



Village Voice



Embrace the possibilities

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October 2013

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From The Village Administrator

GOOD NEWS!

I have received an email from Sherry LaBelle, Associate Director Food Protection, from the Division of Environmental Health Services, confirming we are able to prepare and serve food to residents only. This means no licensing or inspection by the local health department is required. We can prepare food, cook food, warm food and serve food out of the Peace Manor kitchen and the store.

I have been in contact with the awning company. The permits are finalized, so now it's a matter of building the awning and installing it. It shouldn't be long now.

I signed a contract with WASH to give us 3 brand new washers and 3 brand new dryers. The price to wash and dry will remain the same. One of the washers will be a front loader, so if you use that machine, you will only be able to use a detergent that has the letters HE on the bottle. Please do not use any powder detergent in that machine, otherwise it will not function, and it will need to be serviced. Look for the new machines within the next six to eight

weeks.

This month we will have an unannounced fire drill. If you have any questions, you may come to the office.

Please join us for cider and donuts and pick up your resident satisfaction survey. We will announce the date and time within the next week.

Fraser High School has a restaurant, and they are asking residents to come over for a traditional Thanksgiving feast that the students prepare and serve. They would like to serve you either Monday or Tuesday of Thanksgiving week. We will transport you in our bus. This is a free meal brought to you by the students of Fraser High School.

Melissa Riesterer
Administrator

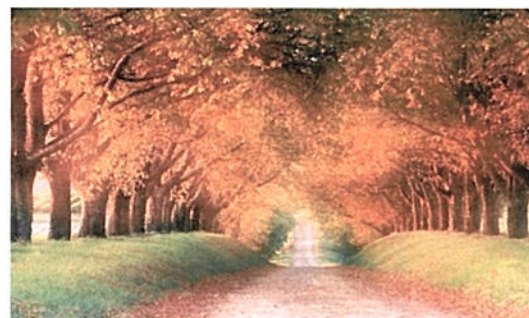


The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Le Tour de PVM Wellness Challenge

A 1,056 “Mile” Journey of Body, Mind, & Spirit

Le Tour de PVM Wellness Challenge is a team based wellness challenge open to PVM Employees, Residents and Board Members. The goal of each team is to complete a 1,056 mile journey in 90 days. Activities are broken down into the three following categories; body, mind and spirit. Activities completed in these categories will earn virtual miles. The teams formulated at Peace Manor will be competing against other PVM teams.

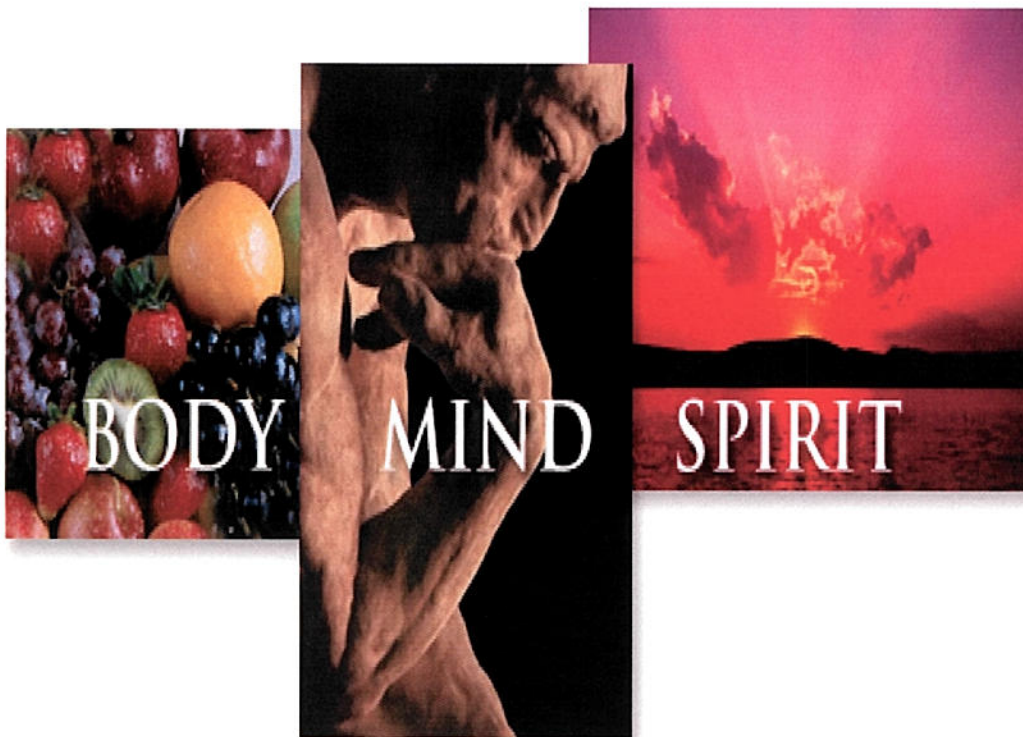
Please join us for an informational meeting:

When: Tuesday, October 1st

Time: 1pm

Where: Peace Manor Community Room

Light refreshments will be served



Announcements

Maintenance Corner

Please report all maintenance repair orders to the office.

Front Drive Loop

The front loop is for pick-up and drop-off only. Please remind your guest that is not okay to park and enter the building. Also, vehicles are never to block handicap accessible ramps.

For Your Safety

Please do not let anyone into the building that you do not know personally. If they are here for a resident, they should dial the appropriate apartment on the key pad. If you are expecting a delivery after business hours, please instruct the delivery personnel of this procedure.

Ordering Stamps

Stamp order forms are available in the store and in the office. A book of stamps is \$9.20. To make it more convenient, we would be willing to assist you with the completion of the order form. Checks must be made out to United States Postal Service.



For Your Safety.

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

Medicare Fraud

Do you know that you have something valuable in your wallet which gives you many benefits during your senior years? No, I am not speaking of money, but rather your Medicare card. Your Medicare card opens many healthcare benefit doors for you. Unfortunately there are some unscrupulous providers who take advantage of that fact by billing for services not done or billing for a more complex procedure than was done, thereby charging more. These providers commit Medicare Fraud. Individuals and companies that have been convicted of Medicare Fraud can no longer bill Medicare for their services, pay huge fines and in many cases are sent to prison.

How can you help prevent Medicare fraud? You and your family need to be good consumers and stay alert. Read your explanation of benefits from Medicare which shows what services were billed to Medicare by a provider. Does your benefit statement show that you went to a doctor for four visits, when you actually only went once? That is Medicare Fraud. Have you been approached for services, which

are covered by Medicare, by a provider that you really don't need or want? That is Medicare Fraud.

Don't give your Medicare card number, or actual card, to anyone without asking just what is this for? Do not give your Medicare card or number to someone who stops you in the store or hallway and tells you they can help you at no cost to you. You will need to be alert that Medicare is not going to be billed for services that weren't really needed.

Medicare Fraud is at an all-time high. You are an essential part in helping to see that Medicare does not pay for fraudulent services. If you believe that you have been a victim of Medicare Fraud, please contact Medicare at the CMS Hotline: 1-800-MEDICARE (1-800-633-4227).

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."

Program on Medicare

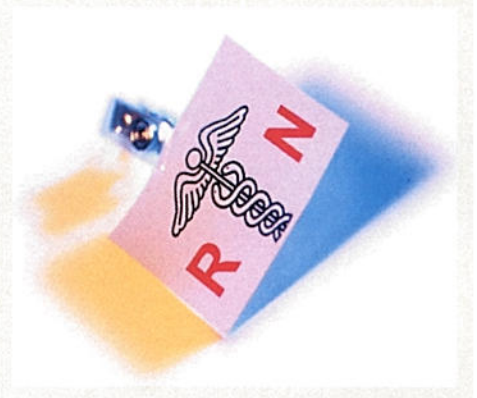
Date: Monday, October 21st
Time: 1:30pm
Place: Peace Manor
Community Room

Public is Welcome

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.

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





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

FALL IS IN THE AIR

Fall is in the air! Our children and grandchildren start back to school. Art fairs appear at our favorite parks and community settings. We move our attention from family vacations to lifelong learning programs and organizational meetings. The cider mills are open; and the annual football rivalries are in full gear. Along with these pleasant routines, unfortunately, comes the revival of a number of scams which threaten our safety and well-being.

Recently the local news reported that perpetrators are going into homes on the pretense of being from the water company and that they need to check your water lines and internal spigots. In one case, a gentleman was lured into his own bathroom with one criminal and held there against his will while yet another criminal looted items from his bedroom. He managed to escape and call the police. Another scam which appears at this time of year involves someone showing up uninvited and claiming that your roof is in critical need of repair. They will claim that if you do not repair it now it will leak during inclement weather which is on

the horizon. They will trick people into giving them money up front only to disappear with it.

Protect yourself from these scoundrels. Never open the door to a stranger. Utilities companies do not send staff out unannounced. Check out any contractors through the Better Business Bureau and always check with someone you know. Use contractors who come recommended by friends and family. And never buy into any transaction whereby they solicited you. Take charge of the process from the beginning.

Another positive aspect of the fall season is the arrival of flu clinics. Make sure to get your flu shot early to provide the best protection. Your physician or local health department can provide this service for you. Many senior centers also provide clinics for this. If you are over the age of 60 also consider a pneumonia vaccine and a shingles vaccine. With all of these protections in place you can enjoy the cider mills and art fairs in full swing!

Stop and Shop Hours

Mondays: 8am-1pm
A Mystery Breakfast treat and a cup of coffee \$1.25

Tuesdays: 12:30pm-3:30pm

Wednesdays: 8am-11:30am
Serving a doughnut and a cup of coffee for \$1.25

Thursdays: 12:30pm-3:30pm

Fridays: 8am-11:30am
Serving a bagel with your choice of cream cheese and a cup of coffee for \$1.25

Come check the store out for yourself. Proceeds benefit The Village of Peace Manor Residents.

Please save all of your box tops for education. We are donating them to The Fraser School District.

Also, donations of pennies and loose change are still needed for "Angel", and Abigayle Ministries.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A Physical Therapy Primer

If you're like me, at one time or another you've had the need for physical therapy. Physical therapy is a type of medical treatment that can help improve mobility, relieve pain, and improve functional fitness. Physicians often recommend physical therapy following an injury or surgery or to treat long-term health conditions. It can be provided in a clinic, hospital, nursing care facility, and even your home. Regardless of where it is provided, it must be provided or supervised by a trained therapist.

While the treatment a therapist provides depends on the health condition being treated, it usually includes some form of exercise. Exercises to improve strength, flexibility, endurance, and balance are common. Other common treatments include ultrasound, electrical stimulation, massage, cold therapy, and heat therapy. The ultimate goal is to make daily tasks and activities easier to do.

If you have Medicare, it will only cover physical therapy if it has been ordered by a physician who indicates that it is medically necessary. It also caps the amount of physical therapy services it will pay for each year. It is possible to have this cap waived, but only if your therapist substantiates the medical necessity for continued therapy and your physician agrees.

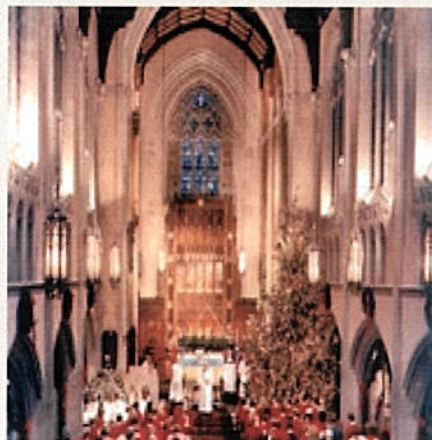
Otherwise, you may be responsible for paying for the additional therapy yourself. Because your doctor is most familiar with both your health history and medical needs, I strongly suggest you speak with him first before agreeing to any physical therapy suggested or ordered by anyone other than him. Not only will you be protecting your health, you could be protecting your wallet too!

Free "Thanksgiving Style Meal"

Fraser High School is opening a restaurant in their school and would like to host a thanksgiving style meal for area seniors. A representative from the high school is looking at the Monday or Tuesday before thank giving as possible dates to offer the meal. If you are interested, please see the office.

Historic Trinity Church

Historic Trinity Church in Detroit is offering tours of their church during the Christmas Season. Tours begin November 22nd and Run through December 21st. Tours are offered Monday-Friday from 9:30am-4:30am. We would travel by bus to the church and possibly stop for a bite to eat on our way back to Peace Manor. If you are interested, please stop by the office.



Old TV Shows 1 - Word Search

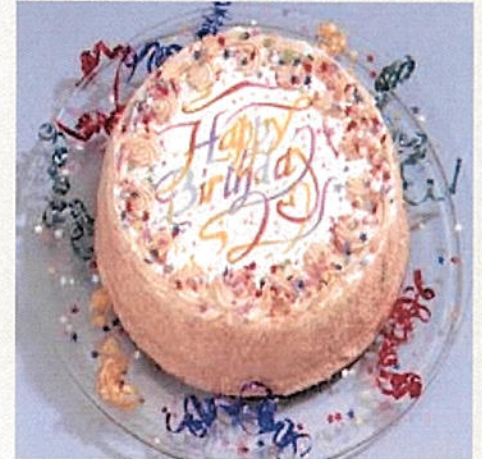
Find the words hidden in the grid of letters.

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

- ADDAMS FAMILY
- BATMAN
- BEWITCHED
- CHINA BEACH
- COACH
- DEAR JOHN
- DOCTOR WHO
- FRASIER
- FULL HOUSE
- GUNSMOKE
- HAZEL
- HEE HAW
- HOWDY DOODY
- ISPY
- LAUGH IN
- MANNIX
- MAVERICK
- NIGHT COURT
- ROSEANNE
- TARZAN
- THE NANNY
- THE WALTONS
- TWIN PEAKS

Large Print Word Search Puzzles
http://www.puzzles.callarge_print_word_search.html
 Copyright © 2012 Livewire Puzzles

October Birthday Celebrations



October Birthday Party Celebration

Please join us in celebrating your fellow residents who have Birthdays in October.

When: Thursday, October 17 at 1:30pm

Where: Peace Manor Community Room

Cakes, Assorted Desserts and Refreshments will be served

Happy Birthday to You!

Let's Wish Our October Birthday Residents A Very Happy Birthday!

- Margaret Jones.....10/03
- Christine Bradley.....10/07
- Teresa Herrera.....10/15



Manicures by Kameelia

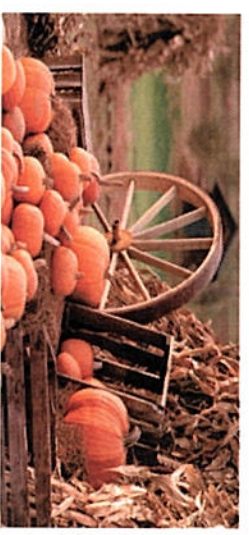
If you wish to make an appointment with Kameelia, please contact her at:

(586)344-9357





October 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Stop & Shop Open 12:30-3:30pm 1:30 Milkman 6pm-Pokeno	2 Stop & Shop Open 8am-11:30am 1pm-B.P. Checks 3-4pm-Bible Study	3 Stop & Shop Open 12:30-3:30pm	4 Stop & Shop Open 8am-11:30am 10am-Bus to Meijer 1pm-Schwans	5
6	7 Stop & Shop Open 8am-1pm	8 Stop & Shop Open 12:30-3:30pm 1:30 Milkman 6pm-Pokeno	9 Stop & Shop Open 8am-11:30am 1pm-B.P. Checks 3-4pm-Bible Study	10 Stop & Shop Open 12:30-3:30pm	11 Stop & Shop Open 8am-11:30am 10am-Bus to Meijer	12 12pm-Bingo
13	14 Stop & Shop Open 8am-1pm	15 Stop & Shop Open 12:30-3:30pm 1:30 Milkman 6pm-Pokeno	16 Stop & Shop Open 8am-11:30am 1pm-B.P. Checks 3-4pm-Bible Study	17 Stop & Shop Open 12:30-3:30pm	18 Stop & Shop Open 8am-11:30am 10am-Bus to Meijer 1pm-Schwans	19
20	21 Stop & Shop Open 8am-1pm 1:30pm-Program on Medicare	22 Stop & Shop Open 12:30-3:30pm 1:30 Milkman 6pm-Pokeno	23 Stop & Shop Open 8am-11:30am 1pm-B.P. Checks 3-4pm-Bible Study	24 Stop & Shop Open 12:30-3:30pm	25 Stop & Shop Open 8am-11:30am 10am-Bus to Meijer	26 12pm-Bingo
27	28 Stop & Shop Open 8am-1pm	29 Stop & Shop Open 12:30-3:30pm 1:30 Milkman 6pm-Pokeno	30 Stop & Shop Open 8am-11:30am 1pm-B.P. Checks 3-4pm-Bible Study	31 Stop & Shop Open 12:30-3:30pm		



October 2013 Lunch Menu



Mon	Tue	Wed	Thu	Fri
	1 Baked Ham w/ Sweet Potatoes, Spinach Salad & Warm Baked Apples. International Day of Older Persons	2 Beef Stew w/ Mixed Vegetables, Redskin Potatoes, Cucumbers, Onions & Tomato Salad Fruited Gelatin & Biscuit.	3 Tuna Salad Sandwich w/ Macaroni Salad, Broccoli Cheese Soup, Orange & Croissant.	4
7 Pulled Pork Sandwich w/ Potatoes, Baked Beans & Apricots. Mad Hatters Day	8 Swedish Meatballs over Noodles w/ Green Beans, Chickpea, Feta w/ Tomato Salad & Cherry Tropical Bananza.	9 Submarine Sandwich w/ Rotini Pasta, Chicken Noodle Soup & Apple. 	10 Chicken Legs, Baked Potato, Vegetable Blend & Vanilla Yogurt w/ Strawberries.	11
14 Agency Closed	15 Potato Crunch Pollock, Red Skin Potatoes, Cheesy Pea Salad & Apple. 	16 Chilli Con Carne w/ Beans, Corn O'Brien, Garden Salad, Pear and Corn Bread.	17 Baked Crispy-Chicken, Au Gratin Potatoes, Cowboy Coleslaw & Warm Peach Crisp.  Sweetest Day Party	18
21 Sweet & Sour Pork over Rice w/ Far East Vegetable Blend, Egg Roll & Tropical Fruit Salad.	22 Turkey Tetrazzini w/ Rotini Pasta, Carrots, Pickled Beets w/ Onions & Pear	23 Stuffed Cabbage, Mashed Potatoes, Green Bean Salad, & Angel Food Cake w/ Strawberries  Birthday Party	24 Polynesian Chicken Breast w/ Baked Potato, Malibu Vegetable Blend, & Vanilla Yogurt w/ Peaches	25
28 BBQ Chicken Legs w/ Scalloped Potatoes, Coleslaw & Oranges	29 Baked Ziti w/ Spinach, Garden Salad & Pear	30 Salisbury Steak w/ Mashed Redskin Potatoes, Zucchini w/ Tomatoes & Fruited Gelatin.	31 Frighten' Beef Frankfurter, Petrified Potato Salad, Bubblin' Baked Beans & Red Delicious Bobbin' Apple Halloween Party	

**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



**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

Kevin Dembek
Maintenance Tech

Camille DeBlaere
Service Coordinator

EMERGENCY NUMBER

(586) 450-3648

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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