📲 Manor Message 👫

Embrace the possibilities

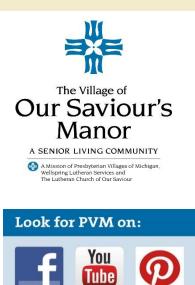
29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2021 | Issue XI

Featured Articles

The	Adn	ninis	trator	's	Pen	
	1 Iun	11110	uuuu	0.		

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			





We truly *Welcome November with a thankful heart.* November is considered Thankful Month. I am sure we can find something every day to be thankful for. Think about those things that are good, pure, and true. It really starts with your thoughts, what are you thinking about? Is it a good thought or are you trying to find something to complain about. Change that complaint into a thankful moment. Every day is precious and there are a lot of things to be grateful for. If I remember correctly, we were still on a lock down last year this time. We have come a mighty long way. We are able to fellowship and get together for more activities and outings. There's nothing like having fun and enjoying each other's company. Please remember to check your calendars for all the upcoming events and birthday celebrations for November.

Thank you to everyone who participating in our 2021 Virtual Village Victory Cup. All results have been turned in and we are awaiting the final results. If you did not get a chance to participate it is ok, there's next year. So, please think about it. We look forward to having you join us. **"GO MONARCHS"**

We look forward to seeing everyone at our next OSM Administrator's Resident Meeting on Tuesday, November 2nd at 12:00 PM. We are going to start planning our Christmas luncheon and any other events you would like to see take place.

Please bring your ideas & suggestions

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



Blessings Our Saviour's Manor,

Wishing everyone a healthy, happy, & thankful month!



We hope everyone had a wonderful October! Fall is officially here and the weather is getting colder! We welcome November! November is a time to be thankful! We will be having a Baking Contest on November 10th at 1:00 PM in the community room. Everyone is welcome to participate. Cook up your favorite pie or recipe and bring it in to share and compete! On November 17th, Chef DeMarv will be providing every resident with a catered Hot Thanksgiving Dinner. Also, on November 22nd, Sam Bazzi with Eternal Light will be bringing Thanksgiving Food Boxes at 9:00 AM in the community room. Mark your calendars and come down and help yourself to some great food!

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.

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. if you need to purchase a new laundry card, you can do so using the machine in the laundry room. It costs \$5.00. Laundry is open 24/7.

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. If you sign up and change your mind, please remember to scratch your name from the signup sheet. It is important for us and the bus drivers to know how many will be on the trip.

For those with their Google Nest, we would love to hear from you and see you. All you have to say is: "Hey 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. The City of Westland now offers a free option for pick up. Please see Page 12 for more information.

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: <u>All Visitors</u> entering our building <u>must sign in and wear a mask</u>. Have a blessed and safe month!



<u>Schwan's</u> <u>Delivery</u> <u>Schedule</u>

Delivery Only

You must Call for Your Delivery

1-888 724-9267





Inspirational Moments

By Jessie Clark, Resident Volunteer

The Bend in the Road

Sometimes we come to life's crossroads and we view what we think is the end. But God has a much wider vision and He knows it's only a bend. The road will go on and get smoother. After we have stopped for a rest, the path that lies hidden beyond us is often the path that is best . So rest, relax, and grow strong. Let go and let God. Share your load and faith in a brighter tomorrow, you've just come to a bend in the road.





Coordinator's Corner

Alisa Loveday Service Coordinator

Greeting OSM,

'Tis the season of Thankfulness and pumpkin pie! For the month of November, challenge yourself to give thanks for something specific each day. We are all blessed with shelter, clothing, warmth, electricity, and food. Many will meet with friends and family to celebrate Thanksgiving this year. There is just so much for which we can be thankful! Encourage one another if someone is feeling down; sometimes it is just a kind word or a smile that will make someone's day!

Here are a few announcements:

COVID Booster clinic at OSM: Monday November 8, 12:00—2:00 pm we will be offering the Moderna Covid booster vaccine to residents. There will be a sign up sheet on our bulletin board, or you can contact me and I will add your name to the list. You will need to bring: Your Medicare (or Medicare Advantage) card, a photo ID, and your Covid vaccine card showing the first 2 doses. If you do not have any of these items, please see me and I will assist you.

From the CDC website: There are now booster recommendations for all three available COVID-19 vaccines in the United States. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

November 16 @ 1:00 PM The Senior Alliance will be meeting with us in the community room to share information about the Waiver program. Refreshments will be provided.

The Redford Village is coordinating with other villages to start a Pen Pal Network. This is a great way to start new friendships, maintain older ones, share recipes, and life stories with other seniors. Please let me know if you want to be a part of the Pen Pals. I will have more information and a flyer very soon.

Sam Bazzi with Eternal Light Nonprofit Organization will be here on November 22 at 9:00 AM with Thanksgiving boxes for OSM residents. Please plan ahead to come and be a part of this (and maybe save a little room in your fridge/freezer). ⁽²⁾

Please remind your friends in our community to read the newsletter! I recommend bringing your newsletters to your morning coffee time, so you can go over it together with other residents. It helps to have others share so we don't miss anything important!

Have a wonderful November and a Happy Thanksgiving! Oh give thanks to the LORD, for He is good; for His steadfast love endures forever! 1 Chronicles 16:34

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

Tuesday, November 2nd, 2021 12:00 PM Administrator's Resident Activity Meeting and Birthday Celebration In The Community Room



Bingo will be taking place on the 1st, 3rd & 4th Fridays @ 1:00 PM in the Community Room.



Monday, November 8th, 2021 12:00-2:00 PM COVID-19 Vaccine Booster



Wednesday, November 10th, 2021 1:00-3:00 PM Baking Contest 2552



Friday, November 12th, 2021 12:00 – 3:00 PM Craft Day



Monday, November 15th, 2021 12:00 – 3:00 PM Craft Day – Let's get creative



Wednesday, November 17th, 2021 1:00-2:30 PM Catered Thanksgiving Dinner



Tuesday, November 23rd, 2021 Time TBD King Richard Movie Day at MJR



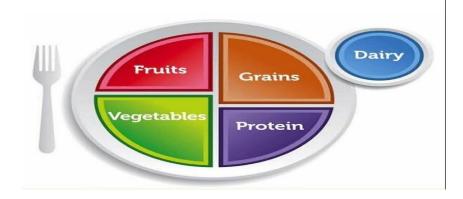


Eat Better to Feel Better!

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.

<u>Mission</u>

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





YOUR LIFE. YOUR LEGACY

our Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest... and leave a legacy.



For more information, call Paul Miller at the PVM Foundation **248.281.2045** www.pvmfgifts.org



Mayor's Message

Mayor, City of Westland

Greetings OSM Residents,

Save the Date for One of the Tastiest Events of the Year: On Tuesday, December 7th, the Westland Chamber of Commerce and the Wayne County Community College District (WCCCD) host TASTE FEST. This Premier Holiday Charity Event serves up Fantastic Food from our area's finest restaurants and culinary artists, an Auction & Raffles, and live music.

If you are interested in being a participating restaurant, donor or sponsor, please contact the Westland Chamber of Commerce at 734-326-7222.

Fall Street Sweeping - is in process and has been delayed from the original schedule due to the weather. We will begin Tuesday's garbage route on Monday, October 25th, Thursday's garbage route on October 27th. Each route takes approximately 3 days to complete and is dependent upon the weather. Any changes will be updated through City of Westland website. Remember to watch for sweeping signs and move cars off of the street in order for the city to sweep the curb lane. Also, leave room for the sweeper to move. Signs will be placed ahead of sweepers and picked up upon completion of the section. Please visit www.cityofwestland.com for more information.

8th Annual Veteran's & Active Military Holiday Meal Program - Veterans and Active Military it is time to register for a free Holiday Meal to be picked up on November 20, 2021 between the hours of 10:00 a.m. - 1:00 p.m. Recipients will receive a 12-16 pound turkey, stuffing, mashed potatoes, corn, green beans, cranberry sauce and heat and serve rolls. Applications must be submitted no later than noon on Wednesday, November 17, 2021. You can register using one of the following methods: Contact Mayor Wild's office at 734-467-3200;Contact Mayor Rhaesa's office at 734-722-2000; Pickup up a Registration form from the greeter at Westland City Hall or use the following link to register online https://www.cityofwestland.com/vetmeals



This page is RESERVED for you. We want to hear or rather read Your Story!



Everyone has a story to tell, And we want this page to be just for you! We want to know you better, give us your story. Stop by the office or write down a couple of paragraphs so we can get to know more about you. Who wants to be the first resident to share their story?





The Senior Advocate.

By Lynn Alexander, Vice President of Public Affairs

The True Meaning of Service Excellence

We often talk about the importance of Service Excellence and the commitment that we have made to create this culture throughout PVM. Recently I was made aware of a beautiful experience which was created by the team at The Village of East Harbor and the wife of a beloved resident, Papa Joe. He is a hospice resident who realized that he would not be here for the upcoming holidays and he was missing two very important life experiences. One was not being able to take his wife out to dinner. The other was not being able to make his "world famous banana cream pie" for his family which has been a tradition every holiday since his children were very young. He still keeps his secret recipe in his bedside table.

Upon hearing this the VEH team got to work including his wife, an independent living resident, as a part of this endeavor. The chef created a gourmet dinner for two with lava cake as dessert. Roses and music added to the romantic atmosphere. Since champagne was not on the menu, two colas were placed in a chilled ice bucket. Papa Joe and his wife ended the evening with a kiss. Many photos were taken which were immediately sent to their daughter and son. They in turn sent them along right away to the rest of the family. Now the search is on to find that banana pie recipe and make it one last time with Papa Joe at his bedside.

To me this experience exemplifies what Service Excellence is all about! All who had the privilege of being a part of this experience reported that their hearts were full. Mine is as well. I am so very proud of our team at The Village of East Harbor. It is clear that they deserve their 5 Star rating by the Center for Medicare & Medicaid Services.





Trash Pickup

The City of Westland offers a free Trash Pick Up Service. To schedule a pick up you must call **734-728-1770**. If this is a serivice you decide to utilize, please move your items outside, to the back where to dumpster goes and notify the office when the scheduled pick up will be. Westland will not move your furniture for you. Please note, Westland will only take 3 large items per scheduled pick up. Do not pile a large amount of furniture outside.

Here are some of the allowed and not allowed items:

Allowed Pick up Items: -Furniture

- -Mattresses -Televisions
- -Appliances

- Not Allowed Items:
- Automobile Parts
- Glass Tabletops or Cabinets
- Piano/ Organs
- Wood/ Pallets



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 and will need to be reset.
- 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



Making a Difference

It is already almost the end of 2021, we have seen our world change drastically in the last few years, especially. Looking back on this last year, we can reflect on all that we have accomplished, how much we grew, and what we have and can continue to do to make a difference to everything and everyone around us.

Every one can make a difference to the world in their own unique way. Making a difference is just doing something with the intention of doing good. It does not need to be an enourmus task. It is not about how big of a contribution you make but the willingness to do it. There is no better time to start then now. Even the smallest efforts make the largest difference. Happiness and love are two of the greatest gifts we can receive and give into this world. Take time to spread positivity and help others.





Happy Birthday!!!

Gail Saren – November 12th

Mary Simmons – November 14th

Geraldine Crosby – November 19th



November Recipe

Applesauce Bread



INGREDIENTS 1/2 CUP (1 STICK) UNSALTED BUTTER, SOFTENED 1/4 TO 1/2 CUP DARK BROWN SUGAR, YOUR PREFERENCE 2 CUPS ALL-PUPOSE FLOUR 1 TEASPOON BAKING POWDER 1 TEASPOON BAKING SODA 1 TEASPOON BAKING SODA 1 TEASPOON SALT 1 TEASPOON ALLSPICE 1 TEASPOON GROUND CINNAMON 1 TEASPOON VANILLA 2 LARGE EGGS 1 CUP APPLESAUCE 1 CUP RAISINS 1/2 CUP CHOPPED WALNUTS *INSTRUCTIONS*

1. PREHEAT OVEN TO 350 F.

- 2. GREASE AND FLOUR 8X4X3-INCH LOAF PAN.
- 3. USING ELECTRIC MIXER CREAM THE BUTTER AND BROWN SUGAR
- 4. ADD THE REMAINING INGREDIENTS, EXCEPT RAISINS AND NUTS.
- 5. MIX WELL. STIR IN RAISINS AND NUTS
- 6. POUR INTO LOAF PAN
- 7. BAKE 60-65 MINUTES

Serving: 1 Loaf

ENJOY

Monthly Word Search

HAPPY THANKSGIVING

Ν	Е	L	Ρ	Ρ	Α	В	С	F	Е	Α	т	н	Е	R
L	R	Ι	Ι	V	Т	L	0	0	Ν	Α	R	Q	Μ	Ρ
Т	U	0	Ρ	W	Ρ	Е	R	0	Ν	Α	R	С	С	Ι
U	Н	F	С	Q	Х	S	Ν	D	Ρ	Н	Ι	V	Н	L
R	Α	Α	Е	Α	D	S	Q	U	Α	S	Н	D	W	G
К	В	F	Ν	Т	R	Е	В	Μ	Е	V	0	Ν	Ν	R
Е	0	К	Х	Κ	Α	D	Ρ	U	М	Ρ	Κ	Ι	Ν	Ι
Y	Ν	К	С	Х	F	R	D	Т	Ν	J	Н	К	Ρ	Μ
Т	Κ	Α	Х	U	Н	U	G	Ν	Q	V	Κ	Ζ	Х	W
Μ	Ζ	Х	Ρ	R	U	Н	L	Ρ	Y	G	Н	С	Н	К
Ν	К	Ρ	Q	U	Q	Н	Α	F	G	Κ	С	Q	U	Ζ
К	С	Q	0	J	Ι	Е	S	Α	G	С	В	D	V	S
F	Е	Ι	Y	F	Ι	Х	В	Q	S	D	D	S	Т	Н
Α	D	R	С	Н	Т	W	F	Е	L	L	С	Е	W	Α
В	U	U	Q	D	L	U	Т	Α	J	Α	Q	С	D	L

ACORN APPLE BLESSED CORN FEATHER FOOD GRATEFUL INDIAN NOVEMBER PIE PILGRIM PUMPKIN SQUASH THANKFUL TURKEY



November Observances & Fun Facts:

November is observed as

National Adoption Awareness Month National Caregivers Appreciation Month National Diabetes Awareness Month National Epilepsy Month National Model Railroad Month

Weekly Celebrations

Week 1: Chemistry Week Week 2: Game and Puzzle Week Week 3: American Education Week Week 4: National Family Week

November Flower and Birthstone



Flower = Chrysanthemum



Gem = Topaz



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:

313-671-5555



Paulette Styles

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.



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, Salvation Army, Homeless Shelters and Covenant House. 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.

OSM Compassionate Hearts:

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.



²OSM 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.



Love to fish? This is the group for you! 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.

Village Staff

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



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.org





29495 Annapolis Road Westland, Michigan 48186



Embrace the possibilities



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!