



Village Voice



Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • www.pvm.org

March 2014

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From The Village Administrator

Greetings...

Soon it will say spring on the calendar and hopefully it will feel like spring too. After this winter we deserve a beautiful and warm spring.

Our next resident meeting will be on Monday, March 10th at 1:00 pm in the first floor community room.

The office will be closed Monday through Friday from 11:30 am to 12:30 pm for lunch and administrative duties beginning March 3rd.

Here is an update on William; he broke his tibia, fibula and ankle. He will be recovering anywhere from 6 to 12 weeks. If you wish to send him get well cards during his recuperation, you can bring them to the office, and we can mail them for you.

The amount in the fundraising account for the store is at \$1,175.00.

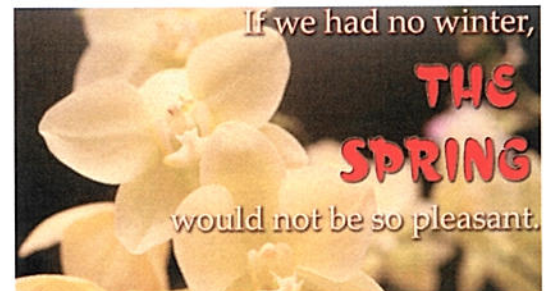
It's that time of year again for the Shining Star award. Included in this newsletter is the nomination form to nominate an employee or employees

you feel exhibit The PVM Service Standards of Excellence behavior. More forms are in the mailroom if you need them.

Due to the fact that security cameras would cost close to \$30,000.00, I am trying to get a grant to pay for the cost of the cameras. It would take us about 8 years to raise enough funds for the cameras if we used the security cameras as our project for our Friends and Family fundraiser every year. After the votes came in from you, the majority voted on new lobby furniture. This year we will designate our project as being new furniture. I will keep you updated at the resident meetings about the security cameras and if the foundation will give us a grant to pay for the system.

Sincerely,

Melissa Riesterer
Administrator



Look for PVM on:





For Your Safety.

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

Managing Risks as we Age

Life is not without risks. The very act of engaging with life means that there are risks in our world. When we were children we rarely thought about the danger that was our parent's job. Many of us as teenagers thought that we were invincible and took more risks than was prudent. The nice thing about becoming mature is that we are usually a little more sensible about life's risks. As we age we are faced with some new risks that never occurred to us before. It will pay dividends to identify what has changed in your world and make the necessary adjustments to continue to live safely.

Has your vision or hearing changed? Typically by the time you become a senior citizen your eyesight and hearing are not as good as they once were. This means walking or driving can become more difficult. Yearly eye exams and hearing tests are important. It may be wise to give up driving when you can no longer do it safely, even though it is painful to do so. The time to have that conversation with your doctor and family is before you are in an accident. Seniors take multiple medications that can interact and have serious side effects. These side effects can cause balance and vision problems that can result in a fall. Always tell each of your doctors what medications you are prescribed by your other doctors. Your pharmacist is also able to help by reviewing your medication list. If you use the same pharmacy, they will have all your medications to review.

If you are still cooking, do not walk away from the stove. If you must, set a timer to remember to return before the pot burns. Do not block windows and door walls with furniture and other large objects. You may need to exit the building that way in the event of a fire. Participate in your Village's fire drills. Knowing exactly what to do in a real emergency can save valuable minutes and lives. If you need assistance, your maintenance person can help.

Look around your unit; are there throw rugs on the floor that you could trip over, are there extension cords? Please remove them. Make sure you have enough lighting to see where you are going without tripping.

Especially with the winter we are experiencing this year, have warm clothes and extra blankets for your use. Hats, gloves, scarves and boots with treads are a must. As a senior you feel the cold differently than when you were younger. Frostbite can sneak up very quickly.

Being at this stage of our lives can still be engaging and fulfilling, with a little bit of extra effort it also can be lived safely.

Announcements

Maintenance Corner

Just a reminder that all garbage that does not fit down the garbage chutes on the second and third floors must be brought down to the maintenance shop. If you wish to dispose of boxes, they need to be broken down.

All maintenance requests must be reported to the office before any work can be completed. We are expecting to have a maintenance temp arrive this coming week. He will be able to assist with light maintenance duties.

Parking at Peace Manor

The front loop is for pick-up and drop-off only. Also, parking underneath the carports is for village residents only. Visitors to the building are to park behind the church.

For Your Safety

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



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Explore the possibilities at PVM! That is something we like to talk about often. And it is not just a catch phrase. Our residents, board members donors and volunteers live and breathe this philosophy on a daily basis. From a Lupus survivor who finds the strength and courage to help others with the disease to a centenarian who still plays the piano, our residents stay engaged in lives full of possibilities. And every year our Village Victory Cup grows in size and enthusiasm.

Many board members have transitioned from stellar careers to offering their services to PVM in crucial areas of finance, development, marketing and the creation of new innovations to keep PVM in the forefront of seniors living and services. Volunteers help to make our events successful by donating

hundreds of hours of service and expertise. And our upcoming Friends and Family Campaign always enjoys tremendous support from everyone.

For over twenty years I have known of the outstanding reputation of PVM, first as part of a partnering organization, then as a board member, and now as a member of the staff. What a sense of community we have built over the years! PVM has something to offer for all. If you or someone you know is seeking a new way to become engaged in life, reach out to anyone who is involved with PVM. We can find a way to add richness to your life and the lives of others.

Explore the possibilities!

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 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.

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: Closed

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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

SOME INTERACTIVE FUN!

This month guest columnist Ashley Davis, a wellness intern from Oakland University, thought a more interactive column would be fun! Below you will find a word search containing CDC recommended vaccines for adults aged 60 years and older. The names of the vaccines will be revealed.

CDC Recommended Vaccines



If you are interested in being a guest columnist please contact Tom Wyllie at (248) 281-2047 or twyllie@pvm.org

March Birthday Celebration

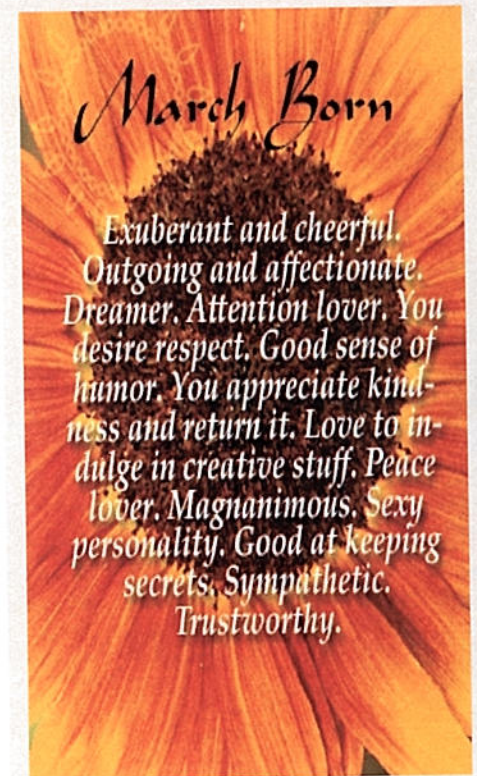
When: Thursday, March 20th
Where: Peace Manor Community Room
Time: 1:30pm

Come celebrate with your fellow residents who have birthdays in March!!

There will be assorted desserts and fun for all!!

Happy Birthday to You

- Rose Pogozelski.....3/24
- Katherine Russo.....3/26
- Sarah Griffin.....3/27
- Vera Lieb.....3/29





Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Next Month is Friends & Family Time!

This year's **Friends & Family Appeal** is just around the corner in April! The goal of this annual fundraising campaign is to raise funds for projects and programs that will enhance the lives of residents and seniors that Presbyterian Villages of Michigan serves. Since 2002, over \$800,000 has been raised for the benefit of seniors.

Help us reach the goal at your Village by making a gift to the 2014 Friends & Family Appeal.

Gifts received April 1st-30th are eligible to be matched \$1.00 for \$1.00! And, new this year, **any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1** by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

To make a gift, please see the front desk, your Village Administrator or go online at www.pvmfoundation.org (you must select the Village you would like your gift to benefit). Attend your Village Kick-Off Party, or look for posters and flyers, to learn more about your Village's fundraising goal and project this year. Please encourage all of your friends and family member to make a gift during the month of April to support much-needed

projects...plus, you can't beat a 1:1 and 2:1 match!

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or pvmfoundation@pvm.org. Good luck to ALL the Villages for a successful fundraising campaign!

Warm regards,
Paul J. Miller, CFRE

March Bingo Dates

12pm- Saturday, March 1st
12pm- Saturday, March 15th
12pm- Saturday, March 29th

Come join your fellow residents for lunch and some BINGO fun with Sue.



March Movie Night

When: Thursday, March 27th
Time: 6pm-?
Where: First Floor Community Room

As always, popcorn is provided. Please bring your own beverage.



Spring - Word Search

Find the words hidden in the grid of letters.

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

APRIL
BASEBALL
DAFFODILS
EARTHWORMS
EASTER
EQUINOX
FLOWERS
FROGS
GOLF
GREEN
GROWTH
INSECTS
LILIES
MARCH
MAY
PLANTING
RAIN
ROBINS
SEASON
SNOWMELT
TULIPS
WARMER
WET

Irish Blessing



May the road rise to meet you
 May the wind be always at your back.
 May the sun shine warm upon your face.
 And rains fall soft upon your fields.
 And until we meet again,
 May God hold you in the hollow of His hand.

March 2014

- Parish Nurse Is Here Every Wednesday at 1pm in Camille's office.
- Bible Study at 3pm in the library.



Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1	12pm - Bingo
2	3 Stop & Shop Open 8am-1pm	4 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman 6pm-Pokeno	5 Stop & Shop Open 8-11:30am 10am-Communion <i>Go! Wednesday</i>	6 Stop & Shop Open 12:30-3:30pm	7	8	
9 Daylight Savings Time Begins! Turn Clocks Ahead An Hour!	10 Stop & Shop Open 8am-1pm 1pm- Resident Meeting	11 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman 6pm-Pokeno	12 Stop & Shop Open 8-11:30am 10am-Communion 1pm-Sing-A-Long	13 Stop & Shop Open 12:30-3:30pm 12:45- Chair Exercises	14	15	12pm - Bingo
16	17 Stop & Shop Open 8am-1pm <i>St. Patrick's Day</i>	18 Store Open 12:30-3:30pm 1:30pm- Milkman 3pm- Program "Rite Aid" 6pm-Pokeno	19 Stop & Shop Open 8-11:30am 10am-Communion	20 Stop & Shop Open 12:30-3:30pm 1:30pm- Birthday Party Foot Doctor- Time?	21	22	
23	24 Stop & Shop Open 8am-1pm	25 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman 6pm-Pokeno	26 Stop & Shop Open 8-11:30am 10am-Communion	27 Stop & Shop Open 12:30-3:30pm 12:45- Chair Exercises 6pm- Movie Night	28	29	12pm - Bingo
30	31 Stop & Shop Open 8am-1pm						



Shining Star Nomination



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence behavior "What I do Matters". The Service Standards of Excellence are built on four core values: Respect, Relationship, Listening and Accountability. These values serve as a standard against which every action and thought can be measured and supports a culture where team members share their best work, their gifts and talents. By showing their commitment of continuous improvement in service by the excellence in their jobs, making significant contributions to their Village or PVM, demonstrate commitment to their department, Village, or corporation as well as their customers and residents. Employees, Residents, Families, and Board members are eligible to nominate a PVM employee. Please fill out a separate form for each nominee. In the past forms have been submitted with multiple people listed and we want to hear about what each individual did to be nominated. Also, there must be a narrative of why the person is being nominated. Nominations left blank or without a reason will be accepted but will not be considered to determine the top 10 so please write more rather than less!

Please turn the completed nomination form into the Administrator, the Village Human Resource Department, or directly to the PVM Vice President of Human Resources **no later than March 10th of 2014.**

Name of Nominee _____

PVM Village _____ Email _____

Telephone H () _____ Cell () _____

Criteria:

- Individual who has at least 90 days of service
- Demonstrates behavior from at least one of the four pillars of Service Standards of Excellence (Listening, Relationships, Accountability, Respect)
- Demonstrates excellence in customer service "What I do Matters"

Please write below in your own words why you feel the person you have listed above deserves to be recognized. Supporting documentation is welcomed. Examples are: a quality improvement suggestion that was approved, a letter from their supervisor, resident, or family member, or special project, etc. Please attach additional pages, if needed, but do not exceed more than three (3) pages per nomination.

Name of Person Submitting Form _____

PVM Village _____ Email _____

Signature of Person Submitting Form _____ Date _____

Please place an X: Employee _____ Resident _____ Family _____ Other _____

Nomination forms must be turned in no later than March 10th of 2014.

If mailing this form please send it along with any accompanying materials to: Presbyterian Villages of Michigan
Human Resource Senior Vice President
26200 Lahser Rd., Suite 300, Southfield, MI 48033
holley@pvm.org or Fax 248.281.2096

**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

Office Numbers (586) 790-4500

Village Staff

Melissa Riesterer
Administrator

Stacey Klooster
Administrative Assistant

Camille DeBlaere
Service Coordinator

Sue Perkins
Parish Nurse

EMERGENCY NUMBER

(586) 291-8129

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



The Village of

Peace Manor

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

**17275 15 Mile Road
Clinton Twp., MI 48035**

Embrace the possibilities