



Village Voice



Embrace the possibilities

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

August 2014

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From The Village Administrator Greetings...

So far summer has been good. It hasn't been too hot. Hopefully we will continue on this pattern.

Thank you to all of you who sent in your resident satisfaction surveys.

Our 4th of July party was fun as well as our ice cream social with entertainment by Stone Soup. I have asked the band to return. Hopefully they can return in early fall, and we can enjoy them outside again.

We are in the process of deciding on the lobby furniture. We have so many samples of material patterns it is very overwhelming. We are working with a designer from the company to pick the best fabric and colors. I will discuss the furniture with you more in the resident meeting.

Our next resident meeting is August 7th at 1 pm.

We are planning on going to Lakeshore Grill at Macy's at Lakeside Mall on August 4th. They are known for their Maurice salads. I think it will be a fun trip for residents and staff. We need at least five residents in order to go.

The bank account for Stop and Shop has \$600 in it. Our store continues to be very successful and is our primary fundraiser right now. Thank you to everyone who volunteers and shops in the store. Stop and Shop's one year anniversary is August 1st. Look for some specials coming the week after to celebrate our anniversary of our grand opening.

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:



Announcements

CELEBRATING STOP AND SHOP 1 YEAR ANNIVERSARY!

**August 4th - 7th
Stop and Shop
will be celebrating
it's one year anniversary.**

**Join us during store hours
and check out our
special offers.**

**All week long
1 Raffle ticket with every purchase
\$5-\$10 = 2 tickets, \$10+ = 3 tickets**

**Monday and Wednesday
FREE Breakfast**

**Thursday
3 p.m. Refreshments and Raffle Drawing**

NPR Recycling/Secure Bins

Please only dispose of materials that need to be shredded in the grey locked bin. This bin is located on the first floor in the maintenance hall. If you wish to dispose of junk mail, please use the boxes in the mailroom.

Garbage Chutes

Please do not use the garbage chutes to dispose of large items or glass.

Village Bus

William will continue to transport residents to Meijer every Friday at 9am; he will pick residents up at 11am. There needs to be 3 people signed up, or the trip will be cancelled.

Resident Meeting

The resident meeting will take place on Thursday, August 7th at 1pm. It will be held in the community room on the first floor.



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Heat Stress as we Age

My family was lucky enough to live near the beach when I was growing up. We spent hours playing in the water and building castles in the sand. I never quite understood why my Grandparents didn't stay out in the sun for long with us, but now I do.

People who are 65 and older are more prone to react to heat than younger people. Why is that? Sometimes it is because of the medications we are taking or the chronic medical conditions that we may have. This can cause the body to react differently to heat even interfering with our ability to perspire. Without perspiring, we lose our ability to control our body temperature. Perspiration helps our body to cool down. Heat Stroke is a serious medical emergency and must be dealt with immediately. A much better approach is to make sure you don't get in a position of heat stress and or stroke. Here are a few tips to guard against heat stress:

- Stay hydrated. Even if you don't feel like drinking, drink water throughout the day.
- Keep your blinds shut when the hot sun is coming in.
- If your air conditioning is not working or needs adjusting, let your maintenance person know.
- Wear loose clothing.
- Wear a hat when you are going to be outside.
- When going for walks choose the cool morning hours or evening hours, not the noon day sun.
- Recognize when you have had too much sun. The signs are feeling dizzy, red hot and dry skin and a lack of perspiration.
- Get help if you need it.

Today when I go to the beach or work in my garden, I am wiser about how I handle the sun. Nothing spoils a nice summer day faster than needing a trip to the emergency room. I hope you are enjoying your summer days while staying safe.

Camille's Office Hours:

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

"A Service Coordinator Provides Information And Referrals In A Community Who Need Support Services To Maintain Self Sufficiency."

Parish Nurse Schedule

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

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

Sue Perkins will not be at Peace Manor Wednesday, August 20th or Wednesday, August 27th.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“And The Winner Is...”

This year's Village Victory Cup was one for the books! On June 27th, 200 residents from eleven villages and an astounding 70 volunteers converged at Ultimate Soccer Arenas in Pontiac for this annual event. The atmosphere was filled with laughter and friendly competition. It was quite a sight to see so many smiling and happy faces!

As the day progressed, it became apparent that it was going to be a battle between the Village of Westland, the defending champs, and the Village of East Harbor. It came down to the last event. In the end, the Pirates of East Harbor won, beating the Westland Stars by only 2 points!

Throughout the day the Villages also competed for the Spirit Award. This year the Monarchs from Our

Savior's Manor took the title, and rightly so. A small but mighty crew of residents pulled out all the stops, including having their own soundtrack!

Not to be left out, Villages 100 miles or further from the PVM Home Office competed in the Virtual Village Victory Cup. Spring Meadows I & II were in it to win it. When the dust settled, Spring Meadows I emerged victorious. Perry Farm Village took the Spirit Award with their clever video showcasing their residents competing and cheering each other on to victory.

For those who like to plan ahead, mark your calendars for June 26, 2015. That's the date for next year's Village Victory Cup. You won't want to miss out!

August Bingo Dates

12pm- Saturday, August 2nd
12pm- Saturday, August 30th

Come join your fellow residents for lunch and some BINGO fun with Sue.



August Movie Night

When: Thursday, August 21st
Time: 6pm-?
Where: First Floor Community Room

As always, popcorn is provided. Please bring your own beverage.

August Sing-A-Long

When: Wednesday, August 6th
Time: 1pm
Where: 1st Floor Community Room/Stop & Shop

Come Sing a Long to some of your favorite tunes with Lee & Nancy.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

4 F's FOR QUALITY OF LIFE

In school receiving an F would have been a tragedy. However, in this edition I want to point out Four F's which have drawn my attention in the quest for Quality of Life at any age. Coincidentally it ties right back to school days since my recent 45th High School Class Reunion inspired me to write this message:

In reading the very nice directory which was published for this grand occasion I noticed some themes which were played out in almost every person's comments: They were Faith, Family, Friends and Fun! All seemed to note the well-known dilemmas which invariably occur with everyday life and professed that the above four items were what rocks their world and offsets the challenges of life.

In our comings and goings we can place much emphasis on reaching goals or finding our latest acquisition; but if we really think about what gives us our greatest joy in life it will most likely be tied somehow to these Four F's. Many folks talked about their latest adventures in far away and exotic locations or their favorite times riding in their convertible car which is an acquisition; but it was the fun and sense of living life to the fullest as a part of these purchases which brought their greatest enjoyment.

So as we travel along life's journey keep in mind that our everyday actions and dedication to these top Four F's can guide us. And the joy of being grandparents was probably the most noted experience in my classmates' comments. So I am very much looking forward to becoming a grandparent for the first time very soon.

Speaking of fun, PVM is a fun place to be. Our recent Village Victory Cup is a prime example. If you have not been involved as yet please consider doing so. It is a day filled with fellowship and great joy! If you aren't into some of the more action oriented events you can join in on the paper airplane flying event! Throughout the summer I hope that you will have the good fortune of fun and lovely life experiences with family and friends. And remember the Four F's.

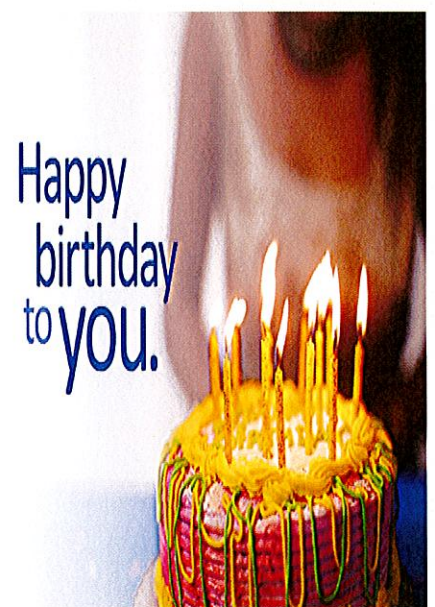
August Birthday Party

When: Thursday, August 21st
Where: Peace Manor
Community Room
Time: 1:30pm

Come celebrate with your fellow residents who have birthdays in August.

Happy Birthday to You

- DelaneShivers.....8/9
- Mary Aprea.....8/15
- Archie Hannah.....8/16
- Arlene Seckel.....8/17
- Winnie Stover.....8/17
- Beverley Kirby.....8/20
- Joseph Militello.....8/21
- Ruth Ann Harris.....8/27





August 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 8am-11am- Stop & Shop Open 1-2pm- Wellness W/Paige	5 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm-Pokeno	6 8-11:30am- Stop & Shop Open 1-3pm- BP Checks 1pm- Sing a Long	7 12:30-3:30pm- Stop & Shop Open	8 9am- Bus To Meijer	9 12pm- Bingo and Lunch With Sue
10	11 8am-11am- Stop & Shop Open 1-2pm- Wellness W/Paige	12 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman	13 8-11:30am- Stop & Shop Open 10am- Communion 1-3pm- BP Checks	14 12:30-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	15 9am- Bus To Meijer	16
17	18 8am-11am- Stop & Shop Open 1-2pm- Wellness W/Paige	19 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm-Pokeno	20 8-11:30am- Stop & Shop Open 10am- Communion	21 12:30-3:30pm- Stop & Shop Open 1:30pm- Birthday Party 6pm- Movie Night	22 9am- Bus To Meijer	23
24	25 8am-11am- Stop & Shop Open 1-2pm- Wellness W/Paige	26 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm-Pokeno	27 8-11:30am- Stop & Shop Open 10am- Communion	28 12:30-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	29 9am- Bus To Meijer	30 12pm- Bingo and Lunch With Sue
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Comedy Movies 1 - Word Search

Find the words hidden in the grid of letters.

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

ALL OF ME
ANIMAL HOUSE
BANANAS
BIG
BLUES BROTHERS
CAT BALLOU
CLERKS
GET SMART
GROUNDHOG DAY
HAPPY GILMORE
HARVEY
HITCH
MANHATTAN
MASH
MIDNIGHT RUN
MOONSTRUCK
PATCH ADAMS
PLAZA SUITE
QUICK CHANGE
STRIPES
THE RUTLES
TOOTSIE
ZOMBIELAND

**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



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Clinton Twp., MI 48035

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

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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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