



Manor Monthly



Embrace the possibilities

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

July 2024

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

Tips to Keep the Elderly Safe in Extreme Heat



As people get older, their natural defenses begin to break down, leaving people age 65 and older more likely to develop health problems related to heat exposure. Seniors also are more likely to have a chronic medical condition that changes normal body responses to heat and are more likely to take prescription medications that affect the body's ability to control its temperature or sweat.

“Our bodies lose some natural ability to regulate temperature as we age—making it more difficult for people to respond to hot weather in the same ways that younger people may,” said [**Michael Fitch, M.D.**](#), professor of emergency medicine at Wake Forest Baptist Medical Center. “A person with dementia or another chronic medical condition may not even be aware of being thirsty or feeling overheated,” said Fitch.



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

Recognize financial exploitation and scams to avoid becoming a victim.

The Transnational Elder Fraud Strike Force provides the following list to warn and educate the public about trending elder fraud threats. The Strike Force encourages use of the scheme names listed below to enable those combating financial exploitation to speak a common language in discussing and reporting incidences of elder fraud.

Social Security Administration Impostor Scam

Social Security Administration imposters contact prospective victims by telephone and falsely claim that the victim's Social Security number has been suspended because of suspicious activity, or because it has been involved in a crime. They ask to confirm the victim's Social Security number, or they may say they need to withdraw money from the victim's bank and to store it on gift cards or in other unusual ways for "safekeeping." Victims may be told their accounts will be seized or frozen if they fail to act quickly.

Perpetrators often use robocalls to reach victims. Victims may be told to "press 1" to speak to a government "support representative" for help reactivating their Social Security number. They also use caller ID spoofing to make it look like the Social Security Administration is calling. With such trickery, perpetrators convince victims to give up their Social Security numbers and other personal information. Social Security Administration imposters operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.

Source: *Social Security Administration Office of the Inspector General*

Tech Support Scam

Fraudsters make telephone calls and claim to be computer technicians associated with a well-known company or they may use internet pop-up messages to warn about non-existent computer problems. The scammers claim they have detected viruses, other malware, or hacking attempts on the victim's computer. They pretend to be "tech support" and ask that the victim give them remote access to his or her computer. Eventually, they diagnose a non-existent problem and ask the victim to pay large sums of money for unnecessary – or even harmful – services. Tech Support Scams operating from abroad often use U.S.-based money mules (including legitimate-seeming businesses registered in the U.S.) to receive victim payments and transmit proceeds to perpetrators.

House Rules

Subject: Extended Absence

HUD will allow a resident to keep an apartment for up to 180 continuous days if they are hospitalized, on in convalescent care.

Residents must not be absent for more than 60 continuous days for non-medical reasons. If a resident is absent for longer than 60 continuous days, management may seek possession of unit for abandonment.

If a resident is leaving for more than 48 hours, it is recommended they give Management the name, telephone number, and address of where they are staying in of emergency.

HUD's rule is that **Lynn Street Manor** must be the resident's **ONLY** place of residence and they may not receive any government subsidy other than that for **Lynn Street Manor**.

Refund scheme: After victims make payments, perpetrators often call back and offer refunds to victims, claiming their tech support services are no longer available. Perpetrators claim to send refund money to the victim's bank account but falsely claim that too much money was refunded. Perpetrators then induce victims to send payments (often through stored-value cards such as gift cards), purportedly to reimburse the tech support company for its "over-refund." Victims have lost hundreds or thousands of dollars to this refund scheme.

Source: *Federal Trade Commission*

Lottery Scam

Fraudulent telemarketers based in Jamaica and other countries are calling people in the U.S., telling them that they have won a sweepstakes or foreign lottery. The fraudulent telemarketers typically identify themselves as lawyers, customs officials, or lottery representatives, and tell people they have won vacations, cars or thousands — even millions — of dollars. "Winners" need only pay fees for shipping, insurance, customs duties, or taxes before they can claim their prizes. Victims pay hundreds or thousands of dollars and receive nothing in return, and often are revictimized until they have no money left. Lottery Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.

Source: *U.S. Embassy in Jamaica*

IRS Impostor Scam

IRS Imposter Scams are aggressive and sophisticated phone scam targeting taxpayers. Callers claim to be employees of the IRS, but are not. They use fake names and bogus IRS identification badge numbers. Victims are told they owe money to the IRS and it must be paid promptly through a wire transfer or stored value card such as a gift card. Victims who refuse to cooperate are threatened with arrest, deportation, or suspension of a business or driver's license. IRS Imposter Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.

Source: *Internal Revenue Services*

Romance Scam

Millions of Americans use dating sites, social networking sites, and chat rooms to meet people. And many forge successful relationships. But scammers also use these sites to meet potential victims. They create fake profiles to build online relationships, and eventually convince people to send money in the name of love. Some even make wedding plans before disappearing with the money. An online love interest who asks for money is almost certainly a scam artist. Romance Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators. Sometimes, perpetrators of Romance Scams convince victims to serve as money mules, receiving illegal proceeds of crime and forwarding those proceeds to perpetrators. For example, Romance Scam victims often are induced to receive payments and/or goods such as technology equipment procured through fraud and to forward those payments and goods directly or indirectly to perpetrators.

Source: *Federal Trade Commission*

See also: *Department of Justice Tech Support Take Down 2019*

Continued from Pg. 1

Heat-related illnesses can include heat exhaustion and heat stroke. According to the Centers for Disease Control and Prevention (CDC), symptoms of heat exhaustion can include: heavy sweating, cold, pale and clammy skin, fast, weak pulse, muscle cramps, feeling tired or weak or vomiting. If not treated, heat exhaustion may lead to heat stroke.

Warning signs of a heat stroke can include: high body temperature (103°F or higher), hot, red, dry, or damp skin, a fast and strong pulse, confusion. Headaches, dizziness and nausea are also indicators of heat-related illnesses. Heat strokes can be fatal if not recognized and treated in time.

Fitch and the CDC recommend the below tips to help prevent heat-related illnesses in the elderly:

- Stay in air-conditioned buildings as much as possible—don't rely on fans as the only cooling source during times of extreme heat.
- Stay well hydrated by drinking water or sports drinks. Avoid drinks with caffeine and alcohol and don't wait until feeling thirsty before beginning hydration.
- Limit using the stove or oven to cook during times of extreme heat.
- Wear loose, lightweight and light-colored clothing.
- Take cool showers or baths to cool down.
- Limit strenuous outdoor activities and get plenty of rest.

"If you have an older relative or neighbor, it's important to keep in frequent touch with them during times of hot weather," said Fitch. "Keeping in mind that someone may not even be aware of feeling hot or thirsty, it is very important for others to check on the health and well-being of loved ones and friends."

Article source: <https://www.wakehealth.edu/stories/tips-to-keep-the-elderly-safe-in-extreme-heat>

Our Flag

By: Patricia A. Fleming

Source:

<https://www.familyfriendpoems.com/poem/our-flag-2>

She waves for my attention,
So free upon the breeze.
The sun reflects her stars and stripes,
As proud as she can be.

She tells a tale of people lost,
Who came to find their way
And carried on through every loss,
To bring us here today.

She reminds me of the brave who fought
To keep our country strong
And shouts at me of victories
To right egregious wrongs.

She whispers to our children
Of all this country has to give
And begs that they stand up for her
And give thanks for how they live.

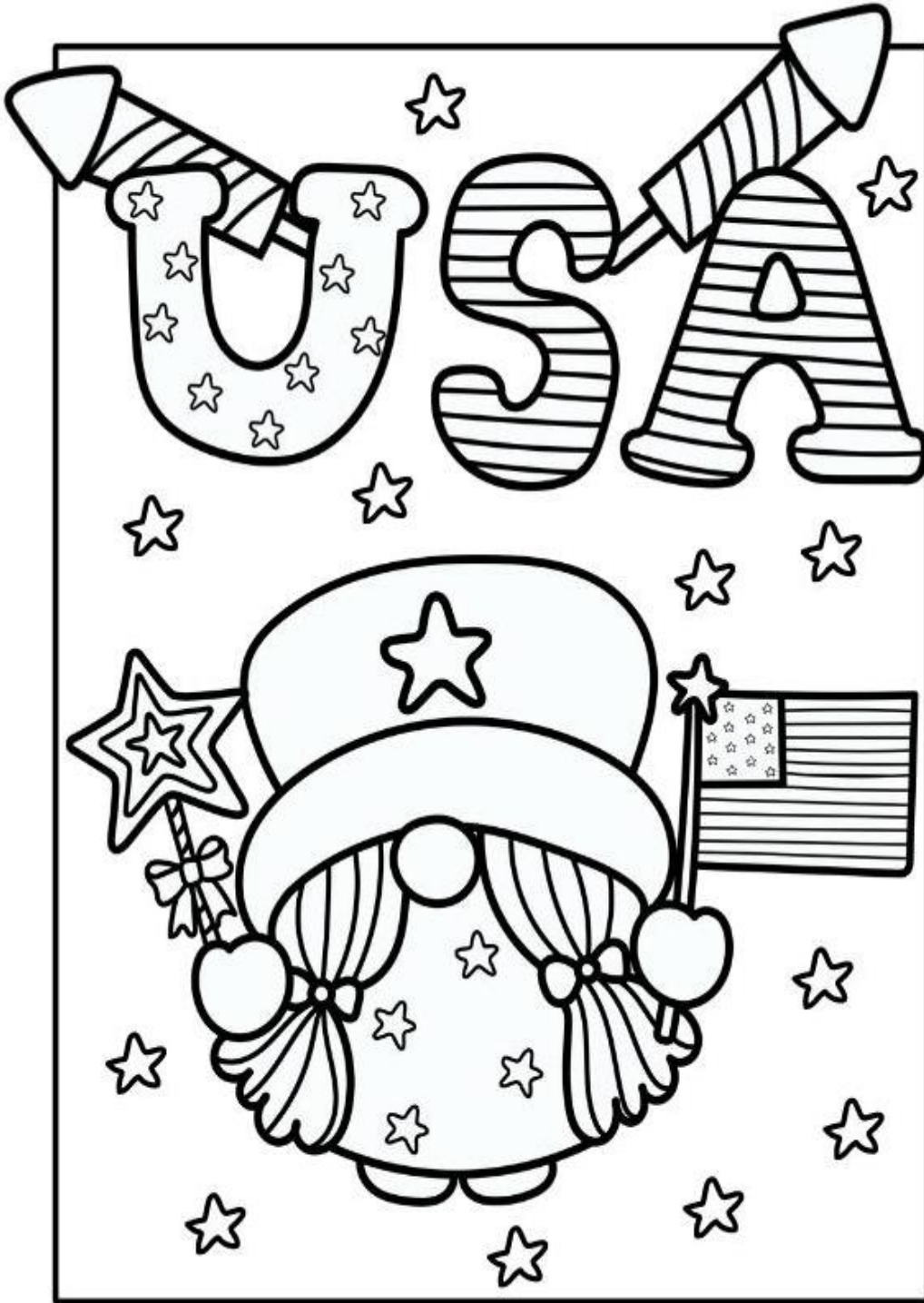
She cries to me of apathy,
Of prejudice and hate,
Of disrespect for she stands,
And a Constitution we forsake.

She demands that I acknowledge her
And what she means to me
And dares me to imagine life
If she should cease to be.

And still in Glory she unfurls
And gives me hope again
For a people reunited,
And a country on the mend.

So each time I see her wave at me,
I'll stop and gaze above
And take a moment to respect
This country that I love.

Color Me



Source: <https://everydaychaosandcalm.com/4th-of-july-coloring-pages/>

BIRTHDAY BASH

July 12th, at 1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

- Sherry P. 7/3
- Penny M. W. 7/12
- Timothy L. 7/14
- Sandy W. 7/18
- Melody V. 7/27



Picture source: Patricia Pasini

June Symbols

www.ducksters.com

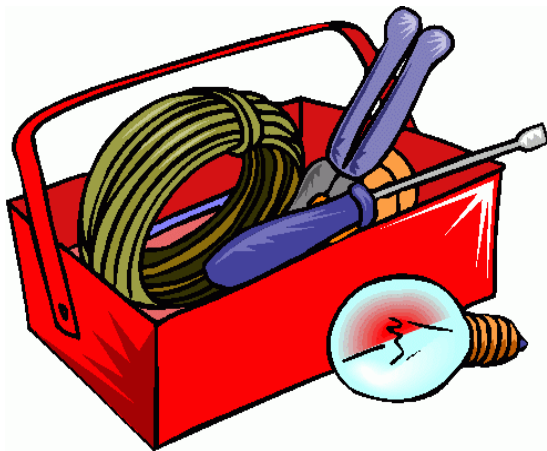
Birthstone: Ruby
Flower(s): Lily of the Valley
Zodiac Signs: Cancer & Leo

Word Search



Border source: <https://clipart-library.com/clipart/july-4-cliparts-borders-11.htm>

Puzzle source: <https://puzzlemaker.discoveryeducation.com/word-search/result>



MESSAGE(S) FROM Maintenance:

When the doors at the end of the halls are closed, leave them as they are. We have them closed to help keep the halls cool and to make the building more comfortable for you.

*Thank you,
Joe*

RANDOM LITTLE TIDBITS

1. BINGO – July 2nd

The city of Onaway Chamber has asked LSM to host a BINGO session during the week of July 4 on July 2, 2024 from 6 pm to 8 pm. They will be providing prizes for children and adults.

2. Dog Waste

Now that the weather has turned nice, please take your pets to the designated pet area when taking them outside. We have received complaints about pet waste throughout the property, be sure that you are cleaning up after your pets.

3. Posted Signs

Posted signs are to inform and advise you of the goings on around the Manor. Please be sure that you are reading them to stay in the know.

4. Vehicles

If you have sold or bought a new vehicle, you need to let the office know. We need to update your file with current information.

5. Resident Gardens

If you did not sign up for a garden, you should not be adding or taking anything from them unless you have the owner's permission. If you do have a garden but have someone helping with it, let the office. We would like to keep pilfering to a minimum.

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

Resident Council Message Board

President's Report:

At the June meeting, Barb H., Jean H., Brad M., and Susanna S. were nominated to fill the two (2) open spot on the council. Ballots were delivered to every door for your vote; please return them to Matt's office before July 8th. The Treasurer position will be voted on during the next meeting on July 11th.

We hope to see you all at our next meeting, July 11th 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:

Have a safe and
Happy
4th of July!!



Hello from the Activities Committee!

LSM will have a float in Onaway's 4th of July parade again this year. We are accepting candy and chip donations, please see Miss Kay or Bill. If you are interested in helping, decorating, and riding on the float, speak with Bill and Miss Kay.

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

Welcome Committee:

We would like to announce that we have a new neighbor in Apt. 329, Anita D., and hope that everyone welcomes her.

Thank you,
The Welcome Committee

Wellness Committee

With the summer heat moving in, make sure that you are staying hydrated and try to remember your sunscreen.

The Wellness Committee is here for you.

Recipe Swap & Funnies

FRUIT PIZZA

Source: <https://www.allrecipes.com/recipe/12604/fruit-pizza-i/>

Ingredients:

- 1 ¼ C. All-purpose flour
- 1 Tsp. Cream of tartar
- ½ Tsp. Baking soda
- ¼ Tsp. Salt
- ½ C. Butter, softened
- 1/14 C. White sugar, divided
- 1 Large egg
- 1 (8oz.) Package of cream cheese
- 2 Tsp. Vanilla extract
- ½ Fresh blueberries, or more to taste
- ½ C. Sliced fresh strawberries, or more to taste
- ½ C. Sliced banana, or more to taste

Directions:

1. Preheat oven to 350° F.
2. Cookie Crust: Combine flour, cream of tartar, baking soda, and salt in a medium bowl and set aside. Cream together butter and ¾ cups sugar until smooth in a large bowl. Add in egg and beat well. Stir dry ingredients into the creamed mixture until just blended.
3. Press dough into an ungreased pizza pan. Bake in the preheated oven until lightly browned, 8 – 10 minutes.
4. Filling: Beat cream cheese with remaining ½ cup sugar and vanilla in a large bowl until light and fluffy. Spread evenly over the top of the cooled crust.
5. Arrange blueberries, strawberries, and bananas on top of the filling and chill.

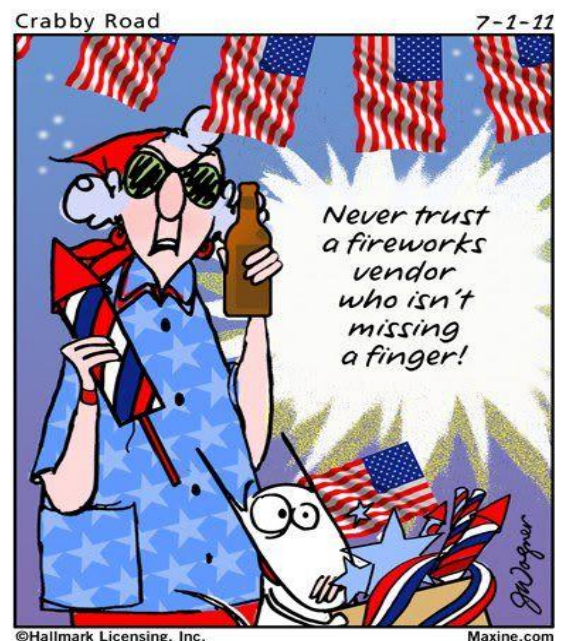
If you have a recipe you would like to share, please bring it to the office and it will be included in the next newsletter.



Source: <https://clipartix.com/fourth-of-july-clipart-image-51160/>



Source: <https://www.pinterest.com/pin/468655904946711312/>



Source: <https://www.pinterest.com/pin/71494712807430441/>

Jump Back Up July 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

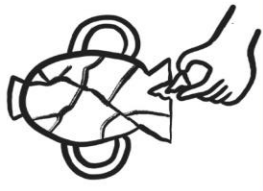
27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



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.

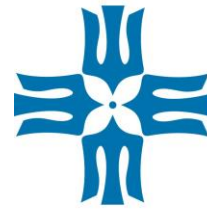
The Winner of June's BINGO:

Commodities – July 11, 2024

PICCOA Bus: 989-766-8191


Embrace the possibilities

July 2024



Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Monday	Tuesday	Wednesday	Thursday	Friday
1 1p - Let's Stretch 5:30p - Bingo!	2 6p - Board Games	3	4 	5 6p - Card Games
8 1p - Let's Stretch 5:30p - Bingo!	9 6p - Board Games	10	11 9a - Commodities 1p - Resident Council Office Closed to visits	12 1p - Birthday Bash 6p - Card Games
15 1p - Let's Stretch 5:30p - Bingo!	16 6p - Board Games	17	18 Office Closed to visits	19 6p - Card Games
22 1p - Let's Stretch 5:30p - Bingo!	23 6p - Board Games	24	25 Office Closed to visits	26 6p - Card Games
29 1p - Let's Stretch 5:30p - Bingo!	30 6p - Board Games	31 12p - Meals with Friends		

Times and dates of events are subject to change, keep an eye on the board for changes.