



Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

June 2020

Featured Articles

Updates/Reminders	Pg. 2
PVM Wellness	Pg. 3
PVM Senior Advocate	Pg. 5
PVM Foundation	Pg. 6
Father's Day Poem	Pg. 7
June Facts	Pg. 8
Summer Anagram	Pg. 9
Village Happenings	Pg. 10
New Resident	Pg. 11
Birthday	Pg. 12



Look for PVM on:



The Village of
Westland

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan

UPDATES AND REMINDERS

No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the covered parking.



Smoking in the apartments is forbidden.



**Want your groceries delivered?
Need help ordering online?**



**Please contact Shana at 734-762-8886
Monday – Thursday between 3 PM and 5 PM
if you need assistance.**

**Love living at the Village of Westland?
What to live near your friends and get money for it?
Here's How!**
**If you refer a resident who ends up living here for at
least 90 days, you will receive a \$500 bonus!**

Village Westland Communication

An email address is the best way for us to send regular updates. Please call Shari Thompson at extension 28952 or call direct at 734.762.8952 to have a loved one's email address added to our list.

**You may also send her an email at
sthompson@pvm.org**



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

Take it Easy! Take it Slow!



Sooner or later, the Governor will relax her Stay Home, Stay Safe order and we will be able to emerge from our homes to do more than just perform essential tasks. While taking all the necessary and proper precautions, we'll once again be able to visit with family and friends and physically gather together.

Just because we've been given the green light to get out and about, however, doesn't mean we should go from "0 to 60" to make up for lost time. Keep in mind that while we've been sheltering in place to help "flatten the curve", we've probably been less physically and mentally active. Our bodies have most likely become a little weaker and our brains perhaps a little less sharp. As they say, "use it or lose it". When the doors finally do open, we'll need to be mindful of these subtle yet significant changes.

Just as butterflies, after they emerge from their cocoons, first take the time to unfold and dry their wings before they fly off to experience life's adventures, we too will need to do the same. We'll need to move a little slower and be a bit more deliberate with our actions. We'll need to be more in tune with our bodies paying attention to its signals, resting when we need to rest and moving when we need to move.



As we begin to get out and about and interact with our families and friends, our bodies will strengthen and our brains will sharpen. And as we do start to move about, it's important that we remember to take it easy and take it slow. In our quest to be with others, the last thing we want is for something to happen, such as a fall that may put us right back where we started from. Confined to our homes.



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Scammers Never Rest!

It seems that scammers and swindlers never sleep! They seem to be working 24/7 to steal every dollar we have ever earned. Beyond stealing someone's identity, these scoundrels get more creative all the time. They obviously have no compassion. Rather than pausing their devious actions during these turbulent times they have upped their game. Some new scams related to COVID-19 include:

- Offering face masks but never delivering
- Pretending to sell health & safety, cleaning and paper products but not delivering

Other scams have been around for some time and continue to run rampant. These include:

- Impersonating Microsoft personnel & offering to help cure viruses they have detected on your computer
- Pretending to be from your bank and needing to access your account information due to a breach
- Threatening you of action by the IRS
- False mystery shopping job offers
- Romance Scams
- Crowd Funding Scams
- Pretending to raise funds for police & fire

The best way to deal with all of these is to not take any calls from unknown sources. The official reps from all will not ever call you and ask for information. Do not order from unknown sources. Be careful of social media. Although it can be wonderful for staying connected with family and friends, it can be like opening your front door to nefarious strangers or leaving your house and car unlocked. Remember that trust may be earned.

Stay safe and be a savvy consumer!



Your Giving Matters.

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

YOU STILL HAVE TIME TO HELP YOUR VILLAGE EARN \$1,000!

PRESBYTERIAN VILLAGES OF MICHIGAN



**IS EXTENDED TO JUNE 15, 2020
DONATE TO YOUR VILLAGE, HELP YOUR VILLAGE REACH ITS
GOAL AND EARN \$1,000**

Choose a way to make your gift

1. Use a PVM Foundation prepaid envelope (delivered to you last month and/or at your Village's front desk to mail your check or money order

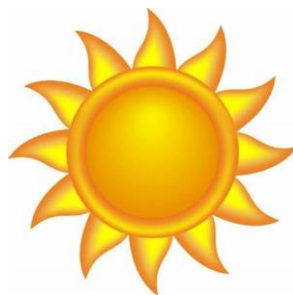
or

2. To make an online donation, visit PVMF.org



JUNE FACTS

- June is the month with the longest daylight hours of the year in the Northern Hemisphere
- June's birthstone is the pearl, the Moonstone and the Alexandrite
- The June birth flower is the Rose (Rosa) and the Honeysuckle (Lonicera)
- Anglo-Saxons gave June the name Sera monath (Dry month)
- June is derived from either Juno goddess of marriage or from iuniores (young people)
- In both common and leap years, no other month begins on the same day of the week as June
- June is international men's month



Unscramble the letters to find the words in our

Summertime Anagram

Hidden Word (circled letters):



a f n

a a b b e l l s

b e e f i r s

d g h o o t

h o r s s t

a c g i m n p

e f l o r w

a d e g n r

g i n s w

n s u

Answers on Page 11

Happenings at the Village of Westland

Resident Community Channel (Channel 2) Happenings:

Movies every day at 10 AM and 2 PM

Bingo at 12:30 PM Monday thru Friday

Karaoke at 6 PM on Wednesdays

Campus Happenings:

Village Store is open from 10:15 AM – 11:15 AM

- Please call 734-762-8886 or Ext. 28886 when the store is open to make a order
- The store orders will be charged to your room and be delivered to your door shortly after making the order

Outdoor Exercise (weather permitting)

- Chair Exercise starting at 1:15 PM Monday - Friday
 - Mondays: Fire Lane between 200 and 300 Hallways
 - Residents from 200, 300, and even room in the 100 Hallway are invited
 - Tuesdays: Fire Lane between 100 and 500 Hallways
 - Residents from the 500, 600 East, and odd rooms in the 100 Hallway are invited
 - Wednesdays: Gazebo
 - Residents from 600 West and 700 Hallways, and 902, 904, 906, 907, & 908 rooms are invited
 - Thursdays: Fire Lane between 900 and 1000 Hallways
 - Residents from 1000 and even rooms in 900 Hallway are invited
 - Fridays: Fire Lane between 800 and 900 Hallways
 - Residents from 800 and odd number rooms in 900 are invited
- Walking Group starting at 2:00 PM Monday – Thursday
 - Mondays/Wednesdays: 100 – 500 Hallway Residents
 - We will start at the front of the building and head east
 - Tuesdays/Thursdays: 600 – 1000 Hallway Residents
 - We will start at the end of the 600 East hallway and head west
 - Please walk out your patio door or the door at the end your hallway. Don't head out through the front main door or the Wellness Center door
- Remember to adhere to social distancing (at least 6 feet apart) and to wear your facemask during these activities

Participate in contests such as Coloring and Guess Who via your Internal Mailboxes and the Resident Community Channel. If you would like to change your cable to Retirement TV to get access to the Resident Community Channel, please call Breana Wallace at 734-762-8928.



Welcome To The Village!



Bud Kline - Resident

May Activities!



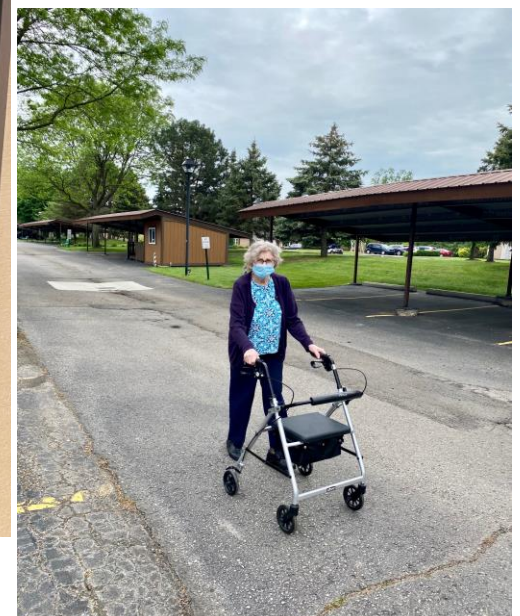
Chair Exercise Outside



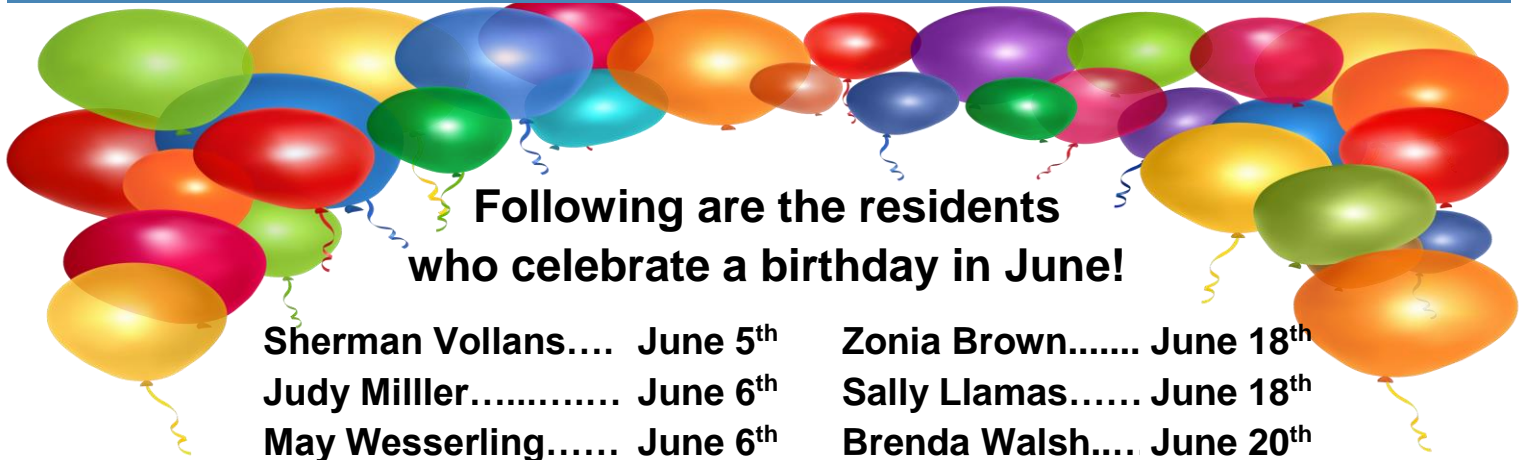
Walking Group



Bingo Prizes



Happy Birthday to our Wonderful Residents...



Following are the residents who celebrate a birthday in June!

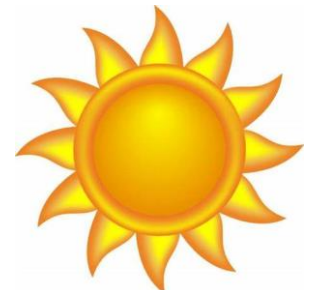
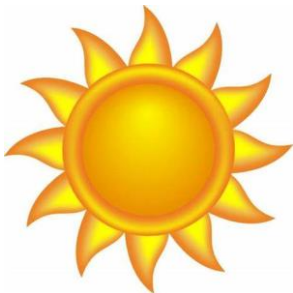
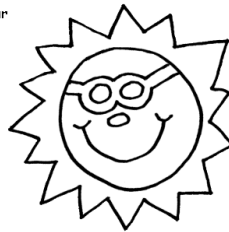
- | | | | |
|----------------------|-----------------------|-------------------|-----------------------|
| Sherman Vollans.... | June 5 th | Zonia Brown..... | June 18 th |
| Judy Miller..... | June 6 th | Sally Llamas..... | June 18 th |
| May Wesserling..... | June 6 th | Brenda Walsh.... | June 20 th |
| Pat Troschinetz..... | June 8 th | Hilda King..... | June 20 th |
| Bev Wreford..... | June 11 th | Paul Rizzo..... | June 21 st |
| John Polson..... | June 12 th | Frank Steyskal... | June 22 nd |
| June McKay..... | June 16 th | John Blackerby.. | June 29 th |

Summer Anogram Answers:

Unscramble the letters to find the words in our

Summertime Anagram

Hidden Word (circled letters):
hamburgers



- | | |
|----------------------|----------|
| @f n | Fan |
| a a b e l l s | Baseball |
| b e f i r s | Frisbee |
| d g h o o t | Hotdog |
| h o r s s t | Shorts |
| a c g i m n p | Camping |
| e f l o r w | Flower |
| a d e g n r | Garden |
| g i n s w | Swing |
| n s u | Sun |

**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

(734) 728-5222

Village Staff

Michele White – Ext. 28885
Executive Director

Kara Otto – Ext. 28810
Social Worker

Jason Lovelly – Ext. 28927
Human Resources

Shari Thompson – Ext. 28952
Billing

Jan Smith – Ext. 23179
Nurse Case Manager

Walter Grantham – Ext. 28897
Dietary Manager

Breana Wallace – Ext. 28896
Marketing Manager

Brenda Seifert – Ext. 28893
Housekeeping Lead

Shana Brown – Ext. 28886
Wellness Manager

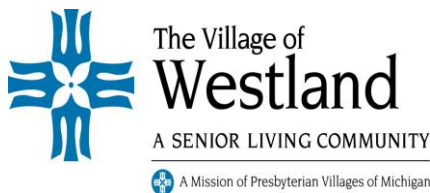
Ed Fletcher – Ext. 28890
Environmental Service Manager

EMERGENCY NUMBER

(734) 728-5222



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 at **248-281-2040** or visit www.pvm.org



**32001 Cherry Hill Road
Westland, MI 48186**



Embrace the possibilities