



Village Voice



Embrace the possibilities

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October 2017

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Greetings...

It's unbelievable that we are going into October already. Halloween will be here before we know it.

We are looking forward to the Halloween party this month. You can join the party wearing a Halloween costume if you'd like or wear your favorite Halloween shirt. The party is scheduled for October 26th from 3 pm to 5 pm. There will be food, beverages and games.

Pastor Henry from the church next door has been approved as a volunteer bus driver to drive our bus. He has a lot of ideas of places to take you, but we need your input as to where you would like to go. Please let Trish, Stacey or me know if you have any suggestions or write your suggestion on the list in the mailroom.

Don't forget we will be having

our unannounced fire drill during this month. I will pass around the new evacuation plan when I have the information from the Clinton Township Fire Department.

Please remember when Stacey and I are on the phone wait until we are off the phone before entering the office. Thank you.

Sincerely,

Melissa Riesterer
Administrator

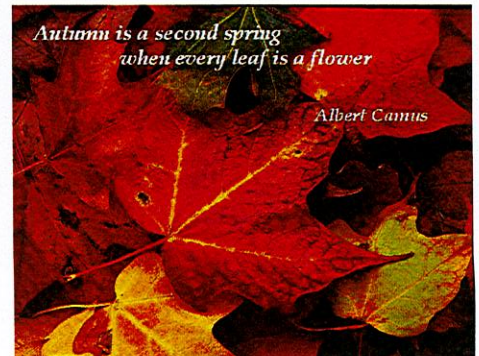


The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

National Check Your Meds Day

This year on **October 21st** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21st** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21st** don't worry, this is a service that most major pharmacies will perform any day.

October Contest

Stop by the first floor bulletin board in October to pick up paper copies of games and puzzles. Turn them in to the office by **October 25th** for a chance to win a \$10 gift card to Meijer. We will announce the winner at the Halloween party.

Milkman

The milkman will no longer be delivering to The Village of Peace Manor. David will be enjoying his retirement.

Some Fire Safety Tips

Give Space Heaters Space
Keep fixed and portable space heaters at least three feet from anything that can burn. Turn off heaters when you leave the room or go to sleep.

Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use.

Bus to Meijer

When: Fridays
Time: 9:30-11:30am

Have a suggestion for an outing? Share your ideas with Trish or jot down your idea via the sheet in the mailroom.

Service Coordinator Briefs.....

Dear Peace Manor Residents,

Open Enrollment is October 15th – December 7th. If you are thinking about changing your Medical insurance and/or Part D, this is the time to do it. **George will be here to assist with Open Enrollment on Monday, October 16th, 9:00 a.m. – 3:00 p.m. and Wednesday, November 15th, 9:00 a.m. – 3:00 p.m.** If you just want to change your Part D, I will call Macomb County Senior Services and ask a staff to come out to help with that. Sign-up sheets are in the mail room.

I want to give a shout out to our Wii Bowling Team for PVM's 2nd Annual Wii Bowling Tournament! The Team name is, Ten Pins. The Tournament begins October 6th.

Please, complete the Survey I distributed on 9/26, and return it to me. It will help with planning the 2018 Presentations.

October Presentations and some of the activities include: **Every Monday during October, from 1:00 p.m. -3:30 p.m.,** Chronic Pain Workshop; **Thursday, 10/5, at 1:00 p.m.** Balloon Volleyball; **Tuesday, 10/10, at 1:00 p.m.,** Greater Detroit Agency for the Blind & Visually Impaired. According to their website, this agency provides "rehabilitation services to people with visual impairments designed to increase independence and dignity". **Thursday, 10/12, at 1:00 p.m.,** Chair Dance; **Monday, 10/16, 9:00 a.m. – 3:00 p.m.** Open Enrollment with George, you are required to sign-up for an appointment. **Tuesday, 10/17, at 1:00 p.m.** Wellness topic: the importance of chair exercises; **Thursday, 10/26, at 1:00 p.m.,** Chair Dance; **Tuesday, 10/31, at 1:00 p.m.** Informational Presentation about Bird Watching. Rosann from Wild Birds Unlimited is back.

As always, should you have questions, or want help/support with something, please, stop by my office, call me at 586.790.4500, ext.5, or e-mail me at piannucci-waller@pvm.org. My office hours are: Monday & Tuesday, 8:30 a.m. - 5:30 p.m.; Wednesday, 8:30 a.m. - 2:00 p.m.; and Thursday, 8:30 a.m. - 5:00 p.m. I am off on Friday.

Sincerely,
Patricia (Trish) Iannucci-Waller, BS

October Birthdays

Happy Birthday to You:

Margaret Jones.....10/3
Christine Bradley.....10/7
Nina Ankrapp.....10/8
Marie Trosper.....10/8
Theresa Herrera.....10/15

Parish Nurse

Our Parish Nurse, Sue Perkins, RN is here on Wednesday afternoons. She arrives at 2pm. She can meet with you in the office on the second floor. You may join her at 3pm for a Bible study in the community room.

October Riddles

1. What does Tweety Bird say on October 31st?
2. What time of year do birds fly south?
3. How do you fix a flat pumpkin?
4. I appear once in summer and twice in autumn but I don't appear any other time of the year what am I?

Answers on your monthly activity calendar! Don't flip ahead!

Recipe of the month

Unstuffed Cabbage Soup



Ingredients

2 tsp olive oil
1 medium onion, diced
1 lb lean ground turkey
1/2 head cabbage, chopped
1 1/2 cups canned crushed tomatoes
32 oz unsalted chicken broth
2 cups water
1/4 tsp ground black pepper
1/4 tsp cayenne pepper (optional)
1 cup instant brown rice



Instructions

1) Heat the olive oil in a large soup pot over medium-high heat. Add the onion and sauté 2-3 minutes or until the onions turn clear. Add the ground turkey and cook for 5-7 minutes until the turkey browns. Add the cabbage and cook for an additional 4 minutes.

2) Add all remaining ingredients, except for the brown rice. Simmer the soup for 7 minutes. Bring the soup to a boil; add the brown rice. Reduce the heat to a simmer and cover the pot for 5 minutes.

Recipe Cost: \$8.05

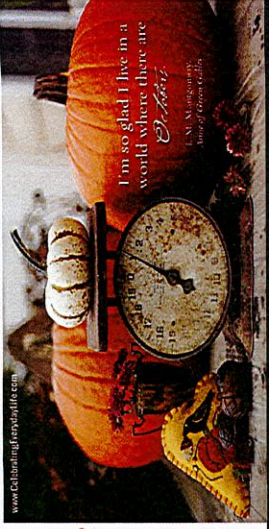
Choices/Exchanges: 1 Starch, 2 Nonstarchy Vegetable, 2 Lean Protein, 1 Fat

<http://www.diabetes.org/mfa-recipes/recipes/2014-04-unstuffed-cabbage-soup.html>

Tip: *Let it simmer in a slow cooker all day to enhance the flavor.*



October 2017



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|---|---|--|-----|
| 1 | 2 1-3:30pm: Chronic Pain Workshop | 3 6pm: Pokeno | 4 10am: Communion 2-5pm: Sue Perkins, R.N. 3-4pm: Bible Study 6pm: Cards | 5 1pm: Balloon Volleyball | 6 9:30am: Trip to Meijer | 7 |
| 8 | 9 1-3:30pm: Chronic Pain Workshop | 10 1pm: Presentation- Visual Impairments 6pm: Pokeno | 11 10am: Communion 2-5pm: Sue Perkins, R.N. 3-4pm: Bible Study 6pm: Cards | 12 9:30am: Massages with Roberta 1pm: Chair Dance | 13 9:30am: Trip to Meijer | 14 |
| 15 | 16 9am-3pm: Open Enrollment w/George 1-3:30pm: Chronic Pain Workshop | 17 1pm: Presentation- Chair Dance/Yoga 6pm: Pokeno | 18 10am: Communion 2-5pm: Sue Perkins, R.N. 3-4pm: Bible Study 6pm: Cards | 19 | 20 9:30am: Trip to Meijer | 21 |
| 22 | 23 1-3:30pm: Chronic Pain Workshop | 24 6pm: Pokeno | 25 10am: Communion 2-5pm: Sue Perkins, R.N. 3-4pm: Bible Study 6pm: Cards | 26 9:30am: Massages with Roberta 1pm: Chair Dance 3-5pm: Halloween Party | 27 9:30am: Trip to Meijer | 28 |
| 29 | 30 1-3:30pm: Chronic Pain Workshop | 31 1pm: Bird Watching Presentation 6pm: Pokeno | | Answers from page 3! 1. Twick or Tweet 2. Flocktober | 3. Take it to a pumpkin patch 4. The letter E | |

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



Presbyterian
Villages
OF MICHIGAN

THE FOUNDATION

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William Horton
Maintenance Tech

Patricia Iannucci-Waller, B.S.
Service Coordinator

Kelly Jennings
Housekeeper

Sue Perkins, RN
Parish Nurse

EMERGENCY NUMBER

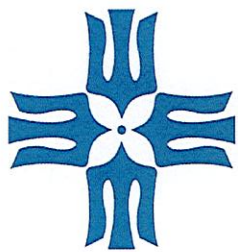
(586) 256-6326

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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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2016 CRAIN'S
Best-managed
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