



# Manor Monthly



## Embrace the possibilities

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

February 2021

### Featured Articles

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

## Elderly Heart - Issues of Aging and Heart Disease



### How to Get a Healthy Heart

As we approach a certain age, many of us start to consider heart disease and what we can do to prevent it. Why the worry? Well, as the leading cause of death for men and women, almost 600,000 of us, or 1 in every 4 of us in the United State die of heart disease every year.

### The Human Heart – Emotions

Is it a myth to die of a broken heart? Have you ever had a “racing heart” when you were excited? Or did your heart ever feel like it was beating up into your throat when you were frightened? Frustration can even lead to a tightening feeling in the chest. Even ancient people have long associated the human heart with our emotions. As it turns out, the connection is true. Chronic frustration, stress, fear and even depression can be bad for the heart and lead to an increase in heart disease. Some research has suggested that three things can be particularly healthy for our hearts:

**Gratitude.** No matter what the situation, most of us have something to be grateful for. Making a list and conjuring the feeling of gratitude about what you can appreciate about your life every day appears to have a real effect on the smoothness and rhythm of the heartbeat. So, a few minutes a day to remind yourself of what you have to be grateful for can lead to a healthy heart.

*...Continued on page 2*



## 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**

# What is REAL ID and do you need one?

## What is REAL ID and why is it happening?

The REAL ID ACT is the post-9/11 federal requirement that sets higher security protocols for the production of driver's licenses and state ID cards, including the use of features to prevent illegal copying or altering. You can learn more visiting the U.S. Department of Homeland Security website.

## Who needs a REAL ID?

Anyone who plans to travel by air within the United States or enter certain federal facilities such as military bases or nuclear power plants will need a **REAL ID document** beginning **Oct. 1, 2021**. Find out if you are REAL ID-ready by using this [online tool](#).

## What is a REAL ID document?

The good news is many people already have a REAL ID document, such as a **valid U.S. passport**, a **DHS Trusted Traveler Card** or an **enhanced driver's license**. For a full list of acceptable REAL ID documents, [follow this link](#). If you have one of them, you are good to go and don't need to take any further action.

For those who don't have a REAL ID document, **you can make your Michigan license or state ID card REAL ID-compliant** by visiting a Secretary of State branch office and presenting the required documents. You must make an appointment.

## The REAL ID star

A **standard driver's license or state ID card** that's a REAL ID will be marked with a star in the upper right corner. Airport TSA agents will look for that star when REAL ID goes into effect. All **enhanced driver's licenses (EDL) and state ID cards** are automatically REAL ID-compliant with or without the star because they already meet the high security standards of the REAL ID Act. Some people have EDLs without the star because they got it before Michigan started issuing REAL IDs in 2017. EDLs without a star will automatically be printed with one the next time they are renewed or replaced. According to the U.S. Department of Homeland Security, TSA agents at airports will recognize EDLs as valid REAL ID documents, even without the star.

Questions?...See Matt the Service Coordinator or call 989-306-0172.

Source: [https://www.michigan.gov/sos/0,4670,7-127-1627\\_81569\\_98891\\_98897---,00.html](https://www.michigan.gov/sos/0,4670,7-127-1627_81569_98891_98897---,00.html)

*...Continued from page 1*

**Laughter.** Watch comedies on tv, read the comic strip in the paper, and hang out with fun people who have a good sense of humor.

**Connection.** Being isolated and not having much social engagement is shown to have a relationship to higher rates of heart disease. Get out, find a group, take a class, call an old friend, - your heart will be lighter.

## Sleep and Heart Health

Many people find sleep to be no problem, but some of us can't fall asleep easily, we wake to early, or we sleep too lightly. Ways to improve sleep:

- Limit late caffeine intake
- Nap if you feel tired, but limit it to 20 mins.
- Keep a regular sleep schedule
- Don't watch tv or use other electronic devices before bed
- Early or mid day exercise, particularly in fresh air

Aging does not necessarily mean that our cardiovascular system must be diseased. Following the healthy heart tips above can help delay and avoid the issues commonly associated with aging and heart disease. The earlier you start with these good habits the better!

For the full article go to: <https://www.sageminder.com/SeniorHealth/Prevention/HealthyHeart.aspx>





## HOW TO STAY ACTIVE IN COLD WEATHER

When winter blows in, you can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure! The American Heart Association offers these tips for working out in the cold of winter.

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

### *Tips to Keep in Mind*

1. **No heat and humidity to deal with.** Winter's chill might even make you feel awake and invigorated.
2. **You may be able to work out longer in cold weather**—which means you can burn even more calories.
3. **It's a great way to take in the sunlight (in small doses).** Not only can light improve many people's moods, it also helps you get some vitamin D.
4. **Exercise boosts your immunity during cold and flu season.** Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

Source: [How to Stay Active in Cold Weather | American Heart Association](#)

## BIRTHDAY BASH

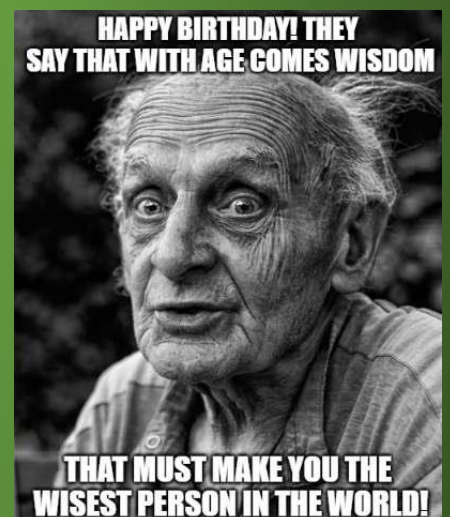
February 12, 2021  
at 1:00pm  
(pick-up to go).

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



## BIRTHDAYS:

- Bob Mann 2/07
- Sharon Watson 2/09
- Myra Tennant 2/14
- Storm McNall 2/14
- Monica Voigt 2/14
- Opal Adkins 2/15
- Willow Liebenow 2/15
- Melvin Freier 2/22
- Gail Box 2/23
- Marcia Worley 2/27
- Tierra DeYoung 2/28







Hello Everyone,

As you are all now aware this will be my final “Let’s Talk” and newsletter communication. I have accepted a marketing position with Hospice of Michigan in the Charlevoix/Petoskey area. I thank you all so much for welcoming me here in your home and allowing me to learn and grow as a professional.

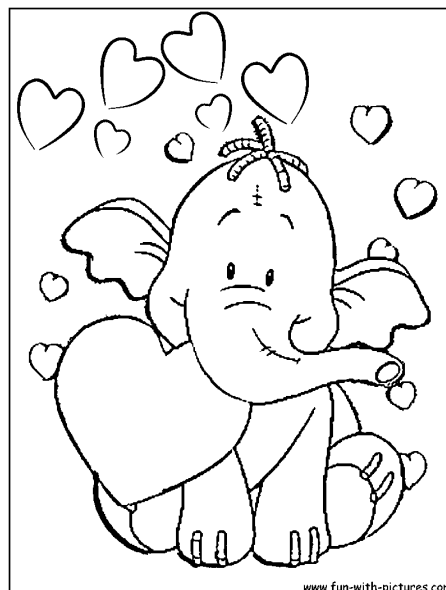
I have just a couple things I would like to relay to you all this month. Be sure to get your garbage down to the garbage room; be it via the chutes or bringing it down yourself. The garbage bins in the common areas and hallways are not for the trash in your rooms. Also, be sure to double bag heavy trash and never dump large amounts of liquid into the garbage bags before throwing them out.

According to PVM masks are mandatory in all common spaces; this includes the hallways, elevator, community room, exercise room. Everywhere besides your apartment you should have a face covering. I know this is a huge head ache but the more we do now the less time we have to worry about the virus!

Again, I just want to thank everyone for the time I have spent here. You have all been wonderful to work with and serve here at Lynn Street Manor. I will always remember my time here as time well spent.

Take care!!!

Ian Straley  
Housing Administrator



Decorate each with a Valentine message, your name, or simply color and **bring to the office**. We will hanging them up on the wall so that all our neighbors will be able to share the positive thoughts. 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! *(Get a treat from the office when you bring it in!)*





### MESSAGE(S) FROM MAINTENANCE:

*Congratulations to Ian Straley on his new position. Thank you very much for what you have done for Lynn Street Manor and the Maintenance department. We enjoyed your time here.*

*Best wishes on your new endeavor!*

*Thank you,  
Pat*

## How to Ace an Apartment Inspection

1. ALL entry doors need to shut by themselves. If your door needs to be pulled shut, please let the office know.
2. Bi-fold doors (closet) need to close freely.
3. Windows need to open and close easily and the sills need to be free of clutter. There shouldn't be anything in front of your windows that would prevent you from getting out if your window in case of emergency/fire.
4. If your smoke detector has been taken down, it needs to be available to be put back up.
5. You are responsible for ensuring your personal property does not create a hazardous condition inside or outside of your apartment. Personal property must not:
  - a. Hinder entrance or egress from the apartment
  - b. Inhibit movement within the apartment
  - c. Obstruct access to windows and/or doors

**\*Personal property must be kept in a safe and sanitary manner at all times.\***

# RANDOM LITTLE TIDBITS

## 1. LET'S TALK – On page 4...Letter from Ian.

The Let's Talk information was included in the letter from Ian. As always, if you have a topic that you would like to discuss or have addressed, reach out to the office. You may also leave a note in the suggestion box outside the office window.

*Together we wish Ian much success as he moves into the next stage of his career!*

## 2. PICCOA Bus: 989-766-8191

For those that ride the bus, I am sure you are aware that the schedule has changed. Winter weather will also play a factor in whether the bus will run or not, so it is very important that you reach out to **PICCOA at 989-766-8191 to schedule your rides.**

## 3. Crafts and Activities

As things are starting to open back up, we will be able to start having crafts and activities again. However, there will be limitations and with that...sign-up sheets. Also, masks will be a requirement to participate and should be worn the whole time. Once we get some dates and details worked out, a flier will come to your door with the dates and times of the activities we will do this month. Ideas are always welcome!

## 4. Commodities-THIS THURSDAY (FEB. 7)

The commodities will be disbursed this Thursday from 9 am to 10 am. If you are unable to make that time, please reach out to the office and let them know what you would like done with your box. Also, the quarterly surplus commodities will be distributed at the Senior Center across the street on February 25<sup>th</sup> from 9 am to Noon.

## 5. Annual Unit Inspections will start February 16th

Annual Unit inspections will happen in a couple weeks. Each and every apartment will be entered, smoke detector batteries will be changed, and more. If you haven't started already, now is a good time to get work on your preparations. If you have any more questions or concerns about what you can do to prepare, please stop by the office. A member of the corporate maintenance staff will be accompanying Pat during inspections.

## 6. Let's Move

We have resumed our "Let's Move" exercise group. They do low impact seated exercises in the upper level common area on Mondays starting at 11:00 am. Everyone is welcome to join.

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



## Recipe Swap



### SOUR CREAM BAVARIAN

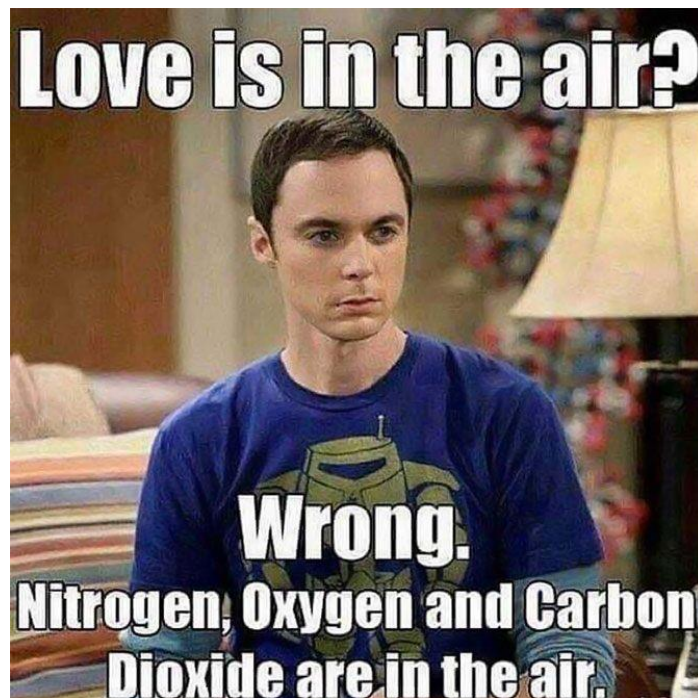
Thank you [Taste of Home](#) for the recipe!

#### Ingredients

- 1 envelope unflavored gelatin
- 3/4 cup cold water
- 2/3 cup sugar
- 1 cup fat-free sour cream
- 1 teaspoon vanilla extract
- 2 cups fat-free whipped topping
- 1 package (10 ounces) frozen sweetened raspberries or sliced strawberries, thawed
- 1 tablespoon cornstarch
- 1 tablespoon sugar

#### Directions

1. In a small saucepan, sprinkle gelatin over cold water; let stand 1 minute. Add sugar; heat and stir over low heat until gelatin and sugar are completely dissolved. Transfer to a bowl; whisk in sour cream and vanilla. Refrigerate 10 minutes.
2. Fold in whipped topping. Pour into a 4-cup mold coated with cooking spray. Refrigerate, covered, until firm, about 4 hours.
3. For sauce, drain berries, reserving syrup. Add enough water to the syrup to measure 3/4 cup. In a small saucepan, mix cornstarch, sugar and syrup mixture until smooth. Bring to a boil; cook and stir until thickened, about 2 minutes. Cool slightly. Stir in drained berries; refrigerate until serving.
4. To serve, unmold dessert onto a serving plate. Serve with sauce.



Crabby Road

2-15-12



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**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)

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*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**



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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. Cheryl Nichols was the winner for January. Bingo numbers for Feb. 1st & 2nd are: 0-62 and N-42

**Embrace the possibilities**