



Village Voice



Embrace the possibilities

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May 2014

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From The Village Administrator

Greetings...

We are planning another Getting to Know You event this year. Look for some fun things planned for that occasion. Don't forget the birthday party planned for Thursday, May 15th at 1:30 pm.

I have decided to have the resident meetings bi-monthly. The next resident meeting is scheduled to be on Wednesday, June 11th at 1:00 pm.

Thank you to all of you who generously donated and participated in our Friends and Family event throughout April. During the month of April we managed to raise over \$3,000 without the match from the foundation. Our Murder Mystery was a great success along with the raffle baskets, the 50/50, the April breakfasts and all the contributions made by you, your

friends and family. We will know the final total on May 12th.

The camera system is being installed the first couple weeks in May. It should be up and running very soon.

Will's injury is healing nicely; he is expecting to be back to work the last part of May barring any unforeseen incidents.

Have a happy Memorial Day weekend at the end of the month!

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Announcements

TOP ROLE MODELS FOR AGING WELL

May is Older Americans Month. This is a time to honor older Americans and take notice of the wonderful contributions they have and will continue to make for our country. In recognition of this important designation I have chosen to unveil my annual list of role models for aging well:

Mickey Rooney: For many years he entertained audiences in a delightful manner as an actor and show business personality. Mickey passed away recently but left a legacy of taking on elder abuse and exploitation. A victim of his own family member, he spoke out and held them accountable. He then helped to launch a national campaign against elder abuse and testified before Congress.

Cher: Cher has entertained audiences for years and recently announced a new concert tour at which she will be wearing an original costume from her early days. Now I want to place a disclaimer here in that we do not all have to be able to fit into an outfit or costume from decades ago; but hats off to her!

Golf Legends: Jack Nicklaus, Arnold Palmer, and Gary Player, for their recent appearance at the Masters Tournament and for still being able to hit a golf ball better than most of America.

Dorothy Height: A Village of Mill Creek board member, for her courage in not allowing the chronic condition of Lupus to get the best of her and for her continued work to bring attention to this issue. She also is involved with education programs for others to win the good fight.

Gloria Steinem: This icon of the Women's Movement also was one of the first in America to send the message to others that we should be proud of our age. At forty she announced: "This is what forty looks like!" At fifty she was feted at a "This is what 50 looks like" party at the Waldorf Astoria Hotel. Now at Eighty years of age, Gloria celebrated in Botswana. Before she left on that trip she was feted at a "This is what 80 looks like" party, which was a benefit held at the Shalom Center.

We all can find our own path for aging well. It may not be a trip to Botswana or appearing in a legendary golf tournament. However, each of us has much knowledge and many talents to share with the world and can find most joy in sharing them with others. Enjoy life!

Reminders

Please be courteous to your neighbors and remember to shut your door quietly.

Thank You

We would like to thank the person who placed our Mother's newspaper by her door every morning. Your thoughtfulness and kindness was greatly appreciated.

-The Family of Arlene Simkins

Village Shopping Cart

Please be courteous to your neighbors and return the shopping cart promptly. Many of our residents depend on the shopping cart to bring groceries into their apartments.

Wellness Room

The wellness room is strictly for the residents of Peace Manor. Please do not allow your guests to use the equipment in this room.

Thank you!!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The 2014 Village Victory Cup

Mark your calendars! The 2014 Village Victory Cup will soon be here. Will the Westland Stars defend their title? Will the Warriors from the Village of St. Martha's re-claim the Spirit Award? To be the best you have to beat the best and rumor has it both Villages are ready to take on all challengers.

This year the Village Victory Cup has been scheduled for Friday, June 27th and will again be held at Ultimate Soccer Arenas in Pontiac. Along with the usual events: *Wellness Walk, Puzler, Bake Off, Hoop Shoot, Bean Bag Toss, Balloon Volleyball, and Expression of Wellness*, we have added a paper airplane flying competition called *Top Gun*. It replaces the *Relay Walk* since in the past many villages were unable to enter this event because they couldn't find relay members for each age category.

In April detailed event descriptions and registration instructions were sent to each Village. If you want to participate this year contact your Village Administrator right away. The events have entry limits and there is a registration deadline.

Villages located 100 miles or more from the PVM Home Office will be able to participate in the Virtual Village Victory Cup. Event descriptions and registration information were sent to your Village in April as well. For more information contact your Administrator.

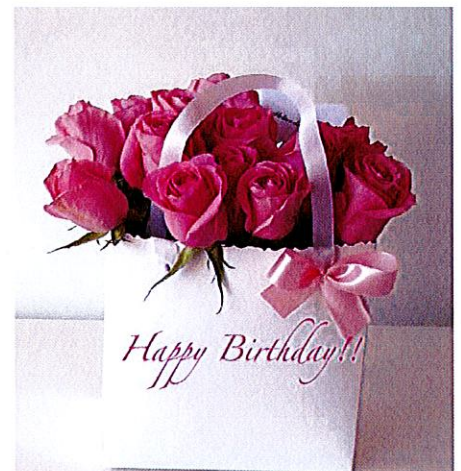
May Birthday Celebration

When: Thursday, May 15th
Where: Peace Manor Community Room
Time: 1:30pm

Come celebrate with your fellow residents who have birthdays in May!!

Happy Birthday to You

Maureen Harvey.....	5/04
June Dingman.....	5/9
Roman Fadanelli.....	5/21





For Your Safety.

By *Carrie L. Moon-Dupree,*
Vice President of Risk Management & Quality

The Risk Manager Falls:

A big part of my professional life is made up of educating residents and staff on safe practices to prevent falls. In an instance my professional expertise flashed before my eyes when I felt my feet fly out from underneath me and I landed with a thud on the floor, but not before hitting my head on the kitchen cupboard. I was home alone, rushing to get out the door, and not paying attention to what I was doing. I decided to wash the kitchen floor before I left. The end result was that I put myself in a precarious position by not paying attention to what I was doing and rushing. The good news, except for a nasty bruise and a little humiliation I was o.k. This episode got me thinking of what I should have done differently.

- I should have been doing only one thing at a time, not planning to get out the door and stopping to wash up the kitchen floor before I left.
- I was wearing leather soled shoes that did not give me any traction on the wet floor.

- I was home alone and not near a phone for help. (Good reason to wear your personal emergency response button)
- I thought nothing could ever happen to me.
- I didn't realize that I am no longer able to withstand a fall like I did when I was younger. At 64 my reactions are not what they once were.

So I am considering this my wake up call. I am now a senior and need to make adjustments to my life that will keep me out of harm's way. Take a moment to look around your living area and think of what could possibly cause you to fall. Maybe that throw rug should be taken up. Is a room too dark to see clearly? Are your comfortable slippers not the proper footwear to give you support? Make a vow now to pay attention to the task at hand and do one thing at a time. Sure it can be annoying to have to adjust your lifestyle. It is far more annoying to have a broken hip. Let's enjoy a safe spring.

Stop and Shop Hours

**Updated Monday Hours*

Mondays: 8am-12pm

A Mystery Breakfast treat and a cup of coffee \$1.25

Tuesdays: 12:30pm-3:30pm

Wednesdays: 8am-11:30am
Serving a doughnut and a cup of coffee for \$1.25

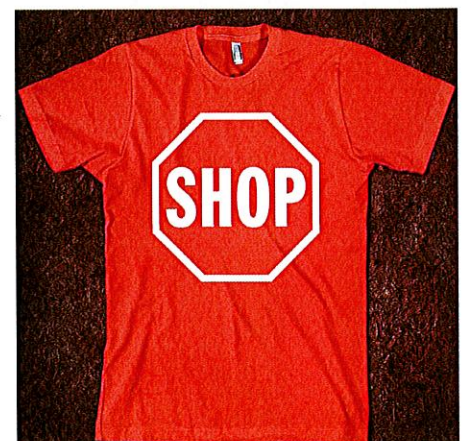
Thursdays: 12:30pm-3:30pm

Fridays: Closed

Come check the store out for yourself. Proceeds benefit The Village of Peace Manor Residents.

Please save all of your box tops for education. We are donating them to The Fraser School District.

Also, donations of pennies and loose change are still needed for "Angel", and Abigayle Ministries.





Giving Matters.

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

Column Name: Giving Matters

Headline: Grants Awarded to Villages!

Thanks to the generous support from our donors, the **PVM Foundation Grant Allocation Committee was able to award over \$62,000 in grants to the Villages in April 2014.** The following are the Villages and projects that were funded:

- The Village of Westland-New Furniture for the Cottages
- The Villa at The Village of Redford-Security Camera Upgrades
- The Village of Peace Manor-New Security Camera System
- Many PVM Housing Sites-Funding for Resident Activities

Projects like these and the many others that we fund throughout the year would not be possible without the support of our donors, so **THANK YOU** for all that you do for PVM and the Villages. If you have any questions regarding projects that we fund, please call me at 248.281.2040.

Another event that is sponsored by the PVM Foundation is the **Village Victory Cup**. I hope to see each of you there competing with your teams! I will be announcing the games again this year, so make sure to bring your earplugs if you don't like cheesy jokes!

On behalf of PVM Foundation, thank you again for all that you do to move the PVM Mission forward, and it is my pleasure to serve you as a resident.

With gratitude,

Paul J. Miller, CFRE
President
Presbyterian Villages of Michigan Foundation

Camille's Office Hours:

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

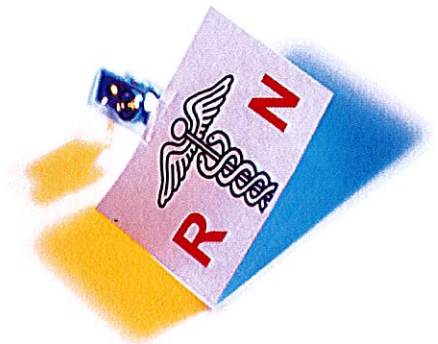
"A Service Coordinator Provides Information And Referrals In A Community Who Need Support Services To Maintain Self Sufficiency."

Parish Nurse Schedule

Sue Perkins is available every Wednesday from 1-3pm to take blood pressures. She is also available to counsel with regarding health advice.

Please note: Sue will not be here on May 14th.

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





May 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 8am-12pm- Stop & Shop Open	6 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman	7 8-11:30am- Stop & Shop Open 10am- Communion 1-3pm- BP Checks 3-4pm- Bible Study	8 12:30-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	9 10 12pm- Lunch and Bingo With Sue	10 12pm- Lunch and Bingo With Sue
11	12 8am-12pm- Stop & Shop Open	13 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman	14 8-11:30am- Stop & Shop Open 10am- Communion	15 12:30-3:30pm- Stop & Shop Open 1:30pm- Birthday Party	16 17	17
18	19 8am-12pm- Stop & Shop Open	20 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	21 8-11:30am- Stop & Shop Open 10am- Communion 1pm- Sing A Long 3-4pm- Bible Study	22 12:30-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	23 24 12pm- Lunch and Bingo With Sue	24 12pm- Lunch and Bingo With Sue
25	26 8am-12pm- Stop & Shop Open	27 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	28 8-11:30am- Stop & Shop Open 10am- Communion 1-3pm- BP Checks 3-4pm- Bible Study	29 12:30-3:30pm- Stop & Shop Open 6pm- Movie Night	30 31	31

What do I need to learn about strokes?

A stroke is also known as a brain attack and is caused when a blood vessel in the brain becomes clogged or ruptures. The part of the brain that does not get the oxygen and nutrients is damaged and dies. This happens within minutes. When a significant amount of brain cells die, there is permanent damage. Some strokes are preceded by mini-strokes (also commonly referred to as TIA's). TIA's do not cause permanent damage to the brain. Blood Pressure, Artherosclerosis, aneurisms, and heart rhythm problems are some of the risk factors for strokes. Obesity is also a risk factor.

Warning signs of a stroke include:

- Sudden numbness on one side of the body
- Difficulty speaking
- Sudden changes in vision
- Dizziness, loss of balance and/or difficulty walking
- A sudden severe headache

Call EMS or get to the ER within the first three hours if you are experiencing the above symptoms.

If a blood clot has caused the problem, there are treatments.

How can you protect yourself?

- Have your blood pressure checked regularly as elevation is often not detected.
- Work on reducing high cholesterol and blood pressure
- Keep weight within normal range
- Exercise daily for 30 minutes with your physicians permission
- Eat a healthy diet including 8 servings of fruits and vegetables
- Take medications as prescribed

Information provided by the Parish Nurse Network

Sue Perkins, R.N.

May Bingo Dates

12pm- Saturday, May 10th
12pm- Saturday, May 24th

Come join your fellow residents for lunch and some BINGO fun with Sue.



March Movie Night

When: Thursday, May 29th
Time: 6pm-?
Where: First Floor Community Room

As always, popcorn is provided. Please bring your own beverage.



**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



17275 15 Mile Road
Clinton Twp., MI 48035

Office Numbers (586) 790-4500

Village Staff

Melissa Riesterer
Administrator

Sue Perkins
Parish Nurse

Stacey Klooster
Administrative Assistant

William Horton
Maintenance Tech

Camille DeBlaere
Service Coordinator

EMERGENCY NUMBER

(586) 256-6326

Fax Number

(586) 790-4501



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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