

Embrace the possibilities

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

2021 | Issue III

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A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour





The Administrator's Pen



Blessings OSM!



Smile God loves you and so do I.

Blessings to you all! Wow oh Wow! We are almost at the end of the first quarter, and Spring is just around the corner. It is hard to believe that a year ago this month we heard about the first cases of COVID and now we are at the stages were people have received their second doses of vaccine. I want to thank each of you for making our Vaccine Visits a smooth process. You were so cooperative and patient during the whole process. THANK YOU! The Walgreens Pharmacist were sending out giant KUDOS to each of you during each visit. You made their day easy and the process went very well. OSM residents' rock.

As things open up and visitors can return to visit, please still practice social distancing and remember to wear your mask. Please check our calendar for all of our upcoming events. I am looking forward to the many sunshiny days, when we can go outside and have more activities of fun, food, and fellowship. Take time to think of some things that you would like see happen here at OSM, whether it is inside or outside, please bring your ideas to our next resident March meeting. Lets' GO Monarchs! In addition, next month in April, we will have our Friends and Family Fund Raiser, think about something that you would like to see or do at OSM. Last year, we raised over \$2500 during the beginning of COVID that speaks volume on what we can do if we put our minds to it. I am also looking forward to our summer fun and looking forward to our next Victory Cup. OSM Monarchs are the best. We know how to do it!

Thank You again, for all that you do to make my job easy, I truly do count it an honor to be your Administrator. I thank GOD for each one of you. May GOD bless you and your families 1000X more.

Remember, God is in control and He has our backs. Be blessed and stay safe.

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!



We hope everyone had a wonderful February! The Vending machines are now in the community room. You will have access to the community room 24/7 but let us remember that by 10 PM is there is no one in the community room please turn lights out and close the door. The grocery carts are now in the old vending room. Please return all grocery carts to the cart room. Please do not leave the grocery carts in the hallways or upstairs in the trash room. All grocery carts belong on the first floor near the elevator. Please be considerate of others.

Laundry Room – We are to practice social distancing while in the laundry room. Remember, the laundry room is not a lounge area for those just wanting to sit and chit chat, you can do that in the community room. Those chairs are there for those doing their laundry. Please be mindful of how many machines you use when others are waiting their turn to use the machines. The Laundry room is open 24/7.

Please make a note, that our shopping trips are scheduled for Thursdays only at 11:00 AM. If you would like to schedule a ride for yourself all you need to do is call the Nankin number, which is located on Page 18 and on your calendar. Please remember to sign up for all of our OSM shopping trips. If you sign up and change your mind, please make sure you cross your name off the list so someone else can sign up. The signup sheets are on the bulletin board.

There will be food boxes containing seven days' worth of lunches delivered on Fridays. There is a limited amount of boxes so the boxes will go on a first come first serve bases. There will be a sign-up sheet on the bulletin board. If you are interested in a box, please sign up!

If you have any large items that you need to throw away, you can call 1-800-JUNK. They will come and pick it up right from your apartment. It is a low cost and they can be called at any time. If this is a service you may need, please call 1-800-JUNK.

Please **DO NOT** leave walkers in the lobby area, you may leave them in the community room while you are out, but please remember, OSM is not responsible for any lost or stolen items.

Please keep in mind that the COVID 19 rules and PVM policies are still in effect, please continue to practice social distancing. Remember to wear your mask outside of your apartment and in all common areas.

Keep practicing social distancing and stay safe and healthy!

Please check your calendar for all of our upcoming events and updates.

Reminder: All Visitors entering our building must sign in and fill out the COVID19 visitor form. They must wear a mask – Mask are provided for our guest at the sign in desk.



Have a blessed and safe month!



Schwan's <u>Delivery</u> **Schedule**

Delivery Only

You must Call for Your Delivery

1-888 724-9267





A Nice Person

You are such a nice person,
No matter the season,
That you are in my thoughts,
Without any reason.
You are friendly and cheerful,
Each day of the year,
And folks always smile
Whenever you are near.
During the day,
I quite often find a kind word or deed,
Brings you to my mind,
You are such a nice person, and I would like to say
That just thinking of you
Brings pleasure my way!





Coordinator's Corner

Alisa Lovedav Service Coordinator

Greetings OSM!

A lot has been happening here in our community! We have been able to relax our COVID restrictions just a little bit more, and are bringing back Bingo and Painting! (Please check the calendar & newsletter for details).

Also, I wanted to thank all of you who took part in our second COVID vaccine clinic. The day required a great deal of patience while each awaited their turn. We have one more clinic on March 11. If you did not get the vaccine, but have decided to do so, I am more than happy to help you sign up at one of the many vaccine centers for seniors happening around the Wayne/Westland and surrounding areas.

As a part of my contribution to OSM, I am going to be raising more awareness of services offered to seniors. This month I want to highlight the free phones offered through Lifeline. Every resident here at OSM qualifies for a free cellular device. The qualification process is uncomplicated. In most cases you will not need to do anything but provide a small amount of information. If you are paying a monthly cell phone bill, it isn't necessary. Please call my office or ask your google device to call the Service Coordinator, and I will help you sign up for your phone! Once your new phone arrives, I am also available to assist you with activating it.

Finally, for those that received the Google Nest: While you are always welcome to visit my office, we can also conduct virtual meetings via video-chat. Please utilize this! I am here to meet all your service needs in the most convenient manner. Blessings to all!

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. 2 Corinthians 5:17

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

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Natalie Brothers, Member

Carolyn Kimbrough, Member

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Judy Piccininni, Member

OSM EVENTS

Bingo will be taking place on the 2nd & 4th Friday each month in our Community Room. Limited seating due to social distancing.



Wednesday, March 10, 2021 from 11 AM until 2 PM. Craft Day in the community room.



Thursday, March 11, 2021 9:00 AM- 10:00AM Walgreens COVID Vaccine Second Shot



Friday, March 12, 2021 1:00 PM – 2:00 PM Administrator's Resident Phone Meeting



Dial in: 1-855-369-0450 Code: 81682845#

Wednesday, March 17, 2021 St. Patrick's Luncheon - Wear your Green 1 – 3 PM





How 'bout Lunch?

Watch It! Learn It! Make It! Eat It!

March is national nutrition month and to help celebrate the occasion, Village of Oakland Woods Wellness Coordinator Joelle Baughman has created a unique program called "How 'bout Lunch?". Every two weeks, starting March 11 through April 8, Joelle invites you to join her for lunch. But there's a catch! For each lunch date, there is a specific dish (and beverage) Joelle would like you to make.

To learn what each dish and beverage are visit the "How 'bout Lunch?" website: https://howboutlunch.weebly.com. There you will find cooking videos featuring Joelle that not only show you how to make each dish and beverage, but also show you the ingredients and utensils you will need to make them. You can also download and print a list of the ingredients to use as a shopping list. Each dish is budget friendly, easy to make and of course healthy.

Ideally, for each date you plan to join Joelle for lunch, in the comfort & convenience of your own kitchen you will make the dish and beverage scheduled for that date, then via Zoom join Joelle for lunch and eat what you made. During lunch, you can share how easy or hard you thought it was to make and whether or not you actually liked it. You can also make suggestions for future videos.

Signing up is easy. Go to the "How 'bout Lunch?" website, click the "Sign Up for Lunch" tab then enter the requested contact info for each lunch date you plan to attend. You will then receive an email with the Zoom link you will need to join that day's lunch.

Whether or not you make each planned dish or beverage, Joelle would still like you to join her for lunch. There are plenty of things to talk about in addition to that day's dish/beverage combo. She is looking forward to meeting new people and engaging in some hearty conversation. If you have any questions, please call her at (248) 334-4379 or send her an email at jbaughman@pvm.org.





Mission, Vision & Values

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



Wishing

Making Life Better for Seniors

Thank you to all the donors who performed wonderful acts of kindness during COVID 19.

Because of your donation:

 We provided 136 PVM Front Line staff members to receive financial aid during COVID-19

Thank you Donors!

Villages received lifesaving PPE

Thank you, Donors!

 Technology Enhancements to reduce loneliness/social isolation. PVM residents received Google Nests, tablets, etc. to keep residents connected with family and friends, and active!

Thank you, Donors!

 Residents, through the Resident Help Fund, received financial aid to pay for medical bills, utilities and other necessities like food, dental care and eyeglasses.

Thank you, Donors!

Telehealth – With older adults sheltering at home, visiting their doctor changed.
 Telehealth became a critical lifeline to getting medical care without the risk of leaving home

Thank you, Donors!

The Village of East Harbor broke ground on its brand new health & wellness
 center, a facility designed solely for the specific needs of older adults. 2.1M was raised!

Thank you, Donors!



Mayor's Message

By William Wild, Mayor, City of Westland

Greetings OSM Residents,

Whitmer Unveils Proposed Budget

On February 11, Michigan Governor Gretchen Whitmer unveiled the proposed state budget for the upcoming fiscal year. The proposal includes much needed support for Michigan's municipalities threatened by revenue losses including:

- \$70 million to provide relief from revenue losses for Michigan's 24 city income tax communities impacted by the pandemic;
- 2 percent increase in statutory revenue sharing worth \$5.2 million and an expected 1.8 percent increase in per capita Constitutional revenue sharing of around \$15 million for nearly 1,800 cities, villages and townships;
- Additional \$5 million in grants for local public safety recruiting and training grants;
- \$10.2 million for public safety de-escalation and crisis response training

Michigan communities are the heartbeat of our state and we are thankful that Governor Whitmer's budget makes needed investments in revenue sharing, infrastructure and local programs that make our state a great place to live, work and visit. The budget also includes much needed funding for critical infrastructure and environmental improvements, including:

- \$300 million for 120 local bridges
- \$290 million from Clean Water Plan for local grants
- \$40 million for high water infrastructure local relief grants
- \$20 million for rapid response contaminated sites clean-ups;
- \$10 million for lead poisoning prevention

It is through the provision of high-quality services, the modernization of our infrastructure, and the promotion of a sustainable environment that we will create equitable opportunities for our people, businesses, and communities to thrive.

Governor Whitmer's Budget recognizes the important role communities have in this recovery, and that their recovery and our economic recovery is inextricably linked. Support and investment in our communities should be a bipartisan effort.



Federal Support Still Needed

Last week the U.S. House Oversight and Reform Committee released legislation on the state and local government aid section under the COVID-19 emergency aid reconciliation package. The proposed bill includes \$350 billion in much needed aid to states, cities, counties, tribes and territories. While it is encouraging that state and local aid are included in the bill as written, it is important to remember that provisions to support our states and cities have been cut out of previous bills prior to signing.

We have seen what happens when state and local governments are forced cut services and funding to critical public safety and education. State and local governments are also large employers and public sector jobs historically take longer to rebound from a recession than private sector ones, even when there isn't a public health crisis.

We must remember, we are all fighting the same battle - an unprecedented public health crisis. Our priorities are aligned at every level of government and on both sides of the aisle; get our residents vaccinated, healthy and back to work. The National League of Cities has drafted a letter in support of the proposed funding for local governments.

The City of Westland is working to develop a Bicycle and Pedestrian Action Plan. The plan, titled, *Walk and Roll Westland*, will identify how to better connect residents with areas of high demand, including areas of commercial activity and the City's recreational amenities.

City of Westland Seeks Steering Committee Members for Walk and Roll Westland Bicycle and Pedestrian Action Plan

To assist with the *Walk and Roll Westland* plan, the City of Westland has engaged OHM Advisors who will facilitate the planning process and plan creation. In November of 2020, the City of Westland was awarded a Planning Assistance Grant from the Southeast Michigan Council of Governments (SEMCOG) in the amount of \$32,740. The total cost of the project will total \$40,000 with the remaining \$7,260 being paid for by Westland's general fund.

Over the past few years, the City of Westland has started to build awareness around bicycling and pedestrian safety and has start implementing more bicycling facilities. However, a more defined framework plan is needed to guide Westland in project implementation. The City would like to develop a Bike Network Vision Plan that identifies the routes most needed in the community. The Plan will focus on identifying corridors to better connect the City via non-motorized routes. The overall goal is to identify and implement routes that connect to both Hines Drive and the park system along the Rouge River, as well as the Lower Rouge trail and park system in the City of Wayne. Safe, comfortable, and convenient non-motorized facilities will help connect residents to schools, parks, jobs, recreation opportunities, and other amenities in Westland.





Stay Safe and Warm

With the terrible cold and storms gripping our nation, I thought it is a good time to remind everyone of tips for surviving through the rest of winter:

- In case of power outages keep a supply of water and canned food along with a non-electric can opener.
- Have flashlights handy and check to make sure they have good batteries.
- If you receive a weather alert regarding power outages fill your tub with water for washing up and to flush the toilet.
- Make sure your cell phone is fully charged.
- Faithfully wear your emergency pendant so you can get help even if your phone is not working.
- Be sure to keep your room temperature no lower than 65 degrees. There have been many stories of folks trying to save money by turning their furnace down and ending up with hypothermia.
- Ask for help. Do not try to shovel snow yourself. Ask family and friends to deliver groceries to you. In some cases it may make sense to stay with family if we are in the midst of a major winter storm.

Wishing all a safe end to winter. Spring will be here soon!





Weather Reminders

Here are some reminders of the best practices when in these cold winter months.

When temps are super cold, do not turn the heat off completely. This raises the chances of pipes freezing.

If you ever have any questions or need help with your thermostat please call the office.

When snow is coming our way, it is best to park your cars in the car port.

If you have to go outside on a cold or snowy day please be careful. Even though there is salt on the ground, it can still be slippery.



Reminder: Daylight Savings Time is Sunday, March 14th. Move your clocks forward an hour Saturday night before you go to bed!

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, Small Candles for oils, or Incense to be burned in the apartments 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



Happy National Craft Month!

March is National Craft Month! With winter and quarantine fresh on our minds, crafting is a great way to relieve some stress. Craft month was created back in 1994 by the Craft and Hobby Association. It was intended to help everyone rediscover the joy of crafting, it is a month that's all about learning new crafts, finding a new favorite hobby or perhaps revisiting a craft or hobby you used to love back in the day. There is no limit to what is considered a craft. National Craft month gives you an opportunity to try something you have not tried before, start on a new project, or learn a skill you have always been curious about. So this month, if you've been too busy to focus on your favorite craft, set aside some time and energy and see what you can come up with or try something new!

Just a reminder, the craft room is open 24-7 for residents, located across the hall from Apartment 112.



March Birthdays 2021

Happy Birthday!!!

Patricia Grant - March 4th

Marsha Desaussure-McCleod - March 25th

Mattie Smith - March 29th





March Recipe

Cheesy Hash Brown Bake



INGREDIENTS

1 (30 OUNCE) PACKAGE OF FROZEN SHREDED HASHBROWN POTATOES, THAWED 2 CANS (10-3/4 OUNCES EACH) CONDENSED CREAM OF POTATO SOUP, UNDILUTED 2 CUPS SOUR CREAM

2 CUPS SHREDDED CHEDDAR CHEESE, DIVIDED 1 CUP GRATED PARMESAN CHEESE

INSTRUCTIONS

- 1. PREHEAT THE OVEN TO 350 DEGREES F.
- 2. IN A LARGE BOWL, COMBINE POTATOES, SOUP, SOUR CREAM, 1-3/4 CUPS CHEDDAR CHESE AND PARMESAN CHEESE.
 - 3. TRANSFER TO A GREASED 3-QT. BAKING DISH.
 - 4. SPRINKLE WITH REMAINING CHEDDAR CHEESE.
- 5. BAKE, UNCOVERED, UNTIL BUBBLY AND CHEESE IS MELTED. (40-45 MINUTES)
 6. LET STAND 5 MINUTES BEFORE SEVING.

Yields: 10 Servings

ENJOY

Monthly Word Search

ST PATRICK'S DAY

Word Search

W E X N Z М W N В F E Ε S A Α U Z C R N В H D D G Α X A G C В Ν В E В G N R R 5 R N 0 P 0 0 Х К K W 0 К Ν Α E N 0 T G G X 0 0 D В C 5 0 R R 0 C В E R P K D В E M D E 0 A C C Н

CABBAGE JIG

LEPRECHAUN

RAINBOW

POT OF GOLD

CORNED BEEF

LUCKY SHAMROCK

GREEN

CLOVER

MARCH ST P

IRELAND

PARADE

ST PATRICK

TRADITION



March Observances & Fun Facts:

March is observed as:

Women's History Month
Deaf History Month
National Craft Month
Optimism Month
National Foreign Language Month
Irish American Heritage Month

Weekly Celebrations

1st week: Foreign Language Week
2nd Week: Celebrate Your Name Week
3rd Week: Sleep Awareness Week
4th Week: National Folklore and Fables Week

March Flower and Birthstone



Flower = Daffodil



Gem = Aquamarine



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!!!

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







THE FOUNDATION

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**



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



You are being recognized because "What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee:

Date:

** Please turn this card into Village Administrator for a chance to win a prize **

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT



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!