



Village Voice



Embrace the possibilities

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August 2013

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The Village of
Peace Manor
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

From The Village Administrator

Happy August!

I can't believe it is August already. The summer is quickly passing, and fall clothing and back to school items are in the store. Although fall is approaching, it's still the summer months, so please continue to be careful in those very hot days of summer by wearing loose fitting clothing and drinking plenty of water. We are preparing for the grand opening of our new store. The winner will be announced on August 1 for naming the store, and he/she will win a prize. I think the store will be a great service for all of the residents as well as the staff. The shelves are stocked with some great items. We are planning to be open Mondays, Wednesdays and Fridays, but the hours are yet to be determined. We can always use volunteers to help run the store.

On Monday, August 19, I hope you can join us for a resident's meeting in the 1st floor community room at 1:30 pm. Look forward to some ice

cream and toppings to enjoy while attending the meeting.

I am in the process of getting our awning ordered and installed. I spoke with the awning company, and they have to order the materials and build it, so it will take at least 4 weeks to have it completely installed. I am looking forward to the final product.

If you have some great recipes you'd like to share with other residents, please bring them to the office so we can publish them in our monthly newsletter.

Some renovations have been taking place in the ladies room. It needed to be updated, and it looks beautiful. Soon changes will be taking place in the men's room as well.

Melissa Riesterer
Administrator

Look for PVM on:



Recipe of the month



Southern Peach Cobbler

Allrecipes.com

Ingredients:

8 fresh peaches-peeled
pitted and sliced into
thin wedges
¼ C white sugar
¼ C brown sugar
¼ tsp ground cinnamon
1/8 tsp ground nutmeg
1 tsp lemon juice
2 tsp cornstarch

1 C all purpose flour

¼ C white sugar
¼ C brown sugar
1 tsp baking powder
½ tsp salt
6 TBSP unsalted butter
chilled and cut into small
pieces
¼ C boiling water
Mix Together:
3 TBSP White Sugar
1 tsp ground cinnamon

Directions:

1. Preheat oven to 425 degrees F.
2. In a large bowl, combine peaches, ¼ C white sugar, ¼ C brown sugar, ¼ tsp. cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly, and pour into a 2 quart baking dish. Bake in a pre-heated oven for 10 minutes.
3. Meanwhile, in a large bowl, combine flour, ¼ C white sugar, ¼ C brown sugar, baking powder, and salt. Blend in butter with fingertips until mixture resembles coarse meal. Stir in water until just combined.
4. Remove peaches from oven, and drop spoonfuls of topping over them. Sprinkle entire cobbler with the sugar and cinnamon mixture. Bake until topping is golden, about 30 minutes.

Announcements

Maintenance Corner

Please report all maintenance repair orders to the office. Complying with this request will not only serve as a record for the office, but for you as well.

Laundry Room Hours

Laundry room hours are from 8am-10pm. Please do not start a load of laundry after 9pm.

Front Drive Loop

The front drive is for pick-up and drop-off only. Please remind your guests that it is never okay to park and enter the building. Also, vehicles are never to block the handicap accessible ramp.

For Your Safety

Please do not let anyone into the building that you do not know personally. If they are here to see a resident, they should dial the appropriate apartment. If you are expecting a delivery after business hours, please instruct the delivery personnel of this procedure.

From The Village Parish Nurse

Good Versus Bad Carbohydrates

The Good Ones

- Fresh Fruit
- Fresh Vegetables
- Whole Wheat Flour
- Whole Wheat Pasta
- Brown Rice
- Beans & Legumes

The Bad Ones

- Refined Sugars
- Processed Flour
- White Bread
- Cakes
- Cookies
- White Pasta

We need carbohydrates for energy as the body so the body can function. If we take in too many carbohydrates, they will be stored in the body as fat.

The refined type can affect blood sugar which causes insulin to be pushed out quicker. This can cause distorted amounts of insulin to flood the systems giving high and low sugar reactions.

The good carbs digest slower and do not cause the extreme blood sugars and insulin levels.

The added fiber from the good carbs will aid in digestion and the elimination process.

God Bless!

Please call with your questions.

Sue Perkins, R.N.

Camille's Office Hours:

- Monday 7:30am-2:30pm
- Tuesday 7:30am-1:30pm
- Thursday 7:30am-2:30pm

"A Service Coordinator Provides Information And Referrals In A Community Who Need Support Services To Maintain Self Sufficiency."

Parish Nurse Schedule

Sue Perkins is available every Wednesday from 1:00-3pm to take blood pressures. She is also available to counsel with regarding health advice.

Join her at 3pm in the library for Bible study.



Flu Shot Clinic

Mark your calendars:
 Wednesday, September 18th
 2-3:30pm



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Attitude Makes The Day!!!

Not long ago I wrote about an excellent customer service interaction I experienced. Recently I experienced the exact opposite. This experience was so negative in such a shocking manner that I was left speechless, which is a rare occurrence for me!

On this occasion I approached a front desk of an organization. In a friendly manner I asked the person behind the desk how she was that day. She replied: "I am great. This is my favorite part of the day since I am almost ready to leave for the day." That is not the first impression that any organization should find acceptable. And it is not what any of us would like when visiting an organization. And I'll bet the sender of this communication would not like to have this happen when she goes to the grocery store or the bank. What she may not realize is that she is creating a negative experience for herself as much as for anyone else.

Attitude plays a very large role in our lives. If we have a great attitude we are more likely to attract positive experiences. At the very least a positive attitude will help us cope with what comes our

way. This is magnified when it comes to the aging process. For some folks any little thing can bring them down and ruin their day. For others with many challenges, they seem to rise above it all and appreciate all that is good.

Another person whom I met recently is the perfect example of positive attitude. She was so ill that she could barely get out of bed and was worried about her future and quality of life. She decided she had better do something about this. So she found out about the Center for Senior Independence (CSI) at our Rivertown location in Detroit. This program helps her deal with all aspects of her health and daily living. Some months later she is still living independently in her apartment and riding the bus to the center. She is much more mobile and feeling great. When I saw her she was all decked out in her finest with jewelry and makeup adding to her glowing persona. She is even the deejay for events at CSI. Here is a woman who could have given up on life. Yet her attitude turned her life around in a very positive way. Let's all keep this lovely lady in mind when something seems challenging.

Attitude makes the day!

Important News

Section 202 Call-in: Support Bill S.1243.

Please call 866-898-2624 and urge your senators to support the FY14 appropriations for the U.S. Department of Housing and Urban Development (HUD).

This is the first time in 3 years that the Senate has provided any funding to expand affordable housing, so it's important that the bill gets passed.

The bill includes:

- ✓ \$400 million for PRAC renewals
- ✓ \$70 million for service coordinators
- ✓ \$20 million in new money for a demonstration of housing and service models

What to tell your senators about S.1243

Please vote in favor of Senate Bill S.1243, which includes new money for a section 202 demonstration to develop housing and services programs for vulnerable, low-income seniors. New funding is desperately needed at a time when there are more than 10 seniors on a waiting list for every affordable housing unit.



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Ambulation Aids

It's no secret that as we age, walking can sometimes become more difficult. This can be for a variety of reasons. Whether it is a medical condition or age, it is important for most of us to remain independent as long as possible. If after trying exercise or physical therapy and you find that you need to use an ambulation aid to stay safe, then that is the way to go. There is no shame in needing some assistance. It is certainly better than falling.

There are a number of ambulation aids that are available for your consideration. Keep in mind that these aids do not solve the underlying problem, just offer more support and mobility. A good first step is to speak with your doctor and or physical therapist to see which type of aid is the best for your needs. You should work together to select the most appropriate aid and to ensure that the device is properly fitted to you. Proper fit and assessment, along with education on how to use the device, are keys to making sure the ambulatory aid actually helps

Some items to consider before purchasing:

- Weight Load: Different devices can hold different size people; be sure yours can hold your weight.
- Design of the device: Does it fit your lifestyle?
- Are adjustments offered as you change over time?
- Are the handgrips comfortable and contoured?
- Is it easy to use?

Once you have your device, work with it until you are familiar how to use it safely. Soon you will be ready to get out there and walk with a smile on your face.

Happy walking and stay safe!

Peace Manor Events

Marilyn Lane Visit

When: Friday, August 2

Time: 2:30pm

Where: In the Community Room

Join Marilyn Lane for conversation and refreshments.

Sing-A-Long

When: Wednesday, August 14

Time: 1pm

Where: In the community room

Movie Night

When: Thursday, August 22

Time: 6pm

Where: In the Community Room

Popcorn will be provided. Please bring your own beverage.

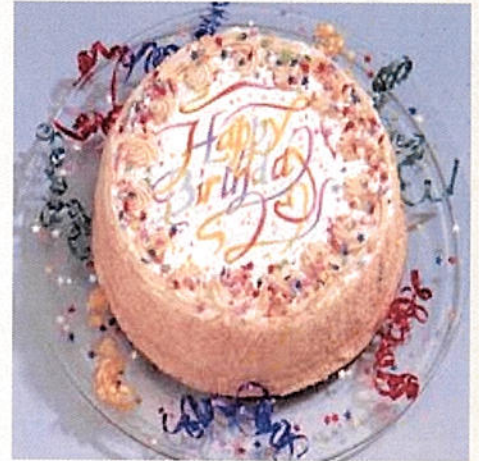
Chair Exercise

When: Thursday, August 8 and Thursday, August 22

Time: 12:45pm

Where: In the Community Room

August Birthday Celebrations



August Birthday Party Celebration

Join us in celebrating your fellow residents who have Birthdays in August .

When: Thursday, August 15 at 1:30pm

Where: Peace Manor Community Room

Cakes, Assorted Desserts and Refreshments will be served

Happy Birthday to You!

Let's Wish Our August Birthday Residents A Very Happy Birthday!

- | | |
|------------------------|--------------------------|
| Mary Aprea.....8/15 | Winnie Stover.....8/17 |
| Archie Hannah.....8/16 | Ruth Ann Harris.....8/27 |
| Arlene Seckel.....8/17 | Lucille DeRosia.....8/28 |



Manicures by Kameelia

When: Tuesday, August 20
Time: 3pm

Kameelia's Cell Phone:
(586)344-9357





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The “Non-Nutrient” Nutrient

Here's a riddle: It can't be digested, yet it's an important part of a healthy diet. Here are a few hints:

- ❖ It comes in two varieties: soluble and insoluble.
- ❖ It helps prevent constipation, regulates bowel activity, and promotes digestive health.
- ❖ It helps control cholesterol and blood sugar levels and reduces the risk of heart disease, stroke, and type 2 diabetes.
- ❖ Women over age 50 need 21 grams daily; men over age 50 need 30 grams daily.
- ❖ It's found only in plants.
- ❖ If you haven't yet guessed it, the answer is fiber.

Good sources include fruits, vegetables, whole grains, seeds, nuts, and legumes. Fortunately, you don't have to eat them raw to get the benefit. Because how you prepare them won't reduce their fiber content, let your imagination be your guide. Make an easy-to-swallow fruit smoothie

by blending your favorite frozen fruit with some low-fat yogurt and skim milk. Make vegetables easier to chew by steaming them. You can also sauté them then puree them into a sauce that you can serve over whole wheat pasta. The possibilities are endless.

Remember, however, suddenly adding fiber to your diet can cause abdominal distress, so it's best to add it gradually. Because fiber absorbs water, it is also important to drink up to 8 cups per day. And, because fiber can interact with certain medications, talk to your doctor before you change your diet. By taking these precautions, you will be able to safely enjoy the benefits of a diet rich in fiber.

10 Tips for Getting More Fiber

1. Check the label when shopping for bread. Whole-wheat flour should be listed at or toward the beginning of the ingredient list.
2. Choose cereals that have at least 4 grams of fiber for serving and list whole grains at or toward the beginning of their ingredient list.
3. Substitute whole-wheat flour for at least half of the regular white flour in quick bread and muffin recipes.
4. Sprinkle wheat germ on hot and cold cereals, yogurt or cottage cheese.
5. Try brown rice or barley instead of white rice as a side dish.
6. When appropriate, eat fruits and vegetables with the skin.
7. Add dried fruit to salads.
8. Eat bean based dishes at least two or three times a week.
9. Substitute legumes for meat in many mixed dishes, such as lentils in meatloaf and kidney or pinto beans in chili.
10. Sprinkle nuts and seeds on salads, hot and cold cereals, yogurt, and into muffin and quick bread batters.




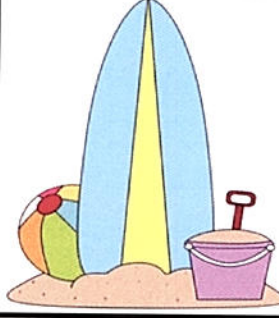




August 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1pm-Grand Opening of The Peace Manor Store	2 10am-Bus To Meijer 2:30pm-Visit from Marilyn Lane	3 12pm-Lunch and Bingo
4	5	6 1:30pm-Milkman 6pm-Pokeno	7 1pm-B.P. Checks on 2nd floor 3-4pm-Bible Study	8 12:45pm-Chair Exercises With Ice Cream Social	9 10am-Bus To Meijer 1pm-Schwann's	10
11	12	13 1:30pm-Milkman 6pm-Pokeno	14 1pm-Sing-A-Long 1pm-B.P. Checks on 2nd floor	15 1:30pm-August Birthday Celebration	16 10am-Bus To Meijer	17 12pm-Lunch and Bingo
18	19 1:30pm-Ice Cream Social and Resident Meeting	20 1:30pm-Milkman 3pm-Manicures by Kameelia 6pm-Pokeno	21 1pm-B.P. Checks on 2nd floor 3-4pm-Bible Study	22 12:45pm-Chair Exercises With Ice Cream Social 6pm-Movie	23 10am-Bus To Meijer 1pm-Schwann's	24
25	26	27 1:30pm-Milkman 6pm-Pokeno	28 1pm-B.P. Checks on 2nd floor 3-4pm-Bible Study	29	30 10am-Bus To Meijer	31 12pm-Lunch and Bingo

Macomb County Community Services Agency Senior Nutrition Program

August 2013 Lunch Menu

Mon	Tue	Wed	Thu	Fri
	<p>Cultural Heritage Month</p>		<p>1 Beef Philly Steak, Redskin Potatoes, Cucumbers, Tomatoes w/ Onions & Strawberry Applesauce</p>	<p>2</p>
<p>5 Potato Crunch Pollock, Peas & Carrots, Pickled Beets w/ Onions & Apple</p>	<p>6 Sweet & Sour Pork over Rice, Far East Vegetable Blend, Egg Roll, Cataloupe & Honeydew</p> <p>Cultural Heritage Day</p>	<p>7 Breaded Chicken Salad, Vegetable Soup & Orange</p>	<p>8 Rotini w/ Meat Sauce, Pasta, Green Beans, Garden Salad & Pineapple Dessert</p>	<p>9</p>
<p>12 Macaroni & Cheese, Carrots, Brown Bean Salad & Peaches</p> 	<p>13 Chicken Jambalaya, Green Beans w/ Tomatoes, Coleslaw, Cornbread & Pineapple Dessert</p> <p>Cultural Heritage Day</p>	<p>14 Stuffed Green Pepper, Mashed Potatoes w/ Gravy, Garden Salad, Angel Food Cake w/ Strawberries</p> <p>Birthday Party</p>	<p>15 Smoked Sausage Sandwich w/ Redskin Potatoes, Coleslaw & Orange</p> 	<p>16</p>
<p>19 Swedish Meatballs over Egg Noodles w/ Carrots, Chickpea Feta & Tomato Salad & Apricots</p>	<p>20 Turkey Enchilada Casserole w/ Corn O'Brien, Garden Salad & Watermelon</p> <p>Cultural Heritage Day</p>	<p>21 Submarine Sandwich, Potato Salad, Italian Wedding Soup & Apple</p>	<p>22 Potato Crunch Pollock, Brown Rice w/ Peas, Stewed Tomatoes & Fruited Gelatin</p>	<p>23</p>
<p>26 Beef Stir-Fry over Rice, Vegetable Egg Roll, Far East Vegetable Blend, Oranges & Pineapples</p>	<p>27 Baked Ham, Sweet Potatoes, Spinach Salad & Warm Peach Crisp & Biscuit</p> <p>Cultural Heritage Day</p>	<p>28 Chef Salad, Chicken Noodle Soup & Apple</p> 	<p>29 Florentine Stuffed Shells, Green Beans, Garden Salad & Strawberries w/ Whipped Cream</p>	<p>30 Agency Closed</p> 

**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

Sue Perkins
Parish Nurse

Stacey Klooster
Administrative Assistant

Kevin Dembek
Maintenance Tech

Camille DeBlaere
Service Coordinator

EMERGENCY NUMBER

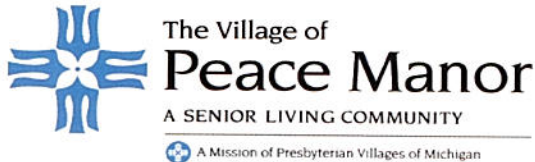
586- 450-3648

Fax Number

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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Clinton Twp., MI 48035**

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