



# Village Voice



Embrace the possibilities

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September 2016

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## From The Village Administrator Greetings...

I am ready for the fall with the cooler temperatures and the changing of the leaves. Fall has become my favorite season.

Stone Soup will be entertaining us Wednesday, September 13<sup>th</sup> from 6 pm to 8 pm. We will celebrate Labor Day a little late with a barbeque at 5 pm before the band starts to play. Hopefully the weather will be nice, so they can play on the patio.

I hope you have had a chance to meet Kelly, our new housekeeper. If there is something you notice that should be attended to in the common areas, please let her know. Her goal is to start on the first floor and work her way up to the third.

Play the guessing game of matching the most correct names of residents and staff with their picture and the top two winners will receive one of two \$10 Meijer

gift cards. The pictures will be posted on the first floor bulletin board.

Start cleaning out your closets for our rummage sale next month. The money you earn is yours to keep unless you'd like to donate it to Peace Manor.

The resident meeting will be Thursday, September 8<sup>th</sup> at 1 pm.

The next game hour will be Friday, September 23<sup>rd</sup> at 1:00 pm. I will have a sign-up sheet in the mailroom if anyone is interested. I would like to have at least 5 people to play.

My next chat will be Friday, September 30<sup>th</sup> at 1 pm.

Sincerely,

Melissa Riesterer  
Administrator



The Village of  
**Peace Manor**  
A SENIOR LIVING COMMUNITY

Look for PVM on:



## Service Coordinator Briefs

Dear Peace Manor Residents,

Hope your summer continues to be an enjoyable one! We have a busy schedule during the next couple of months. I hope to see you at one of the events!

Just a reminder, the Matter of Balance class begins on Wednesday, September 7<sup>th</sup>. Class is from 12:30 p.m. - 2:30 p.m. in the Third floor Community room. The class is eight weeks. Light snacks, such as fruit, will be provided by the instructors of the class.

There is one Presentation scheduled for September: Seniors and Sleep on Thursday, September 29<sup>th</sup>, at 1:00 p.m. Sheryl who presented the Bullying Presentation will be the Presenter.

The off-grounds Presentation titled, The Basics: Memory Loss, Alzheimer's disease and Dementia, which is scheduled for Wednesday, September 28<sup>th</sup>, from 11:00 a.m. -12:00 p.m., at the Sterling Heights Senior Center, will be cancelled. Reason being, multiple individuals who signed-up for this presentation are also in the Matter of Balance class. When I become aware of another presentation for, The Basics: Memory Loss, Alzheimer's disease and Dementia, I will first contact those who signed-up for the 9/28, class before opening it up to others. Sorry for any inconvenience this may cause.

A Suggestion sheet will be posted in the Mail room in mid-September for any books or DVDs you want Kathy to bring from the Clinton Township library at her next Presentation on October 6<sup>th</sup>, at 1:00 p.m. Is anyone interested in a Book Club? If so, Kathy can bring multiple copies of the book you want for the club. I have literature about starting a Book Club.

Please, save the following dates for future Presentations: George will be here to help with Medicare Open Enrollment on: Monday, 10/24, from 9:30 a.m. -3:30 p.m. and again on Tuesday, 11/29, from 9:30 a.m. -3:30 p.m. George estimates: one person, per hour. Sign-up sheets will be available at the beginning of October for both of these dates. November 1<sup>st</sup>, at 1:00p.m., a staff from Home Health Samaritas will present information about Diabetes. November is Diabetes Prevention month. I hope to see everyone who has diabetes; or, may have borderline diabetes. On December 6<sup>th</sup>, at 1:00 p.m., a Nurse Practitioner from Henry Ford Hospital, Stroke Department, will present information about strokes. This will possibly become a quarterly presentation due to the multiple conditions that are associated with a stroke.

Sincerely,

Trish (Patricia) Iannucci-Waller, B.S.

## Announcements

### Resident Council Meeting

**When: Tuesday, September 6th**

**Time: 1pm**

**1<sup>st</sup> Floor Community Room**

### Resident Meeting

**When: Thursday, September 8th**

**Time: 1pm**

### BBQ & Entertainment

**When: Tuesday, September 13th**

**Time: 5-8pm**

**BBQ will be served at 5pm  
Stone Soup will perform  
from 6-8pm**

### Ram's Horn Fundraiser

**When: Tuesday, September 20<sup>th</sup>**

**Time: 5-9pm**

**Where: Ram's Horn on  
Gratiot Ave., North of 12  
Mile in Roseville**

**For any purchase between  
5-9pm; Ram's Horn will  
donate 10% to The Village  
of Peace Manor for a  
Halloween Party.**

### Communion

**When: Wednesdays**

**Time: 10am**



## 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!

### Pokeno

**When:** Tuesday

**Evenings**

**Time:** 6pm

Join Carol for some Pokeno fun.

### Sing a Long

Come enjoy singing some of your favorite tunes with Lee and Nancy O'Bryan.

**When:** Wednesday,  
September 14<sup>th</sup> at 1pm.

### Movie Night

**When:** Thursday,  
September 22<sup>nd</sup>

**Time:** 6pm

Lee and Nancy O'Bryan will bring the popcorn. Just bring a beverage.

### Laundry Room

Just a few reminders for our laundry room:

- Please clean washers and dryers after use.
- Please let the office know when change machine is empty.
- Please only use change machine if you have no other means of getting quarters.



# Giving Matters.

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

## 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.

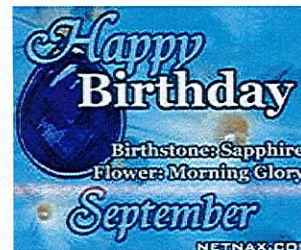
**These programs would not be possible without the caring support of generous PVM donors.**

**Learn how you can give a senior hope and security in a crisis.** Visit [PVMF.org](http://PVMF.org) or call us at 248-281-2040.

Warm regards,  
Paul J. Miller, CFRE

## September Birthdays

Cheryl Boida.....9-9  
Gwen Reynolds....9-17  
Annie Wright.....9-18



## Bingo with Christine

**When:** Saturday,  
**September 10<sup>th</sup> & 24<sup>th</sup>**  
**Time:** 1pm  
**Cost:** \$2

## Flu Shot Clinic

**When:** Wednesday,  
**September 28<sup>th</sup>**  
**Time:** 3-4pm

Please sign up in the mailroom.

## Parish Nurse

Our Parish Nurse, Sue Perkins, RN is here on Wednesday afternoons. She arrives at 1pm. She can meet with you in the office on the second floor.



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## A Living Memorial

During a recent visit to the Village of Sage Kalamazoo, Administrator Paula Hager took through their community garden to see their Living Memorial Tree. The idea for the tree comment Paula overheard during the funeral who had recently died. Reflecting on the had passed, she heard someone remark, "we should plant a tree." That simple comment put into motion what this spring and summer became a community wide effort to create an accessible space on the Sage Grove campus to honor the residents who spent the last years of their lives at the Village.



Grove in me for a stroll newly planted sprang from a of a resident person who

A local supplier provided the concrete for the walkway; a local contractor provided the labor to build the walkway; and a local nursery provided the tree. Others donated anonymously to the project. In the end, the Village of Sage Grove did more than just plant a tree. They mobilized the community; built a lasting memorial to past residents and created a space for current residents and others to renew themselves spiritually. When it comes to wellness, you hear a lot about body and mind but seldom hear about spirit. That's why I decided to share the news about Sage Grove's Living Memorial Tree with you. If you would to learn more about the project you can reach Paula at (269) 567-330 or



via email at [phager@pvm.org](mailto:phager@pvm.org).

## The Green Thing

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized to him and explained, "We didn't have the green thing back in my day."

The clerk responded, "That's our problem today. Your generation did not care enough to save our environment."

He was right -- our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that old lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember

them?), not a screen the size of the state of Montana.

In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water.

We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

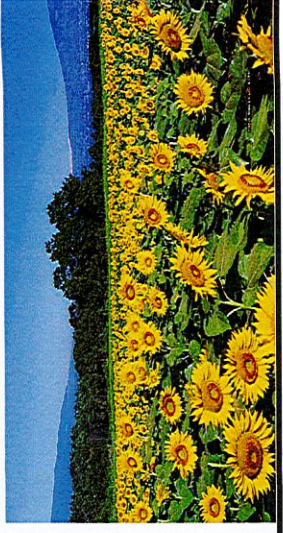
Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service.


We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?



# September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			**Matter of Balance Class: Wednesdays 12:30-2:30pm Sept. 7th, 14th, 21st and 28th**	1 9:30am: Bus to Meijer Foot Doctor	2	3 11am-1pm: Bagels and Coffee with Carmen
4	 1:30pm: Milkman	6 1pm: Resident Council Meeting 6pm: Pokeno	7 10am: Communion 1-3pm: B.P. Checks 3-4pm: Bible Study 6pm: Cards	8 1pm: Resident Meeting	9 9:30am: Bus to Meijer 2pm: Crafts	10 1pm: Bingo
11	12 1:30pm: Milkman	13 5pm: BBQ 6-8pm: Stone Soup Performance	14 10am: Communion 1-3pm: B.P. Checks 1pm: SING A LONG 3-4pm: Bible Study	15	16 9:30am: Bus to Meijer 2pm: Crafts	17
18	19 1:30pm: Milkman	20 5-9pm: Rams Horn Fundraiser	21 10am: Communion 1-3pm: B.P. Checks 3-4pm: Bible Study 6pm: Cards	22 1pm: Chair Exercises 6pm: Movie	23 9:30am: Meijer 9:30am-12:00pm: Reflexology w/Roberta 1pm: Bake Sale 1pm: Game Hour	24 1pm: Bingo
25	26 1:30pm: Milkman	27 6pm: Pokeno	28 10am: Communion 1-3pm: B.P. Checks 3-4pm: FLU SHOTS 6pm: Cards	29 1pm: Program- Seniors and Sleep	30 9:30am: Bus to Meijer 1pm: Chat w/ Melissa 2pm: Crafts	

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](http://www.pvm.org)



## Office Numbers (586) 790-4500

### Village Staff

**Melissa Riesterer**  
*Administrator*

**Sue Perkins, RN**  
*Parish Nurse*

**Stacey Klooster**  
*Administrative Assistant*

**William Horton**  
*Maintenance Tech*

**Patricia Iannucci-Waller**  
*Service Coordinator*

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**EMERGENCY NUMBER**

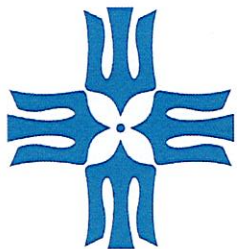
(586) 256-6326

**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](http://www.pvmfoundation.org)



## The Village of Peace Manor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan

# Embrace the possibilities