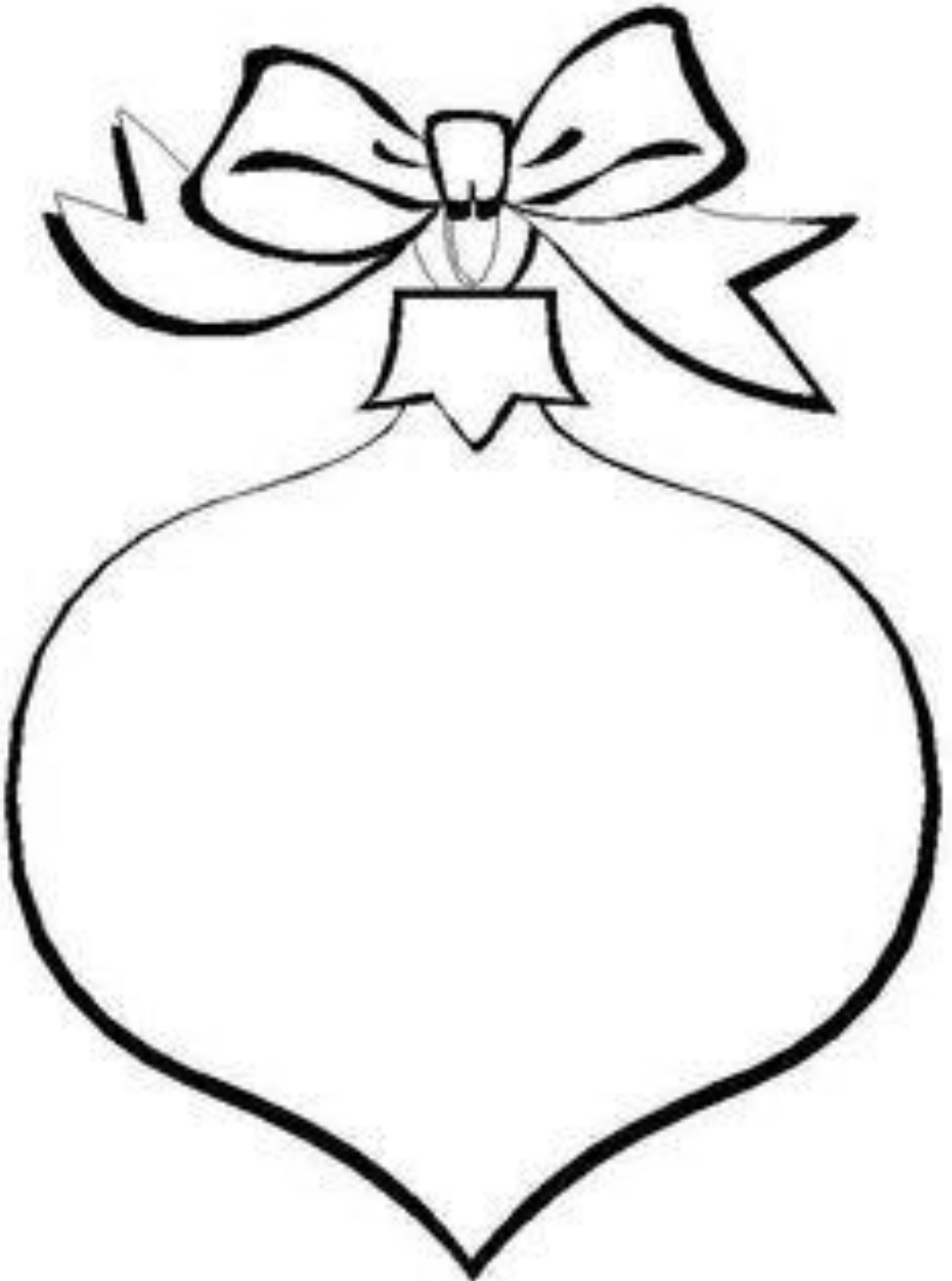
Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Go to the above website for the full article.



Photo by [Rhaúl V. Alva](#) on [Unsplash](#)

Decorate each with a word of inspiration, your name, a wish or simply color and **bring to the office by Dec. 18th.** We will be using them to decorate a tree that will hang on the wall. 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:

Be aware of the new signage coming in and out of the parking lot along the driveway. There is no longer a stop sign, but you must yield to pedestrians. This will help when the drive is slick in the winter.

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 safe.

*Thank you!
Pat*

Be Smart - Be Prepared

One life lesson which will probably stay with all of us forever from these times is how important it is to be prepared. Now with cold weather coming at us I decided to remind us all of some good survival tips. I hope your power stays on for the entire Winter. Just in case here are important tips:

Keep a flashlight within reach with good batteries and test it.

Stock up on water and canned goods. Make sure you have a manual can opener. Or you can purchase pouches of tuna and chicken as well as individual fruit cups.

In the event of an upcoming storm fill your tub with water in case you need it to flush your toilet.

Make sure you have the emergency number for PVM handy and wear your emergency pendant all the time.

Check with the PVM team at your community and make sure they have the contact information for your family and friends to contact in an emergency.

One new idea which my mom and I just now realized is the importance of sharing contact information with the family of your friends. She has recently found out that one of her dear friends was admitted to a nursing home; and the staff rightfully so will not give out her information to a stranger over the phone. We are working with mutual friends and her fellow church members to find her son's contact information.

Finally, one of the best ways to get through the Winter is to get a flu shot and to follow the recommended safety protocols. As one person said it: I would rather have a Zoom holiday dinner so that my loved ones will be here next year to celebrate.

Wishing you joy, peace, comfort and safety throughout until we can welcome in a long-awaited new year in 2021.

Author: Lynn Alexander

RANDOM LITTLE TIDBITS

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

COVID-19 restrictions that went into place in November prohibits number of people for indoor gatherings, so we will 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.

****Bob Mann was the raffle ticket winner for November.****

2. Onaway Bus will run on WEDNESDAYS ONLY

For those that ride the bus, I am sure you are aware that the driver, Bob, will be retiring this month. Because of the lack of bus drivers after his retirement, the bus will **ONLY RUN ON WEDNESDAYS**. December 23rd will be the first Wednesday trip. You will still need to reach out to PICCOA at 989-766-8191 to schedule your rides.

3. Victory Cup Games

Thank you to everyone that participated in the Victory Cup Games!! It was a welcome break in the routine. Our scores have been submitted and we all wait anxiously for the announcement of the results. Once they have been announced, we will post them on the board by the office. Great job on the hands for the banner...they are a wonderful representation of creativity and positivity.

4. Thanksgiving Dinner

A great big **THANK YOU** to Roger, Tierra, and Willow for putting together dinner for all the neighbors and to Elaine for washing the dishes! Thank you to those of you who made a dish to pass as well. We always come together and create a wonderful meal. Turkey Soup and the remaining leftovers were enjoyed on Saturday as well.



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

Recipe Swap



4-STAR TEXAS CHILI

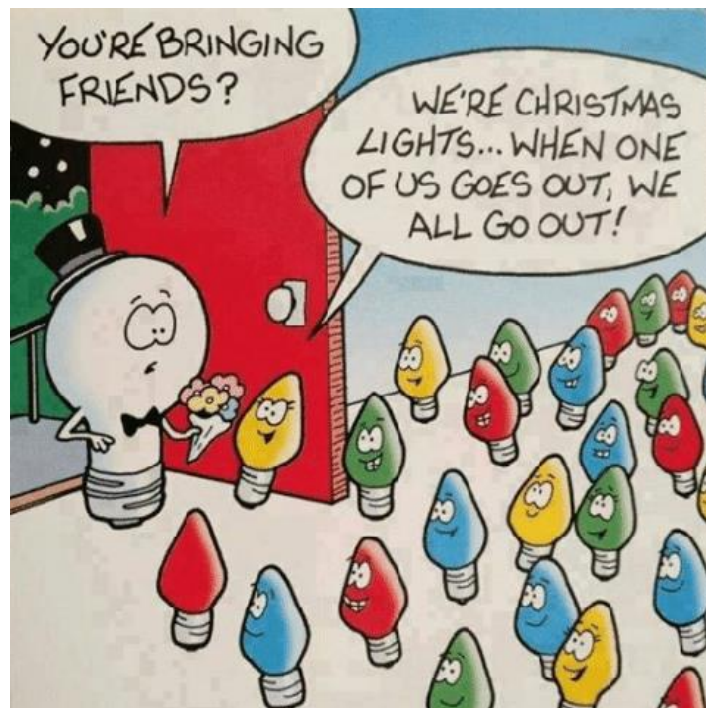
Thank you [Kraft Foods](#) for the recipe!

Ingredients

- 1 lb. **each** beef and pork for stew, cut into ½ in pieces
- 1 lg onion, chopped (about 3 cups)
- ½ cup Kraft Italian Dressing, divided
- 1 can (14 oz.) beef broth
- 1 jar (16 oz.) *Taco Bell Home Originals®* Salsa
- 1 Tbsp. chili powder
- 2 cans (16 oz. each) black beans, drained, rinsed
- 4 cups hot cooked *Minute White Rice*

Directions

1. Brown meat and onion in dressing in Dutch oven on medium-high heat 5 min. stirring occasionally.
2. Add broth, salsa, and chili powder; stir. Bring to boil. Reduce heat to medium-low; cover. Simmer 1 hour or until meat is tender.
3. Stir in beans; cook (uncovered) 30 min.
4. Serve over rice



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Check your number on the board and by the office window daily. Eleanor Freel was the winner for October and November.

Embrace the possibilities