



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

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



UPDATES AND REMINDERS

Calling All Pet Owners!

The Village of Westland requires registration of all pets living on campus. Additionally registration must be updated annually.



January is our annual Pet Registration Month.

The following documents are **required** and must be turned into the front desk by January 30, 2018.

- Proof of current license
- Proof of inoculations
 - See Pet Agreement for breed specific requirements
- Verification animal is spayed or neutered
- Name of designated individual who is responsible for pet in your absence.



No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the coved parking.

Smoking in the apartments is forbidden. Residents violating this policy could be evicted.



Like and Join the Village on Facebook!



We have a Facebook page titled Presbyterian Village of Westland!

You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!



Worship is now moving to 7pm on Sunday nights instead of 7:30pm.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

10 TIPS FOR IMPROVING BRAIN HEALTH

This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

- 1) BREAK A SWEAT.** Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.
- 2) HIT THE BOOKS.** Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.
- 3) BUTT OUT.** Quit smoking. Smoking increases your risk of cognitive decline.
- 4) FOLLOW YOUR HEART.** Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.
- 5) HEADS UP.** Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.
- 6) FUEL UP RIGHT.** Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.
- 7) CATCH SOME ZZZ'S.** Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.
- 8) TAKE CARE OF YOUR MENTAL HEALTH.** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.
- 9) BUDDY UP.** Pursue meaningful social activities. Staying socially engaged supports brain health.
- 10) STUMP YOURSELF:** Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides short and long-term brain benefits.

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Josh Kephart ~ 0
Maintenance Manager

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Shari Thompson
~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

**Pam Webert &
Mara Valdmanis ~
28953**
Fitness Specialists

Sally ~ 28889
Beauty Shop



Giving Matters.

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

Older adults can THRIVE because of donors like YOU!

Going to the mall to return gifts today? Or grocery shopping? 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. Michigan has moved from the **30th oldest state** in the USA to the **10th oldest**.



This is what Thriving looks like!
Whoo hoo!

So what?

More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

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

Thank you for caring and THANK YOU FOR GIVING!!

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

Warm regards,
Paul J. Miller, CFRE

Rosemary Richason
Written by Motoko Huthwaite

Rosemary's father, Douglas Campbell, was born in June, 1900, in Nova Scotia, Canada. He was the oldest of eleven children and moved from Nova Scotia to Windsor, then came over to the United States as soon as he could. His first job in the US was at General Motors.

He met Rosemary's mother and married her in Indiana. They had five children: three boys and two girls. The oldest boy was born in 1930, the next in 1931, the third in 1934, and then Rosemary was born in 1935. Her little sister was born in 1942.

Rosemary was a tomboy. She played kickball and softball, but her favorite sport was bowling. Taught by Dominican nuns at St. Mary Magdalene School, she graduated from 8th grade when she was 14. She then attended St. Francis Xavier High School from which she graduated in 1953.

She met and married Robert Richason in 1956. She met him through a friend with whom she worked. She herself worked for Bell in accounting. Her first son was born when she was 37.

Robert then worked for Unistrut until his company sent him to California. However, he was not happy in Los Angeles, California. Born and bred in Michigan, he missed hunting and fishing.

So Robert and Rosemary returned to Michigan and lived in Wayne. They had never sold their house so they could come right home. Robert died in 2007.

Then one day, ten years later, Rosemary happened to be passing by the Village of Westland with a friend and decided to stop in. They were warmly welcomed and given a tour of the facilities. Rosemary was immediately impressed and made a down payment on the spot.

Of all the residents I have interviewed in the last few years, Rosemary was the first one who found the village on her own and promptly joined us. Please welcome Rosemary Richason warmly when you see her.

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

Village of Westland December Contests Results

Elves on Shelves:

- Ten residents participated in this contest (more than last year!), who have all received stickers
- In fourth place, Nancy Copper, found more than 10 elves, so she received two stickers
- In third place, Pat Boyington, found more than 40 elves, so she received five stickers
- In second place, Susan Langham, found 46 elves and has won a \$25 gift card to Kroger
- **And the winner of the Elves on Shelves contest is Johanna Schoel, who found 50 out of 51 elves! She has won a \$25 gift card to Kroger and an elf to of her choice to keep.**



Door Decoration Contest:

- Over 80% of residents participated in this contest!
- Four hallways (500, 600 W, 800, & 900) had a 100% of their occupied apartments decorated
- After ratio and eclectic points were calculated:
- In 3rd place is 100 Hallway
- In 2nd place is 700 Hallway
- **And first place goes to 800 Hallway who has won a pizza party this month!**



Spirit of Christmas Week:

- 10 residents participated in this contest, who will all receive stickers for everyday they participated
- 10 staff members participated
- All residents and staff the placed received medals
- Merry Morning Monday Winners are:
 - 1st Place: Charlie Olsen and Amber Tomkinson
 - 2nd Place: Alberta Schuler and Crystal Swope
 - 3rd Place: Johanna Schoel and Taylor Dozier
- Santa's Workshop Tuesday Winners Are:
 - 1st Place: Alberta Schuler and Crystal Swope
 - 2nd Place: Johanna Schoel and Karen Ziginow
 - 3rd Place: Pat Boyington and Tramel Lumpkin
- Winter Wonderland Wednesday Winners Are:
 - 1st Place: Charlie Olsen and Tramel Lumpkin
 - 2nd Place: Mike Woodman and Shana Brown
 - 3rd Place: Pay Boyington and Jason Lovelly
- Color Block Thursday Winners Are:
 - 1st Place: Alberta Schuler and Shari Thompson
 - 2nd Place: Johanna Schoel and Toni Okulich
 - 3rd Place: Pay Boyington and Shana Brown
- Festive Friday Winners Are:
 - 1st Place: Alberta Schuler and Mary Saffin
 - 2nd Place: Pat Boyington and Jason Lovelly
 - 3rd Place: Pat Murray and Shana Brown

And the Spirit of Christmas grand prize winners are:

ALBERTA SCHULER AND CRYSTAL SWOPE!

CONGRATS TO ALL OUR CONTEST WINNERS AND THANK YOU PARTICIPANTS!

Welcome To The Village!

Residents:

Yvonne Ladd

Marion O'Hara

Rosemary Richason

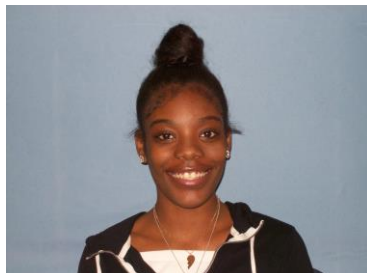


Staff:



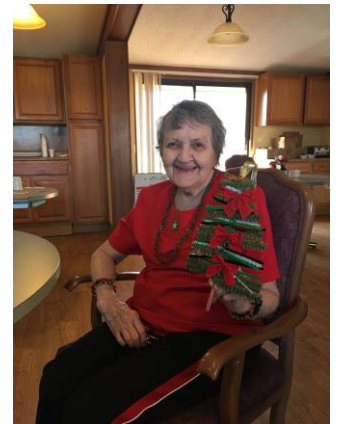
Tramel Lumpkin,
Dietary Assistant

Jennifer Vannekirk
Dietary Assistant



Tyshia Smith,
Dietary Assistant

December's Craft was... Pipe Cleaner Christmas Trees



December's Craft is... Modge Podge 2018 Picture Coasters

~ Transportation Services ~

Monday's

- Bus 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 and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- 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

- Bus 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 December!

Ted Zaroff.....	Jan 1 st	Lorraine Haeger.....	Jan 19 th
Don Stewart.....	Jan 2 nd	Lora Jansen-Remington.....	Jan 28 th
Don Oneil.....	Jan 6 th	Marilyn Andreasen.....	Jan 30 th
Marion Pantera.....	Jan 7 th	Fred Gaiser.....	Jan 31 st
Doris Woodman.....	Jan 17 th		

Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too. When we have your email on file you can receive newsletters and other building information electronically.

We need your help!

Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers.

There are many positions available in choose from.

We currently need your help with:

-The Village Store -Bingo

See Shana or Toni to get more information.

**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

Jason Lovelly
Human Resources

Josh Kephart
Maintenance Supervisor

India Douglas
Nurse Case Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Deborah Antal
Dietary Services Director

Shari Thompson
Billing

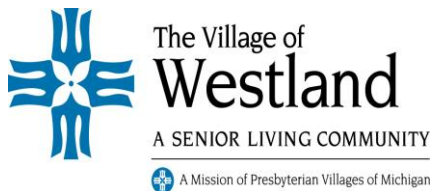
Lisa Scott
Housekeeping

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



**32001 Cherry Hill Road
Westland, MI 48186**



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