



Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

Jan 2017


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The Village of
Westland

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan



Look for PVM on:



Winter Word Scramble

QUESTIONS	ANSWERS
1. LOCD	1.
2. ETAHER	2.
3. ATCO	3.
4. AOENSS	4.
5. WOSN	5.
6. ICCRAT	6.
7. CIE	7.
8. SARFC	8.
9. IDLAZRZB	9.
10. EZREFE	10.
11. LKNEFWSAO	11.
12. TRSFO	12.
13. KSI	13.
14. IABRETHEN	14.
15. OSDNWARBO	15.
16. FREI	16.
17. IECILC	17.
18. SGEOLV	18.
19. SNNWMAO	19.
20. SREATWE	20.

Answers on Page 9

Resident Volunteers

Thanks you so much to the many residents that have volunteered with leading and assisting with various activities and operations here at the Village! Even with all those volunteers, we could still use more for the store, bingo, and resident council!

We are looking for volunteers to run the store from 2-3 on Sundays and a resident to call bingo on Sunday afternoons, Monday nights, or Wednesday nights. We are also looking for volunteers to run resident council meetings and more resident ambassadors. Please contact Shana or Toni in activities if you are interested!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“M” stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase “use it or lose it”. It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.

Beauty Shop

Sally the Manicurist:
Tuesdays 10AM-4PM
Manicures - \$11
Pedicures - \$18
Nail Clippings - \$6
Call ext. 28889 to
make an appointment

Rita the Beautician:
Thursdays & Friday
9AM-Last
Appointment
Shampoo & Set - \$17
Hair Cut - \$12
Perm - \$45
Color - \$30
Wash and Cut - \$16
Wig Styling - \$5
Call ext. 28889 to
make an appointment

Joe The Barber
First Monday of the
Month
12pm-3pm
Hair Cut - \$12
Sign-up in the
mailroom or call the
activities office (ext.
28886) for a time slot



Giving Matters.

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

Michigan, we're not getting any younger.

Going to the mall to return gifts today?...Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30th oldest state** in the USA to **10th oldest**.

So what?

So, an aging population means **the services YOU help provide to seniors are more important than ever.**

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. **You are the reason that Michiganders can thrive as they age.**

Thank you for your continued dedication to Michigan's older adults!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Josh Kephart ~ 28890
Maintenance Mgr

Lisa Scott ~ 28893
Housekeeping Lead

Kara Otto ~ 28810
Social Worker

Shana Brown~ 28886
Activities

Sheila Rustin ~ 28952
Billing

Jason Lovelly ~ 28927
Human Resources

Teresa Davis~ 28928
Marketing Manager

Ashleigh Doletzky ~28896
Marketing Assistant

Pam & Mara ~ 28953
Wellness Instructors

Rita/Sally ~ 28889
Beauty Shop

January Facts

The 1st month of the year brings us New Year's Day, MLK day, and the excitement of new beginnings.

In the Georgian calendar, the calendar that most of the world uses, January is the very first month of the year. The name January came from a Roman god Janus. According to the Roman legend, in 700 B.C., the ruler Numa Pompilius added January to the end of the 10-month Roman calendar. When it was added, Pompilius gave 30 days to January. However, Romans later made January the first month of the year. Moreover, in 46 B.C. Julius Caesar added a one more day to January and that's why there are 31 in January today. January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food. It is the coldest month in the northern half of the world, nature is quiet and the birds travel less. Also, the bears and woodchucks go into hibernation. However, in southern half of the world, January is the warmest month. During this time, unlike the northern half of the world, animals are active and plants are growing.

Below are some fun facts about January:

1. The flower symbol of January is snowdrop & carnation.
2. January's gem is garnet which represents constancy.
3. The zodiac signs for January is Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
4. The Common Sense by Thomas Paine was published on January 10, 1776.
5. On January 10, 1920 the League of Nations was established.
6. National Blood Donor Month
7. National Braille Literacy Month
8. National Hobby Month
9. National Soup Month
10. National Staying Healthy Month
11. On January 8, 1798, Amendment 11 to Constitution was proclaimed which modified the Supreme Court's power.
12. On January 4, 1896, Utah became the 45th state.
13. On January 6, 1912. New Mexico became the 47th state.
14. January 8 - Elvis Presley's birthday
15. January 11 - National Human Trafficking Awareness Day in the United States
16. Martin Luther King, Jr. Day in the United States - Third Monday
17. On January 2, 1788, Georgia ratified the Constitution.
18. January 26 - Republic Day in India
19. On January 1, 1863, the Emancipation Proclamation was issued by Abraham Lincoln.
20. On the first Monday of January, Handsel Monday is celebrated in Scotland and northern England.

Wellness Happens at the Village of Westland!

We are starting the New Year off with a focus on Wellness! Activities that will allow us to focus more on wellness include:

Evening Fitness Classes

- Yoga, Zumba, Cardio Drumming
- Open to residents, families, staff, and the community
- Schedules will be handed out soon

Weight Watchers

- Open to residents, families, staff, and the community
- Sign-up for residents and families is in the mailroom

Biggest Loser

- Starting January 10th
- See Kara Otto for details

Mannequin Challenge

- This activity is recording residents/staff standing still like mannequins in various positions.
- The Village of Westland and our Wellness Center will be featured more in the community!

Dinner Reminders

Dinner seating's are at 4PM and 5:15PM. In order to allow our staff ample time to prepare for the 4:00 meal we ask resident's to refrain from sitting in the dining room from 3:30PM-4PM.

If you are in the dining room for the first seating and want to continue your conversation after you are done with your meal, please move your conversation to the bistro or a pocket lounge. This will help make sure that residents that come for the second seating can be seated.

December Giving

The Knitting group at our village made hats for the Miracle of Life Birthing Center and the Family Resource Center! Both centers wrote thank you cards to the ladies stating how much they and the families they work with appreciate the hats!

December's Theme was...

The Elf on the Shelf Scavenger Hunt! It started on Dec 5th and ended on Dec 23rd. There were a total of 57 places that the four elves were hidden with the winner, Johanna Schoell, finding 56 of them! Pat Boyington was a very close second. Both of these ladies have won an elf to keep and an outing of their choice! Here they are pictured with their elves!



January's Theme is...

Staying warm! We will be making scarves during your hallway community activity to help keep you warm this winter! Sign-ups to make the scarves will be in the mailroom the week of your hallway community activity so we know how much and what color of yarn to get.

~ Transportation Services ~

Monday's

- Van Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

Tuesday's

- Shopping at Kroger at 10 AM

~Electronic scooters are given based on the order of the sign-up sheet. This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

Wednesday's – Banking Day (1st, 2nd & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

Thursday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$5.00)
- Library concerts (3rd Thursday of the month) at 11:15 AM – free concerts

Friday's

- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall, shopping in Taylor). There is no cost to the resident.
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

Appointment Outings

- Van is available for residents to be driven to doctor appointments; must call the Activities Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

If there is ever a charge for an outing, it will be written on the sign-up sheet.

****Residents must sign up for all outings. Sign-up sheets are located in the mail room****

Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in January!

Ted Zaroff.....Jan 1 st	Don Stewart.....Jan 2 nd	Donald Oneil.....Jan 6 th
Mairon Pantera.....Jan 6 th	Helen Dineen.....Jan 11 th	Doris Woodman.....Jan 17 th
Lorraine Haegar.....Jan 19 th	Elsa Flores.....Jan 20 th	Bill Corbin.....Jan 23 rd
Laureen Zeisig.....Jan 24 th	Marilyn Andreasen...Jan 30 th	

Winter Word Scramble Answers

QUESTIONS	ANSWERS
1. LOCD	1. COLD
2. ETAHER	2. HEATER
3. ATCO	3. COAT
4. AOENSS	4. SEASON
5. WOSN	5. SNOW
6. ICCRAT	6. ARCTIC
7. CIE	7. ICE
8. SARFC	8. SCARF
9. IDLAZRZB	9. BLIZZARD
10. EZREFE	10. FREEZE
11. LKNEFWSAO	11. SNOWFLAKE
12. TRSFO	12. FROST
13. KSI	13. SKI
14. IABRETHEN	14. HIBERNATE
15. OSDNWARBO	15. SNOWBOARD
16. FREI	16. FIRE
17. IECILC	17. ICICLE
18. SGEOLV	18. GLOVES
19. SNNWMAO	19. SNOWMAN
20. SREATWE	20. SWEATER

Pick Your Neighbor Special!

If you refer a friend who moves into the village and remains at the village for a least 3 months, you will receive a \$500.00 credit on your bill.



**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

Office Numbers (734) 728-5222

Village Staff

Michele White

Executive Director

Kara Otto

Social Worker

Jason Lovelly

Human Resources

Josh Kephart

Maintenance Supervisor

Teresa Davis

Marketing Manager

Shana Brown

Activities Supervisor

Deborah Antale

Dietary Services Director

Shelia Rustin

Billing

Lisa Scott

Housekeeping

EMERGENCY NUMBER

(734) 728-5222



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 at **248-281-2040** or visit www.pvm.org



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