📲 Manor Message 🗱

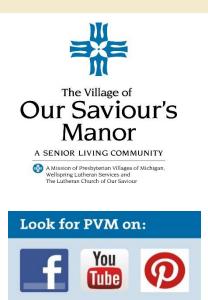
Embrace the possibilities

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

2022 | Issue VII

Featured Articles

Monarch Moments	pg. 02
Inspirational Moments	pg. 03
Coordinator's 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



The Administrator's Pen



We welcome July with open arms and a happy heart.

Please keep in mind the dates of OSM events on your calendar. I am looking forward to hearing from you at our next Administrator's Resident Activity meeting on Tuesday, July 13th at 12 Noon. Remember, if you can think it, dream it, say it, we will definitely try to make it happen.

Let's please remember our house rules with specific attention to our No Smoking and No Bulling or Harassment Policies. Please realize that those rules state that PVM/OSM has a zero tolerance policy, which can lead to lease violations and potential for appropriate consequences up to and including termination of your lease. Please remind your guest and family members of our policies especially when they interact with PVM/OSM staff and other residents here at OSM. What they say and do, is a reflection on you. You are responsible for all your guests and family members once they enter your home/OSM.

I want to thank OSM residents and staff for being such a great host to our guest from other Villages during our Soul Train 70's outdoor party. OSM ROCKS!!! You were so awesome. They are still talking about how much fun, food and fellowship everyone had here at OSM. I am looking forward to our next big event. OSM Monarchs are one of kind. We are the ICON of PVM Villages.

I would like to wish everyone a blessed and beautiful month of July. Remember, all you have is today, enjoy and cherish each moment so they will be a lasting memory you can share with others.

Graziella Bruner Housing Administrator





Blessings Our Saviour's Manor,

Wishing everyone a healthy, happy, & blessed month!



We hope everyone had a wonderful June! July is here and summer is in full swing! We will be having our OSM Administrator's Resident Activity Meeting and Birthday Celebration in the community room on July 13th, 2022. Everyone is welcome! Please come and bring any ideas you have for OSM and what you want to do! We can do anything you think of! Also, on July 13th @ 10:00 AM, The Wholistic Living Community Development Corporation is holding a meeting in the community room. They are offering seniors free tablets and free virtual sessions offering learning opportunities for seniors. If you might be interested, please attend the meeting!

The Gazebo Door is now open for resident access from 8:00 AM - 10:00 PM. Please remember, if you are in the Gazebo until after 10 PM you will have to come back in through the front door.

Reminder bible study with Elder Josiah Jones will take place every Wednesday @ 2:45 PM. We have some fun events planned for this month, including, Movie Day and Restaurant Day at Leo's. There will be a sign up sheet on the bulletin board for every trip this month. Please remember that transportation for shopping trips are with Nankin. The bus has a schedule to keep and will not wait for you, so please be in the lobby at least ten minutes before the scheduled time of the trip.Nankin bus trips cost 3 Dollars each way.

Laundry Room - Please DO NOT open the dryer drawers before your clothes are finished drying. This will cause the doors on the machine to lock and they will be unable to use until reset. If an Out of Order sign is posted on a machine, please do not use it. The sign means something is wrong and we are waiting for the WASH Company to come fix it. 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. PLEASE remember to empty the lint from the dryer after every use!

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 do not leave any large items in or near the trash room to be picked up.

Please keep in mind any large items being delivered to your apartment must be between 9:00 AM- 3:00 PM Monday -Friday. Please notify the office if you are getting a delivery so that we can have the back doors open for you!

For those with their Google Nest, if you would like any contacts added to your Google, please bring them to the office and we will have them added. 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"

Keep practicing social distancing, stay safe and healthy!





Inspirational Moments

By Jessie Clark, Resident Volunteer

Welcome to a New Day

No matter how you wake up feeling, don't be ungrateful. You were one of the many chosen to still be here. You can find some good in a bad situation if you change your thought process. Anything is possible when you believe. A daily dose of faith is good for the mind, body, and spirit.







Greetings OSM,

Happy July everyone! I am looking forward to a month of warm weather, outdoor gatherings, and seeing all of you out and about. I encourage everyone to get out and enjoy some fresh air. Grab a couple friends and share a meal outside, or go for a walk around the Village. It is important to soak up some Vitamin D and get some exercise.

Here are the Service Coordinator sponsored events for July:

Tuesday, July 5th and 12th @ 11:00am -- Nutrition class with Jackie from the Michigan State University extension program.

Wednesday, July 13 @ 9:00am - 12:00pm - An audiologist will be here to offer free hearing tests. As of right now, we will be using the library as it must be in a quiet area. There will be a sign up sheet on our community bulletin board so we can place those participating in time slots that fit your day. Rita from Captel Phones will be here with the audiologist to offer a free caption phone for those that qualify. This phone has amazing features and also works with cellular phones.

Tuesday, July 19th @ 3:30pm -- Reliable Visiting Services will offer free covid testing and/or free covid antibody testing.

Monday, July 25th@ 11:30am – Lunch will be provided by A Heart That Cares. Please come and enjoy lunch and hear a presentation of the benefits of at-home help.

Thursday, July 28th @ 1:00pm – Deandre from Humana will be in the community room for our monthly resident-connect. Watch for flyers for further details, as we will have a very fun time planned.

Friday, July 29th @ 1:00pm – Cathy from PACE is going to be in the community room for PACE Bingo. I know she brings in some really great prizes. Come and join us for a fun, free game!

Please keep your calendars on your refrigerators so you don't miss any exciting events here at OSM. We have another event-packed month for you to enjoy!

My Office Hours:

Mondays – 11 AM to 4 PM Tuesdays – 10 AM to 3 PM Wednesday – 9 AM to 2 PM Thursday – 10 AM to 3 PM

Please call to make your appointments! My Direct number is: 734-722-9763

OSM EVENTS

Bingo will be taking place on Fridays @ 4:00 PM in the Community Room



Every Wednesday in July @ 2:45 PM Bible Study with Elder Josiah Jones



Next two Tuesdays, until July 5th & 12th @ 11:00 AM Nutrition Class

Friday, July 8th @ 12:00 -3:00 PM



Wednesday July 13th @ 10:00 AM Tablet Meeting for Free Tablets for Seniors

Wednesday, July 13th @ 12:00 PM Resident Meeting & Birthday Celebration

> Tuesday, July 19th @ 4:00 PM Covid Testing

Monday, July 25th @ 11:30 AM Heart that Cares Home Care Event



Tuesday, July 26th @ Time TBD MJR Movie Day



Thursday, July 28th @ 11:00 AM Restur<u>aunt</u> Day



Thursday, July 28th @ 1:00 PM Humana Resident Connect

Humana

Friday, July 29th @ 1:00 PM Bingo with PACE



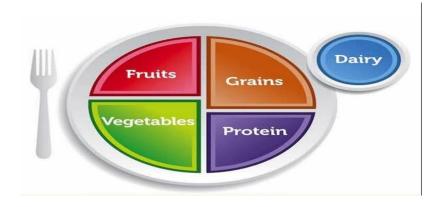


Eat Better to Feel Better!

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 <u>www.choosemyplate.gov/MyPlate</u>





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





IT'S A GOOD TIME TO START SAVING FOR FRIENDS & FAMILY 2023



Get a jar or even a shoe box, save your coins, save those dollar bills. You will be surprised how much money you can actually save in one year's time.







Mayor's Message

Mayor, City of Westland

Greetings OSM Residents,

The All American Farmers and Artisans Market is in full swing and will run on Thursdays through October 13. The farmers market will feature fresh produce and flowers from local gardeners. During market hours, The Summer Concert Series, presented by the Westland Downtown Development Authority kicks off July 14, will host FREE concerts on Thursdays showcasing the area's finest jazz and country artists throughout the summer.

Save the date for the City's most anticipated event! Blues, Brews and Barbecue is returning August 5 and 6! Get ready for live blues music, ice cold domestic draft brews and of course, barbecue from Michigan's best pit masters. Back by popular demand, Thornetta Davis will headline the Saturday night concert. The event will end with one of Wayne County's most spectacular fireworks and drone shows!

FRESH, LOCAL, HEALTHY & UNIQUE IS BACK THIS THURSDAY!!! ^(C) The Westland Farmers & Artisans Market begins on May 26 and continuing each Thursday through September, the Westland Farmers Market (1901 North Carlson) will be open from 3 to 7pm. You will be able to pick up some of the freshest, locally grown produce available, as well as fresh made foods and handmade crafts. There will be several new offerings this year, so make plans to join us at the Farmers Market & Lion Club Pavilions. If you are interested in being a vendor at the Westland Farmers & Artisans Market?

The City of Westland is announcing our Annual City Wide Garage Sale weekend for July 9th and 10th. In an effort to provide residents an opportunity to rid themselves of unwanted items and to make a little extra money at the same time. As an added incentive to participate and to help your garage sale be successful, the city will help promote your sale for free on the city's website. Individuals will be able to view an interactive map to locate all of the garage sales in the area as well as search for particular items of interest.



Page 10

Tell Your Story

This page is RESERVED for you. We want to hear or rath<u>er read Your S</u>tory!



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?





BEAT THE HEAT

As I write this the temperature is expected to reach 100 degrees today. This is just the beginning since a hot summer is on the horizon. Many thanks to the Detroit Housing Commission for sharing many of the following tips:

COOL YOUR BODY – Wet clothing to help bring down body temperature. Use water-soaked cloths or cooling packs on neck/wrists. Sit in or put legs in cool (not cold) bath.

HYDRATE – Drink water/cool liquids. Eat fresh fruit & salads. Drink before you feel thirsty.

REDUCE INDOOR HEAT – During the daytime cool living and working areas by closing windows and using window coverings, air conditioner and misters.

ASK YOUR DOCTOR – If taking medications, ask your doctor's office regarding special precautions. Also check out the recommended water intake. Some medical conditions may increase vulnerability during hot weather.

AVOID/LIMIT ALCOHOL & CAFFEINE – These can increase dehydration.

AVOID SUN EXPOSURE – Wear a wide-brimmed, breathable hat or use an umbrella. Avoid/limit strenuous activities during the hottest part of the day. Find shade if you must be outside; and be sure to use sunscreen. However, it is best to avoid/limit doing so all together. Perhaps a friend or family member who is less vulnerable can run errands and do shopping for you.

PROTECT YOUR PETS – Provide shade and cool drinking water and baths. Never leave pets unattended in cars or direct sunlight. They probably want to be inside as well. Plan any outdoor activities during cooler times. Asphalt may be too hot for paws.

CHECK ON OTHERS – Check in on family members and friends. Share these tips with them as well.

Enjoy the summer! Let's be smart and savvy to make it the best of times.





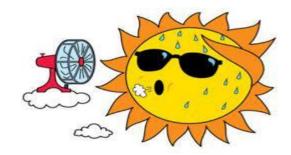
Mike's Maintenance Tips

By Michael Hooton, Maintenance Technician

Summer Reminders!

Here are some reminders to stay cool in these summer months!

- Leave your AC on. You can always adjust the temp if you get cold.
- If you have any issues with your air conditioning. Call the office or if it's after hours call the emergency phone at 734-740-4777
- If you're going to spend time outside, try to stay in the shady areas and wear a hat and loose fitting clothes.
- Drink lots of water!



A Few Reminders:

- 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.
- If an Out of Order sign is posted on any of the machines, please do not use them.
- 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



Katelyn's Column By Katelyn DeHart, Administrative Assistant

OLD GLORY

"I am the flag of the United States of America. My name is Old Glory. I fly atop the world's tallest buildings. I stand watch in America's halls of justice. I stand guard majestically over great institutions of learning. I stand guard with the greatest military power in the world. Look up and see me. I stand for peace, honor, truth and justice. I stand for freedom. I am confident; I am arrogant; I am proud. When I am flown with my fellow banners, my head is a little higher, my colors a little truer. I bow to no one. I am recognized all over the world.

I am worshipped. I am loved and I am feared. I have fought in every battle of every war for more than 200 years: Gettysburg, Shilo, Appomattox, San Juan Hill, the trenches of France, the Argonne Forest, Anzio, Rome, the beaches of Normandy, Guam, Okinawa, Japan, Korea, Vietnam, in the Persian Gulf and a score of places long forgotten, by all but those who were there with me. I was there.

I led my Soldiers, Sailors, Airmen and Marines. I followed them and watched over them. They loved me. I was on a small hill in Iwo Jima. I was dirty, battle-worn and tired, but my Marines and Sailors cheered me. And I was proud. I have been soiled, burned, torn and trampled on the streets of countries that I have helped set free. It does not hurt, for I have been soiled, burned, torn and trampled on the streets of my own country. and when it is by those I have served in battle with, it hurts. But I shall overcome, for I am strong. I have slipped the bonds of earth and from my vantage point on the moon, I stand watch over the uncharted new frontiers of space.

I have been silent witness to all of America's finest hours. But my finest hour comes when I am torn in strips to be used as bandages for my wounded comrades on the field of battle - when I fly at half-mast to honor my Soldiers, my Airman, my Sailors, my Marines, and - when I lie in the trembling arms of a grieving mother, at the graveside of her fallen son or daughter. I am proud. My name is "Old Glory." Long may I wave, dear God, long may I wave."





Happy Birthday!!!

Margo Taylor – July 4th Ruth Gilmore – July 4th Gregory Amos – July 6th Juanita Sims- Williams – July 8th Denise Johnson – July 16th Pearlena Talbert - July 30th



Ikppy 4 ULLY ··· * *	July is national grilling month	J	uly 202	JULY IS NATIONAL PARKS & REC MONTH ALIFETIME OF DISCOVERY		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 July is observed as: National Blueberry Month National Anti-Boredom Month National Grilling Month National Hot Dog Month National Park and Recreation Month	28 Weekly Reminders Week 1:Dog Days of Summer Week 2: National Grilling Week Week 3: Capture the Sunset Week Week 4:Nat'l Parenting Gifted Children Week	29	30	01 Schwan's Delivery 2:00 PM Schwaris 4:00 PM	02 Schedule your bus ride with Nankin. Call 734-729-2710
03 national CHOCOLATE WAFER	Offices Closed 04	05 11:00 AM Nutrition Class NUTRITION	06 Happy Birthday Gregory Amos! Focus: HOPE Food for Seniors 2:45 PM Bible Study w/Elder Josiah B. Jones	10:00 AM	08 Happy Birthday Juanita Sims-Williams 12:00–3:00 PM 4:00 PM	09 Weekend Rides Available with Black & White Cab Call: (419) 536-8294
10 NATIONAL KITTEN DAY	11	12 11:00 AM Nutrition Class	13 10:00 AM WLDC Meeting (Free Tablets) 12:00 PM Administrator Resident Meeting & Birthday Celebration 2:45 PM Bible Study w/Elder Josiah B. Jones	10:00AM	15 Schwan's Delivery 2:00 PM Schwan's 4:00 PM	16 Happy Birthday Denise Johnson!
17 The Gathering Church Tea Luncheon Gathering	18 USTENING DAY JULY 18	19 4:00 PM COVID Testing	20 2:45 PM Bible Study wElder Josiah B. Jones	10:00 AM MEIJER	4:00 PM	23
24 Self Care Day	25 11:30 AM Heart that Cares Home Care Event	26 Time TBD MJR Movie Day	27 2:45 PM Bible Study w/Elder Josiah B. Jones	11:00 AM 11:00 PM Humana Resident Connect	29 Schwan's Delivery 2:00 PM 1:00 PM Bingo with PACE	30 Happy Birthday Pearlena Talbert!

July Recipe

Greek Beef Pitas



INGREDIENTS 1 POUND GROUND BEEF 1 SMALL ONION, CHOPPED 3 GARLIC CLOVES, MINCED 1 TSP DRIED OREGANO 3/4 TSP SALT 1 CUP PLAN GREEK YOGURT (CAN BE REDUCED FAT) 1 MEDIUM TOMATO, CHOPPED ½ CUP CHOPPED, PEELED, CUCUMBER 1 TSP DILL WEED 4 WHOLE PITA BREADS, WARMED

INSTRUCTIONS

- 1. IN A LARGE SKILLET, COOK BEEF, ONION, AND GARLIC OVER MEDIUM HEAT 8-10 MINUTES OR UNTIL BEEF IS NO LONGER PINK AND VEGTABLES ARE TENDER.
- 2. BREAKING BEEF INTO CRUMBLES, DRAIN.
- 3. STIR IN OREGANO AND ¹/₂ TSP SALT.
- 4. IN A SMALL BOWL, MIX YOGURT, TOMATO, CUCUMBER, DILL, AND REMAINING ¹/₄ TSP OF SALT.
- 5. SPOON ³/₄ CUP OF BEEF MIXTURE OVER EACH PITA BREAD.
- 6. TOP WITH 3 TBSP OF YOGURT SAUCE
- 7. OPTIONAL: TOP WITH ADDITIONAL TOMATO AND CUCUMBER

ENJOY

Monthly Word Search



July Fourth Word Search





ADAMS AMERICA BARBECUE COLONIES CONGRESS DECLARATION EQUALITY FIREWORKS FOURTH FREEDOM HOTDOGS INDEPENDENCE JEFFERSON JULY LIBERTY NATION PARADE REVOLUTION RIGHTS STATES THIRTEEN UNITED

July Observances & Fun Facts:

July is observed as:

National Blueberry Month National Anti-Boredom Month National Grilling Month National Hot Dog Month National Park and Recreation Month

Weekly Reminders

Week 1: Dog Days of Summer Week 2: National Grilling Week Week 3: Capture the Sunset Week Week 4:Nat'l Parenting Gifted Children Week

July Flower and Birthstone



Flower = Larkspur



Gem = Ruby



FREE NOTARY Services

Provided To All of Our OSM Residents



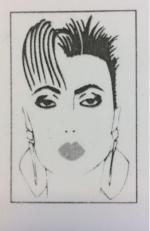
The Village of Our Saviour's Manor A SENIOR LIVING COMMUNITY A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and Mission Church of Our Saviour

OSM Board Members

Johnnie Jackson, Board Chair Dereka McClay, Vice Chair Rev. David Huber, Treasurer Natalie Brothers, Member Carolyn Kimbrough, Member Michelle Williams, Member Myra Davenport, Member Judy Piccininni, Member

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 or Genie 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 VP of Housing Operations

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



You are being recognized because "What you did mattered!":

Thank you for what you did!

Employee Name: _____ Person Recognizing Employee:

ee.

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!