



# Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

Jan 2019

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Look for PVM on:



The Village of  
**Westland**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

## UPDATES AND REMINDERS

**Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.**



**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 covered 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!**

**Love living at the Village of Westland?!?!**

**What to live near your friends and get money for it?!?!**

**Here's How!**

**If you refer a resident who ends up living here for at least 90 days, you will receive a \$500 bonus!**



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Life Without a Car – Part 3

This is the third article in a series of articles I have been writing about living life without a car when my car was in the shop for some minor repairs. Last month I shared my experience using Lyft for transportation. This month I am going to introduce you to Shipt.

I first learned about Shipt a couple of years ago when visiting my older sister in Florida. Because I have unique dietary needs, the day I arrived she informed me that we needed to go grocery shopping to make sure we had enough of the right kinds of food. That's when she pulled out her phone and essentially said, "what should we get?".

I was a bit confused. Apparently, we weren't going to go to the grocery store to shop, we were going to "shop" with her phone using Shipt. Shipt is an on-demand grocery shopping service that you access using an app on a smartphone. You select what you want, place an order, someone on the other end claims it, goes to the store and does the actual shopping for you, and when done brings the groceries to wherever you are, usually at your home.

I watched this process unfold utterly amazed. After we filled our online shopping cart with what we wanted, my sister placed the order and selected a delivery time from the list of available times presented, all of which were just a few hours away from the current time. Within about an hour of the delivery time, she received a notification on her phone that someone had claimed her order that included the name and photo of the person who would be shopping for us.

When that person began shopping, she sent a text directly to my sister letting her know and asked her if she wanted to add anything else. As the shopping progressed, if the store didn't have an item my sister would get a text from the shopper with a recommended substitute that my sister could accept or reject. She even received a photo of the bananas the shopper planned to buy so we could make sure they were as ripe as we had requested.

It took the shopper about an hour to finish shopping. Before she left the store, she sent one last text letting us know her estimated time of arrival. When she arrived, my sister invited her in. The shopper placed the groceries on the counter then quickly went on her way. I could hardly believe it. We went grocery shopping without leaving my sister's house.

Flash forward a couple years. I am without a car and as luck would have it, I am of course out of food. That's when I remembered my experience at my sister's. Time to fire up Shipt so that I could go grocery shopping without a car. Next month, I'll let you know how it went.

### Staff Extensions...

**Michele White ~ 28885**  
Executive Director

**Mary Saffian ~ 0**  
Lead Receptionist

**Lisa Scott ~ 28893**  
Housekeeping Lead

**Shana Brown ~ 28886**  
Wellness Manager

**Shari Thompson**  
~28952  
Billing

**Jason Lovelly ~ 28927**  
Human Resources

**Kara Otto ~ 28810**  
Social Worker

**Jennifer Wolf ~ 28953**  
Fitness Specialist

**Melissa Nestorovski ~ 28928**  
Marketing Manager

**Breana Wallace ~ 28896**  
Sales and Leasing  
Specialist

**Diane Santo ~ 28889**  
Beauty Shop



# PVM TechTalk

By *Mark J. Kronner,*  
*Director of Technology*

## Smart Home Setup

Improving safety and comfort with smart home and IoT (Internet of Things) technology

### Introduction

The Internet of Things, or IoT, is a category of new technologies that have experienced significant growth in the consumer market over the last several. They are generally small, intelligent, and networked devices that integrate with otherwise non-digital items. Smart watches, IP security cameras, and self-driving cars all fall under this general category, as they bring everyday objects “online”. Smart home technology is the application of IoT devices to improving the comfort, convenience, and safety of the user’s home. The smart home configuration outlined below is an example of a simple setup that will demonstrate the uses of these technologies in apartment and senior living.

### Devices

- Amazon Echo Show (\$180): voice and touch controlled smart home hub with a tablet-like screen that serves as the command center of the smart home
- Amazon Echo Dot (\$40): small voice controlled home assistant, and can be used in conjunction with the Echo Show
- Amazon Fire TV Stick (\$40): turns any TV into a Smart TV, allowing the user to play videos and music from the internet through their TV
- Amazon Cloud Cam (\$100): cloud-based security camera that can be used to check in on one’s home from anywhere with an internet connection
- Lixf Mini Light Bulb (\$30): smart light bulb that can turn, turn off, or be dimmed through voice control

### Practical Uses

While smart home technology can be used for a wide range of tasks, the lists below highlight a few of the most common, and in particular those that will be most useful in a senior living setting.

- Voice control from anywhere in the home
- Cast Netflix, Hulu, Spotify or other streaming music and video services to home TV
- Set lighting schedules to suite time of day (e.g. lights on in the morning, dimmed lights at night)
- Easily set timers, make list, or set recurring alarms
- On demand news and weather, delivered by the home assistant
- Hands free, voice-activated video and voice calling
- Monitor home remotely with access to IP security camera

### Conclusion

IoT (Internet of Things) technology is modular by design, so any initial setups could easily be scaled up or down to meeting future needs.



# Your Giving Matters.

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

## You help your fellow residents THRIVE. Thank 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 someone from your Village or another older adult.

Almost 20% of the state's population is 65 or older. Michigan has moved from the **30<sup>th</sup> oldest state** in the USA to the **10<sup>th</sup> oldest**.



This is what thriving looks like!  
*Whoo hoo!*

### ***So what?***

Older adults need **the services YOU help provide and you're more important than ever.**

**Being a donor to your Village really helps your fellow residents in their time of need. Help your Village with fun field trip activities or going to the **Village Victory Cup.****

Thank you for caring—and THANK YOU FOR CARING ABOUT YOUR FELLOW RESIDENTS!!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Happy New Year!  
Paul J. Miller, CFRE



# 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 Winners!

### Elves on Shelves

Johanna Schoel, Carol Wasilewski, Rosemary Richason, Pat Boyington, Susan Langham, Motoko Huthawaite, Debra Sanderson, Ruth Granlund, Mary Roll, Chet Parsell, and Bonnie Killen all participated in this event. All participants will get stickers.



Pat Boyington came in 3<sup>rd</sup> Place  
Sue Langham came in 2<sup>nd</sup> Place  
and Johanna Schoel came in 1<sup>st</sup> Place



All the ladies that have placed will get the option of an elf or money for the bistro/store.

### Door Decoration Contest

Our Hallway winner is the 1000 Hallway!

The VIP winners are Pat Barr, Jean McGill, Lucy Kollar, Jeanne Prokes, Alberta Schuler, Mary Jo Davis, Stella Hayes, Tony Pakula, Pat Murray, and Jack and Sue Langham!

All VIPs and residents that live in 1000 Hallway will be invited to a private pizza party this month to celebrate their win!



### Spirit of Christmas Week

Johanna Schoel, Carol Wasilewski, Rosemary Richason, Pat Boyington, Susan Langham, Motoko Huthawaite, Alberta Schuler, Jean McGill, Barb Miller, Jean Smith, and Jeri Tomassion all participated in this event. All participants will get stickers.

#### Daily winners:

Merry Morning Monday  
1<sup>st</sup> Place: Alberta Schuler;  
2<sup>nd</sup> Place: Pat Boyington;  
3<sup>rd</sup> Place: Motoko Huthawaite

Santa's Workshop Tuesday  
1<sup>st</sup> Place: Alberta Schuler;  
2<sup>nd</sup> Place: Johanna Schoel;  
3<sup>rd</sup> Place: Sue Langham

Winter wonderland Wednesday  
1<sup>st</sup> Place: Carol Walecki;  
2<sup>nd</sup> Place: Pat Boyington;  
3<sup>rd</sup> Place: Johanna Schoel

Color Block Thursday  
1<sup>st</sup> Place: Pat Boyington  
2<sup>nd</sup> Place: Rosemary Richason  
3<sup>rd</sup> Place: Barb Miller

Festive Friday  
1<sup>st</sup> Place: Pat Boyington  
2<sup>nd</sup> Place: Jean Smith

#### Overall winners:

Johanna Schoel came in 3<sup>rd</sup> Place  
Alberta Schuler came in 2<sup>nd</sup> Place  
and Pat Boyington came in 1<sup>st</sup> Place

**CONGRATULATIONS TO ALL OUR PARTICIPANTS AND WINNERS!**

# Welcome To The Village!

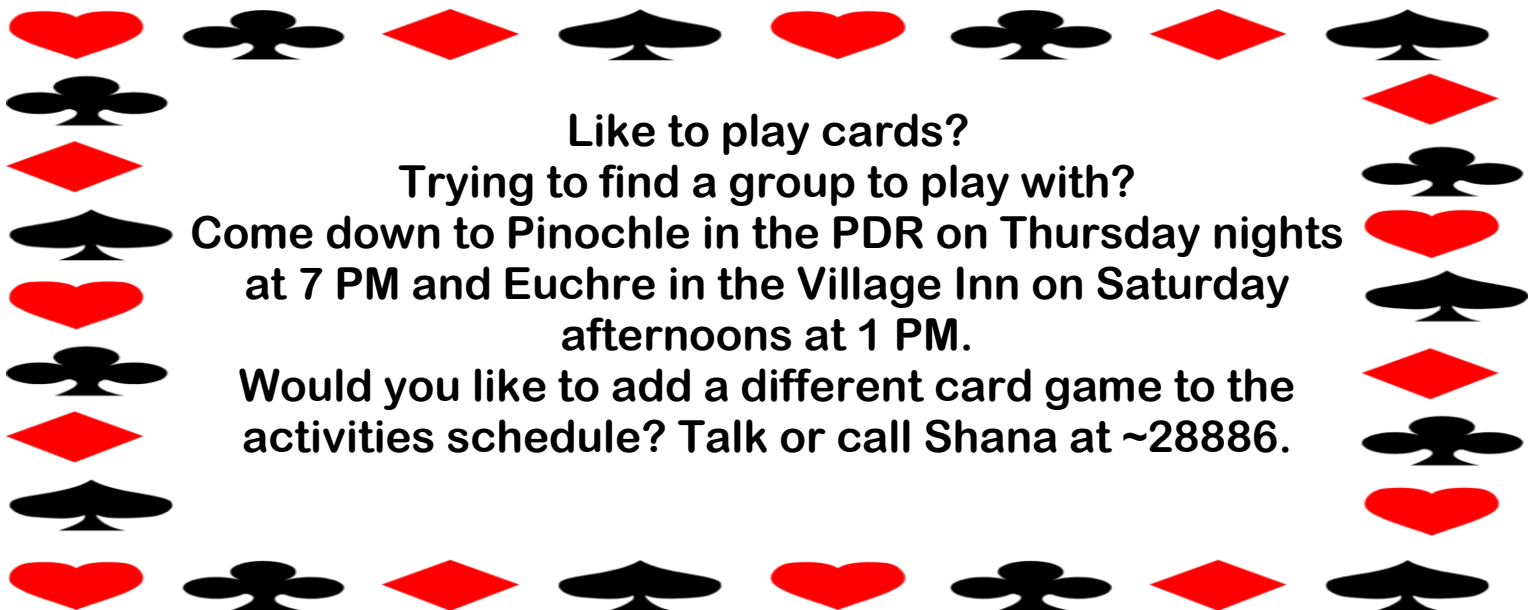


## Residents:

Marjorie Bergman  
 Loretta Bristow  
 David McCorquodale  
 Louella Benson

Marina Dick  
 Eunice Reid  
 James Muhammad  
 Kathleen Fulner





Like to play cards?  
 Trying to find a group to play with?  
 Come down to Pinochle in the PDR on Thursday nights  
 at 7 PM and Euchre in the Village Inn on Saturday  
 afternoons at 1 PM.  
 Would you like to add a different card game to the  
 activities schedule? Talk or call Shana at ~28886.



# December's Craft was... Canned Christmas Characters!



# January's Craft is... Heart Clothes Pin Wreaths!

## ~ Transportation Services ~

### Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, and Walgreens (all off of Merriman Road))

### Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) 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 (1<sup>st</sup>, 2<sup>nd</sup> & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

### 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). 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 Wellness 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!

Wanda Blackerry.....	Jan 3 <sup>rd</sup>	Rachel Scott-Lewis.....	Jan 15 <sup>th</sup>
Don Oneil.....	Jan 6 <sup>th</sup>	Doris Woodman.....	Jan 17 <sup>th</sup>
Marion Pantera.....	Jan 7 <sup>th</sup>	Lorraine Haeger.....	Jan 19 <sup>th</sup>
Rosslie Baisa.....	Jan 8 <sup>th</sup>	Stan Wickman.....	Jan 19 <sup>th</sup>
Allen Wallace,,,,,.....	Jan 10 <sup>th</sup>	Fred Gaiser.....	Jan 31 <sup>st</sup>
Frieda Andres.....	Jan 11 <sup>th</sup>		

### 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 multiple positions available in choose from.

We currently need your help with:

- Resident Biographies
- 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](http://www.pvm.org)

# Office Numbers

**(734) 728-5222**

## Village Staff

**Michele White**  
*Executive Director*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Environmental Services Manager*

**Jan Smith**  
*Nurse Case Manager*

**Melissa Nestorovski**  
*Marketing Manager*

**Shana Brown**  
*Wellness Manager*

**Kara Otto**  
*Social Worker*

**Shari Thompson**  
*Billing*

**Austin Jackson**  
*Dietary Manager*

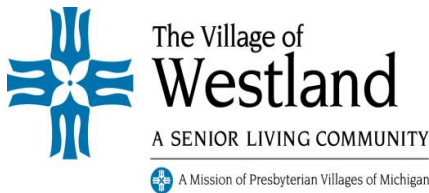
**Lisa Scott**  
*Housekeeping*

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



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Westland, MI 48186**



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