



Village Voice



Embrace the possibilities

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January 2017

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Happy New Year!!

Our annual holiday party was a hit once again with special guest Donnie Rod. Donnie entertained us with some Christmas favorites and his rendition of some classic Rod Stewart ballads. I hope all who were able to attend enjoyed the entertainment and the food. Thank you again to Kelly Jennings and her husband Mark for preparing the lovely dinner.

I wanted to take a moment to thank Maureen Harvey and Carol Romanski for the trees they crafted and placed on each apartment shelf and office in the building. I am sure we all will enjoy these special gifts for years to come.

In observance of New Year's

Day and Martin Luther King Jr. Day; the office will be closed on Monday, January 2nd and Monday January 16th.

Sincerely,

Stacey Klooster
Administrative Assistant

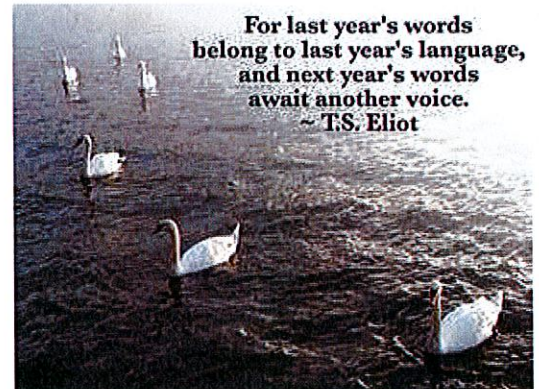


The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Briefs

Dear Peace Manor Residents,

Happy New Year, wishing you health and happiness during 2017.

Just a reminder, the Sign-Up sheet for the **Diabetes Prevention Program** is in the Mail room. Literature about this program is posted in the Mail room and on my office window. Should you have any questions about this program, please, stop by my office.

Please, mark your calendar for the following Presentations during January, 2017: **Tuesday, January 3rd, at 1:00 p.m.**, Kelley from Henry Ford Hospital, Stroke Department, will present basic information about Stokes; **Tuesday, January 24th, at 1:00 p.m.**, staff from the Disability Network will present information about their program. Prior to this presentation, I will be distributing information about this program and the services which they provide to the community; **Tuesday, January 31st, at 1:00 p.m.**, staff from the PACE program will be presenting information about their program. In addition, a Physical therapist from the PACE program will present information regarding the benefits of participating in physical therapy, especially when you have arthritis.

On **February 7th, at 1:00 p.m.**, a dental hygienist will be presenting information about the importance of Oral Health. At the beginning of the Presentation, you will be asked to complete a pre-survey which consists of a few questions, and you will repeat this same survey as a post-survey to document how the presentation helped you with improving your knowledge about Oral Health.

In February, I will be posting Sign-Up Sheets for, "Financial Health after 60". This Presentation is scheduled every week during the month of April; the topics include: Avoiding Financial Exploitation, Household Finance, All about Credit and Retirement Planning and Estate Planning. **We need a minimum of 15 people at each of the four presentations.** As always, your family members/ friends are invited to the Presentations. I will be posting information about this Course in the Mail room, on my office window, and I will be distributing a letter about this program to each apartment.

Countdown to Victory Cup 2017 begins!! Stay tuned for more details...I see a Spirit Award in our future!!

As always, should you have any questions/comments, please, stop by my office, or call me at 586.790.4500, ext.5.

Sincerely,

Trish (Patricia) Iannucci-Waller, B.S.
Enhanced Service Coordinator


Announcements

Winter Safety

Please remember to wear appropriate attire and footwear this season. Our Contractor and William make every effort to ensure that 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 your after office hours. The salt may be used if you notice a slippery spot on the sidewalk or at the entrance.

Be a penguin on ice and snow



Wear footwear with slip-resistant soles and good treads

Walk like a penguin with arms extended to the side and feet pointed slightly outward

Adjust your pace to surface conditions

Watch where you're stepping

Safety is everyone's responsibility – prevent falls

Sponsored by Skanska WSCM, Lake Michigan Safety Committee, Michigan Safety Council and the National Department of Administrative Risk Management Division

Recipe of the month:

Slow Cooker Beef Stew

This recipe serves five

Ingredients

- 3 tablespoons flour
- 1 pound lean beef stew meat (such as round)
- 1 tablespoon olive oil
- 3 cups fat free, low sodium beef broth
- 1 cup water
- 3 large carrots
- 8 ounces mushrooms
- 1 onion, diced
- ½ teaspoon dried thyme
- ½ teaspoon ground black pepper

Instructions:

1. Place the flour in a large resalable plastic bag. Add beef and toss to coat.
2. Add oil to a pan over high heat. Add beef and sauté for 6-8 minutes, turning frequently until evenly browned.
3. Transfer beef and all remaining ingredients to a large slow cooker.
4. Cover and cook in a slow cooker on low for 8 hours.

Recipe Cost estimate: \$10.50

Nutrition Facts

Serving Size: 1 cup

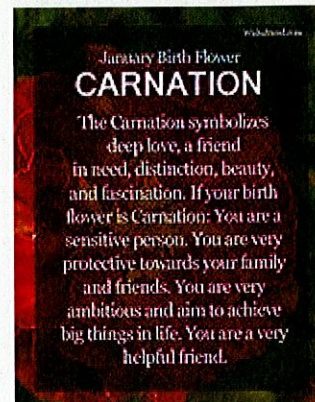
Calories: 220
 Carbohydrate: 19 grams
 Protein: 21 grams
 Fat: 7 grams
 Sodium: 180 mg

Saturated Fat: 2.1 grams
 Sugars: 5 grams
 Dietary Fiber: 3 grams
 Cholesterol: 50mg
 Potassium: 690 mg

www.diabetes.org

January Birthdays

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



Parish Nurse

Our Parish Nurse, Sue Perkins, RN is here on Wednesday afternoons. She arrives at 1pm. She can meet with you in the office on the second floor. At 3pm, you may join her for bible study in the community room.

Bingo

When: Saturday,
 January, 21st
 Time: 1pm
 Cost: \$2



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

“M” stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for Move, Eat, Sleep & Heal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase “use it or lose it”. It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.



January 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year</i>	2 Office Closed 1:30pm: Milkman	3 1pm: Stroke Awareness Presentation 6pm: Pokeno	4 10am: Communion 1-3pm: BP Checks 3-4pm: Bible Study 6pm: Cards	5 Foot Doctor Here 6pm: Movie Night	6 9:30am: Bus to Meijer	7
8	9 1:30pm: Milkman	10 6pm: Pokeno	11 10am: Communion 1-3pm: BP Checks 1pm: Sing a Long 3-4pm: Bible Study 6pm: Cards	12 1pm: Chair Exercises	13 9:30am: Bus to Meijer	14
15	16 All staff gone 1:30pm: Milkman Martin Luther King Jr. Day	17 6pm: Pokeno	18 10am: Communion 1-3pm: BP Checks 3-4pm: Bible Study 6pm: Cards	19	20 9:30am: Bus to Meijer	21 1pm: BINGO
22	23 1:30pm: Milkman	24 1pm: Disability Network Presentation 6pm: Pokeno	25 10am: Communion 1-3pm: BP Checks 3-4pm: Bible Study 6pm: Cards	26 1pm: Chair Exercises	27 9:30am: Bus to Meijer	28
29	30 1:30pm: Milkman	31 1pm: PACE Program 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



Office Numbers (586) 790-4500

Village Staff

Melissa Riesterer
Administrator

Stacey Klooster
Administrative Assistant

William Horton
Maintenance Tech

Patricia Iannucci-Waller
Service Coordinator

Kelly Jennings
Housekeeper

Sue Perkins, RN
Parish Nurse

EMERGENCY NUMBER

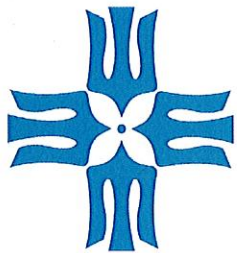
(586) 256-6326

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(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



The Village of Peace Manor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan

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