

Embrace the possibilities

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

2016 | Issue IX

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A SENIOR LIVING COMMUNITY

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



The Administrator's Pen

Greetings OSM Family and Friends,

I would first like to welcome our newest resident, Ms. Cristel Darden. Welcome Ms. Darden, we're glad that you have decided to make OSM your new home!

Thank you to everyone that participated in the Resident BBQ. The food was delicious and the donations were appreciated. Everyone commented on how wonderful the event was. We laughed and had a good time of fellowship and fun.

I would also like to thank our own Ms. Warnedie Cross, Pastor Vincent J. Matthews and the Peoples Community Church for hosting a night of fellowship for the residents of OSM. Many residents attended and enjoyed the music, praise dancers and the Word of encouragement and fellowship.

In November, The PVM Foundation will host its 13th Annual Gala Fundraiser, "All That Jazz" at Cobo Hall on Friday, November 11, 2016. As winners of the Village Victory Cup Spirit Award, OSM has been given 10 tickets to attend the black tie affair. Residents have attended this auspicious event in years past and have attested to how wonderful and glamorous it is. If you would like to attend and participated in the VVC, please come to the office and speak to either Mrs. Bruner or myself for further details. We would love to have you experience this awesome event.

And lastly, thank you to all of our volunteers; residents and friends alike. As you give of your time and talents, it is much appreciated. Thank you for all that you do!

Aaron E. Price

Administrator



Blessings Our Saviour's Manor,

's Manor,

Shout out to OSM for their 3peat!

Frida



GO MONARCHS! YOU ROCK!

Reminder our September Resident Activity meeting is Wednesday, September 14th at 11 AM. Please bring your suggestions and ideas for any activities you may want to have.

Please note we had to change the date for our Administrator's Resident Meeting, which will now be Wednesday, September 28th at 11 AM. Along with Classic Home Health Services will be here for a presentation. Small lunch will be provided.

Our next few trips are as follows:

• Universoul Circus – September 22nd at 9:00 AM

Please remember to sign up for all trips.

Please check the calendar for all of our upcoming activities and events.

Have a blessed and safe month!



Fridays

9/2, 9/16, 9/30

1:45 p.m.





"My Spirit Is Upon You"

Surely as the sun rises in the East and sets in the West, I shall come unto you as the sun on a clear and bright day at noon shines down upon the earth. And I shall pour forth My Spirit upon you, and it shall run as mighty rivers of water going forth in a powerful and great way. For there is a time when the river flows peacefully, and there is a time when the river flows at a rapid pace. I am calling you to come with Me, to take your journey upon the river. This is the river of My Spirit that flows forth from the very throne room, from My throne room. And as it goes forth I shall bring forth My people to come to rest in that peaceful journey upon the river. There shall be times when you shall move rapidly, and you shall go through the rapids and you shall wonder, oh Lord, can I make this journey? And I say unto you, yes, you can make this journey, because I have taken a hold of you and My hand is upon you. And I shall go with you, and I shall strengthen you. And I shall give you that strength deep within your spirit that will encourage, and cause you to want to come to Me. As you come with Me upon this journey, you shall see many things that you have not seen before, and you shall see those things through the eyes that I give unto you. For you shall see them through the spirit, not in the natural. You shall see them because I place My hand upon you, and I pour My Spirit down upon you. Know that I am your God. Surely as I shine upon you, the brilliance of My light is being placed within you and upon you, that you may shine and reflect the light that I have placed with you. Know that I am your God, and that this day I have My hand upon you. So stand firm on the word that I have planted with you, and take your journey upon the river.

(www.promiseofGod.com/spirit)



Greetings!!!!! Our Saviour's Manor Residents.

Fall is soon approaching. It is time to get a physical check up by your Primary Care Physician. I would like all the residents to have a dentist and find an Ophthalmologist of your choice. If you are unable to find these services, I am available to assist you with a referral.

TIPS FOR SENIORS

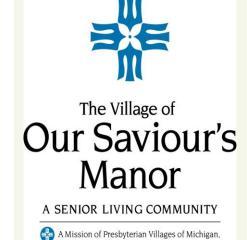
- Remember to be good to yourself, love honor and value yourself.
- Watch out for sign of depression and seek Professional help.
- Be open to technologies and new ideas.
- Trust your Instincts, Most of the time they will lead you in the right direction.
- Stand up for you rights and beliefs.
- Seek support from service coordinator and Family members.
- Pray and Sing hymns for Spiritual Strength.

Sending out a Special Acknowledgement and Thanks to all the seniors that participating and help in the service coordinator meeting and our resident Barbecue.

My Office Hours are as follows:

Wednesday and Thursday from 9 - 5 PM Friday's are from 9 - 1 PM.

Remember you're fearfully and wonderfully made. Psalm 139:14



OSM Board of Trustees

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You Might Have More Power Than You Think!



If you are among the nearly 1 in 3 adults over age 65 that own a smartphone or tablet, you have more computing power available to you than the Apollo 11 astronauts had on their way to the moon! While comparing a smartphone to a \$3.5 million NASA computer is like comparing apples to oranges, the important question to ask is are you putting all that power to good use? One way to do that is to start making use of some of the senior-friendly apps now available for smartphones and tablets. As of July 2015, there were 1.6 million apps available for Android devices and 1.5 million for Apple devices. That's a lot of choices! To save you some search time, below are 3 apps we thought may interest you:

MediSafe (free) – MediSafe is a virtual pillbox that helps you remember to take your medications in the right doses at the right times. As an additional safeguard, it allows you to set up alerts that notify family and friends when you forget to take a medication.

EyeReader (\$1.99) – EyeReader turns your smartphone into a magnifying glass. After activating the app, hold your smartphone's camera lens over any hard-to-read print. It will illuminate it using your phone's LED light and magnify it up to 5 times its original size.

Wunderlist (free) – Wunderlist is a simple to-do list/task manager designed to help you get things done. A key feature is the ability to share your to-do lists with others.



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





Time to choose—your home, or your health?

Thanks to YOU, that's a choice seniors may not have to face.

Too many hard-working Americans are just a health crisis away from financial ruin. Many have outlived their retirement earnings—the earnings they spent years working for. Many don't have a relative nearby or a place to turn if finances fail.

But they have hope. They have YOU.

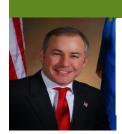
Because of generous donors, the PVM Foundation can offer **Benevolence** and **Resident Assistance**.

These unwavering commitments help those who have outlived their financial resources. They ensure that residents can continue to have a home, get through an emergency, or simply afford basic medical needs—like glasses. These programs would not be possible without the caring support of generous PVM donors.

Learn how you can give a senior hope and security in a crisis. Visit PVMF.org or call us at 248-281-2040.

Warm regards, Paul J. Miller, CFRE





Mayor's Message
By William Wild,

Mayor, City of Westland

Greetings;

Summer is winding down which means cooler weather and fall fun is just around the corner. It has been an amazing summer in the All American City and we have celebrated the city's 50th anniversary will a number of great events. Westland was the place to be with our

6th Annual Blues, Brews and BBQ Festival which has a record breaking 15,000 attendees over the two day span. Everything was bigger and better this year from the mouthwatering BBQ to the incredible lineup of musical talent and, perhaps most-notably the biggest firework display in the city's history. Tattan Park held back to back events this summer with the Splash Bash community gathering also occurring in August. Attendees were treated to a special viewing of Star Wars: The Force Awakens after an evening of fun-filled activities for the whole family.

I'm pleased to report the completion of the improvements to Newburgh Road between Ford and Warren Roads, and Annapolis Road from Henry Ruff to Inkster Road. Both projects were made possible with the use of federal funds. As I write, Central City Parkway between Ford and Warren Roads is nearing completion.

Stottlemeyer Park recently got a long-needed clean up thanks to the volunteer efforts of city officials, civic organizations and individuals within the community who rolled up their sleeves to make a difference. On two Saturdays this summer, volunteers assembled at the park to ensure the park is ready for some upcoming enhancements. Moving forward, the city will be working with neighborhoods to solicit ideas for future park improvements.

Related to leisure services in the City, I will soon name a new Parks & Recreation/Facilities Management Director to lead the City's facilities rentals, expand upon recreational offerings and to manage the City's seventeen parks. One of the Director's first responsibilities will be to assist in development of a Recreation Master Plan based upon the responses of those who completed the City's Parks & Recreation survey. I hope you were one of those who did.

Mayor's Message Continued.....

I would like to remind you to take advantage of Farmers & Artisans Market days on Thursdays which are your opportunity to support local farmers and crafters through purchasing farm to table fresh produce and baked goods, and handcrafted items. The Market runs from 3 - 7 p.m. at Central City Park. Farmers & Artisans Market will close for the season on Thursday, October 13.

Don't forget the Westland Historical Commission is still looking for suggestions for items to put in the new time capsule that will be buried at the end of the year. You can fill out a suggestion form at city hall and place it in the time capsule or you can fill out the form on our website.

In closing, if you have any questions or concerns, please do not hesitate to contact my office. I am proud to continue to serve as your Mayor and want you to know that my door is always open. I want you to be proud of your City, so stay informed, get involved, and do your part to help us continue to be the All American City.

Be the first to learn about your City's latest achievements and recognitions by visiting our website at www.cityofwestland.com, liking us on Facebook, following us on Twitter and checking WLND.





Notes From The Parish Nurse



By Carolyn Kimbrough,

Parish Nurse, Lutheran Church of Our Saviour|The Village of Our Saviour's Manor

Looking forward to seeing you again.



I look forward to returning in September as regularly scheduled: the second $(9/12^{th})$ and fourth $(9/26^{th})$ Monday's of each month.

Get in the Habit*

Have your cholesterol level checked. You should do so at least every five years; many people should be checked more often. Talk to your doctor about your risk factors. The American Heart Association and the American Stroke Association have designated September as National Cholesterol Awareness Month. For more information and helpful tips about maintaining healthy cholesterol levels, visit www.americanheart.org.

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



The Senior Advocate.

By Lynn Alexander, Vice President of Public Affairs

IF I WERE YOU

For most of us, we have had someone say this on many occasions in our lives, most likely from a parent or grandparent. Although great advice may be delivered in this message, it is important to note that young adults often want to forge their own way and may discount such sage advice. While observing many weddings and births recently, I was reminded of that popular saying: Mothers of the Groom should show up, shut up and wear beige. I told my son when he was married that I would honor the first two recommendations but would not wear beige since it is not my color! Actually, my son and daughter-in-law are very good about accepting advice graciously. I have learned to state: Here is some unsolicited advice for you to do with as you would like. That seems to soften the message.

One troubling drama I have observed over the years often happens in families of divorce. All too often I have observed parents place their children in the middle of their family drama and ruin their child's wedding day. We all need to remember that a wedding day or the birth of a child is their day. It is not a time for us to vent or to selfishly place our needs first. And keep in mind that we raised them to be responsible adults; so we need to have faith in their abilities. If we follow this plan of action we will be much closer to our children and grandchildren. Sharing in the joy of a wedding day or joining in a tea party with our grandchildren far outweigh the need to be right. One exception to this rule is if a child is in danger in any way.

Some grandparents find themselves raising grandchildren or spending a significant amount of time in helping to raise them. There are programs to assist you. Contact your local Area Agency on Aging, listed in the white pages, for information which can help to make this a good experience for you.

Enjoy your family!

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.



Helpful Kitchen Tips

Garbage Disposal – remember to use cold water win running your disposal. To deodorize the disposal, insert a small orange or lemon peel. Do not use drain cleaning chemicals in your disposal and never pour grease down the drains.

Counter Tops – Hot pots and pans should not be placed directly on your counter tops. Use hot pads to protect the surface. Do not chop food directly on your countertops. This could cause scratching. Use a cutting board.

Refrigerator – Call to have your light bulb changed when it is burned out so you can see spills and any foods that may be spoiling. Keep an open box of baking soda in your refrigerator. It will soak up unwanted smells.

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.



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



THANK YOU, THANK YOU, AND THANK YOU AGAIN!

(Merci Beaucoup!)







A Great big **THANK YOU** to OSM Residents! You're kindness will never be forgotten, yet always appreciated! What a great surprise being chosen as one of the top ten Shining Stars, and to actually receive the Top Shining Star Award was even a greater surprise! I truly do thank GOD first and for all that He has done in my life. It's even a greater joy, knowing that He has placed me here at OSM with all of you! It's because of you, that I'm able to do what I do here at OSM! I truly do love you all and what I do!

OSM Residents are the Real Shining Stars and it's truly an honor and a privilege to serve and assist you all. I count it a great joy.



Events for September 2016



Happy Birthday!

Delores Williams – 9/03 Marcella Cline – 9/05 Thelma Saunders – 9/12





September Recipe

Yellow Squash Casserole



Ingredients

- 4 cups sliced yellow squash
 - ½ cup chopped onion
- 35 buttery round crackers (crackers of your choice)
 - 1 cup shredded cheddar cheese
 - 3⁄4 cup milk
 - ¼ cup butter, melted
 - 1 teaspoon salt and ground pepper to taste
 - 2 tablespoons butter

Directions

- 1. Preheat oven to 400 degrees F
- 2. Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.
- 3. In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in ¼ cup melted butter and season with salt and pepper. Spread into a 9X13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.
- **4.** Bake in preheated oven for 25 minutes, or until lightly browned.

Monthly Word Search



September Observances & Fun Facts:

September is observed as:

Classical Music Month
Fall Hat Month
International Square Dancing Month
Honey Month
Self Improvement Month
Better Breakfast Month
National Piano Month
Baby Safety Month
National Courtesy Month

Weekly Celebrations

Week 1 – International Enthusiasm Week
Week 2 – National Days of Prayer & Remembrance
Week 3 – Child Passenger Safety Week
Week 4 – National Appreciation Week

September Birthstone and Flower







Flower=Aster (Morning Glory)

On Site Banking



Public Service Credit
Union will be here,
August 3rd
at 1:30 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:



Helpful Resources

Transportation

Nankin Transit (Serving Westland) (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)



Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit <u>www.facebook.com</u> and log-in your account. If you don't have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor or go to facebook.com/The Village of Our Saviour's Manor
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook, explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



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

Administrator

Michael Hooton

Maintenance Tech

Graziella Bruner

Administrative Assistant

Carolyn Hubbard Service Coordinator

Kesha Akridge

Director of Housing

Carolyn Kimbrough

Parish Nurse

Eschelle Chatman

Emergency Number

Service Coordinator

Office Number

Fax Number

Volunteer Program Coordinator

Warnedie Cross
Resident Volunteer

(734) 595-4663

(734) 740-4777

(734) 595-2222

(734) 722-9763







THE FOUNDATION

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.pymfoundation.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!":

= HE	wha	t
ma	ditters	

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 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!