



# Village Voice



Embrace the possibilities

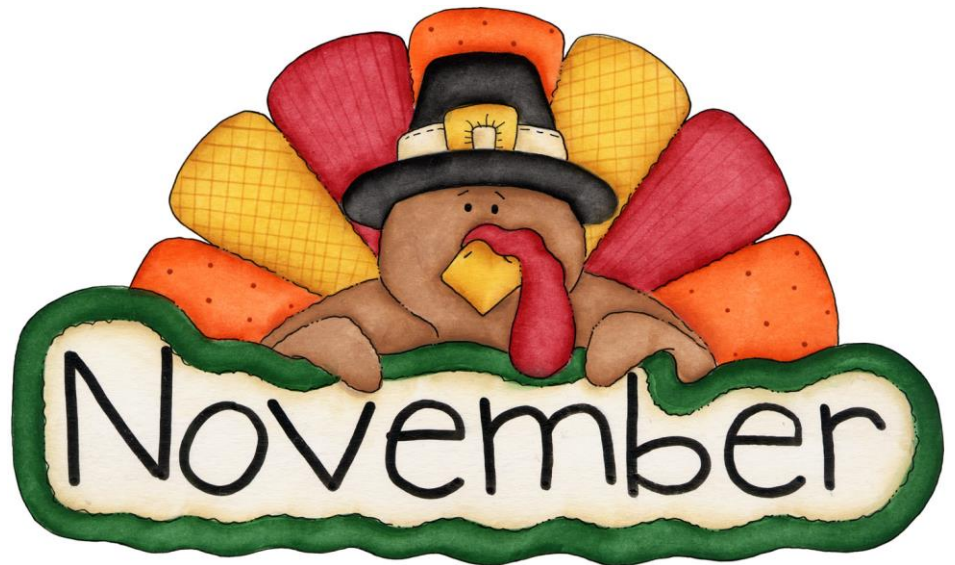
## Cottage Courier

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

November 2018

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The Village of  
**Westland**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

# 2018

Look for PVM on:





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### What Goes Around Comes Around

Recently I experienced good karma in a way, which affirms my belief in caring about others. My grandma was right when she used to say: "What goes around comes around." I have witnessed these phenomena in many ways over the years. In my recent experience, I was attending an annual meeting with an organization still somewhat new to me; and more than several attendees reached out to me in an intentional manner to include me and make me feel welcome. I am usually that person that notices when a fellow human being needs to be welcomed so this was a gratifying experience for me.

Bringing this concept around to PVM, residents often talk about how they and their neighbors all look out for each other. This has created a sense of community, which adds to their quality of life. Unfortunately, I have heard stories with the opposite script. We all have had issues to deal with and problems to conquer. The longer we have been on this earth the more we have endured as well as enjoyed. Keep that in mind and lift another person's psyche. Offering a smile and welcoming a newcomer can pay great dividends. You may meet a new lifelong friend or may need a smile yourself on any given day. "What goes around comes around."

### Staff Extensions

**Michele White ~ 28885**  
**Executive Director**

**Mary Saffian ~ 0**  
**Lead Receptionist**

**Jan Smith ~ 23179**  
**Nurse Case Manage**

**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**

**Jennifer Wolf ~ 28953**  
**Fitness Specialist**

**Beauty Shop ~ 28889**

# November



## About the month of November

November is the 11<sup>th</sup> month of the year and has a total of 30 days. The season in the Northern hemisphere is autumn. Originally, November was the ninth month of the year in the Roman calendar. It then became the 11<sup>th</sup> month when the Romans added January and February. November's name comes from the Latin word "novem" which means nine. In the past, November was thought of as a somber month because it is the start of the winter months. People would spend their time getting ready for the cold months ahead.

## November Fun Facts

November is the last month of the fall season

The main sport watched during November is American football! Go Lions

On November 2, 1889, North Dakota became the 39<sup>th</sup> state of the United States and South Dakota became the 40<sup>th</sup> state.

On November 8, 1889, Montana became the 41<sup>st</sup> state of the United States and

On November 18, 1883, standard time began in the United States.

Abraham Lincoln declared the last Thursday of November as the National day of Thanksgiving, in 1863.

## Symbols of November

Birthstone- Topaz and citrine

Flower- Chrysanthemum

Zodiac signs- Scorpio and Sagittarius

## Important Days in November

November 1<sup>st</sup>- All Saint's Day

Thanksgiving Day- fourth Tuesday of November

November 11<sup>th</sup>- Veteran's Day

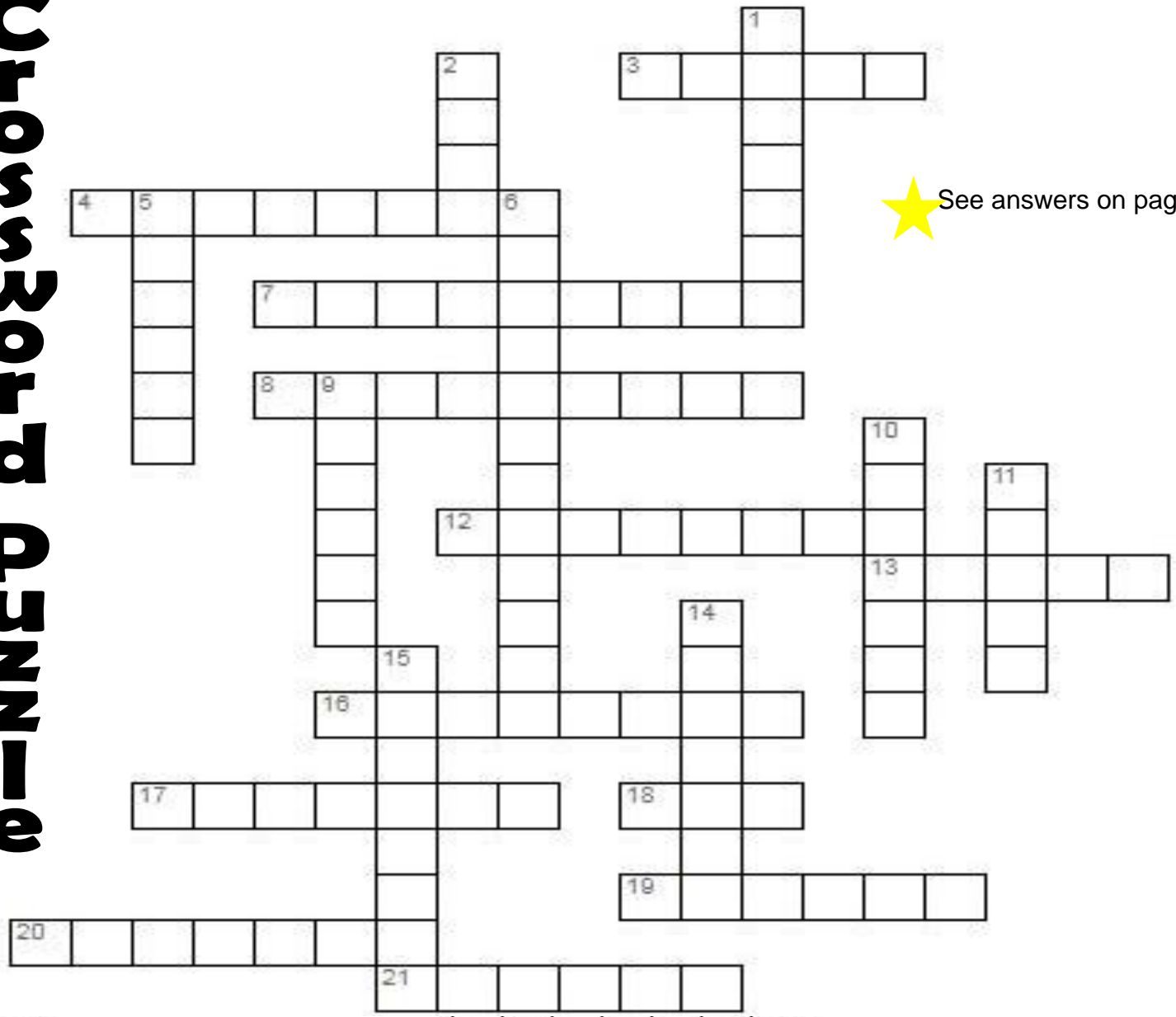
Election Day- First Tuesday after the first Monday in November

## Thanksgiving Traditions & History

It is a tradition in America that families nationwide gather for a day of feast, football, family, and gratitude. Some traditional dishes served on this day are roasted turkey, gravy, stuffing, yams, mashed potatoes, cranberry sauce, corn, and pumpkin pie.

In 1621, the Pilgrims and Native Americans in Plymouth, Massachusetts celebrated the first Thanksgiving, which was originally a three-day long feast. Many American families have Thanksgiving traditions. Some of these common traditions are charity, giving to others that are less fortunate. Prayer and thankfulness are a way for families to share what they are most thankful for in their lives. The Macy's Thanksgiving Day Parade is another common tradition that Americans have been taking part in since 1924.

**CRANFORD CROSSWORD**



★ See answers on page 9

**Across**

- 3 You need this to cook the food.
- 4 I cook inside the turkey.
- 7 I am sweet, tart and red.
- 8 The Pilgrims used it to sail to America
- 12 This sport plays on TV on Thanksgiving afternoon.
- 13 You can pour this brown stuff over your mashed potatoes.
- 16 Month in which Thanksgiving is celebrated.
- 17 They taught the Pilgrims to grow corn and catch fish
- 18 Pumpkin, cherry, apple...
- 19 Mom, dad, brother, sister...
- 20 a small community
- 21 I look like a small pumpkin.

**Down**

- 1 Thanksgiving is a joyous \_\_\_\_\_
- 2 You can see me on a cob
- 5 I say 'Gobble! Gobble!'
- 6 This is what the turkey says.
- 9 season when Thanksgiving is celebrated
- 10 Sailed from England to the United States
- 11 Another word for a lot of food.
- 14 Country where the Pilgrims arrived
- 15 You can mash me or bake me.





# It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

## **Life Without a Car**

A few weeks ago I experienced - temporarily - what many of us will perhaps one day experience permanently: life without a car. Some of you may already be in that situation. I still had to go to work. I still had meetings to attend. I still had errands to run but I had no car. It was in the shop for some minor repairs that of course took longer to fix than I was originally told so when all was said and done, I was without a car for a little over a week.

I live alone and my kids have long since flown the coop to pursue adult lives of their own. Besides, they don't live nearby so asking them to cart me around wasn't really an option. So what was I to do? I was in a bit of a bind until I remembered something my daughter's boyfriend recently told me, that he was living the "app life". So what does that mean?

Well, if you own a smartphone and have access to the internet you have a lot of power in your pocket. There are thousands of computer applications, which are essentially small computer software programs commonly referred to as "apps" that you can place on your phone that allow you to do numerous things and provide you with easy access to a variety of innovative and useful services. Among them are apps that will link you to ridesharing services, two of the most popular being Lyft and Uber.

Over the course of the next few months, I will be sharing with you how I used "apps" to do what I needed to do and be where I needed to be without a car. In so doing, I discovered that giving up my car didn't mean I had to give up living my life. So stay tuned. Next month I will start by sharing how I used Lyft to get out and about.

**Happy Birthday to our  
Wonderful Residents...**



**Following are the residents who  
celebrate a birthday in  
November!**

Irene Gray 11-14

Eva Poynter 11-29

**Welcome New Residents!**

George Claxton- Rose Cottage

Vern Kuehn – Ivy Cottage



# Activities in the Cottages







1940s  
1950s  
1960s  
1970s

## This Month in History

# November

- 1- In 1914 the Bra was patented
- 2- In 1721, Peter the Great became the Emperor of Russia
- 3- In 1839, the first Opium War between China and Britain began
- 4- Abraham Lincoln married Mary Todd in 1842
- 5- In 1773, the first issue of the New York Weekly Journal was published
- 6- In 1860, Abraham Lincoln was elected President of the United States
- 7- In 1990, Mary Robinson became Ireland's first female President
- 8- Montana became the 41<sup>st</sup> state in 1889
- 9- In 1927 giant pandas were discovered in China
- 10- In 1775, the United States Marine Corps was created
- 10- The direct dial telephone service became available coast to coast in 1951
- 11- In 1992, the Church of England voted to allow women to become priests
- 13- In 1942, the minimum draft age was lowered from 21 to 18 years old
- 14- In 1832, the first streetcar went into operation
- 14- In 1968, Yale University went Co-ed
- 15- In 1777, the Continental Congress approved the Articles of Confederation
- 19- In 1943, Puerto Rico was discovered by Columbus during his second voyage
- 20- Ford stopped making the unpopular Edsel in 1959
- 26- After an absence of 21 years, the International Olympic Committee voted to readmit China in 1979
- 28- The "Grand Ole Opry" debuts on the radio in 1925
- 29- American explorer Richard Byrd and Bernt Balchen completed the first airplane flight to the South Pole in 1929
- 30- In 1782, the United States and Great Britain signed a peace treaty in Paris, ending the Revolutionary War

<http://holidayinsights.com>




**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](http://mylegacy.pvmf.org)

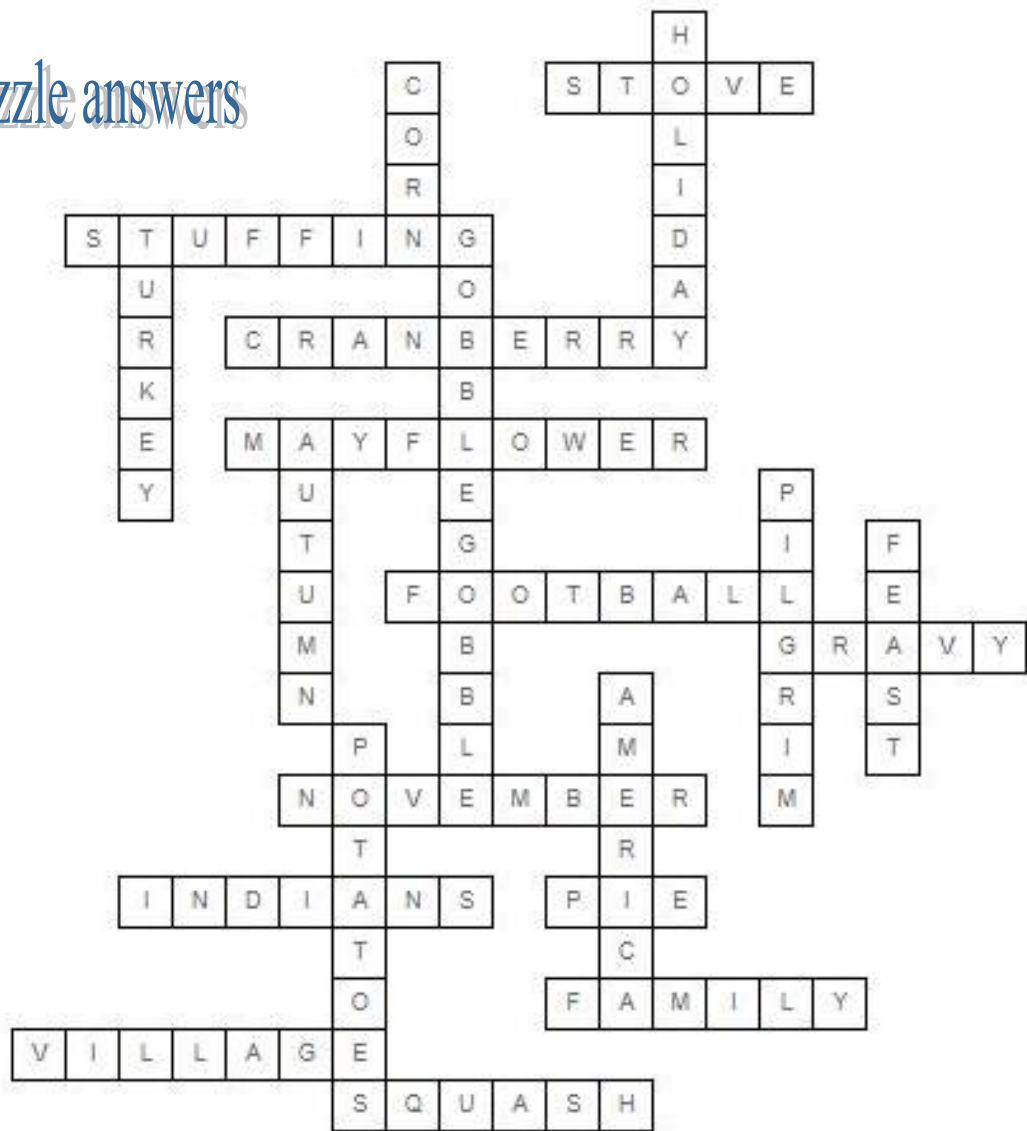


Presbyterian Villages OF MICHIGAN THE FOUNDATION

**Like and Join the Village on Facebook!**  
 We now have a Facebook page titled **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!

## Crossword puzzle answers



**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 (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*

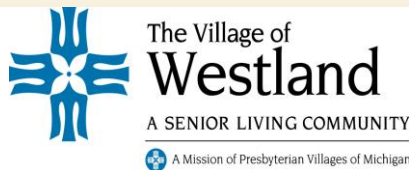
**Lisa Scott**  
*Housekeeping*

**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](http://www.pvm.org)



**32001 Cherry Hill Road  
Westland, MI 48186**



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