



# Village Voice



## Embrace the possibilities

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

November 2013

### Featured Articles

- Program:  
V.A. Benefits** pg.2
- Tis the Season** pg. 3
- Giving Matters** pg. 4
- November Birthdays** pg. 5
- Thanksgiving Fact or Fiction** pg. 6

## From The Village Administrator

### Happy Thanksgiving!

How exciting that the holidays are fast approaching and we will be enjoying Thanksgiving this month.

The awning has been installed, and the poles in the center will be removed in the spring. They are there right now to support the awning during the winter months.

I hope all of you are enjoying the new washers and dryers. Please DO NOT use powdered detergent in the front loader. Also, in order to run a heavy load, it will cost \$1.50. This is due to the fact of using more water and taking more time.

Thank you all who participated in the unannounced fire drill. I know nobody likes them, but it is something we must do.

Daylight Savings Time ends on November 2nd, so don't forget to "Fall back" and set your clocks back one hour.

What do you want to do for Christmas this year? Please let us know if you want to have a white elephant or a secret Santa or something else.

Melissa Riesterer  
Administrator



The Village of  
**Peace Manor**  
A SENIOR LIVING COMMUNITY  
Managed by Presbyterian Villages of Michigan

Look for PVM on:





Jim Simasko, Attorney at Law from

SIMASKO LAW FIRM

Presents

**BENEFIT FOR VETERANS AND THEIR SPOUSES FROM THE GOVERNMENT**

**TUESDAY, NOVEMBER 12  
1 PM**

In the Community Room



- Are you a Veteran of War?
- Was your husband a Veteran of War?
- You could be eligible for a benefit that would pay for Assisted Living care.
  - Learn how to qualify.

From Camille DeBlaere  
Service Coordinator

## Announcements

### Maintenance Corner

Please report all maintenance repair orders to the office. For your convenience, you may submit maintenance requests after hours in the suggestion box outside the office.

### Front Drive Loop

The front loop is for pick-up and drop-off only. Please remind your guest that is not okay to park and enter the building. Also, vehicles are never to block handicap accessible ramps.

### For Your Safety

Please do not let anyone into the building that you do not know personally. If they are here for a resident, they should dial the appropriate apartment on the key pad. If you are expecting a delivery after business hours, please instruct the delivery personnel of this procedure.

### Camille's Office Hours

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





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

By Tom Wyllie,  
Director of Wellness

### 'Tis the Season: Flu Season!

The flu is a highly contagious respiratory illness that can have serious health consequences, especially for seniors. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall/winter. It starts as early as October, peaks in January or February, and ends as late as May.

The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

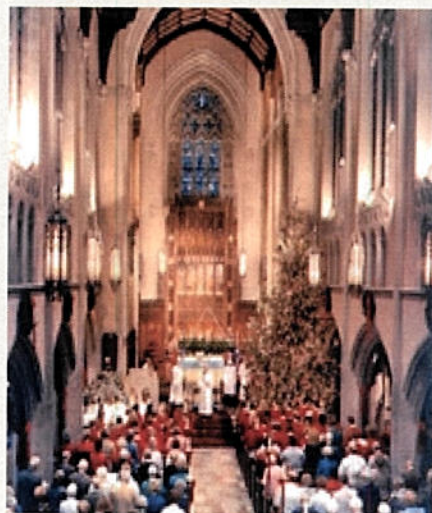
- Washing your hands often with soap and water or an alcohol-based hand rub.
- Avoiding touching your eyes, nose, or mouth

(germs spread this way).

- Avoiding close contact with sick people.
- Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food).
- Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it).
- Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

### Historic Trinity Church

Historic Trinity Church in Detroit is offering tours of their church during the Christmas Season. Tours begin November 22<sup>nd</sup> and run through December 21<sup>st</sup>. Tours are offered Monday-Friday from 9:30am-4:30am. We would travel by bus to the church and possibly stop for a bite to eat on our way back to Peace Manor. If you are interested, please stop by the office.



### Village Bus Trips

Do you have a suggestion? Please let us know in the office where you would like to go. Currently the bus travels to Meijer's on Friday mornings. Where else would you like to see it travel to?





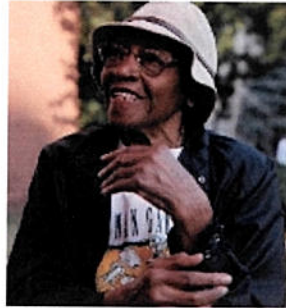
## Giving Matters.

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

### Donor Names Bryant Garden in Honor of Mother

Detroit native Janet Deviled has been a resident at The Village of Oakland Woods for six years. After seeing how much her mother, Velma Smith Bryant, thrived at The Village of Woodbridge Manor in her first year, she wanted to experience that quality of life first-hand. "Living at Oakland Woods is like my own little paradise. I didn't know I would enjoy all the resident activities as much as I do," she says.

Velma had a wonderful passion for gardening and volunteered in the seniors' garden at the Hannan House in Detroit for years. She asked Woodbridge Manor for a raised bed garden for the seniors, but the funds were not available. Janet, knowing how much it would mean to mother, decided she would take action and made a generous donation to The Village of Woodbridge to make it happen. "I wanted to pay tribute to mother by honoring her passion for gardening and provide an outlet for others who love it," says Janet. When Velma found out the garden would be named after her, she was so pleased and proud.



Velma Bryant



Janet DeVold

The raised bed garden, named 1300 Bryant Garden, was completed this past summer with numerous vegetable and herbs planted, including collard greens, tomatoes, peppers and more. Sadly, Velma passed away in August at age 99, only a few days before the garden dedication took place. Janet attended the dedication with family members to honor her mother and to participate in the Resident Memorial Ceremony. "To anyone who is thinking about donating, do it. It could help seniors in so many ways," says Janet.

Thank you, Janet, for your generosity and thoughtful tribute in memory of Velma that will leave behind a wonderful legacy for current and future residents.

Warm regards,  
Paul J. Miller, CFRE

### Stop and Shop Hours

**Mondays: 8am-1pm**  
A Mystery Breakfast treat and a cup of coffee \$1.25

**Tuesdays: 12:30pm-3:30pm**

**Wednesdays: 8am-11:30am**  
Serving a doughnut and a cup of coffee for \$1.25

**Thursdays: 12:30pm-3:30pm**

**Fridays: Closed**

Come check the store out for yourself. Proceeds benefit The Village of Peace Manor Residents.

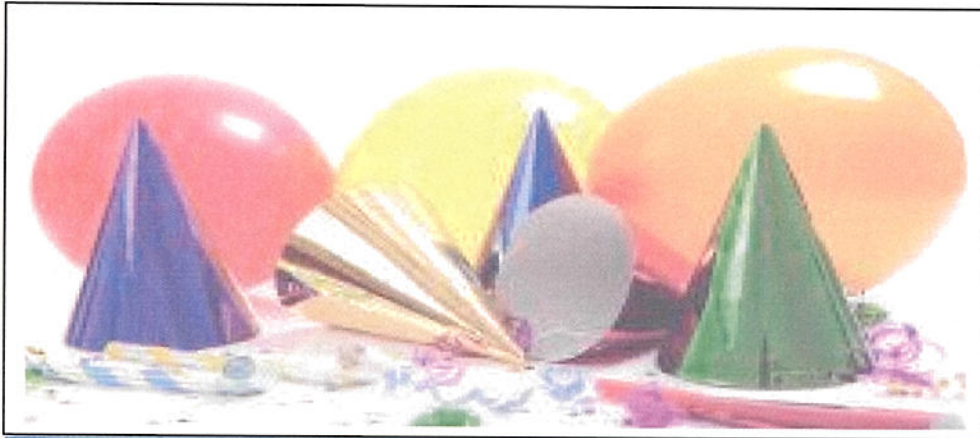
Please save all of your box tops for education. We are donating them to The Fraser School District.

Also, donations of pennies and loose change are still needed for "Angel", and Abigayle Ministries.





# November Birthday Celebrations



## November Birthday Party Celebration

Please join us in celebrating your fellow residents who have Birthdays in November.

When: Thursday, November 21 at 1:30pm

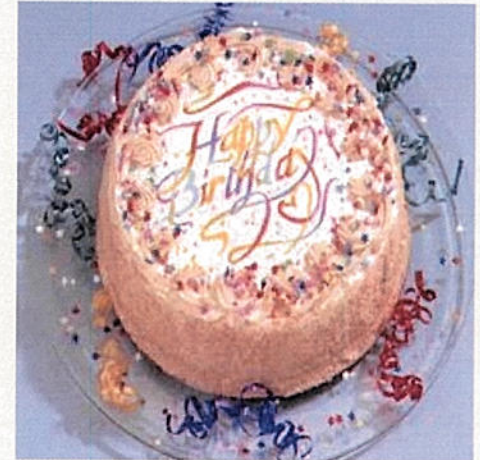
Where: Peace Manor Community Room

Cakes, Assorted Desserts and Refreshments will be served

## Happy Birthday to You!

Let's Wish Our November Birthday Residents A Very Happy Birthday!

- Delia Colorite.....11/06
- Betty Ireland.....11/23
- Penny Linville.....11/24
- Shirley Brainard.....11/28



## Manicures by Kameelia

If you wish to make an appointment with Kameelia, please contact her at:

**(586)344-9357**





# Thanksgiving: Fact or Fiction

## 1. Fact or Fiction: *Thanksgiving is held on the final Thursday each year.*

**Fiction.** In 1863, President Abraham Lincoln designated the last Thursday in November as a national day of thanksgiving. However, in 1939, after a request from the Nation Retail Dry Good Association, President Franklin Roosevelt decreed that the holiday should always be celebrated on the fourth Thursday of the month (and never the occasional fifth, as occurred in 1939) in order to extend the holiday shopping for a week. The decision sparked great controversy, and was still unresolved two years later, when The House of Representatives passed a resolution making the last Thursday in November a national holiday. The Senate amended the resolution, setting the date as the fourth Thursday, and the House eventually agreed.

## 2. Fact or Fiction: *One of America's Founding Fathers thought the turkey should be the national bird of the United States.*

**Fact.** In a letter to his daughter sent in 1784, Benjamin Franklin suggested that the wild turkey would be a more appropriate national symbol for the newly independent United States than the bald eagle. He argues that the turkey was "a much more respectable bird", "a true original Native of America," and "though a little vain & silly, a Bird of Courage."

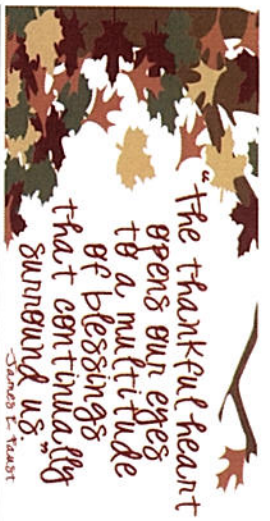
## 3. Fact or Fiction: *Turkeys are slow-moving birds that lack the ability to fly.*

**Fiction (kind of).** Domesticated turkeys cannot fly and their pace is limited to a slow walk. Female domestic turkeys, which are typically smaller and lighter than males, can move somewhat faster. Wild turkeys, on the other hand, are much smaller and more agile. They can reach speeds of up to 20-25 miles per hour on the ground and fly for short distances at speeds approaching 55 miles per hour. They also have better hearing than their domestic counterparts.

## 4. Fact or Fiction: *The tradition of playing or watching football on thanksgiving started with the first National Football League game on the holiday in 1934.*

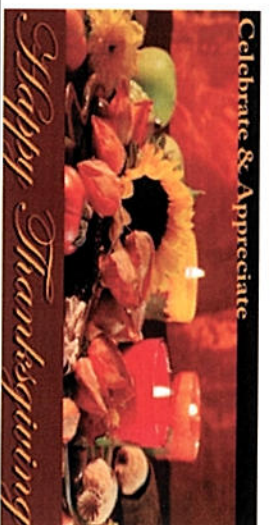
**Fiction.** The American tradition of college football on Thanksgiving is pretty much as old as the sport itself. The American Intercollegiate Football Association held its first championship game on Thanksgiving Day in 1876. At the time, the sport resembled something between rugby and what we think of a football today. By the 1890's, more than 5,000 club, college and high school football games were taking place on Thanksgiving, and championship match-ups between schools like Princeton and Yale could draw up to 40,000 fans. The NFL took up the tradition in 1934, when the Detroit Lions played the Chicago Bears at the University of Detroit stadium in front of 26,000 fans. Since then, the Lions game on Thanksgiving has become an annual event, taking place every year except during the World War II years (1939-1944).





# November 2013

\*Stay tuned for more activities\*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30am- Bus To Meijer	2
3	4 Stop & Shop Open 8am-1pm	5 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman	6 10am- Communion Stop & Shop Open 8am-11:30am	7 Stop & Shop Open 12:30-3:30pm	8 9:30am- Bus To Meijer	9
10	11 Stop & Shop Open 8am-1pm	12 1pm- Program 1:30pm- Milkman 6pm- Pokeno	13 10am- Communion Stop & Shop Open 8am-11:30am 1pm- B.P. Checks	14 Stop & Shop Open 12:30-3:30pm 12:45pm- Chair Exercises	15 9:30am- Bus To Meijer	16
17	18 Stop & Shop Open 8am-1pm	19 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman 6pm- Pokeno	20 10am- Communion Stop & Shop Open 8am-11:30am	21 Stop & Shop Open 12:30-3:30pm	22 9:30am- Bus To Meijer	23
24	25 Stop & Shop Open 8am-1pm	26 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman 6pm- Pokeno	27 10am- Communion Stop & Shop Open 8am-11:30am 1pm- B.P. Checks		29	30

