



# Villa View



## Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • April 2018

## Notes from the Administrator

### Featured Articles

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Excited “Egg Hunters” from Rainbow Village Daycare & Preschool arrived at the Villa on Thursday, March 29<sup>th</sup> For the Villa’s 2<sup>nd</sup> Annual Easter Egg Hunt.



The Cottages at  
**Redford**  
A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan



The Villa at  
**Redford**  
A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan



**NOTES CONTINUED ON PAGE 7**

Look for PVM on:





# It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

## Alcohol: The Good, the Bad, & the Ugly

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits ( $\leq 2$  drinks/day for men,  $\leq 1$  drink/day for women), it's excessive drinking that you have to worry about. Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits. If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol. For more information on the health effects of alcohol, visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov).

## Famous Butter Chicken



### Ingredients

2 eggs, beaten

1 cup crushed buttery round cracker crumbs

1/2 teaspoon garlic salt

ground black pepper to taste

4 skinless, boneless chicken breast halves

1/2 cup butter, cut into pieces

### Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Place eggs and cracker crumbs in two separate shallow bowls. Mix cracker crumbs with garlic salt and pepper. Dip chicken in the eggs, then dredge in the crumb mixture to coat.
3. Arrange coated chicken in a 9x13 inch baking dish. Place pieces of butter around the chicken.
4. Bake in the preheated oven for 40 minutes, or until chicken is no longer pink and juices run clear.





# Generally Speaking

Robert Stockton (© 2008)

**Across**

- 1. They might have it in a vote
- 5. Ross Perot bugaboo
- 10. Puppy-mill oppos.
- 14. Word with discount or mail
- 15. Donny Osmond, by birth
- 16. Epee end
- 17. Generic Stanley Kubrick movie of 1971?
- 20. Like Hester's 'A'
- 21. Country singer Krauss
- 22. Extreme pace
- 23. Fresh-washed
- 24. Generic 1933 film featuring Fay Wray?
- 30. Squarely
- 34. Short stack topper: Var.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18						19				
20								21						
22							23							
				24	25	26						27	28	29
30	31	32	33							34				
35					36			37	38		39			
40				41			42			43				
44					45	46								
			47							48	49	50	51	52
53	54	55						56	57					
58								59						
60					61						62			
63					64						65			

- 35. Every's partner
- 36. Infant keepsakes
- 39. 80's one-hit wonder for "99 Luftballons"
- 40. Immigrant's isle
- 42. Stop sign shapes
- 44. Generic Marx Brothers flick of 1933?
- 47. Motored
- 48. One seventh of a dip?
- 53. Shakespeare title starter
- 56. Brazilian beach in a Stan Getz hit
- 58. Generic 1939 picture based on a Steinbeck novel?
- 60. Bread spread
- 61. A pleasant way to walk
- 62. Landlord's demand
- 63. H.S. safety org.

- 64. Hearing, e.g.
  - 65. Comes to a close
- Down**
- 1. Disconcert
  - 2. New Mexico's state flower
  - 3. Those señoritas
  - 4. Hybrid women's garment
  - 5. A-bomb
  - 6. Periodic table no.
  - 7. Toy seller Schwartz
  - 8. State of servitude
  - 9. Belly dancer's decoration
  - 10. Kind of violet
  - 11. Any of 12 popes
  - 12. Advertiser's award

- 13. Abbr. on a memo
- 18. Word with file or patent
- 19. Skins
- 23. Tail of the train
- 25. Some ER cases
- 26. Derisive cry
- 27. Bi-chromatic cookie
- 28. Ex-Senator Sam of Georgia
- 29. School stats
- 30. Ooze
- 31. Evil in España
- 32. Bill of Rights defenders: abbr.
- 33. Schoolboy's state
- 37. Green prefix
- 38. R-V connectors

- 41. Part of a Cremona quartet
- 43. \_\_\_\_\_ of action
- 45. Where to get a buck?
- 46. She played Lily on the Munsters
- 49. "The Giant" in the wrestling ring
- 50. Aden's land
- 51. Improve upon
- 52. Goes on a tirade
- 53. Guernsey greetings
- 54. Gainesville Sch., to some journalists
- 55. It buys you respect on the streets
- 56. Sister of Osiris
- 57. Cut down to size
- 59. Sunbather's shade

# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 1:00 pm</p> <p>In His Presence Ministries Sunday Worship</p> 	<p>2 10 am Pantry</p> <p>5 pm Bingo/Keno</p> <p>6:30 pm Cards</p>	<p>3 1 pm Pinochle</p> <p>2 pm Movie</p> <p>"The Last Word"</p>	<p>4 10 am Value Center/ Walgreens</p> <p>1 pm Pinochle</p> <p>2:30 pm Sing-A-Long</p> <p>6:15 pm Bible Study</p>	<p>5 10 am Coffee Hour</p> <p>10 am Pantry</p> <p>11 am Hymn Sings</p>	<p>6 1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>7 1 pm Bingo (Game Room)</p>
<p>8</p>	<p>9 10 am Pantry</p> <p>5 pm Bingo/Keno</p> <p>6:30 pm Cards</p>	<p>10 1 pm Pinochle</p> <p>2 pm Movie</p> <p>"Priceless"</p>	<p>11 10 am Kroger/\$Store</p> <p>1 pm Pinochle</p> <p>2:30 pm Sing-A-Long</p> <p>6:15 pm Bible Study</p>	<p>12 10 am Coffee Hour</p> <p>10 am Pantry</p> <p>2:00 pm State Rep Ian Conyers presentation</p>	<p>13 1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>14 1 pm Bingo (Game Room)</p>
<p>15</p>	<p>16 10 am Pantry</p> <p>1:30 pm B-Day Party</p> <p>5 pm Bingo/Keno</p> <p>6:30 pm Cards</p>	<p>17 1 pm Pinochle</p> <p>2 pm Movie</p> <p>"Bakery in Brooklyn"</p>	<p>18 10 am Value Center/ Walgreens</p> <p>1 pm Pinochle</p> <p>2:30 pm Sing-A-Long</p> <p>6:15 pm Bible Study</p>	<p>19 10 am Coffee Hour</p> <p>10 am Pantry</p> <p>11 am Hymn Sings</p>	<p>20 1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>21 1 pm Bingo (Game Room)</p>
<p>22</p>	<p>23 10 am Pantry</p> <p>5 pm Bingo/Keno</p> <p>6:30 pm Cards</p>	<p>24 1 pm Pinochle</p> <p>2 pm Movie</p> <p>"The Christ in Case"</p>	<p>25 10 am Kroger/ \$Store</p> <p>1 pm Pinochle</p> <p>2:30 pm Sing-A-Long</p> <p>6:15 pm Bible Study</p>	<p>26 10 am Coffee Hour</p> <p>10 am Pantry</p>	<p>27 1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>28 1 pm Bingo (Game Room)</p>
<p>29</p>	<p>30 10 am Pantry</p> <p>5 pm Bingo/Keno</p> <p>6:30 pm Cards</p>					

**In our commitment to be of service to others and our surrounding community, we sometimes offer our common spaces to different groups, such as the "Little Ladies Tea Society" or the retired Presbyterian ministers. We try to give as much notice as possible, which we will inform you. We thank you for your understanding in this matter. Please note: On the fourth Wednesday of the month, both the dining room & craft room are utilized for the meeting of the Redford Board.**



# Giving Matters.

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

## April is Friends & Family!



Why does giving to your local Village matter?

**Giving to your local Village = residents' power to choose.**

Funds given to Village offer residents an opportunity to look around and say, "What is the number one thing we need?" Sometimes it's funds for **combating isolation**. Sometimes it's **tools to stay connected**.

**Always, it's something important to the residents that can't be done by the Village and PVM alone. It can't be done *without you*.**

### Here are some examples of what giving locally has done:

- A new bus at The Village of Westland!
- Resident activities in Jackson, Harbor Springs, Detroit and beyond!
- A library and computers at The Village of Our Saviour's Manor!
- Community room improvements at The Village of Oakland Woods!
- Financial assistance to residents who can't afford furniture, pay their bills, buy medical supplies or other essential needs!

**And so much more!**

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards, Paul J. Miller, CFRE

Are you over the age of 70½?

Do you file a standard tax return?

Do you have an IRA?

If you answered "Yes" to all three questions, then you can roll over up to \$100,000 to your favorite public charity—**TAX FREE\***!

With your IRA charitable donation to the PVM Foundation, you can give older adults a safe place to call home, new friends and experiences, and a chance to *thrive!*

To learn more, visit [MyLegacy.pvmf.org](http://MyLegacy.pvmf.org) or call Bobie Clement at 248.281.7252

\*IRA Charitable Rollover is permanent law as of December 18, 2015.

## Notes from the Administrator

Spring has finally sprung!.....or so the calendar would have us believe. With snow flurries and temperatures still hovering around the 30-degree mark, it's still difficult to image life without heavy coats, boots and gloves. But take heart my friends, the weatherman predicts a warm-up by mid-month. What a welcome that will be for us all.

April is also Friends & Family month. Last year, your generous donations allowed us to replace our 13-year-old projector-TV with a brand new state-of the arts 65-inch HD-TV for the theater room. This year, our goal is \$5,000 for a fabulous campus-wide Barbeque in the summer. Stay tuned for dates of fundraising events such as the 50/50 raffle, the popcorn sale, the Sanders Gift Basket raffle and much more. There will also be envelopes available for your individual donations.

Bi-Annual apartment inspections will begin for Villa residents on Wednesday April 11th. If you have questions as to what the staff will be looking for, please contact the office. Cottage inspections will begin on Tuesday April 17th.

Mark your calendars and plan to attend the meeting with Ian Conyers, State Senator for the 4th District and the grandnephew of long-time U.S. Representative John Conyers. This event will occur on Thursday April 12th at 2:00 p.m. Lunch will be provided by Evelyn Bradshaw.

Thursday April 19th, at 1:00 p.m., Rashida Tlaib, former House of Representatives member for the 6th District will present "Community Conversations" in the Villa Dining Room. Ms. Tlaib is running to replace retired John Conyers. Plant to attend. Lunch will be served.

Please remind visitors and friends that Redford Village is a "no smoking" campus. Lately, cigarettes have been discarded around the exterior of the campus. This greatly distracts from the beauty of the campus and the exterior of your home.

### Redford Board of Directors

❖ **Deanna Mitchell, Board Chairperson**

❖ **Reva Wujcik**

❖ **Laura Scanlan**

❖ **Susan Hurst**

❖ **Catherine Esannason**

❖ **Kathryn Telck**

## Coordinator Corner



April showers, brings May flowers



Quote of the month: "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

- ⇒ Wednesday, April 4, 2108 @11am. Come learn about your new Medicare Cards. Presented by: MMAP Located in the Villa Dining Room.
- ⇒ Tuesday, April 10, 2018@11:00am. Join us for a luncheon with Mr. Kentiel White candidate for 13<sup>th</sup> Congressional District. Come hear his platform.
- ⇒ Thursday, April 12, 2018@ 2:00pm. Join us for a luncheon with State Rep Mr. Ian Conyers candidate for 13<sup>th</sup> Congressional District. You can make the choice which candidate will get the seat!
- ⇒ Friday, April 20<sup>th</sup> 2018 @ 1:00pm. Please come and meet Dr. Guy Saperstein Foot Specialist. Pizza & Drinks will be served. He is taking new patients.

### The 13<sup>th</sup> Annual Village Victory Cup

It's time for fun & games! If you're interested in participating this year, please plan to attend informational meeting on Monday, April 9th.

The Village Victory Cup location is at The Suburban Collection Showplace in Novi, MI on Friday, June 22, 2018 more details at the meeting. This event is open to ALL Village & Cottages residents.

We need your support!

History: \* April 4, 1968 Dr. Martin Luther King was assassinated in Memphis, Tennessee. \*April 11<sup>th</sup> 1947 Jackie Robinson entered in major league baseball. \*April 15, 1912 The Titanic sank after hitting an iceberg.

Anita Stephens  
Service Coordinator  
313-541-6450





# The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

## An Aging Well Attitude Can't Be Beat!

I often speak about the importance of having an Aging Well Attitude as an important aspect of aging.



Recently inspiration has arrived in the personhood of Sister Jean Schmidt, Loyola-Chicago's 98 year old chaplain. She has been their basketball team's good luck charm during their NCAA March Madness tournament journey. Sister Jean has a sense of humor and is talented when it comes to branding. During her team's Elite 8 game versus Kansas she was spotted wearing custom-made Nikes; and she is even the star of her own Bobblehead. She of course is not making any claim for profits but is simply supporting the team and university. She has become "the face of Loyola-Chicago".

Schmidt prays with the players before games and gives them scouting reports the next day, according to the Associated Press and Fox News. Her players consider her to be their not-so-secret weapon. They have proven themselves to be a team that can't be beat for now. Sister Jean has proven that having an Aging Well Attitude can't be beat. In fact, the qualities and assets inherent in this story match reports of studies as to what creates quality of life and even perhaps longevity: Having a passion, dedicating oneself to the pursuit of that passion, having a sense of belonging and being a part of something greater than oneself, to be engaged and engaging...

There's a lesson to be learned from this for us all. **WHAT IS YOUR PASSION?**



# April Birthdays!



Nancy Roy.....4/2

Jane Bolender.....4/3

Teresa Kimble.....4/3

Lilla Milner.....4/4

Ruth Dean.....4/5

Catherine Esannason..4/13

Donna Owens.....4/14

Barbara Seberry.....4/14

Gerri Adams Jones.....4/16

Jean Smith.....4/17

James Jones.....4/21

Lucille Brassfield.....4/23

Louise McPhee.....4/25

Luberta Brown.....4/25

Nancy Kelly.....4/26

Allie Brooks.....4/27



## RESIDENT COUNCIL REPRESENTATIVES



**TOP ROW: L-R**  
 Anita Hartsfield, Co-Chair & Cottages Rep  
 Ernestine Peete, Villa Rep  
 Barbara Seberry, Chair and Villa Rep  
 Mary Dobson, Villa Rep  
 Nancy Painter, Cottages Rep  
 Janice Rowe, Villa Rep

**BOTTOM ROW**  
 Juanita Johnson, Cottages Alternate  
 Thomasine Brantley, Villa Rep  
 Nadine Doolan, Villa Rep

## This Month at the Movies...



**The Last Word** : Harriet Lauler (Shirley MacLaine), a once-successful businesswoman, works with young local writer Anne Sherman (Amanda Seyfried) to pen her life story. When the initial result doesn't meet Lauler's high expectations, she sets out to reshape the way she'll be remembered, dragging Anne along as an unwilling accomplice. As their journey unfolds, the two women develop a strong bond which not only alters Harriet's legacy but also Anne's future.

**Priceless**: Desperately in need of money and in hopes of regaining custody of his daughter, James (Joel Smallbone) embarks on a cross-country delivery for cash -- no questions asked. When he discovers that he is delivering two young women, the questions in his mind begin haunting him mercilessly. When James finds himself falling for one of the women, he becomes an unlikely hero and must fight to save the innocence and lives of both of the ladies.

**Bakery in Brooklyn**: After inheriting their aunt's bakery, a woman (Aimee Teegarden) and her cousin (Krysta Rodriguez) must find a way to save the business from foreclosure.

**The Case for Christ**: In 1980, Lee Strobel's (Mike Vogel) award-winning, investigative reporting earns him a promotion to legal editor at the Chicago Tribune. Things at home aren't going nearly as well. His wife Leslie's (Erika Christensen) newfound faith in Christ compels Lee to utilize his journalistic and legal training to try and disprove the claims of Christianity, pitting his resolute atheism against her growing faith.



**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](http://www.pvm.org)

EMERGENCY NUMBER (VILLA)  
EMERGENCY NUMBER (COTTAGES)  
NON EMERGENCY REDFORD PD  
CLASSIC SECURITY

**MAIN OFFICE NUMBER 313-541-6000 | #100**

Village Staff

**Gloria Robinson**  
*Senior Housing Administrator*  
**(313) 541-6042**

**Hannah Micallef**  
*Senior Housing Administrative  
Assistant, TCS*  
**(313) 541-5991**

**Steve Reardon**  
*Maintenance Technician*

**Mark Uzarek**  
*Maintenance Lead*

**Rhonda Kuhn**  
*Housekeeper*

**Anita Stephens**  
*Service Coordinator*

**(313) 541-6450 #300**

**George Simmon IV**  
*Sales & Leasing Specialist*

**(313) 541-6140 #200**

**(313) 910-7027**

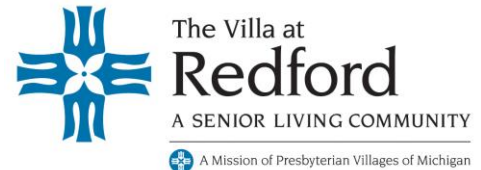
**(313) 573-3572**

**(313) 387-2500**

**(313) 662-4648**



**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](http://www.pvmfoundation.org)



**The Villa and Cottages at Redford • 25340 West Six Mile Road •  
Redford, Michigan 48240**

**Embrace the possibilities**