



# Manor Monthly



## Embrace the possibilities

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

November 2020

### Featured Articles

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“The Gratitude Attitude.”  
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*Also included: Bingo Card,  
Senior Center Information  
page & Menu*

*[\\*Halloween Video on our  
Facebook Page\\*](#)*



## November is National Caregivers Appreciation Month

As a former state aging director and the daughter of caregivers over a twenty year period of time, I am well versed as to the joys and anguish which caregivers and their loved ones experience. And these days it is even tougher with not being able to be together.

It is really important to continue to communicate with loved ones and service coordinators as to how you are doing. Experts tell us it is essential that we do not neglect our health and medical appointments. One positive during this time is the increase in tele-health which allows us to meet with our physician remotely. PVM is investing in this capability. Talk with your caregiver children. This can be a timesaver for them. And they can also be involved in the conversation to better support you. Contact your administrator/ director or service coordinator if you would like to take advantage of this. Also, we have many opportunities to continue with fitness and wellness programs. Please also wear a mask and get your flu shot. The best gift you can give your children and grandchildren is to maintain your health. Being around for weddings, graduations and the birthday of a new family generation are blessings beyond measure.

Take Care & Stay Safe!

*Author: Lynn Alexander*



## Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



**Service Coordinator Corner | Matthew Bush (989) 306-0172**

## MDHHS announces peer-run warmline to help people with mental health needs during coronavirus



Source: Max Pixel via MGN(KALB)

By News 10

Published: Apr. 13, 2020 at 1:31 PM EDT

The Michigan Department of Health and Human Services (MDHHS) announced it has launched a statewide warmline for Michigan residents living with persistent mental health conditions.

The MDHHS said the warmline will connect individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises and are trained to support and empower the callers.

The MDHHS said the warmline will operate seven days a week from 10 a.m. to 2 p.m. and is intended to serve individuals with persistent mental health challenges including anxiety, depression and trauma.

“The warmline will help individuals with long-term mental health challenges find someone to talk to – someone who has lived these challenges themselves – and do it while staying safe and staying home,” said Robert Gordon, MDHHS director. “COVID-19 is a grave threat not just to physical health, but also to mental health, and we are doing everything we can to offer supports for everyone.”

The MDHHS said warmlines are an alternative to traditional psychiatric crisis hotlines and are used to avoid extreme emotional distress that can lead to hospitalizations or other severe outcomes that are preventable with early intervention of peer support.

**To reach the warmline call 888-733-7753.**

**Individuals in crisis should call 800-985-5990.**

Source: <https://www.wilx.com/content/news/MDHHS-announces-peer-run-warmline-to-help-people-with-mental-health-needs-during-coronavirus-569597831.html>

### Diabetes & Hearing Loss

Diabetes and hearing loss are two of America's most widespread health concerns. More than 34 million people in the U.S. have diabetes, and an estimated 34.5 million have some type of hearing loss. Those are large groups of people, and it appears there is a lot of overlap between the two.

#### Signs of hearing loss

- Frequently asking others to repeat themselves.
- Trouble following conversations that involve more than two people.
- Thinking that others are mumbling.
- Problems hearing in noisy places such as busy restaurants.
- Trouble hearing the voices of women and small children.
- Turning up the TV or radio volume too loud for others who are nearby.

#### What should I do if I suspect a hearing loss?

Talk to your primary care doctor. You may then want to seek help from hearing specialist like: an audiologist, a licensed hearing aid dispenser or a doctor who specializes in hearing problems. From a full hearing exam, you'll learn more about your hearing loss. You will also be told what can be done to treat it.

Source:

<https://www.diabetes.org/diabetes-and-hearing-loss>

Go to the above website for the full article.





Our only October  
Birthday...

HAPPY  
BIRTHDAY  
CARMEN!!

**BIRTHDAY BASH**  
November 13, 2020  
at 1:00pm  
(pick-up to go).

*\*We will be doing  
desserts for this birthday  
bash. Let the office know  
if you will be bringing  
one.\**



**AUTUMN CENTER PIECES MADE FROM DRYER VENTS!!**

- BIRTHDAY:**
- Kay Carter 11/06
  - Larry Riley 11/09
  - Oscar Hillikar 11/13
  - Cal Hillikar 11/13
  - Edna Wellesley 11/14
  - Patti Skuse 11/16
  - Anna Wood 11/18
  - Allen Mishler 11/25
  - Karen Wolgast 11/25



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**FIRST PLACE: KAY CARTER-HIPPIE**

**SECOND PLACE: GAIL BOX-JACK-O-LANTERN**

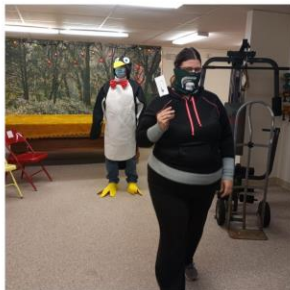
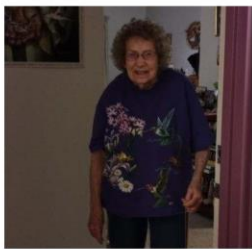
**THIRD PLACE: PATTI SKUSE-CREEPY LADY**



Thank you so much for everyone who took time to dress up and participate in the Halloween Parade! It was a pleasant break from the current events and such that is going on in our world today.

More costumes and the spectator photos on the next page...

**SALVOCHICHOUS**

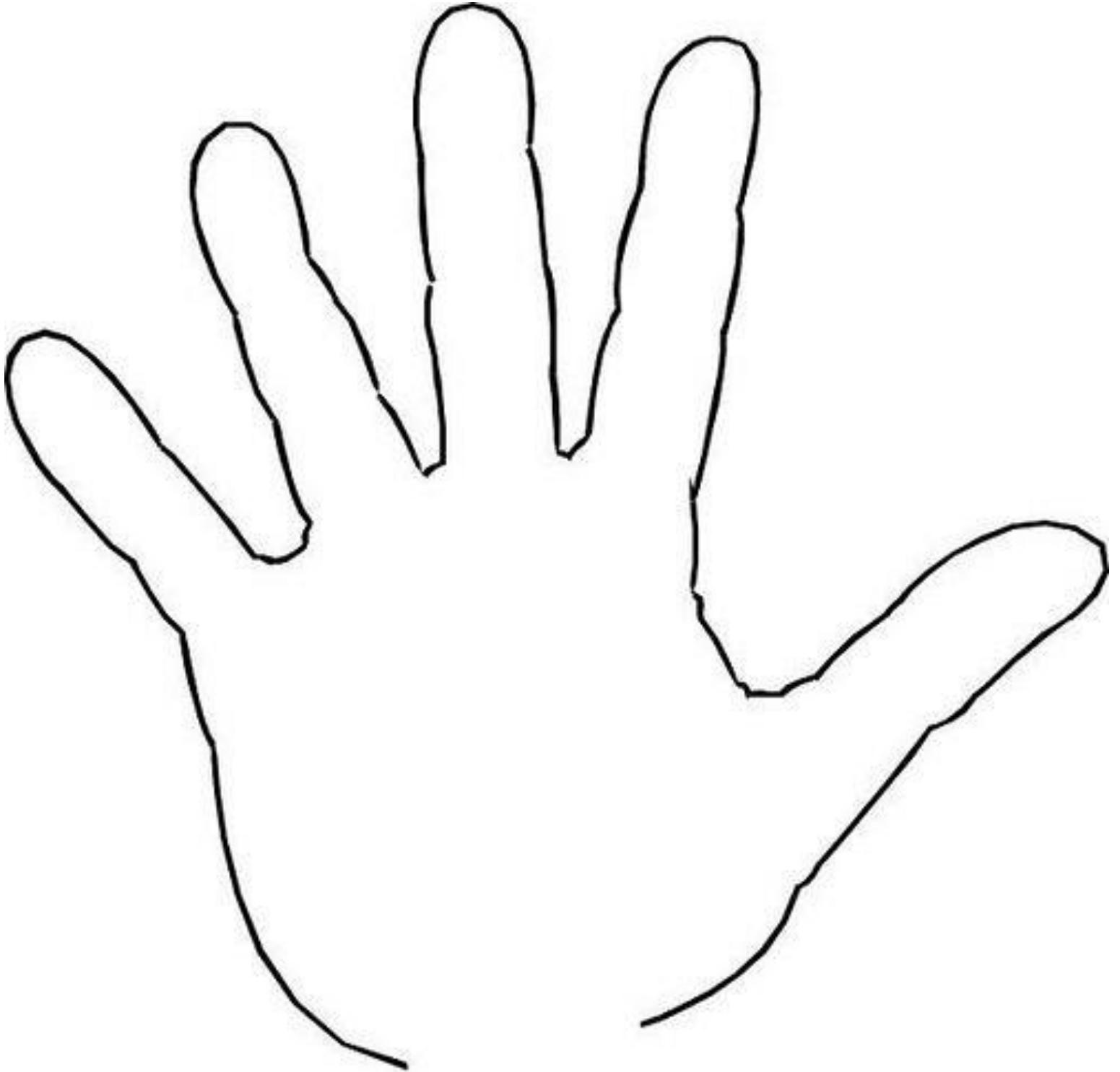


**REMAINING MEMBERS OF THE COSTUME PARADE...**



Can you name all the individuals that dressed up??





Decorate each hand with a word of positivity, your name, or simply color and **bring to the office by November 10th**. We will be using them to decorate our Victory Cup Banner submission. We need as many as we can get so if you want to create more than one...extras are available at the office!!

Thanks for your participation!



### MESSAGE(S) FROM MAINTENANCE:

*If you would like your bike put into storage for the winter...Wheel it down to the garage and let the office know it is there. I will lock them up for you.*

*Also as a reminder, please let the office know when you have a work order. If you just tell me in the hall it will not be completed as quickly.*

*Thank you!  
Pat*

## **It's Your Life. Live it Well.**

### **The Gratitude Attitude**

During a pandemic, I admit that it can be rather difficult to 'look on the bright side.' To keep from catching or spreading the coronavirus, we have shut ourselves in and stopped doing many of the things we once enjoyed. We only 'visit' with our family and friends through our phones, tablets or laptops and we have to stay distant and cover our faces when we venture out to take care of the essentials, such as buying groceries and attending medical appointments. Life in the year 2020 sure is different.

As hard as it might be to do, however, rather than dwell on the negative it would serve us well to instead count our blessings. Research has shown that grateful people tend to have fewer aches and pains, experience better sleep, feel less stressed, express more self-confidence, and bounce back better from traumatic events.

While giving thanks has been an annual American tradition since 1863 when Abraham Lincoln declared Thanksgiving a national holiday (during the Civil War!), being grateful just once a year is insufficient. We need to make it a regular habit. One way to do that is to keep a gratitude journal. In it you'll write down one or two things you're thankful for. You can do so daily, for example right before you go to bed or it's something you can do weekly. The longer you do it, the stronger the benefits. One day, you might even find that one of the things you write in your journal is just how thankful you are for creating it to begin with.

Author: Tom Wyllie

# RANDOM LITTLE TIDBITS

## 1. LET'S TALK – Will come to your door as a flyer.

Uncertainty with the weather this time of year prevents our outside meetings, and with the gathering size limit on indoor gatherings...We will bring Let's Talk to your door. If there are any topics you would like to see addressed, reach out to your office staff by the end of the first week of the month.

## 2. Clothes Donations – Seconds on Third in Rogers City

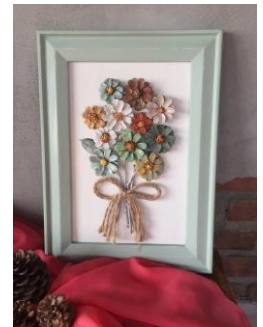
Willow Liebenow has contacted Seconds on Third in Rogers City and they are accepting donations at this time. She will be taking clothes donations on Thursday (November 12<sup>th</sup>). Your donations can be brought to the office ahead of time, but need to be ready by 8:00 a.m on the 12<sup>th</sup>. ONLY CLOTHES AT THIS TIME, PLEASE & THANK YOU.

## 3. Victory Cup Games Have Commenced

A taste of the fun to be had happened after the Halloween Parade last week. Some homemade chili and Victory Cup games made for an enjoyable afternoon. There is more excitement, so come out and participate. We are also hoping to get a number of the hands decorated and back so our banner is filled with a part of all of you.



4. **Pinecone Art Project** –Apologies about the delay in this project. On the side of caution this had to be postponed. Reasons were for naught, but we like to be safe. We are still going to be doing the project and are working out the details. Make sure you are signed up and we will reach out to you directly with the specifics as they are decided. Thank you for your patience.



5. **Voting**-If you have not mailed in your Absentee ballot at this point, please either drop it off in person, or bring it to the office so we can drop it off for you. This will assure that it arrives in time to be counted. In person voting will take place at the courthouse in the meeting room on the second floor. They do have an elevator for those that have difficulty with stairs. **Contact Crystal Veal, Clerk/Treasurer, City of Onaway, 989-733-8313 if you have any questions or concerns. Courthouse opens at 7 a.m on November 3<sup>rd</sup> and closes at 8 p.m.**

## 6. Thanksgiving Dinner

There will be a basic turkey dinner prepared and portioned into meals that you can take back to your room. If you are unable to make it down please contact the office and we will have some brought to you. Specific details regarding time and menu will be sent out as we get closer to Thanksgiving Day.

**\*If you would like a printed activity packet (crosswords, word search, Sudoku, color pages, etc.) please let the office know!\***



## Recipe Swap



### GOLDEN APRICOT-GLAZED TURKEY BREAST

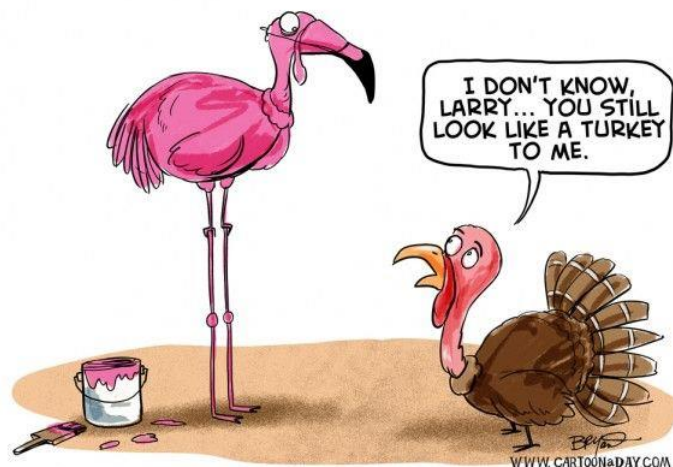
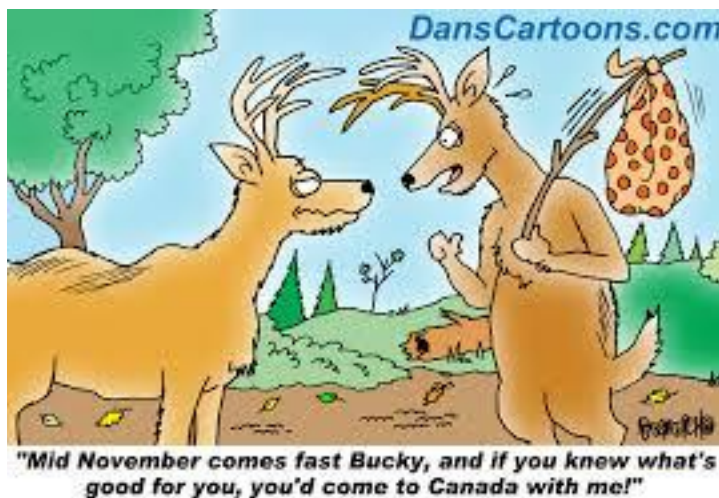
Thank you [Taste of Home](#) for the recipe!

#### Ingredients

- 1/2 cup apricot preserves
- 1/4 cup balsamic vinegar
- 1/4 teaspoon pepper
- Dash salt
- 1 bone-in turkey breast (5 pounds)

#### Directions

1. Preheat oven to 325°. Combine preserves, vinegar, pepper and salt. Place turkey breast on a rack in a large shallow roasting pan.
2. Bake, uncovered, 1-1/2 to 2 hours or until a thermometer reads 170°, basting every 30 minutes with apricot mixture. (Cover loosely with foil if turkey browns too quickly.) Cover and let stand 15 minutes before slicing.



**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:**

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- TOM PETERMAN
- SCOTT PAULY
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- 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.**



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



Check your number on the board and by the office window daily. As of Oct. 29<sup>th</sup> we haven't had a winner!! Last 2 numbers for October are I-24 & B-9.

**Embrace the possibilities**