



Village Voice



Embrace the possibilities

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March 2015

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From The Village Administrator

Happy March!

We are finally into March. I'm hoping to see the winter go away soon. I think there is a light at the end of the tunnel.

Don't forget about our kick-off party to our Friends and Family campaign on Saturday, March 28th! Invite your family and friends.

Starting in April we are raising funds for building enhancements, so I hope we will raise everything needed to add to our community. Stone Soup will be here one day in April for our

party. Anyone is invited to join in all the fun.

Thank you for being patient while Stacey and I help out at Warren Glenn for a while. There will be someone here in the office every day to help you.

Sincerely,

Melissa Riesterer
Administrator

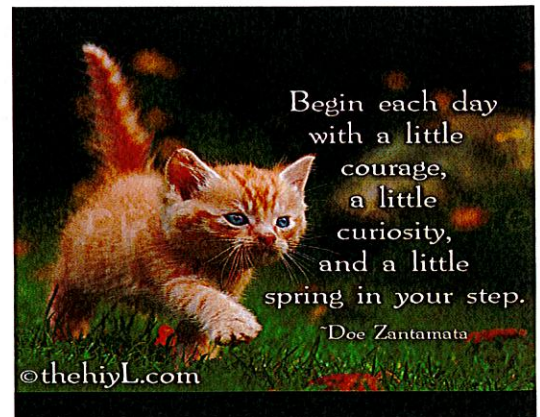


The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Friends & Family Campaign 2015

Announcements

When: Saturday, March 28th

Time: 11am-1pm

**Where: Peace Manor First Floor
Community Room**

**Come join us by kicking off The Village of
Peace Manor's 2015 Friends & Family
Campaign.**

Light refreshments provided.

Invite your family and friends!!

**There will be a 50/50 raffle, raffle baskets
to view and more.**



Laundry Room

Please remember to clean out the washers and/or dryers after you are finished. Please leave the door to the front loader open after you are finished as well.

Please also only use the change machine in the laundry room to do laundry. Thank you kindly.

Lorenzo Cultural Center

The center will have an exhibit running through May, which will feature 101 people, places, and things that made Michigan. The Cultural Center is located on the campus of Macomb Community College which is only 10 minutes from Peace Manor. Be sure to check out the brochure in the office or The Stop & Shop. It would be great to get a group together to go to one or more of the events.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection. They are:

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks.

- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment.
- Withdrawal from work or social activities.
- Changes in mood and personality.

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit alz.org/10signs.

Camille's Office Hours

Monday 7:30am-2:30pm
Tuesday 7:30pm-1:30pm
Thursday 7:30pm-2:30pm

Care Choices Program

When: Monday, March 30th
Time: 2pm

Parish Nurse Schedule

Sue Perkins is available every Wednesday from 1:00-3pm to take blood pressures.

Join her at 3pm in the library for Bible study.


Chair Exercises

Come join in on the fun. Chair dance to the music.

When: Thursday, March 12th & 26th
Time: 1:00pm
Where: First Floor Community Room

you're only
ONE WORKOUT
away from a
GOOD MOOD

This Article was submitted by Arlene Seckel, O.P.-Village of Peace Manor Resident



Health & Wellness

Adrian Dominican Sisters
February 2015

Wellness Tip

It's important to note that memory loss isn't inevitable. You can take various steps to preserve or sharpen your memory, such as learning memory-enhancing techniques, reducing stress, and improving your organizational techniques (writing down appointments or having a designated spot for belongings such as keys and eyeglasses).

It's also important to challenge your mind regularly with activities such as reading, doing crossword puzzles, playing chess, or taking classes. Experts believe that these kinds of activities help build and maintain synapses, the small gaps between neurons that enable them to communicate with one another.

Contact me if:

- You are concerned about memory loss or other cognitive issues in yourself or in

Normal Aging Process or Dementia?

*"While you have a thing it can be taken from you...
 but when you give it, no robber can take it from you.
 It will be yours always."*

- James Joyce

Have you been concerned lately that your own episodes of forgetfulness -- or those of others -- indicate an onset of Alzheimer's disease? Medical sources show a number of distinctions between "simple forgetfulness" and cases of dementia, such as Alzheimer's, that you just might find reassuring.

For example, Harvard Medical School's *Guide to Coping with Alzheimer's Disease* notes that the mere fact that you notice your own forgetfulness and are concerned about it can be a good sign that it's related to the normal aging process -- or to such factors as stress, distraction, or simply an overloaded schedule.

The Alzheimer's Association lists [10 warning signs](#) of Alzheimer's -- perhaps one of the better known forms of dementia. These include losing memory to the point of disrupting one's life, without later recall; confusion in such matters as the time of day, the season of the year, or one's current physical location; frequently losing not only things, but also the ability to retrace one's steps to find them; and withdrawal from others, activities, and hobbies.

You may want to compare these warning signs with more "typical" experiences that indicate the normal process of aging: temporary forgetfulness, occasional loss of an item, temporary confusion about the day of the week, and simply being tired of normal activities.

Staff of the Mayo Clinic note a middle stage between normal aging and dementia: [mild cognitive impairment](#) (MCI). Such [symptoms](#) as more frequent episodes of forgetfulness, or the inability to remember important appointments, could point to MCI. "Mild cognitive impairment may increase your risk of later progressing to dementia, caused by Alzheimer's disease or other neurological conditions," the Mayo Clinic website notes. "But some people with mild cognitive impairment never

-Over-

another Sister.

- You have questions about your doctor's recommendations for medical procedures and medication.
- You would like to learn more about a medical condition for which you are being treated or about to undergo treatment.
- You have suggestions for health and wellness topics for future issues of this newsletter.

Wellness Tip

Do what you can to keep your mind active and expanding: take classes, do crossword puzzles or Sudoku puzzles, and play challenging games such as chess. Helpguide.org also offers a number of ways you can improve your memory: from getting enough sleep, drinking green tea, and reducing your level of stress to the use of mnemonic devices.

Contact Information

Sister Peggy Coyne, OP
517-266-3529
pcoyne@adriandominicans.org

A registered nurse for more than 40 years, Sister Peggy Coyne is the Director of Health and Wellness, an outreach office for the Adrian Dominican Sisters.

The Office of Health and Wellness assists Chapter Processes with issues related to the health and well-being of

get worse, and a few eventually get better."

If you show any of the symptoms of Alzheimer's disease, other forms of dementia, or MCI, your best bet is to see your doctor as soon as possible. The sooner the condition is addressed, the more likely it is that you and your doctor can find better options for treatment.

Women's Heart Health: Signs of a Heart Attack

Did you know that heart attack symptoms present differently in women than they do in men? Men typically experience a crushing chest pain during the onset of a heart attack, but that isn't necessarily the case for women.

Because heart disease is the leading cause of death in American women, it's vital to recognize the following heart attack signs in women, which are noted by such organizations as the American Heart Association.

- Jaw pain
- Heaviness in chest
- Nausea
- Belching
- Fatigue
- Dizziness

Seek help right away if these symptoms are preventing you from continuing on with everyday activities.

The Alzheimer's Association:
http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp

The American Heart Association:
http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Heart-Attack-Symptoms-in-Women_UCM_436448_Article.jsp

Harvard Medical School,
A Guide to Alzheimer's Disease, a Special Health Report, 2009.
<http://www.helpguide.org/articles/memory/how-to-improve-your-memory.htm>

The Mayo Clinic:
<http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/definition/CON-20026392A>



March 2015



Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5	6	7
8am-11am-Stop & Shop Open	1:00-3:30pm-Stop & Shop Open 1:30pm-Milkman	8-11:00am-Stop & Shop Open 10am-Communion 1-3pm-B.P. Checks 3-4pm-Bible Study	1:000-3:30pm-Stop & Shop Open 9-11am-Bus to Walmart	9am-Bus To Meijer 1:00-2:30pm-Stop & Shop Open		
8	9	10	11	12	13	14
8am-11am-Stop & Shop Open	1:00-3:30pm-Stop & Shop Open 1:30pm-Milkman 6pm-Pokeno	8-11:00am-Stop & Shop Open 10am-Communion 1-3pm-B.P. Checks 3-4pm-Bible Study	1:000-3:30pm-Stop & Shop Open 6PM-MOVIE NIGHT	9am-Bus To Meijer 1:00-2:30pm-Stop & Shop Open	12pm-Bingo With Sue	
15	16	17	18	19	20	21
8am-11am-Stop & Shop Open	1:00-3:30pm-Stop & Shop Open 1:30pm-Milkman	8-11:00am-Stop & Shop Open 10am-Communion	1:000-3:30pm-Stop & Shop Open	9am-Bus To Meijer 1:00-2:30pm-Stop & Shop Open		
22	23	24	25	26	27	28
8am-11am-Stop & Shop Open	1:00-3:30pm-Stop & Shop Open 1:30pm-Milkman	8-11:00am-Stop & Shop Open 10am-Communion 1pm-Sing A Long 3-4pm-Bible Study	1:000-3:30pm-Stop & Shop Open	9am-Bus To Meijer 1:00-2:30pm-Stop & Shop Open	Friends & family Kick Off 11am-1pm	
29	30	31				
8am-11am-Stop & Shop Open 2pm-Care Choices Program	1:00-3:30pm-Stop & Shop Open 1:30pm-Milkman 6pm-Pokeno					

Spring - Word Search

Find the words hidden in the grid of letters.

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

- APRIL
- BASEBALL
- DAFFODILS
- EARTHWORMS
- EASTER
- EQUINOX
- FLOWERS
- FROGS
- GOLF
- GREEN
- GROWTH
- INSECTS
- LILIES
- MARCH
- MAY
- PLANTING
- RAIN
- ROBINS
- SEASON
- SNOWMELT
- TULIPS
- WARMER
- WET

**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



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Service Coordinator

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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

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