



Village Voice



Embrace the possibilities

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

December 2019

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Look for PVM on:

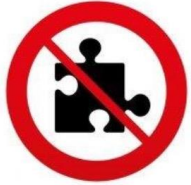


The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

UPDATES AND REMINDERS



**As of right now, we are not accepting
any donations
of books or puzzles.**



No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the covered parking.

Smoking in the apartments is forbidden. Residents violating this policy could be evicted



Like and Join the Village on Facebook!



**We 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!

Love living at the Village of Westland?!?!

What to live near your friends and get money for it?!?!

Here's How!

If you refer a resident who ends up living here for at least 90 days, you will receive a \$500 bonus!

YOUR VOICE IS IMPORTANT TO US.



Please participate in our
customer satisfaction survey.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

When Feeling SAD is More Than Feeling Blue

As the seasons change from fall to winter and the daylight hours shorten, it's common to feel a little blue. If, however, these feelings persist and intensify you may have Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs between September and May.



It's characterized by constant sadness, extreme fatigue, social withdrawal, and cravings for starchy foods.

While its exact cause is unknown, researchers think it is related to the decrease in sunlight that occurs during fall and winter. Low sunlight disrupts our bodies' natural rhythms, decreases our brains' serotonin levels, and interferes with melatonin production and absorption, all of which affect mood.

The first line of treatment for SAD is light therapy. It involves sitting next to a special, high intensity light for approximately 30 minutes a day. Another common treatment is dawn simulation. It involves use of a device connected to a high intensity light that gradually turns it on over 1 to 2 hours, thereby simulating sunrise. Researchers believe these therapies work because they reset our internal clocks and return our bodies to a more natural rhythm.

To be effective, they need to be performed throughout the fall and winter. Otherwise symptoms will return. If these therapies don't seem to work, additional treatment with medication and counseling may be needed. If you think you have SAD, don't treat yourself. Consult your physician. He or she will be able to make a proper diagnosis and determine the most effective form of treatment for you.

Staff Extensions...

**Michele White ~
28885
Executive Director**

**Mary Saffian ~ 0
Lead Receptionist**

**Shana Brown ~ 28886
Wellness Manager**

**Shari Thompson
~28952
Billing**

**Jason Lovelly ~ 28927
Human Resources**

**Kara Otto ~ 28810
Social Worker**

**Jennifer Wolf ~ 28953
Fitness Specialist**

**Breana Wallace ~
28896
Marketing Manager**

**Amber Tomkinson ~
28896
Sales and Leasing
Specialist**

**Diane Santo ~ 28889
Beauty Shop**



The Senior Advocate.

*By Lynn Alexander,
Senior VP & Chief Marketing Officer*

Honoring our Veterans

Finally our veterans appear to be receiving even greater recognition. I was pleased to see so many veterans ceremonies on this recent Veterans Day. As a daughter of two Navy veterans it warms my heart.

The Oakland County Veterans Affairs Department and their department of Economic Development have teamed up to launch an intensive media campaign honoring veterans and encouraging others to come to them for assistance. Although still relatively new, this campaign has already seen a dramatic upward trend in referrals. You may have noticed their billboards with veterans' photos or heard them on the radio. They have even been showcased on national news outlets.

As part of this campaign Oakland County held a heartfelt reception to launch the new photo gallery exhibit of veterans photos. It is beautifully done and worth a visit. The photos will be on display at the Oakland County Executive Office Conference Center until December 20th. Go to www.oakgov.gov for details. Most Michigan counties have referral services for veterans. You can locate them through the county offices.

I am proud to say that PVM also has a Veterans Preference Program which allows veterans to move to the top of waiting lists at select locations. Contact our home office at (248) 281-2020 if you have a friend or relative who can benefit.

Our veterans protected all of us and our country and deserve the best from us.

DECEMBER FACTS

The 12th month of the year brings us Christmas, Chanukah, and New Years Eve.

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter. December provides the longest days in Southern Hemisphere, as it is the beginning of summer. December is a month home to many religious holidays.

Below are some fun facts about December:

1. The birthstone of December is turquoise.
2. Zodiac signs for December are Sagittarius (November 22 - December 21) and Capricorn (December 22 - January 19).
3. The birth flower of December is the narcissus.
4. World's AIDS Day is celebrated on December 1st.
5. December 3 - International Day of the Disabled Person
6. Universal Human Rights Month
7. National Read a New Book Month
8. In December, Nobel Prizes are awarded.
9. On December 4, 1791, The Observer newspaper (the first Sunday newspaper) was first published in Britain.
10. Christmas Day is celebrated on December 25th.
11. On December 7, 1941, The United States Naval Base at Pearl Harbor was attacked by Japanese planes which killed more than 2,300 Americans.
12. On December 20, 1803, the Louisiana Purchase was completed.
13. Kwanzaa is celebrated on December 26 - January 1 every year.
14. National Stress Free Family Holiday Month
15. December 27th is National Chocolate Day
16. On December 29, 1862, the bowling bowl was invented.
17. Poinsettia Day is on December 12th.
18. On December 3, 1967, the first heart transplant was completed.
19. On December 17, 1903, the Wright Brothers made their first flight.
20. On December 14, 1791, the Bill of Rights was passed.

Village of Westland December Contests



Elves on Shelves (Dec 3rd – Dec 24th):

- Elves will be hidden in different places in the village Monday through Friday
- Starts on Tuesday, December 3rd and Ends on Wednesday, December 25th
- Winner(s) get to keep an elf and win coupons for the bistro, bingo, or the village store.

Door Decoration Contest (Dec 16th – Dec 20th):

- Decorate your apartment **door only** for the season
 - Anything not on the actual door itself will not be judged
- Official judging will occur the week before Christmas (the week of December 17th)
- Prizes for participation in this contest along with Most Beautiful, Most Creative, and Most Festive Door



Official Rules for all these contests can be found at the front desk.

Like to play cards?
 Trying to find a group to play with?
 Come down to play card games in the PDR on
 Thursday nights at 7 PM and Euchre in the Village Inn
 on Saturday afternoons at 1 PM.
 Would you like to add a different card game to the
 activities schedule? Talk or call Shana at ~28886.

Holiday Happenings

Westland Good Fellows Adopt-A-Family Tree

- Collecting gifts for local families in need from Nov 21st – Dec 13th
- Need help wrapping? Want to help wrap? Come to one of our wrapping gift times on Mon, 12/9 at 12 PM and Thurs, 12/12 at 12 PM in the PDR.

Village of Westland Singing and Ringing Senior Holiday Concert

Friday, December 6th at 1:30 PM in the Village Inn

Johanna Bates' Piano and Violin Students Holiday Concert

Friday, December 6th at 7:30 PM in the Village Inn

Holiday Craft and Vendor Show

Saturday, December 7th from 10 AM – 2 PM in the Village Inn Family and Community Welcome!
30 + Vendors!

Women's Holiday High Tea

Friday, December 13th at 1:30 PM in the Village Inn

Winter Wonderland

Saturday, December 14th from 1 PM – 3 PM

- Petting Zoo
- Santa
- Horse Drawn Carriage

Family and Community Welcome!

- Face Painting
- Balloon Art
- Crafts

Wayne Westland Senior Chorus Concert

Tuesday, December 17th at 1:30 PM in the Village Inn

Resident Christmas Dinner

Wednesday, December 18th starting at 4 PM

(Will take place during normal dinner times in each dining room)

Dress to impress with good food, special drinks, and resident gifts!

This dinner is only open to residents, no guests or family members

Christmas Music with Ron Maynor

Sunday, December 21st at 7:15 PM in the Private Dining Room



Welcome To The Village!



Residents:

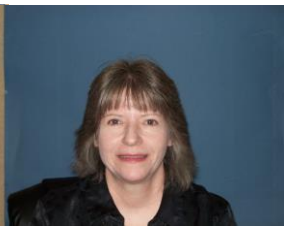
Larry Beck
Theresa Oliverio

Barbara Smith
Kathleen Fernitz
Michael King

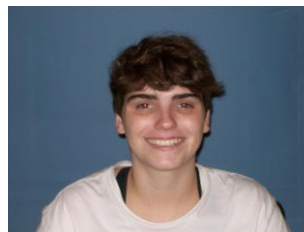
Hilda King
Evelyn Boucher



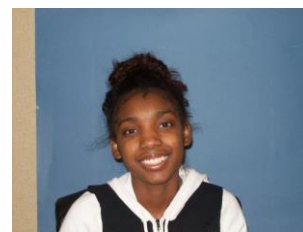
Shannon
Miller
Dining Services



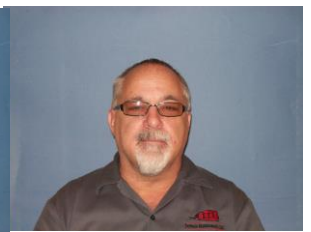
Kathy
Christiansen
Receptionist



Chloe
Trigg
Dining Services



Ashanique
Stubbs
Dining Services



Ed
Berry
Maintenance



Melissa
Wallace
Dining Services



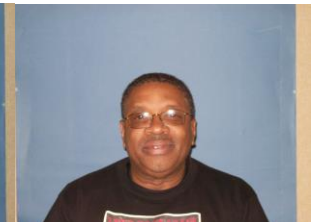
Angela
Oliver
Dining Services



Perkita
Sanders
Dining Services



Brian
Sabuda
Maintenance



Randall
Foster
Security

November's Craft was... Melted Crayon Turkeys!



December's Craft is... Pine Cone Christmas Trees

A Christmas Carol

Find and circle all of the "A Christmas Carol" words that are hidden in the grid.
The remaining letters spell a secret message.

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P A N C H R I S T M A S P R E S E N T D
E S U O H G N I T N U O C S M O A S T N
T O L D F E Z Z I W I G I E N Y T I O E
E H W E M O T I H C T A R C S R M D M O
R A O G B N E P H E W R B S E M N O F T
E B N U B E R J V C Y I S E R O C F S E
C D S B O G N O A C I N N S L O I O C C
I N D M B T B E H C I T F T T C H L H I
R W Y U C E S R Z A O E S T E G Y K A T
A O R H R N I A T E Z B E U S R D N R N
V G G S A S O R P Z R Y M Y A S E O L E
A G N U T S U I I S S S E A S C E C E R
T N A M C C P W T A A L C S R B R K S P
U I A E H V I I M P R M N R E L G E D P
R S E R I G N T R A M I T L O Y E R I A
K S O N T Y S E M I A E L S D O G Y C C
E E O D T I B L E H T E D E I S G S K L
Y R U I R F O G C S E S B E V R E E E E
R D M H N I G H T C A P M A R T H A N R
Y H C T U R C O A D N I L E B N E C S K
    
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ANGRY
 APPRENTICE
 AVARICE
 BAH
 BED
 BELINDA
 BELLE
 BOB CRATCHIT
 CAUSTIC
 CHAINS
 CHARLES DICKENS

CHRISTMAS PAST
 CHRISTMAS PRESENT
 CHRISTMAS YET TO
 COME
 CLERK
 COUNTING HOUSE
 CRUTCH
 CURTAINS
 DRESSING GOWN
 EBENEZER SCROOGE
 FOG

GREEDY
 HUMBUG
 JACOB MARLEY
 KNOCKER
 LONDON
 MARLEY'S GHOST
 MARTHA
 MERRY CHRISTMAS
 MRS CRATCHIT
 MRS FEZZIWIG
 NEPHEW

NIGHTCAP
 OFFICE
 OLD FEZZIWIG
 PETER
 REDEMPTION
 SNOW
 SPIRITS
 TINY TIM
 TURKEY
 WINTER

*Answers on Pg. 13

~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, CVS, Post Office, and Walgreens (all off of Merriman Road))

Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) at 10 AM
- All Shopping trips load/unload a maximum of four bags per resident
~Electronic scooters are given based on the order of the sign-up sheet. This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

Wednesday's – Banking Day at 1:30 PM

- Banks within 5 miles such as Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall). There is no cost to the resident.
- All Shopping trips load/unload a maximum of four bags per resident
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

Appointment Outings

- Bus is available for residents to be driven to doctor appointments; must call the Wellness Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

If there is ever a charge for an outing, it will be written on the sign-up sheet.

*****Residents must sign up for all outings. Sign-up sheets are located in the mail room*****

Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in December!

Eileen Kaminski.....	Dec 2 nd	Christine Anderson.....	Dec 13 th
Iva O'Neal.....	Dec 4 th	Charlie Borg.....	Dec 19 th
Frank Johnson.....	Dec 5 th	Edith Dutcher.....	Dec 21 st
Loretta Milne.....	Dec 5 th	Mike Woodman.....	Dec 23 rd
Mary Tanasoff.....	Dec 7 th	Sandy Johnson.....	Dec 23 rd
Susan Oelke.....	Dec 9 th	Anna DeAguiar.....	Dec 25 th
Jean Beaupre.....	Dec 10 th	Betty Hildebrant.....	Dec 25 th
Don Slagel.....	Dec 11 th	Faye Myers.....	Dec 29 th
Helena Gackiewicz.....	Dec 11 th	Cheryl Robinson.....	Dec 30 th

Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too.

When we have your email on file you can receive newsletters and other building information electronically.

We need your help!

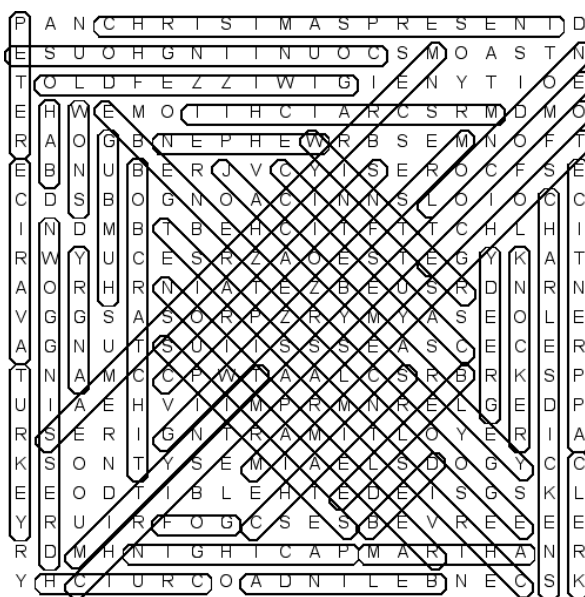
Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers. There are multiple positions available in choose from.

We currently need your help with:

- Library -"I'M OKAY" Program -
- Resident Ambassadors

See Shana or Toni to get more information.

A Christmas Carol Puzzle Solution



**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

Jason Lovelly
Human Resources

Jan Smith
Nurse Case Manager

Breana Wallace
Marketing Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Candace Forte
Dietary Manager

Brenda Seifert
Housekeeping Lead

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



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



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