



# Village View



Embrace the possibilities

*Gloria's Notes*



May 2019

The month of April was an exciting time for Redford residents. There were numerous activities for Friends and Family that resulted in “winners” and “bragging” rights. We did not meet our goal of \$5,000, but we had fun trying. Thank you to all who contributed with financial contributions and participation in the many fun events. Tia Clark, our new Administrative Assistant won bragging rights for her #1 vote in the spaghetti cook-off, but residents also enjoyed the delicious pasta dishes of Rhonda, Gloria and Anita.

**Winners** of our raffles include: **Ms. Gloria Whittington** who won a beautiful “Inspiration Basket”, **Sandra Moore** who won the “Dinner/Movie” basket, **Ms. Rosie Jones** was the winner of the “Bundle” basket and **Ms. Dora Simmons** was our 50/50 raffle winner. Thank you to those who donated items for the very successful bake sale.

## Fire Drill

The month of May will be the first of two annual fire drills. The second will be later in the fall. All residents are required to participate.

## A New Look!

The renovations have begun. Redford Villa is undergoing a transformation of the first floor. A “Grand Reopening” celebration is to be held in the fall. This celebration will coincide with the 15<sup>th</sup> Anniversary of the Villa. Stay tuned for further details.

## The Dolls are here!!

Each year, we ask residents to dress a doll (or two) for a needy child at Christmas. Over the past 8 years, Redford has returned approximately 150 dolls to Old Newsboys’ Goodfellow Fund for distribution. Please consider blessing a little girl at Christmas and pick up your doll in the office. Dressed dolls are due back by August 31st.

## Shining Star

In the very near future, you will receive nomination forms for “Shining Star”. The Shining Star award recognizes PVM employees who exhibit the PVM Service Standards of Excellence. Employees, Residents, Family members and Board members are eligible to vote. Please take a few minutes to recognize members of our dedicated staff.

## HOBBIES WORD SEARCH

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

### **Words List**

knitting  
embroidery  
pottery  
painting  
baking  
reading  
collecting  
gardening  
diy  
walking  
gym  
photography  
traveling  
astronomy  
camping  
skydiving  
flying



**Service Coordinator Corner**



**Quote of the month: "If you do what you need, you're surviving. If you do what you want, you're living your best life." ~Unknown**

**Tuesday, May 13, 2019 Better Patient Health will sponsor a free health screening for seniors @11:00am in the villa dining room. (FREE)**

**Wednesday, May 29, 2019 Fit- Chair Exercise & Bingo with Guardian Angel Home Health Care @ 12 noon in the villa dining room. ( FREE) to all residents!**

**Thursday, May 30, 2019 Banker's Life Insurance Co. seminar @ 10:00am in the villa dining room. (FREE )**



**Sunday, May 13<sup>th</sup>**

**Monday, May 27, 2019, offices are closed in observance of Memorial Day.  
This is National Arthritis Month & National Stroke Awareness Month**

**Your Service Coordinator / Anita Stephens/ 313-541-6450**



## Maintenance Matters

In order to make sure our Village and Cottages are maintain properly, please be mindful of the following:

**ONLY** call the emergency maintenance numbers for emergencies that occur after hours. After hour emergencies would consist of:

**ELECTRICAL** – Any major electrical problem or power outage.

**NO POWER** – No power to your stove or refrigerator.

**WATER LEAKS** – Any water that cannot be contained in a bucket until the next business morning OR any water that is causing structural damage.

**SEWER** – Any major sewer back-up OR a non-working toilet.

**NO AIR/NO HEAT** – No air when the outside temperature is over 80 degrees. No heat when the outside temperature is less than 50 degrees.

Notify the main office for work orders and NON emergency related issues.

Trash pickup is **MONDAY** and **THURSDAY**. If you place your trash out before then, it will NOT be picked up until the day specified above. Remember to tie your trash bags **BEFORE** discarding them and use the appropriate trash bags which are sold in the Villa Pantry.

**FIRE ALARMS** – If your fire alarm goes off during business hours, call the office to let them know that no emergency assistance is needed. If it's after hours, please call the emergency number so your alarm can be disarmed.

Be mindful of your fellow residents when driving. Make sure you are not speeding through and your music is not so loud it is annoying other residents. Please let your visitors and family know this as well.

## Housekeeping Helpers

The common areas are welcome to all residents. However, please be mindful about leaving trash, used tissues, cups, etc. laying around. This area should remain clean at all times.

Do not place food or liquid in the trash can located in the mailroom. That trash is for paper **ONLY**. There is a large trash can in the dining area that can be used as well.



## Stuffed Bell Peppers



### Ingredients

4 large bell peppers (any color)

1 lb lean (at least 80% ground beef

2 tablespoons chopped onion  
1 cup cooked rice

1 teaspoon of salt

1 clove garlic, finely chopped

1 can (15 oz) tomato sauce

$\frac{3}{4}$  cup shredded mozzarella cheese (3 oz)

### Directions

Heat oven to 350 degrees. Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling add peppers. Cook about 2 minutes; drain.

In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.

Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over peppers.

Cover tightly with foil. Bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.

### HAPPY MAY BIRTHDAYS!

- Wallace Wood 05/20
- Mary Perry 05/04
- Donald McSwain 05/05
- Hattie Mae Warren 05/05
- Catherine Garrett 5/24
- Chester Latka 05/29
- Vanessa Raglin-Webb 05/17
- Gwendolyn Felton 05/30
- Otis Simmons 05/22
- Frances Garrett 05/11
- Doris Lee 05/21
- Jimmie Foster 05/23
- Julia Gordon 05/27
- Victoria Humphrey 05/08
- Debra Montgomery 05/30
- Linda Brown 05/04





# The Senior Advocate.

*By Lynn Alexander,  
Senior VP & Chief Marketing Officer*

## May is Older Americans Month

May 1st has been known for centuries as May Day and has celebrated at the beginning of spring with a dance around a Maypole. As a centerpiece for an ancient European spring festival, Maypoles are known for being colorful and festive while decorated with ribbons. Springtime is known for celebrating renewal.

Thus, it is quite appropriate that the month of May is also known as Older Americans Month in America. As older adults we have opportunities not afforded to our ancestors. We experience the joy of being with our grandchildren and great grandchildren. We can create legacies for our families and communities. We even get second chances and, in some cases, rekindled romances. Adventure calls as many travel around the world and volunteer for charitable causes.

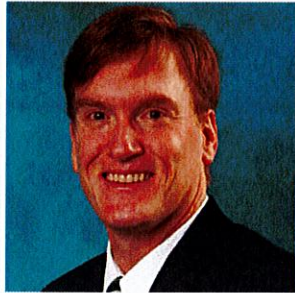
The theme for Older Americans Month of 2019 is **CONNECT, CREATE, CONTRIBUTE.**

Connect with friends, family, and services that support participation. Create by engaging in activities that promote learning, health, and personal enrichment. Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives.

We acknowledge the Administration for Community Living at the federal level for key information included in this message.





# It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

**“Spring has Sprung! The Grass has Riz!**

**Do You Know When the Village Victory Cup is?”**



Believe it or not, it's that time of year again. It's time to get ready for the 14<sup>th</sup> Annual PVM Village Victory Cup. Like last year, we will be hosting this year's event at the Suburban Collection Showplace in Novi. The date is Friday, June 21, 2019.

For those of you who may be unfamiliar with this event, it is a fun-filled day of camaraderie and friendly competition between senior living communities that are part of the PVM family. You earn points for your community by participating in a variety of games that involve building puzzles, shooting baskets, throwing beanbags, kicking balls, walking fast, playing balloon volleyball, and this year, writing poetry. The community that earns the most points wins the travelling Village Victory Cup trophy, which currently resides at the Village of Westland.

For communities 100 or more miles from the PVM Home Office, rather than travel to Novi, you have the opportunity to participate in the Virtual Village Victory Cup. The games are the same (with the exception of balloon volleyball) and you play them at your community.

If you are interested in either of these events, ask your administrator how you can join your community's team. At a minimum, you'll enjoy some food, have some fun, and meet a few new people. Or, you might walk away with a gold, silver, or bronze medal and help contribute to your community bringing home the Village Victory Cup trophy or the coveted Spirit Award.



## This Month at the Movies....



**The Hateful Eight** (Samuel L. Jackson, Tim Roth) – Years after the Civil War, a bounty hunter and his captive are waylaid by a Wyoming blizzard and hole up in a way station with six dicey strangers.

**Get On Up** (Chadwick Boseman, Viola Davis) – This powerhouse biopic traces the legendary James Brown’s rocky road from humble origins to superstardom as the Godfather of Soul. The film also reveals the demons –drugs, violence and near bankruptcy – that haunted Brown on his rise to fame.

**The Dark Tower** (Idris Elba, Matthew McConaughey) – The last Gunslinger has been locked in an eternal battle with the Man in Black, determined to prevent him from toppling the Dar Tower, which holds the universe together. With the fate of the worlds at stake, good and evil will collide in the epic battle as only Roland can defend the Tower from the man in Black.

**Cool Runnings** (Leon, Malik Yoba) – When Derice’s chances of qualifying for Jamaica’s track team are dashed, he looks for another sport. Derice persuades U.S. bobsledding gold medalist, who now lives in Jamaica, to coach him and his friends as they attempt to become a world-class bobsled team.



# 14<sup>th</sup> Annual Village Victory Cup

Just when all the other Villages thought they were safe....  
The **Redford Sharks** are coming for the Victory Cup!

*Hoop Shoot*



*Poetry Contest*



*Balloon Volleyball*

*Kick-a-Roo*



*Beanbag Toss*



*The Puzzler*

*Wellness Walk*




*Spirit Award*



The Villa Sharks need YOU! Come help us bring the Victory Cup home to Redford! Practice is every Tuesday @ 4pm, Wednesday @ 2pm and Friday @ 10am. Come to the main office to sign up or for more details.



# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 1pm In His Presence Ministries Sunday Workshop	6 10am Pantry 6pm Keno/Bingo	7 11am Chorus 1 pm Pinchole 2 pm <b>The Hateful Eight</b> 4pm VC Practice	1 10 am Value Center 2pm VC Practice 6:15pm Bible Study	2 10 am Coffee Hour 10 am Pantry 2pm <b>Voices of Joy</b>	3 10am VC Practice 1pm Arts and Crafts 2pm <b>Trivia/hot dogs</b> 6 pm Keno/Bingo	4 1pm Bingo (Game Room)
12 <b>Happy Mother's Day!</b>	13 10am Pantry 11am Health Screen 1:30pm <b>B-Day Party</b> 6pm Keno/Bingo	14 11am Chorus 1 pm Pinchole 2 pm <b>Get On Up</b> 4pm VC Practice	8 10 am Kroger 2pm VC Practice 6:15pm Bible Study	9 10 am Coffee 10 am Pantry 11am Hymn Sing 2 pm <b>Voices of Joy</b> 4pm <b>Casino Fun</b>	10 10am VC Practice 1pm Arts and Crafts 6 pm Keno/Bingo	11 1pm Bingo (Game Room)
19	20 10 am Pantry 6pm Keno/Bingo	21 11am Chorus 1 pm Pinchole 2 pm <b>Dark Tower</b> 4pm VC Practice	15 10 am Value Center 2pm VC Practice 6:15pm Bible Study	16 10 am Coffee Hour 10 am Pantry 2 pm <b>Voices of Joy</b> <b>Movie Outing - TBD</b>	17 10am VC Practice 1pm Arts and Crafts Goodfellow Dolls 6 pm Keno/Bingo	18 1pm Bingo (Game Room)
26 <b>Memorial Day Weekend</b>	27 <b>VILLA OFFICE CLOSED!</b> 6pm Keno/Bingo	28 11am Chorus 1 pm Pinchole 2 pm <b>Cool Runnings</b> 4 pm VC Practice	22 10 am Kroger 2pm VC Practice 6:15pm Bible Study	23 10 am Coffee Hour 10 am Pantry 11am Hymn Sing 2 pm <b>Voices of Joy</b>	24 10am VC Practice 1pm Arts and Crafts 6 pm Keno/Bingo	25 1pm Bingo (Game Room)
		29 10am Value Center 12pm FitChair/Bingo 2pm VC Practice 6:15pm Bible Study	29 10am Value Center 12pm FitChair/Bingo 2pm VC Practice 6:15pm Bible Study	30 10 am Coffee Hour 10 am Pantry 10am Seminar 2 pm <b>Voices of Joy</b>	31 10am VC Practice 1pm Arts and Crafts 6 pm Keno/Bingo	



## Village Staff

### 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)

**Gloria Robinson**  
*Senior Housing Administrator*

**(313) 541-6042**

**Tia Clark**  
*Housing Administrative  
Assistant*

**(313) 541-5991**

**Steve Reardon**  
*Maintenance Technician*

**Phyllis @ the Beauty Salon**  
**(313)541-6077**

**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**

EMERGENCY NUMBER (VILLA)

**(313) 910-7027**

EMERGENCY NUMBER (COTTAGES)

**(313) 573-3572**

NON-EMERGENCY REDFORD PD

**(313) 387-2500**

CLASSIC SECURITY

**(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)

### Redford Board of Directors

❖ Deanna Mitchell, Board Chairperson

❖ Reva Wujcik

❖ Laura Scanlan

❖ Susan Hurst, Vice Chair

❖ Kathryn Telck

❖ Mary Dobson

❖ Carolyn Lambreth



The Cottages at  
**Redford**  
A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



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The Villa and Cottages at Redford • 25340 West Six Mile Road •  
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