



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

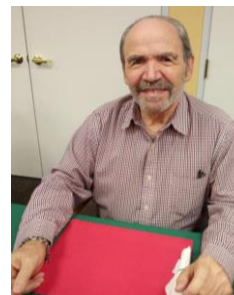
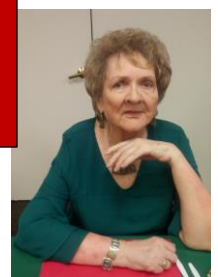
January 2020

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Christmas Party 2019



The Village of
Warren Glenn

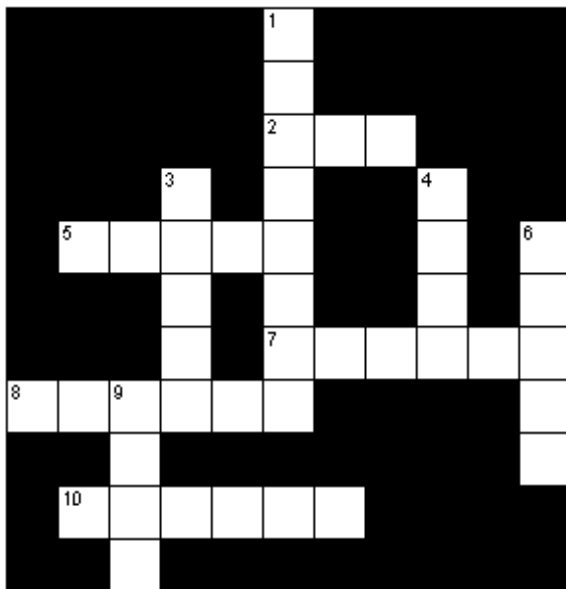
A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Enjoy a Crossword Puzzle about the internet



Clues - The Internet

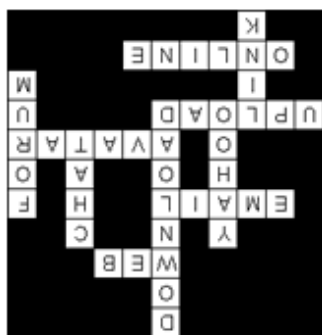
Across

- 2 A spider _____
- 5 Created "Snail Mail"
- 7 Your logo
- 8 Opposite of download
- 10 Connected

Down

- 1 Opposite of upload
- 3 A shout for joy
- 4 chit-_____
- 6 Everyone is watching
- 9 Cuff _____

Crossword Puzzle Easy-1 - Solution



www.freepuzzles.ws

New Office Procedures for Quarters

The office will sell quarters to residents on Fridays ONLY beginning January 10. We will not sell quarters at any other time of the week. If this is not convenient, you can get quarters at your bank, credit union or grocery store.

A Reminder of House Rules on Visitors and Illegal Drug Use

I have written warning letters in 2019 to a few residents for violating the rule on visitors. Learn what the rule is so that you can follow it. We have this rule because HUD is subsidizing each person's rent. If you have visitors for more than 21 days a year, HUD figures that the person should be part of your household, on the lease, pass criminal and credit checks, have their income counted, and pay rent. Here is the rule:

"A visitor is someone other than the person who signed the lease. Residents may have overnight visitors. However, visitors should not stay more than two weeks. Total number of visitors should not exceed a stay of more than 21 days per year. All visitors staying more than 48 hours are to register with management."

Marijuana is considered an illegal drug by the federal government. Because our building is funded by the federal government, the following rule will be strictly enforced: "Residents or guests under the resident's control may not engage in the illegal use... of drugs." Although state law recognizes medicinal and recreational use of marijuana, the federal government does not. You cannot have marijuana on the property...*period*. Do not put your housing in jeopardy.

First Presbyterian Church of Warren Inclusion Ministry

by Marijo Hockley

Communion Service, January 5, 1:00 p.m., Community Room

Bible Study, Thursday, January 9, 16, 23 & 30, 1:00 p.m.,
Community Room. We will finish an Armor of God 7- week study.

Worship Service, January 19, 1:00 p.m., Wellness Room

Movie and Lunch, January 19, 2:00 p.m., Wellness Room

Bring a side, movie snacks, or a dessert to share. Main dish
provided. Movie – *Doctor Doolittle* (1967)

Movie and Lunch, January 24, Pick up from Warren Glenn, 9:30
a.m. Warren Glenn Residents & Cousino high school students will
go to a movie at MJR Universal Grand 16 and lunch at Del Taco.

Hey, Hun – Have Some Fun with Puns

What's the best thing about Switzzerland?

I don't know, but the flag is a huge plus.

What happens to a frog's car when it breaks down?

It gets toad away.

*I submitted 10 puns to a joke-writing competion to see if any of
them made the finals.*

Sadly, no pun in ten did.

What is the difference between a hippo and a Zippo?

One is really heavy and the other is a little lighter.

Can a kangaroo jump higher than the Empire State Building?

Of course, the Empire State Building can't jump.

A horse walks into a bar...

The bartender says, "Hey." The horse says, "Sure."

Apparently you can't use "beef stew" as a password.

It's not stroganoff.



GOLDEN FROG WINNER January 2020

Congratulations to Josephine Danowski, #128. Josephine, originally from Hamtramck, has been a resident of Warren Glenn since 2010. She has long gifted us with her pleasant smile and happy attitude.

For many years, Josephine planted and tended beautiful flowerbeds that won a City of Warren Beautification Award under her leadership. While keeping the outside pretty, she also kept the lobby looking special by decorating the bulletin board. She has a wonderful talent to make things bloom around her.

Congratulations for being such a good neighbor.





Sylvia Guillemette's grandson, Michael, graduated from Wayne State University with a bachelor's degree in communications and music. Congratulations!

Gail Styles, #233, is proud of grandson Dakota who after graduating from Western Michigan University, began working at the Lansing Airport. He recently designed, constructed and opened a market there. Congratulations!

Mr. Saad and Ms. Awad, #142, returned from a trip to Egypt where they enjoyed visiting relatives and friends.

Erna Crabtree, #126, returned from a trip to Key West, Florida where she visited her daughters and enjoyed sea breezes and beautiful sunsets.

Bev Hooks, #240, went with her son to see a performance of the *Nutcracker Ballet*.

Condolences to Rosemarie Barnhart, #202, whose sister-in-law passed away.

Glad to see Gwen Henderson, Mary Blaszczak and Lawanda Alexander feeling better.

Welcome, New Neighbor!

Hudear Lazam, #232, recently joined us at the Village of Warren Glenn from Oak Park, Michigan.

Mr. Lazam was an elementary school teacher until he retired and started a jewelry store in his native country of Iraq. He has six children: two girls in metropolitan Detroit, three daughters in Europe and one son in Iraq.

The family lived in Bagdad until it became dangerous for Christians to live in Iraq. They fled to Syria where they were refugees for over three years until they came to the United States.

Mr. Lazam speaks Arabic and some English. He is busy on his computer and has a large circle of online friends. He loves the United States and has a map of the country in his apartment. Before he came to Warren Glenn, he visited other apartments, but chose this building because of the management and the clean, quiet facility.

When he moved in, he gave crosses to Anne and Stacey made in Bethlehem from Holy Land olivewood. Please drop in to see them and feel the softness of the wood.

Join us for a Yahtzee Tournament

Date: Wednesdays beginning January 15
 Time: 6:30 p.m.
 Place: Community Room
 Cost: \$3 each night for five games



Nightly winners: First and second place
 Nightly prize: Depends on number of players

Final winner: First person to win 1st place three times
 Final prize: \$50 gift certificate to Krogers

Bring your own pen to keep score, snacks and beverage if desired. A practice session will be held on Thursday, January 9 at 3:00 p.m. in the community room.



**Everyone is invited
January Birthday Party
Thursday, January 9 @3 PM
in the Community Room.**

**Everyone is invited
Cake, ice cream and
a beverage will be served.**

**Celebrate the Golden Frog Winner.
Receive a gift for your birthday.
Birthday BINGO will follow.**



RESIDENT BIRTHDAYS

- Jan 5 Gail Styles #233
- Jan 6 Deb Sokolowski #102
- Jan 13 Janet Carwan #105
- Jan 14 Delores Marks #136
- Jan 20 Linda Wesphal #220



ALTERATIONS & MENDING -
Shorten pants and sleeves.
Take-in or let-out clothes. New
elastic and more. Fast and
reasonable, call Diane at 586-
350-1751.

AVON PRODUCTS - If you are
looking for an Avon Lady, call
Pat Phillip @ 248-515-7549.

MANICURES - Hand & arm
massages and facials in your
apartment or mine. Licensed
with very reasonable prices.
For more information, call
Mickey at 313-728-1623.

**WATCH BATTERY & WATCH
BAND REPAIR -** All work
guaranteed one year. Low cost.
Call Mac MacDougall at
586-484-0417.

SCHWAN'S FOOD - A
deliveryman comes to the lobby
of our building every other
Wednesday at 4:00 p.m. He
takes orders and fills them from
his truck.

RESIDENTS GIVE GENEROUSLY

Sister Mary Fagan and Carolyn Richardson collected \$420 from residents for a Christmas donation to a Warren family that lost their home when it blew up from a gas explosion. Residents showed great kindness to help others in their time of need. Well done!

RESIDENTS' FUND CHANGE

Thank you to Betty Challenger for her years of hard work as Treasurer of the Residents' Fund. Betty recently resigned and Laurie Tusley will take the position. Thanks to you both.

PRESIDENTIAL PRIMARY ELECTION, MARCH 10

The State of Michigan has scheduled a Presidential Primary for Tuesday, March 10, 2020. The purpose is to narrow down the list of Presidential candidates for the November election. The election is early so that Michigan residents can have an impact on who the final candidates are.

*****The Detroit Institute of Arts will have a millage renewal request on the ballot as well. The millage tax allows the DIA to send a bus for senior citizens to go to the art museum.

If you want to vote in this election, but are unsure of your registration status, please call Warren City Clerk Sonja Buffa, 586-574-4557, for assistance. If you would like an absentee ballot, call the Clerk's office to request one.





New Year's Eve Party 2019

The Senior Advocate.

2020 US CENSUS: Stand Up and Be Counted!

The 2020 Census counts the population in all 50 states, the District of Columbia and five U.S. territories (Puerto Rico, American Samoa, Guam and the U.S. Virgin Islands) every ten years. The count is mandated by the United States Constitution and conducted by the U.S. Census Bureau, a non-partisan government agency.

Each apartment at Warren Glenn will receive an invitation to respond to a short questionnaire and can do so online, by phone, or by mail. Participating in the census is required by law. A complete and accurate count is critical for each resident, Warren Glenn, the City of Warren and the State of Michigan because the results of the 2020 Census will affect community funding and congressional representation for the next ten years.

The 2020 Census will provide a snapshot of our nation – our population, where we live and how we live. The census provides critical data that lawmakers, business owners, teachers and many others use to provide daily services, products and support for you and your community.

Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads and other resources based on census data. The results of the census also determine the number of seats each state will have in the U.S. House of Representatives and the results used to draw congressional and state legislative districts.



SERVICES

Beauty Salon

Beautician Gloria Blood is here every Thursday. She offers a variety of services in the beauty salon on the second floor across from the lobby elevator.

Due to the rising cost of beauty products and the fact that prices have remained the same since 2011, a slight price increase will start on February 1, 2020.

A sign-up sheet on the salon window includes a list of services and the new prices.

Chiropractor

Dr. Jamie Beck comes to our building on Mondays, Wednesdays and Thursdays at 10:30 AM. If you need to see the chiropractor, go to the exercise room on the second floor. No appointment is necessary. First time patients must bring their identification and insurance cards. Most insurances cover this service.

Podiatrist

Dr. William Rubin comes to the building approximately every six weeks. He will see you privately in your apartment. Watch for the sign-up sheet in the mailroom. After you sign-up, podiatry staff will contact you by phone to get your insurance information. Most insurance plans cover this service.

Prescription Delivery

CVS pharmacy at 12 Mile and Ryan will deliver prescriptions free of charge to our residents. The telephone number is 586-756-8900. Other pharmacies in the area may deliver too.

From the Service Coordinator

Denise Giallombardo, B.S.W., Presbyterian Villages of Michigan

First, I want to thank everyone for all of the beautiful Christmas cards, tasty treats, and wonderful gifts! I love heartfelt gifts and yes, I save them all and will use them next Christmas. I have been here six years now, and it's still terrific to come to work and help you live the best life here at Warren Glenn!

I have been thinking about how to help you to learn more about preparing a Department of Human Services Application (DHS: Food Stamps, Medicaid, Medicare B Savings Program, etc.) and understanding the different parts of Medicare. It can be confusing and downright frustrating because paperwork is involved, you often have to look for documents and programs can overlap. To reduce this confusion and frustration, I will be developing two presentations with reference materials so that you will be able to apply for services through DHS and Medicare more easily and with less anxiety. Feel free to call or come see me if you have ideas of what you would like to see in DHS and Medicare presentations / articles / documents!

I would like to use the Wellness Room more in the coming year. We can purchase DVD's and start doing programs such as *Dance in Your Chair*, *Walk a Mile*, and *Yoga for Seniors*. Some of these are done in a sitting position, so everyone can participate! More to come on this one too.

Come to the Service Coordinator Programs in JANUARY

JAN 8, WEDNESDAY, 3:00 PM

DIABETIC NEUROPATHY

WELLNESS ROOM

JAN 10, FRIDAY, MORNING

FOCUS HOPE

SR. COORD OFFICE

JAN 14, TUESDAY, 10:00 AM

DEB'S DOLLAR STORE

COMMUNITY ROOM

Garlic Roasted Brussels Sprouts with Cheese

- 1 pound Brussels sprouts
- 6 cloves fresh garlic, chopped
- 3 strips turkey bacon, chopped
- 3 tablespoons olive oil, divided
- 2 tablespoons balsamic vinegar
- 1½ tablespoons Asiago cheese, grated



Wash Brussels sprouts and cut in half. Place on baking sheet lined with parchment paper. Spread garlic and bacon over the Brussels sprouts. Drizzle the balsamic vinegar and 2 tablespoons of oil over the mixture. Bake in oven preheated to 350 degrees F for 45 minutes. The Brussels sprouts should be slightly crispy on the outside. Remove to a serving bowl and drizzle the remaining tablespoon of olive oil over the mixture. Season with salt and pepper and top with the cheese. Makes 6 servings.

MSU Extension Senior Health Line ***by Robin Danto, Home Economist***

The federal nutrition guidelines recommend that Americans should meet their nutritional needs through a well-balanced diet that includes fruits, vegetables, dairy, grains and protein. The guidelines also say that some people may need supplements to get enough nutrients. Dietary supplements are in the form of pills, capsules, powders, gel tablets, extracts or liquids. They may contain vitamins, minerals, fiber, amino acids (the building blocks of protein), herbs or enzymes.

Supplements are not meant to replace food. A pill cannot replicate the nutrition that is available in whole foods. Whole foods are unprocessed, unrefined or processed very little to maintain its value. Whole foods are more complex and contain a variety of needed nutrients that are destroyed or removed when food is processed.

Whole foods also provide dietary fiber. Fiber helps to prevent certain diseases like type 2 diabetes, heart disease and some cancers. It also helps to keep your bowels regular and aids in digestive health.

Whole foods provide antioxidants, substances that reduce cell damage.

- Beta-carotene is an antioxidant found in dark green and orange vegetables.
- Selenium, found in seafood, liver, meats and grains, protects us from infection, plays a role in the production of DNA and thyroid health.
- Vitamin C comes from citrus fruits, berries, peppers and tomatoes. Vitamin C protects us against immune system deficiencies, aids in cardiovascular health and helps keep our vision strong.
- Vitamin E is found in wheat germ, nuts, sesame seeds and canola, olive and peanut oils. It helps to prevent heart disease and improves immune function. It also reduces inflammation and lowers the risk of some types of cancers.

If you are in good health and eat a wide variety of minimally processed foods, including fruits, vegetables, whole grains, low fat dairy products and lean sources of protein, you will not need supplementation. Eating whole foods provides a greater opportunity to ingest all of the nutrients our body needs to thrive.

Dietary supplements may be appropriate if you do not eat a well-balanced diet or have a medical condition that impedes your ability to eat certain foods or decreases your appetite. If you do not eat enough animal products (meat, eggs, fish), you will need vitamin B12 supplements to keep the nervous system and blood cells healthy.

If you have a true milk allergy, you will require calcium supplement to keep bones and teeth healthy and so that muscles can expand and contract. If you have lactose intolerance, you can take dairy products with the enzyme lactase in it or a capsule of lactase to break down the lactose in milk.

If you are considering supplements, check with your doctor first. Supplements may interact with medications or make some medical conditions worse. Certain supplements are excreted in urine if too much is taken while other supplements are stored and build up in the body. Some supplements are harmful in larger dosages. Current research does not show that large doses of any supplementation will protect against chronic disease.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A New Year's Resolution Solution

With the arrival of the New Year, like 100 million other Americans, you have probably made at least one New Year's resolution. Unfortunately, however, like most everyone else, by mid-April you will probably find that your resolutions are nothing but distant memories. So, why is it that as easy as resolutions are to make, they seem to be even easier to break?

Ask almost anyone that has made – *and broken* – a resolution and they will tell you that lack of will power was their downfall. But is failing at our resolutions really a matter of will power? Or is the problem that we haven't learned to set realistic goals?

When it comes to learning how to set goals, behavioral experts recommend:

- Starting with something you **WANT** to do rather than something you think you should/need to do (e.g., being more physically active vs. eating less salt).
- Choosing something **ACTION** oriented rather than outcome oriented (e.g., walking vs. losing weight).
- Selecting something **MEASUREABLE** (e.g., walking a certain distance or for a certain amount of time vs. just walking).
- Selecting something **ACHIEVABLE** (e.g., walking 10 minutes/day, 3 times/week vs. walking 2 miles/day, 7 days/week).

As with any new skill, the more you practice it the better you will get at it. Before you know it, you will be setting and achieving goals with ease.

Calling Maintenance After Hours: Only in an Emergency

A resident recently contact Mark Benoit on the emergency phone line after hours (6 p.m.) and early in the morning (7 a.m.) with a complaint. It was not an emergency. **DO NOT DO THIS. YOU WILL BE WRITTEN UP.** Staff members need to spend time with their families without being contacted by residents unless it is an emergency. They deserve peace and quiet. Work requests must be directed to the office. Complaints must be directed to management.

Emergencies are things like:

1. **Major water leaks** that cannot be contained in a bucket or big pan.
2. **Absence of air conditioning** when it is over 90 degrees outside.
3. **Absence of heat** when it is below 50 degrees outside.
4. **Absence of power.** Did you pay your bill? Check circuit breakers and reset GFI breakers. Power? Check neighbors and rest of building. Power? Report your apartment situation to DTE at 800-477-4747 or dtenergy.com. Contact maintenance if it is a broad power outage.

WINTER WORD SEARCH



W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

**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 Number (586) 751-5090

Village Staff

Anne Lilla
Administrator

Stacey Klooster
Administrative Assistant

Mark Benoit
Maintenance Tech

Emmi Parada
Housekeeper

WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President
Betty Challenger Sister Mary Fagan
Marijo Hockley Mary Blaszak

Emergency / After Hours Number (586) 554-4008
Fax Number (586) 751-7876



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

Three Gates

If you are tempted to reveal
A tale to you someone has told
About another, make it pass
Before you speak, three gates of gold.
These narrow gates: First, "Is it true?"
Then, "Is it needful?" In your mind
Give truthful answers. And the next
Is last and narrowest, "Is it kind?"
And if to reach your lips at last
It passes through these gateway three,
Then you may tell the tale, not fear
What the result of speech may be.

From The Arabian
Poem submitted by Rosemarie Barnhart

Embrace the possibilities