



Village Voice



Embrace the possibilities

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

Mar 2018

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The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



UPDATES AND REMINDERS

Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.



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!



Worship is now moving to 7pm on Sunday nights instead of 7:30pm.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Oral Health is as Easy as 1, 2, 3

March is national nutrition month, so you might expect this article to focus on healthy eating, however, if you suffer from poor oral health, eating healthy may be the last thing on your mind. The pain and discomfort associated with tooth decay, gum disease, dry mouth and other oral health problems can make chewing and swallowing difficult. You may skip eating altogether or turn to softer foods, which tend to be highly processed, contain a lot of fat and sugar, and are far from healthy.

The good news is that poor oral health is not an inevitable part of aging. Taking good care of our mouths is just as important, if not more so than when we were younger. That's because if left untreated, oral health problems in older adults not only cause tooth loss, they substantially increase our risk of heart disease and stroke.

The three most important things you can do to keep your mouth healthy are 1) brush your teeth twice daily with a soft bristled toothbrush; 2) floss once per day; 3) and visit your dentist regularly. Brushing your teeth removes food particles and bacteria (called plaque) from your teeth that if left in place cause cavities. Flossing removes food particles and plaque from between your teeth and below your gum line, which if not removed can lead to gum disease. And visiting your dentist regularly can catch problems early should you have any and keep them from becoming more serious.

As we get older, our hands may not be as steady as they used to be so performing daily tasks such as brushing our teeth and flossing may be a lot more challenging and as a result we may skip them. However, using a wide-handled or electric tooth brush can make brushing easier and using a floss pick or water flosser can make flossing easier. For other oral health tips geared toward older adults visit the website www.toothwisdom.org. Should you need them, the site also has a low cost dental care locator that may help you find nearby low cost dental services.

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Shari Thompson ~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

**Pam Webert &
Mara Valdmanis ~ 28953**
Fitness Specialists

**Melissa Nestorovski ~
28928**
Marketing Manager

Sam Wingerter ~ 28896
Sales and Leasing
Specialist

Lisa Hall ~ 28889
Beauty Shop



Giving Matters.

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

You have the power to leave an amazing legacy.

Betty honored her new home, friends and family by leaving a gift in her will.

Betty left a gift in her will to help build the Kleemann Chapel at The Village of East Harbor and provide stained-glass windows. Before her passing, Betty said she always believed in the PVM mission to serve older adults and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her “happy home for these many years.”



To learn more about leaving a gift in your will, please visit mylegacy.pvmf.org. You'll be asked simple questions to help you plan the joy you'll bring.

Your legacy has the power to delight others well into the future. Betty's gift is bringing joy to her fellow residents every day at The Village of East Harbor.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

St. Patrick's Day Word Search

V I G Z L G
 P I R A T E S S
 C D M G Q P J G
 S F W G A R R I O O
 G C C L R E G L
 R E C D S C E D
 M A L H V H H N
 A I T G A E
 Y A E V X R K N N U P K Q G A G
 C M L X X E W C I I B N F C H S A I N T
 P A D E M O O S L L C O U I R E L A N D
 I E S E G R S B G H P L W J K M R Y Y N
 N W F T M E U O S D A Y T H A R P D R N
 C Y U A L D N I S T L I M E R I C K
 H N H B N E R D N R D C L O V E R
 S G U Y I A I Y J B I F
 K C
 K E K K
 R S T F

Find these words:

blessing
 castle
 clover
 Dublin
 emerald
 gold
 green

harp
 Ireland
 Irish
 jig
 legend
 leprechaun
 limerick

luck
 Maewyn
 March
 Patrick
 pinch
 pirates
 rainbow

saint
 shamrock
 shepherd
 snake

*Answers are
on page 11

MARCH FACTS

The 3rd month of the year brings us Palm Sunday, St. Patrick's Day, and the start of Spring.

In the Georgian calendar, the calendar that most of the world uses, March is the third month of the year. However, it was the first month and named Martius in the early Roman calendar. Later, the ancient Romans made January to be the first month so March became the third month, which always had 31 days. The name Mars was named after the Roman god of war. In March, the winter ends and spring begins. In the northern half of the world, spring begins in March 19-21, which is the day when the sun is directly over the equator. At this time, the animals end hibernation and begin to show up.

Below are some fun facts about March:

1. The birthstone for March is the aquamarine.
 2. The zodiac signs for March are Aries (March 21 - April 19) and Pisces (February 19 - March 20)
 3. The birth flower for March is daffodil.
 4. American Red Cross Month
 5. Fire Prevention Month
 6. Women's History Month
 7. National Reading Day
 8. Saint David's Day
 9. World Math's Day - the first Wednesday in March
 10. March 1 is the date the Nebraskans celebrate the admission of their state to the union.
 11. March 2nd is celebrated by Texas as the anniversary of its independence from Mexico.
 12. On March 4, 1681, William Penn was granted Pennsylvania's royal charter.
 13. March 25th is celebrated by people in Maryland to commemorate the arrival of the first Maryland colonists in 1634.
 14. Purim, a Jewish festival usually occurs in March. It is held on the day corresponding to the 14th day of Adar on the Hebrew calendar.
 15. March 8 - International Women's Day
 16. March 14 - Pi Day
 17. March 19 - Saint Joseph's Day
 18. March 22 - World Water Day
 19. March 23 - Pakistan Day
 20. March 26 - Bangladeshi Independence Day
-

Welcome To The Village!

Residents:

Dorothy Depriest
Gerald Heyer
William Harbowy



Staff:



Jordan Owens
Dietary Assistant



Karen Romero
Receptionist



Tea Berry
Dietary Assistant

Village Events

Attorney General's Office Presents: Identity Theft Presentation

Date: Friday, March 2nd

Time: 11:00 AM

Where: Private Dining Room

Learn about the signs of identity theft, how protect your personal information online and off, and what to do if you become an identity theft victim.

Oscar Party

Date: Friday, March 2nd

Time: 1:15 PM

Where: Private Dining Room/Village Inn



Meet and Greet with Senator Hopgood

Date: Friday, March 9th

Time: 11:00 AM

Where: Private Dining Room



City Council Visit with Tasha Green

Date: Friday, March 15th

Time: 11:00 AM

Where: Private Dining Room



Village of Westland Ringing and Singing Seniors Concert

Date: Friday, March 23rd

Time: 1:15 PM

Where: Private Dining Room/Village Inn



Men's Movie Day

Date: Monday, March 26th

Time: 1:15 PM

Where: Wellness Center

Easter Egg Decorating

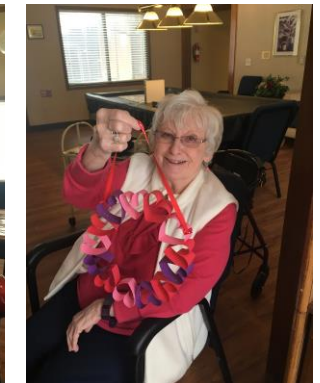
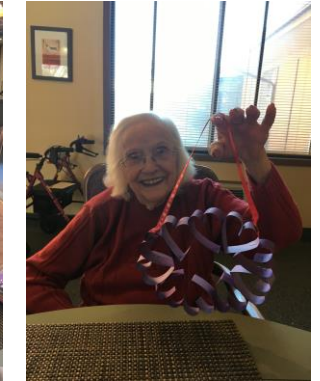
Date: Thursday, March 29th

Time: 10:30 AM

Where: Private Dining Room/Village Inn

If you have any questions about any of these events, please call Shana Brown in Wellness at 28886.

February's Craft was... Heart Wreaths



March's Craft is... Spring Basket Wreaths!



~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

Tuesday's

- Shopping at Kroger at 10 AM

~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 (1st, 2nd & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall, shopping in Taylor). There is no cost to the 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.

Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in February!

Carrie Thompson.....Mar 4 th	Clayton Meisel.....Mar 9 th	Art Reinholz.....Mar 27 th
Cirila Gillen.....Mar 5 th	Barbara Miller.....Mar 11 th	Harry Zoccoli.....Mar 28 th
Shirley DeKarsky.....Mar 7 th	Cleo Walling.....Mar 12 th	Chris Walter.....Mar 18 th
Frances Anderson.....Mar 8 th	Pat Murray.....Mar 12 th	Leo Lewandowski...Mar 29 th
Madis Maynor.....Mar 8 th	Pat Schooley.....Mar 17 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!

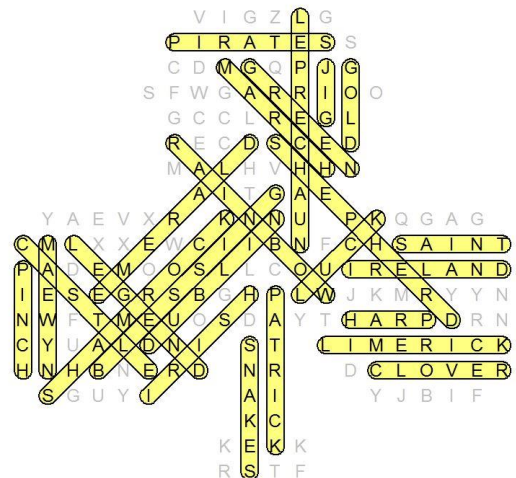
Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers.

There are many positions available in choose from.

We currently need your help with:
-Bingo

See Shana or Toni to get more information.

St. Patrick's Day Word Search Answer Key



**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

Josh Kephart
Environmental Services Manager

India Douglas
Nurse Case Manager

Melissa Nestorovski
Marketing Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Deborah Antal
Dietary Services Director

Shari Thompson
Billing

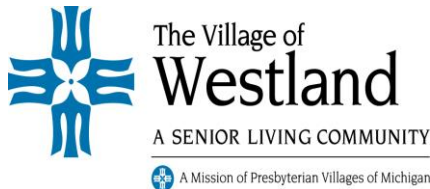
Lisa Scott
Housekeeping

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



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Westland, MI 48186**



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