



Village Voice



Embrace the possibilities

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

Sept 2018

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The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



UPDATES AND REMINDERS

Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.



Card Making will take place in the 905 craft room on Wednesday September 12th at 11 AM. Please sign-up in the mailroom if you are interested. Deadline to sign-up is Thursday, September 9th.



Like and Join the Village on Facebook!



We have a Facebook page titled Presbyterian Village of Westland!



You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!

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!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Hope Wheeler. Hope recently graduated from Oakland University and is interning with PVM this summer.

If it's "Organic" is it "Healthier"?



Think back to the last time you were in a grocery store. Did you see any food labels with the word "organic" on them? When it comes to food, the word organic refers to the way in which food is produced. Organic foods are produced without using man-made pesticides, man-made fertilizers, human waste, radiation, genetic modification, antibiotics or hormones. Unfortunately, foods that aren't produced organically may contain some of these potentially harmful substances.

Though buying organic foods can be pricey, from a health standpoint limiting your exposure to harmful substances is generally a good idea. Because certain types of produce contain little to no pesticide residue without being produced organically, you can limit your pesticide exposure and save money by purchasing conventionally grown versions of these foods. Each year the Environmental Working Group, a non-profit, non-partisan organization dedicated to empowering people to live healthier lives in a healthier environment publishes two lists: the "Dirty Dozen" and the "Clean Fifteen" to help consumers decide which produce to buy organic and which to not. For more information, visit <https://www.ewg.org/foodnews>.

Whether you buy organic produce or not, to get the most "bang for your buck" shop at farmers markets, buy fruits and vegetables that are in season, and freeze any extra produce you may have. Also, remember to wash, trim, and peel your produce to reduce your pesticide exposure and to increase the health benefits, eat a wide variety. The more colors on your plate the better!

When it comes to our bodies, we invest a lot of time and money taking care of the outside (clothes, hair, shoes, makeup, etc.), shouldn't we do the same for the inside? To learn more about organic foods and their potential impact on your health, visit <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>.

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Shari Thompson
~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

Pam Webert and
Jennifer Wolf ~ 28953
Fitness Specialists

Melissa Nestorovski ~
28928
Marketing Manager

Breana Wallace ~ 28896
Sales and Leasing
Specialist

Diane Santo ~ 28889
Beauty Shop



The Senior Advocate.

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

It's Time For a Flu Shot

The summer is saying goodbye to us. Boaters are taking their last cruises. Others are getting ready to place their patio furniture in storage. Our children and grandchildren are headed back to school. Even years after we graduate from school we sense invigoration and new beginnings in the air.

It is also that time of year to get a flu shot. I know. It is not something we look forward to like we do for cider mills, apple picking and football games. However, we can be grateful that we have the chance to prevent serious illness. Not everyone believes that flu vaccine works. However, according to the Canadian Medical Association Journal: "Repeated vaccination for influenza was highly effective in preventing severe and fatal infection caused by influenza in older adults. "

There are many locations which help to make it convenient to get a flu shot. County health departments, senior centers and some of our PVM villages offer access to flu vaccine clinics. Check with our PVM staff members for more information. Be smart and savvy. Go for it!



Giving Matters.

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



Retired teacher, Betty did a wonderful thing. She honored her happy home, friends and family by leaving a gift in her will.

Betty left a gift in her will that helped build The Karl and Frieda Kleemann Chapel at The Village of East Harbor and provide stained-glass windows.

Before her passing, Betty said she always believed in the PVM mission to serve older adults. She was delighted to honor her parents and a dear friend through the gift in her will.

Betty wanted to give back to her “happy home for these many years.” She wanted to make sure her gift would help future residents—people she’d never know! And she did! Today the chapel is a place where seniors of all faiths can gather, and Betty’s legacy shines!

Anyone can leave a bequest. You have the power to answer future prayers today!

Contact us at 248-281-2040 or pvmfoundation@pvm.org to learn more, or visit mylegacy.pvmf.org.

SEPTEMBER FACTS

The 9th month of the year brings us Labor Day, and the start of the Fall season.

In the Georgian calendar, the calendar that most of the world uses, September is the ninth month of the year. However, it used to be the seventh month on the Roman calendar. It had 29 and 31 days but it later was changed to 30 days by Emperor Augustus. In Southern United States, it is the warmest months of the year and very cool nights for Northern states. It is the harvest time for crops and that is why Switzerland calls September the harvest month. In the Northern hemisphere, beginning of September leads to the beginning of meteorological autumn while it is the beginning of the meteorological spring in southern hemisphere.

Below are some fun facts about September:

1. The birthstone for September is the sapphire.
2. The zodiac signs for September are Virgo (August 23 - September 22) and Libra (September 23 - October 22)
3. The birth flower for September is the morning glory.
4. On September 1, 1905, Alberta and Saskatchewan were established.
5. On September 1, 1939, World War II began in Europe because the German troops invaded Poland.
6. On September 2, 1789, the United States Department of Treasury was established.
7. On September 3, 1783, the Revolutionary War in America ended after Great Britain signed the Treaty of Paris.
8. On September 6, 1901, William McKinley, the 25th President of the United States, was assassinated.
9. On September 8, 1565, the first permanent white settlement was founded in St. Augustine, Florida.
10. On September 10, 1846, Elias Howe patented his sewing machine.
11. On September 14, 1847, United States forces took control of Mexico City.
12. On September 14, 1940, the Selective Service Act was passed by Congress which provided the first peacetime draft in the United States history.
13. National Chicken Month
14. National Rice Month
15. National Potato Month
16. National All-American Breakfast Month
17. Labor Day - first Monday of September
18. September 8 - Pardon Day
19. September 13 - Uncle Sam Day (his image was first used in 1813)
20. September 16 - Mexican Independence Day

Frankenmuth Day Trip

Thursday, September 27th

Leave on the village bus at 9:00 AM

Back to the village by 8:00 PM

*Charge \$5 per person for gas plus money for lunch (less than \$30) and for shopping

- Shopping at Zehnder's Gift Shop
- Lunch at Zehnder's (paid for by the resident)
- Exploring downtown Frankenmuth (Boutiques, Cheese Haus, Wineries, Breweries, and more!)
- Shopping at Bronner's (Largest Christmas store in the World!)
- Sack Dinner on the way home (covered by the village)

Please sign-up in the mailroom if you are interested in going. If you have any questions about the trip, please call Shana at ~28886.



Welcome To The Village!



Residents:

Hazel Edger
Mary Jo Davis
Linda Quick
William Berry
Earl White

Frank Steyskal
Beverly Spicer
Leonard Bell
Marion Bell

Donald Slagel
Al Ignas
Sue Ignas
Frieda Andreas
Sally Leeper



Breana Wallace
Sales & Leasing Specialist



Dayja Studvent
Dietary Assistant

August's Craft was... Beaded Sun Catchers!



September's Craft is... Painted Pine Cone Door Hangers!



~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

Tuesday's

- Shopping at Kroger at 10 AM

~Electronic scooters are given based on the order of the sign-up sheet.

This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

Wednesday's – Banking Day (1st, 2nd & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall). There is no cost to the resident.
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

Appointment Outings

- Bus is available for residents to be driven to doctor appointments; must call the Wellness Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

If there is ever a charge for an outing, it will be written on the sign- up sheet.

*****Residents must sign up for all outings. Sign-up sheets are located in the mail room*****

Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in September!

Carol Dotson.....Sept 3 rd	Mary Maxey.....Sept 11 th	Romayne Rhodes.....Sept 20 th
Phyllis Smith.....Sept 5 th	Joyce Wagner.....Sept 13 th	Ron Jakary.....Sept 21 st
Rosemary Richason...Sept 8 th	Barb Kerr.....Sept 13 th	Alfreda Mauney.....Sept 22 nd
Alberta Schuler.....Sept 8 th	Dolores Alioto.....Sept 14 th	Mark Maraz.....Sept 23 rd
Larry Kliemann.....Sept 9 th	Norma Gierczak.....Sept 15 th	Jean McGill.....Sept 26 th
Marilyn Pritchard.....Sept 9 th	Susan Langham.....Sept 18 th	Beverly Spicer.....Sept 27 th
	Mildred Schmittling.....Sept 19 th	

Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too. When we have your email on file you can receive newsletters and other building information electronically.

We need your help!

Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers.

There are many positions available in choose from.

We currently need your help with:

- Bingo - Resident Biographies

See Shana or Toni to get more information.

**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
Executive Director

Jason Lovelly
Human Resources

Josh Kephart
Environmental Services Manager

Jan Smith
Nurse Case Manager

Melissa Nestorovski
Marketing Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Austin Jackson
Dietary Manager

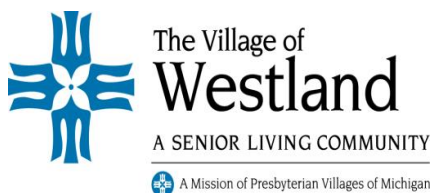
Lisa Scott
Housekeeping

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



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