



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

February 2019

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New Maintenance Tech Starts

Hurray, we have a new maintenance man! We are so happy to welcome Mark Benoit to the Warren Glenn family. Mark was born in Mt. Clemens, raised in St. Clair Shores and lives in Sterling Heights. Married for 32 years, Mark has a son who is a first grade teacher in Roseville and a daughter who is a librarian at Macomb Community College. Everyone's favorite member of the family is a small, white fluffy dog named "Marlow" who wins the hearts of everyone he sees.

Mark was a pattern maker for 35 years in the automotive industry until he was laid off a year ago when his job went overseas. Now we are lucky to have him with us. In his spare time, Mark likes to garden, renovate his cottage, and make and fix furniture.

Thank you to Will Horton for subbing at Warren Glenn in the interim. He kept up with work orders and led the efforts during a weekend snowstorm to solve our no-hot water problem. We appreciate the time he took to orient Mark to the building and the job. Will – you are the greatest.

Seniors Staying Sharp

We are very fortunate to have Marcia Releaya at Warren Glenn on February 6, 13 and 20 from 2:30 p.m. – 4:00 p.m. to do her program, *Seniors Staying Sharp*. Marcia is a gerontologist who developed a way to encourage people to make the most of their lives and abilities during their senior years. Very empathetic and a good listener, Marcia will touch your spirit and help you to see new ways to maintain your brain health and keep your abilities. She was here three years ago and residents really liked her program. A senior citizen herself, Marcia has traveled the world, appreciates art and beauty and sees the best in people. Join us!



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Early Inventions By African Americans



Did you know that African Americans invented many of the products we use every day? Here is a list:

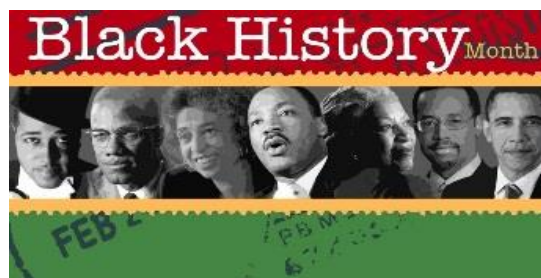
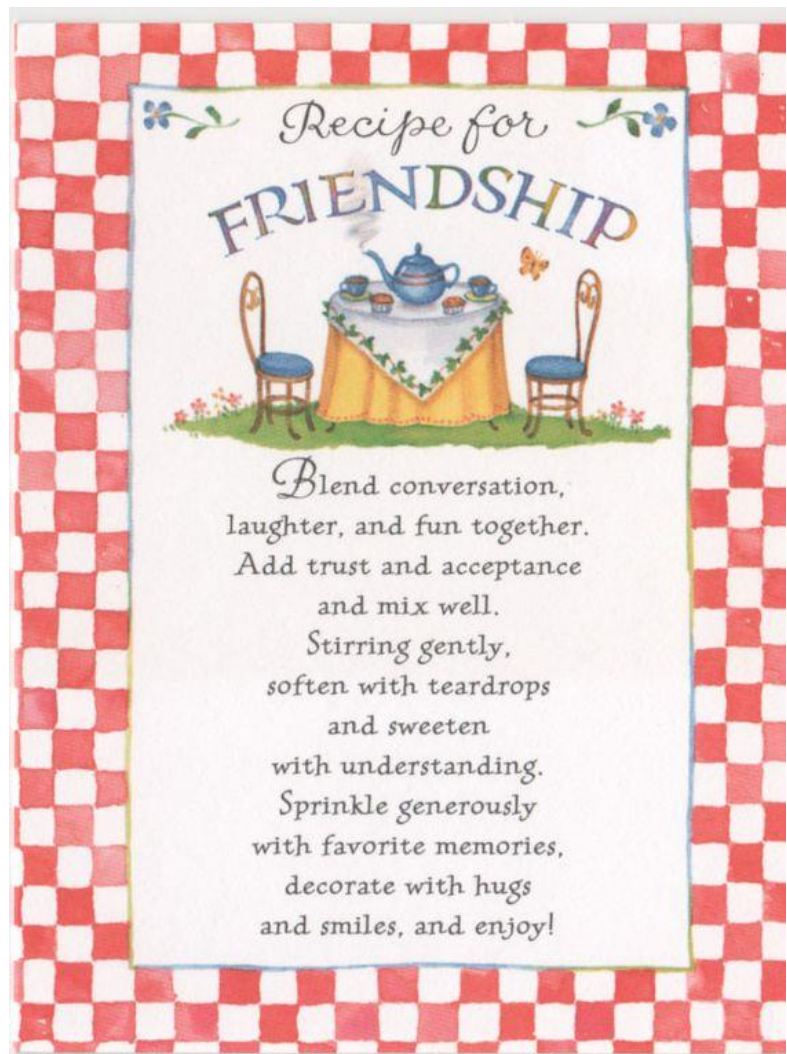
- Air Conditioner-1949
- Baby Buggy-1889
- Biscuit Cutter-1875
- Blood Plasma Bag-1945
- Clothes Dryer -1971
- Curtain Rod-1892
- Door Knobs-1878
- Egg Beater-1884
- Elevator-1867
- Fire Escape Ladder-1878
- Folding Chair-1911
- Fountain Pen-1890
- Gas Mask-1914
- Golf Tee-1899
- Guitar-1886
- Ice Scream Scoop-1897
- Ironing Board-1887
- Lawn Sprinkler-1897
- Lemon Squeezer-1893
- Lunch Pail-1887
- Peanut Butter-1896
- Pencil Sharpener-1897
- Rolling Pin-1864
- Stethoscope-1876
- Traffic Light-1923
- Tricycle-1886

Lovely Lacy: Pet of the Month

February is the month of lovers and if you need some love, look no further than our *Pet of the Month*. Lacy is a very light colored tortie. She is four years old and has lived with Terry Smith, Apartment #325, for two years. I wish that you could see Lacy, but she was so very sweet and loving that it was hard to get a picture! She wanted to be held and petted, instead of photographed.

Terry's grand-daughter found Lacy in her yard on a snowy day gave the cat to Gramma Terry. Terry said "Lacy is my heart and the best gift I ever received".

Oh yes, Lacy is unique with one yellow eye and one light green eye. Welcome, Lacy.



Valentine's Day Word Search

c g f l o w e r s i p
j s w e e t h e a r t
e f p a c u p i d a e
v h o i k a c p s r t
a o g u y h e a r t s
l o v e r r d e g o f
e k r a p t r r o w r
n r i r o s e s p x i
t o h s d r d e i r e
i s u h s p i n n h n
n r g a r e l l k t d
e o s c h o s r o s h
s w e e r t s f r i e
v c h o c o l a t e k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

From the Service Coordinator

Denise Giallombardo, BSW, National Church Residencies

According to *The Aging Network News* (12/16/16), one of the biggest obstacles seniors can face is being isolated from other people, including family, friends or the community.

What is isolation? It is different from being alone. It is a feeling of being detached or disconnected. Loneliness and isolation can greatly affect a person's well-being: psychologically, physically, mentally and socially. It can make you sick and can give you trouble with activities of daily living such as walking, bathing, dressing, and climbing stairs.

Hannan House has a new program called *Social Isolation and Loneliness Awareness and Prevention* led by Max Smith, Outreach Coordinator. His role is to educate the community on the risks of social isolation in older adults and on the effects of depression in older adults. Part of my job is to arrange for education and wellness speakers and I will arrange for Max to come to Warren Glenn.

In the meantime, please check on your neighbors during this extreme weather, especially those whom you do not see often. It might make a world of difference to them. to see that someone cares.



Sharing Faith at Any Age

Marijo Hockley, Inclusion Minister
First Presbyterian Church of Warren

Bible Study, 1:00 p.m., Warren Glenn, Community Room
"Won't You Be My Neighbor?" Thurs. Feb. 7, 14, 21, & 28

Communion, Sunday, February 3, 1:00 p.m., Warren Glenn Community Room

Morley Candy Shoppe Tour and Lunch Trip Friday, February 8, 9:45 a.m. – 1:15 p.m. with Cousino High School Students

Worship, Sunday, February 17, 1:30 p.m., Warren Glenn Community Room

Afternoon at the Movies and Early Dinner, Sunday, February 17, 2:30 p.m., Original *Mary Poppins*, Warren Glenn Wellness Room. Bring movie snacks or a dessert to share. Pizza and pop provided.



LIBRARY NOTES

Thanks to our librarian, Lois Eckhout # 124 and Diane Sexton #111, books have been sorted, reorganized and labeled (with the first letter of the author's last name).

Find books by your favorite author and discover new authors with ease. Reference and religious books are in the computer room along with a nice variety of paperbacks.

Enjoy the library any time – feel free to read in the beautiful environment. Take, enjoy and return. Yes, it's that easy.

GAMES PEOPLE PLAY

We have Tuesday and Friday bingo, Thursday pokeno and Monday penny cards or pinochle. Games are open to everyone. Board games are in the Committee Room and puzzles are in the Computer Room. Feel free to use.



BORN IN FEBRUARY

Birth Stone: Amethyst
Flower: Violet

People born in February are creative and intelligent with a tendency to be shy. They are freedom seekers and will rebel when restricted. Having ambition to chase their dreams is their strongest characteristic.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This is the fourth article in a series of articles I have been writing about living life without a car. Last month I introduced you to the online, on-demand shopping and home delivery service Shipt. This month I am going to share my experience using it.

As you might recall, when I took my car to the shop I was completely out of groceries. "No problem," I thought. I'll just use Shipt. After my experience at my sister's, I had already downloaded the app on to my iPhone from the App Store and signed up for the service. Where I live there are two stores Shipt does business with: Meijer and Target. I chose Meijer because the Meijer closest to me has more variety than the closest Target store.

I found that using the app was pretty easy. Essentially, all I had to do to select an item to buy was to tap its picture. After selecting all the items I wanted, I selected my desired delivery time, which completed my purchase. Shortly thereafter, I received an email confirming my order and soon after that, was notified who my shopper was that included her picture. About a half hour before my scheduled delivery time, I received a text message from my shopper that she was about to start shopping.

While my shopper shopped, she periodically sent me text messages when an item on my list was not available and would suggest substitutes. For example, if the store did not have the specific brand of mild salsa I requested she would suggest a different brand of mild salsa or the same brand but medium rather than mild. I could then text back with my decision, which could be to remove salsa from my list rather than accept a substitute. After my shopper finished shopping, she sent me a text that she was in the checkout line and would soon be on her way to my house.

When she arrived with the groceries, everything was in order. There were no missing items, the eggs weren't broken, the cold items were still cold and the frozen items were still frozen. Overall, it was a very positive experience. From a convenience standpoint, it was a home run. My primary complaint is that for my liking there were a few too many items from my list that weren't available for which I had to select a substitute. That was a bit frustrating.

However, given that I was without a car, it was sure nice not to have to go without groceries even if I had to buy a few different items than originally intended. Next month, I will write in more detail on how the app works so if you decide to try it, you will have a better understanding of how it works.



SHIPT



FEBRUARY DINNER



**SOUL FOOD DINNER
IN HONOR OF
BLACK HISTORY MONTH**

Prepared by African American residents who are great cooks

Sunday, February 24, 5:00 p.m.

*Bring Your Appetite &
Be Prepared To Enjoy Yourself.*

EVERYTHING PROVIDED.

Donations towards food will be gratefully accepted.

50/50 Raffle

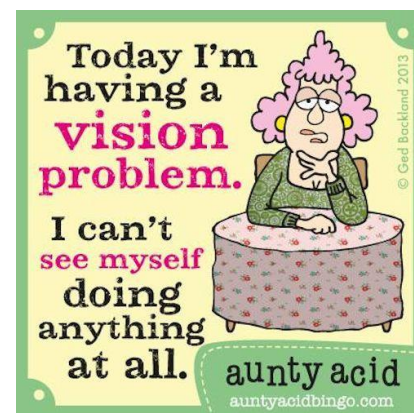
Sweets for the Sweet-A Candy Name Game

- | | |
|---------------------|--|
| ___ Savers | It begins when you're born. |
| Candy _____ | Older people walk with them. |
| ___ Duds | It comes from a cow. |
| Swedish _____ | They swim in the ocean |
| Hershey _____ | Your Mom did this to you at bedtime. |
| Gummi _____ | They live in the woods and like honey. |
| _____ Pattie | The flavor of toothpaste. |
| Jelly _____ | Where your food goes when you eat. |
| Peanut Butter _____ | What you drink from. |
| ___ Kat | A box of parts you build something from. |



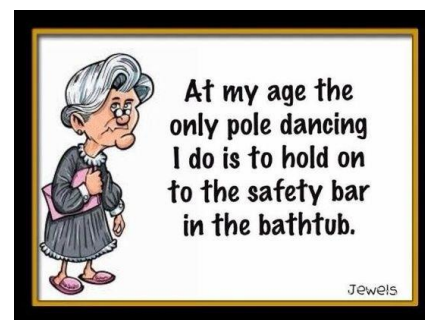
FEBRUARY BIRTHDAYS

- | | | |
|----|-----------------|------|
| 1 | Sarah Clark | #106 |
| 3 | Mark Hamama | #214 |
| 3 | Dann Federico | #208 |
| 15 | Etta Adams | #213 |
| 20 | Mary Fagan | #209 |
| 22 | Juanita Sellers | #206 |



FEBRUARY HOLIDAYS

- | | |
|----|---------------------------|
| 2 | Groundhog Day |
| 3 | Super Bowl 53 |
| 5 | Chinese New Year |
| 6 | Play Monopoly Day |
| 12 | Lincoln's Birthday |
| 14 | Valentine's Day |
| 18 | Presidents Day |
| 20 | Love Your Pet Day |
| 22 | Washington's Birthday |
| 22 | Girl Scout Cookie Weekend |
| 24 | Academy Awards Night |
| 28 | National Tooth Fairy Day |





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

PVM BLOG LAUNCHED

I am pleased to announce that we have launched a blog on the PVM website. Now you will be able to find very helpful information on everything from avoiding financial exploitation, housing and services, alternative transportation, on-line delivery services, family issues and fun topics such as creating memories with your grandchildren.

This blog is very simple to use. Simply go onto the PVM website at pvm.org. Right on the home page to the left of the Crain's logo there is a button which states PVM Blog. Just press it; and you will be taken right to it.

Just in a few short weeks over 1,200 viewers have been enjoying what we have to offer. Come join the fun and become one of the most knowledgeable members of your social set.

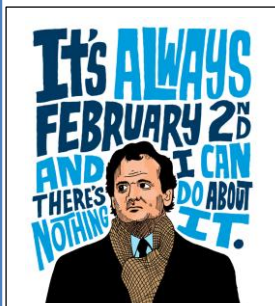
Read on and stay warm during the winter months!

GROUNDHOG DAY FUN FACTS

To get in the spirit of Groundhog Day — whether or not we will have six more weeks of winter — here are fun facts about the holiday:



- Punxsutawney Phil is the official groundhog forecaster on February 2, but many states have their own such as New York's Pothole Pete.
- Groundhogs typically weigh between 12 and 15 pounds; Phil is 22 pounds.
- Groundhogs only live six to eight years, but folklore suggests that Phil sips a magical drink that gives him seven more years of life.
- The Germans originally chose a hedgehog as their animal forecaster. They turned to groundhogs instead when they discovered a large amount of them in Pennsylvania.



- Phil's fans have been able to get text message alerts of his predictions since 2010. (Text "Groundhog" to 247365, if you're interested.)

So, what's your prediction?

More wintry weather or blue skies and sunshine?



Keep Your Spirits Up...Enjoy Your Life

The holidays are over, the parties are finished, and the dog days of winter are upon us. Unless you live in the south, the months of January to March can have particularly dreary weather. So, how do you keep your spirits up until the spring when the weather helps us all feel rejuvenated?

Try these things to turn your mood into a more hopeful one:

1. Plants – Look at garden catalogs, books or the internet. Decide what flowers to plant in pots later in the year. Or force bulbs to bloom early by planting now in water and small stones.
2. Cook – Study cookbooks for interesting recipes to try. Try a new one every week! If you can't cook any more, plan menus for fun.
3. Letters – Write a letter to your siblings, grandchildren, cousins or friends. Recall the fun times you have had together. Tell them what you are doing now and your plans for the spring. People love letters.
4. Exercise – Fight the doldrums with a chair exercises or use the Wellness Room. Ask your neighbor to go for a walk with you. Fifteen minutes per day can make a drastic difference in your life.
5. Puzzle – Make it in the community room or your apartment. Ask friends to come over and do it together. Buy a new puzzle or use one from the computer room.
6. Crafts – Make handmade cards, learn to crochet from another resident, get a craft kit from Joann's. Keep busy and create.
7. Read and Watch – Hunt for some good books and movies to read or see with someone. Discuss what you like or don't like.
8. Phone Calls – Reach out and call one child, grandchild, sibling, cousin or friend per day just to chat. So often we sit around and wait for people to call us. Why not be the one who reaches out?
9. Tea Party – Seriously! Invite a few neighbors, a couple of friends or relatives to your apartment and serve tea and sweets. Planning will take mental energy and the results will be fun.



ALTERATIONS & MENDING - Shorten pants and sleeves. Take-in or let-out clothes. New elastic and more. Fast and reasonable, call Diane at 586-350-1751.

AVON PRODUCTS - If you are looking for an Avon Lady, call **Pat Fillip** @ 248-515-7549.

Special Offer: For new customers a free gift with any \$20 order!

MANICURES - Hand & arm massages and facials in your apartment or mine. Licensed with very reasonable prices. For more information, call Mickey at 313-728-1623.

WATCH BATTERY & WATCH BAND REPAIR - All work guaranteed one year. Low cost and all profits go to First Presbyterian Church. Call Mac MacDougall 586-484-0417

FREE USED ELECTRIC WHEEL CHAIR – Needs new battery but runs well. Call Lois at 586-565-1015. **FREE!**



We will start having monthly birthday parties on Thursday, March 14 at 2:30 p.m. with cake and ice cream.

We will have a St. Patrick's Day dinner and party on Sunday, March 17 at 5:00 p.m. Mark your calendars!

**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

(586) 751-5090

Village Staff

Anne Lilla
Director

Stacey Klooster
Administrative Assistant

Denise Giallombardo
Service Coordinator

Mark Benoit
Maintenance Tech

Emmi Parada
Housekeeper

[WARREN GLENN BOARD MEMBERS](#)

Malcolm McDougall, President

Betty Challenger

Marijo Hockley

EMERGENCY NUMBER

(586) 544-4008

Fax Number

(586) 751-7876



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

Newsletter Committee

Stacey Klooster

Anne Lilla

Diane Sexton



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Embrace the possibilities