



Village Voice



Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • www.pvm.org

January 2015

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Happy New Year 2015

Thank you to all of you who joined our Christmas party festivities. Donny Rod was a hit, and I definitely will invite him here again.

Our bake sale was a great success! We raised just over \$200.00.

Our store account has built back up again to \$750.00. Our Christmas tree, decorations and ornaments cost about \$400.00 altogether. We can use the store funds again for Christmas 2015 for the 2nd and 3rd floor trees if you'd like. I'm glad we were able to update our Christmas look in 2014.

The electrician ordered the car port lighting system to begin work within the next couple of weeks.

Please give me some suggestions as to what you'd like to raise money for this year for our Friends and Family campaign. I have a few ideas: new, non-skid,

wood-look flooring in the lobby, new pictures for the walls, new Christmas trees, decorations and ornaments for the 2nd and 3rd floors, an ornamental tree for where the putting green was, or new cornice boards in the community room. These are just a few ideas.

I would like to ask Stone Soup to perform for our Friends and Family party. I think all of you would agree it would be a lot of fun having them here again.

I hope your New Year will be filled with lots of wonderful things!!

Sincerely,

Melissa Riesterer
Administrator

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.

-Helen Keller



The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Practice Mindful Eating

With the beginning of the New Year it is fun to bring new healthy habits into your lifestyle! Eating mindfully is a great way to enjoy your food while also experiencing the wonderful health benefits that it has to offer. Mindful eating can help you look and feel better, lose weight, improve your digestion, and appreciate even the smallest meal.

Here are some ways that *you* can practice mindful eating today:

1. **Eat *before* your belly growls:** You can maintain healthy blood sugar levels by eating every 3 to 4 hours.
2. **Avoid distractions:** Set aside your phone, turn off the T.V. or computer. Don't let distractions disturb *your* mealtime.
3. **Take five:** Take five breaths before you begin eating. This will help calm your mind and body.
4. **Tune into your body:** Notice how hungry you are. Are you bored, stressed out, satisfied, full, or empty?
5. **Be observant:** Observe the full spectrum of colors, aromas, tastes, textures, and temperatures of your food.
6. **Offer gratitude before your meal:** Thank whoever or whatever played a role in the creation of your meal.
7. **Go slow:** Chew slowly and savor your food.
8. **Eat with the intention of brining yourself health:** Food is medicine. Think about the nutrients and energy you are brining into your body and how it will affect your health.

Announcements

Winter Safety

Please remember to wear appropriate attire and footwear during this season. We make every effort to make sure the sidewalks and parking lots are clear of snow and ice, but everyone still needs to be careful during the snow season.

Please report all slippery spots to management. Containers of salt are available to you after office hours. The salt is to be used if you notice a slippery spot on the sidewalk or at the entrance.

Avoid Falls – Walk like a penguin

- knees relaxed
- toes pointed out
- short steps
- slow and deliberate
- hands free



Have You Considered Energy Conservation

Don't you wish we had the energy of youth? Just watch children-always moving-running-jumping-such joy! As we age that energy tapers down when arthritis, heart or lung disease develops, and our strength diminishes.

Some of the household tasks that demand more energy are:

- Changing the bed linens
- Vacuuming
- Carrying Groceries
- Stair climbing
- Taking wet clothes out of the washer
- Hanging up wet clothes

These activities cause a strain on our muscles and make our heart and lungs work harder. They may even elevate the blood pressure. Let me share some ideas to make your life easier.

- Plan your day and activity-organize your work, do what you want to accomplish first.
- Put off what is not necessary for another day.
- DO NOT RUSH
- Rest between activities. Take a coffee break.
- Avoid running up and down the stairs.
- Avoid raising your arms over your head for prolonged periods.
- Sit and work whenever possible. Sitting does not mean you are lazy.
- Excessive sitting and bending can be fatiguing.
- Eliminate unnecessary tasks like drying the dishes.
- Work in comfortable clothes and sturdy shoes.
- Do smaller loads of wash.
- Do not hesitate to ask for help. It is better to wait for assistance than to risk our health condition.

Blessings,

Sue Perkins, R.N. Parish Nurse

Camille's Office Hours

Monday 7:30am-2:30pm
 Tuesday 7:30am-1:30pm
 Thursday 7:30am-2:30pm

Camille will return to Peace Manor on Monday, January 5th.

Parish Nurse Schedule

Sue Perkins is available every Wednesday from 1:00-3pm to take blood pressures. She is also available to counsel with regarding health advice.

She will not be here on New Year's Eve.

Join her at 3pm in the library for Bible study.

Chair Exercises

Come join in on the fun. Chair dance to the music.

When: Thursday, January 8th & Thursday, January 22nd

Time: 12:45pm

Where: First Floor Community Room



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

CONVERSATIONS TAKE US WHERE WE NEED TO GO

Throughout our lives conversations with trusted advisors have shaped our decisions and outcomes. Over the holidays we often have more time to engage in thoughtful discussions. Beyond the scope of who is doing the daycare pickup or what recipes will be a part of the tradition. Thus, many of us may have had conversations about the challenges of our health issues, whether for ourselves or a loved one. So I decided to refer to some basic principles from my book, Caregiver Tsunami. They cannot magically remove all challenges; but they can help us to deal with our situation more effectively and provide comfort and advice. Hope that you find them to be helpful:

TAKE DECISIVE ACTION - Don't wait until a loved one falls or is in dire straits. Act now!

BE VIGILANT - Watch out for worsening conditions or a domino effect with symptoms.

HOLD PEOPLE ACCOUNTABLE - Track practices and procedures of medical and other personnel.

MANAGE FAMILY RELATIONSHIPS - This is no time for sibling rivalry. Work together.

PRACTICE STRESS MANAGEMENT - Take care of you! Yoga and relaxation techniques can help.

CALL IN THE PROFESSIONALS - PVM staff, Area Agencies on Aging, Seniors Centers and other

Professionals can provide resource information to assist.



January Sing a Long

When: Wednesday,
January 7th
Time: 1:00pm

January Movie Night

When: Thursday, January
15th
Time: 6pm

Popcorn is provided.
Please bring your own
beverage.

Bingo with Sue

Saturday, January 3rd at
1pm
&
Saturday, January 17th at
1pm
&
Saturday, January 31st at
12pm W/Lunch

Pokeno with Sue

Tuesday, January 6th at
6pm
&
Tuesday, January 20th at
6pm

Bus to Meijer

The Village bus travels to Meijer every Friday from 9am-11am. The cost is \$2.00.

See the sign-up sheet in the mail room.

Healthy New Year's Resolutions for Seniors

By NYC Senior Care

The New Year means new starts, and that typically involves making New Year's resolutions. While the old faithful standbys still exist, adults over the age of 65 can greatly benefit from making healthy resolutions-especially those that help prevent illness and injury. Here are five New Year's resolutions that will keep you feeling young and vibrant.

Participate in cognitive health activities: Mental health is an important aspect of health that we tend to overlook as we extol the benefits of staying physically fit. Keep your mind engaged and stimulated through a language class, book club or by playing brain games and trivia on the computer.

Exercise or start a new physical activity: Exercise does not have to be exhausting, and it certainly doesn't have to feel like work. Older adults are increasingly looking to classes such as yoga and tai chi to not only increase physical health, but to meet people and widen their social circles. Other activities like local walking clubs can be found at many senior organizations and community centers.

Eat more fresh foods: Processed foods are easy to throw together for a meal, but they come with a host of health issues and concerns, and frankly, they are not worth the hassle. Make a promise to eat more fresh, healthy fruits and vegetables and you will see a noticeable difference in the way you look and feel-and it takes very little work on your end.

Make your home safer: According to the Centers for Disease Control, one in three adults fall each year. Many falls are preventable, especially if home safety tips are implemented. Tips like moving cords out of walkways, having good lighting near beds and taping down edges of carpet and rugs can help tremendously to decrease the number and severity of falls for seniors.

Schedule regular checkups: Unfortunately, with age comes an increased risk of illness and other complications such as high blood pressure, osteoporosis and other medical conditions. Making sure that you schedule an annual checkup can help in early detection and prevention.

Not only will these New Year's resolutions improve your mental and physical health, they'll provide social opportunities and benefit your life in multiple ways.

See the website below for more health tips for seniors!

<http://www.sheknows.com/health-and-wellness/articles/850491/5-anti-aging-new-years-resolutions-for-seniors>



January 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
	8am-11am- Stop & Shop Open	12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	8-11:30am- Stop & Shop Open 10am- Communion 1pm- Sing A Long 1-3pm-B.P. Checks 3-4pm- Bible Study	12:30-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	9am- Bus To Meijer 12:30-2:30pm-Stop & Shop Open	1pm- Bingo With Sue
11	12	13	14	15	16	17
	8am-11am- Stop & Shop Open	12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman	8-11:30am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	12:30-3:30pm- Stop & Shop Open 6PM- MOVIE NIGHT	9am- Bus To Meijer 12:30-2:30pm-Stop & Shop Open	1pm- Bingo With Sue
18	19	20	21	22	23	24
	8am-11am- Stop & Shop Open	12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm-Pokeno	8-11:30am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	12:30-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	9am- Bus To Meijer 12:30-2:30pm-Stop & Shop Open	
25	26	27	28	29	30	31
	8am-11am- Stop & Shop Open	12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman	8-11:30am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	12:30-3:30pm- Stop & Shop Open	9am- Bus To Meijer 12:30-2:30pm-Stop & Shop Open	12pm- Bingo & Lunch With Sue

Winter 1 - Word Search

Find the words hidden in the grid of letters.

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

ANTIFREEZE
BLACK ICE
COLD
FIREPLACE
FOG
FROST
HIBERNATION
HOLIDAYS
ICE SCRAPER
ICICLES
MITTENS
SCARF
SKATES
SKI PANTS
SLEET
SNOW PLOW
SNOWBALL
SNOWMAN
SOUP
STORM
TOBOGGAN
WINTER TIRES
WOOL SOCKS

**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 (586) 790-4500

Village Staff

Melissa Riesterer
Administrator

Sue Perkins
Parish Nurse

Stacey Klooster
Administrative Assistant

William Horton
Maintenance Tech

Camille DeBlaere
Service Coordinator

EMERGENCY NUMBER

(586) 256-6326

Fax Number

(586) 790-4501



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION



The Village of
Peace Manor

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A Mission of Presbyterian Villages of Michigan

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