



Manor Monthly



Embrace the possibilities

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

March 2020

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Also included: Neighbor Phone List, Bingo Card, Calendar, Senior Center Menu & Activity Calendars, National Kidney Month informational sheet.

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



NATIONAL KIDNEY MONTH

“National Kidney Month during March is a reminder to give our kidneys a check-up. 1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure, or family history of kidney failure. On top of that, 30 million Americans already have kidney disease, and many of them are not aware of it because symptoms usually don’t show until the disease has progressed.

Our kidneys are crucial for 3 main reasons. They regulate water, they remove waste and regulate minerals, and they produce hormones. Located in our lower back, these two hard-working organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life.

HOW TO OBSERVE

Learn more about caring for your kidneys at www.kidney.org and use #NationalKidneyMonth to share on social media. Schedule a checkup, and learn what symptoms to keep an eye out for to know if your kidneys are starting to fail or become infected.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Continued on pg. 2...

Service Coordinator Corner | Matthew Bush (989) 733-7792 **Reporting Changes is Your Responsibility**

Posted on [December 10, 2015](#) by [Doug Walker, Deputy Commissioner, Communications](#)



Changes concerning Social Security Benefits:

If you receive benefits from Social Security, you have a legal obligation to report changes, which could affect your eligibility for disability, retirement, and Supplemental Security Income (SSI) benefits. You must report any changes that may affect your benefits immediately, and no later than 10 days after the end of the month in which the change occurred.

Life changes can affect your benefits. You may be due additional payments, or you may be overpaid and have to pay us back because you didn't report the overpayment in a timely manner. The SSI program may apply a penalty that will reduce your benefits if you fail to report a change, or if you reported the change later than 10 days after the end of the month in which the change occurred. If you fail to report changes in a timely way, or if you intentionally make a false statement, we may stop your SSI, disability, and retirement benefits. We may also impose a sanction against your payments. The first sanction is a loss of payments for six months. Subsequent sanctions are for 12 and 24 months.

You can report your change online at www.socialsecurity.gov, or by calling toll free at 1-800-772-1213. If you're deaf or hearing-impaired call TTY 1-800-325-0778. Mail the information to your local Social Security office or in person if you prefer.

<https://blog.ssa.gov/reporting-changes-is-your-responsibility/>

Changes concerning Michigan Department of Health and Human Services (MDHHS):

If you receive benefits from MDHHS: Report to MDHHS any changes in your household size, income, or assets. You must report the changes within **10 days** of the change. If you do not, your benefits could be reduced or suspended. The easiest and most reliable way to report changes is online using [MI Bridges](#). You can also call MI Bridges at 888-642-7434 or use [DHS Form-2240](#) to report changes.

<https://michiganlegalhelp.org/self-help-tools/public-assistance/overview-of-family-independence-program-fip-or-cash-assistance#>

National Kidney Month

Continued from pg. 1...

Here's what else you can do this month to protect your kidneys:

1. • **Control your blood pressure (and diabetes if you have it.)** These are the two leading causes of kidney disease and kidney failure.
2. **Exercise often.** Regular exercise keeps your kidneys healthy by keeping things moving and controlling blood pressure.
3. **Cut out processed foods.** They tend to be big sources of sodium, nitrates, and phosphates, and they've been linked to kidney disease.
4. **Try to reduce over the counter pain medicines.** They may help with aches and pains, but they can greatly damage your kidneys."

Source:

<https://nationaldaycalendar.com/national-kidney-month-march>

Don't worry about getting old, worry about thinking old.



February Birthday Bash & Valentine's Day Potluck had a wonderful turn-out! Thank you especially to Tom McDonald for organizing and cooking for the potluck and to all those who donated, provided dishes, and helped with set-up & clean-up. Everything is so much better when we come together to make our events a success. We received about \$85.00 in donations for our kitchen fund.

BIRTHDAY BASH

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



BIRTHDAYS:

- Allen Karsten 3/07
- Eva Gilbert 3/09
- Larry (Doc) Brown 3/17
- Coralee Porter 3/29
- Rich Lucier 3/29
- Roger Murphy 3/29

If you will be bringing a cake to the next Birthday Bash...Please let the office know. Thank you Neighbors!





MESSAGE(S) FROM MAINTENANCE:

Thank you so much for your cooperation in the first BI-Annual Inspection. For myself I could not be happier with the results. Each of you has showed outstanding care of your Residence and this is so appreciated from a "Maintenance Cost for Repair" perspective. I applaud you All!

New paint color has been voted on for the entry, Great Job! Also, new carpet is going in and looking forward to your cooperation in the continued installation. Looking very forward to the arrival of spring and the continued improvement of "Ours and Your Community."

*Thank you!
Pat*

IT IS TIME TO START THINKING ABOUT GARDENING...

LET THE OFFICE KNOW IF YOU ARE INTERESTED IN A GARDEN PLOT

DIY SEED STARTER **ACTIVITY MARCH 31ST AT 1:00PM**-SAVE EGG CARTONS (CARDBOARD), TOILET PAPER ROLLS, & BRING SEEDS TO PLANT (SOME PROVIDED)

FROST DATES FOR ONAWAY, MI:

SPRING MAY 30

FALL SEPTEMBER 17

**THE SPRING FROST DATE IS LARGELY CONSIDERED THE FIRST DAY OF THE OUTDOOR GARDENING SEASON. AFTER THIS DAY IT IS UNLIKELY THAT YOU WILL GET A HARD FROST THAT WOULD KILL TENDER PLANTS. START SEEDLINGS ABOUT 6WKS BEFORE.*

RANDOM LITTLE TIDBITS

1. Telephone Scams

Residents are receiving calls from people stating they are an officer with the Social Security Administration. They are telling people that their social security number has been compromised. **AT NO TIME WILL THE SOCIAL SECURITY ADMINISTRATION OR THE IRS CALL YOU AND WANT YOUR INFORMATION! ALSO NEVER GIVE ANYONE YOUR PERSONAL INFORMATION!** Last but not least, **YOU WILL NEVER BE ISSUED A NEW SOCIAL SECURITY NUMBER! IT'S YOUR**

NUMBER FOR LIFE! Stay safe and stay smart. Also, if this or something similar has happened to you, please share with Matt or the office so that we can make all our neighbors aware.

2. Fire Alarm & Pull Cord System Testing

February 11th testing by Summit Companies went very well. Our system has been officially recertified for the year. It was brought to our attention that some pull strings aren't in an accessible place. If that is the case for you, let the office know so we can restring them.

3. Bi-Annual Unit Inspections

The Unit Inspections also went very well. We have identified some small items that need attention. Work Orders have been created that Pat will be working on for the next few weeks. Please be patient and we will get to them all. The next inspections will take place in August.



AS YOU GROW
OLDER, YOU
WILL DISCOVER
THAT YOU HAVE
TWO HANDS

ONE FOR
HELPING YOURSELF,
THE OTHER FOR
HELPING OTHERS.

Audrey Hepburn

www.thediaryofadebutante.com

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

March is also National Women's History Month. Let the office know what the best/most helpful piece of advice a woman has given to you and they will be featured on our Facebook page.

Thank you!

Recipe Swap



CHERRY GELATIN SUPREME

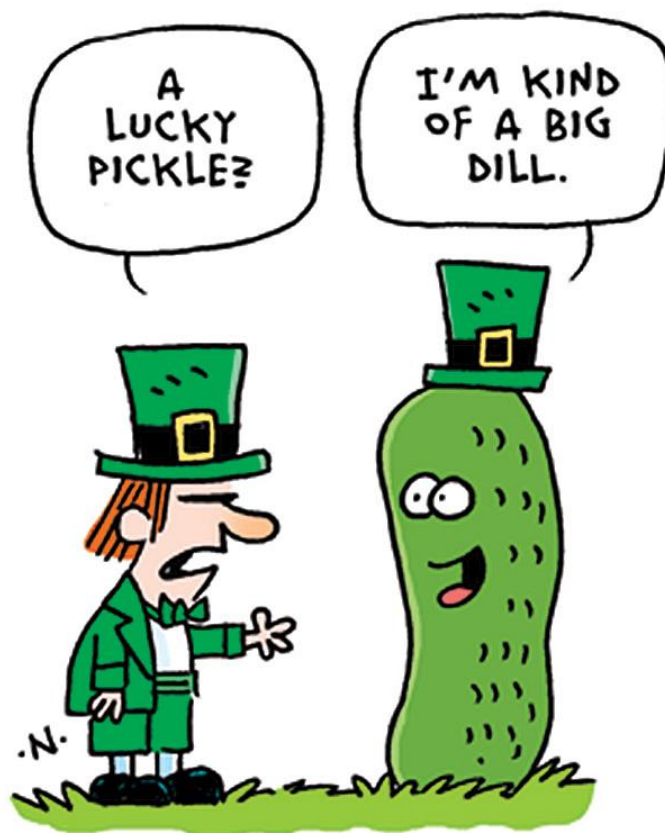
Thank you Eva Gilbert for the recipe!

Ingredients

- 2 cups water, divided
- 1 pkg. (3oz) cherry gelatin
- 1 can (21oz) cherry pie filling
- 1 pkg. (3oz) lemon gelatin
- 3 oz cream cheese, softened
- 1/3 cup mayonnaise
- 1 can (8oz) crushed pineapple, undrained
- 1 cup miniature marshmallows
- 1/2 cup heavy whipping cream, whipped
- 2 Tbsp chopped pecans

Instructions

1. In a large saucepan, bring 1 cup water to a boil. Stir in cherry gelatin until dissolved. Stir in pie filling. Pour into an 11x7in dish. Cover and refrigerate until set. (about 2 hours)
2. In a small saucepan, bring remaining water to a boil. Stir in lemon gelatin until dissolved. In a small bowl, beat the cream cheese and mayonnaise until smooth. Beat in lemon gelatin and pineapple. Cover and refrigerate for 45 minutes.
3. Fold in the marshmallows and whipped cream. Spoon over cherry layer; sprinkle with pecans. Cover and refrigerate until set (about 2 hours)



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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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.**

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



Embrace the possibilities