



Village Voice



Embrace the possibilities

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

February 2015

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From The Village Administrator Happy February!

Our Friends and Family campaign is fast approaching. I know that some of the board members have met with you on getting ideas for our project this year. There will be a meeting with free refreshments sometime early to mid-February to vote on the final decision for the project.

Our next resident meeting will be on Tuesday, February 10th at 1:00 pm.

Stop and Shop has just over \$800 in the account. I am so grateful to all of you who volunteer and make purchases in our store. Without you the store would not exist. Thank you for all your help!

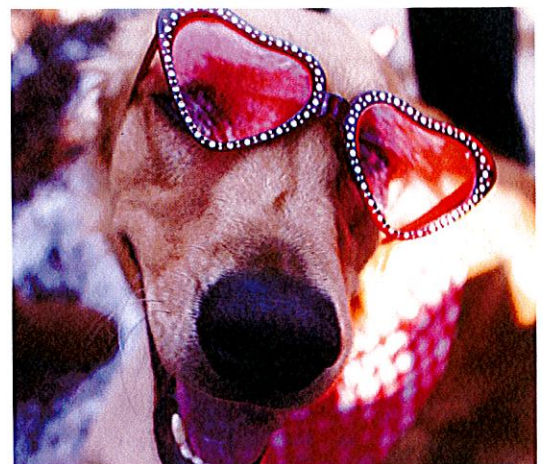
Please continue to be careful as we make our way through the winter months. Wear appropriate shoes and watch for slick spots. We do our very best to keep the sidewalks and parking lot clear of snow and ice.

The electrician will be here in the middle of February to install the new car port lighting.

Middle school students from Richard's Middle School will be coming to our building on Wednesday, February 11th from 3 pm to 4:15 pm. They are planning on doing Valentine's Day crafts with anyone who would like to join them.

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Health Focus by Sue Perkins, RN Parish Nurse

Announcements

The following information is from The American heart Association.

Healthy blood vessels contribute to the prevention of heart disease. When the vessels are clear, not narrowed from plaque formation, they are able to allow blood to circulate to all parts of the body. When these vessels are clogged, the passage for blood to flow is narrowed. Blood clots can form setting the stage for a heart attack or stroke.

A strong heart muscle is necessary to pump the blood through the blood vessels. Heart attacks can weaken the heart's function. A weak heart muscle can lead to heart failure. Keeping blood pressure within normal limits, allows the cardiovascular system to function well. When the vessels are hardened from plaque and the pressure becomes elevated against the blood vessel walls, the stage is set for trouble. Without healthy blood vessels, a strong heart, and normal blood pressure, we are ripe for developing heart disease.

Some families may be at greater risk for heart disease. It is very important for them to make changes to keep their cardiovascular system in good health.

Here is what we can do to keep our body healthy:

1. Eat a balanced diet including a lot of vegetables and fruits.
2. Do not smoke.
3. Exercise
4. Keep blood pressure within normal limits.
5. Have regular medical checkup at least once per year.

If anyone struggles with the above information, please see the parish nurse who is available to answer questions. Remember to keep a healthy spiritual heart.

God is the strength of our heart,
Sue Perkins, R.N.

Resident Meeting

When: Tuesday, February 10th.

Time: 1pm

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.

Laundry Room

Please be courteous and clean out washers when you are finished with them. Please also remember to leave the door open when finished with the front loader.



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

Be Happy & Well In Your Relationships Through Constructive Communication

February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** - Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** - Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** - Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** - Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** - Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** - Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** - Ask your loved one: "How can I help *you*?" Act on the offer!

Camille's Office Hours

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

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.

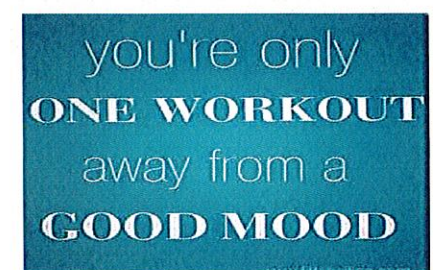
She will not be here on Wednesday, February 4th

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,
February 12th & 26th
Time: 1:00pm
Where: First Floor
Community Room



Test Your Presidential Knowledge



1. *What is Harry S. Truman's middle Name?*
2. *Which former president was rumored to get stuck in a bath tub?*
3. *What was President Calvin Coolidge's nickname while in office?*
4. *Who was the third President?*
5. *Who survived four plane crashes?*
6. *How many children did John Tyler have?*
7. *Who was the 42nd president?*
8. *Which president was never married?*
9. *Which president was known as Bull Moose?*
10. *Which president was elected twice for non-consecutive times?*

Answers can be found on page 5.

February Sing a Long

When: Wednesday,
February 4th
Time: 1:00pm

February Movie Night

When: Thursday,
February 12th
Time: 6pm

Popcorn is provided.
Please bring your own
beverage.

Bingo with Sue

Saturday, February 14th at
1pm
&
Saturday, February 28th at
1pm

Pokeno with Sue

Tuesday, February 3rd at
6pm
&
Tuesday, February 17th 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.

A Story about the olden days

A young person asked the other day, 'What was your favorite fast food when you were growing up?' 'We didn't have fast food when I was growing up,' I informed him. 'All the food was slow. 'C'mon, seriously. Where did you eat?' 'It was a place called 'at home,' I explained. 'Mom cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it.' By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table. But here are some other things I would have told him about my childhood if I figured his system could have handled it:

- Some parents NEVER owned their own house, never wore Levis, never set foot on a golf course, never traveled out of the country or had a credit card. In their later years they had something called a revolving charge card. The card was good only at Sears Roebuck. Or maybe it was Sears & Roebuck. Either way, there is no Roebuck anymore. Maybe he died.
- My parents never drove me to soccer practice. This was mostly because we never had heard of soccer.
- I had a bicycle that weighed probably 50 pounds, and only had one speed, (slow)
- We didn't have a television in our house until I was 19.
- The television was, of course, black and white, and the station went off the air at midnight, after playing the national anthem and a poem about God; it came back on the air at about 6 a.m. and there was usually a locally produced news and farm show on, featuring local people.
- I was 21 before I tasted my first pizza; it was called 'pizza pie.' When I bit into it, I burned the roof of my mouth and the cheese slid off, swung down, plastered itself against my chin and burned that, too. It's still the best pizza I ever had.
- I never had a telephone in my room. The only phone in the house was in the living room and it was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.
- Pizzas were not delivered to our home, but milk was.
- All newspapers were delivered by boys and all boys delivered newspapers—my brother delivered a newspaper, six days per week. It cost 7 cents a paper, of which he got to keep 2 cents. He had to get up at 6am every morning.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren.

<http://truthbook.com/stories/funny-senior-citizens/the-olden-days>

January Birthdays Happy Belated Birthday

Please accept my apologies for missing them in the January Newsletter.

Shirley Fitzgerald.....1/4
Doris Kochis.....1/8
Catherine Botkin.....1/15
Margaret Larson.....1/16
Merlynn Graff.....1/28
Donna McCarthy.....1/30

February Birthdays

Dominic Kuczborski.....2/4
Joanne Cone.....2/19
Lorraine Gies.....2/24

Stop and Shop Hours

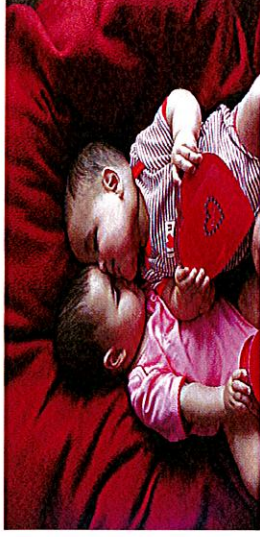
Mondays: 8am-11am
Tuesdays: 1:00pm-3:30pm
Wednesdays: 8am-11:00am
Thursdays: 1:00pm-3:30pm
Fridays: 1:00pm-3:30pm


Answer Key from Page 4

1. S-The Middle initial S stands for nothing at all.
2. Taft
3. Silent Cal
4. Thomas Jefferson
5. George Bush
6. 15 children
7. Bill Clinton
8. James Buchanan
9. Theodore Roosevelt
10. Grover Cleveland



February 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8am-11am- Stop & Shop Open	3 1:00-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	4 8-11:00am- Stop & Shop Open 10am- Communion 1pm- Sing A Long	5 1:00-3:30pm- Stop & Shop Open	6 9am- Bus To Meijer 1:00-2:30pm- Stop & Shop Open	7 1pm- Bingo With Sue
8	9 8am-11am- Stop & Shop Open	10 1:00-3:30pm- Stop & Shop Open 1:30pm- Milkman 1pm- Resident Meeting	11 8-11:00am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4:15- Valentines Crafts	12 1:00-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises 6PM- MOVIE NIGHT	13 9am- Bus To Meijer 1:00-2:30pm- Stop & Shop Open	14 1pm- Bingo With Sue
15	16 8am-11am- Stop & Shop Open 	17 1:00-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	18 8-11:00am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	19 1:00-3:30pm- Stop & Shop Open	20 9am- Bus To Meijer 1:00-2:30pm- Stop & Shop Open	21
22	23 8am-11am- Stop & Shop Open 2pm- Program on Safe Driving	24 1:00-3:30pm- Stop & Shop Open 1:30pm- Milkman	25 8-11:00am- Stop & Shop Open 10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	26 1:00-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	27 9am- Bus To Meijer 1:00-2:30pm- Stop & Shop Open	28 1pm- Bingo With Sue



Shining Star Nomination



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence behavior “What I do Matters”. The Service Standards of Excellence are built on four core values: Respect, Relationship, Listening and Accountability. These values serve as a standard against which every action and thought can be measured and supports a culture where team members share their best work, their gifts and talents. By showing their commitment of continuous improvement in service by the excellence in their jobs, making significant contributions to their Village or PVM, demonstrate commitment to their department, Village, or corporation as well as their customers and residents. Employees, Residents, Families, and Board members are eligible to nominate a PVM employee. Please fill out a separate form for each nominee. In the past forms have been submitted with multiple people listed and we want to hear about what each individual did to be nominated. Also, there must be a narrative of why the person is being nominated. Nominations left blank or without a reason will be accepted but will not be considered to determine the top 10 so please write more rather than less!

Please turn the completed nomination form into the Administrator, the Village Human Resource Department, or directly to the PVM Vice President of Human Resources **no later than March 16th of 2015.**

Name of Nominee _____

PVM Village _____ Email _____

Telephone H () _____ Cell () _____

Criteria:

- Individual who has at least 90 days of service
- Demonstrates behavior from at least one of the four pillars of Service Standards of Excellence (Listening, Relationships, Accountability, Respect)
- Demonstrates excellence in customer service “What I do Matters”

Please write below in your own words why you feel the person you have listed above deserves to be recognized. Supporting documentation is welcomed. Examples are: a quality improvement suggestion that was approved, a letter from their supervisor, resident, or family member, or special project, etc. Please attach additional pages, if needed, but do not exceed more than three (3) pages per nomination.

Name of Person **Submitting** Form _____

PVM Village _____ Email _____

Signature of Person Submitting Form _____ Date _____

Please place an X: Employee _____ Resident _____ Family _____ Other _____

Nomination forms must be turned in no later than March 16th of 2015.

If mailing this form please send it along with any accompanying materials to: Presbyterian Villages of Michigan
 Human Resource Senior Vice President
 26200 Lahser Rd., Suite 300, Southfield, MI 48033
lholley@pvm.org or Fax 248.281.2096



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2nd & 4th Thursdays Every Month

1:00 p.m. – Activity Room

**Complimentary Blood Pressure
Screenings**

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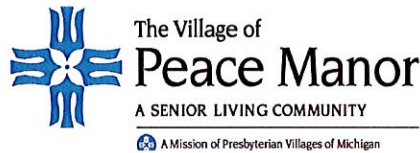
Throughout 2015



**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

**17275 15 Mile Road
Clinton Twp., MI 48035**

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