



# Manor Monthly



## Embrace the possibilities

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

April 2020

### Featured Articles

Service Coordinator  
Corner pg. 2

Event Photos & Birthdays  
pgs. 3

Stressed About Stress?  
pg. 4

Egg Coloring pg. 5

Maintenance Message &  
Garden Info pg.6

Random Tidbits pg. 7

Recipe Swap & Jokes  
pg. 8

*Also included: Senior  
Center Menu, Bingo Card,  
Laughter page,*

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



### April is National Humor Month

“National Humor Month was conceived as a means to heighten public awareness of the therapeutic value of humor. Laughter and joy - the benchmarks of humor - lead to *improved well-being*, boosted morale, increased communication skills, and an enriched quality of life.

It's no coincidence that the month begins with April Fool's Day, a day which has sanctioned frivolity and amusement for hundreds of years.

Humor as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to *relieve debilitating stress* and burnout may indeed be one of the great medical discoveries of our times.”

Source: <http://www.humormonth.com/index.html>

...More on page 2



## Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



**Service Coordinator Corner | Matthew Bush (989) 733-7792**

Michigan Department of Health &amp; Human Services

**Letter: MI Department of Health & Human Services**

Good Morning MI Bridges Community Partners,

We have had several reports of clients with government-issued cell phones receiving calls regarding their benefits. The calls instruct them to either press 1 to continue receiving benefits, use their benefits by the end of the day, and in some instances, asking them to enter/verify personal information. If you have anyone contacting you regarding these calls, please share the below information with them.

The Department of Health and Human Services is committed to keeping your private information safe. The department will never contact you utilizing robocalls. In the case that you receive this type of call you should hang up immediately and never provide your private information under any circumstance. If you question the validity of a call, you may reach out to your MDHHS worker to confirm.

Please feel free to contact us if you have any questions at [MDHHSCommunityPartners@michigan.gov](mailto:MDHHSCommunityPartners@michigan.gov).

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Services Coordinator  
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Continued from page 1...

○ **Mondays are for Compliments:** This overcomes our tendency to criticize and be judgmental of others, which robs us of laughter. Look for the good in others, tell them about it, and you just might end up laughing together.

○ **Tuesdays are for Flexibility:** There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in.

○ **Wednesdays are for Gratitude:** A good way to feel miserable is to constantly think you need something more to make you happy. An attitude of gratitude brings serenity and laughter.

○ **Thursdays are for Kindness:** Think of ways to make another person's life a little easier. Simple kindness may be the most vital component of human beings living harmoniously and peacefully, while properly caring for this planet we all share.

○ **Fridays are for Forgiveness:** Forgiveness means letting go of anger. Releasing anger makes you healthier and opens up room in your heart for more laughter.

Source:

<https://www.worldlaughtertour.com/>

Why am I getting older and wider instead of older and wiser???



### March Birthday Bash

A special thank you to Pat Downing who helped make this happen when office staff was out sick! He really is a “do-it-all” kind of guy.

April birthday bash will be held as soon as we are able to gather in groups again. We will do our best to notify you all well in advance.

### BIRTHDAY BASH

To Be Determined at a later date.



#### BIRTHDAYS:

- Tom McDonald 04/03
- Pat Downing 04/23
- Bob Loomis 04/24
- Cheryl Nichols 04/30

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



# Stressed About Stress?

*This month's column was co-written with Lyndsey Malkovich, an intern from Oakland University's Wellness, Health Promotion, & Injury Prevention Program.*



Photo by [Cristian Newman](#) on [Unsplash](#)

Stress. We've all experienced it and though it gets a bad rap, without it we wouldn't get much done. A little bit of stress is actually good for us. It motivates us to do the things we need to do to stay healthy and well. It's when we let it get out of hand, that it causes problems. Left unchecked, it can lead to a variety of health problems including headaches, sleep disorders, chronic pain, high blood pressure, cardiovascular disease, anxiety and depression to name just a few.

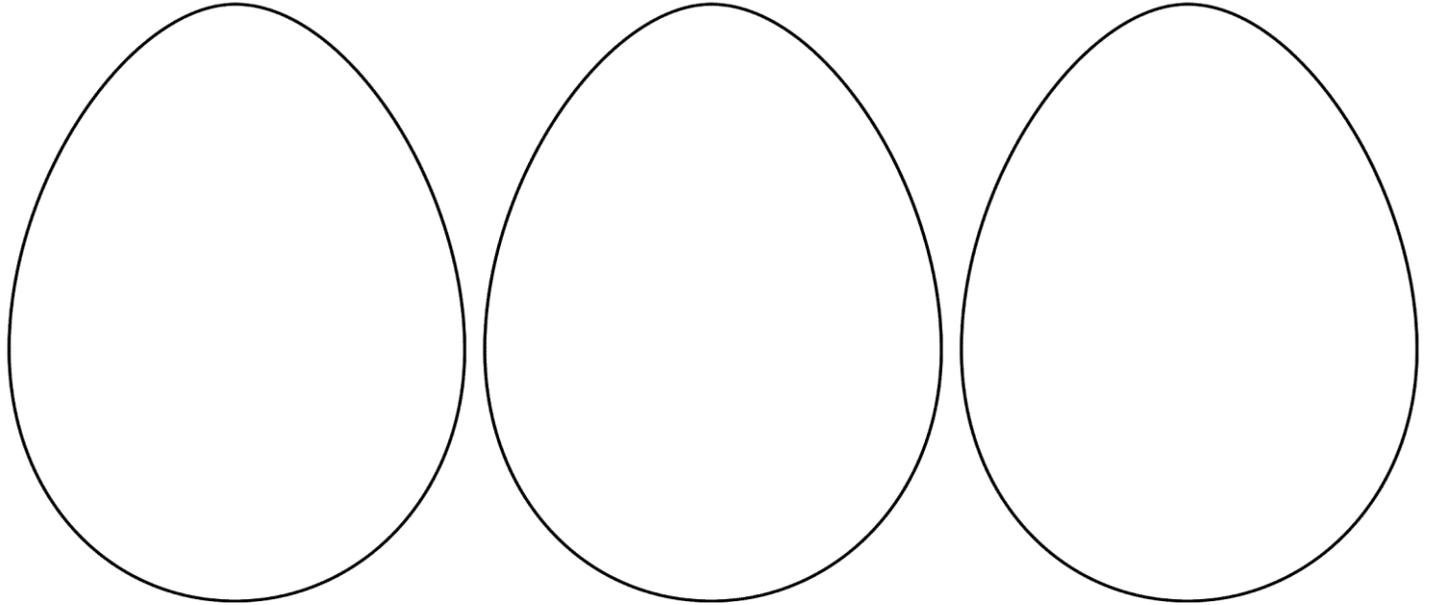
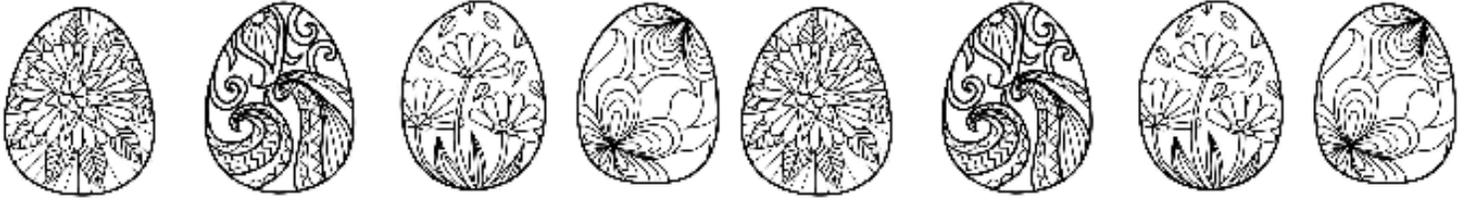
When faced with a stressful situation, our bodies react by producing a cascade of chemicals that among other things, heightens our senses, constricts our blood vessels, tenses our muscles, raises our blood pressure, dilates our pupils, and increases our heart and breathing rates. Sensing danger, our bodies are getting us ready to fight or flee. Back in the caveman days, when our biggest dangers were lions, tigers, and bears, such a reaction could literally be lifesaving. We would use the resulting extra boost of energy we would get to either fight off the threat or run away and escape from it.

Nowadays, our biggest threats are less tangible and include chronic conditions, bills, deadlines, internet scams, and traffic jams. And though we might badly want to, we really can't run away from them and we certainly aren't going to hit them. Yet, our bodies still react the same way. If we don't do something to dissipate this pent up energy, things will eventually start to go astray.

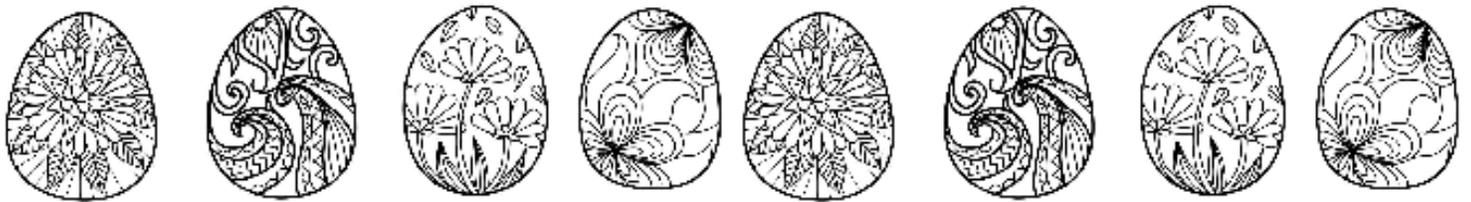
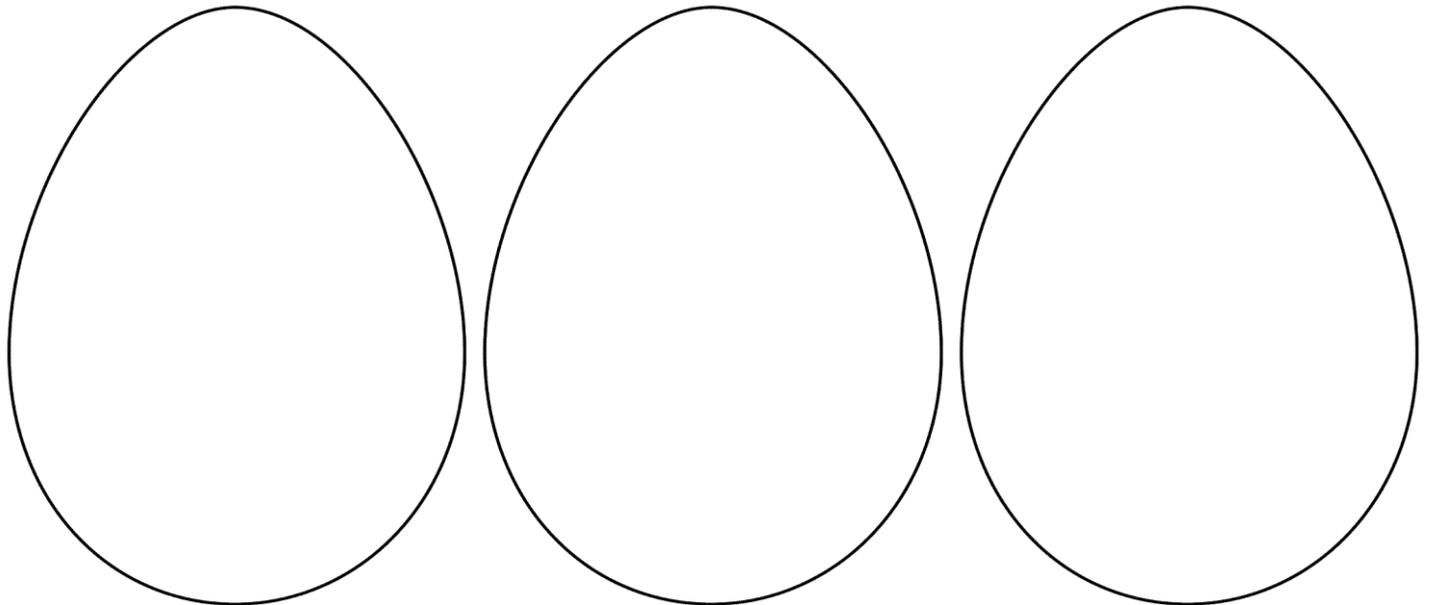
**Fortunately, there are things we can do to quell these present day dangers:**

- **Exercise** – it's the modern equivalent to fighting or fleeing. Whether you do aerobics, yoga, walk, swim or dance, the key is to move your body!
- **Meditate** – it will calm both your body and your mind. Inhale deeply through your nose then slowly exhale through pursed lips for twice as long as you breathe in. Doing this simple meditation 10-15 minutes daily can work wonders!
- **Socialize** – it will connect you to others with whom you can share and express your feelings and concerns. An empathetic ear can help lift some of that weight off your shoulders!
- **Laugh** – it will release endorphins, which are our body's natural "feel-good" chemicals. There are plenty of YouTube videos, Netflix comedies, and other forms of entertainment out there that can inspire a laugh. Find what works for you and let the belly shaking begin!

**Author: Tom Wyllie, Director of Innovation & Wellness  
Presbyterian Villages of Michigan**



Design Your Own Eggs





### MESSAGE(S) FROM MAINTENANCE:

Thank you to All during these trying times. I myself look forward to getting back to business as usual, as soon as we are able. In the meantime, I will be on location Monday, Wednesday and Friday Regular Hours 7am to 3:30pm and naturally I will be on Call for Emergency Call outs 24/7.

Please take care of your Health and Remember I need you as much as you need me. Prayers and Blessings to All.

*Thank you!  
Pat*

## MDHHS announces statewide hotline to address COVID-19 health questions

"Public health and other experts will answer health-related questions about COVID-19. The team can also direct residents, providers and more to the right resources in their local communities and other state government departments.

THE HOTLINE WILL BE OPEN  
SEVEN DAYS A WEEK FROM  
8:00AM TO 5:00PM  
1-888-535-6136

Photo by Annie Spratt on Unsplash

<https://www.michigan.gov/coronavirus>

*Monica will only be in the office 1 day a week until further notice. She may randomly give you a call to see how you are doing or set up an appointment.*

*Her number is:*

***206-793-9978***

*Comes up as a Seattle number but is **not** a spam caller.*

# RANDOM LITTLE TIDBITS

## 1. PVM Response to COVID-19

Know that the health and safety of our neighbors and staff are our highest priority. Because of this and in response to the 3/23 Executive Directive issued by Governor Whitmer, we are adding new actions to reduce the exposure of all involved. We understand that the restrictions on common areas and to each other may cause undo boredom and frustrations, but it is up to all of us to prevent the spread of this virus.

We have increased the screening of staff, and when appropriate we are encouraging staff to work from home. Adequate staff levels will be on-site to maintain essential services. Staff will be reachable as they have always been. For the time being, the **office will be staffed Monday, Wednesday, and Friday**, but Ian and Pat are reachable by phone for issues that occur on the other days. You play a key role in winning the war against this virus. Stay safe. Stay strong. Stay sheltered from others. Thank you for your cooperation and your patronage.

## 2. Assistance in communicating with Family and Friends

During the “Stay-at-Home” order, social visits have been limited. We would like to assist you in your communications if you have friends or family who have the capability to Facetime, Video Chat, etc. Let the office know and we will do our best to help facilitate.

## 3. Activities and gatherings

We will continue activities and such as soon as we are able. In order to help alleviate boredom we put together packets of crossword puzzles, color pages, word searches, etc. These will be delivered to your doors on Mondays **if requested...simply call Monica (206-793-9978) or the office by Thursday and let us know what you a.**

## 4. Latex Gloves

There will be gloves available in the office (while supplies last) that you can grab when you need to go out to the grocery store or to appointments. Please be cautious in places where there is high transfer of germs...gas pumps, grocery carts, door handles, etc.

**WASH HANDS/SANITIZE/USE GLOVES/DON'T TOUCH YOUR FACE**

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

*“Whatever life may send your way—MAKE THE BEST OF IT. Don't waste your time and energy worrying about it. Instead, find a way to do something about it. Learn from it, adjust to it, be strong, be flexible and be your best in every situation.”*

*--Les Brown--*

## Recipe Swap



### ITALIAN CLOUD EGGS

Thank you [www.tasteofhome.com](http://www.tasteofhome.com) for the recipe!

### Ingredients

- 4 Large Eggs, Separated
- 1/4 tsp Italian Seasoning
- 1/8 tsp Salt
- 1/8 tsp Pepper
- 1/4 cup Shredded Parmesan Cheese
- 1 Tbsp Minced Fresh Basil
- 1 Tbsp Finely Chopped Oil-Packed Sun-Dried Tomatoes

### Instructions

1. Preheat oven to 450°. Separate eggs; place whites in a large bowl and yolks in 4 separate small bowls. Beat egg whites, Italian seasoning, salt and pepper until stiff peaks form.
2. In a 9-in. cast-iron skillet generously coated with cooking spray, drop egg white mixture into 4 mounds. With the back of a spoon, create a small well in the center of each mound. Sprinkle with cheese. Bake until light brown, about 5 minutes. Gently slip an egg yolk into each of the mounds. Bake until yolks are set, 3-5 minutes longer. Sprinkle with basil and tomatoes. Serve immediately.



**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

**Ian Straley**  
*Housing Administrator*

**Lindsay Doyle**  
*Housekeeper*

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

**Monica Voigt**  
*Administrative Assistant*

**Matt Bush**  
*Service Coordinator*

**Gary Hansel: (989) 306-4694**  
*Caretaker*

**BUILDING EMERGENCY NUMBER** (989) 306-4694  
**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.**

**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

For more information, call  
Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

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