



Manor Monthly



Embrace the possibilities

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

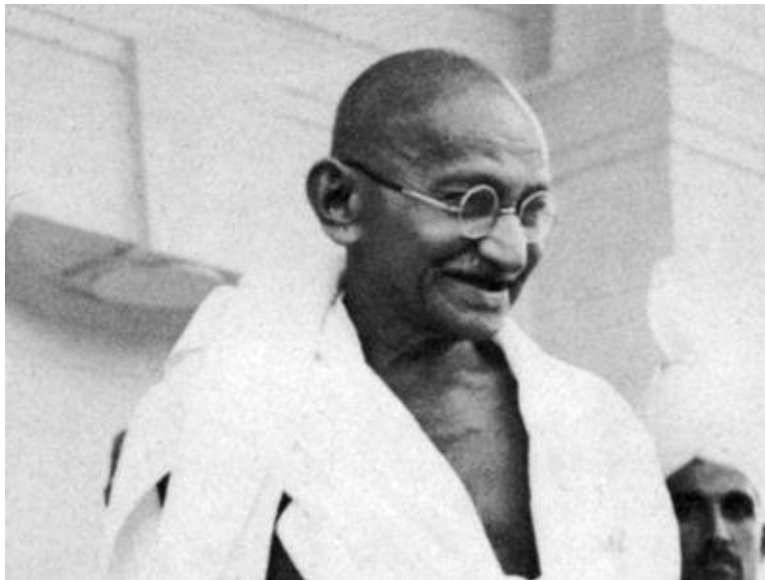
November 2023

Featured Articles

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

Mahatma Gandhi: “You must be the change you wish to see in the world.”



Picture Source: <https://www.britannica.com/biography/Mahatma-Gandhi>

Mahatma Gandhi never actually said this quote, which is commonly attributed to them. Instead he said something similar: “If we could change ourselves, the tendencies in the world would also change.”

So that’s a little teaching in itself. Do we want to see more truth in the world, or more falsehood? I know which I prefer.

When we look at the world around us, with its many serious problems, including poverty, injustice, war, overpopulation, and environmental degradation, we can become angry and frustrated, or passive and despondent. Not only are these responses ineffective at bringing about change, they are also part of the problem to begin with.



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Continued on page 3

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

Dental Assistance Funds Available for Presbyterian Villages of Michigan (PVM) Residents



The PVM Foundation has received \$9,000 to support the dental needs of its residents. These funds are available to ALL Villages owned or managed by PVM. If you need assistance, please see your Service Coordinator for an application.

- Residents may request up to \$500 per calendar year
- The \$500 limit is not linked to the normal resident emergency help fund (if a resident already used \$500 of the resident emergency help fund in 2023, they can still request up to \$500 in dental assistance in 2023)
- Funds are available on a first come, first served basis
- Questions?...Please call Matt at 231-268-8990.

Please call or see Matt for more information.

Lease

Section 9-D Pg. 3&4 of 10

The term "material noncompliance with this Agreement" shall, in the case of the TENANT, include

- (1) one or more substantial violations of this Agreement,
- (2) repeated minor violations of this Agreement which disrupt the livability of the project, adversely affect the health or safety of any person or the right of any tenant to the quiet enjoyment of the leased premises and related project facilities, interfere with the management of the project or have an adverse financial effect on the project, ...

To read more of this section, it can be found on Pg. 3 of your Lease.

Continued from Pg. 1

In order to bring about positive change in the world we need not only engagement with the outer world, but also engagement with our inner world. If we want to see greater awareness in the world, we have to cultivate awareness. If we want to see more love, we need to cultivate love. If we want to be genuinely helpful we have to learn to be less hateful and frustrated, and more compassionate.

Meditation can of course help here — a notion that Mahatma Gandhi would have agreed with. Meditation helps us to recognize unhelpful emotional patterns and to develop the mental freedom to choose more helpful responses.

The cultivation of mindfulness helps us see what's going on within us. It lets us see our own reactivity, and also our potential for change.

The cultivation of loving kindness helps us to find alternative and more compassionate responses to life. If we want to see greater harmony and less strife in the world, we need to learn to respond to frustrations with more patience and kindness than we do at present.

Trying to change the world without changing ourselves is largely pointless. We simply inflict our impatience and ignorance on others, and there are enough of those qualities in the world already. So we need to work on developing the qualities that the world most needs — awareness and compassion.

Of course changing ourselves without attempting to make the world a better place is just a form of selfishness — trying to curate personal experiences of happiness with no regard to others — and there's enough of that in the world as well.

The world needs our help, so we need to do what we can to help ourselves to be better, so that we can make the world better as well.

Source: <https://www.wildmind.org/blogs/quote-of-the-month/quote-gandhi>

Get Up and Go

By: Pete Seeger

How do I know my youth has been spent:
 Because my get-up-and go, got up and went
 But in spite of all that, I'm able to grin
 When I think where my get-up-and-go has been
 Old age is golden, I've heard it said,
 But sometimes I wonder as I go to bed
 My ears are in a drawer, my teeth in a cup,
 My eyes on a table until I wake up
 When I was young my slippers were red
 I could kick my heels right over my head
 When I grew older my slippers were blue
 But I could still dance the whole night thru
 Now that I am old my slippers are black
 I walk to the corner and puff my way back
 The reason I know my youth is spent
 My get-up-and-go got up and went
 I get up each morning dust off my wits
 Pick up the paper and read the "orbits"
 If my name is missing, I know I'm not dead
 So I eat a good breakfast and go back to bed

Color Me



Source: <https://www.prudentpennypincher.com/thanksgiving-coloring-pages/>

BIRTHDAY BASH

November 10th, at 1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

- Kay C 11/6
- Larry R 11/9
- Calvin H 11/13
- Oscar H 11/13
- Thomas S 11/13
- Edna W 11/14
- Patti S 11/16
- Jeffery P 11/17
- Anna W 11/18



Picture source: Monica Voigt

November Symbols

www.ducksters.com

Birthstone: Topaz

Flower(s):

Chrysanthemum

Zodiac Signs: Scorpio & Sagittarius

Word Search



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

Apples

Dinner

Friends

Pumpkin

Thankful

Casseroles

Family

Hugs

Smiles

Thanksgiving

Cookies

Football

Pies

Stuffing

Turkey

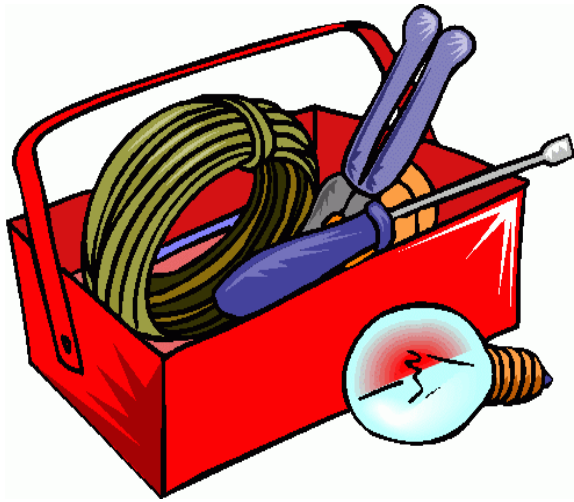


HAPPY THANKSGIVING



Border source: <https://clipart-library.com/clipart/thanksgiving-border-clipart-38.htm>

Word Search source: <https://puzzlemaker.discoveryeducation.com/>



MESSAGE(S) FROM Maintenance:

Do NOT move or turn off things that are left throughout the building if it doesn't belong to you. This includes fans, ionizers, etc. If you are caught, you will receive a lease violation.

*Thank you,
Monica & Joe*

The Senior Advocate

PVM is Pleased to Announce

By: Lynn Alexander

PVM is pleased to announce some new exciting offerings and features for making the most of life! Our new magazine, Graceful Living, will offer information on beautiful and entertaining sites around the state of Michigan, tips for gardeners, events and news about PVM communities, recipes, recommended books for your reading pleasure, and more. The new look mirrors what you would find from the best magazines and replaces our Outlook newsletter. If you have not received this publication go to <https://www.pvm.org/sign-up-for-our-newsletter/> and sign up.

Another new feature is our library of podcasts with excellent information from experts in the field of aging. Go to the PVM website for further information at <https://pvm.org/pvm-blog>, or search for "Caregiver's Best Friend Podcast" in your preferred podcast app.

We are dedicated to transforming aging and making Michigan a Best Place To Age.

We hope you enjoy these new features as much as we have in creating them. Enjoy!

**RANDOM
LITTLE
TIDBITS****1. Fire Drill**

The fire drill scheduled for Oct. 26th had to be rescheduled due to time constraints. The new fire drill will be held on either Nov. 16th or 17th. A flier with directions will be posted on your doors the week of Nov. 6th.

2. Thanksgiving Dinner

On Thanksgiving Day, Barb Homan's family will provide a dinner for any residents who will be home for the holiday. There will be a sign-up sheet on the board across from the office.

3. Office Closure

The office will be closed on Thanksgiving Day and the day after. If you have a medical emergency during this time CALL 911. If you have a building emergency call the Caretaker or Joe's number.

4. Bi-Annual Inspections

The bi-annual inspections will be happening this month. Notices with instructions will be posted when the finalized dates have been made.

5. Smoking

As of Oct. 27th the "smoke shack" has been closed to residents as it is the site of the future Telehealth Suite. There is a new "dedicated" covered smoking section located at the North end of the building. Anyone found throwing their cigarette butts on the ground or not following the rules will be issued a lease violation.

6. Garbage and Fruit Flies

It has been brought to the office's attention that someone is leaving things in the common area garbage that is attracting fruit flies. We have had several complaints about the fruit flies and trash. There are signs posted to not throw personal garbage or food things in the trash cans. If you are found doing so you will be issued a lease violation.

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

Resident Council Message Board

President's Report:

I would like to thank all the volunteers that helped clean the kitchen on Oct. 14th, your donated time is greatly appreciated.

We would like to apologize for the minutes from the September meeting getting handed out later than usual.

We were happy to see that eight residents attended the Oct. meeting and hope to see even more in attendance at the Nov. 9th meeting.

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 Memorial Luncheon on Nov. 3rd at 1pm in the Dining room hosted by the sub-committee, which was formed by the Resident Council. A sign-up sheet is on the board.

We are scheduling a potluck on Nov. 15th to kick off the Christmas shoeboxes for children charity. More information and a sign-up sheet will be going out soon.

Thanks,
The Kitchen Committee

Hello from the Activities Committee!!

With the cold weather setting in, the Activities Committee will be hosting game nights. A game schedule has already been posted on the board and on the board. Please bring any questions or game suggestions you have to the Committee.

We are hoping to plan a bake sale soon and will have more information in the future.

Hope to see you all at the next Council meeting, Nov. 9th!!

Thank you,
-Miss Kay, Joanie, Brad & Bill

Welcome Committee:

At this time the Welcoming Committee has nothing to report. We are awaiting future move-ins and are prepared to make them feel welcomed and comfortable in their new surroundings.

Thank you,
The Welcome Committee

Wellness Committee

If you are not feeling well and think you may need Pedialyte please call Cherrie at 989-505-6143.

The Wellness Committee is here for you.

Recipe Swap & Funnies

DOWNEAST MAINE PUMPKIN BREAD

Thank you, allrecipes.com, for this recipe.

Source: <https://www.allrecipes.com/recipe/6820/downeast-maine-pumpkin-bread/>

Ingredients:

- 1 (15 oz.) can pumpkin puree
- 4 Large eggs
- 1 C. Vegetable oil
- 2/3 C. Water
- 3 C. White sugar
- 3 ½ C. All-purpose flour
- 2 Tsp. Baking soda
- 1 ½ Tsp. Salt
- 1 Tsp. Ground cinnamon
- 1 Tsp. Ground nutmeg
- ½ Tsp. Ground cloves
- ¼ T Ground ginger

Directions:

1. Preheat the oven to 350°. Grease and flour two 9x5 inch loaf pans.
2. Whisk flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger together in a large bowl.
3. Mix pumpkin puree, eggs, oil, water, and sugar in a separate bowl until well blended.
4. Stir flour mixture into pumpkin mixture until just blended.
5. Pour batter into the prepared pans.
6. Bake in the preheated oven until a toothpick inserted in center comes out clean, about 50 minutes.
7. Enjoy!

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://community.aarp.org/t5/Our-Front-Porch/Senior-Citizen-stories-Senior-jokes-and-cartoons/td-p/1832735/highlight/true>



"You get a call from this number about a busted oven, you're busy. Understand?"

Source: <https://smallbiztrends.com/2015/11/business-thanksgiving-cartoon.html>



Source: <https://larrycuban.wordpress.com/2020/11/26/cartoons-on-thanksgiving/>

New Ways November 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

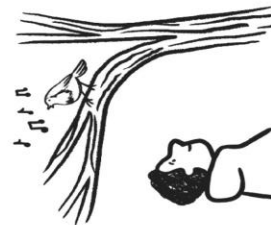
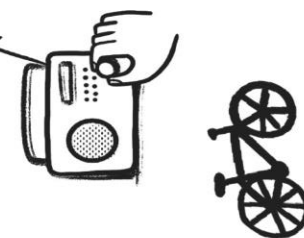
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



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

TBD

Housekeeper

Justin “Joe” Hoerner:

989.306.2256

Maintenance Technician

Patricia “Trish” Pasini

Administrative Assistant

Matt Bush: 231.268.8990

Service Coordinator

Gary Hansel: 989.306.4694

Caretaker

BUILDING AFTER OFFICE HOURS

989.306.4694

EMERGENCY NUMBER



BOARD MEMBERS:

SANDRA GRULKE

NICK JARVIS

SCOTT PAULY

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 October's BINGO:
Thomas Skinner

Commodities – November 2, 2023

PICCOA Bus: 989-766-8191


Embrace the possibilities


Nov 2023



Lynn Street Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 9a – Commodities	3 10a – Onaway Banks (Van Trip) 6p – Card Games
6 1p – Let's Stretch 5:30p – Bingo!	7 6p – Board Games	8	9 1p – Resident Council	10 1p – Birthday Bash 6p – Card Games
13 1p – Let's Stretch 5:30p – Bingo!	14 6p – Board Games	15 12p – Potluck 1p – Quarterly Conversations	16 Fire Drill	17 Fire Drill 6p – Card Games
20 1p – Let's Stretch 5:30p – Bingo!	21 6p – Board Games	22	23 	24 2p – Book Club 6p – Card Games
27 1p – Let's Stretch 5:30p – Bingo!	28 6p – Board Games	29	30	

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