



Village Voice



Embrace the possibilities

Cottage Courier

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

October 2018

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2018



The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Join us for Trick or Treating!

Wednesday October 24th at
7:00 pm

Located in Rose and Ivy
Cottage

Costumes are encouraged!

Family and friends are
welcome to bring their
children to enjoy the fun!



BOO!

Our Halloween Party
will be on Tuesday
October 30th, at
2:30pm in Rose
Cottage

Staff Extensions

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Josh Kephart ~ 28890
Maintenance Manager

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

**Melissa Newton ~
28963**
Wellness Coordinator

**Shari Thompson ~
28952**
Billing

Jason Lovelly ~ 28927
Human Resources

**Melissa Nestorovski
~ 28928**
Marketing Manager

Pam & Jennifer ~ 28953
Wellness Instructor

Diane Santo ~ 28889
Beauty Shop



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

So What's All the Fuss About Gluten?



**GLUTEN
FREE**

If you are like me, you may have noticed an increase in foods labeled or promoted as being gluten-free. Restaurants too are offering an increasing number of gluten-free options. So what is going on? Is it a left-wing, communist conspiracy or a right-wing, fascist plot to change the way Americans eat? Will the “food police” soon be knocking on your door to check your pantry for gluten? While to some it might seem like it, it is actually a response by the food industry to an increasing number of people diagnosed with celiac disease or who are following a gluten-free diet.

Gluten is a naturally occurring protein found in wheat, rye, and barley. Unfortunately, for an estimated 1 in 100 people consuming foods containing gluten causes their immune system to go “haywire” and attack their small intestine causing substantial damage in the process, a disorder called celiac disease. There is no cure for celiac disease and the only effective treatment is to refrain from eating foods that contain gluten. Foods that commonly contain gluten, unless specifically labelled as gluten free, include breads, pastas, pastries (and other baked goods), cereals, soups, sauces, salad dressings, beer, and malt liquor.

Even the smallest amount of gluten can harm someone with celiac disease regardless of symptoms. Some people with celiac disease have no symptoms at all while others can have severe abdominal pain, joint pain, migraines and extreme fatigue. Most have symptoms that lie somewhere in between. If left untreated, other disorders can develop including diabetes, multiple sclerosis, anemia, intestinal cancer, osteoporosis and dementia.

So if you're like me, someone who has celiac disease, it's a good thing that the food industry is making more gluten-free foods available because it provides us with a little peace of mind and allows us to enjoy eating out with a little less worry. For more information about gluten and celiac disease, visit <https://celiac.org>.

Happy Birthday to our Wonderful Residents...



Following are the residents who celebrate a birthday in October!

Tom Wilkins Rose ~ 10/15/1937

Mildred Reska ~ 10-26-1926

Margaret Rose ~ 10/25/1913

Anna Hill ~10/23/41



New Residents!

Donald Andrus Ivy Cottage

Pat Jackson Rose Cottage

Welcome New Staff!

Jayla Bass, Resident Assistant

Roslind Hawkins, LPN

Fall is Here!

About the Month of October:

October is the 10th month of the year and has 31 days. In the Northern hemisphere, the season is autumn! In the Roman calendar, October was originally the eighth month of the year, and eventually became the 10th when January and February were added to the calendar. The word October comes from the Latin word “octo” which means eight



Symbols of October:

October Birthstone: Opal, which symbolizes faithfulness and confidence and the pink tourmaline, which symbolizes hope. The pink tourmaline is an alternative birthstone for the month of October.

October's Flower: Calendula

Zodiac signs: Libra and Scorpio

Month:

Apple Jack Month
National Diabetes Month
National Popcorn Popping Month
Cookie Month
National Pizza Month



Days:

Monday October 8th Columbus Day
October 14th National Dessert Day
October 20th Sweetest Day
October 30th National Candy Corn Day
October 31st Carve a Pumpkin Day
October 31st Halloween



Halloween Fun Facts



There are only a few states that are major producers of pumpkins; Michigan, Ohio, California, New York, Illinois, and Pennsylvania. These states combined have produced over 1.31 billion pounds of pumpkins.

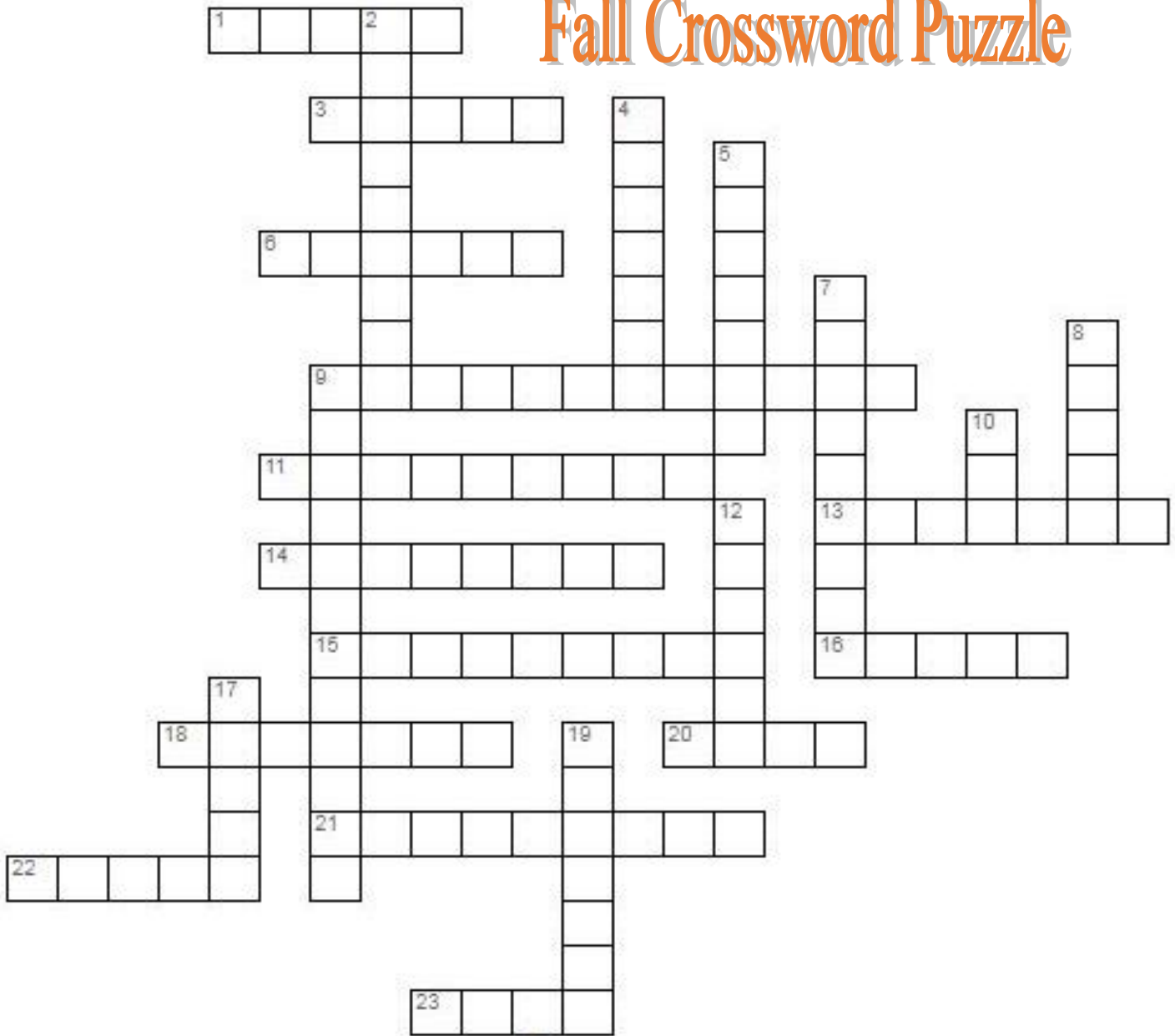
The tradition of carving pumpkins for Halloween has been around for centuries. The name jack-o-lantern originated from an Irish folktale.

In the past, people used to sing and dance for treats. It was once a custom that people performed dances, songs, and prayers in order to receive their treats, this practice is known as “mumming.”

Candy corn is one of Halloween's most produced candies. The Jelly Belly Candy Company invented Candy corn in 1898, and every year about 35 million pounds of candy corn is produced!

In the United States, Halloween is the second largest consumer holiday.

Fall Crossword Puzzle



Across

- 1 A scary apparition, said to haunt houses.
- 3 A red fruit.
- 6 An undead being.
- 9 Say this to get candy on Halloween night.
- 11 A scary celebration at the end of October.
- 13 Kids wear this on Halloween.
- 14 This monster is made from bones.
- 15 A place with many tombstones.
- 16 She flies on a broom and uses magic.
- 18 The word for gathering all of the crops (收穫).
- 20 Black birds who fly together.
- 21 The third month of Autumn.
- 22 Wrapped up in cloth, originally from Egypt.
- 23 A yellow vegetable that comes from a tall plant.

Down

- 2 The first month of Autumn.
- 4 The second month of Autumn.
- 5 Blood is his favourite drink.
- 7 This scares away animals that eat vegetables on a farm.
- 8 Witch's fly on this.
- 9 A feast in the middle of October in Canada and America.
- 10 A witch's favourite pet.
- 12 Spins a web to catch its food.
- 17 Kids get this on Halloween.
- 19 Big orange vegetable that grows on vines.

**See answers on page 9

Activities in the Cottages





Giving Matters.

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



PVMF Gala—November 8th!

Come to the best party around Thursday, November 8th at The Henry Ford Museum of American Innovation!

PVMF's 15th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for ***Play Ball!***

The best part?! By attending, **you become the real MVP** for the 5500+ older adults served by PVM and you'll help make Michigan ***the best*** place to live at any age!

We hope to see you there!

**Join the Fun! Book your tickets:
All Tickets \$300!**

Learn more about how to attend at pvmf.org/Gala2018. If you have any questions or comments, please contact us at 248-281-2040 or 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!

A GIFT IN YOUR WILL
can change the lives of seniors.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045
 mylegacy.pvmf.org

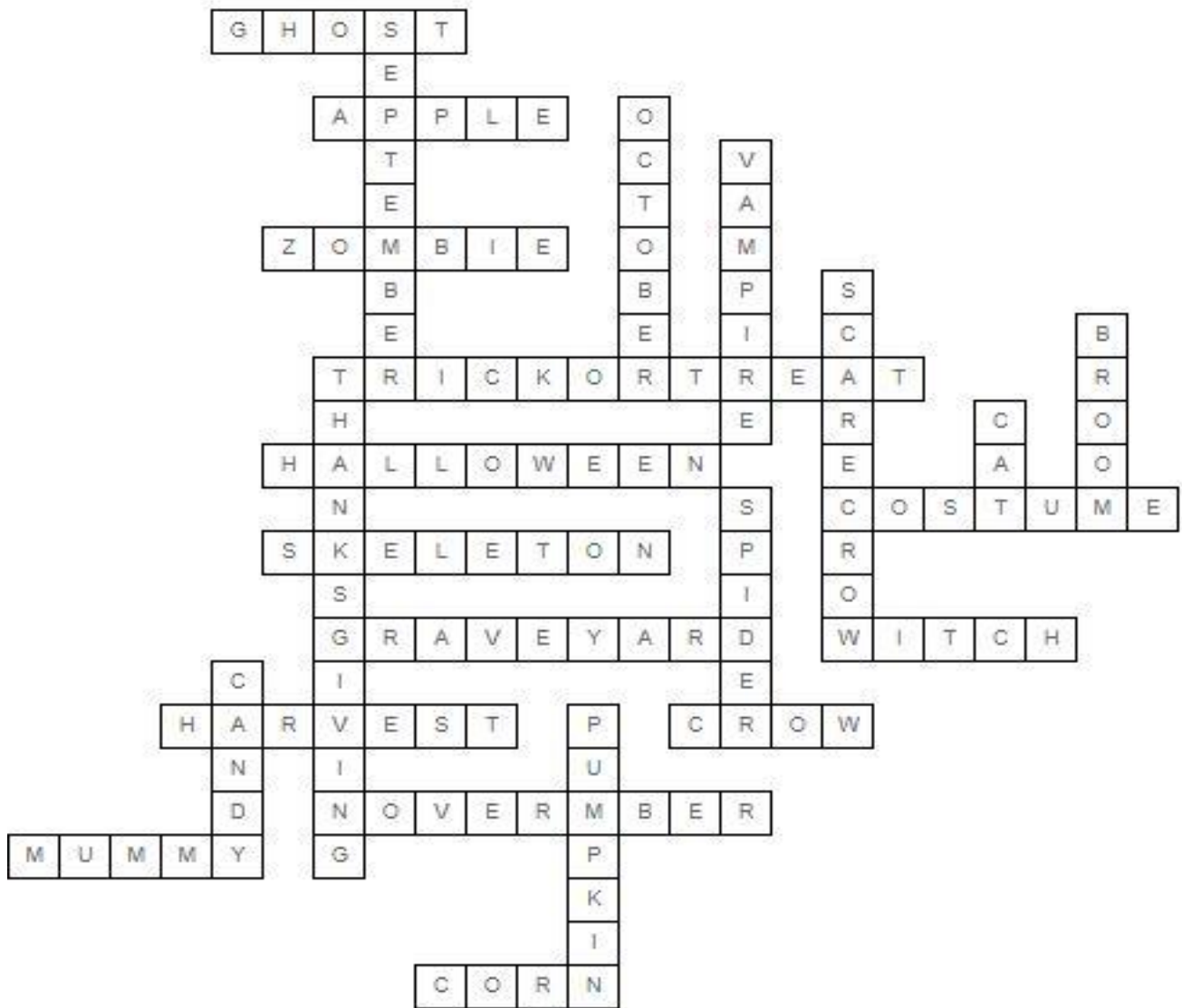
Presbyterian Villages OF MICHIGAN THE FOUNDATION



Like and Join the Village on Facebook!

 **We now have a Facebook page title**  **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!



**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

Shana Brown
Wellness Manager

Jason Lovelly
Human Resources

Austin Jackson
Dietary Services Director

Josh Kephart
Maintenance Supervisor

Shari Thompson
Billing

Melissa Nestorovski
Marketing Manager

Kara Otto
Social Worker

Jan Smith
Nurse Manager

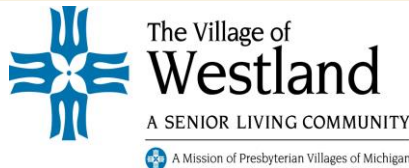
Lisa Scott
Housekeeping

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



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