



# Manor Monthly



## Embrace the possibilities

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

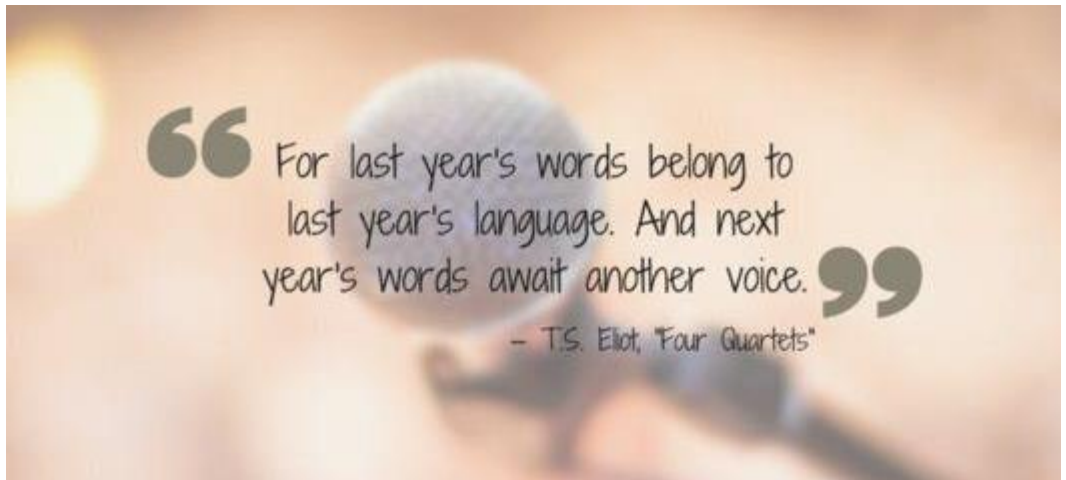
January 2023

### Featured Articles

- Service Coordinator Corner & House Rules pg. 2
- Fresh Start pg. 3
- Pictures & Birthdays pg. 4
- Maintenance Message & Random Tidbits pg. 5
- Senior Advocate pg. 6
- Recipe Swap & Funnies pg. 7

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

## 7 Ways to Make a Healthy Fresh Start



Picture source: [https://www.huffpost.com/archive/ca/entry/new-years-quotes-to-inspire-a-fresh-start\\_n\\_6396390](https://www.huffpost.com/archive/ca/entry/new-years-quotes-to-inspire-a-fresh-start_n_6396390)

*No matter your age or the season, it's never too late to add healthy habits to your daily routine.*

Whether it's the start of a new year, a birthday, spiritual new beginning, or just the changing seasons, we humans tend to look for opportunities to wipe the proverbial slate clean and start again.

For some, that may mean jump-starting an exercise regimen or eating well. For others, it may mean a commitment to spending more quality time with family and friends.

Here are seven ways you might choose to live more fully and healthily all year long.



## 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**

## Social Security Benefits Increase in 2023

Approximately 70 million Americans will see a 8.7% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal [my Social Security account](#). You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal [my Social Security account](#) to opt out by changing your Preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 15, 2022 to receive the 2023 COLA notice online.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

January 2023 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2023 will be higher. The retirement earnings test exempt amount [will also change in 2023](#).

Be among the first to know! Sign up for or log in to your personal [my Social Security account](#) today. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

Source: <https://blog.ssa.gov/social-security-benefits-increase-in-2023/>

## 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 May 1, 2019, 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.



**1. Develop an attitude of gratitude.**

From both a psychological and physiological point of view, being grateful is good for your health. Robert A. Emmons, Ph.D, a psychology professor at the University of California, Davis, has made the scientific study of “gratitude, its causes, and its potential effects on human health and well-being” the foundation of his work. Research he and colleague Michael E. McCullough have done shows that counting our blessings not only reduces depression and stress and lowers blood pressure, but also can slow down some of the effects of aging.

**2. Commit to becoming more physically fit.**

You don’t have to become a world-class athlete to get up and move more. Maybe you’ll set a goal of completing a 5-kilometer race. Perhaps more realistic is deciding to walk around the nearby park twice a week – or leaving the car at home when running nearby errands and riding a bike instead. What’s important is finding a routine that works for you – and then sticking to it.

**3. Resolve to make quality sleep a priority.**

It’s hard to feel your best when you’re exhausted. Plenty of scientific research proves [how fundamental sleep is to our overall health](#). Not only does getting enough quality sleep help you keep extra weight off, but it can reduce some risk factors for heart attacks, strokes, and chronic diseases such as diabetes. It also helps you think more clearly.

**4. Plan to strengthen social relationships.**

Think getting together with family and friends is nice, but not necessary? As Harvard Medical School’s Women’s Health Watch reports, “dozens of studies have shown that people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems, and live longer.” And they live *better*. Scientists have found these regular interactions help “relieve harmful levels of stress, which can adversely affect coronary arteries, gut function, insulin regulation, and the immune system.” Best of all, connecting with someone else doesn’t require money or a special set of skills.

**5. Look for ways to brighten someone else’s life.**

We asked nearly 2 million people across the globe what one thing makes them feel most fulfilled and **GIVING** has consistently been among their top three answers. No matter where we live, there’s no shortage of people, causes, or organizations that can benefit from our time, expertise, or resources. Not only are we as humans biologically wired to share with others, but research from National Institutes of Health neuroscientist Jorge Moll found we get an actual “helper’s high” – thanks to the release of addictive feel-good neurotransmitters – when we do.

**6. Make learning a life-long habit.**

Is there a foreign language you’ve always wanted to study? A musical instrument you longed to play as a child? Perhaps this is the year to take up that challenge. Learning is especially important as we get older, says the Association for Psychological Science. They studied 221 adults between ages 60 and 90 who spent 15 hours a week learning a new skill. After three months, those who took up skills requiring active engagement and high-level cognitive processes – think digital photography and quilting – showed memory improvements compared to those who only took part in social interactions or less-demanding mental activities like listening to classical music. Yet another reason to give our brains a regular workout.

**7. Place a priority on maintaining your health.**

We’re all busy, and it’s easy to put off that medical check-up, vision exam, or health screening. But why not pause to schedule visits to your health professional – and encourage your loved ones and friends to do the same? After all, good health is the foundation of everything we want to do in life.

Source: <https://www.abbott.com/corpnewsroom/nutrition-health-and-wellness/fresh-start-in-new-year.html>

# 2022 Memories



## BIRTHDAY BASH

Dec. 9<sup>th</sup>, at 1:00pm

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



Picture by Nick Fewings – [unsplash.com](https://unsplash.com)

### BIRTHDAYS:

- Joe H. 1/1
- Sherry D 1/7
- Cherrie B 1/12
- Elaine W 1/14



Picture source: Monica Voigt

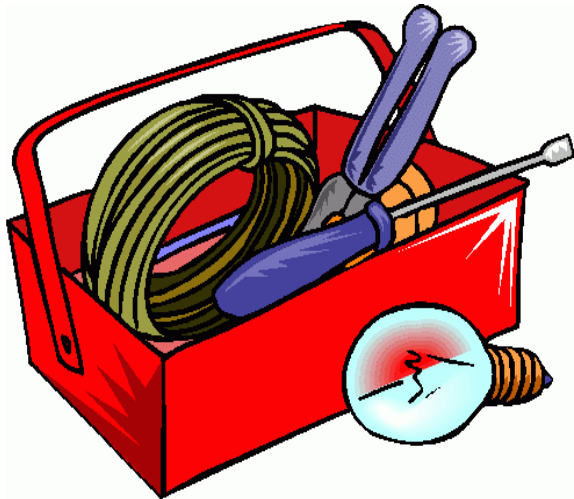
## January Symbols

[www.ducksters.com](http://www.ducksters.com)

Birthstone: Garnet

Flower(s): Carnation

Zodiac Signs: Capricorn & Aquarius



MESSAGE(S) FROM Maintenance:

*Happy New Year!!*

*At times there will be things left in the common areas and halls by vendors and maintenance, i.e. fans, ladders, and such, please leave them be. Do NOT take or move them, they are serving a purpose. If you have questions about items or vendors, call or go to the office.*

*Thank you,  
Joe*

## RANDOM LITTLE TIDBITS

### 1. Flush-a-thon!!

As was spoken about at the last Let's Talk, there will be a day of flushing. We are asking that you flush your toilet at least four (4) additional times throughout the day on Jan 13<sup>th</sup>. The toilet MUST be empty for the additional flushes, this will help clean out the lines and release bubbles that may be trapped. If you have questions, please call the office.

### 2. Rent Check Drops

It is not necessary to put your rent check into an envelope. They do NOT just go through the door. They slide into a locked box on the back of the door.

### 3. New Office Procedure - Monica

For the new year, if you need to talk to Monica, you need to have an appointment (not the same day). Trish is the first person you should take your concerns to and if she cannot help, she will schedule an appointment with me. I will no longer allow IMMEDIATE access unless it is deemed an emergency. During the appointment, I would appreciate that stories be kept for another time and focus be spent on the relevant topic. If the appointment is to complain about another resident and I have no documentation, the appointment will be rescheduled. COMPLAINTS MUST BE IN WRITING! I cannot stress enough the importance of documentation. If it is difficult for you to write for whatever reason, the office can assist with typing the complaint which you can sign.

### 4. Phone Lists

As it is the beginning of the year, it is a good time to take a look at the phone list to verify we have the most current information on file. If you have a "private" number, call the office to verify.

### 5. Housekeeping Cart

It has been noticed that things have been taken from the housekeeping cart. The cart is stocked so that Molly is able to complete her job and stock the public restrooms. If there is something on the cart that you need or want to use, call or go to the office and ask for it.

# The Senior Advocate

## Happy New Year!

By Lynn Alexander

Happy New Year to all of our readers. We wish you peace, joy, comfort, and good health in the year ahead. Traditionally this is the time of year when we make New Year's resolutions. Just take a look at the workout places right after the 1st full of members with the best of intentions. Although traditional resolutions can be positive if we stick with them, I propose a bit of a twist in this regard:

Let's start with making sure our documents such as our will and power of attorney are on file. This is the best gift we can give our children and grandchildren. Dealing with probate is extremely difficult if paperwork is not in order.

Another wonderful action to take is to record a legacy. Have someone tape you telling interesting stories about your life and that of other relatives so that family history will go on for generations.

Resolve to pack your patience and be kind to others. We do not know what they may be dealing with - perhaps an illness or a death of a family member. When I have dined at several different restaurants, I have observed signs that say: be kind to the people who showed up. Everyone is short staffed these days and often pulling double shifts. This applies to healthcare workers, grocery store clerks and anyone who serves the public.

Dwell on the positive rather than the negative. Sometimes that seems easier said than done; but it is well worth the effort. Plus, smiles cause fewer wrinkles than frowns. :)

Hug your loved ones. Tell them you love them. The pandemic taught us to seize the moment and make sure to show our love. Children like toys very much of course. However, what they cherish most is time and attention. Playing games, drawing artwork, and asking them about what interests them is yet another way to express our love.

Wishing all a wonderful year ahead full of joy.



# Recipe Swap & Funnies

## CHICKEN MARSALA

Thank you, Monica Voigt, for this recipe.

### Ingredients:

- 2 Boneless chicken breast – cut in half
- ½ Tsp. Salt
- ½ Tsp. Pepper
- ½ C. All-purpose flour
- 4 Tsp. Olive oil
- 4 Cloves garlic (Minced)
- 8 Oz. Mushrooms (Sliced)
- 2 Tbsp. Finely chopped parsley
- 1 C. Marsala Wine
- ½ C. Chicken broth
- 12 OZ. Cooked Pasta (Optional)

### Directions:

1. Season chicken breasts\* with salt and pepper. Spread flour out onto a plate or shallow bowl. Dip chicken breasts into flour to coat and shake off excess flour. Set aside.
2. Heat 2 teaspoons olive oil in a large skillet over medium-high heat. Add in chicken breasts and sear on each side until golden brown and cooked through, about 7 minutes per side. Remove from skillet and set aside while you make sauce. Keep warm.
3. In the skillet used to make the chicken, heat another 2 teaspoons olive oil over medium-high heat. Add in mushrooms and sauté until soft, about 3 to 4 minutes. Add in garlic and cook 1 minute more. Pour in marsala wine and chicken broth. Bring to a simmer and cook until liquid is reduced by half, about 6 to 7 minutes.
4. Reduce heat to low and add chicken back to the pan. Spoon some sauce and mushrooms over the top of the chicken breasts.
5. Serve chicken warm topped with mushroom marsala sauce. Chicken Marsala is often served over cooked spaghetti pasta.

*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 DON'T WANT  
TO LOOK BACK  
& THINK

"I COULD HAVE EATEN THAT"

Source: <https://www.pinterest.com/pin/81275968262816467/>



Source: <https://www.pinterest.com/pin/347199452532252250/>



Source: <https://tobreatheistowrite.com/tag/winter-comics/>

**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 Numbers (989)733-2661

## Village Staff

**Monica Voigt**  
*Housing Administrator*

**Molly Booth**  
*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  
TOM PETERMAN  
SCOTT PAULY  
LAURA SHACK  
NICK JARVIS  
LISA POCHMARA  
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](http://www.pvmgifts.org)



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

The Winner of December's BINGO:  
Jean Hyde

**Commodities – February 2, 2023**

**PICCOA Bus: 989-766-8191**

# Embrace the possibilities