

Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2021 | Issue IX

Featured Articles

Monarch Moments pg. 02 **Inspirational Moments** pg. 03 Coord. Corner pg. 04 Wellness Info. pg. 06 **Giving Matters** pg. 08 Mayor's Message pg. 09 Resident Page pg. 10 Senior Advocate pg. 11 Maintenance Tips pg. 12 Katelyn's Column pg. 13 Word Search pg. 16 **Local Sponsors** pg. 18



A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour



The Administrator's Pen





Wow, it is now September!

We truly *Welcome Fall* this month. I am sure some of you are happy to see this hot summer behind us and welcome the cool evenings. Please remember to check your calendars for all the upcoming events and birthday celebrations for September.

Please take time to go through our newsletter and calendar to see the excited things that are happening here at **OSM**. We look forward to seeing everyone at our next OSM Administrator's Resident Meeting on Tuesday, September 14th at 11:00 AM. We are going to start planning our Virtual Victory Cup and discussing the upcoming holidays and events. Please bring your ideas & suggestions. Our Victory Cup activities will be taking place outside for September and October. We will make sure the weather is comfortable for all those who are participating. Remember, participation is key and it will help us with getting more points to win. Let's do this! You can make it happen. Let us Do and Let us GO! We are the Monarchs and this is how we do it!!!!!!!!



Words to think about and I pray you stay encouraged. With God All Things are possible!



Remember, God is in control and He has your back. You are truly appreciated and I thank God for each of you. Be blessed and stay safe.

Remember: Good, Better, Best, Never Rest until your Good is Better and your Better is Best! **GO MONARCHS!!!**



Graziella Bruner

Housing Administrator

Issue IX | Manor Message Page 2



OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a healthy month!



Schwan's

We hope everyone had a wonderful August! We welcome September! The Gazebo exit/entrance is open for residents to enjoy the Gazebo. Please remember that exit is for the use of the Gazebo only please do not cut through the lawn to go to the parking lot. Our landscaper is doing a wonderful job with the upkeep of the lawn.

Delivery Only

Please return all grocery carts to the cart room. Please do not leave the grocery carts in the hallways or upstairs in the trash room. All grocery carts belong on the first floor near the elevator. Please be considerate of others.

You must Call for Your Delivery

Laundry Room – We hope everyone is enjoying the new updated Laundry machines! All machines are now coinless. In order to use the machines, you must load your cash on to your card using the machine in the laundry room. Also, please **DO NOT** open the dryer drawers before your clothes are finished drying. This will cause the doors on the machine to lock. Laundry is open 24/7.

Community Church of Christ has bought the church next door. Residents are more than welcome to attend services.

We have many fun event ideas planned for the near future at OSM. If you have any suggestions of what we should do next, please come to the resident meeting and share your ideas. Also, please remember to sign up for any trips and activities. The signup sheets are always located on the Bulletin Board.

1-888 724-9267

For those with their Google Nest, we would love to hear from you and see you. All you have to say is:

"Hev google, video call"

Administrator's Office: Graziella Bruner @ 678-999-3438

Front Office: Katelyn DeHart @ 323-902-7013 Service Coordinator: Alisa Loveday @ 323-825-1718

For after hours – emergencies – You can say, "Hey google call Maintenance Emergency"

If you have any large items that you need to throw away, you can call 1-800-GOT-JUNK. They will come and pick it up right from your apartment. Please call 1-800-GOT-JUNK. We are not scheduling a dumpster at this time. If OSM calls Got Junk, then you, the resident will be responsible for making sure your items make it to the truck, but if you call, then they will come directly to your apartment.



Masks are once again required in all common areas. Please wear your masks when outside your apartment. It is also your responsibility to ensure that your guests where their masks as well. Thank you!

Keep practicing social distancing, stay safe and healthy!

Please check your calendar for all of our upcoming events and updates.

Reminder: All Visitors entering our building must sign in and wear a mask.

Have a blessed and safe month!



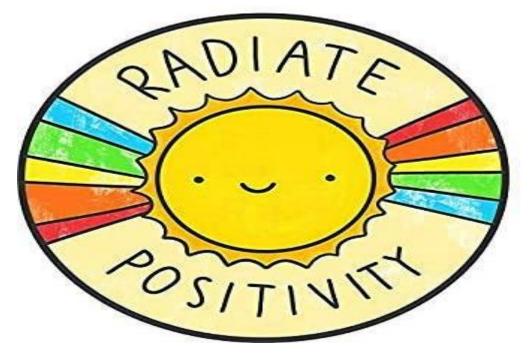


Positive Mind

Everyday we need to work on improving ourselves by being consistent in growing to be and do our best. Do the things that increase growth in our mind, body, and spirit. Never let the world conform us, but

always be transformed by renewing our mind on positive things. If we fill our mind with junk, trash will come out. Listen to what you speak, it will tell a lot on what is in your mind.

Think about that!



Issue IX | Manor Message Page 4



Coordinator's Corner

Alisa Loveday Service Coordinator

Greetings OSM!

Happy September everyone! As we move into our final quarter of 2021, I am blessed to see many more of you engaging in community activities and also welcoming family members for a brief visit. Many of you have asked about a potential COVID 19 vaccine booster. As of right now, we are still awaiting further information. If you are immunocompromised, you may wish to ask your Primary Care Physician if you are eligible for the booster. If and when the booster become available for our entire community, we will select a date and make it available on-site.

Here are some dates to mark on your calendars:

Wednesday, September 15, 11am-12:30pm, Metrocare Visiting Physicians will be here to share information about caring for our feet. Medical experts advise everyone to take good care of our feet, and emphasize that those who are diabetic regularly see a podiatrist. It is my understanding that the Metrocare team has a podiatrist whom will make home visits upon request. There will be more information posted on my bulletin board. Please come and join us!

Monday, September 20, 12pm-2pm, Walgreen's will be in our community room offering our annual flu vaccine. Please let me know if you plan to attend, so I can let Walgreen's know what supplies are needed.

Keep in mind, this is the time of year the Medicare scammers get busy trying to steal your personal information. You may receive phone calls or mail requesting personal information. Please do not provide any information over the phone. I am more than happy to look over your letter or talk with the person calling to ensure they are not trying to steal your identity.

Looking forward to a wonderful Fall season! Cider, donuts, and everything pumpkin, here we come!

Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. Isaiah 46:4

My Office Hours:

Mondays − 11 AM to 4 PM *Tuesdays – 9 AM to 3 PM* Wednesday – 9 AM to 2 PM Thursday – 11 AM to 3 PM

Please call to make your appointments! *My Direct number is: 734-722-9763* My Google Nest number is: 323-825-1718



The Village of Our Saviour's Manor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour

OSM Board of Trustees

Johnnie Jackson, Board Chair Dereka McClay, Vice Chair Rev. David Huber, Treasurer Diane Hicks-Walker, Secretary Natalie Brothers, Member Carolyn Kimbrough, Member Michelle Williams, Member Myra Davenport, Member

Judy Piccininni, Member

OSM EVENTS

Bingo will be taking place on the 2nd & 4th Fridays @ 1:00 PM in the Community Room.



Tuesday, September 14, 2021 11:00 AM Administrator's Resident Activity Meeting and Birthday Celebration In The Community Room





Wednesday, September 15, 2021 11:00 AM Metro Care Podiatry Health Event



Friday, September 17, 2021 12:00 PM- 2:00 PM Craft Day



Monday, September 20, 2021 12:00 – 2:00 PM Walgreens Flu Shots



Wednesday, September 22, 2021 11:00 AM – 3:00 PM JCW Ranch Hayride, Horseback Riding, and Luncheon



Thursday, September 30, 2021 8:00 AM Frankenmuth



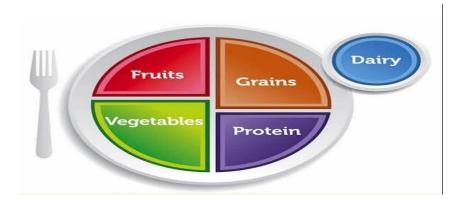


Eat Better to Feel Better!

As we age, we often consider our daily aches and pains to be a sign that we are getting "old". We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the "fact" that there's nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body's ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it's best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit www.choosemyplate.gov/MyPlate





Mission, Vision & Values

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

Vision

Changed Lives. Strong Families. Transformed Communities.

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

Mission

Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Values

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- Christ-centered
- Excellence
- ***** Integrity
- Life





Giving Matters.

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

Get your raffle tickets!

Each \$25 raffle ticket is a chance to win \$5,000!

ENTER OUR RAFFLE FOR A CHANCE TO WIN:









You do not need to be present at the gala to win any of these amazing prizes!

To buy your raffle tickets: Scan the QR code, or visit PVMF.org/Raffle, or call 248-281-2040.





Mayor's Message

By William Wild, Mayor, City of Westland

Greetings OSM Residents,

Westland Announces Partnership to Reduce Cost of Purchasing Electric Vehicles for the City Fleet The City of Westland is partnering with AAW Infrastructure Partners, L3C to launch an innovative program designed to give the City the means to purchase electric vehicles (EVs) and charging stations.

AAW raises funds through "hybrid" advertising-sponsorship arrangements with businesses, organizations and individuals, and applies those funds to energy-efficient projects that save money for cities. In turn, AAW promotes the advertisers-sponsors, encouraging customer traffic and sales.

Furthermore, AAW representatives encourage advertisers-sponsors to take advantage of complimentary energy assessments from DTE Energy to help businesses reduce their energy costs and save money. The Royal Oak-based AAW Infrastructure Partners, L3C calls its project the EV-Mobility and Economic Stimulus program.

President Joe Biden recently set a new national target for the adoption of electric vehicles, calling for them to represent 40% to 50% of all new auto sales by 2030. The City of Westland has already begun promoting the shift to greener transportation, having approved the installation of four electric vehicle charging stations on city-owned property in April.

Additionally, Westland's proposed FY2021-22 budget includes funding for the purchase of a Ford all electric F-150 Lightning for the Westland Police Department to utilize as a community police vehicle. Westland will purchase the new Lightning from Westland based, North Brothers Ford. Delivery of the new vehicle is expected to take place in early 2022.

Friends of the Library Book Sale

It will be held on Thursday, September 9 - Sunday, September 12. Join us for our quarterly book sale! The Preview Book Sale, on Thursday, is a chance for members of the Friends of the Library (or those interested in joining) to get first pick at this sale. The sale will be open to the general public September 10-12.





Gala Tickets Available Now!

All tickets - \$300

To buy tickets, scan the QR code, visit **PVMF.org/2021Gala** or call **248-281-2040**.



Get your raffle tickets!

ENTER OUR RAFFLE FOR A CHANCE TO WIN:









Each \$25 raffle ticket is a chance to win \$5,000 and much, much more!

To buy your raffle tickets:

Scan the QR code,



or visit

PVMF.org/Raffle,
or call 248-281-2040.

You do not need to be present at the gala to win any of these amazing prizes!



"I'd Rather Do It Myself"

Recently I heard several stories of seniors who tried to take care of tasks which were too strenuous and ended up harming themselves in the process with everything from hip to knee injuries and beyond. They play the game "I'd Rather Do It Myself". That made me think that it is time to remind all of our readers of advice I have been dishing out for over 20 years! When I first started with this messaging seniors seemed to be much older than myself. Now this includes myself and my contemporaries. Ask loved ones and others for help if there is an object out of reach or if there are chores that may be beyond your capabilities these days. That includes indoor and outdoor tasks such as reaching to change a lightbulb up high or clearing debris from your backyard. My husband and I always say: "Call the guy"!

Also, do not fall into the trap of playing "I've Got A Secret". Keep your loved ones informed as to what is going on with you. They cannot help you if they are kept in the dark. Be smart and savvy. Your quality of life depends on it.





Work Orders!

Happy September Everyone!

Just a few reminders:

- ♣ Extensions cords are prohibited you may have a surge protector with no more than three items plugged in.
- ♣ The emergency phone is for <u>emergencies only</u>: During office hours please call the office for all work orders. (734-595-4663)
- ♣ Please return all grocery carts to the designated grocery cart room on the first floor by the elevator. Leaving the carts in the hallway is considered a trip hazard.
- ♣ Do not use door blockers/stoppers of any kind. It prevents the Fire Dept. and EMS from getting to you in case of an emergency.
- ♣ We have experienced quite a few power outages this year. If you have not done so, now is always a good time to make a small emergency kit.

A Few Reminders:

- Please report all maintenance repairs to the office. (734-595-4663)
- Please make sure the dryer lint cleaner is being emptied after each use.
- Do not open the washers and dryers before your cycle is completed. it can cause the machine to stop working.
- No Candles, Small Candles for oils, or Incense to be burned in the apartments or building.
- Tis the season for our Tornado and Fire drills All residents must participate



Dial 1 -734-740-4777

For after-hours maintenance emergencies
For Medical Emergencies, please dial 9-1-1



Fall Fun

Fall will officially be here on September 22nd. With the season change comes many blessings to appreciate. Here are some of the wonderful things fall has to offer.

Colors Change- There is no doubt that the reds, golden-yellows and browns of the leaves at this time of year are simply stunning and one of the highlights of the season. The shorter days and cooler temperatures trigger the leaves' to change colors before the leaves are finally lost in preparation for winter.

Fall Activities- With fall comes many fall activities to enjoy like hayrides, apple picking, cider and donuts, and corn mazes.

Sweater Weather- With the cooler weather beginning, fall is the time to bring out the cozy sweater to keep you warm while you enjoy outside.

Holiday Season- When fall begins, that means Halloween and Thanksgiving are close by and soon after that is Christmas.



September Birthdays 2021

Happy Birthday!!!



Delores Williams – September 8th

Verlinda Woods – September 10th

Thelma Saunders – September 12th

Phyllis Fulton – September 23rd

Ada Steele – September 30th



September Recipe

CHICKEN AND WILD RICE CASSEROLE



INGREDIENTS

1 BOX WILD RICE MIX
4 BONELESS, SKINLESS CHICKEN BREAST HALVES
2 STALKS CELERY, DICED
1 TOMATO, SEEDED AND CHOPPED
1 RED ONION, DICED
1 CUP LIGHT MAYONNAISE
1/3 CUP CHOPPED PECANS
1 TEASPOON SALT, OR TO TASTE
1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
1/4 TEASPOON NUTMEG
8 OUNCES SHREDDED MONTEREY JACK CHEESE
BREAD CRUMBS (OPTIONAL)

INSTRUCTIONS

- 1. PREPARE RICE ACCORDING TO PACKAGE DIRECCTIONS.
- 2. PREHEAT OVEN TO 350 F.
- 3. GREASE A 13X9 INCH BAKING DISH.
- 4. PLACE CHICKEN IN BOTTOM OF PREPARED CASSEROLE DISH.
- 5. IN A BOWL, COMBINE COOKED RICE WITH CELERY, TOMATO, ONION, MAYONAISSE, PEACNS, SALT PEPPER, AND NUTMEG.
- 6. SPOON RICE MIXTURE AROUND CHICKEN
- 7. SPRINKLE CHICKEN AND RICE WITH CHEESE.
- 8. SPRINKLE WITH BREAD BRUMBS, IF USING.
- 9. COVER AND BAKE FOR 30 MINUTES.
- 10. REMOVE COVER AND BAKE FOR 15 MINUTES MORE OR UNTIL CHEESE IS BUBBLY AND CHICKEN IS COOKED THROUGH.
- 11. LET COOL AND SERVE.

Monthly Word Search

Find all the words below.

A W S Н W Η K W Y Z 0 S 0 N G S K Η D X W L A X F C S N E 0 W 0 G U R C В E U Y J 0 Z C 0 P T K В Н A A E F S E J G U F U S Α L В T Y E 0 В T Z M W U 0 0 0 M Α G L В Μ C Е W N Α Е K Z P P D Ι E Ν Z J D Α F Е R N S S G Ν Е Е W 0 L S Y X E M D C Z Ν C Y Y L Η 0 Z P Н T N Y M 0 P D R E V Y A Ι C C Y 0 C N L J Η L В E Z 0 E Н M M K M P K N J K R Q G Y В 0 K Y R Z Y L J L R T W F P A D K Е A L S U M U X T L Z U Z Η M U U L U Y Z С Е L T T G U L G I D J D M P K K L Q O U A L Ν U UN

APPLECIDER

COOL

FOOTBALL

LEAF

SCARECROW

AUTUMN

CORN

HALLOWEEN PUMPKIN

THANKSGIVING

COLORFUL

FALL

HARVEST

RAKE

TURKEY

September Observances & Fun Facts:

September is observed as:

Classical Music Month Hispanic Heritage Month National Piano Month Self-Improvement Month National Sewing Month

Weekly Celebrations

Week 1: National Payroll Week
Week 2: National Assisted Living Week
Week 3: National Farm Safety & Health Week
Week 4: National Fall Foliage Week

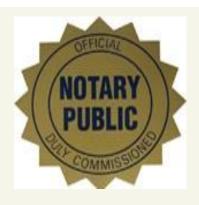
September Flower and Birthstone



Flower = Aster



Gem = Sapphire



FREE NOTARY Services

Provided
To All of Our
OSM Residents

Please Visit The Office And See Mrs. Graziella Bruner For More Details.



OSM Local Sponsors:



Helpful Resources

Transportation

Nankin Transit (Serving Wayne, Westland, Garden City, & Canton) (734) 729-2710 Smart ADA (313) 223-2100

Senior Agencies

The Senior Alliance (Wayne/Westland) (734) 722-2830

CareSync Solutions

Home Healthcare Services (248-773-4550)

BEAUTY SHOP IS OPEN!!!

Please give Paulette a call to set your appointments.

Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit <u>www.facebook.com</u> and log-in your account. If you do not have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor or go to facebook.com/The Village of Our Saviour's Manor
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



OSM Classifieds:



OSM Gifted Hands:

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Westland Good fellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Louis Rush or Ms. Alice Finley.



If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



OSM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please see Ms. Alice Finley



OSM Caring Hands:

We are in need of volunteers for our homeless project. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



OSM Fisherman:

Love to fish? This is the group for you! Headed by Mr. David Brown, OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

Issue IX | Manor Message Page 20

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

Village Staff

Graziella Bruner

Housing Administrator

Katelyn DeHart

Administrative Assistant

Kesha Akridge

Director of Housing

Office Number

Emergency Number

Fax Number

Service Coordinator

Michael Hooton

Maintenance Tech

Alisa Loveday

Service Coordinator

Jessie Clark

Resident Volunteer

(734) 595-4663

(734) 740-4777

(734) 595-2222

(734) 722-9763







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**



A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour

29495 Annapolis Road Westland, Michigan 48186



"What you did mattered!":



Thank you for what you did!

Employee Name: ____

Person Recognizing Employee:

Date:

** Please turn this card into Village Administrator for a chance to win a prize **
ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT



Is there someone on staff that you would like to acknowledge for their work?

Please complete this form and turn it into the office. They might win a prize!