

Embrace the possibilities

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

2020 | Issue XI

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Our Saviour's Manor

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and

Look for PVM on:







The Administrator's Pen



Blessings OSM;

A Giant *Thank You* to everyone that helped OSM participate in the PVM Virtual Victory Cup COVID19 Edition and another giant *Thank You* to our OSM Gifted Hands in making our Monarch head and wristbands. It was a great event and it was great to see so many residents participate this year. This is the first year that we had 28 OSM residents sign up to help with our 2020 Virtual Victory Cup. *OSM ROCKS!* OSM Monarchs are so amazing and in spite of all that we are going through, we were still able to have so much fun, yet while practicing social distancing. It was great to see everyone wearing his or her Monarch mask. If you did not get a Monarch Mask, please make sure you stop by the office to pick up a mask.

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!

I am hoping that we can get a few residents interested in having a *Painting Class* or a *Make a Craft Class* before the holidays. If you think this is something you would like to participate in, call the office or stop by the bulletin board and add your name to the sign-up sheet, so I can make sure we have enough materials for each class. Due to our new normal with COVID19, our OSM Christmas Dinner Gathering in the community room will not be taking place this year, but I promise you this, we have something special planned for you all and I know you will not be disappointed. Everyone will have a blessed and Merry Christmas. Meanwhile, remember to stay safe for the Thanksgiving Holiday and if you plan to go out, remember to practice social distancing, wash your hands, and wear your mask.

I want to thank OSM Caring Hands and the residents who are using their time and talents to make the blankets and hats for the homeless this year. It is so good to see everyone using each of your talents towards being a blessing. This is the season of giving. Go Monarchs! You are the BEST of the BEST! I appreciate you all.

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





OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a happy and healthy month!



Our shopping trips have been changed to every Wednesday and Thursday. The afternoon trips are Wednesdays and the morning trips are on Thursdays. There will be no shopping trips on Wednesday, November 11th in honor of Veterans Day. 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 Meeting on Monday, November 9th at 11:30 AM. We will also have more time for Victory Cup that day. Thank you to everyone who has participated so far. **GO MONARCHS!** The Virtual Gala is November 19th at 5:30 PM. We will be showing the gala in the community room. Wishing everyone the best of luck to everyone who entered the raffle! Your raffle ticket is on the way. All Raffle tickets will be mailed and you should have them within the next two weeks.

The offices will be closed November 26th and November 27th for the Thanksgiving Holiday. We want to thank all residents for your cooperation and understanding as we navigate through these tough times together. Please just keep in mind that are COVID 19 rules are in effect, please continue to practice social distancing, **essential visitors only, and please wear your mask.**

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 COVID Form 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 is open 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 visitor form. They must wear a mask.

Have a blessed and safe month!



Schwan's Delivery Schedule

Delivery Only

You must Call for Your Delivery

1-888 724-9267





IMPACT

You never really know the true impact you have on those around you.

You never really know how much someone needed that smile you gave them.

You never know how much your kindness turned someone's entire life around.

You never know how much someone needed that long hug or deep talk, so don't wait to be kind.

Don't wait for someone else to be first, don't wait for better circumstances or for someone to change.

Just be kind, because you never know how much someone needs it!





Coordinator's Corner

Alisa Loveday Service Coordinator

Greetings OSM!

As we begin to move into the Holiday season, I often use the days leading up to Thanksgiving to focus on being thankful. Develop an "attitude of gratitude" as we approach this time of the year. While COVID may change our normal way of celebrating this year, many of us are blessed with friends and family who will celebrate with us in some way. If we focus on being thankful for those we care about, and we think about other areas of life we are thankful for; there is little room for feelings of discontentment, or a reason to complain. I am reminded of a Scripture found in 1 Thessalonians 5:18: "In everything give thanks; for this is the will of God in Christ Jesus for you." So let's all be thankful together!

Here are a few announcements:

- 1. All of you should have received a Medicare questionnaire on your porch by now. If you wish to have your current plan evaluated by a Medicare expert, please call the phone number on the business card, or call me to set up an appointment so I may assist you with the questionnaire.
- 2. We have had several unclaimed food items left in laundry room and the community room. We started a small pantry for our residents and we are accepting unwanted goods. Please understand that if you are donating a large portion of your food box, or you no longer wish to receive your box, please call me to make an appointment so we can have your name removed from the list.
- 3. Please, remember that Focus Hope delivers on the 1st Wednesday of every month. Please make sure you sign the Focus Hope sheet for your own box.

Please do not leave any unwanted goods in the community or laundry room.

Have a wonderful, blessed Thanksgiving!!!! 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



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, Please see your Resident Volunteer for your prize.



OSM Victory Cup COVID 19 Edition

Victory Cup is finishing on November 9th and November 10th.







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.





It's Your Life. Live It Well.

By Tom Wyllie, Director of Wellness

The Gratitude Attitude

During a pandemic, I admit that it can be rather difficult to 'look on the bright side.' To keep from catching or spreading the coronavirus, we have shut ourselves in and stopped doing many of the things we once enjoyed. We only 'visit' with our family and friends through our phones, tablets or laptops and we have to stay distant and cover our faces when we venture out to take care of the essentials, such as buying groceries and attending medical appointments. Life in the year 2020 sure is different.

As hard as it might be to do, however, rather than dwell on the negative, it would serve us well to instead, count our blessings. Research has shown that grateful people tend to have fewer aches and pains, experience better sleep, feel less stressed, express more self-confidence, and bounce back better from traumatic events.

While giving thanks has been an annual American tradition since 1863 when Abraham Lincoln declared Thanksgiving a national holiday (during the Civil War!), being grateful just once a year is insufficient. We need to make it a regular habit. One way to do that is to keep a gratitude journal. In it, you will write down one or two things you are thankful for. You can do so daily, for example, right before you go to bed or it is something you can do weekly. The longer you do it, the stronger the benefits. One day, you might even find that one of the things you write in your journal is just how thankful you are for creating it to begin with.





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 OSM Residents,

We have seen many changes this year due to Covid19. Many events citywide have been cancelled or postponed. Even City Council meetings have been held virtually for several months. This year, the State of the City Address will also be done virtually to limit the exposure to an audience. It will however, be shown many times on the city's cable station WLND or on YouTube. You can call 734-467-3198 to find out when it is scheduled to be shown.

Please make an appointment to get a flu shot this year. It is even more important than in past years, especially for seniors and those with pre-existing conditions, since they might be unlikely to survive should they experience Covid19 and the flu at the same time. It takes a couple weeks for the flu vaccine to be effective, so get your flu shot as soon as possible.

November 1-7 is Restaurant Week in Westland as we show our support for our locally owned restaurants; support them by dining in or carrying out! Local businesses are key to the economic strength four community and we want to support them as they start their recovery.

While this holiday season may be unique from any we have ever experienced, it does also offer unique opportunities. There are more people than ever who need assistance. Make it a family plan to help another family or person who is in need, donate to a charity, help a neighbor who needs snow removed, or a family who will not be able to have a Christmas due to loss of income. We may not be gathering in numbers, but there is a number of choices, we can make to keep the spirit of Christmas. Helping others boosts their situation but boosts us as well.



Mayor Message Continued:

The Friendship Center Temporary Schedule

The Friendship Center has been "partially" open from the past 15 weeks, without incident of Covid19. The center opened because of the physical and psychological decline was apparent and getting worse as time went on. We have been operating on a "safety first" partial opening. We are running several programs. Including Strength Training, Balance and Flexibility, Chair Yoga, Yoga, Spinning, Cardio Drumming, and Zumba. It is making a significant difference to those who are coming to the center and taking part of the programs offered. The center lobby entrance outside doors are open (24/7) to the small vestibule where we keep information so its s available to anyone anytime. The temporary schedule for each month is also available there. We will continue to operate on this schedule until the vaccine is available fully, we will see a vaccine soon and we look forward to the day we can return to normal. Should a vaccine become available and we are able to distribute it we will definitely do that. Keep up with the Friendship Center details by checking in with us on www.cityofwestland and click on Seniors. Call (734)722-7632 if you would like information, need directions, or require assistance.

Identity Theft

Should Identity Theft ever happen to you, there is an organization through Wayne State University called SAFE (Success After Financial Exploitation) and the number is (313)664-2604. The person running that program is LaToya Hall and she can be reached by e-mail at l.hall@wayne.edu. This program is specifically for older adults and its primary focus is to educate and council on financial health, scams, and how to recover after identity theft.





November is National Caregivers Appreciation Month

As a former state aging director and the daughter of caregivers over a twenty-year period of time, I am well versed as to the joys and anguish, which caregivers and their loved ones experience. In addition, these days it is even tougher with not being able to be together.

It is important to continue to communicate with loved ones and service coordinators as to how you are doing. Experts tell us it is essential that we do not neglect our health and medical appointments. One positive during this time is the increase in tele-health, which allows us to meet with our physician remotely. PVM is investing in this capability. Talk with your caregiver children. This can be a timesaver for them. In addition, they can be involved in the conversation to better support you. Contact your administrator/ director or service coordinator if you would like to take advantage of this. In addition, we have many opportunities to continue with fitness and wellness programs.

Please also wear a mask and get your flu shot. The best gift you can give your children and grandchildren is to maintain your health. Being around for weddings, graduations and the birthday of a new family generation are blessings beyond measure.

Take Care & Stay Safe!



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



Change of Seasons

While it may not always feel like it outside, it is getting closer and closer to winter. Because of the fluctuating temperatures, we are trying to keep the temperature in the building under control. Please know we are doing our best to make it as comfortable as we can inside. Thank you all for your patience.

Also with the change of seasons comes the possibility of power outages. Some great items to keep handy in case of a power outage are:

- ♦ Flashlights
- **♦** Batteries
- ♦ Water
- ♦ Portable chargers
- ♦ Extra Blankets

Please contact the office for any work orders that are not an emergency.

Please do not call the emergency number during regular office hours – Monday through
Friday, 9:00 AM to 4:00 PM unless the office is closed for a Holiday during the week.

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



Be Thankful Poet Unknown

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something,

for it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

Be thankful for your limitations,
because they give you opportunities for improvement.

Be thankful for each new challenge,
because it will build your strength and character.

Be thankful for your mistakes.
They will teach you valuable lessons.
Be thankful when you're tired and weary,
Because it means you have made a difference.

It's easy to be thankful for the good things.

A life of rich fulfillment comes to those who
Are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles,
And they can become your blessings.



November Birthdays 2020

Happy Birthday!!!



Gail Saren – November 12th
Mary Simmons – November 14th
Geraldine Crosby – November 19th



November Recipe

Day-After Thanksgiving Turkey Soup



INGREDIENTS

2 TABLESPOONS OLIVE OIL
1 TO 2 ONIONS, FINELY CHOPPED
3 TO 4 CARROTS, DICED
3 TO 4 STALKS CELERY, DICED
2 QUARTS TURKEY STOCK
2 CUPS NOODLES
1 RED BELL PEPPER, DICED
1 CUP PEAS, FRESH OR FROZEN
1 TO 2 CUPS CHOPPED LEFTOVER TURKEY
1/2 TEASPOON DRIED THYME
SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE
BASIL, FOR GARNISH

INSTRUCTIONS

- 1. HEAT THE OLIVE OIL IN A SOUP POT AND COOK THE ONIONS, CARROTS, AND CELERY UNTIL SOFT.
 - 2. ADD THE STOCK AND BRING TO A BOIL.
 - 3. ADD THE NOODLES AND COOK UNTIL JUST TENDER, ABOUT 6 MINUTES.
 - 4. ADD BELL PEPPERS, PEAS, AND TURKEY.
 - 5. SIMMER FOR ABOUT 5 MINUTES.
 - 6. STIR IN THE THYME, SALT, AND PEPPER.
 - 7. GARNISH WITH BASIL AND SERVE.

ENJOY

Monthly Word Search

Thanksgiving Word Search

M	C	С	E	L	E	В	R	Α	Т	E	J
S	0	S	N	0	1	T	1	D	Α	R	T
E	R	F	Α	T	U	R	K	E	Y	F	1
1	N	M	С	Н	L	E	Z	С	Υ	R	В
R	Z	1	1	W	K	1	Υ	X	K	T	٧
R	s	R	R	M	E	P	н	X	F	J	J
E	R	G	E	L	Н	Α	R	V	E	S	T
В	W	L	M	Α	Y	F	L	0	W	E	R
N	W	1	Α	Y	E	L	F	Н	E	C	L
Α	J	P	E	V	Α	L	1	E	s	Α	N
R	V	L	V	Α	K	N	В	M	Α	L	1
C	X	Α	1	R	F	T	Α	В	Α	s	M
X	S	G	T	G	W	Υ	D	٧	0	F	Т
S	T	н	Α	N	K	F	U	L	Z	G	1
T	н	Α	N	K	s	G	1	٧	1	N	G
P	F	F	G	R	Α	Т	E	F	U	L	Z

PILGRIM MAYFLOWER THANKSGIVING

TURKEY FEAST NATIVE AMERICAN

PIE CRANBERRIES CORN

THANKFUL FAMILY GRAVY

HARVEST GRATEFUL YAMS

GOBBLE TRADITION CELEBRATE

November Observances & Fun Facts:

November is observed as:

Aviation History Month
Child Safety Protection Month
Family Stories Month
Good Nutrition Month
Hospice Month
Military Family Appreciation Month
National Caregivers Appreciation Month

Weekly Celebrations

1st Week – Polar Bear Week 2nd Week- World Kindness Week 3rd Week - American Education Week 4th Week - National Family Week

November Flower and Birthstone



Flower = Chrysanthemum



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 Wayne, Westland, Garden City, & Canton) (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 Good fellows. 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

Housing Administrator

Katelyn DeHart

Administrative Assistant

Kesha Akridge

Director of Housing

Office Number

Emergency Number

Fax Number

Service Coordinator

Michael Hooton

Maintenance Tech

Alisa Loveday

Service Coordinator

Jessie Clark

Resident Volunteer

(734) 595-4663

(734) 740-4777

(734) 595-2222

(734) 722-9763







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.pymfoundation.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!