



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

July 2019

Featured Articles

Activities	pg. 3
Advocacy	pg. 8
Birthdays	pg. 6
4th of July	pg. 4
Pet of Month	pg. 10
Service Coordinator's Update	pg. 9
Wellness	pg. 6

Gold Medal for a Warren Glenn All-American

Our small but mighty team of five All-Americans joined over 300 residents of Presbyterian Villages of Michigan for the largest Victory Cup competition ever at the Novi Civic Center.

Deb Bertolino, participating for the first time, won a Gold Medal for *Kick-A-Roo*. She said that she really enjoyed the games and is looking forward to next year.

Team members were Irene Alex, Deb Bertolino, Chuck Cowan,

Vicki Jackson and Allan Thompson with Coach Denise Giallombardo and Anne Lilla. Next year, let's make it an even bigger team!

Victory Cup games are set up in the Wellness Room; feel free to practice or just have fun dunking basketballs and tossing bean bags.

Thank you to everyone who went, to Mac McDougall who drove and took pictures and to Stacey who did data entry.

Enjoy more pictures on pg.2



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Victory Cup 2019

ANNOUNCING THE GOLDEN FROG AWARD

The *Golden Frog Award* is a new, special award to be presented each month to a resident in recognition of being a good neighbor. The recipient will be chosen by the Activities Committee and announced in the monthly newsletter. The Golden Frog, a cute stuffed toy, will spend the month with the winner before it moves on to the next good neighbor. The winner will receive a certificate and have their name on the bulletin board. You can nominate someone for this award by filling out a form and placing it in the Activities Committee Suggestion Box (both located in the library).



GOLDEN FROG WINNER JULY 2019

SAMMALE (Sam) Mahaffey, #228, is well-known for her wonderful hugs and happy smiles. A friend to everyone, Sam is a really good neighbor.

She has a "Green Thumb" and for the second year in a row, has been watering our outside flowers by carrying heavy containers of water throughout the property. We appreciate that she keeps the flowers alive and blooming so we can all enjoy a colorful summer.

Sam also works on the Soul Food Dinner and assists Vicki Jackson with the monthly delivery of fresh vegetables from a Detroit church. She volunteers for the office at the Rummage Sale and has participated when students assist with planting and mulching flower beds. Thank you very much, Mrs. Mahaffey.

RESIDENTS ACTIVITIES COMMITTEE UPDATE

The Activities Committee is now meeting once a month and actively working to add new activities to our village. More local trips are being taking place using the Warren Glenn bus. We are working on expanding game nights by matching residents with others who like the same games such as Cribbage, Euchre, Scrabble, etc. Last year we began monthly birthday parties and a program to welcome new residents with a goody basket of practical items, a highlight of village services and rules, and a home visit. And as the accompanying article describes, the Activities Committee has just started a program to acknowledge good neighbors.

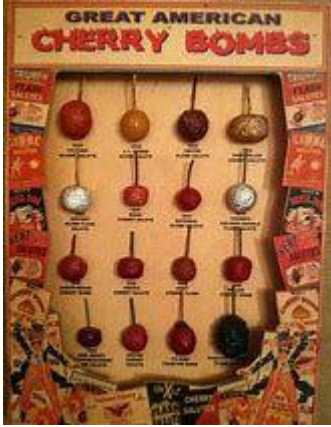
Your input about activities at the village is the most important factor in our success. Suggestion forms available in the Library. Please fill out this form as needed and your suggestions will be reviewed and implemented if at all possible.

Please note: This suggestion box is ONLY for activities. It is not for any suggestions or comments about the building policies, etc. Any such suggestions will be discarded without action. Comments and suggestions of this nature should be taken to the office.



REMEMBER THESE?

To celebrate the 4th!



Cream on the top



M-i-c-k-e-y M-o-u-s-e



4th Of July Fun Facts

- The first two Liberty Bells were defective, so a third Liberty Bell was rung every Fourth of July from 1778 on, until it cracked in 1835. It has been silent since then.
- Benjamin Franklin wanted the turkey to be the national symbol, but most people voted for the bald eagle, chosen by Thomas Jefferson and John Adams.
- The words “under God” were added to the Pledge of Allegiance in 1954 during the height of the Cold War.
- The national Anthem was set to the tune of an English drinking song, named “To Anacreon in Heaven”.
- The stars were arranged in a circle on the first flag to show that all the colonies were equal.

And Some Really Fun Facts

- Over 150 million hotdogs will be eaten at Fourth of July celebrations all over the country. That comes out to be one hotdog for every two people.
- 211 million dollars are spent on fireworks every year.
- More than 74 million people will have an Independence Day cookout.
- Thirty locations in the United States have the word “liberty” in them. The one with the highest population is Liberty, Missouri.
- Eleven places have the word “independence” in them. Independence, Missouri is the most populated.
- Five locations use the name “freedom” with Freedom, California, having the largest population.
- One place uses “patriot” – Patriot, Indiana.
- Five locations have “America” in their name, the largest being American Fork, Utah.

RHYMING WORD GAME: AND IT AIN'T LAME!

Try this fun word game. The answer to each clue must rhyme with the word "LIGHT". Enjoy

1. _____ Engage in conflict
2. _____ Not left
3. _____ How tall you are.
4. _____ A toy for a windy day
5. _____ Sudden fear or alarm
6. _____ Cut with your teeth
7. _____ Great power
8. _____ Period of darkness
9. _____ The opposite of dim
10. _____ The power of vision
11. _____ The opposite of loose
12. _____ The color of snow
13. _____ Construction location
14. _____ Set of stairs
15. _____ Ask someone to come over
16. _____ A real joy
17. _____ Use pen and paper
18. _____ Start to burn
19. _____ On fire
20. _____ Someone who wear shining armor

Answers on page 6.



LOST & FOUND

Dann Federico, #208, lost a large, red umbrella that was drying in the Eddie Flint room on the day of the fire drill. Please drop it off at the office or by his apartment. Thank you so much.



SHOPPING TRIP DATE CHANGE

Our bus leaves every Wednesday at 12:30 p.m. for food shopping except on Wednesday, July 24. Instead, shopping for that week will be on **Thursday, July 25 at 12:30 p.m.**

The destination changes every week and there a fee of \$2 payable in the office. Sign up in mailroom. Every resident is welcome to sign-up. Eight people can go at a time. If more people want to shop, an alternate day may be arranged.

OUT TO LUNCH BUNCH

All residents are invited to join the *Out to Lunch Bunch* on Thursday, July 11 at 12:30 p.m. for lunch and ice cream at Leason's. Sign up in the mailroom.

SUPPER CLUB

Everyone is invited to go to Louie's Pizza, a well-known and well-liked place in Hazel Park for their award winning pizza on Wednesday, July 24 at 4:00 p.m. Sign up in the mailroom.

Stay Cool! Jump in the Pool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided.

To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body temperature and increases water loss).
- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

**If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.*



JULY BIRTHDAYS

1	Mickey Jennings	#207
3	Tom Geml	#107
13	Bev Hooks	#240

JULY HOLIDAYS

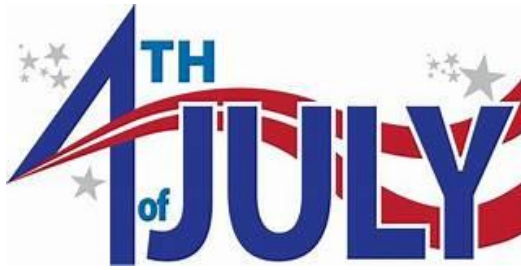
4	Independence Day
10	Teddy Bear Picnic Day
13	Friday the 13th
15	Cow Appreciation Day
20	National Lollipop Day
24	Tell an Old Joke Day
26	All or Nothing Day
30	National CheesecakeDay

ANSWERS TO WORD GAME, PAGE 5

1 – Fight	2 – Right
3 – Height	4 – Kite
5 – Fright	6 – Bite
7 – Might	8 – Night
9 – Bright	10 – Sight
11 – Tight	12 – White
13 – Site	14 – Flight
15 – Invite	16 – Delight
17 – Write	18 – Ignite
19 – Alight	20 – Knight



JULY DINNERS



Come to a Picnic!
July 4th
5:00 p.m.
Community Room

Hamburgers
Macaroni Salad Mac & Cheese
Baked Beans Cole Slaw
Watermelon Lemonade

Desserts are needed.

Sign Up in the Mail Room

Everyone Invited

50/50 Drawing

DONATIONS TOWARDS THE FOOD COSTS ARE WELCOME.



All residents invited to the July Birthday Party
Thursday, July 11 @ 3 PM in the Community Room.

Cake, Ice Cream and Beverage will be served.

Followed by "BIRTHDAY BINGO"

Come Join the Fun!

The Garden of Daily Living

Plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

There is no garden without turnips:

1. Turnip for church
2. Turnip for service
3. Turnip to help one another

To grow our garden, we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience.
Cultivate with love. And your garden will be lush because you reap what you sow.



The Senior Advocate: *Creating A Dementia Capable Michigan*

By Lynn Alexandar, Vice President, PVM

Have you had concerns about dementia either for yourself or a loved one? You are not alone. An estimated 190,000 Michiganders age 65 and older have Alzheimer's or other dementias. That means that more than a half million family members in Michigan are caring for these loved ones.

In 2016 a committed group of individuals and organizations formed the Michigan Dementia Coalition. Their vision is to make Michigan a dementia capable state. They have created a roadmap to achieve this goal by 2022 via promoting the well-being and safety of people living with dementia at all ages and stages; mobilizing partnerships to strengthen the service network; recognizing and promoting dementia as a public health priority; and enacting policies that strengthen families, communities and the economy.

The Alzheimer's Association along with a total of 65 organizations is working to take action on this very important public health issue. For further information go to alz.org.

WE ARE
Meals On Wheels
So no senior goes hungry.

The Macomb County Senior Nutrition program packages *Meals on Wheels* Monday – Friday in our kitchen for 65 – 70 people who are homebound in the Warren area. The Warren Consolidated school district cooks the food and delivers it here and then after it is packaged by county staffers, Tina and Jill, volunteers come to Warren Glenn, pick up the lunches and deliver them.

It takes a lot of volunteers to keep this program running smoothly. **Delivery drivers are needed.** If you or a friend or relative can give even a few hours a week it would be such a big help. Please spread the word about this meaningful volunteer work. Call 586-469-5228 for more information or to take the plunge.

Dining Senior Style at Warren Glenn

The Macomb County Senior Nutrition Program through *Dining Senior Style* serves a wonderful, hot lunch Monday-Friday in our community room. The meals include a beverage and dessert. You fill out an assessment form once and then sign-up in the community room before lunch is served at 11:30 AM. The requested donation is \$3.



HELP WANTED

WARREN GLENN LIBRARIAN
Little or no experience needed. Flexible work hours (30 minutes per week), nice work environment, close location, and great rewards.

Requirements: Know the alphabet, able to lift up to one pound, and a willingness to serve. Full training provided. If you are interested, see Anne Lilla, Administrator.

Thank you to Lois Eckhout for her service in this role.

From the Service Coordinator

Denise Giallombardo, B.S.W., National Church Residencies

Protect Yourself from Robocall Scams

Many of you have asked me about unwanted phone calls. Whenever you answer the phone and hear a recorded message instead of a live person, it's a robocall. I have contacted the State Attorney General's office to schedule a speaker about phone scams but for now here are some tips from Huffington Post on how to protect yourself.

1. Register your phone number with the *National Do Not Call Registry*. Contact donotcall.gov or 1-888-382-1222. Please see me if you need help registering your phone number.
2. If you have a caller ID, do not answer the phone unless you recognize the number.
3. If you do answer and it is a robocall, hang up the phone. Don't press 1 to speak to a live operator and don't press any other number to complain about the call or get your number off the list. If you respond by pressing any number, you are signaling that the autodialer has reached a live number. It will probably lead to more robocalls.

If the recording is a sales message and you haven't given your written permission to get calls from the company on the other end, the call is illegal. In addition to the phone calls being illegal, their pitch most likely is a scam. If you call them back, you open yourself to a scammer. **DO NOT CALL THE NUMBER BACK!**

Some common robocall scams are offering lower credit card interest rates, mortgage relief, free vacations, medical alert devices or home security systems, or changes in your health benefits or bank account. Be aware that new scams are constantly evolving, and they all have only one goal in mind — to get your personal and financial information. The reason for the spike in robocalls is technology. Fraudulent robocallers are using auto-dialers that can send out thousands of phone calls every minute for an incredibly low cost, and are very difficult to trace. When these kinds of calls come in, your caller ID usually displays "spoofed" (fake) numbers or just says "unknown." **Remember: DO NOT answer and DO NOT talk with anyone!** AT&T, Verizon, and Sprint are looking into ways to legally block these calls from your phone at no charge. They get hundreds of complaints about robocalls every week.

Come to the Fun and Educational Service Coordinator Programs in July

TUESDAY	JULY 9	DEB'S DOLLAR STORE	COMMUNITY ROOM	10:00-NOON
FRIDAY	JULY 12	FOCUS HOPE	S.COORD. OFFICE	MORNING
FRIDAY	JULY 19	BUILDING COMMUNITY	COMMUNITY ROOM	2:00 PM
MONDAY	JULY 22	PACE PROGRAM & PIZZA PARTY	COMMUNITY ROOM	1:30 PM
THURSDAY	JULY 25	DR. RUBIN'S HOUSE CALLS	RESIDENTS' APTS	AFTERNOON

First Presbyterian Church of Warren Inclusion Ministry

by Marijo Hockley

Bible Study, Every Thursday, Warren Glenn Community Room, 1:00 p.m.
We are working our way through the Epistles of Paul.

Worship Service, July 7, 1:00 p.m., Warren Glenn Community Room.

Communion Service, July 21, 1:00 pm - Warren Glenn Wellness Room.

Movie and Lunch, July 21, 2:00 p.m., Warren Glenn Wellness Room.

Bring a side, movie snacks, or a dessert to share. Submarine sandwiches provided. Movie - "101 Dalmations"

PET OF THE MONTH

Three little parakeets are the roommates of Chuck Cowan in apartment 230. Chuck says that when he walks into the room where the two girls live, he greets them by saying "Hi, you two!" So they are named "YOU" and "TWO". Chuck recently added a boy parakeet so now he greets them all by saying "Hi, you two and Mr. Blue!" They may be tiny but they are a lot of company for Chuck.



Trees, Bushes and Flowers Dot Grounds

We have been plantin' fools at Warren Glenn putting in tulip trees, Annabelle hydrangeas variegated dogwoods, spirea, forsythia, witch hazel, black-eyed Susans, blanket flowers, daisies, sunflowers, coral bells, Russian sage and other annuals. Thank you to Rosemarie Barnhart, Chuck Cowan, Carol Oliver, Emmi Parada, Anne Lilla, and especially Mark Benoit for creating new flower beds and planting in clay.

OUT & ABOUT WITH LAWANDA

Listen to a beautiful *Concert in the Park* at the Warren Civic Center on Sunday, July 21 from 7:00 – 8:30 p.m. Free. Bring a lawn chair, walker with seat or blanket. The bus will leave at 6:30 p.m. Sign up in the mailroom.

GOODBYE, DEAR FRIENDS

We bid goodbye to Crystal Yeager, #113, and Nora Katsigiannis, #135 who moved out of the building. Crystal, a talented graphic artist, moved to assisted living. We will miss her daughter and granddaughter as well. Nora along with her dog, Casey, moved to Texas to live with her son. We wish them the best.

THANK YOU, SUE PERKINS

Sue Perkins announced her retirement from Parish Nursing beginning July 23. Sue has been serving at Warren Glenn since 2007, answering health questions, taking blood pressures and arranging for flu shot clinics among other services. Her depth of knowledge and calm presence will be missed. Thank you, Sue, for your work and thank you for continuing Tues. Bible Study.

4th of July

Word Search



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



Images (c) NRC Design Studio

America
 Barbeque
 Celebration
 Fireworks
 Flag
 Freedom
 Independence

Liberty
 Parade
 Red White and Blue
 Stars and Stripes
 Uncle Sam
 USA

CrayonFreckles.com

**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 Number
Village Staff

(586) 751-5090

Anne Lilla
Director

Stacey Klooster
Administrative Assistant.

Denise Giallombardo
Service Coordinator

Office Hours:
8:30 a.m. – 1:30 p.m.
3:30 p.m. – 5:00 p.m.

Mark Benoit
Maintenance Tech

Emmi Parada
Housekeeper

WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President
Betty Challenger Sister Mary Fagan
Marijo Hockley Mary Blaszczak

Emergency / After Hours Number (586) 554-4008
Fax Number (586) 751-7876



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 Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Embrace the possibilities