



Manor Monthly



Embrace the possibilities

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

June 2024

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Also included: Bingo Card, Senior Center Information page, Menu & Calendar

Seniors Bullying Seniors



Picture Source: <https://www.rightathome.net/blog/seniors-bullying-seniors#:~:text=It%20has%20been%20estimated%20that,their%20psychological%20and%20physical%20health.>

When people envision a bully, they think about a young kid or adolescent picking on someone smaller than them. What happens when an adult becomes the victim of bullying?

Bullying in **retirement communities** and **assisted living communities** is making news in recent years. While much of the bullying behavior is often associated with physical aggression, it can also entail psychological or social aggression.

The Rise of Senior Bullies

The **American Psychological Association** defines bullying as “a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words or more subtle actions.”

In many senior communities, bullying appears in words and actions. “Many people can have trouble with the transition into senior living,” says Beth Sholom, who runs an informational program to educate people in retirement communities about the issue of senior bullying. “Their loss of independence can make them feel powerless. Acting out by bullying others is an admittedly unhealthy way of trying to feel more in control of what is happening in their lives.”



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner | Matthew Bush (231)268-8990

Dial 211 for Essential Community Services

In many states, dialing “211” provides individuals and families in need with a shortcut through what can be a bewildering maze of health and human service agency phone numbers. By simply dialing 211, those in need of assistance can be referred, and sometimes connected to, appropriate agencies and community organizations.

Dialing 211 helps direct caller services for, among others, the elderly, the disabled, those who do not speak English, those having a personal crisis, those with limited reading skills, and those who are new to their communities.

211 is available to approximately 99 percent of the total U.S. population, according to 211.org. 211 covers all 50 states, the District of Columbia, and Puerto Rico. To find out whether 211 services are offered in your area, and to obtain more information, visit 211.org. You can also connect directly to 211 by text or through this website.

How 211 Works

211 typically works a bit like 911. Calls and texts to 211 are routed by the local telephone company to a local or regional calling center. The 211 center’s referral specialists receive requests from callers, access databases of resources available from private and public health and human service agencies, match callers’ needs to available resources, and link or refer callers directly to an agency or organization that can help.

Types of Referrals Offered by 211

- Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.
- Physical and Mental Health Resources – including health insurance programs, Medicaid and Medicare, maternal health resources, health insurance programs for children, medical information lines, crisis intervention services, support groups, counseling, and drug and alcohol intervention and rehabilitation.
- Work Support – including financial assistance, job training, transportation assistance, and education programs.
- Access to Services in Non-English Languages – including language translation and interpretation services to help non-English-speaking people find public resources (foreign language services vary by location).
- Support for Older Americans and Persons with Disabilities – including adult day care, community meals, respite care, home health care, transportation, and homemaker services.
- Children, Youth and Family Support – including childcare, after-school programs, educational programs for low-income families, family resource centers, summer camps and recreation programs, mentoring, tutoring, and protective services.

Source: https://www.fcc.gov/sites/default/files/dial_211_for_essential_community_services.pdf

House Rules

Subject:

Harassment/Bullying

Lynn Street Manor prohibits acts of harassment or bullying. A safe and civil environment is necessary for residents to feel safe and secure in their homes. Bullying can be defined as health-harming mistreatment of another resident, staff or guest to the campus that usually involves subtle methods of coercion such as intimidation. Bullying consists of four basic types of abuse – [emotional](#), [verbal](#), [physical](#), and cyber (including electronically transmitted acts via the Internet, cell phone, and personal digital assistant or wireless hand held device).

Residents and/or Guests should report incidents of bullying to the Administrator, Assistant Administrator, Service Coordinator or other members of management. Lynn Street Manor prohibits reprisal or retaliation against any person who reports an act of harassment or bullying.

Violators will be subject to appropriate consequences up to and including termination of their lease.

Continued from Pg. 1

Bullying can also vary based on gender. Women are more likely to create “mean girl groups” where they make newcomers feel left out—either by not allowing the newcomers to sit with them during meals or spreading gossip about the newcomers. Male bullies are more likely to display aggressive behavior such as yelling or threatening others.

“Senior bullies typically try to control the entire environment,” says Sholom. “They’ll turn a public space into their own area, sort of like claiming their turf.”

The Impact of Senior Bullying

California State University, San Bernardino published a report, “**Bullying Among Older Adults in Retirement Homes: An Unknown Epidemic.**”

The report identified additional consequences for victims of senior bullying, such as post-traumatic stress disorder and social isolation.

Social isolation can be devastating to a person’s health. The report states, “Older adults who do not have a healthy network suffer from depression, and they are at a higher risk of cognitive deterioration. Moreover, men are at a higher risk of committing suicide. Older adults change their behavioral habits by smoking, drinking and increasing their unhealthy eating habits.”

It has been estimated that roughly 10 to 20 percent of seniors experience bullying. Bullying, at any age, can affect a person’s self-esteem and lead to depression and/or anxiety. For those who become victims of bullying, the impact can be detrimental to their psychological and physical health.

Combating Bullying Among Seniors

Interventions are necessary to minimize bullying among seniors. Sholom said that her goal of running a workshop in retirement communities is to empower seniors from falling victim to the bad behavior.

Although some people are unable to help it, such as dementia patients and the elderly living with age-related depression, encouraging staff to intervene could help improve not only the bully’s behavior, but also identify a health issue that might be at the root of the problem.

“The bottom line is that the facility definitely needs to take control of the situation,” says Sholom. “They should address the underlying cause behind why the bully is acting that way and determine whether the bully needs to see a counselor or seek medical attention.”

Sholom is the owner of Right at Home in Middlesex and northern Monmouth counties, New Jersey. She and her teammate, Aileen Hollander, advocate for the well-being of seniors in the community.

For more information and to read the full article, visit:

<https://www.rightathome.net/blog/seniors-bullying-seniors#:~:text=It%20has%20been%20estimated%20that,their%20psychological%20and%20physical%20health.>

June

By: John Updike

The sun is rich
And gladly pays
In golden hours,
Silver days,
And long green
weeks
That never end.
School’s out.
The time Is ours to
spend.

There’s Little
League,
Hopscotch, the
creek,
And, after supper,
Hide-and-seek.
The live-long light
Is like a dream,
and freckles come
Like flies to cream.

Source:

<https://www.panmacmillan.com/blogs/literary/summer-poems-poetry-solstice-shakespeare-bronte>

Color Me



Source: https://www.justcolor.net/events/fathers-day/?image=fathers-day_coloring-father-s-day-3_1

BIRTHDAY BASH

June 14th, at 1:00pm

* Please let Trish know if you will be bringing something.



Picture by Patricia Pasini

BIRTHDAYS:

- Jack W. 6/5
- Dennis G. 6/11
- Leslie S. 6/22
- Eugene L. 6/27

Picture source: Patricia Pasini

June Symbols

www.ducksters.com

Birthstone:

Moonstone

Flower(s): Lily of the Valley

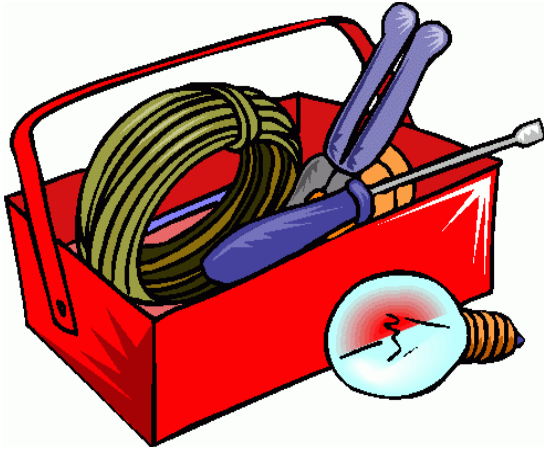
Zodiac Signs: Gemini & Cancer

Word Search



- | | | |
|-------------|------------|-------------|
| Barbeque | Baseball | Bees |
| Butterflies | Canoeing | Dragonflies |
| Fathers | Fishing | Flowers |
| Gardening | Gatherings | Grilling |
| June | Lawncare | Picnics |
| Sun | Swimming | Warmth |

Border source: <https://clipart-library.com/clipart/1290760.htm>
 Puzzle source: <https://puzzlemaker.discoveryeducation.com/word-search/result>



MESSAGE(S) FROM Maintenance:

Thank you to all the people that worked together to take care of and cleaned up after the rummage sale.

Don't forget to report work orders to the office and not to me.

*Thank you,
Joe*

RANDOM LITTLE TIDBITS

1. Memorial for Storm

The memorial held in honor of Storm was a lovely event. Her family came and shared their memories of Storm, their time, and food with all of her friends here at the manor. Thank you to everyone that showed up for this event to honor the memory of Storm with her family.

2. Garden Beautification

You may have notice that some of our gardens are being spruced up. We would like to give a huge THANK YOU to Kathy C. for all the hard work she has put into making the gardens looks their best.

3. KARAOKE!

The Karaoke night was a huge success. We had 15 residents in attendance. There are plans to make this on-going, but will need feedback on how often it should be done.

4. Storage Units

If you are using the storage units on the lower level, please let the office know which number you are using. We are working to get an audit of which units are open and which ones are being used. If you are using a storage unit, make sure that you do not have anything that reaches above the top of the cage; it is a fire code violation.

5. Avoid Blue Dye

If you see blue dye anywhere around the yard, keep clear of it. Do not allow your pets near it. This is weed killer and is toxic to animals.

6. Tampering with Smoke Detectors

Tampering with the smoke detectors are a Federal Offense. If you do anything with the smoke detectors, you will receive a lease violation.

The office is available to answer any questions regarding the information provided above.

Resident Council Message Board

President's Report:

We will be nominating residents for the open positions in the Council. If you are interested, please give your name to a council member.

We hope to see you all at our next meeting, June 13th at 1 pm.

Thank you,
Larry Riley – Resident
Council President

**The Resident Council adheres to the Roberts Rules of Order with members speaking one at a time and attending residents able to bring new topics/concerns during new business.*

Kitchen Committee:

There will be a Father's Day Lunch on Saturday, June 15th at 1 pm. We will be serving Sloppy Joes and chips. If you would like to bring a dish to share, you are welcome. Bring your place settings

Hello from the Activities Committee!

We were happy to see a great turn out for Karaoke on June 7th. There are more events in the planning and will be announced when plans have been finalized.

Thank you,
Miss Kay, Suzanna, Brad, & Bill

Welcome Committee:

There have been quite a few new move-ins in the past few months and we have made sure that each one received their welcome bags. Please welcome our new neighbors when you see them in passing.

Thank you,
The Welcome Committee

Wellness Committee

With everything in bloom, the pollen is high. Wishing everyone a wonderful start to summer.

The Wellness Committee is here for you.

Recipe Swap & Funnies

TERRIFIC TOMATO TART

Source: <https://www.tasteofhome.com/recipes/terrific-tomato-tart/>

Ingredients:

- 12 Sheet of phyllo dough (14x9 inches)
- 2 Tbs. Olive oil
- 2 Tbs. Dry bread crumbs
- 2 Tbs. Prepared pesto
- ¾ C. Crumbled feta cheese, divided
- 1 Medium tomato, cut into ¼ inch slices
- 1 Large yellow tomato, cut into ¼ inch slices
- ¼ Tsp. Pepper
- 5 to 6 Fresh basil leaves, thinly sliced

Directions:

1. Preheat oven to 400° F. Set up your phyllo station on a clean counter with a parchment-lined baking sheet and a damp towel that's been wrung out. Place one sheet of phyllo dough on the baking sheet. Cover the remaining phyllo with the damp towel to keep it from drying out. Brush the phyllo sheet with 1/2 teaspoon oil, and sprinkle with 1/2 teaspoon breadcrumbs. Repeat with all remaining layers of phyllo and breadcrumbs, making sure to brush the oil all the way to the edges. Fold each side of the phyllo ¾ of an inch toward the center, forming a crust with the dough.
2. Spread the pesto over the bottom and sprinkle with half of the feta cheese. Alternately, arrange the red and yellow tomato slices over the cheese. Sprinkle with pepper and the remaining feta cheese.
3. Bake the tart in the middle rack of the oven until the crust is golden and crispy, 20 to 25 minutes, rotating once halfway through. Cool on a wire rack, removing parchment before cutting.

If you have a recipe you would like to share, please bring it to the office and it will be included in the next newsletter.

I'm at the age where I need at least 3 weeks advanced notice before doing anything spontaneous.



Source: <https://www.pinterest.com/pin/608619337175817658/>



Source: <https://www.pinterest.com/pin/426223552239362332/>



Source: <https://zucchinisummeretsy.blogspot.com/2017/06/friday-funnies-summer-vacation.html>

Joyful June 2024

MONDAY

TUESDAY

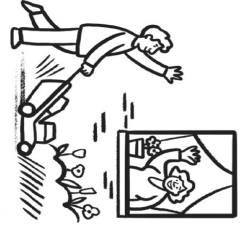
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



3 Re-frame a worry and try to find a helpful way to think about it



4 Take a photo of something that brings you joy and share it



5 Think of 3 things you're grateful for and write them down



6 Get out into green space and feel the joy that nature brings



7 Do something healthy which makes you feel good

1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together



**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

Office Numbers

989.733.2661

Village Staff

Monica Voigt

Housing Administrator

Kimberly Fox

Housekeeper

Joe Hoerner: 989.306.2256

Maintenance Technician

Patricia Pasini

Administrative Assistant

Matt Bush: 231.268.8990

Service Coordinator

248.847.8637

Caretaker

**BUILDING AFTER OFFICE HOURS
EMERGENCY NUMBER**

248.847.8637



BOARD MEMBERS:

SANDRA GRULKE
NICK JARVIS
SHANNON HOBAN
LAURA SHACK
LISA POCHMARA
MICHAEL BENSON
JACK WALSH
LARRY RILEY

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



Check your numbers on the board and by
the office window daily.

The Winner of May's BINGO:
Jack Walsh

Commodities – June 6, 2024
PICCOA Bus: 989-766-8191

Embrace the possibilities