

Embrace the possibilities

1300 Martin Luther King Jr. Blvd., Detroit, MI 48201 • www.pvm.org

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The Administrator's Pen



Greetings VWM Residents, Family and Friends,

I would like to thank everyone for the warm welcome I received as the new Administrator of The Village of Woodbridge Manor. I am in anticipation and expectation of the great and wonderful things we will accomplish together in the upcoming year. My prayer is that you understand that as a resident of VWM, you are appreciated and your life experiences adds a richness and enhances the atmosphere and future vision of VWM. To the end that you will continue to be proud that you've made VWM your home and that you could not imagine living anywhere else.

I have an open door policy that allows you the opportunity to share your productive thoughts and expectations of VWM. When residents and the management staff work together, there is nothing that we will not be able to accomplish. So, as we look to the future with vibrant hope and expectancy, let's defy the odds and make this the best year yet.





Look for PVM on:

Aaron E. Price
Administrator



Blessings Woodbridge Manor Residents,

As you are aware, June marks the month of The PVM Foundation Village Victory Cup. This year we will come home Victorious!

Preparations are underway and we will began practicing for the various events beginning this month. Please check your calendars for the date and time. There are several event categories. Typically, the events have been:

Walking
Balloon Volley Ball
Hoop Shoots
Puzzle
Big Bag Toss

If you are interested in joining one of the teams, please come down and meet us for practice. There will also be a special meeting scheduled to discuss in detail the events for the day; including travel, our new T-shirts and more.

We are excited and we plan to bring our A-game and VWM Panther Pride. So, please come and join us for fun and fellowship!





Below is a list of upcoming events to look out for:

Upcoming Events:

- Annual Friends and Family Celebration
- Annual Funder Dome
- Annual Pic-Nic
- Detroit Motown Lunch Cruise
- Niagara Falls Overnight Trip
- Spring Birch Run Trip
- Universoul Circus

Please remember to sign up for all trips.

Please check the calendar for all of our upcoming activities and events.



A Letter From GOD

Dear Friend;

I heard you were considering a new manager for your life. I would like to apply for the job. I believe I am the most qualified candidate. I am the only One that has ever done this job successfully. I was the first manager of human beings. In fact, I made them, so naturally I know how humanity works, and what is best to get people back into proper working condition. It will be like having the manufacturer as your personal mechanic.

If this is your first time considering Me, I would just like to point out that my salary has already been paid by the blood of my son, Jesus on the cross of Calvary. What I need from you is the acknowledgment that the price is sufficient to pay for all of your sins and your independence from me. I need you to believe this in your heart and to tell somebody else about your decision with your mouth.

The next thing I ask is the right to change and fix your life so you learn how to stay close to me. I will make some major changes and revisions. They are not for you to worry about. I need your permission to execute these changes my way and in my time. I will change your desires and give you the strength to make the changes. Please keep your hands out of the way. Don't try to help me and don't resist me. I really do need your full commitment and cooperation. If you give me those, the process can go smoothly and without delays.

Yours sincerely,

GOD

PS. I AM – I created the heavens and the earth. I CAN



Enhance Driver's License / State Issued I.D.

Beginning Oct. 1, 2020, your driver's license or state ID card must be REAL ID compliant if you wish to use it to fly domestically in the U.S. or enter certain federal facilities, military bases and nuclear power plants.

The federal standards known as REAL ID were drafted by Congress in response to the Sept. 11, 2001 terrorist attacks based on recommendations from the 9/11 Commission. REAL ID sets document and security protocols for the production of driver's licenses and ID cards, including the use of features to prevent illegal copying or altering. The U.S. Department of Homeland Security is charged with enforcement of REAL ID. More information about the REAL ID Act is available on the U.S. Department of Homeland Security website, including REAL ID FAQs.

Applying for an Enhanced Driver's License (Over 18, Already Licensed) The enhanced driver's license is a cost-effective and convenient document that meets driving, identification and border-crossing needs. It is a federally approved document that allows you to re-enter the U.S. when traveling by land or sea from Canada, Mexico, Bermuda and the Caribbean. While not required, the enhanced license is an excellent alternative to a standard license because it is especially handy for business travel, vacations or quick trips. Several states, in addition to Michigan, offer an enhanced license.

Applying for an Enhanced Driver's License

To upgrade your valid Michigan or out-of-state license to an enhanced Michigan license, follow these steps.

Eligibility:

- 1. You must be a U.S. citizen and a Michigan resident
- 2. You must have no violations, suspensions, revocations or denials on your driving record that would prevent you from legally operating a motor vehicle

Please note: When applying for an enhanced driver's license, your first and last name and date of birth on documents should match. If your current legal name is different from what is shown on your birth certificate, passport, or other citizenship document, you must present lawful proof of the name change, such as an original marriage license, divorce decree or court order.

Office Hours

Monday – Friday 9:00 am - 4:00 pm

Remember you're fearfully and wonderfully made. - Psalm 139:14



Did You Know?



If you are among the 500,000 plus Americans who undergo open heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.

Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open heart surgery considered to be an automatic death sentence.

In addition to being the first physician to successfully perform open heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.



NCBA believes older adults — regardless of race, ethnicity or status — are the fabric of our country and have earned the right to enjoy their golden years without fear or lack of resources.

The National Caucus & Center on Black Aging, Inc. was founded in 1970 to ensure that the particular concerns of elderly minorities would be addressed in the then-upcoming 1971 White House Conference on Aging.

Since then, NCBA has helped protect and improve the quality of life for elderly populations, making certain that legislators, policy makers, philanthropists, advocacy groups, service organizations, thought leaders and the public atlarge include minority seniors in their programs, policy- and law-making, and giving.

NCBA is one of the country's oldest organizations dedicated to aging issues and the only national organization devoted to minority and low-income aging.

Employment Opportunities

As one of the largest minority focused organizations in the country, NCBA works to facilitate sharing resources, information and experiences across the spectrum of policy makers, legislators, advocacy and service organizations for aging professions to address issues to assist seniors with challenges in a changing and increasing senior population. NCBA provides programs and services including employment training through its Senior Environmental Employment (SEE) Program and its Senior Community Service Employment Program (SCSEP)

Health and Wellness

NCBA encourages and empowers seniors to make healthy lifestyle choices, offering a variety of direct services, counseling and resources on nutrition, physical activity, early detection and screening and behavior modification.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Affordable Housing Overview

Established in 1977, the NCBA Housing Management Corporation (NCBA-HMC) is the organization's largest program and service to seniors. NCBA-HMC provides senior housing for over 500 low-income seniors with operations in Washington, DC, New Orleans, LA, Jackson, MS, Hernando, MS, Marks, MS, Mayersville, MS and Reidsville, NC. The program is funded by a grant from the US Department of Housing and Urban Development.





When we give, cheerfully and accept gratefully, Everyone is blessed – Maya Angelou



Starting May 2019, Presbyterian Village Foundation Corporate Office rolled out a new program, 'Blue Jean Friday.' Employees paid to wear jeans on Friday.

Dollars that contributed went to the Resident Benevolent Fund. Because Employees wore, blue jeans residents received **\$1,521** worth of support in 2019.

Thank you! Paul J. Miller, CFRE



VWM Board of Trustees

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Census is coming in March 2020

BE COUNTED AS A DETROITER!

If you count on free/reduced lunch, Head Start programs, Medicare/ Medicaid, Bridge cards: Be Counted!

This letter will be sent to you in MARCH. It will contain either a paper form or an access code to take the Census online.



DISTRICT 6: NUMBERS TO KNOW



Raquel Castañeda-López, District 6 Councilmember 313-224-2450 councilmemberraquel@detroitmi.gov

Brenda Jones, City Council President Councilmember at Large 313-224-1245 bjones_mb@detroitmi.gov

Janeé Ayers, Councilmember at Large 313-224-4248 councilmemberayers@detroitmi.gov

Lisa Carter, Police Commissioner 313-596-2478 CarterL276@detroitmi.gov



Eva Torres, District Manager 313-236-3530 torrese@detroitmi.gov

Antonio Mora Mills, Deputy District Manager 313-236-3529 millsa@detroitmi.gov

District Business Liaison 313-963-2940



Ceasar DeArmas District 6 BSEED Inspector 313-643-9182 dearmasce@Detroitmi.gov



PVM TO CELEBRATE OUR 75TH DIAMOND ANNIVERSARY THROUGHOUT 2020

To All of Our Readers: Welcome to 2020! We wish you a wonderful year full of promise and vitality. It is a very special year for Presbyterian Villages of Michigan (PVM) since it is our 75th Anniversary.

PVM began in September of 1945 with the opening of our flagship location at The Village of Redford. At the time it was considered quite innovative to do so since there were very few options available for senior housing. Thus began a 75 year journey of serving seniors and communities throughout Michigan and being known as an innovative organization. From the Ambassador Bridge in Detroit to Harbor Springs Up North and from the west to the east side of the state we provide quality senior living and services to Michigan seniors. As a resident or PVM stakeholder you are part of a vibrant community network dedicated to making Michigan a great place to age and live.

Throughout 2020 we will host many events to celebrate in a big way! Every PVM Village will host an event and invite all of our residents and stakeholders to participate in planning and attending. We will tell our story far and wide. On June 5th the Village Victory Cup will have a special event tied to the celebration. In our anniversary month of September The Village of Redford will be front and center with a large community event. And our annual PVM Gala will be showcase our theme of celebration.

Please join us in celebrating the remarkable work and leadership which has served PVM and Michigan over these past 75 years. We will be asking you to share any stories and anecdotes you may have about your experiences with being a part of the PVM community. For further information contact your administrator or wellness coordinator. Here's to a memorable 75th in 2020 – a new decade of promise and innovation for PVM.



What are you putting down your drains?

Fats, Oils and Grease (FOG)

Grease in sewer pipes causes sewer maintenance problems for property owners and the city. When you use your toilet, shower, washing machine or dishwasher, wastewater leaves your home through pipes that connect to the city sewer system.

Many materials frequently flushed or poured down the drain can harm the pipes that connect to city sewers as well as the city sewer system. Every property owner connected to the city sewer system can be a potential contributor to sewer problems, and a potential victim of those problems.

Putting the wrong things down the drain can damage the sewer system, cause sewer backups in your home, and sewer releases to the environment. Anyone who uses the city sewer system should be responsible for what they flush or pour down drains. Never pour grease in your sink drain and try to use your garbage disposal less.

Don't Flush This

Basically, the only things you should ever flush down a toilet are human waste (urine and feces) and toilet paper. *Even though* some products such as wipes and baby diapers claim to be flushable, they aren't. Here is a list of some things to keep out of the toilet.

- disposable diapers
- sanitary napkins/wipes
- cotton balls and swabs
- feminine hygiene products
- cleaning wipes of any kind
- facial tissue
- bandages and bandage wrappings
- automotive fluids
- paint, solvents, sealants and thinners
- poisons and hazardous waste
- pet poop

A few reminders:

- Please report all maintenance repairs to the office. (313-494-9000)
- Please make sure your garbage bags are sealed and tied before placing in garbage chute.
- No Candles or Incense to be burned in apartment or building.
- Please make sure the dryer lint cleaner is being emptied after each use.



Dial 313-319-2018
For after-hours maintenance emergencies.



Love is an Action Word!

Telling someone you love them is one thing, but when you actually show them you love them, that's a whole other thing. How much weight you add behind this four letter word gives meaning to what you say, simply because the fundamental fact remains that actions do speak louder than words. So instead of saying it, SHOW it! Show someone you love them before it's too late.

Here are 9 ways to SHOW someone you Love them without Words:

- 1) **Actively Listen** The simplest of gestures to show your love can make someone melt like butter on a stack of hot pancakes. Listen to every word that they're saying and try not to interrupt while they're talking, it may get boring but at least you're listening. Don't get distracted by others or even a phone call. Listen until they're finished with their story.
- 2) Random Surprises You will learn a lot about a person when you really listen to what they say, even in casual conversation. I remember once a friend of mine, mentioned how much she loves miniature shoes or anything that was the shaped of a shoe, so one day while at the store, I say this tape dispenser that was in the shape of a high heel shoe, so I bought it and surprised her with it. When she said, "OMG" Oh My God You remembered I like shoe stuff" that's when you're letting them know even the slightest detail about them is worth remembering. It's those small little surprises that let someone know you love them.
- 3) **Time** Always make time for people you love. Set aside time to show your love even if it is picking up the phone to call them. "When you give someone your time, you are giving them a portion of your life you'll never get back." ~ Rick Warren
- 4) Don't Say I Told You To error is human nature, and sometimes regardless of their better judgment, they still make the mistake. We've all been told not to do something and do it anyway. "I told you so" Is not going to make them feel better. The mistake is done and they too know they should have listened to you, so just forgive them if it was something towards you, comfort them, and remind them that everyone messes up, it's so important to learn from our mistakes instead of dwelling on them.
- 5) Don't wait to be Asked Part of loving someone is making their life easier. If you know someone is having trouble taking their trash out, when you take yours out, make the suggestion to get theirs as well. Don't wait to be asked if you can help, sometimes, people may be afraid to just ask, because of past rejection.
- 6) Cook Your Heart Out The saying, "a way to a man's (woman's) heart is through their stomach. Well, that is quite true. Most people cook for special holidays or birthdays, but pick a random day a cook a meal for someone or invite them over for lunch or dinner. Find out what their favorite dishes/food may be and give them a random surprise meal. Nothing says, "I love You" like a home cooked meal labored in love.
- 7) Forgive and Forget It's easier said than done! But sometimes the very people we love the most can hurt you or you hurt them, but love does come with forgiveness. We can't say, "I forgive you" and keep throwing their mistake in their face when you're having a disagreement. It is hard to forgive and forget because once you are hurt your defense mechanism goes up and stays up because you don't want to be hurt again. When you say you forgive and you hold on to that grievance, that's not really forgiving or forgetting. Remember, no one is perfect and it is worth it when it comes to forgiving and forgetting that slip up or mistake of someone you love. Jesus had NO sin yet he died on the cross because of our sins. He truly forgave and loves us!
- 8) **Care Package** Seal and show your love in a care package. Send it to someone you love dearly that may live in another state, remember there's no distance to far for you love. Things you may want to add in a care package may consist of something small they really like or need. It could be their favorite bar of soap, candy, cards, even a picture.
- 9) **Hugs and Kisses** The warmth of hugs and kisses are the best when it comes to showing someone you love them without words. In France, we always greet family and friends with a hug and kiss (cheek to cheek). Express yourself with a good morning hug or a kiss. Remember Actions do speak louder than words! Give someone a smile, a hug, or a kiss.

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Events for February 2

Happy Birthday!



Azele Jones- 2/1 Ella Body- 2/9

James Watson- 2/1 Artiva Lunn- 2/4 Gregory Hawkins- 2/5
Shirley Haynes- 2/5 Ivory Sea- 2/8 George Davenport- 2/11 Alvin Williams- 2/14 Earlene Kirkland – 2/14 Barbara McCleain- 2/16 Patricia Harris - 2/18 Toni Lowery – 2/20

FEBRUARY 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	484					National Freedom Day 01 10:00 AM Mason's Brunch
						HISTA
SUPERBOWL 02	Feed The Birds Day 03	Rosa Parks B-Day 04	September 1997 A	06	07	Justina Ford B-Day 08
3:00 PM Church Service			11:00 AM Administrator's	3:30 PM Bible Study		(20)
6:00 PM Resident Super Bowl Party	10:00 AM Shopping 11:30 PM Bingo & Exercise	7:00 PM Bible Study	Resident Meeting	7:00 PM Keno		-
Andrew WORS III	meijer	Bible		Bible		6
9	10	11	12	13	Frederick Douglas B-Day 14	Susan B. Anthony Day 15
525	10:00 AM Shopping	11:00 AM Lunch Outing-Brush		3:30 PM Bible Study	Valentine's Day	and the same of th
		Street Bar & Grill 7:00 PM Bible Study	Birthday Celebration	7:00 PM Keno		
	894.000 Till 100 W.	Since Bible Bludy	. 200	Bible Study		
	Walmart	Study Bludy	Harlin 9	Study		
16	PRESIDENT'S DAY 17	Toni Morrison B-Day 18	Nat'l Chocolate Mint Day 19	20	21	22
	10:00 AM Shopping	10:00 AM Movie & Lunch 7:00 PM Bible Study	11:00 AM Focus Hope	3:30 PM Bible Study 7:00 PM Keno	9:30 AM Coffee and Conversation	
	meijer	Bible	Focus: H&PE	Bible		
23	W.E.B. DuBois B-Day 24 10:00 PM Shopping	7:00 PM Bible Study	26	3:30 PM Bible Study	28	Leap Day 29
	Walmart X	Bible Study		7:00 PM Keno Bible Study		29"

February Recipe

Sausage, Potato & Spinach Soup



Ingredients

- 1 tablespoon olive oil
- 1 pound spicy Italian sausage, casing removed
 - 3 cloves garlic, minced
 - 1 onion, diced
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon dried basil
- 1/2 teaspoon crushed red pepper flakes, optional
- Kosher salt and freshly ground black pepper, to taste
 - 5 cups chicken broth
 - 1 bay leaf
 - 1 pound red potatoes, diced
 - 3 cups baby spinach
 - 1/4 cup heavy cream

Directions

- Heat olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
- Stir in garlic, onion, oregano, basil and red pepper flakes. Cook, stirring frequently, until onions have become translucent, about 2-3 minutes; season with salt and pepper, to taste.
- Stir in chicken broth and bay leaf, and bring to a boil. Add potatoes and cook until tender, about 10 minutes.
- Stir in spinach until it begins to wilt, about 1-2 minutes. Stir in heavy cream until heated through, about 1 minute; season with salt and pepper, to taste.
- Serve immediately.

Monthly Word Search



February Observances & Fun Facts:

February is known for:

African American History Month
American Heart Month
Black History Month
National Cherry Month
National Children's Health Month

Weekly Celebrations

Week 1 – Lose weight feel great
Week 2 – Organize Your Home
Week 3 – Random Acts of Kindness
Week 4 – Give a compliment

February Flower and Birthstone





Flower = Violet

Gem = Amethyst



Become a Fan of VWM on Facebook

How to Become a Fan:

- 1) Visit www.facebook.com and log-in your account. If you don't have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Woodbridge Manor VWM or go to facebook.com/The Village of Woodbridge Manor -VWM
- 3) Click on the "Like" button to become a fan of VWM

Those already active on Facebook, explore our new page and invite our friends and family to "Like" us!

The Village of Woodbridge Manor - VWM



VWM Classifieds:



VWM Gifted Hands:

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Goodfellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of VWM Gifted Hands.



VWM Compassionate Hearts:

If you have a heart for people, we're looking for volunteers to join VWM Compassionate Hearts. Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



VWM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, VWM Growing Hands. This group of volunteers work-in and care for our garden and plants in the building. We're praying that VWM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please come and part of these wonderful group of residents.



VWM Caring Hands:

We are in need of volunteers for our homeless project. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



VWM Fisherman:

Love to fish? This is the group for you! VWM Fisherman is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

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

Village Staff

Aaron E. Price TBD

Administrator Maintenance Tech

Jazzmene Linson TBD

Administrative Assistant Service Coordinator

Dana Phelen

Director of Housing

 Office Number
 (313) 494-9000

 Fax Number
 (313) 832-7853

 Emergency Number
 (313) 319-2018

 Service Coordinator
 (313) 494-9000







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.pymfoundation.org**

Congratulations!

You are being recognized because "What you did mattered!":



Thank you for what you did!
Employee Name: ____

Person Recognizing Employee:

Date:

** Please turn this card into Village Administrator for a chance to win a prize **
ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT

Is there someone on staff that you would like to acknowledge for their work?

Please complete this form and turn it into the office. They might win a prize!