



Village Voice



Embrace the possibilities

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

July 2015

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From The Village Administrator

Happy July 4th!

I hope you will enjoy the July 3rd party we have planned to celebrate the July 4th holiday! Please sign up if you'd like to attend.

I hope you like the furniture on the 2nd and 3rd floors. I think it really looks nice. The furniture was definitely a good choice.

I have gone out shopping for a new PA system and found one at Guitar Center. It is enough for what we need with a few extra features.

I am still in the process of finding artwork for the 1st and 3rd floors. I believe I'll have to order something online because stores are limited to the sizes they carry and the type of pictures I'm looking for. Thank you for being patient as I do my best to find the most fitting artwork for our building.

At our resident meeting you have

decided against the greenhouse, so we won't get that. I will buy six card tables. We will have two on each floor.

I have looked at cushions for the existing outdoor chairs we have right now. It's slim pickings right now due to the season being well underway but I'm doing my best. I'm also looking for two benches that we can put out in the front to replace the gliders.

I am still at Warren Glenn three days a week, and as soon as I know when that will be changing I will definitely let you know. Thank you for being patient throughout this process. Please remember you can reach me at Warren Glenn at 586-751-5090 if you have a question or concern that you feel can't wait for me when I'm at Peace.

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Summer Safety

Happy summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to Rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center. Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer!

Announcements

Celebrate Freedom BBQ

Join your fellow residents, staff and volunteers for an afternoon BBQ to celebrate our Freedom.

When: Friday, July 3rd

Time: 12pm

Cost: \$2.00

Menu: Brats, Chips, BBQ Baked Beans, Pasta Salad and a Cupcake for Dessert.

Village Store Planning Meeting

Becca Liptok, a Peace Manor Board Member and Volunteer will be here on Monday, July 13th to discuss possible plans for The Village Store. She will begin the meeting at 1pm.

Maintenance Requests

Please report all requests for maintenance to the office.

Laundry Room

Please be courteous and clean out the washers and dryers once you are finished using them.

Please inform the office when the change machine needs to be re-filled.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

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

Let Your Garden Grow



What better hobby than one that creates life! Gardening not only makes the environment around you bloom into something even more beautiful, it also provides some great health benefits. Here are a few important benefits to keep in mind as you plant:

Increases hand strength: Gardening keeps hand muscles healthy and strong, because of the continuous work it requires. Try maintaining a garden to lower the risk of your hands losing their agility!

Decreases risk of Alzheimer's disease: In a study, researchers found that daily gardening was one of the biggest activities that reduced the risk of dementia. This may be due to the amount of learning and problem solving that goes into managing a garden.

Improves immunity: While working outside in your garden, your body is turning sunlight into vitamin D. Vitamin D can help your body fight off diseases, and can also alleviate depression.

You can either choose to start plants from seed early in the season (6 weeks before the last frost) or buy starter plants any time during the summer. Pick out your favorites and watch them flourish!

Service Coordinator's Corner

Mrs. Camille DeBlaere AS, BA, MA is available to assist you with the following services and/or assistance:

Benefit Programs: (i.e. Social Security, Medicare, Medicaid and Private Health Insurance)

Health Services: (i.e. Prescriptions, Advanced Directives, Home Health Care, Medical Appointments, Meals on Wheels)

Housekeeping Referrals

Housing Rights and Lease Education

List of Assisted Living and Nursing Care Centers

Mental health Referrals

Reasonable Accommodations

Substance Abuse Programs

Transportation Services

Her office hours are:

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




Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **Gifts that pay you income, like a Charitable Gift Annuity** - a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after your lifetime, like a Bequest** - the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (_____ percent of the residue of my estate) or (the sum of \$_____), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

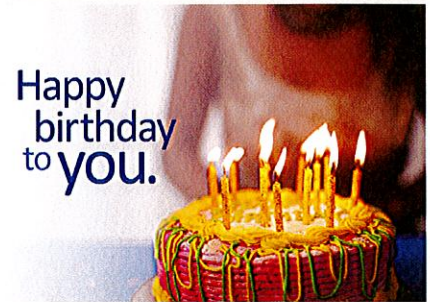
We are so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.

Warm regards,
Paul J. Miller, CFRE

July Birthdays

Happy Birthday to You:

- Lee Macleod.....7-8
- Nina Giordano.....7-14
- Gerry Reynolds.....7-23



July Sing a Long

Wednesday, July 15th
At 1pm

Come Sing a Long to some classic tunes. Stick around afterwards for dessert.

July Movie Night

Thursday, July 23rd
At 6pm

Popcorn is provided; please bring your own beverage.





July 2015



Sun

Mon

Tue

Wed

Thu

Fri

Sat

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|----|--|---|---|--|--|--|
| | | | 1 10am - Communion 1-3pm-B.P. Checks 3-4pm - Bible Study | 2 | 3 9am - Bus To Meijer 12pm - Celebrate Freedom BBQ | 11  |
| 5 | 6 | 7 1:30pm - Milkman | 8 10am - Communion | 9 1pm - Chair Exercises | 10 9am - Bus To Meijer | |
| 12 | 13 1pm- Village Store Communication Meeting | 14 1:30pm - Milkman 2pm - Program Subject-TBD 5-9pm - Rams Horn Fundraiser Night | 15 10am - Communion 1-3pm-B.P. Checks 3-4pm - Bible Study 1pm - Sing A Long | 16 | 17 9am - Bus To Meijer | 18 |
| 19 | 20 | 21 1:30pm - Milkman | 22 10am - Communion 1-3pm-B.P. Checks 3-4pm - Bible Study | 23 1pm - Chair Exercises 6pm - Movie Night | 24 9am - Bus To Meijer | 25 |
| 26 | 27 | 28 1:30pm - Milkman | 29 10am - Communion 1-3pm-B.P. Checks 3-4pm - Bible Study | 30 | 31 9am - Bus To Meijer | |

**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

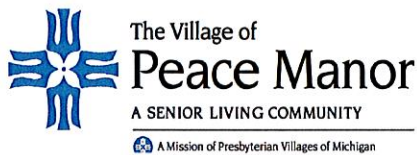
(586) 256-6326

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



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