



# Village Voice



Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • [www.pvm.org](http://www.pvm.org)

October 2014

## Featured Articles

**Bullying and Respect** pg. 3

**Word search Fun** pg. 5

**October Calendar** pg. 6

## From The Village Administrator

### Greetings...

It's hard to believe we are in October already. At least the weather appears to be holding out a while longer.

The lobby furniture was delivered weeks earlier than I thought. I've heard a lot of nice comments about it. I think it's beautiful and very classy. I'm going to get a fireplace as soon as I find the perfect one, which will be before Christmas.

Anyone interested in the old lobby furniture can come to the office and get a number. Stacey and I can explain how the auction will work if you are not sure. We will hold it from October 1<sup>st</sup> to the 3<sup>rd</sup> of this week. The auction will close at 2:00 pm on Friday, October 3<sup>rd</sup>. The money will go towards our Friends and Family

account.

Don't forget October is fire drill month.

We are thinking about going to a cider mill this month. We are getting information about Westview. There will be a sign up sheet for the orchard if anyone is interested.

Please see the office for any maintenance requests.

Our next resident meeting will be Friday, October 10<sup>th</sup> at 1:00 pm.

Our store account is building. We are close to \$700.

Sincerely,

Melissa Riesterer  
Administrator



The Village of  
**Peace Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



# Announcements

## Maintenance Corner

Maintenance requests and/or work orders **MUST** be reported to the office.

## Resident Meeting

Mark your calendars:

- Friday, October 10<sup>th</sup>.
- 1pm
- First Floor Community Room

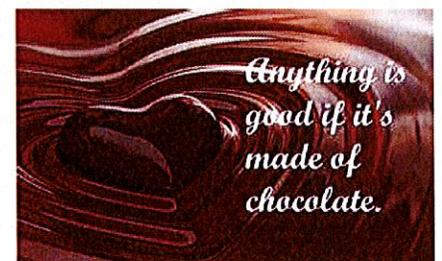
## Cider Mill Trip

Stay tuned for a sign-up sheet to take a trip to a cider mill.

## Candy making

Please join Maggie, a Peace Manor board member for an afternoon of deliciousness.

**When:** Sunday, October 5th  
**Time:** 1:00pm-3:00pm  
**Where:** Peace Manor Community Room



# IT'S A GIRL!

Please join us  
 for a shower to celebrate mom to be  
 Michelle (Brewington) Zarza

Sunday October 12th 2014  
 at 1:00 p.m.  
 The Village of Peace Manor  
 17275 15 Mile Rd.  
 Clinton Twp, MI 48035

Refreshments, Games, and more!

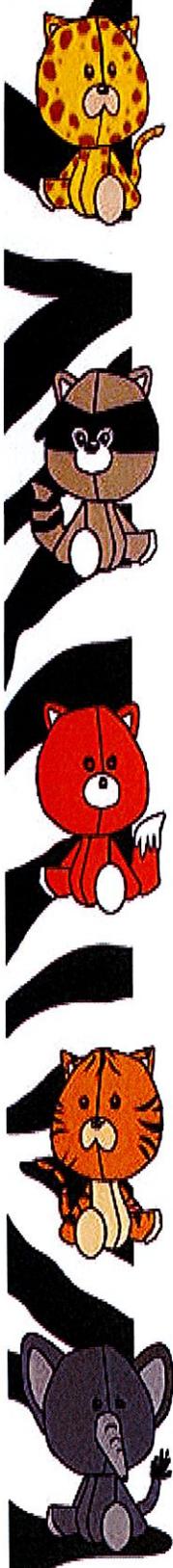
**Baby Food Raffle:**  
 Bring a jar of baby food and  
 get a raffle ticket for a Special drawing!

*One small request that wont be too hard. PLEASE bring a BOOK instead of a card. Whether Cat in the Hat or Winnie the Pooh, you can sign the book with a note from you. Baby Z will become very smart indeed, if we start early, she will soon learn to read.*

**Registration:**  
 Babies R Us & Walmart

**Hosted By:**  
 Barb Heikkila, Vicki Brewington,  
 and Milinda Brewington

RSVP Regrets only: [Lyn49Brew@yahoo.com](mailto:Lyn49Brew@yahoo.com)





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

By Tom Wyllie,  
Director of Wellness

***This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program***

### **Bullying and RESPECT**

When you think of the word 'bullying,' your mind may go back to the days on the schoolyard playground, in high school halls, or even in the professional workplace. Bullying, however, can occur at any time and any place in a person's life including our later years. Although it is a growing problem, we can take effective steps toward addressing the issue and perhaps redefine what bullying means.

Bullying can take on many forms which may include name calling, gossiping, insults, racial slurs, shunning, belittling jokes, bossy behavior, invading personal space, spreading rumors, making fun of physical or mental disabilities, making offensive gestures or facial expressions, and engaging in mental and/or physical abuse. It can lead to reduced self-esteem, feelings of rejection, fear and anxiety,

depression, suicidal thoughts or actions, self-isolation, increased stress, negative changes in eating and sleeping habits, and negative effects on activities of daily living.

To bully is to essentially disrespect your peers. There are steps YOU can take to prevent and stop disrespectful thoughts and actions. Everyone can practice RESPECT:

- Recognize others for who they are and appreciate their differences
- Energize your environment; make it welcoming for others
- Support and uplift the spirit of your peers
- Practice empathy; put yourself in their shoes
- Expand your social network, connect with your peers
- Communicate with kind words and gestures
- Treat others how you would want to be treated

### **Camille's Office Hours:**

Monday 7:30am-2:30pm  
Tuesday 7:30am-1:30pm  
Thursday 7:30am-2:30pm

"A Service Coordinator Provides Information And Referrals In A Community Who Need Support Services To Maintain Self Sufficiency."

### **Parish Nurse Schedule**

Sue Perkins is available every Wednesday from 1:00-3pm to take blood pressures. She is also available to counsel with regarding health advice.

Join her at 3pm in the library for Bible study.

### **Stop and Shop Hours**

Mondays: 8am-11am

Tuesdays: 12:30pm-3:30pm

Wednesdays: 8am-11:30am

Thursdays: 12:30pm-3:30pm

Fridays: 12:30pm-3:30pm

***Come check the store out for yourself. Monday and Wednesday mornings Barb makes wonderful breakfast sandwiches for \$1.00.***

***Stop in and Shop!***



# Giving Matters.

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

## Support Future Residents *and* Generate Income for Life!

Did you know that there are other ways you can support your PVM Village besides writing a check? You can leave a legacy for future residents through a planned gift to the PVM Foundation, like a charitable gift annuity.

A charitable gift annuity is an agreement between a donor and PVM where the donor makes a gift to PVM. In exchange, the donor receives **fixed payments for life** with as high as a 9% rate of return, depending on the donor's age. You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big difference.

With your gift, you can help improve the lives of future residents at your Village in so many ways, such as through Benevolence to help residents in emergency financial situations or fitness programs like *A Matter of Balance* to reduce falls.

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about Charitable Gift Annuities and Calvin Society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you to all our donors who support the PVM Mission and make a lasting impact on future residents!

Warm regards,  
Paul J. Miller, CFRE

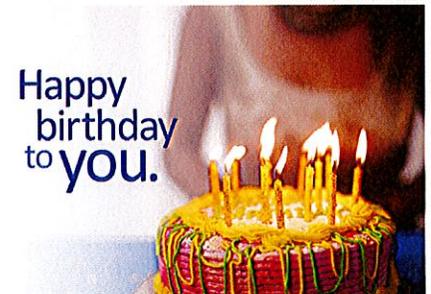
## October Birthday Party

When: Thursday, October 16th  
Where: Peace Manor  
Community Room  
Time: 1:30pm

Come celebrate with your fellow residents who have birthdays in October.

## Happy Birthday to You

Margaret Jones.....10/3  
Christine Bradley..... 10/7  
Theresa Herrera.....10/15



## Pokeno

Join Sue for Pokeno:

- Tuesday, October 14<sup>th</sup> at 6pm
- Tuesday, October 28<sup>th</sup> at 6pm

## Bingo

Join Sue for Bingo:

Saturday, October 25th at 1:00pm

# Old TV Shows 6 - Word Search

Find the words hidden in the grid of letters.

S T S N H E S D I G T Z G Y R N G  
T H E S A I N T L J V N W C E M G  
T O A G F S Q X H E I S Y N T O R  
S E H V D E H O O D F V C I N O E  
E C U T C I O B N F J N F U U N L  
S Q N N H K G A R S M E I Q H L L  
R E T N E C L A C I D E M E B I I  
C J M R A S H F L I D C Y E S G M  
A K M I T Q T E S A U G N F F H Y  
N K I O T A Z N E L S C E Q H T E  
N O N Z W D O U K R A S C S F I N  
O K E S S R O X E S S K I T A N R  
N F A M I L Y O E M A F M E Y G A  
M C C L O U D Y G H C T A W Y A B

BARNEY MILLER  
BAYWATCH  
BEN CASEY  
CANNON  
CHEERS  
FAME  
FAMILY  
GIDGET  
GOOD TIMES  
HUNTER  
IRONSIDE  
KNOTS LANDING  
LASSIE  
MC CLOUD  
MEDICAL CENTER  
MOONLIGHTING  
NASH BRIDGES  
QUINCY  
SEA HUNT  
SEINFELD  
SWAT  
T J HOOKER  
THE SAINT

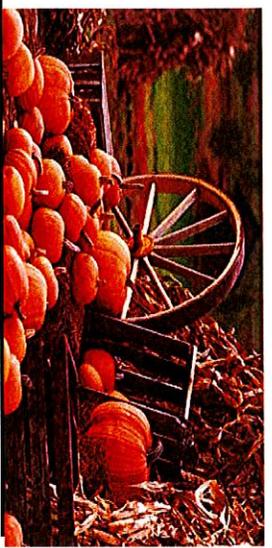
Large Print Word Search Puzzles

[http://www.puzzles.ca/large\\_print\\_word\\_search.html](http://www.puzzles.ca/large_print_word_search.html)

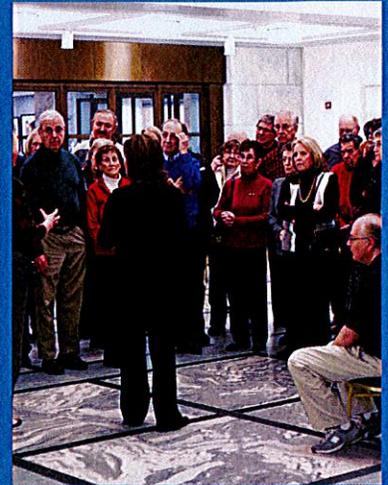
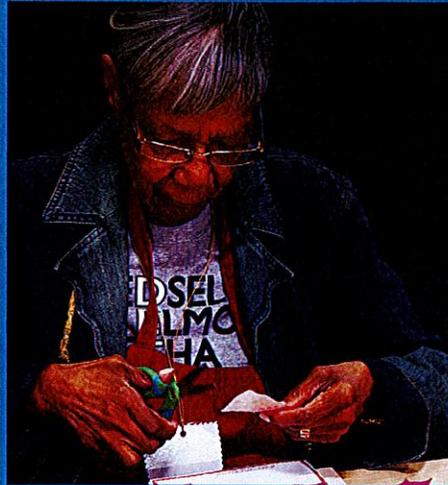
Copyright © 2012 Livewire Puzzles



# October 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8-11:30am- Stop & Shop Open <b>10am- Communion</b> 1-3pm- BP Checks	2 12:30-3:30pm- Stop & Shop Open	3 9am- Bus To Meijer	4
5 <i>1pm- Candy Making with Maggie</i>	6 8am-11am- Stop & Shop Open	7 12:30-3:30pm- Stop & Shop Open <b>1:30pm- Milkman</b>	8 8-11:30am- Stop & Shop Open <b>10am- Communion</b> 1-3pm- BP Checks <b>2-3:30pm- Flu Shots</b>	9 12:30-3:30pm- Stop & Shop Open <b>12:45pm- Chair Exercises</b> <b>6pm- Movie Night</b>	10 9am- Bus To Meijer <b>1pm- Resident Meeting</b>	11
12 <i>1-4pm- Baby Shower for Michelle</i>	13 8am-11am- Stop & Shop Open	14 12:30-3:30pm- Stop & Shop Open <b>1:30pm- Milkman</b> <b>6pm- Pokeno</b>	15 8-11:30am- Stop & Shop Open <b>10am- Communion</b> 1-3pm- BP Checks	16 12:30-3:30pm- Stop & Shop Open <b>1:30pm- Birthday Party</b>	17 9am- Bus To Meijer	18
19	20 8am-11am- Stop & Shop Open	21 12:30-3:30pm- Stop & Shop Open <b>1:30pm- Milkman</b>	22 8-11:30am- Stop & Shop Open <b>10am- Communion</b> 1-3pm- BP Checks	23 12:30-3:30pm- Stop & Shop Open <b>12:45pm- Chair Exercises</b>	24 9am- Bus To Meijer	25 <i>1pm- Bingo With Sue</i>
26	27 8am-11am- Stop & Shop Open	28 12:30-3:30pm- Stop & Shop Open <b>1:30pm- Milkman</b> <b>6pm- Pokeno</b>	29 8-11:30am- Stop & Shop Open <b>10am- Communion</b> 1-3pm- BP Checks <b>1pm- Sing A Long</b>	30 12:30-3:30pm- Stop & Shop Open	31 9am- Bus To Meijer	



# COME WONDER AROUND.

SENIOR GROUP TOURS AT THE DETROIT INSTITUTE OF ARTS

## FREE BENEFITS FOR SENIOR GROUPS

*from Wayne, Oakland & Macomb Counties.\**

General admission

Transportation

Reception featuring baked goods and coffee/tea

Art-making (*available Saturday mornings only*)

Docent-led tour of the collection

Guided tours and self-guided visits can be scheduled for groups of 15 or more.

**Call 313-833-1292 or email [grouprequest@dia.org](mailto:grouprequest@dia.org)  
to book your visit today!**

*\*Services provided complimentary as a result of the tri-county millage*



**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**  
*Parish Nurse*

**Stacey Klooster**  
*Administrative Assistant*

**William Horton**  
*Maintenance Tech*

**Camille DeBlaere**  
*Service Coordinator*

---

**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)



**17275 15 Mile Road  
Clinton Twp., MI 48035**

# Embrace the possibilities