



# Manor Monthly



## Embrace the possibilities

4255 S. Lynn Street • Onaway, Michigan 49765 • [www.pvm.org](http://www.pvm.org)

February 2019

### Featured Articles

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*Also included: Calendar, Senior Center Menu & Activity page, and puzzle page*

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



### What is Valentine's Day and how did it start?

**“Valentine's Day, or St Valentine's Day, is celebrated every year on 14 February.** It's the day when people show their affection for another person or people by sending cards, flowers or chocolates with messages of love.

#### ***Who was St Valentine?***

The day gets its name from a famous saint, but there are several stories of who he was. The popular belief about St Valentine is that he was a priest from Rome in the third century AD.

Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret.

When Claudius found out, Valentine was thrown in jail and sentenced to death.

There, he fell in love with the jailer's daughter and when he was taken to be killed on 14 February he sent her a love letter signed "from your Valentine".

*\*source: [www.bbc.co.uk/newsround/16945378](http://www.bbc.co.uk/newsround/16945378)*



## Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## 5 Tips For Trying To Quit Smoking



“Although quitting can be especially challenging for seniors who have smoked their whole lives, it’s essential that they seek help to stop as soon as possible, because as their bodies age, they become more vulnerable to heart disease and the cancers related to smoking. Here are five tips to assist older adults as they work toward stopping the habit: “Many people find that factors like alcohol can trigger their craving for a cigarette.”

### 1. Stay away from triggers

Many people find that factors like being around certain friends or family members and alcohol can trigger their cravings for a cigarette. Similarly, the Mayo Clinic pointed out that when adults are in certain places where they used to smoke, their desire to smoke again can increase. The news source noted the importance of figuring out which places, events or people trigger seniors’ desires to smoke and coming up with a plan in case these situations do occur.

### 2. Carry a snack

Smokefree.gov explained that something as simple as chewing on gum, hard candy or a healthy snack like almonds whenever people want to smoke can reduce their chances of going for a cigarette. Seniors may want to start carrying their favorite snack on them in their pocket or purse at all times just in case they get hit with a craving.

### 3. Surround yourself with support

Sometimes being around family and friends can give adults the extra push they need to say no to a cigarette. Children, grandchildren and other loved ones can serve as reminders of why adults quit in the first place, which may include their desire to live a longer life with their loved ones and protect them from secondhand smoke, according to Everyday Health.

### 4. Engage in hobbies for distraction

Helpguide.org recommended that seniors start a new hobby or get back to an old pastime to distract themselves from the urge to smoke. Engaging in healthy activities such as going on runs or taking a walk with a pet will keep their minds off of smoking. Seniors residing at assisted living facilities can join clubs or programs that meet frequently to alleviate stress and keep them busy.

### 5. Get through it one day at a time

Quitting smoking is a difficult task that needs to be taken step by step. Everyday Health noted that it’s more like a journey and that adults have to keep in mind that during the first few days it may seem like going without a cigarette is impossible. The news source pointed out that not everyone is able to quit cold turkey. Sometimes taking it one day at a time and slowly cutting back is the best approach, so seniors should find out what works for them.”

**Complaints of smoke smell in the hallways is on the rise.**

**Please remember that with the exception of a handful of people there is NO SMOKING in your room. Also, as of May 1<sup>st</sup> the ENTIRE building will be a SMOKE FREE ZONE.**

**So please be mindful of the community members whom the smoke bothers and smoke in the designated areas ONLY.**

**Cigarette butts should be disposed of properly and not thrown on the grounds.**

**Thank you!**



*A thankful heart is  
a happy HEART*

\*Thank you to Eleanor for providing all the wonderful treats and cakes for the January Birthday Bash! They were wonderfully delicious and enjoyed by all that attended.

**IF YOU WOULD LIKE TO PROVIDE A CAKE OR TREAT FOR THIS MONTH'S BIRTHDAY BASH, PLEASE LET THE OFFICE KNOW.**

**BIRTHDAY BASH**

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

ALL TENANTS  
WELCOME IN THE DINING  
ROOM!

EAT CAKE and ICE CREAM!

**February BIRTHDAYS:**

- Bob Mann 2/7
- Sharon Watson 2/9
- Linda Ray 2/13
- Storm McNall 2/14
- Myra Tenant 2/14
- Opal Adkins 2/15
- Willow Liebenow 2/15
- Dorothy Brooks 2/17
- Lyle Diller 2/19
- Melvin Feier 2/22
- Gail Box 2/23
- Tierra DeYoung 2/28



The spaghetti dinner to raise funds for the kitchen was a success, even though there were some people out due to illness. \$80.00 was generously donated!!! A special thank you to Willow and Cheryl for organizing and cooking the dinner and to Marion Horton for assisting in the clean-up.

**THANK YOU TO ALL THAT CAME AND TO THOSE THAT DONATED!!**



## 1. Monthly Potlucks - Donations go to Kitchen Fund.

In order to have an ongoing way of raising kitchen funds, we are going to try to have a potluck once a month. Monica will have a sign-up at the office where you can let her know what you will be bringing to coordinate the meal. February 22<sup>nd</sup> will be the first potluck of the year!

## 2. Fire Alarm/Pull-Cord System Inspection

Summit Companies will be here on Thursday, (Feb. 7<sup>th</sup> ALL DAY) to test the fire alarm and pull cord system. They will need to test in ALL apartments and will enter whether you are home or not.

## 3. Lease & Housing Policy Information Spotlight

Starting in March, we will be highlighting and discussing parts of the Lease and the Resident Policy Handbook here. If you have specifics that you would like addressed, please reach out to the office.

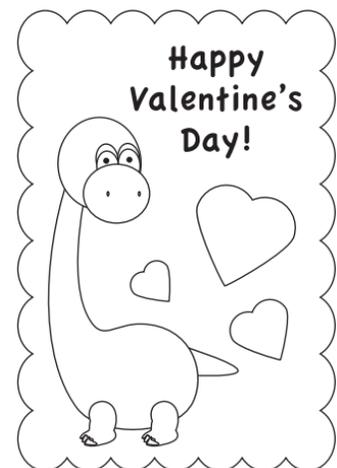
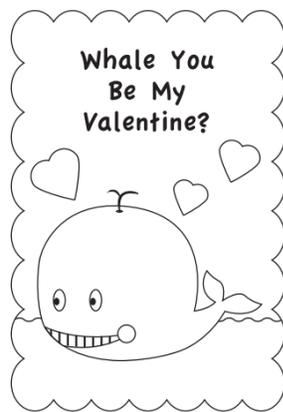
## 4. B-I-N-G-O will be starting again!

Starting in March, B-I-N-G-O cards will come out with the newsletter and we will be drawing once a day (when the office is open). Winners will need to come in the same day they get their B-I-N-G-O.

## 5. Return Shopping Carts to Designated Areas.

Shopping carts are becoming very elusive, and are often not available in area that is convenient. Please remember common courtesy and do not keep carts in your apartment or in the hallways. Optimally they should be kept in the kitchen area.

**RANDOM  
LITTLE  
TIDBITS**





### MESSAGE(S) FROM MAINTENANCE:

1. Thank you for your understanding and patience during our boiler issues (HEAT) and for your cooperation with moving your vehicles to accommodate snow removal.
2. "I would like to thank ALL Residents for their warm WELCOME and cooperation with catching up on work orders in my first month here at Lynn Street Manor. It's very important to me that you and our facility is being taken care of, remains safe, and is to your standard and to the standards of Presbyterian Villages of Michigan.

*Thank you again...to each and everyone here! Pat*



### Annual Apartment Inspections

Starting February 6<sup>th</sup>, until completed, staff will be doing annual inspections on ALL apartments in the building. Some units were inspected in November, but as the REAC is coming soon we want to verify that all is in working order. Below are some things to get started on if needed.

1. ALL entry doors need to shut by themselves. If your door needs to be pulled shut, please let the office know.
2. Bi-fold doors (closet) need to close freely.
3. Windows need to open and close easily and the sills need to be free of clutter. There shouldn't be anything in front of your windows that would prevent you from getting out if your window in case of emergency/fire.
4. If your smoke detector has been taken down, it needs to be available to be put back up.
5. You are responsible for ensuring your personal property does not create a hazardous condition inside or outside of your apartment. Personal property must not:
  - a. Hinder entrance or egress from the apartment
  - b. Inhibit movement within the apartment
  - c. Obstruct access to windows and/or doors

**\*Personal property must be kept in a safe and sanitary manner at all times.\***

## Recipe Swap



**\*Thank you Bob M. for sharing!**

### GARBAGE

- 1 Box of Cinnamon Toast Crunch Cereal**
- 1 Jar (any size) Honey Roasted Peanuts**
- 1 Large Bag of Pretzels (sticks)**
- 24 oz. White Chocolate**

Put the first 2 ingredients into a large bowl and mix together. Melt Chocolate in a sauce pan on low...until completely melted. Pour over cereal mixture and mix until everything is covered. Spread on wax paper until cool. Break apart and place in ziplock bags. Store in a cool, dry place.

*Serves 20-25.*



**\*Thank you Bob M. for sharing!**

### VEGETABLE SALAD

- 1 10oz Box of Frozen Broccoli**
- 1 10oz Box of Frozen Peas**
- 1 Medium Head of Cauliflower (cut into pieces)**
- 2 Stalks of Celery (diced)**
- 1 Small Bunch of Green Onions (chopped up Using some of the greens)**
- 1 Small Can of Chestnuts**

Par boil the broccoli & peas for 2 minutes (do separately). Drain & cool both. Mix all vegetables together with 1 8oz bottle of creamy cucumber salad dressing (or creamy caesar dressing).

Let set overnight.

*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](http://www.pvm.org)



**Office Number**

**(989) 733-2661**

**Village Staff**

**Bev Brougham**  
*Interim Housing Administrator*

**Lindsay Doyle**  
*Housekeeper*

**Patrick Downing: (989) 306-5452**  
*Maintenance Technician*

**Monica Voigt**  
*Administrative Assistant*

**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](http://www.pvmfoundation.org)



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