



Villa View



Embrace the possibilities

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

Administrator's Notes

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Lights.....Camera....Action!!!

That was the scene Monday May 21, 2018 when our long-time Redford Cottage resident, Charlie Miller had the honor of cutting the ribbon at the First Annual Motor City Wheels for Meals Fundraiser. The event was held at George Matick Chevrolet where Charlie is a 50-year employee. Attendees included dignitaries from Wayne County



Redford Twp. Government, Ford Motor Company and Senior Alliance.

It was a wonderful evening featuring live music, strolling dinners and special give-a ways; all with a goal of raising \$300,000 to purchase meals for the Wayne County Meals on Wheel Program. The program currently serves 6,000 seniors with another 1,000 on a wait list. Many in our Redford Village community are recipients of those daily meals.



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

Look for PVM on:



Ian Conyers, Democratic candidate running for the 13th. Congressional district will be available to answer questions on Wednesday June 13th in the Villa Dining Room. Please mark your calendar for 1:00 p.m. and plan to attend.

2018 Village Victory Cup

The Villa Sharks have been sharpening their teeth in preparation for this years' Victory Cup. Under the direction of Anita Stephens and George Simmon, the team has working hard to master the various challenges. The event is Friday June 22nd. at the Suburban Collection Showcase in Novi. Go Sharks!

Fire Safety

Did you know that residents are required to participate in the bi-annual fire drills? Fire drills are performed to acquaint each resident with the safest and most expedient way to exit the building in case of actual fire. Residents are asked to exit the building and remain at a distance that would allow fire trucks and personnel access. Those who are unable to walk down steps should remain in the stairwell nearest their apartment. Remember, practice makes perfect!

Villa Physical Inspection

MSHDA will conduct a physical inspection of randomly selected apartments on Monday July 30, 2018.

Thermostat

Now is the time of year to make sure your air conditioning is functioning properly. Please test your thermostat before the weather gets too hot. If you are uncertain as to how your thermostat functions, please see the office for a diagram.

Redford Board of Directors

- ❖ **Deanna Mitchell, Board Chairperson**
- ❖ **Reva Wujcik**
- ❖ **Laura Scanlan**
- ❖ **Susan Hurst**
- ❖ **Catherine Esannason**
- ❖ **Kathryn Telck**



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

Drink Up!

As we get older, our need to stay hydrated increases. If you lead an active lifestyle, your need is even higher. And now that the weather has warmed up, if you are active outdoors your need is even higher still. So why is it important to stay hydrated? For one, water helps our brains function properly. When we are dehydrated our capacity to think is diminished. We can get confused, become dizzy, get disoriented and as a result suffer a fall that could have disastrous consequences. If we don't drink enough water our ability to eliminate waste is also impacted. Our kidneys won't function properly, which in turn can lead to a host of serious health problems.

In general, the average healthy adult needs 64 ounces of water daily (eight 8 ounce glasses), however, the amount you need may differ depending on how active you are, on whether you have a chronic health condition, and on the amount and types of medications you take. As a result, it's best to have a conversation with your health care provider about your personal hydration needs. During that conversation, if you are someone who happens to also be dealing with incontinence and you haven't mentioned it to your doctor before; it's time to do so. A common but potentially dangerous practice some of us employ to deal with incontinence is to substantially reduce our fluid intake. Your doctor should be able to provide you with some tips, advice, and a treatment plan to deal with your incontinence in a much safer and healthier way.

Tender Spare Ribs



- 4 pounds pork spareribs, cut into serving-size pieces
- 1/4 cup soy sauce
- 1/4 cup prepared mustard
- 1/4 cup molasses
- 3 tablespoons cider vinegar
- 2 tablespoons Worcestershire sauce
- 1 to 2 teaspoons hot pepper sauce

Directions

Place ribs in a 5-qt. slow cooker. Combine the remaining ingredients; pour over ribs. Cover and cook on low for 5-6 hours or until meat is tender. Yield: 8 servings.

HAPPY JUNE BIRTHDAYS!

- ☺ Calvin Brown 6/2
- ☺ Margaret Wood 6/9
- ☺ Marie Banks 6/21
- ☺ Ermagene McSwain 6/29
- ☺ Thelma McCoy 6/9
- ☺ Ida Kimbrough 6/18
- ☺ Ola Roach 6/21
- ☺ Irene Battaglia 6/10
- ☺ Yvonne Laws 6/14
- ☺ Ellwillie Bowie 6/21
- ☺ Ruth Lewis 6/21
- ☺ Evelyn Belcher 6/29
- ☺ William Brown 6/25
- ☺ Joann Kravutske 6/22
- ☺ Gwen Calhoun 6/10
- ☺ Sylvia Foley 6/24
- ☺ Vivian Dykes 6/2
- ☺ Larry Jones 6/24
- ☺ Jackie Abdul Waalee 6/28
- ☺ Kathy Sgro 6/13
- ☺ Anita Hartsfield 6/22



Can You Feel It?

Robert Stockton

ACROSS

- 1. Makes a choice
- 5. Adored, with "on"
- 10. Tubular water transport
- 14. Snare
- 15. The first Hawaiian-born United States president
- 16. Hawaiian-born instruments
- 17. Medical condition popular on soap operas
- 18. Monroe, Mansfield, and Page, e.g.
- 20. Auto-maker Enzo
- 22. It may give you closure
- 23. Like many a Chinese dinner
- 24. Humorous Bombeck
- 25. Chipotle chilis
- 32. Contribute two cents?
- 33. Narrow inlets
- 34. Poker prize
- 35. Beehive State college team

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		

© 2009

- 36. Oleo, often
- 38. Venetian magistrate
- 39. What to do with a table or a stage
- 40. Kind of bet
- 41. Signal once more
- 42. Monsoons, e.g.
- 46. Large ref. work
- 47. "A pop"
- 48. Karate Kid master played by Morita
- 51. Like some truth or translations
- 54. Chop shop input
- 56. "That can't be good!"
- 58. Tool with teeth
- 59. Cabinet member under Dubya
- 60. Rex's tec
- 61. Beseached

- 62. Big name in chicken
- 63. Discharge

DOWN

- 1. Not requiring an Rx
- 2. Lit-Crit lecturer
- 3. Docile
- 4. The 300, e.g.
- 5. One-a-day, e.g.
- 6. Titania's spouse
- 7. Prepare for flight, perhaps
- 8. Ambulance initials
- 9. The domain of Eos
- 10. Decorative auto feature
- 11. "Enough already! I get it!"
- 12. Pitch
- 13. Brutus's being

- 19. One-time childhood disease
- 21. Noose necessity
- 24. DeMille specialty
- 25. Practice Maryland's state sport
- 26. More fitting
- 27. Practice to deceive
- 28. Projecting window
- 29. Geologic time period
- 30. Word with state or elephant
- 31. Direct
- 36. Hardly prolix
- 37. Student's improvised sled
- 38. Stop the reign
- 40. Burn a bit
- 41. It may be Great at the movies, or Amazing on TV

- 43. Rang out
- 44. Flake
- 45. Dines at the dining room table
- 48. Amt. at a car dealership
- 49. Slanted writing: Abbr.
- 50. Symbol of servitude
- 51. Information beltways? (Abbr.)
- 52. "May I say something?"
- 53. Actress Singer of "Footloose"
- 55. Like Marvell's mistress
- 57. Word which might describe 18, 25, 42, and 54 across

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

Meijer Shipt Grocery Instructions

Want to have your groceries delivered? The following are instructions to logging into "Shipt", a online grocery delivery service through Meijer.

Login in to shop.shipt.com sign up putting in your information including a credit card that you would like to use and a password. It will ask you for your ZIP code and then it will suggest the closest Meijer to you.. If someone recommends you, they will get \$20 off their next grocery purchase and you will get \$20 off yours. You can also request a female to deliver and they will try to accommodate as much as possible if one is available during the time that you want your order delivered.

The price per month equals \$99 a year, which is charged two weeks after you start purchasing. You have the option to change or cancel at any time. Since someone else recommended me, I was charged \$49 for the first year. If you place an order for less than \$35 you have to pay 7.50 delivery fee.

When you go online to place your order, you type in the item that you would like. The more precise you are the smaller the choices are. Because your groceries are being picked and delivered to you some items might be a little higher then if you were to shopping the store. For each item there is a note area where you can put in your stipulations on what you want the product to look like, such as bananas you want all green partly yellow and green... or the expiration on an item you would like to be as far out as possible. Once you choose your items they are locked in so that when you repeat certain things that you buy weekly or bi-weekly they will already be noted in your previous purchase area and you don't have to look them up anymore. Just click on what you want. You then click on the time that you wanted to be delivered up to 36 hours.

They will confirm that they received your order and will give you a name and show you a picture of the person (if they have one) that is going to be delivering to you. In addition, they let you know that they are on their way and that they have arrived at your destination . If there are any problems with maybe not finding your product they will text you and ask if you would like a substitute. Once your order is received you check everything to make sure that you have everything you ordered and if there are any issues they will issue a credit and ask you to put that item on your next order.

You can also download the Meijer Shipt app on your phone just in case you would like to order and you are not at home. At the end of their order, they will ask you if your order was received correctly and at that point you can click on each item and state whatever the issues might be. They will then send you a message, apologize and let you know they will deduct that item from your total and ask you to reorder on your next order. You then let them know that everything else was okay and then they will charge your credit card and they will ask you to rate with up to five stars the personality and quickness of the person making the delivery to you. They will also ask you if you would like to tip that person with a choice of \$5 \$10 \$15 and also they have an area where you can tip less than \$5. You also have the option of not tipping at all if you so choose.

POWER OUTAGE FOOD SAFETY FOR THE FRIDGE

(NEVER TASTE FOOD TO DETERMINE ITS SAFETY!)

SOURCE: [foodsafety.gov/keep food safe/charts/refrigerated foods](https://www.foodsafety.gov/keep-food-safe/charts/refrigerated-foods); power outages, frozen food and power outage (USDA) (Note: this information is from 2017)

FRIDGE: Food should be safe in the fridge as long as the power is out NO MORE THAN 4 HOURS. Keep the door closed as much as possible. Discard perishable foods that have been ABOVE 40 D FOR OVER 2 HOURS (such as meat, poultry, fish, eggs, leftovers).

Use the following chart as a guide to evaluate each item separately. (Note: The “D” stands for degrees.)

FOOD CATEGORIES	SPECIFIC FOODS	HELD ABOVE 40 D FOR OVER 2 HRS
Bread, cakes, cookies, grains, pasta	Bread, cakes, muffins, quick breads, rolls, tortillas	SAFE
	Breakfast foods: bagels, pancakes, waffles	SAFE
	Cheese cake	DISCARD
	Cooked pasta, fresh pasta, pasta salads with mayonnaise or vinaigrette	DISCARD
	Cookie dough, refrigerator biscuits, rolls	DISCARD
	Potatoes, rice	DISCARD
Cheese	Grated: Parmesan, Romano, or combo (in can or jar)	SAFE
	Hard: Cheddar, Colby, Swiss, Parmesan, Provolone, Romano	SAFE
	Processed (such as Kraft American)	SAFE
	Shredded and low-fat	DISCARD
	Soft: Blue/Bleu, Brie, Camembert, Cottage, Cream, Edam, Monterey Jack, Mozzarella, Muenster, Neufchatel, Queso Blanco/Fresco, Ricotta, Roquefort	DISCARD
Condiments, spreads	Catsup/Ketchup, jams/jellies, mustard, olives, peanut butter, pickles, relish	SAFE
Dairy	Baby formula, opened	DISCARD
	Butter, Margarine	SAFE
	Cream/Sour Cream, Egg Nog; All Milk Types (Butter/Evaporated/Soy), Yogurt	DISCARD
Eggs	Custards and puddings, quiche	DISCARD
	Fresh eggs, hard cooked in shell; any egg dishes; all egg products	DISCARD
Fruits	Candied fruit/dried fruit/fresh fruit, Coconut, Dates, Raisins	SAFE
	Canned fruit, opened	SAFE
	Fresh fruit, cut	DISCARD
	Fruit juices, opened	SAFE

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SOURCE: foodsafety.gov/keep food safe/charts/refrigerated foods; power outages, frozen food and power outage (USDA) (Note: this information is from 2017)

FRIDGE: Food should be safe in the fridge as long as the power is out **NO MORE THAN 4 HOURS**. Keep the door closed as much as possible.
Discard perishable foods that have been **ABOVE 40 D FOR OVER 2 HOURS** (such as meat, poultry, fish, eggs, leftovers).

Use the following chart as a guide to evaluate each item separately. (Note: The “D” stands for degrees.)

FOOD CATEGORIES	SPECIFIC FOODS	HELD ABOVE 40 D FOR OVER 2 HRS
Meat, Poultry, Seafood	Bacon, dried beef, hot dogs, lunchmeats, sausage	DISCARD
	Broth, gravy, stuffing	DISCARD
	Canned fish and meats, opened	DISCARD
	Canned hams labeled “Keep Refrigerated”	DISCARD
	Casseroles, soups, stews	DISCARD
	Pizza – with any topping	DISCARD
	Raw or leftover cooked meat, poultry, fish or seafood; soy meat substitute	DISCARD
	Salads made with: chicken, egg, meat, shrimp, or tuna	DISCARD
	Thawing meat or poultry	DISCARD
Pastry, pies	Pastries filled with cream; Pies: cheese filled, chiffon, custard; quiche	DISCARD
	Pies: any fruit	SAFE
Sauces	BBQ, Hoisin, Soy, Taco, Worcestershire	SAFE
	Fish, oyster	DISCARD
Vegetables	Cooked	DISCARD
	Fresh: herbs, mushrooms, spices	SAFE
	Greens: packaged, pre-cut, pre-washed	DISCARD
	Potato baked, potato salad	DISCARD
	Raw	SAFE
	Tofu	DISCARD
Opened items	Commercial garlic in oil; creamy-based dressings; spaghetti sauce in a jar	DISCARD
	Vegetable juice	DISCARD
	Vinegar-based dressings	SAFE
Opened – note: time is different	Horseradish, mayonnaise, tartar sauce	DISCARD -- IF ABOVE 50 D FOR <u>OVER 8 HRS</u>

The office has original copies of this list if you’d like one.

Coordinator Corner

"Strength of character isn't always about how much you can handle before you break, it's also about how much you can handle after you're broken." ~Unknown Author"

- Monday, June 18, 2018 @11:00am -12:00pm. Home Care Connect, INC. presents: "Hydration" information for the summer months. FREE BINGO! In the Villa Dining Room.
- Thursday, June 21, 2018@2:00pm -4:00pm. Come join the "AKA" for an Ice Cream Social & Adult Coloring Book Session on the longest day of the year. (Summer Solstice) All residents are invited to attend. Location is the Villa dining Room.
- Friday, June 22, 2018 beginning at 10:00am THE VILLAGE VICTORY CUP held @ The Suburban Show Case in Novi, MI. Wish our resident participants well in this special event.



Dates to Remember in June:

- Wednesday June 14th is FLAG DAY



- Sunday, June 17, 2018 is Father's Day "Happy Father's Day" to all the Dads!

If you need assistance with resources for legal, medical, food, etc.

Please call your Service Coordinator Anita Stephens @313-541-6450



BEGINNING MONDAY JUNE 4TH,
2018: COTTAGE TRASH PICK UP
WILL BEGIN AT 10:00 AM, INSTEAD
OF 12:00 PM.



The Senior Advocate.

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

Summer Reading Fun

Recently I experienced the joy of being able to read to my grandchildren many times over while on vacation with them. I think I read the book about a dog named Biscuit at least forty times! What joy to be a part of their enthusiasm for reading. It flashed me right back to reading every night to my son and even being read to myself by my parents. I can even recall the excitement I felt as an elementary student when I brought the book *Fun With Dick and Jane* home to proudly show my mom. You can most likely flash back to some of your favorites as well. Reading is one of many ways that we can open up new worlds to our grandchildren and give our children some time to pursue other things. Also, this can help to set the path for success. Many studies have shown that being an avid reader gives youngsters a real advantage when it comes to learning overall.

Now that summer vacation is coming check out your local library. You can help your grandchildren select some of their favorite books and borrow them. Another thought is to create a contest to see how many books you can read together by the end of the summer. For advanced grades there will often be a recommended reading list sent home by teachers. You can also help with this which once again reduces some of the pressure on your own children as their parents. Some libraries ask for volunteer readers so that you can help other children learn the joy of reading. Remember to recapture the joy of reading for yourself. Sometimes we can look forward to lighter reading with fun novels at the pool or beach. Enjoy the summer and read on!

This Month at the Movies...



Baby Driver: Baby, a music-loving orphan also happens to be the prodigiously talented go-to getaway driver for heist mastermind Doc. With the perfect soundtrack picked out for each and every job, Baby ensures Doc's violent, bank-robbing cronies - including Buddy, Bats and Darling - get in and out of Dodge before it's too late. He's not in it for the long haul though, hoping to nail one last job before riding off into the sunset with beautiful diner waitress Debora. Easier said than done.

War of the Planet of the Apes: Caesar (Andy Serkis) and his apes are forced into a deadly conflict with an army of humans led by a ruthless colonel (Woody Harrelson). After the apes suffer unimaginable losses, Caesar wrestles with his darker instincts and begins his own mythic quest to avenge his kind. As the journey finally brings them face to face, Caesar and the colonel are pitted against each other in an epic battle that will determine the fate of both of their species and the future of the planet.

Wonder: Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

**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

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
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Maintenance Lead

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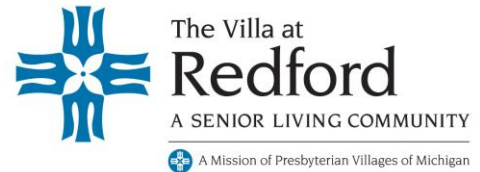
(313) 573-3572

(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



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

Embrace the possibilities



June 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 3 1:00 pm In His Presence Ministries Sunday Worship 	Wednesday, June 13th @ 1:00 pm : Representative Jan Conyers meeting, refreshments provided					
4 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	5 OFFICE CLOSED FOR TRAINING 1 pm Pinochle	6 10 am Kroger/Store 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	7 10 am Coffee Hour 10 am Pantry	8 1 pm Arts & Crafts 5 pm Keno/Bingo	9 1 pm Bingo (Game Room)	2 1 pm Bingo (Game Room)
10 11 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno 6:30 pm Cards	12 2 pm Movie "Baby Driver"	13 10am Value Center/Walgreens 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	14 10 am Coffee Hour 10 am Pantry 11 am Hymn Sing	15 1 pm Arts & Crafts 5 pm Keno/Bingo	16 1 pm Bingo (Game Room)	
17 	18 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	19 2 pm Movie "War of the Planet of the Apes"	20 10 am Kroger/Store 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	21 10 am Coffee Hour 10 am Pantry	22 2018 VILLAGE VICTORY CUP 1 pm Arts & Crafts 5 pm Keno/Bingo	23 1 pm Bingo (Game Room) 
24	25 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	26 2 pm Movie "Wonder"	27 10am Value Center/Walgreens 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	28 10 am Coffee Hour 10 am Pantry 2 pm Resident Forum: Villa & Cottages	29 1 pm Arts & Crafts 5 pm Keno/Bingo	30 1 pm Bingo (Game Room)