



# Villa View



Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • October 2017

## Notes from the Administrator

### Featured Articles

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“The trees are about to show us how lovely it is to let things go”.

The Village Vintage Auto Show was held Saturday September 30<sup>th</sup>. and it was a great success. Thanks to the many vintage car buffs who brought their classic cars for all to see. Thanks to the many resident volunteers who helped to make the day run smoothly. Our very talented resident Kelly Graves created the classic car replicas that were displayed on campus.

### Look for PVM on:



Congratulations to Mr. Robert Willis who won the 55 in HDTV. Way to go Mr. Willis and thanks to George Matick Chevrolet for donating the TV to be raffled.

Welcome new residents – we recently had a luncheon meet and greet where the staff, floor captains and resident council members were introduced to our newest residents. It was great to meet and mingle over a pizza, salad and chocolate cake lunch.

### 7<sup>th</sup> Annual Free Men’s Health Event

Consider attending the 7<sup>th</sup> annual free men’s health event Saturday October 14<sup>th</sup>. Tell your sons, grand-sons, nephews and friends. The free screenings are valued at over \$1,800.00 and include vital measurements, blood tests for prostate specific antigen (PSA), testosterone, magnesium, uric acid, glucose, mental health screenings, skin cancer, EKG testing, vision, hearing and dental exams. Free flu shots and haircuts will also be provided. The event will be held at Ford Field, 2000 Brush Street, Detroit, MI 48226 from 9:00 a.m. – 3:00 p.m.



## Trick or Treat

Please join us in the dining room on October 31<sup>st</sup> from 10:30 a.m. – noon as we greet the little Trick or Treaters from Rainbow Daycare. Residents are asked to donate treats to be distributed to the little goblins and super heroes. Please, no hard candy mints or gum.

## October Fire Drill

Our second fire drill for the year will be held sometime in October. All residents are required to participate by evacuating the building as quickly as possible. Remember, practice makes perfect.

### 2017 Village of Redford Vintage Car Showcase





**Phyllis at Shear  
Perfection Salon  
Days of Operation:  
Wed thru Sat.**

**Hours: 11 am- 4pm.**

**313-541-6077  
Call to make an  
appointment!**

**Redford Board of  
Directors**

- **Deanna Mitchell,  
Board Chairperson**
- **Reva Wujcik**
- **Carrie Hays McElrye**
- **Joyce King**
- **Laura Scanlan**
- **Susan Hurst**
- **Catherine Esannason**
- **Kathryn Telck**

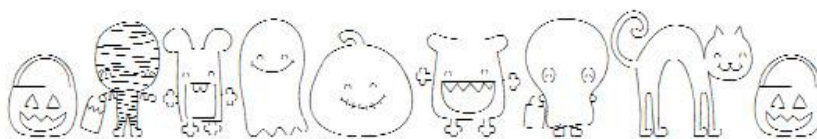
# Only the Treats



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



ALMOND JOY	BABY RUTH	BUBBLE GUM
CANDY CORN	CARAMEL	CHOCOLATE
FUN DIP	HERSHEYS	LIFE SAVERS
NECCO	NERDS	NESTLE
REESES	SMARTIES	SNICKERS
TOOTSIE	TOOTSIE POPS	TWIX





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.*

## National Check Your Meds Day

This year on **October 21<sup>st</sup>** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21<sup>st</sup>** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21<sup>st</sup>** don't worry, this is a service that most major pharmacies will perform any day.

# Homemade Vegetable Beef Soup



- Sauté celery and onions in 1 T oil (about 10 minutes)
  - Add browned beef (drained of all fats)
  - ½ large onion chopped
  - 8 C Beef broth or 2 cubes of vegetable or beef bouillon or 8 C of water
  - 1 Can Tomatoes with juices,
  - 2 Carrots sliced
  - 2 Ribs Celery sliced
  - 1 C Potatoes,
  - ½ C Corn,
  - 1 Bay leaf
  - ½ t garlic powder
- Reduce heat and simmer until vegetables are tender

Happy Birthday to all those born in October! Please join us on October 16<sup>th</sup> at 1:30 pm in the Villa Dining Room for the Birthday Party!



## October Birthdays!

- Gerry Chennault.....10/2
- Dorothy Martin.....10/5
- Sandra Moore.....10/9
- Cynthia Morris.....10/9
- Dorothy Merriman.....10/11
- Loretta Whalen.....10/14
- Helen Earl.....10/14
- Delores Harris.....10/17
- Gertrude Smith.....10/17
- Rosie Jones.....10/18
- Bettye Walker.....10/22
- Sylvia Buckanes.....10/23
- Betty Washington.....10/27
- Miriam Smith.....10/29
- James Williams.....10/30



# October 2017 Activities Calendar

 <span style="font-size: 2em; color: orange;">October</span>  <span style="font-size: 2em; color: orange;">2017</span> 						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 1:00 pm In His Presence Ministries Sunday Worship	<b>2</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>3</b> 1 pm Walgreen's Flu Clinic 2 pm Movie "Going in Style"	<b>4</b> 10 am Value Center/Walgreens 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>5</b> 10 am Coffee Hour 10 am Pantry 1 pm Chair Exercise	<b>6</b> 1 pm Arts & Crafts 5 pm Keno/Bingo	<b>7</b> 1 pm Bingo (Game Room)
<b>8</b>	<b>9</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>10</b> 2 pm Movie "The Girl on the Train"	<b>11</b> 10 am Kroger/\$Store 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>12</b> 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings 1 pm Chair Exercise	<b>13</b> 1 pm Arts & Crafts 2 pm VILLAGE WIDE FORUM 5 pm Keno/Bingo	<b>14</b> 1 pm Bingo (Game Room)
<b>15</b>	<b>16</b> 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno 6:30 pm Cards	<b>17</b> 2 pm Movie "Kong: Skull Island"	<b>18</b> 10 am Value Center/Walgreens 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>19</b> 10 am Coffee Hour 10 am Pantry 1 pm Chair Exercise	<b>20</b> 1 pm Arts & Crafts 5 pm Keno/Bingo	<b>21</b> 1 pm Bingo (Game Room)
<b>22</b> 	<b>23</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>24</b> 2 pm Movie "Get Out"	<b>25</b> 10 am Kroger/\$Store 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>26</b> 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings 1 pm Chair Exercise	<b>27</b> 1 pm Arts & Crafts 5 pm Keno/Bingo	<b>28</b> 1 pm Bingo (Game Room)
<b>29</b>	<b>30</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>31</b> 10:30 Trick or Treat 2 pm Movie "Unforgettable"				

**Reminder:** The Redford Board of Directors meets the fourth Wednesday of each month. Depending on the amount of members in attendance, the dining room may need to be utilized for the meeting. We appreciate your flexibility in this matter.



# Giving Matters.

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

## PVMF Gala—November 17<sup>th</sup>!

Come join the fun Friday, November 17<sup>th</sup> at  
The Henry Ford Museum of American Innovation!



PVMF's 14<sup>th</sup> annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us to celebrate the sweetness of life at any age!

*The best part?!* By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan a ~~better~~ *the best* place to live at any age!

We hope to see you there!

### Join the Fun! Book your Sponsorships & Tickets:

\$375 Patron Ticket\* Strolling Dinner & Program, Name recognition in event program

\$250 Individual Ticket\* includes Strolling Dinner & Program

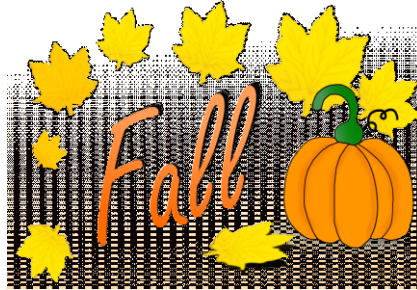
(\*Estimated Fair Market Value: \$125/ticket)

Learn more about how to attend at [pvmf.org/Gala2017](http://pvmf.org/Gala2017). If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).


Thank you!  
Paul J. Miller, CFRE

**\*P.S.** Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043.

## Coordinator Corner



**October is National Breast Cancer Awareness Month / World Blindness Awareness**

Month Oktoberfest is a festival held for 16 days (Sept 17-Oct 2) in  Munich, Germany. Many celebrate it here in the United States! (A reason to drink beer!)



- ✓ **October 11, 2017 @ 11:00am** All residents are invited to attend a presentation on “Who should you trust?” Avoiding Estate Planning mistakes. Sponsored by: Michigan licensed lawyers, Ms. Amy Emmons with the State Bar of Michigan Professional Standards Division. Location is in the Village Dining Room. **FREE!**
- ✓ **October 20, 2017 @ 11:00-12:30** seminar on “Hypertension” (High blood pressure) how to recognize the signs. Please join us to educate yourself & play BINGO!! In the Village Dining Room. Sponsored by: Home Care Connect, INC. **FREE BINGO!**

**Quote of the month:** I’d rather attempt to do something great and fail than to attempt to do nothing and succeed.” ~Robert H. Schuller

Service Coordinator Anita Stephens/ 313-541-6450

**HAPPY HALLOWEEN TUES, OCT 31, 2017**  **HAPPY HALLOWEEN**



## THE BULLETIN BOARD

by Kay Eless

Trying to lose weight? Dropping from 2000 or more calories a day to 1500 or less will stop you dead before the week is out. First, it's too a great a shock to the body. Second, the brain's built-in survival alarm will register "starvation" mode and there will be lots of discomfort until the body gets what it wants. The medical profession still maintains that a loss of 2lbs a week is the safest way. In my experience, the body has time to adjust to smaller amounts of food and the brain is learning or relearning how to eat better so that the dieter has less of a chance to regain the weight.

When a very overweight friend of mine told me she stopped trying to lose weight because it always made her too hungry, I had a hard time understanding why this was so. A few years later, when I accidentally gained 20lbs, I remembered that conversation and decided to gradually cut down the calories. For the first week, I recorded the number of calories for every food and drink taken in each day to measure against what my daily caloric maximum should be. Just to see what would happen, I chose to eliminate only 100 calories. I couldn't believe how hungry I got. No wonder my friend had complained about the hunger. At this time, I had been going to a gym for women and when I told one of the trainers that I didn't eat between meals even during dieting, she told me this: in order to keep the metabolism active, the body needs to be fed at certain intervals. I told her what time I ate breakfast, lunch and dinner, and she said to eat a little something about 3 hours after each of those meals. Instantly my mind thought of a train running smoothly as long as the fireman shoveled coal into the firebox. I saw the metabolism as the firebox and me as the fireman stoking my body with the in-between nibbles. So, to find lower calorie anything to eat between meals, I began reading the nutritional labels on the packaging to find the calorie amount for the serving size. My body had an easier time adjusting to the calorie loss with the small nibbles between meals. The gym helped to gradually remove those 20lbs. at 2lbs. per week, the safe way, the consistent way. And it helped to be told that it was okay to have one day a week to go off the diet without feeling guilty about it.

P.S. There's a school of thought that says to stay away from the scale. I say, "How can you tell if you are (accidentally) gaining weight if you don't weigh yourself at least once a week?"



# TRICK OR TREAT

October 31 at 10:30 am  
Villa Dining Room

Please join us for our Annual Trick or Treat |  
with the children from Rainbow Village  
Daycare & Preschool.

Please bring candy appropriate for younger  
children.

**NO HARD CANDY, MINTS, OR GUM  
PLEASE.**

## Movie Listings October 2017



**Going in Style** Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

**The Girl on the Train** Commuter Rachel Watson (Emily Blunt) catches daily glimpses of a seemingly perfect couple, Scott and Megan, from the window of her train. One day, Watson witnesses something shocking unfold in the backyard of the strangers' home. Rachel tells the authorities what she thinks she saw after learning that Megan is now missing and feared dead. Unable to trust her own memory, the troubled woman begins her own investigation, while police suspect that Rachel may have crossed a dangerous line.

**Kong: Skull Island** Scientists, soldiers and adventurers unite to explore a mythical, uncharted island in the Pacific Ocean. Cut off from everything they know, they venture into the domain of the mighty Kong, igniting the ultimate battle between man and nature. As their mission of discovery soon becomes one of survival, they must fight to escape from a primal world where humanity does not belong.

**Get Out** Now that Chris (Daniel Kaluuya) and his girlfriend, Rose (Allison Williams), have reached the meet-the-parents milestone of dating, she invites him for a weekend getaway upstate with Missy and Dean. At first, Chris reads the family's overly accommodating behavior as nervous attempts to deal with their daughter's interracial relationship, but as the weekend progresses, a series of increasingly disturbing discoveries lead him to a truth that he never could have imagined.

### Unforgettable

Barely coping with the end of her marriage, Tessa Conover learns that her ex-husband, David, is now happily engaged to Julia. Trying to settle into her new life, Julia believes she has finally met the man of her dreams, the man who can help her forget her troubled past. Soon, Tessa's jealousy starts to consume her, and she will stop at nothing to turn Julia's paradise into the ultimate nightmare.

**SEE YOUR MONTHLY CALENDAR FOR SHOWING DATES!**

**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)

**MAIN OFFICE NUMBER**

**313-541-6000**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*

**Hannah Micallef**  
*Housing Administrative Assistant,  
TCS*

**Steve Reardon**  
*Maintenance Technician*

**Mark Uzarek**  
*Maintenance Lead*

**Rhonda Harvey**  
*Housekeeper*

**Anita Stephens**  
*Service Coordinator*

**(313) 541-6450**

**Melissa Nestorovski**  
*Leasing and Marketing Specialist*

**(313) 541-6140**

**EMERGENCY NUMBER (VILLA)**

**(313) 910-7027**

**EMERGENCY NUMBER (COTTAGES)**

**(313) 573-3572**

**NON EMERGENCY REDFORD PD**

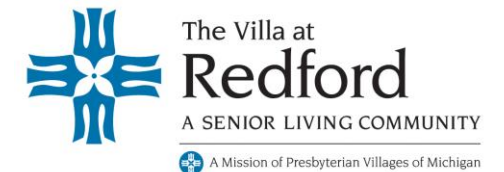
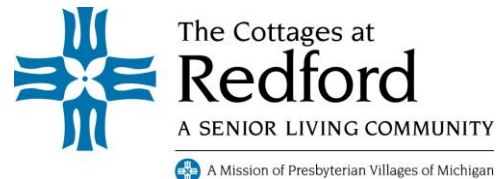
**(313) 387-2500**

**CLASSIC SECURITY**

**(313) 662-4648**



**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 Villa and Cottages at Redford • 25340 West Six Mile Road •  
Redford, Michigan 48240**

**Embrace the possibilities**