



Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2020 | Issue X

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A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



The Administrator's Pen



Blessings OSM;

Wow, can you believe it, *It's Fall already*, and we are going into the 4th quarter of 2020. The change-over at OSM has taken place as of last week. You may turn your heat on if you haven't done so already.

When you think about **FALL** and the month of **October**, Do you think about Apple Cider? Sweet cinnamon donuts? What about Halloween? Trick or Treating? Well, for all those who would like to participate, we will have a small costume party with prizes toward the end of the month. We will be practicing social distancing and please remember to wear your mask along with your costumes. We will be serving some good ole Apple Cider & Donuts! We also have several residents that would like to participate in Trick or Treating on Halloween Night here at OSM. So, if you would like to participate, please purchase a bag of candy and on that night, residents will be knocking on your door. Please remember to wear your mask when knocking or opening up your door. Let us make it a Fun Evening. This is for OSM residents only! We are still under the guidelines of essential visitors only.

I am so excited for OSM and for the many residents who have signed up to participate this year in our PVM Virtual Victory Cup COVID19 Edition. We will start practicing the first week in October. Please check the calendar for those dates. Your new T-Shirts will be here next week. I am looking forward to seeing everyone in OSM Monarch T-shirts. My prayer is that we bring back home our Spirit Award! GO MONARCHS! I know you can do it!

"Go Monarchs"!!! - This is how we roll!

As you know, the *Healin Meals* ended on September 22nd and I have a beautiful Thank You card for OSM residents to sign so we can send it to them and thank them for the wonderful meals that were delivered every Tuesday for the last two months. Everyone will get a chance to sign the card on next week.

Remember: Good, Better, Best, Never Rest until your Good is Better and your Better is Best! GO MONARCHS!!!





Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a happy and healthy month!



Our bus shopping trips have been changed to every Wednesday and Thursday. The afternoon trips are Wednesday's and the morning trips are on Thursdays. The Nankin Bus is providing the transportation and due to the social distancing along with limited seating, Please remember to sign up for all of our OSM shopping trips. The signup sheets are on the bulletin board.

Please do not remove the sign-up sheets from the bulletin board.

We will have our next Administrator's Resident Phone Meeting on October 12th at 11:00 Am to 12:00 PM. We are all very excited to begin the OSM Victory Cup COVID 19 Edition. October 6th at 11:30 AM, we will have a Victory Cup meeting in the community room. October 9th is Victory Cup practice day at 1:00 PM. We will gather in the community room and practice all the games.

Thank you again to all residents for your cooperation and understanding as we navigate through these tough times. Please just keep in mind to continue practicing social distancing and only **essential visitors** are allowed in our building and your apartment at this time.

Our COVID19 for Essential Visitors only is still in effect. Please remember to inform your caregivers, doctors, or essential visitors, they must wear a mask and fill out our COVID19 Visitor Forms at the front door. Minors should not be in our building, they're not essential visitors for your care. We are enforcing our policy and those violating them will receive a lease violation.

The community room and library hours are now posted on the bulletin board. The library hours are for appointments only! Also, the craft room is open for residents. It is now located in the old service coordinator office, across the hall from Apt. 112. Just a reminder, please do not leave grocery carts in the hallways. Once you are finished with them, please return them to the stairwell.

Please check your calendar for all of our upcoming events and updates.

Reminder: All guests, (Essential Visitors) entering our building must sign in and fill out the COVID19 form. They must wear a mask.





Delivery Only

You must Call for Your Delivery

1-888 724-9267





Always pray to have the eyes that see the best in people.

A heart that forgives the worst.

A mind that forgets the God.

And a soul that never loses faith in God.

Worry ends where faith begins!

By Jessie Clark





As we begin to settle in for cooler temperatures,

it's important to focus on staying healthy.

October begins open enrollment for Medicare. I know most of you already are enrolled, but there are some newer plans being rolled out in 2021, and I encourage you to make sure you have the best plan available. Debbie Stroup, a Michigan Medicare specialist, has offered to look over everyone's plan, and it is absolutely free. In order to do this, a form to fill out will be arriving on your porch at the beginning of October. Fill out the form and get it back to me by the first week of November, and then we will be having Debbie come as our guest to go over your results individually. There will be more information as we get into October.

It's also important that you get in some light exercise as often as possible. Are you stretching as you get out of bed each day? Are you getting out of your apartment for a walk and some fresh air on our warmer days? If you need a list of some in-home exercises you can do, stop by my office and I will provide those for you. We all want to leave 2020 better than we came into it for sure!

Finally, it's vital that you make sure and stay mentally healthy. If you find yourself being more forgetful, are struggling with remembering things, or feeling more frustrated than usual, please come talk with me. If you are feeling afraid or alone, come right away! There are services, medicines, and options available to you. We will make sure you are getting the proper mental stimulation to maintain a healthy lifestyle.

Thank you to everyone that participated in the flu clinic!

Have a blessed, pumpkin-spice filled October!

Alisa Loveday, your Service Coordinator

My Office Hours:

Mondays – 11 AM to 4 PM *Tuesdays* – 9 *AM to 3 PM* Wednesday – 9 AM to 2 PM Thursday – 11 AM to 3 PM Please call to make your appointments! My Direct number is: 734-722-9763

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:2



The Village of Our Saviour's Manor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour

OSM Board of Trustees

Johnnie Jackson, Board Chair Dereka McClay, Vice Chair Rev. David Huber, Treasurer

Diane Hicks-Walker, Secretary

Natalie Brothers, Member

Carolyn Kimbrough, Member

Michelle Williams, Member

Myra Davenport, Member

Judy Piccininni, Member

OSM EVENTS

Bingo is played Every Tuesday and Thursday each week, with three new numbers posted on the Bulletin Board.

If you get a Bingo call the Mrs. Alisa Loveday, Our Service Coordinator's office @734-722-9763.



OSM Victory Cup COVID 19 Edition

Victory Cup Meeting is on October 6th and practice begins October 9th.





PVM 17th Gala Diamond Ball in November is now A Non-Gala Virtual Viewing Event On November 19th at 5:30 PM Viewing will be aired in the community room While practicing social distancing.





By Seniors. For Seniors.

ygr Your Good Life

Whether you're looking for something entertaining to read, consider yourself a budding author and have words of wisdom or a funny story to share or have an interest in brushing up on your poetry skills you need to check out Your Good Life!

Started by a group of friends who live at a senior living community in Indiana, Your Good Life is a blog written by seniors for seniors. Weekly posts explore what life was like in the past, what it is like now and what it may be like in the future for today's older adults.

You'll also find a list of <u>recommended readings</u> as part of their <u>online book club</u>, which incidentally you can join, along with a series of <u>poems written by readers</u> including many that address contemporary issues. One of my favorites is "<u>Isolation</u>" by Mary Jane Baxter in which she ponders how being socially isolated due to COVID-19 may impact her life.

Speaking of favorites, if you want a hearty laugh you must read Gene Helveston's post titled, "The Bag". In it, he writes about the time when he had the responsibility to deposit the weekly offerings from the previous Sunday's church services and the bank bag turned up missing.

Not meant to be just a passive experience, Your Good Life offers you the opportunity to submit a story or poem of your own, discover the <u>benefits of journaling</u>, start a <u>memoir</u>, share some meaningful photos and become an active member of their online community.

So do yourself a favor. Check out Your Good Life (https://yourgoodlife.org). I don't think you'll be disappointed.



Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

Vision

Changed Lives. Strong Families. Transformed Communities.

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

Mission

Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Values

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- Christ-centered
- ***** Excellence
- ***** Integrity
- **\$** Life





Giving Matters.

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



SERVING SENIORS & COMMUNITIES

Save the Date for Presbyterian Villages of Michigan's Virtual Gala!

Buy a raffle ticket for your chance to win \$5,000 Please call the PVM Foundation at 248-281-2040



Thursday, November 19, 2020

Let's get ready for the Un-Gala! You're invited to attend PVM's 75th Anniversary Celebration from the comfort of your home. Wear what you like! Purchase your raffle tickets, prepare your drink, and get your snacks. This no ticket event will support PVM's COVID Emergency Help Fund.

- WHAT -

The Un-Gala!

(Presbyterian Villages of Michigan's 75th Anniversary Virtual Gala)

- WHEN -

Thursday, November 19, 2020

5:30 p.m.

- WHERE -

From the comfort of your own home!

- WHY -

To support Michigan seniors and to raise money to help cover the additional cost for well needed PPE.



Mayor's Message

By William Wild, Mayor, City of Westland

Greetings,

Westland Police Department Launches New Transparency Dashboard

The Westland Police Department has announced a partnership with Altovista Technology, a leader in law enforcement intelligence, to provide a new intelligence risk management software program named Arx Alert.

Arx Alert is designed to help prevent problems from occurring within a police agency. The program allows for two configurable user dashboards.

The first is an internal dashboard which will provide data directly to the Chief of Police to help analyze Department risk on factors such as police pursuits, use of force, officer's productivity and officer's behavior patterns.

The second dashboard will provide up to date transparency information about the police department to the public. The public dashboard will show the public crime rates, arrest data, citation data, citizen complaints, officer use of force and training data for all of the department's 81 sworn officers and 25 civilian employees. This program is now completely accessible to the public through the City's website www.cityofwestland.com

Altovista's proven Arx Alert technology seeks to modernize the way we do things through the application of A.I.-driven decision making, to give us greater supervision and effective accountability management of our police agency. We truly believe this partnership will improve community relations and help keep Westland safer.

Recognizing the need to maintain law enforcement transparency with our community, the Westland Police Department is one of the very first agencies in Southeast Michigan to have fully implemented and deployed this type of management and awareness platform.



Mayor Message Continued:

The Westland Police Department began the mission back in 2014 when they committed to becoming a nationally accredited agency. This process required a complete police department and administrative policy review by CALEA (Commission on Accreditation for Law Enforcement Agencies). Since 2014 the department has reviewed, modified and updated every single policy, procedure, process and review system within the Police Department. In 2016 and in every year to follow the department was awarded the gold standard accreditation for law enforcement excellence. This is a standard which has been achieved by less than 5% of all law enforcement agencies throughout the country and by less than 10 agencies within the entire State of Michigan. In 2018 the Westland Police Department took the next step towards this transparency commitment with the implementation of the Body Worn Camera system, becoming one of the first agencies in the State of Michigan to fully implement this technology for every police officer and every patrol car. In July of 2020, the City of Westland hosted the kick-off of a new partnership between Western Wayne County NAACP and the CWW called, Partners for Progress. The partnership serves as a communication forum and listening tour which was created to enhance opportunity for discussion between police agencies and the community members they serve.

Historic Eloise Site Redevelopment to Revitalize Michigan Avenue Corridor

The Eloise property in Westland dates back to 1839, where it operated as a poor house before transitioning to medical care. It housed patients with mental illness as well as patients with tuberculosis. It once occupied more than 900 acres in the area with dozens of buildings and thousands of patients. The facility, which last operated at Wayne County General Hospital, halted operations in 1984.

After purchasing the 16-acre historic property, John Hambrick realized a consistent demand to maintain the paranormal elements to the site, which has attracted curiosity for years. Hambrick recently went before the Westland Planning Commission for approval to split the property into five separate parcels to each house a different use.

Hambrick's development plans include a hotel and event space on the property, complete with a 1930s-themed restaurant and bar in the basement, as well as a haunted attraction and a public space serving light fare like coffee and ice cream. The interest in the project has also caught the eye of the Regional Transit Authority. With increased attention being paid to the Michigan Avenue corridor between Detroit and Ann Arbor, the RTA is planning a bus stop nearby along the corridor, a move made after hearing about the project's potential.

The City of Westland is extremely excited to see this project get off the ground as it will bring a new sense of vibrancy and revitalization to the southern portion of our community and will also be a premier destination, helping to put Westland on the map!





For Your Health and Safety

As if protecting ourselves against COVID-19 and the flu (see our PVM website for a video by our CEO Roger Myers) isn't enough we also need to watch out for mosquito- born diseases. These include Zika virus, West Nile virus, Chikungunya virus denge, and malaria. The best way to prevent diseases spread by mosquitos is to avoid being bitten. The following can help protect you and your family from mosquito bites:

- *Use Environmental Protection Agency (EPA) –registered insect repellant. These are all evaluated for safety and effectiveness.
- *Always follow the product label instructions.
- *Do not use repellant on babies younger than 2 months of age.
- *Do not apply insect repellant on a child's hands, eyes, mouth or irritated skin.
- *Adults- apply repellant on your hands and then apply to a child's face.
- *Wear protective clothing such as long-sleeved shirts and pants.
- *Avoid areas where mosquitos can be present.
- *Maintain window and door screens to keep mosquitos out of buildings. Do not prop open doors.
- *Get rid of mosquito breeding sites by removing standing water in and around your home.

After working so hard to prevent COVID do not let a case of the flu or a simply mosquito bite be your downfall.

STAY SAFE!



^{*}Information was provided by the Oakland County Health Department.

What are you putting down your drains?

Fats, Oils and Grease (FOG)

Grease in sewer pipes causes sewer maintenance problems for property owners and the city. When you use your toilet, shower, washing machine or dishwasher, wastewater leaves your home through pipes that connect to the city sewer system.

Many materials frequently flushed or poured down the drain can harm the pipes that connect to city sewers as well as the city sewer system. Every property owner connected to the city sewer system can be a potential contributor to sewer problems, and a potential victim of those problems.

Putting the wrong things down the drain can damage the sewer system, cause sewer backups in your home, and sewer releases to the environment. Anyone who uses the city sewer system should be responsible for what they flush or pour down drains. Never pour grease in your sink drain and try to use your garbage disposal less.

<u>Please contact the office for any work orders that are not an emergency.</u>

Please do not call the emergency number during office hours.

A few reminders:

- Please report all maintenance repairs to the office. (734-595-4663)
- Please make sure the dryer lint cleaner is being emptied after each use.
- No Candles or Incense to be burned in apartment or building.
- Tis the season for our Tornado and Fire drills All residents must participate



Dial 1 -734-740-4777
For after-hours maintenance emergencies



Seven Days of Encouragement

(Take one a day and feel great all week!)

Day One:

You are Remarkable!

Day Two:

Good things can, do, and will happen every day.

Day Three:

Positive outlook equal a positive outcome.

Day Four:

You are so much more than good enough.

Day Five:

There are many ways to succeed.

Day Six:

You make someone's day!

Day Seven:

First steps come in all sizes. Take one!

Events for October 2020

Happy Birthday!!!



Gloria Jefferson – October 1st
Ray Flager – October 7th
Alice Finley – October 15th
David Brown – October 18th
Herbert Hay – October 22nd
Christel Darden - October 28th





October Recipe

Pumpkin Bars with Cream Cheese Frosting



BARS

INGREDIENTS:
1 16-OUNCE CAN PUMPKIN
1 12-OUNCE CAN EVAPORATED MILK
1 CUP SUGAR
3 EGGS
1/2 TEASPOON CINNAMON
1 PACKAGE YELLOW CAKE MIX
1 CUP CHOPPED WALNUTS
1/2 CUP BUTTER OR MARGARINE, MELTED AND COOLED

INSTRUCTIONS:

- 1. PREHEAT OVEN 350 DEGREES.
- 2. LINE 9X13-INCH PAN WITH WAX PAPER.
- 3. COMBINE FIRST FIVE INGREDIENTS UNTIL SMOOTH: POUR INTO PAN.
- 4. SPRINKLE DRY CAKE MIX ON TOP OF MIXTURE AND PAT LIGHTLY.
 - 5. SPRINKLE NUTS ON TOP OF CAKE MIX AND PAT LIGHTLY.
 - 6. POUR BUTTER OVER ALL.
 - 7. BAKE 50 TO 60 MINUTES UNTIL FIRM.
 - 8. LET COOL AND THEN TURN OVER ONTO SERVING PLATTER.
 - 9. REMOVE WAX PAPER

CREAM CHEESE FROSTING

INGREDIENTS:

1 8-OUNCE PACKAGE CREAM CHEESE 1/2 CUP CONFECTIONER'S SUGAR 3 CUPS WHIPPED DESSERT TOPPING SUCH AS COOL WHIP

INSTRUCTIONS:

1. IN A LARGE BOWL, BLEND TOPPING INGREDIENTS UNTIL SMOOTH. 2. SPREAD OVER BARS.

Monthly Word Search

HALLOWEEN WORDSEARCH

R Q M G N I У D E C E 0 5 T M A R Ι D X 0 M R E M C H M Ι G M 0 Z I 0 R S M X E R N Н B 0 K 5 5 F 5 K A A Q H K M 5 E E Q В Т H B W D 5 R E E B T D M 5 5 R R H Ι G S 0 R N B C R Q N C В 5 J H 0 R G Ι G Z K WWLQF









GHOST PUMPKIN
WITCH MONSTER
TRICK COSTUME
TREAT SPOOKY
CANDY SCARY

FRIGHT HORROR SCREAM BOO MASKS COB WEBS

CANDYCORN

HALLOWEEN

OCTOBER

HAUNTED HOUSÉ

October Observances & Fun Facts:

October is observed as:

Adopt a Shelter Dog Month
Breast Cancer Awareness Month
Clergy Appreciation Month
Computer Learning Month
National Diabetes Month
National Pizza Month

Weekly Celebrations

1st Week - Get Organized Week 2nd Week- Fire Prevention Week 3rd Week - Pastoral Care Week 4th Week - Earth Sciences Week

October Flower and Birthstone



Flower = Marigold



Gem = Opal



FREE NOTARY Services

Provided
To All of Our
OSM Residents

Please Visit The Office And See Mrs. Graziella Bruner For More Details.



OSM Local Sponsors:



Helpful Resources

Transportation

Nankin Transit (Serving Westland) (734) 729-2710 Smart ADA (313) 223-2100

Senior Agencies

The Senior Alliance (Wayne/Westland) (734) 722-2830

CareSync Solutions

Home Healthcare Services (248-773-4550)

BEAUTY SHOP IS OPEN FOR RESIDENTS ONLY!!!
Please give Paulette a call to set your appointments.

Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit <u>www.facebook.com</u> and log-in your account. If you do not have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor or go to facebook.com/The Village of Our Saviour's Manor
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



OSM Classifieds:



OSM Gifted Hands:

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Westland Goodfellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Louis Rush or Ms. Alice Finley.



If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



OSM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please see Ms. Alice Finley



OSM Caring Hands:

We are in need of volunteers for our homeless project. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



OSM Fisherman:

Love to fish? This is the group for you! Headed by Mr. David Brown, OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

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

Village Staff

Graziella Bruner

Administrator

Michael Hooton

Maintenance Tech

Katelyn DeHart

Administrative Assistant

Alisa Loveday

Service Coordinator

Kesha Akridge

Office Number

Fax Number

Director of Housing

Emergency Number

Service Coordinator

Jessie Clark

Resident Volunteer

(734) 595-4663

(734) 740-4777

(734) 595-2222

(734) 722-9763







THE FOUNDATION

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**



A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour

29495 Annapolis Road Westland, Michigan 48186





Is there someone on staff that you would like to acknowledge for their work?

Please complete this form and turn it into the office. They might win a prize!