



# Manor Monthly



## Embrace the possibilities

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

March 2019

### Featured Articles

- Resident Policy Info. pg. #2
- Thank You & Birthdays pg. #3
- Tidbits pg. #4
- Maintenance Message & Bird & Squirrel Photos pg. #5
- Recipe Swap pg. #6

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

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



## Shamrocks and Four Leaf Clovers... What's the difference?

“The word shamrock comes from the Gaelic word Seamrog, meaning “little clover”. A clover is the commonly used name for any number of plants belonging to the genus *Trifolium*, meaning “having three leaves.” Even among botanists, there is some disagreement on what species is the “true” shamrock, but most agree that the White Clover is probably the original shamrock of Irish symbolic heritage. While trying to convert the Irish into Christians, St. Patrick used the shamrock to explain the holy trinity with each leaf representing the Father, Son and Holy Spirit.

The three leaves of a shamrock are also said to stand for faith, hope and love. A fourth leaf is where we get the luck from. The four-leafed clover, or “lucky clover”, is an uncommon variation of the three-leafed clover, and widely considered to be a symbol of good luck. Because they are a mutation, they are rare, and not found in the same abundance as the shamrock, and thus, considered lucky. The traditional Irish symbol of a shamrock does not include the fourth leaf.”

\*source: <https://tenontours.com/shamrocks-and-four-leaf-clovers-whats-the-difference/>



## Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## RESIDENT POLICIES... (HOUSE RULES)



As mentioned in last month's newsletter, we will be picking out a couple sections of our Resident Policy Handbook to highlight each month. Each resident has signed that they have "read and received a copy" of this handbook and that violations of the rules may have unpleasant consequences. Since we most definitely do NOT want evictions, this section we will bring the policies to your attention and will serve as a reminder.

*If you have any specific topics you would like us to focus on, please come to the office.*

**9. COMMUNITY STANDARDS OF CONDUCT (pg. 3):** Management strives to maintain a pleasant, safe and comfortable environment for Residents. In consideration of this, all Residents and their Guests/Visitors, will refrain from any conduct that would conflict with the rights of other Residents' peaceful enjoyment of the property. Conduct considered disturbing shall include, but is not limited to, playing loud music outside or in apartments, loud televisions, public consumption of alcoholic beverages, abusive or foul language, and lewdness. The behavior and supervision of all Guests/Visitors, and their compliance with these standards, is the sole responsibility of the Resident.

**22. OXYGEN USE (pg. 7):** Smoking is prohibited in any apartment where oxygen tanks or concentrators are present. The Resident is responsible for posting appropriate notification of oxygen use on their doors.

*\*Please reach out to your oxygen provider if you need signage. Typically there should be a sign on your entry door and one on each of the windows (living room & bedroom) in your apartment.\**

*\*Source: Senior/Disabled Subsidized Housing Resident Policy Handbook*

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!

**Tom Wiley, the Wellness Director for PVM will be coming for to visit our site at a future date (we will post as soon as we know) to discuss smoking cessation.**



\*Thank you to everyone that brought a dish down for our Potluck lunch and made a donation to the Kitchen Fund. The turnout was wonderful and the food was delicious!!! We raised \$109.00 from which supplies, birdseed, and coffee supplies have been purchased.



### **BIRTHDAY BASH**

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

ALL TENANTS  
WELCOME IN THE DINING  
ROOM!

EAT CAKE and ICE CREAM!

### **BIRTHDAYS:**

- Eva Gilbert 3/9
- Doc Brown 3/17
- Rich Lucier 3/29
- Coralee Porter 3/29



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

**\*PHOTOS OF THE BIRDS & SQUIRREL ARE ON PAGE 5\***

## 1. REAC Inspection on March 7<sup>th</sup>.

Thank you for all your patience as we are working up toward our inspection day. On the day of inspections, 20 or so random apartments will be chosen by the inspector when he gets here. He will also be inspecting the grounds, common areas, and more.

## 2. Π DAY - Pie Contest on March 14<sup>th</sup> ( $\pi = 3.1415\dots$ ):

Pi Day is a **day** to celebrate the mathematical constant **pi**( $\pi$ ) and to eat lots of **pie**. ... Celebrated on that day because the digits in the date, March 14 or 3/14, are the first three digits of  $\pi$  (3.14), **Pi Day** was founded by Physicist Larry Shaw in 1988. **So make your best pie and bring it to the kitchen at 1:00pm, Thursday March 14, and we will bring in someone to judge and the winner will get a prize!**



## 3. B-I-N-G-O!

B-I-N-G-O cards are attached to the newsletter and we will be drawing once a day (when the office is open) starting March 1st. Winners will need to come in to the office to redeem their prize the same day they get their B-I-N-G-O.

**\*THE FIRST BINGO NUMBER IS: 0-63**

## 4. Euchre & Game Night

There has been a group of neighbors that get together on Tuesday (Game Night) and Wednesday (Euchre Night) in the dining room to play games and Euchre. The times have been added to your calendar, and all are welcome to join!

## 5. Pool Night – Thursday March 21<sup>st</sup>- 6:30pm

Come downstairs (exercise room) and have a fun filled evening of pool playing, conversation, and darts. The office will provide snacks for the evening. We will have repaired the tips of the sticks and will have it tip-top and ready to go by then.



## 6. Puzzles in the Dining Room -

There is a “community” puzzle on the table in the dining room that **anyone** can help put together.



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

### MESSAGE(S) FROM MAINTENANCE:

1. Do your windows have the screens on them? If not, please call the office and let them know.
2. Pre-inspections went very well. All issues that were discussed with the resident, such as articles in front of and behind closet door that prevent proper function of doors, caulking, etc., will be taken care of...it will be after the REAC but before April 1<sup>st</sup>. Please notify us immediately of anything that you think is critical to our REAC inspection. If it is important to you, it is important to us.

*“Thank you again...to each and everyone here!  
Your cooperation and patience is much appreciated. Our Village is in great shape, safe, clean, and up-to-date, and we strive to continue those efforts.”*

*Pat*



## Recipe Swap



### \*Thank you "Taste of Home" Stout & Shiitake Pot Roast

- 3 tablespoons olive oil, divided
- 1 boneless beef chuck roast (2 to 3 pounds)
- 2 medium onions, sliced
- 1 garlic clove, minced
- 1 bottle (12 ounces) stout (Guinness)
- 1/2 ounce dried shiitake mushrooms (about 1/2 cup)
- 1 tablespoon brown sugar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dried savory
- 1 pound red potatoes (about 8 small), cut into 1-inch pieces
- 2 medium carrots, sliced
- 1/2 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### Directions

1. In a Dutch oven, heat 1 tablespoon oil over medium heat. Brown roast on all sides; remove from pan.
2. In same pan, heat remaining oil. Add onions and garlic; cook and stir until tender. Add beer, stirring to loosen browned bits from pan. Stir in mushrooms, brown sugar, Worcestershire sauce and savory. Return roast to pan. Bring to a boil. Reduce heat; simmer, covered, 1-1/2 hours.
3. Stir in remaining ingredients. Return to a boil. Reduce heat; simmer, covered, 15-25 minutes longer or until meat and vegetables are tender. If desired, skim fat and thicken cooking juices for gravy.



**\*Thank you Eva G. for sharing!**

### Multigrain Bread

2 pkgs. Dry yeast  
 1/2 cup warm water  
 3 cups very hot water  
 2/3 cup brown sugar  
 1 tsp salt  
 6 Tbsp margarine  
 4-5 cups wheat flour  
 3 cups white flour  
 1/2 cup rye flour  
 1/2 cup cornmeal  
 1/2 cup wheat germ  
 2/3 cup oatmeal  
**Touch of Honey**

Dissolve yeast in 1/2 cup warm water. Put the 3 cups very hot water in large bowl. Add margarine, brown sugar, and salt to the hot water. Add oatmeal to mixture. Then add cornmeal and wheat germ. Stir in well. Add rye flour and stir in well. Add touch of honey. Stir in. Stir in well 2 cups of wheat flour. Add yeast mixture. Mix well. Stir in remaining wheat flour (2-3 cups). Mix well. Add white flour, a cup at a time, mixing well after each cup, holding back approximately 1 cup. Knead in last cup until bread is slightly tacky. Place in slightly oiled bowl and let rise until double in size. Punch down and divide into four loaves. Place in greased fruit juice cans or bread pans. Let rise in warm place until 3/4 of an inch from top of juice can or 1 inch above bread pans. Place in preheated oven at **350° for 35-40 minutes** or until golden brown.

Makes 4 loaves

**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)



**SUNDAY, MARCH 10**



**Lynn Street  
Manor**

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Onaway, MI 49765  
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