



Manor Monthly



Embrace the possibilities

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

August 2024

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

How to Live the Life You Want: 7 Guaranteed Life-Changers



If you are ready to start living the life you want, it's time to make some immediate changes in how you live each day. Your choices, not good intentions, are the keys to creating the happy life you want to live.

Ready to live a life of purpose, passion, joy, and fulfillment? Want to be able to dream big dreams and be able to make them come true? Then you'll need to embrace your powerful, changeable mindset and roll up your sleeves, because there's a lot of hard work to be done. The good news: it's worth it!



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



PhotoVoice

House Rules

Subject: Smoke Free Environment

As a leader in Quality Senior Living and in support of our ongoing commitment to the safety, health, and well-being of our residents, staff, and guests, PVM has implemented a Smoke Free Environment Policy. As of July 1, 2010, indoor smoking is not allowed at Lynn Street Manor, including in individual apartments. Smoking will be permitted in designated outdoor smoking areas only. For purposes of this policy the term “smoking” means inhaling, exhaling, breathing or carrying any lighted cigar, cigarette, or other tobacco product or similar lighted product in any manner or form.

Landlord agrees to provide reasonable advance notice of his/her intent to enter the unit, except when urgency situations make such notices impossible.

Failure to observe this policy shall constitute material non-compliance with your Lease Agreement. A violation of this policy may result in the termination of your Lease.



The flyer features the Mithrive logo at the top, which includes a map of Michigan and the word 'mithrive'. Below the logo is a camera icon and the text 'DO YOU LIVE, LEARN, WORK, OR PLAY IN NORTHERN MICHIGAN?'. Underneath this is the invitation: 'IF SO, YOU'RE INVITED TO PARTICIPATE IN THE MITHRIVE PHOTOVOICE PROJECT!'. The flyer is divided into two main sections. The left section, titled 'DETAILS', contains two bullet points: 'Submissions accepted between 7/29/24 - 9/6/24.' and 'Your photos & stories will be used for the 2024 MiThrive Community Health Assessment and inform future community health initiatives'. The right section contains a call to action: 'Take and submit photos and stories to share your perspective on your community. We want to hear from you on what makes your community a great place to live—or where it could improve – through the lens of your camera.' Below this is a QR code and another call to action: 'To learn more about this project and begin submitting photos, please visit our FAQ page.' At the bottom of the flyer is a silhouette of a diverse group of people holding hands, including a person in a wheelchair. In the bottom left corner, there is an orange button that says 'Questions?' and a starburst icon. In the bottom right corner, there is contact information: 'Email: mithrive@northernmichiganchir.org' and '<https://northernmichiganchir.org/mithrive/>'.

More information is available in the office.

Continued from Pg. 1

1. Get in touch with your deepest desires

How do you want to feel? What will bring your soul true happiness and peace? These are important questions that you should not take lightly, which is why I suggest you get some help figuring out what it is you truly want.

Ask a lot of questions when trying to figure out what you want for your life

2. Establish your top goals

Every expert who has ever written about the subject of living a life you love will talk about the importance on focusing on your top goals. I agree, setting specific goals is important. But, talk is cheap. You also need to keep focused on those goals and take consistent action towards them.

Motivational guru Zig Ziglar once said “If you want to reach a goal, you must ‘see the reaching’ in your own mind before you arrive at your goal.” Everything starts in the mind, but remember, to make things happen, you must know how to persevere even when the going gets tough.

3. Set appropriate boundaries

Setting boundaries is another key to creating the life you truly want to live. You simply can’t devote your attention to living your best life if you’re letting everyone around you trample on your time and steal every ounce of your precious energy.

4. Work on your mindset

If you want to create a life you truly love, then you must take charge of your thought life. Forget being busy, start thinking intentionally!

You will never rise higher than the level of your thoughts, so you need to take responsibility for controlling what you allow yourself to believe and think each day.

It’s important that you believe that you’re worthy of receiving that which you desire. You must also start believing in yourself – confidence is your friend, as is unconditional self-acceptance.

Voices of self-doubt, fear, and uncertainty will pop up from time to time, but you must avoid the temptation to ruminate in scary thoughts, and instead, learn how to dismiss them quickly.

Missing Summer

By: Destinee

Source:

<https://www.familyfriendpoems.com/poem/summer>

The grass so green,
The sun so bright.
Life seems a dream,
No worries in sight.

Tans and tank tops,
Laughter and bliss.
Each moment passes
without even a miss.

Friends and cookouts,
Memories and laughs.
Good times to
remember, but how
long will it last?

The grass soon fades,
Leaves begin to fall.
School replaces
sleepovers.
Oh, I’ll miss it all.



Embrace a growth mindset

When you learn to adjust your mindset, you can change your life for the better.

5. Hang out with inspiring people who are positive influences

Spending time with positive influences has a sneaky way of improving the quality of your entire life. It's important to spend time with people who have a positive outlook on life and encourage you to set and achieve ambitious goals.

The people you surround yourself with can have a big impact on your own mindset and behavior. Surround yourself with those who:

- Believe in you and your goals
- Offer constructive criticism when it's needed
- Encourage you along your way to achieving goals that are important to you
- Bring good energy to your life
- Can teach you things you didn't even know you needed to learn
- Are fun and inspiring to be around

Spending time with positive influences will improve your own life quality, and more likely than not, your positive energy and vibes will rub off on them, too.

6. Live with intention

Too many of us are floating through life on the breezes that carry us around in aimless ways. We then end up spending our lives where we do not want to live, such as in loneliness, misery, and regret.

Living with intention puts you in an energy field that attracts what you truly want into your life. You live each day charged with the knowledge that you are deliberately creating the life you want to live, which feels so much better than believing the quality of your life is random and out of your control.

Living with intention keeps you behind the steering wheel of your life, where you are the driver who gets to decide where you will go and how you get there. Warning: When behind the wheel, no zoning out, otherwise, you might crash! Pay attention and live with intention.

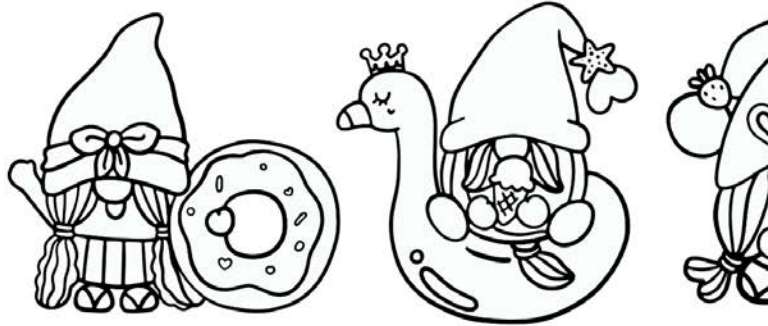
7. Start embracing happiness habits

Happiness is not random; there is scientific proof that there are many steps you can take to create more happiness in your life.

To read the full article, visit: <https://believeandcreate.com/live-the-life-you-want-now/>

We want to wish Matt the best as he moves on to semi-retirement and living the life he wants with purpose! He will be greatly missed here at Lynn Street Manor!

Color Me



There is gno
time like
summer tim



Source: <https://twokidsandacoupon.com/2023/06/celebrate-warm-weather-with-these-fun->

BIRTHDAY BASH

August 8th at 1:00pm

**Let Trish know if you will be bringing something.*



Picture by Patricia Pasini

BIRTHDAYS:

- Mary Ann S. 8/1
- Christine B. 8/8
- Trish P. 8/14



Picture source: Patricia Pasini

August Symbols

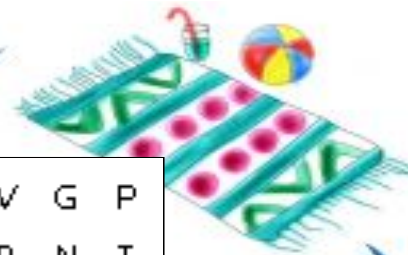
www.ducksters.com

Birthstone: Peridot

Flower(s): Poppy

Zodiac Signs: Leo & Virgo

Word Search



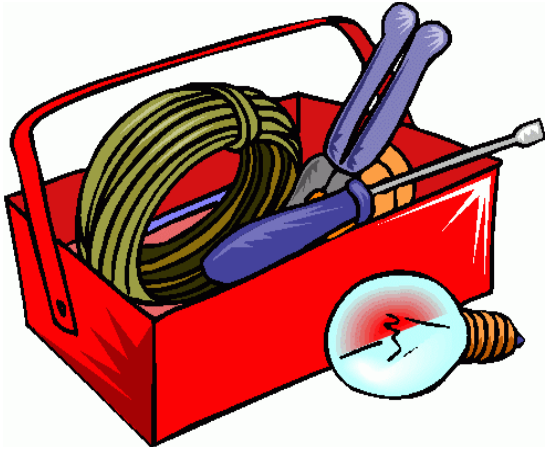
E	M	B	E	L	F	O	F	S	S	H	S	V	G	P
I	G	T	U	A	A	G	U	V	E	U	A	R	N	I
F	O	R	M	T	I	U	N	T	N	M	W	S	I	C
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Q	K	W	I	I	J	M	F	B	F	U	R	A	W	S



- | | | |
|-------------|----------|-------------|
| Beaches | Bubbles | Bugs |
| Butterflies | Camping | Dragonflies |
| Family | Fishing | Friends |
| Frogs | Fun | Games |
| Giggles | Grilling | Heat |
| Laughter | Picnics | Storms |
| Sunshine | Swimming | Watermelon |



Border source: <https://clipart-library.com/clipart/n1829279.htm>
 Puzzle source: <https://puzzlemaker.discoveryeducation.com/word-search/result>



MESSAGE(S) FROM Maintenance:

When you have a maintenance issue after hours, go to the caretaker first. If the caretaker is unable to help, then they will call me.

*Thank you,
Joe*

RANDOM LITTLE TIDBITS

1. Up for Grabs

Before leaving things on the counter for other residents to take, be sure that you have received the office's approval. Without approval, items will be disposed of. This maintains our efforts to keep pests from spreading throughout our building. *Clothing items are no longer allowed to be laid out on the counter.

2. Dog Waste

We have noticed there is dog waste that has not been cleaned by the owners. Bags are located at every entrance. If you are caught not picking up after your pet, you will receive a lease violation. When taking your pet out, take them to designated areas.

3. Bus/Van Pick-ups

To help keep the congestion down and the area clear for emergencies, pick-ups for van trips and the busses are to take place at the front door. We understand this may cause some inconveniences in the beginning but with time, it will work out for the best.

4. Computers

Management removed the computers from the upstairs common area. There have been issues with people making personal accounts on the computers, and blocking others from being able to use them. At this time, we are looking into getting them fixed or possibly replacing the computers with newer models but are concerned with how they will be used in the future. If/when the computers are ready for use, there will be new rules and procedures. During this time, you can use the public computers at the library and at the Senior Center.

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

Resident Council Message Board

President's Report:

Our newly elected council members are Barb H. and Susanna S., with Barb elected as the new treasurer.

If residents keep the carts in their apartments and not return them to their designated location, we will be at risk of losing them permanently. The council is asking that all residents follow the rules and procedures.

We hope to see you all at our next meeting, August 8th 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:

The Kitchen Committee is looking for volunteers to help with Birthday Bash and other planned events. Please see Bob M. if you would like to help.

Hello from the Activities Committee!

With Fall approaching comes new activities. Stay cool until then.

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

Welcome Committee:

In July, we had two new move-ins, Timothy B. in 301 and Richard V. in 203. Remember to say hello if you see them around.

Thank you,
The Welcome Committee

Wellness Committee

As the summer heat is reaching its peak, remember to stay hydrated and to wear your sunscreen.

The Wellness Committee is here for you.

Recipe Swap & Funnies

PEACH RASPBERRY CRISP

Source: <https://www.thepioneerwoman.com/food-cooking/recipes/a39863354/peach-raspberry-crisp-recipe/>

Ingredients:

Filling:

- 2 lb. Sliced peaches (fresh or frozen), about 6 C.
- 2 C. Fresh or thawed frozen raspberries
- ¼ C. Salted butter, melted
- 1 Tbsp. Vanilla bean paste or extract
- 1 Tbsp. Lemon juice
- 6 Tbsp. Sugar

Topping:

- 2 C. Old fashioned oats
- 1 C. Chopped pecans
- 1 C. Light brown sugar
- 1 C. All-purpose flour
- ¾ Tsp. Salt
- 1 C. Salted butter, melted

Directions:

1. For the filling: Preheat the oven to 375°. Combine the peaches and raspberries in a medium bowl. Stir together ¼ cup melted butter, vanilla bean paste, and lemon juice in a small bowl. Drizzle over the peaches and raspberries; stir to combine. Spread the fruit in an even layer on a rimmed baking sheet. Sprinkle the fruit evenly with the sugar. Set aside.
2. For the topping: Stir together the oats, pecans, brown sugar, flour, and salt in a large bowl. Add the melted butter, stirring until the mixture is crumbly.
3. Sprinkle the topping over the fruit. Bake until the top is golden brown and the fruit is bubbly, about 35 minutes.
4. Serve warm with ice cream, if you like.

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://blog.personalizationmall.com/inspiration/summer-quotes>



Source: <https://community.aarp.org/t5/Our-Front-Porch/Senior-Citizen-stories-Senior-jokes-and-cartoons/m-p/2138806/highlight/true>



Source: <https://cz.pinterest.com/pin/500532946078579562/>

Altruistic August 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5 Spend time wishing for other people to be happy and well</p> 	<p>6 Smile and be friendly to the people you see today</p> 	<p>7 Give time to help a project or cause you care about</p> 	<p>1 Set an intention to be kind to others (and yourself) this month</p>	<p>2 Send an uplifting message to someone you can't be with</p>	<p>3 Be kind and supportive to everyone you interact with</p>	<p>4 Ask someone how they feel and really listen to their reply</p>
<p>12 Contact a friend to let them know you're thinking of them</p>	<p>13 No plans day! Be kind to yourself so you can be kind to others too</p>	<p>14 Take an action to be kind to nature and care for our planet</p>	<p>15 If someone annoys you, be kind. Imagine how they may be feeling</p>	<p>9 Thank someone you're grateful to and tell them why</p>	<p>10 Check in with someone who may be lonely or feeling anxious</p>	<p>11 Share an encouraging news story to inspire others</p>
<p>19 Be thankful for your food and the people who made it possible</p>	<p>20 Look for the good in everyone you meet today</p>	<p>21 Donate unused items, clothes or food to help a local charity</p>	<p>22 Give people the gift of your full attention</p>	<p>16 Make a thoughtful gift as a surprise for someone</p>	<p>17 Be kind online. Share positive and supportive comments</p>	<p>18 Today do something to make life easier for someone else</p>
<p>26 Find a way to 'pay it forward' or support a good cause</p>	<p>27 Notice when someone is down and try to brighten their day</p>	<p>28 Have a friendly chat with someone you don't know very well</p>	<p>29 Do something kind to help in your local community</p>	<p>30 Give away something to help those who don't have as much as you</p>	<p>24 Forgive someone who hurt you in the past</p>	<p>25 Give your time, energy or attention to help someone in need</p>

**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

TBD

Service Coordinator

248.847.8637

Caretaker

BUILDING AFTER OFFICE HOURS

248.847.8637

EMERGENCY NUMBER



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 July's BINGO:
Sharon W.

Commodities – TBD

PICCOA Bus: 989-766-8191

Embrace the possibilities

Aug 2024



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Office Closed to visits</p>	<p>2</p> <p>6p – Card Games</p>
<p>5</p> <p>1p – SafeTALK Presentation</p> <p>1p – Let’s Stretch</p> <p>5:30p – Bingo!</p>	<p>6</p> <p>6p – Board Games</p>	<p>7</p>	<p>8</p> <p>1p – Resident Council</p> <p>Office Closed to visits</p>	<p>9</p> <p>1p – Birthday Bash</p> <p>6p – Card Games</p>
<p>12</p> <p>1p – Let’s Stretch</p> <p>5:30p – Bingo!</p>	<p>13</p> <p>6p – Board Games</p>	<p>14</p>	<p>15</p> <p>Office Closed to visits</p>	<p>16</p> <p>6p – Card Games</p>
<p>19</p> <p>1p – Let’s Stretch</p> <p>5:30p – Bingo!</p>	<p>20</p> <p>6p – Board Games</p>	<p>21</p>	<p>22</p> <p>Office Closed to visits</p>	<p>23</p> <p>6p – Card Games</p>
<p>26</p> <p>1p – Let’s Stretch</p> <p>5:30p – Bingo!</p>	<p>27</p> <p>6p – Board Games</p>	<p>28</p> <p>12p – Meals with Friends</p>	<p>29</p> <p>Office Closed to visits</p>	<p>30</p> <p>6p – Card Games</p>

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