



Manor Monthly



Embrace the possibilities

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

August 2022

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

SOME PURSUE
HAPPINESS
OTHERS
CREATE IT



Picture source: <http://clipart-library.com/search1/?q=happiness#gsc.tab=1&gsc.q=happiness&gsc.page=1>

HAPPINESS HAPPENS MONTH

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August.

Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy. Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her.

"Folks are usually about as happy as they make their minds up to be."
— Abraham Lincoln



Lynn Street Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



...Continued on Pg. 3

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

988 crisis line helping connect Michigan residents experiencing behavioral health crises to resources

July 14, 2022

LANSING, Mich. – Michiganders in crisis now have an easy-to-remember three-digit number to call for help – 988. Michigan has joined the nation in [transitioning to the 988-dialing code](#), which will operate through the existing National Suicide Prevention Lifeline’s network of more than 200 locally operated and funded crisis centers across the country.

“The 988 number is another step toward strengthening and transforming crisis care and mental health services in our state, which is a key focus of the department,” said Elizabeth Hertel, Michigan Department of Health and Human Services (MDHHS) director. “This universal number means no matter where you live or call from, you can reach a trained crisis counselor who can help. We encourage Michigan residents or their family members to call 988 if they are experiencing mental health-related distress, emotional distress or a substance use crisis.”

In 2020, Congress designated the new 988 dialing code to operate through the [National Suicide Prevention Lifeline](#). This action expands the existing Lifeline beyond people who are feeling suicidal to all individuals experiencing a behavioral health crisis, including suicidal thoughts or substance abuse issues.

“Crisis is defined by the caller,” said Dr. Debra Pinals, medical director for Behavioral Health and Forensic Programs, Michigan Department of Health and Human Services. “And by providing an easy-to-remember number we are making help more accessible and strengthening support to those in need. Trained counselors will be available 24/7 to field calls. They will listen to the caller’s problems, assess their needs and provide support by connecting them with resources, and alert local emergency crisis teams, if necessary. The roll out of 988 as an easier number to remember will provide a natural extension to the already promising work of the department in implementing the Michigan Crisis and Access Line.”

Anyone with these concerns can call:

- Mental health-related distress.
- Thoughts of suicide.
- Substance use crisis.
- Emotional distress.
- There are specialized services available for veterans, LGBTQ individuals and other groups.
- People who are worried about a loved one who may need support also can call.

Operating Policies and Procedures

Policy: Building Access

Purpose: We take the responsibility of providing a secured environment for our residents very seriously. Presbyterian Villages of Michigan invests substantial resources in security systems for our housing communities, including closed circuit surveillance monitoring systems, door access control systems and tele-entry systems that allow residents to grant visitors entry only after receiving audible and visual confirmation.

Procedure:

- In order to maintain this level of security, at the time of move-in, each resident is provided with a door access control key, card or FOB. Each resident also receives a key specific for their apartment door and private mailbox.
- No additional keys will be distributed to any family members, visitors or vendors.
- Extenuating circumstances may be considered by PVM’s Vice President of Housing.

...Continued on Pg. 3

Happiness

...Continued from Pg. 1

If you struggle with finding happiness, you can learn to be happy. There is plenty of helpful advice available to guide you in the right direction. Reading self-help material is an excellent place to start. Here are a few published works you might want to read to help you in your pursuit of happiness:

- *The Power of Positive Thinking* by Norman Vincent Peale
- *Meditations* by Marcus Aurelius
- *Man's Search for Meaning* by Viktor Frankl

Most of the best “how to be happy” books and videos boil down to variations of the Ancient Greek philosophy of stoicism (not to be confused with the modern use of the word). The essence of stoicism is this: no matter what is wrong with the world in general, and your life in particular, you can choose to be happy if you learn how.

“Everything can be taken from a man but one thing: the last of human freedoms – to choose one’s attitude in any set of circumstances, to choose one’s way.”

-Viktor Frankl

HOW TO OBSERVE

Notice more happy moments and share them with others. Use #HappinessHappensMonth in social media correspondence.

HISTORY

The Secret Society of Happy People started celebrating happiness with “Admit you’re Happy Day,” on August 8, 1999.

Source: <https://nationaldaycalendar.com/happiness-happens-month-august/>

988 Crisis Line

...Continued from Pg. 2

The 988-dialing code does not replace the National Suicide Prevention Lifeline (800-273-TALK (8255)) or other locally operated crisis lines. Instead, it serves as a universal entry point to connect individuals in need to trained crisis counselors who can help. MDHHS is working to ensure a solid infrastructure is built through coordination with 911 and other crisis service providers as the 988-dialing code launches.

Prior to the development of 988, the [Michigan Crisis and Access Line](#) (MiCAL) was funded by the Michigan Legislature in December 2018. MDHHS was charged with the development of MiCAL, which is currently operating in Oakland County and the Upper Peninsula, and with 988 implementation.

MiCAL is built on the SAMHSA’s National Guidelines for Behavioral Health Crisis Care which is also the foundation for 988. In Michigan, MiCAL is responsible for answering 988 calls in all areas of Michigan. In Macomb and Kent counties, Macomb County Community Mental Health and Network 180 will answer 988 calls with MiCAL providing back-up call coverage.

Crisis center calling services are available in English and Spanish, and a Language Line Solutions to provide translation services in more than 250 additional languages is also available. Text and chat are currently available in English only.

TTY users will be served either through their preferred relay service or by dialing [711](#) then [800-273-8255](#).

For more information, visit [988 Suicide & Crisis Lifeline and Michigan Crisis & Access Line](#).

Source: <https://www.michigan.gov/mdhhs/inside-mdhhs/newsroom/2022/07/14/988>

Summer - August @ the Manor

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

- | | | |
|-------------|-------------|-------------|
| Bonfires | Bumblebees | Butterflies |
| Concerts | Cookouts | Cucumbers |
| Dragonflies | Events | Family |
| Fishing | Friends | Gardening |
| Rainstorms | Sunflowers | Sunshine |
| Tomatoes | Wildflowers | Wildlife |

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

BIRTHDAY BASH

Aug. 12th, at 1:00pm

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



Picture by Patricia Pasini

BIRTHDAYS:

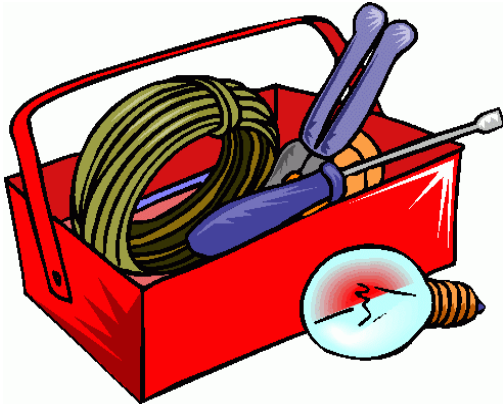
- Mary Ann S 8/1
- Christine B 8/8
- Trish P 8/14
- Bill G 8/15
- Janice T 8/21
- Marion H 8/25
- Gary H 8/28



August Symbols

www.ducksters.com

Birthstone: Peridot
 Flower(s): Poppy & Gladiolus
 Zodiac Signs: Leo & Virgo



MESSAGE(S) FROM OUR ADMINISTRATOR:

Welcome to August!!

We passed our REAC inspection!! Thank you everyone that pitched in and donated their time and effort towards making Lynn Street Manor ready. We truly appreciate all your work. Over the next few weeks, we may need to enter some units to correct any deficiencies.

We received the news that Pat, our former maintenance tech, passed away suddenly, July 24th. We have a sympathy card for signing and are taking donations at the office to send his family a gift. We will share details regarding services as we learn them.

*Thank you,
Monica*

RANDOM LITTLE TIDBITS

1. Events & Decorum

When you are out on van trips and at events, you are a representative of both Lynn Street Manor and the Presbyterian Villages of Michigan. Please follow all posted rules and smoke only in designated areas. We would hate to have to cancel van trips and events due to complaints.

2. When in Need

It has come to our attention that certain things have come missing from both the housekeeping cart and the lower level public restrooms. Please come to the

office if you are in need of certain items, we may have what you need.

3. Volunteers??

We are asking for volunteers to help put together Bedbug monitoring kits. Please stop by the office if you would like to help.

4. Garden Volunteers

With the end of summer approaching fast we are looking for volunteers to clean up and thin out the gardens when the time comes for it. If you are interested in helping please stop by the office and let us know.

5. Thank you!!

We would like to extend a huge THANK YOU to Miss Cindy (Kay Carter's niece), who allowed our residents to use her trailer for their 3rd place winning float for Onaway's 4th of July Parade.



3rd Place Winning Float - Onaway 4th of July Parade

Congratulations on winning 3rd place in the Onaway 4th of July Parade!!! The float looked amazing!! Thank you everyone that pitched in and donated their time and effort and a special thank you to the drivers, Tierra Tucker and Oscar Hilliker. We look forward to seeing how you all do next year!



The Senior Advocate

Lynn Alexander

AGING WELL: THE BEST REVENGE

Time plays tricks on us! It seems like it was yesterday when we learned to drive, attended our prom and graduated from high school. Now many of us are taking photos of our grandchildren experiencing these life moments. There comes a time when we look in the mirror sideways and say: "What the heck happened?" As Diane Sawyer once stated: "Inside every older person is a very surprised young person!" The good news is that we can get revenge on Father Time by Aging Well.

Now I am not saying that everyone needs to be a marathon runner in their nineties to Age Well. That may work well for some but not for others. Even folks with chronic conditions can be engaged in life and live the best life they can. It is interesting that the word Age starts with an A since attitude plays a key role in how we age. In fact, I have known some forty somethings who seem much "older" in their thinking than some eighty or ninety year olds. Following along the word Age as an acronym, the G can stand for Genetics. We know that does play a role, but not as much as you might think. No one gets four aces in the deck. Almost everyone has some chronic health issues in their family background. However, lifestyle in terms of exercise, stress management and healthy eating habits can help to offset vulnerability. Many PVM residents have become involved in our Wellness programs and lost weight in addition to improving their overall health. Check out the PVM Foundation website at pvmf.org to read about some amazing transformations.

The premiere Wellness event at PVM is the Village Victory Cup (VVC). We are so pleased that it is coming back as an in-person event on October 7th, 2022. After holding the VVC remotely for several years, our Village teams have been clamoring for this. It is inspiring to see residents doing fast walking, balloon volleyball, putting a puzzle together within minutes as a team and many other events. Many residents, staff members and volunteers state that this is their favorite day at PVM. If you want to see Aging Well in action this is the place to be!

The Village Victory Cup also exemplifies the third letter in Age - E. Experts have long noted that being engaged in life and with others is one of the main determinants for longevity and living the best life. So let's all play tricks back on Father Time and be fully engaged with life. There are many ways to do so at PVM. They say that it's not how many breaths in life you take but rather how many moments there are that take your breath away. Wishing all many of these moments! Aging Well is the best revenge after all....



Recipe Swap & Funnies

APPLE SNICKER FLUFF

Thank you, Ellen McGuire, for this recipe



Ingredients:

- 2 8 oz. Tubes of Cool Whip
- 1 Pudding or Jello of your choice
- 4 Apples (similar recipes use Granny Smith)
- 3 Snicker bars

Directions:

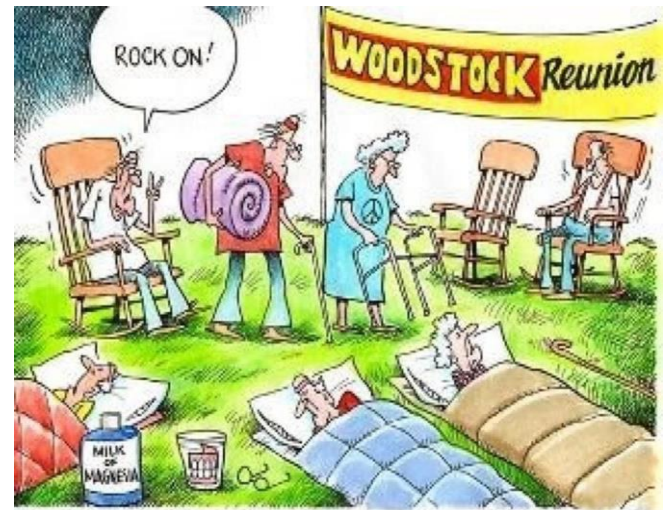
1. Dice the apples into small pieces
2. Dice the Snickers bars into small pieces (may be less messy if they are slightly chilled)
3. Prepare Jello/pudding according to directions
4. Mix Cool Whip, apple, Snickers, and Jello/pudding well
5. Chill before serving
6. Enjoy!!!

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.

**I FOLLOWED
MY HEART
AND IT LED
ME INTO THE
FRIDGE.**

KUSHANDWIZDOM.TUMBLR

Source: <https://www.pinterest.com/pin/623889354600201155/>



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

GIBBLEGUTS.COM

By Dan Gibson



I'm bored...Wanna go down to the mall and bump into people's ankles?

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

**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 Number

(989) 733-2661

Village Staff

Monica Voigt

Housing Administrator

TBD

Housekeeper

TBD

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
- TOM PETERMAN
- SCOTT PAULY
- LAURA SHACK
- NICK JARVIS
- CARMEN CLAYTON
- JACK WALSH



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



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

The Winner of July’s BINGO:
Gail Box

Commodities – August 11, 2022

PICCOA Bus: 989-766-8191

Embrace the possibilities