



# Village Voice



## Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • [www.pvm.org](http://www.pvm.org)

September 2014

### Featured Articles

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## From The Village Administrator

### *Greetings...*

It's hard to believe September is here. I'm ready for the fall colors, but I do hate to see this summer go since it's been so nice.

Barb Heikkila got dunked with a big bucket of ice water for our ice bucket challenge. The money we raised will go towards our own fund for Peace Manor. We raised over \$80.00, and at the time of this article we were still raising more money. Barb challenged, Roger Meyer, the CEO of PVM, Paul Miller, the President of PVM Foundation and Mary Neff, Peace Manor's Board Chair. Thank you to everyone who donated.

Mary Neff has accepted the

challenge to be dunked on Thursday, September 4th.

I have ordered the furniture for the lobby. It will take at least 8 weeks and probably longer. I will keep you posted on any updates I get.

The bank account for Stop and Shop has over \$600 in it. It continues to grow as our store remains successful.

Sincerely,

Melissa Riesterer  
Administrator



The Village of  
**Peace Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Announcements



### Mark Your Calendars

**When:** Wednesday, October 8<sup>th</sup>

**Time:** 2:00-3:30pm

**Where:** Peace Manor Community Room

Please sign-up in the mailroom. The flu shot is covered by most insurance or available for \$35.00.

On October 8<sup>th</sup> plan to arrive at 1:30 pm to fill out paperwork. If you need assistance someone will be available to help you. This year a number will be given to you for your turn.

I plan on returning to Peace Manor on Wednesday, September 24<sup>th</sup> at 1:00pm.

Blessings,

Sue Perkins, R.N.  
Parish Nurse

### Maintenance Corner

Please do not use the garbage chutes on the second or third floor to dispose of large items. If you are unable to dispose of large items yourself, please let Will know that they are in the trash room; he will take care of them for you.

### Parking at Peace Manor

-All residents are required to have a parking permit

-Visitors are required to park behind the church and not under the carports.

-If you do not use your vehicle regularly, please move it to a carport further away from the building.

### For Your Safety

The emergency exit doors located of the stairwells must not be used. These doors are intended for exiting the building in the event of an emergency only.

## Mark your calendars for a very important Seminar:

### S.C.A.M.S (Stop Crime Against Macomb Seniors)

When: Wednesday, October 1<sup>st</sup>

Time: 1:00pm

Where: Community Room at The Village of Peace Manor

Presenter: *STEVE FOX* –  
Assistant Prosecuting Attorney  
Deputy Chief of Senior Crime Unit



#### 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 will return to Peace manor on Wednesday, September 24<sup>th</sup>. She is available to take blood pressures and to counsel with regarding health advice.

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, September 11<sup>th</sup> & 25<sup>th</sup>  
**Time:** 12:45pm  
**Where:** First Floor Community Room



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## “WHAT I DO MATTERS”

A recent experience reminded me of why I chose to entrust my career with Presbyterian Villages of Michigan. We are continuously engaged in an initiative titled Service Excellence which permeates our culture at PVM. The logo: “What I do matters” supports this commitment to excellence in customer service.

The four pillars of Service Excellence are:

**Listening:** Acutely paying attention and seeking to understand.

**Relationships:** Our way of forming a meaningful and genuine connection with our residents, each other, and the community.

**Accountability:** The willingness to accept responsibility and delivering upon expectations.

**Respect:** Treating all with dignity and worth.

As we are often told, we never know when we may be facing a tough caregiving situation, and such has been the case with me. Thus, I have had a chance to not only be involved with Service Excellence at a professional level, but also to experience it at a personal level as a consumer. All at once I had two parents hospitalized at once, a transfer to rehab Mom and the death of my dad. During that time, my mom had to bury her husband while transferring from independent living to a hospital setting, to rehab, and then back to independent living.

This was a very traumatic situation for my entire family. One of the few bright spots was the care and customer service given to us by the leadership and staffs of The Village of Oakland Woods and The Village of East Harbor. They were there for us minute by minute, responsive in every way, and compassionate in their interactions with us. In short, they exemplified all four pillars of Service Excellence; and I am indebted to them for life.

I am proud to say that I work for Presbyterian Villages of Michigan!  
Thank you All!!

## September Birthday Party

When: Thursday, September 18th

Where: Peace Manor Community Room

Time: 1:30pm

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

## Happy Birthday to You

Cheryl Boida.....9/9  
Gwen Reynolds.....9/17  
Annie Wright.....9/18



## Pokeno

Join Sue for Pokeno every Tuesday at 6pm in the community room.

## Bingo

Join Sue for Lunch & Bingo on:

Saturday, September 6th at Noon  
& Saturday, September 20th at Noon



# For Your Safety.

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

## Keeping Food Safe

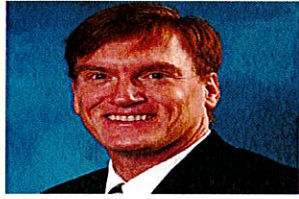
One in six Americans will experience food poisoning each year according to the CDC (Center for disease Control) in its mild form food poisoning can cause stomach distress that is uncomfortable and nasty. In more serious forms it can cause hospitalization and in severe cases even death. The CDC has issued some simple guidelines to keep your food preparations safe. There are four simple steps:

- **Clean: Wash hands and surfaces often**
- **Separate : Don't cross-contaminate**
- **Cook: Cook to the right temperature**
- **Chill: Refrigerate promptly**

When washing your hands, be sure to wash with soap and running water. While you do not have to wash poultry, meat or eggs, you should wash fruits and vegetables- including the pre-cut packaged ones. Counter tops and cutting boards should also be washed with hot water and soap to prevent bacteria from forming on them after use.

You should always keep meat, poultry, eggs and seafood separate from your other food both in your shopping basket and in your refrigerator. This will prevent bacteria from spreading between packages

You cannot tell by looking at the food if it is cooked to the right temperature. Food is only safe if it is cooked to a high enough temperature to kill bacteria. Different foods have a different temperature where that occurs. Use a food thermometer for the most accurate way to tell if your food is done. These can be purchase very inexpensively. Once your food is cooked, keep it hot or chill it right away. Years ago we use to leave food out to cool, but it has been proven that while food is cooling, bacteria is growing. Perishable food should be refrigerated within two hours. When on a picnic in hot weather, that should be an hour or less. Don't let poor food sanitation lead to illness or something more serious. A few simple steps in food preparation will keep you safe.



## It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

### Managing Pain

Has the presence of persistent pain kept you from doing things you enjoy? Has it caused you difficulty sleeping? Has it caused you to withdraw from family and friends? Are you less active than you were before? If so, you're not alone. These are common occurrences among the estimated 50 million Americans who suffer from chronic pain.

Contrary to what many believe, chronic pain is not just "all in your head". There are physical reasons for it. It is also not an inevitable part of aging. You don't have to "grin and bear it". In fact, doing so could be harmful. Left unmanaged pain weakens the immune system, increases anxiety and depression, impairs cognition, and substantially reduces quality of life.

Though chronic pain by definition is not curable, there are many treatment options available that can help you better manage your pain and reduce the negative effects it has on your life. Along with various medications, they include relaxation techniques, pacing strategies, and regular exercise.

Because pain is a complex, subjective experience, there is no "one size fits all" solution. Your experience with pain is unique to you. According to the American Chronic Pain Association (ACPA), the most important thing you can do is to be active in your own care. Effectively managing pain requires a strong collaborative relationship between you, your doctor and the rest of your healthcare team. The more active you are, the better your long-term results will be. For tips, visit the ACPA's website at <http://theacpa.org>.



# September



| Sun | Mon                               | Tue   | Wed   | Thu   | Fri                       | Sat                                   |
|-----|-----------------------------------|---|---|---|---------------------------|---------------------------------------|
| 7   | 8<br>8am-11am - Stop & Shop Open  | 9<br>12:30-3:30pm - Stop & Shop Open<br>1:30pm - Milkman<br>6pm-Pokeno  | 10<br>8-11:30am - Stop & Shop Open<br>10am - Communion                      | 11<br>12:30-3:30pm - Stop & Shop Open<br>12:45pm - Chair Exercises                    | 12<br>9am - Bus To Meijer | 13                                    |
| 14  | 15<br>8am-11am - Stop & Shop Open | 16<br>12:30-3:30pm - Stop & Shop Open<br>1:30pm - Milkman<br>6pm-Pokeno | 17<br>8-11:30am - Stop & Shop Open<br>10am - Communion                      | 18<br>12:30-3:30pm - Stop & Shop Open<br>1:30pm - Birthday Party<br>6pm - Movie Night | 19<br>9am - Bus To Meijer | 20<br>12pm - Bingo and Lunch With Sue |
| 21  | 22<br>8am-11am - Stop & Shop Open | 23<br>12:30-3:30pm - Stop & Shop Open<br>1:30pm - Milkman<br>6pm-Pokeno | 24<br>8-11:30am - Stop & Shop Open<br>10am - Communion<br>1-3pm - BP Checks | 25<br>12:30-3:30pm - Stop & Shop Open<br>12:45pm - Chair Exercises                    | 26<br>9am - Bus To Meijer | 27                                    |
| 28  | 29<br>8am-11am - Stop & Shop Open | 30<br>12:30-3:30pm - Stop & Shop Open<br>1:30pm - Milkman<br>6pm-Pokeno |   |   |                           |                                       |

**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)



**17275 15 Mile Road  
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*

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**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](http://www.pvmfoundation.org)

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