

Embrace the possibilities

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

July 2015

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The Administrator's Pen

Greetings OSM Family and Friends,

I would first like to thank everyone that attended the 2015 Village Victory Cup, residents, family members, and volunteers. A wonderful time was had by all. I also want to thank Ms. Johnnie Jackson and Ms. Judy Piccininni, members of the OSM Board of Directors, for coming out and cheering us along to victory. The Manor Monarchs brought home the 2015 Victory Cup Spirit Award! This makes the second consecutive year we've won. And now we are in preparation for next year's Village Victory Cup. We are declaring 2016 to be OSM's year for the Cup. GO MONARCHS!!!

The Resident BBQ will be this Friday, July 03, 2015 @ 12:00. We are asking for a minimum \$10.00 donation for the BBQ To make your donation, please see Ms. Adams or Mrs. Bruner. Let's make this a memorable time of fun and fellowship and celebrate our win together.

I would like to acknowledge and thank Ms. Gloria Jefferson and OSM Growing Hands for the wonderful work that they are doing with the community garden. Growing Hands has planted tomatoes, green beans, cucumbers, two types of peppers and have already harvested lettuce for the season. In partnership with the National Kidney Foundation, Inkster Partnership for a Healthy Community (IPHC), Feeding Inkster, and with the help of our Master Gardner, Joyce Phillips, Growing Hands will donate all the food it harvests to the community. Thank you and keep of the good work!





Also, you can now follow us on Facebook! Look for us under: The Village of Our

Saviour's Manor and like our page.



A Mission of Presbyterian Villages of Michigan.
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

The Village of
Our Saviour's
Manor

A SENIOR LIVING COMMUNITY

Aaron E. Price

Administrator



Hello Our Saviour's Manor,

Let's get together for the month of August for our Activity meetings, if there's any new activities that you would like to have, please stop by my office on Tuesday's and Thursday. Tuesday hours are from 2:00 - 3:00 PM and Thursday hours are from 2:00 - 4:00 PM.

There will not be a Resident Activities Meeting for the month of July. Our next Activities meeting will take place in August.

I want to thank all those who participated and joined us in Pontiac for the Village Victory Cup. Thank you so much for your participation.

As we go into the Summer months, have a safe and happy July 4th holiday.

Please refer to the calendar for this month's activities and special event.

Thank you for allowing me to be your Activities Coordinator, it's an honor and a privilege to serve you. Thank you and have a blessed month. Enjoy your Summer!

Let the Summer fun begin!



Schwan's Delivery Schedule

Wednesday,
July 10th
And
July 24th
at
1:45 p.m.



The Village of Our Saviour's Manor takes the 2015 Village Victory Cup Spirit Award



























GO Manor MONARCHS!





Louise Redden, a poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in the most humble manner and asked if he would let her charge a few groceries. She softly explained that her husband was very ill and unable to work. They had 7 children and needed food. The owner of the store, scoffed at her and requested that she leave his store. Louise said, "Please Sir! I will bring you the money just as soon as I can." The owner told her he could not give her credit, plus she didn't' have a charge account there. Standing beside the counter was a customer who overheard the conversation. The customer walked forward and told the grocer that he would stand good for whatever she needed for her family. (Isn't God good?) The grocer asked Louise if she had a grocery list. She replied, "Yes Sir" Ok the grocer said, "Put your grocery list on the scaled and whatever your grocery list weighs, I will give you that amount in groceries." Louise hesitated a moment with a bowed head, then she reached into her purse and took out a piece of paper and scribbled something on it. She then laid the piece of paper on the scale carefully with her head still bowed. The grocer and the customer's eyes were still in amazement when the scale went down and stayed down. The grocer, staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it". The customer started smiling, and the grocer started putting the groceries on the other side of the scales. The scales did not balance so he continued to put more and more groceries on them until the scales would hold no more. The grocer stood there in utter disgust. Finally, he grabbed the piece of paper from the scales and looked at it with greater amazement. It was not a grocery list, it was a "prayer" which stated: "Dear Lord, you know my needs and I am leaving this in your hands." The grocer gave her the groceries that he had gathered and stood in stunned silence. Louise thanked him and left the store. The customer handed a fifty dollar bill to the grocer and said, "It was worth every penny of it."

Only GOD knows how much a prayer weighs. Many of us don't take the advantage of the power of prayer that God has given us. What does your prayer life look like? Do you really know Jesus?



Coordinator's Corner

By Nicole St. John-Wingenfeld, Service Coordinator

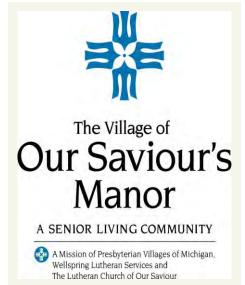
Happy Independence Day OSM!! We are beginning a new healthy eating series on Tuesday July 7, 2015 called Bodyworks and ends Tuesday August 25, 2015. This new program is offered through the National Kidney Foundation of Michigan. It will run from 11am to 1pm in the community room. If there are any questions about the program please do not hesitate to call Nicole at 734-722-9763. This program is designed to help people make healthier choices about their eating habits and is taught to be customized to the choices that are better for you and not a disease. I look forward to seeing many of you there.

Just as a friendly reminder my office hours changed last month due to placement in another PVM facility. The hours I'm at OSM are Tuesdays and Wednesdays from 8am-4:30pm and Fridays from 12:30pm-4:30pm.

Our next health information presentation by Sterling Home Health and the National Kidney Foundation will be on Wednesday August 5, 2015 from 11am-2pm the topic is still being worked out. Gethsemane Missionary Baptist Church is holding their 4th annual "Pamper Me Pretty Party" on Saturday August 1, 2015 from 10am-2pm registration for the event is required before July 19th and the first 50 women will receive a free gift. If you are interested in the event please call Nicole to register. Transportation will be provided.

"The best way to find yourself is to lose yourself in the service of others."

Mahatma Gandhi



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Carolyn Kimbrough, Member
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Judy Piccininni, Member



It's Your Life. Live It Well.

By Tom Wyllie, Director of Wellness

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Let Your Garden Grow



What better hobby than one that creates life! Gardening not only makes the environment around you bloom into something even more beautiful, it also provides some great health benefits. Here are a few important benefits to keep in mind as you plant:

Increases hand strength: Gardening keeps hand muscles healthy and strong, because of the continuous work it requires. Try maintaining a garden to lower the risk of your hands losing their agility!

Decreases risk of Alzheimer's disease: In a study, researchers found that daily gardening was one of the biggest activities that reduced the risk of dementia. This may be due to the amount of learning and problem solving that goes into managing a garden.

Improves immunity: While working outside in your garden, your body is turning sunlight into vitamin D. Vitamin D can help your body fight off diseases, and can also alleviate depression.

You can either choose to start plants from seed early in the season (6 weeks before the last frost) or buy starter plants any time during the summer. Pick out your favorites and watch them flourish!



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.

Mission

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





What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- Gifts that pay you income, like a Charitable Gift Annuity a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- Gifts that benefit us after your lifetime, like a Bequest the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: "I give Presbyterian Villages of Michigan Foundation, (______ percent of the residue of my estate) or (the sum of \$_____), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.

Warm regards, Paul J. Miller, CFRE





Mayor's Message
By William Wild,
Mayor, City of Westland



Greetings!

City Council has approved a balanced \$60 million General Fund operating budget with no increases to millage levies and an increase in fund balance to over \$5 million. Capital improvements include water and sewer infrastructure and equipment improvements, a new fire rescue unit, a DPS tree truck and chipper, and \$1 million for local road improvements. The Budget also provides for hiring three additional firefighters.

The City has partnered with Community Connections, Inc. to develop an assessment of the City in all aspects of community services. Our goal is for Westland to earn the prestigious *Community of a Lifetime* award. We want *your* feedback as we work together for a high quality of life in the City of Westland. Look for more information on the City's website.

July 7 is annual Mud Day at Nankin Mills Park and on July 31 at the Friendship Center, the City will host Shred Day to provide you an opportunity to safely shred documents no longer needed.

July 15, 2015 at 9 a.m. is the next Mornings with the Mayor; this is your opportunity to speak with me informally about matters of concern or interest to you. Please join us as together we can ensure Westland is all it can be!

There are many wonderful upcoming events this summer. We will be having our first Community Gathering at Corrado Park on Tuesday, July 14 at 5:30 p.m. This event will feature hot dogs and refreshments as well as fun summer activities. There are also two summer concerts that are planned at the Farmers & Artisans Marketplace, one on Friday, July 17 whose headliner *is Allen Turner and the Steel Horses Band* and the August concert will also be the City's fifth annual Blues, Brews & BBQ scheduled for August 14-16, 2015. Blues bands include the *Alligators*, *Boa Constrictors*, *Broken Arrow*, *Dirty Basement Blues*, *Front Street Blues* and the *Randy Brock Group*, performing along with headliner *Soul Men* who will perform Saturday night.

As the City of Westland is in between battery disposal companies, residents are encouraged to hold on to their used batteries until Saturday, August 15 when we will have our annual Household Hazardous Waste Day. From 8:00 a.m. to 2:00 p.m. residents will be able to stop by the Westland Shopping Center and drop off household and electronic waste and they will be properly disposed of for no charge.

Central City Park is the place to be on Thursdays from 3-7 p.m. when the Farmers & Artisans Market takes over, and Park It Movie Night will be held at the Park on August 25!

Remember to visit the City's website <u>www.cityofwestland.com</u> and the City's *Facebook* site for the latest news on events happening in our All American City!

Warmest Regards,



Notes From The Parish Nurse

By Carolyn Kimbrough, Lutheran Church of Our Saviour|The Village of Our Saviour's Manor

July is the official beginning of Summer. Our first real summer holiday begins with Independence Day, the 4th of July. This historical day is beset with much celebration for long fought freedom.

It is the responsibility of us all to be thankful to our forefathers and mothers for what they've done for us and the freedoms that we have and yet the work is not done. This is my last newsletter for a while, at least during the summer months:

I will be taking the months of July, and August as vacation leave. I have shared this with those of you who use my service often. I look forward to returning in September as regularly scheduled: the second (9/14th.) and fourth (9/28th)Monday of each month. So I bid you each a blessed and safe summer.

When you are DOWN to nothing...GOD is UP to something! Thank God for our physical and spiritual nourishment



The Village of Our Saviour's Manor





The Senior Advocate.

By Lynn Alexander, Vice President of Public Affairs

Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to Rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center. Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles.

Have a safe and enjoyable summer!

Foreign Language Classes

"I'm going to learn a foreign language someday?"

If this is something you've said that day has finally come. The Westland Library is offering free lessons online. Anyone interested in taking a class can sign up on the website.

www.westlandlibrary.org.

Go on obtain a library card, choose a language and you will be free to start taking the course. You can do it in the Computer Lab or on your personal computer, providing you have internet in your apartment. You will also need speakers in order to hear the instructor. If you have any questions computer related or concerning this class, please see Will on Tuesday from 10:30 a.m. to 12 noon in the OSM

Library/Computer Lab.

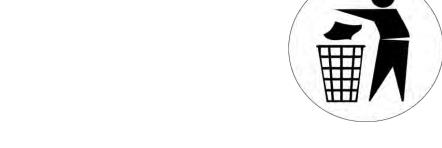


Mike's Maintenance Tips

By Michael Hooton, Maintenance Technician

The Gazebo is now up and ready for you to start enjoying. Mr. Price will have the entry/exit set up for your key fob to work in the near future, meanwhile you can exit the door to the gazebo, but you will have to come around to the front entrance to get back in.

Please put your trash down the rubbish shoot. Reminder, if it can fit down the rubbish shoot, then please place it in the shoot. Please do not leave trash or cardboard boxes on the floors. Thank you for your corporation.



We all know we had several power outages last summer and it caused a lot of inconveniences. We couldn't see and the building was very hot, so my biggest tip for you during this Summer is to have flash lights, plenty of D batteries for them and most importantly please have some water on hand for emergency back up to drink if needed.



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.
- No Candles or Incense to be burned in apartment or building.
- Tis the season for our Tornado and Fire drills All residents must participate



Dial 1 -734-740-4777 for after hour maintenance emergencies.





Having Fun in the Summer!

Enjoy the sunshine and the hot summer days! Summer time is about being with family, taking longer walks in the cool of the evening. Now that our days are longer and nights are a bit shorter, remember while you're out in the sun to think about your skin. Wear your sun glasses and don't forget to put on your sun screen lotion and don't forget to drink your water. Protecting ourselves and our families from the danger of too much sun exposure is essential in guaranteeing a happy healthier summer.

Whatever you decide to do this summer, just say "Yes" enjoy each other, your family time and precious little ones that are near and dear to your heart. Just do something you wouldn't normally do.



Events for July 2015 Happy Birthday!!!



Mary Moore – 7/02 Ruth Gilmore - 7/04 Margo Taylor – 7/04 Emelda Mullins – 7/11 Dorothy Remsberg – 7/14 Margaret Roberts – 7/30



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9 am Coffee & Conversation 11:00 am Focus Hope 11—1 PM Educational Programming with refreshments	1:00 pm Walmart	3 12—3 pm Resident 4th of July BBQ Celebration 2:30 pm Public Service Cell like backs of the times	4th of July 9 am Coffee & Conversation 6:00 pm Game Night
5 Build a Scarecrow Day	6 9 am Coffee & Conversation 6:00 pm Bible Study	10:30 am Computer 11:00 am –1 pm Body Works	9 am Coffee & Conversation	1:00 pm Kroger	9 am Coffee & Conversation 10:00 am DIA Trip 1:45 pm Schwan's	9 am Coffee & Conversation 6:00 pm Game Night
lecan Pie Day	9 am Coffee & Conversation 4:00 pm—Movie 6:00 pm Bible Study	10:30 am Computer 11:00 am -1 pm Body Works	9 am Coffee & Conversation 11:00 am – Administrator's Meeting 2:00 Sing A Long	16 1:00 pm—Meijer	9 am Coffee & Conversation	9 am Coffee & Conversation 6:00 pm Game Night
19 National ce Cream Day	9 am Coffee & Conversation 2:00 pm Movie Day/Raffle 6:00 pm Bible Study	21 10:30 am Computer 11:00 am -1 pm Body Works 1:00 pm—Compassionate Hearts Visitations	9 am Coffee & Conversation 6:00 pm Karaoke	12:00 pm Fire Mountain	9 am Coffee & Conversation 1:45 pm Schwan 2:00 pm Bingo—sponsored By Sterling Home Healthcare Pizza & Gifts	9 am Coffee & Conversation 6:00 pm Game Night
National Parents Day	9 am Coffee & Conversation 6:00 pm Bible Study	28 10:30 am Computer 11:00 am –1 pm Body Works	9 am Coffee & Conversation 6:00 pm Karaoke	9 am Coffee & Conversation 1:00 pm Movie	9 am Coffee & Conversation	

July's Recipe

Ranch Potato Salad



Ingredients

5 pounds of red potatoes

1 package (.7 ounce) dry Italian salad dressing mix (Good Seasons)

1/4 cup tarragon vinegar

1/4 cup water

1 cup extra-virgin olive oil

1/2 cup chopped celery

1 cup real bacon bits

1/4 cup chopped dill pickle (optional) – may substitute w/sweet relish

1/4 cup chopped green onions

Directions

3 cups mayonnaise

Place the potatoes into a large pot & cover with water. Bring to a boil over high heat, then reduce heat to medium heat-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.

In a bowl, whisk together the dry Italian dressing mix, tarragon vinegar, water, and olive oil until thorough blended. Set aside.

Place the hot potatoes in a large bowl, slice the potatoes until they're in chunks. Pour the dressing mixture over the hot potatoes, toss to coat, and let the potatoes cool. Add celery, bacon bits, dill pickle or sweet relish, and green onions to the potatoes; lightly stir in mayonnaise until all ingredients are well combined, and serve.

Monthly Word Search

4th of July Puzzle



BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN
FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT
BRITAIN
HAMBURGERS
HISTORY

CONCERTS

HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL
ANTHEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS
JEFFERSON
USA
WHITE HOUSE

July Observances & Fun Facts: July is observed as:

UV Safety Month
National Vacation Month
National Hot Dog Month
National Grilling Month
National Ice Cream Month
National Picnic Month
National Parks Month

Weekly Celebrations

Week 1 – Freedom Week
Week 2 – Picnic Week
Week 3 – Sports Cliché Week
Week 3 – Everyone deserves a massage week
Week 4 – Hot dog week

July Flower and Birthstone Larkspur Flower = Good luck, laughter, & lightness Gem for July = Ruby



On Site Banking



TOGETHER WE'RE BETTER*

Public Service Credit
Union will be here,
July 3rd
at 2:30 PM

They will take care of all your banking needs, supply quarters, and stamps as well.



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:





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 Goodfellows. 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. Headed by Ms. Warnedie Cross, 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.



OSM 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. Gloria Jefferson.



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.



OSM Fisherman:

Love to fish? This is the group for you! Headed by Mr. David Brown, 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.

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

Village Staff

Aaron Price
Administrator

Michael Hooton

Maintenance Tech

Graziella Bruner

Administrative Assistant

Nicole Wingenfeld Service Coordinator

Kesha Akridge

Director of Housing

Carolyn Kimbrough

Parish Nurse

Martha Adams

Volunteer Program Coordinator

Warnedie Cross

Volunteer Driver

Office Number

Emergency Number

Fax Number

Service Coordinator

(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 at **248-281-2040** or visit **www.pvmfoundation.org**



A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour

29495 Annapolis Road Westland, Michigan 48186

Congratulations!

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

a He	what
m	l do

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 the staff that you would like to recognize for their work?
Fill this out this form and turn it into the office.
They might win a prize!