



Village Voice



Embrace the possibilities

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June 2019

Featured Articles

Caregiver's Best Friend	pg. 2
Flag Day	pg. 3
Service Coordinator Updates	pg. 4
Word search	pg. 5
Monthly Calendar	pg. 6



The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Greetings...

Back By Popular Demand!

The newsletter is back after taking a hiatus for a little while. If there is anything special you would like to see in the newsletter, please let us know.

The Friends and Family campaign is over for the 2019 year. As of this date, I do not have the final totals from the foundation yet, but when I do I will make sure you know about the results. I want to thank each one of you who helped with 50/50 raffles, the parties, selling tickets for baskets, bringing food, volunteering your time in any way that you did to help raise money to reach our goal. Thank you so much to everyone who donated money for such an important fundraising event.

On Monday, June 3 the entire staff will be attending a meeting in Dearborn for the day.

I am planning a resident meeting on Wednesday, June 5 at 12:30 pm.

The food truck will be here on Thursday, June 6 at 1:00 pm. Make sure to sign up in the mailroom.

The Village Victory Cup is Friday, June 21 at the Suburban Showplace in Novi. Wish our team well as they compete against all other Presbyterian Villages. Our volleyball team is forming again this year in order to defend their title. It is so much fun to be a part of this event every year.

Have a wonderful June!

Melissa Riesterer
Administrator



Caregiver's Best Friend

TOOLS FOR THE MODERN CAREGIVER



Caregiving is hard. That's why on May 7, 2019 Presbyterian Villages of Michigan launched [Caregiver's Best Friend](#), a weekly blog designed to introduce caregivers to everyday technology that

will help them spend their money wisely, save them some time, and stay sane.

While we admit that self-driving cars, robotic pets, and virtual reality are all pretty cool, that's not the kind of technology we will be blogging about. Instead, we will be taking deep dives into apps like [Shipt](#), [Taktl](#), and [DoorDash](#). The kind of tech that works on the "computer" caregivers carry in their pockets (i.e., their smartphones).

We will be using the tech ourselves, trying it out and making mistakes so you won't have to. We'll also let you know how it works and give you our opinion on its benefits and its drawbacks. Before long, you just may find yourself automating grocery shopping and other everyday chores.

To read the latest posts, visit the blog weekly at www.caregiversbestfriend.org. Follow us on [Facebook](#) and [Pinterest](#) too.

Caregiver's Best Friend is a publication of Presbyterian Villages of Michigan and was made possible thanks to generous support from the Michigan Health Endowment Fund. The Health Fund works to improve the health and wellness of Michigan residents and reduce the cost of healthcare, with a special focus on children and seniors. More information about the Health Fund can be found at www.mihealthfund.org.

Spotlight on the Rules

Parking Rules at Peace Manor

There are no assigned parking spaces, except that some spaces have handicapped signs.

Please tell guests not to park in resident spaces. We are currently near capacity under our carports.



Massages w/Roberta

Roberta will be at Peace Manor on Thursday, June 6th and Thursday, June 20th. The sign-up sheet is in the mailroom.

Chair Yoga

Come see what the buzz is all about.

When: Thursday, June 13th

Time: 1pm

Where: 1st Floor Community Room



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Flag Day on June 14th

The U.S. Flag Day is coming up soon on June 14th. It commemorates the adoption of the flag of the United States on June 14, 1777 by resolution of the Second Continental Congress. President Woodrow Wilson issued a proclamation that officially established June 14th as Flag Day. Congress joined in with an Act of Congress in 1946.

The entire week of June 14th is designated as "National Flag Week." This provides an opportunity to proudly display the flag if not done year round. It is also a chance to share part of the legacy of our country with our grandchildren.

Why is it important to share our history as a country? I believe this quote sums it up beautifully: "We study history not to be clever in another time, but to be wise always." - Marcus Tullius Cicero

Fun Fact: THE ACTUAL FLAG THAT INSPIRED "THE STAR SPANGLED BANNER" STILL EXISTS.

The flag that flew at Ft. McHenry during the War of 1812, immortalized in Francis Scott Key's tune, is one of the few remaining specimens of a 15-star, 15-bar flag. What is left of it is on permanent display at the Smithsonian's National Museum of American History.

June Birthdays



- Barbara Cosner.....6/3
- Dennis Rossi.....6/3
- Virginia Vonderwerth.....6/3
- Delores Redd.....6/5
- Alana Turner.....6/10
- Bill Johnstone.....6/21

Thoughts to Ponder

Why do we press harder on a remote control when we know the batteries are getting weak?

Why is it whenever you attempt to catch something that is falling off the table you always manage to knock something else over?

Have you ever imagined a world without hypothetical situations?

What do you call a male ladybug?

Why don't sheep shrink when it rains?

Dear Peace Manor Residents,

We are in the home stretch for Victory Cup, 2019, which is on Friday, June 21. Information about our Victory Cup Team is on the Third floor board. Thank you for all your support with attending the various fundraisers and contributing to the pop can drive!

For those of you who are not aware of the PVM Resident Assistance Fund, here is a summary of the program. Upon residing at a PVM facility for at least one year, you are eligible to access this fund. Currently, you can receive up to \$500.00 a year; the amount may change from year-to-year. You can obtain financial assistance for almost anything, such as car repairs, DTE bill, doctor bills, etc. Melissa or I can assist you with completing the brief application. You are required to provide a copy of the bill which you are asking financial assistance with. Please, see one of us for any questions.

For residents who have a tub in your apartment, you can get a cut-out if you are having difficulty with getting in/out of the tub. You are required to obtain a note from your doctor documenting that you will benefit from having the cut-out. Further details will be discussed with you, if you are interested. You can talk with Melissa or me about the matter.

We have two new exercise classes beginning in June! On the third Thursday of the month, Mark, a staff from Mt. Clemens YMCA, will teach, "Moving for Better Balance." This program was developed by researchers at Oregon Research Institute. It is based on principles of Tai Chi. This class, "works to improve balance, muscle strength, flexibility and mobility."

The other exercise class will occur on the fourth Thursday of the month. This class will be taught by Alex who is the Fitness Director at HealthQuest. Alex will teach a resistance class using resistance bands. Resistance training has many benefits, some examples: "increases muscle strength, endurance and power;



improves posture; reduces the risk of falls and everyday physical activities become easier."

Melissa will continue to teach the Stretch and Walk class. Watch for flyers regarding the date/time for June.

Please, plan to arrive at 12:50 p.m. for Chair Yoga as Patty begins promptly at 1:00 pm.

Hope to see you at the Presentations for Cancer and Stroke.

Bring your questions for State Representative Sowerby! A gift card will be raffled off to those who participate in the entire presentation.

In regards to the Mobile Food Pantry, I want to dispel some of the rumors that are going around. Only one truck will be out. You line-up in one line, at the truck, and select your food items. Everyone will get food, no worries about the food running out while you are in line. Please, meet in the Lobby before we go out to the truck. If I obtain any further info, it will be posted.

As always, if you want assistance/help with something, or you have an idea for a Presentation, please, stop by my office, call me at 586.790.4500, ext.5, or e-mail me at piannucci-waller@pvm.org. My office hours are: Monday & Tuesday, 8:30 a.m. - 5:30 p.m.; Wednesday, 8:30 a.m. - 2:00 p.m.; and Thursday, 8:30 a.m. - 5:00 p.m. I am off on Friday.

Sincerely,
Patricia (Trish) Iannucci-Waller, BS

IN THE GARDEN WORD SEARCH PUZZLE



- | | | | |
|------------------|-------------|----------|-------------|
| BEETS | CELERY | LETTUCE | SWEET CORN |
| BELL PEPPERS | CILANTRO | ONION | SWISS CHARD |
| BROCCOLI | CUCUMBER | PEAS | TOMATOES |
| BRUSSELS SPROUTS | EGGPLANT | RADISHES | WATERMELON |
| CARROTS | GREEN BEANS | RUTABAGA | ZUCCHINI |

www.WordSearchAddict.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 1pm: Victory Cup Practice 5pm: Margaret & Therapy Dog Kylie	4 1pm: Informational Presentation-Cancer 6pm: Pokeno	5 10am: Communion 2-5pm: Sue Perkins R.N. 2-3pm: Bible Study 6pm: Cards	6 9:30am: Massages w/ Roberta 1pm: Mobile Food Truck	7 9:30am: Meijer Trip	8
9	10 1pm: Victory Cup Practice 3:45pm: Movie & Potluck	11 1pm: Informational Presentation-Stroke 6pm: Pokeno	12 10am: Communion 2-5pm: Sue Perkins R.N. 2-3pm: Bible Study 6pm: Cards	13 12:50pm: Chair Yoga	14 9:30am: Meijer Trip  Flag Day	15
16 	17 1pm: Victory Cup Practice	18 6pm: Pokeno	19 10am: Communion 1:30-2:30pm: Diabetic Support Meeting 6pm: Cards	20 9:30am: Meijer Trip 9:30am: Massages w/ Roberta 1pm: Exercise Class	21 Village Victory Cup GO PEACEMAKERS	22
23	24 1pm: Visit-State Representative Bill Sowerby	25 1pm: Barb & Therapy Dog Cody 6pm: Pokeno	26 10am: Communion 6pm: Cards	27 1pm: Exercise Class-Resistance Bands	28 9:30am: Meijer Trip	29
30						

June Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Balsamic Chicken Breast Sandwich, Steamed Mixed Greens, Chickpea & Tomato Salad & Diced Peaches	4 Beef Sauce over Rotini, Greens Beans, Italian Garden Salad & Fruited Gelatin	5 Ham, Turkey & Cheese over salad (Maurice Salad), Garden Salad, Minestrone Soup & an Apple	6 Chicken Cacciatore w/ Vegetables, Diced Carrots, Broccoli Salad & Mixed Berries w/ whipped topping	7 Meatloaf, Zucchini & Tomatoes, Chilled Corn Relish & a Banana
10 Turkey Burger, Malibu Veggie Blend, Brown Bean Salad, & Tropical Fruit Salad	11 Hawaiian Meatballs over brown rice, Cauliflower Au Gratin, Carrot Coins & Strawberries w/ Whipped Topping	12 Tuna Salad Sandwich, Marinated Cucumbers, Tomatoes & Onions, Broccoli & Cheese Soup & an Orange	13 Vegetable Lasagna, Green Beans, Italian Garden Salad, & a Pear	14 BBQ Chicken Breast, Baked Beans, Coleslaw & Warm Apple Crisp
17 Beef Stir-Fry over Brown Rice, Vegetable Egg Roll, Oriental Veggie Blend & Mandarin Oranges & Pineapple Tidbits	18 Greek Chicken Salad, Garden Salad, Twice Baked Potato Chowder & an Apple	19 BBQ Pork Ribbette Sandwich, Carrots, Garden Salad, Diced Peaches & Pears	20 Open Face Roast Beef Sandwich, Garlic Mashed Redskin Potatoes, Broccoli Salad & a Banana	21 Chicken Pasta Primavera w/ Vegetables, Green Beans & Mixed Berries w/ Whipped Topping
24 Honey Mustard Chicken Breast Sandwich, Steamed Mixed Greens, Coleslaw & Apricots	25 Cheese Ravioli w/ Marinara, Sicilian Veggie Blend, Italian Garden Salad & an Orange	26 Stuffed Pepper, Garlic Mashed Redskin Potatoes, Key West Veggie Blend & Strawberries w/ Whipped Topping	27 Chef Salad, Garden Salad, Chicken Noodle Soup & a Banana 	28 Potato Crunch Pollock over rice Pilaf, Green Beans, Marinated Cucumbers, Tomatoes & Onions & Fruited Gelatin

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



Office Numbers

(586) 790-4500

Village Staff

Melissa Riesterer
Administrator

Stacey Klooster
Administrative Assistant

William Horton
Maintenance Tech

Patricia Iannucci-Waller, B.S.
Service Coordinator

Kelly Jennings
Housekeeper

Sue Perkins, RN
Parish Nurse

EMERGENCY NUMBER

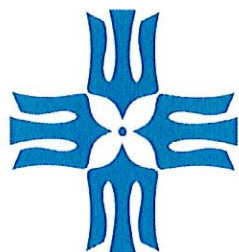
(586) 256-6326

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(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



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A Mission of Presbyterian Villages of Michigan

2016 CRAIN'S
Best-managed
NONPROFIT

WINNER

Presbyterian Villages
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