

Embrace the possibilities

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2024 | Issue IV

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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









The Administrator's Pen



We welcome April and all that it has to offer. This month marks the beginning of the second quarter. WOW OH WOW, just think about that for a moment, a quarter of the year has just passed us by.

I want to THANK all those who graciously give of their time and talents in making sure that all of our OSM events and activities are coordinated, decorated and put together with your love and kindness. You are so appreciated and your kindness will never be forgotten. Thank you for helping us make sure that all of your events and activities start of and end with a bang.

Reminder our Friends and Family Kickoff Luncheon is on Friday, April 5th from 12 – 2 PM. We have a new goal this year of \$4,300 and if we double our goal, the PVM Foundation will so graciously bless OSM with an additional \$5k. So, let's shoot for the stars and get \$8,600! **WE CAN DO THIS!!!!**

We will have a special meeting for all OSM residents. I'm asking every resident to please attend this special resident meeting on April 3rd at 1 PM in the community room, this is in reference to the new rent increases, utility allowances and new services that were approved by HUD. This affects all OSM residents.

We appreciate all of your suggestions and ideas. Help us to help you!

Love is patient,

It does not envy, Love is kind.

It does not boast, it is not proud.

It is not rude, it is not self-seeking,

it is not self angered,

it keeps no record of wrongs.

It always protects, hopes,

always perseneres.

Love never fails.



Issue IV | Manor Message



OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a Healthy, Happy, & Blessed April!



Happy April! We hope everyone had a wonderful March and we welcome April! Spring is finally here! Happy Easter! Our offices will be closed on April 1st in observance of Easter. April is the month for Friends & Family! We will be having out Friends & Family Luncheon on Friday April 5th at 12:00 PM. Lunch will be served and we will kick off our Friends and family donations! Our OSM Administrator's Resident Activity Meeting and Birthday Celebration is April 10th @ 11:00 AM in the community room. **We will go over all our events for April & May!** Everyone is welcome! Please come and bring any ideas you have for OSM and what you would like to see happen! We go over all the happenings here at OSM, please come to the meetings to stay updated.

We have many great shopping trips planned for this month. Nankin will be taking residents to Walmart, Kroger, Meijer, Big Lots, Volunteers of America, Demekos Kitchen and Grill, and MJR Theaters. Please sign up on the bulletin board if you are interested in going any trips! We also have our Basket Wrapping Activity on April 3rd and Hot Diggity Dog Fundraiser on April 15th. Please see your OSM Calendar for what is scheduled and check the bulletin board for sign-up sheets. Lots of great celebrating happening this month! *Please remember that transportation for shopping trips are with Nankin. The bus has a schedule to keep and will not wait for you, so please be in the lobby at least ten minutes before the scheduled time of the trip. Nankin bus trips cost three dollars each way.*

Also, BINGO is every Thursday at 4:00 PM. Schwan's also now known as YELLOH is coming every other Friday. This month they will be here April 5th & 19th in the lobby. STOP PEST CONTROL Will be here April 25th for 1st Floor starting at 10 AM. Thank you.

Laundry Room. If an Out of Order sign is posted on a machine, please do not use it. The sign means something is wrong and we are waiting for the WASH Company to come fix it. Please do not remove the sign from the washer. **The front loader tray is for Liquid soap only**. Do not put powder in the front load washer tray. It causes a buildup that can clog the machine. If you need to purchase a new laundry card, you can do so using the machine in the laundry room. Laundry is open 24/7. **PLEASE remember to empty the lint from the dryer after every use!**

Please keep in mind any large items being delivered to your apartment must be between 8:00 AM-3:00 PM Monday – Friday. Please notify the office if you are getting a delivery so that we can have the back doors open for you!

Please be sure to return all grocery carts to the cart room after use! **DO NOT** leave carts in the hallways or the upstairs trash room. Thank you!

Be safe and stay healthy!

Have a blessed and safe month!





Friendship

There's a miracle called Friendship, that dwells within your heart. You don't know how it happens or when it gets its start:

But the happiness it brings you, always gives a special lift. You realize that friendship is God's most precious gift!

Before you Pray- Believe

Before you Speak- Listen

Before you Spend- Earn

Before you Write- Think

Before you Quit- Try

Before you Die- Live



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Coordinator's Corner

Alisa Loveday Service Coordinator

Greetings OSM,

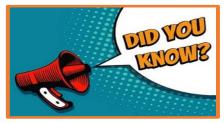


https://sites.ced.prsu.edu/ccerc/2019/04/14/fitness-wellheine-for-spring-by-malcolm-harris/

Spring renews our energy and brings us an opportunity to recommit to our health and wellness. There are many programs that can provide support for you, and give you an extra boost to get on a good track! One of those programs is GetSetUp, an online learning and discovery platform designed specifically for older adults.

GetSetUp is working with MDHHS to combat social isolation and to keep older adults mentally, physically and socially active by providing Michigan residents age 50 and older an additional 500,000 *free virtual classes* across a range of topics. The 'Wellness Warriors: Conquer Chronic Conditions' series addresses the needs of individuals managing chronic health conditions. They provide guidance on how exercise and nutrition can play a vital role in improving the quality of life for those dealing with health challenges. However, there are also cooking classes, art classes, travel classes, and more! *There's a lot to learn and enjoy for free!*

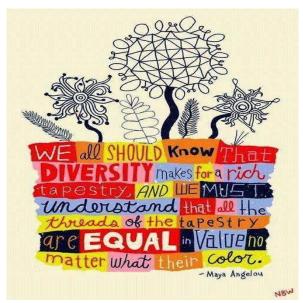
If you would like to learn, connect with others and unlock new life experiences, register at https://www.getsetup.io/partner/michigan or see me for assistance today!



The Michigan Notary Association has notaries all over the state of Michigan who are mobile, and are ready to come directly to you! To find a Certified Notary near you, please call (313) 444-0614.

Michigan State Law prohibits notaries from charging more than \$10 per notarization. If a notary is traveling to you, they can charge a travel fee that you must approve of before they travel. Travel fees are set by individual notaries and may vary by notary, city, county, distance driven, and time it takes to arrive.

https://www.michigannotaryassociation.org/find-a-notary



April is Celebrate Diversity Month, a celebration that was initiated in 2004 to recognize and honor the diversity surrounding us all. By celebrating differences and similarities during this month, organizers hope that people will gain a deeper understanding of each other.

OSM EVENTS

Friday, April 12 & 26 @ 12:00 PM Craft Day



Wednesdays in April @ 10:30 AM Coordinators Coffee Hour



Bingo will be taking place on Thursdays @ 4:00 PM in the Community Room



Friday, April 12 & 26 @ 4:00 – 6:00 PM Game Day



Wednesday, April 3rd @ 11:00 AM Basket Gift Wrapping



Friday, April 5th @ 12:00 PM Friends & Family Kickoff Luncheon



Monday, April 8th @ 12:00 PM Lunch & Learn with Annie Carpenter



Wednesday, April 10th @ 11:00 AM Administrator's Resident Meeting & Birthday Celebration



Monday, April 15th @ 12:00 PM Hot Diggity Dog Fundraiser Day



Tuesday April 16th @ 10:30 AM MJR Movie Day



Wednesday, April 24th @12:00 PM Lunch with the Wayne County Sheriff Candidate



Thursday, April 25th STOP Pest Control – 1st Floor





OSM Friends & Family – April 1-30, 2024!
April 5th will be our F & F kickoff luncheon
Our goal is \$4,300 to receive the additional \$1,000
If we reach \$8,600 we will receive an additional \$5,000
To Give online go to: www.pvmf.org/osm



Since 2002, this annual fundraising campaign has raised several millions toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.





Mayor's Message

By Kevin Coleman Mayor, City of Westland

Greetings OSM Residents,

Basic Drawing & Painting Classes Thursday, April 4, 2024 Westland Parks and Recreation is partnering with D&M Art Studio to offer art classes at City Hall. Mark your calendars every Thursday from March 14th – April 4th (4 Week class) for Kids, Teens and Adult options available for basic drawing and painting. All materials are included in the price of the class. The teen programs start at 4:15, Kids at 5:30 and an Adult program starting at 7pm. Sign up today at www.cityofwestland.com or call 734-722-7620.

Spring is right around the corner! Westland Parks and Recreation has a spring pickleball league. Starting May 15th, every Wednesday from 6-8 at Curtis Woods Park. If you are interested please register at www.cityofwestland.com. If you have questions or would like more information, please call 734-722-7620.

Mayor's 2024 Listening Tour at the Westland Friendship Center Wednesday, April 24, 2024 This informal gathering allows for people to speak directly to the Mayor and some members of his administration about specific concerns they may have, as well as offer some suggestions. There will be more Listening Tour stops scheduled throughout the year so that all areas of the City can be heard from. More dates and times will be announced soon.

The Mike Modano Ice Arena offers fun for all ages and skill sets. From freestyle figure skating and hockey to open skating and lessons to hone your skills. We look forward to seeing you enjoy the arena no matter what your favorite activity is. Open Skate-If you're looking for a great time on the ice, there is nothing better than joining some friends on the rink at the Mike Modano Ice Arena. For dates, times, and pricing please visit the Mike Modano Ice Arena Calendar. Freestyle Figure Skating-The Wayne-Westland Figure Skating Club encourages the instruction, practice, and advancement of our members in skating skills, technical development, free skating, and all other types of figure skating. To learn more, please visit the official WWFSC website.

Prepare for Success, Champion the Day, and Discover you Can with lessons at the Mike Modano Ice Arena! We've partnered with Learn to Skate USA to teach kids and adults the proper techniques needed to be a safe skater. Details can be found on the Learn to Skate page on the Wayne-Westland

Figure Skating Club site.



The Importance of Emergency Buttons



When you move in, every resident is given an Emergency Call Button. This button is to be worn around your neck at all times. If you were to fall, or in need of any emergency assistance, it is a push of a button away.

The emergency call buttons will contact EMS for you.

The possibility of falling or any emergency can happen anytime. It is SO important to wear your emergency button around your neck or at least have it within arm's length at all times. Without it, you could be unable to call EMS for long periods of time and be unable to get the help you need!

A Few Reminders:

- Please call the office with all work orders.
- Please return grocery carts to the cart room after each use!
- Please make sure the dryer lint cleaner is being emptied after each use.
- If an Out of Order sign is posted on any of the machines, please do not use them.
- No Candles, Small Candles for oils, or Incense is to be burned in the apartments or building. If you have to use a match or a lighter it is NOT allowed.
- NO Smoking in our building, there's a designated smoking area toward the rear of the building, near the carports.



Dial 1-734-740-4777

For after-hours maintenance emergencies
For Medical Emergencies, please dial 9-1-1



Ways Spring Cleaning is Good for your Mental Health

As the snow melts and flowers begin to bloom, many of us look forward to experiencing warmer weather and brighter, longer days. But this season can also bring with it a sense of anticipation for something else: spring cleaning! Here are some benefits to Spring Cleaning!

- Spring Cleaning Signals a Fresh Start- Spring cleaning is an example of what psychologists refer to
 as "temporal landmarks." Those are the moments in the time that signify transition, like a new semester
 at school or a national election. For many people, spring cleaning signals it's time for a fresh start. A
 well-organized bathroom or redecorated living room might help your brain make that shift that you're
 entering into a new phase of the year.
- Sense of Control- Focusing on things you can't control increases feelings of anxiety and overwhelm. We feel best when we take charge of the things that we do have control over. Cleaning your house is a great way to gain a sense of control. After all, you might not be able to control the price of groceries, but you can control how organized your desk is. And while you can't control the weather, you can control how cozy your home feels.
- Sense of Accomplishment- A messy house or a cluttered environment has been linked to mental health issues. Increased mental health issues can zap you of the motivation you need to clean. And as the clutter and unfinished projects pile up, your stress level might increase. You might also feel guilty or overwhelmed by mounting chores. Spring cleaning can help you feel a sense of accomplishment. Getting the house in order can give you confidence that you can tackle another goal, like getting more exercise or reading more books.
- Improved Social Life- If you've ever felt too embarrassed about the condition of your home to let anyone come inside, you're not alone. Sometimes, the embarrassment of a messy house keeps people from hosting dinner parties. At other times, the piles of extra clutter in the spare bedroom prevent them from inviting friends to visit for the weekend. A cleaner, decluttered space might help you feel more comfortable about opening up your home to others. Whether that means encouraging your neighbor to stop by for coffee or it means inviting your family over for a visit, you might feel good about people coming into your home after you've done your spring cleaning.
- Set Good Habits in Motion- Good habits can have a snowball effect. Getting your house in order may motivate you to get other areas of your life in order. You might feel inspired to get more exercise now that you've removed the clutter or you might decide to go to sleep earlier because your room feels more peaceful now that it's organized better. Having a cleaner, organized space means you can find your belongings easier. You'll spend less time looking for misplaced items and you might find you can concentrate better and think more clearly.



April Birthdays 2024 Happy Birthday!!!



Commadore Herman – April 4th

Kim Noble – April 8th

Mildred Robinson – April 12th

Mattie Brady – April 24th





April Recipe

Strawberry Cake



INGREDIENTS

NONSTICK COOKING SPRAY
2 EGGS, AT ROOM TEMPERATURE
1 CUP PLUS 1 TABLESPOON SUGAR
1/2 CUP REDUCED-FAT GREEK YOGURT
1/4 CUP MELTED BUTTER, COOLED SLIGHTLY
1 TEASPOON PURE VANILLA EXTRACT
1 1/2 CUPS ALL-PURPOSE FLOUR
1 1/2 TEASPOONS BAKING POWDER
1/4 TEASPOON KOSHER SALT

1 POUND STRAWBERRIES, HULLED, HALF SLICED AND HALF HALVED WHIPPED CREAM FOR SERVING

INSTRUCTIONS

- 1. PREHEAT THE OVEN TO 375 DEGREES F. SPRAY A PAN WITH NONSTICK COOKING SPRAY; LINE THE BOTTOM WITH PARCHMENT PAPER.
- 2. COMBINE THE EGGS AND 1 CUP OF THE SUGAR IN A MEDIUM BOWL AND BEAT ON HIGH SPEED WITH A HANDHELD MIXER UNTIL THICK, PALE AND DOUBLED IN SIZE, ABOUT 4 MINUTES.
- 3. ADD THE YOGURT, MELTED BUTTER AND VANILLA; BEAT FOR ANOTHER MINUTE.
- 4. ADD THE FLOUR, BAKING POWDER AND SALT; MIX UNTIL JUST COMBINED, 30 SECONDS.
- 5. POUR HALF OF THE BATTER INTO THE PREPARED PAN AND SPREAD EVENLY TO THE EDGES.
- 6. SPRINKLE THE SLICED BERRIES ON TOP. POUR THE REMAINING BATTER OVER THE BERRIES; SPREAD EVENLY ONCE AGAIN.
- 7. TOP DECORATIVELY WITH THE STRAWBERRY HALVES AND SPRINKLE WITH THE REMAINING 1 TABLESPOON SUGAR.
- 8. BAKE UNTIL A TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN, 45 MINUTES.
- 9. COOL COMPLETELY ON A WIRE RACK. SERVE WITH WHIPPED CREAM..

ENJOY!

SERVING: 8

Monthly Word Search

Spring Word Search

E G R Н D L E M P R U D S Н U N Ν 0 В Υ E В 0 E E В S E В A L T Т Т Н S Α M Α Α N Т D S 1 T Н P R C - 1 N Т E Т Α F Ν S Т P Н E E N G S G E Т R A ı 0 W R В E S G S R E Υ W S 0 L Υ Ε Α Α S E Н В U F N N S 0 L R - 1 W E G R 0 0 F L Υ S N E M N U W F Α Υ Υ V R 0 C N E R N В 0 W Н E Α 0 U R E L E T E Α Α Т Н S R N G P D T D



APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
SHOWERS
SPRING
UMBRELLA



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April Observances & Fun Facts:

Monthly Observations

National Food Month National Pet Month Jazz Appreciation Month Nat'l Fair Housing Month National Garden Month

Weekly Celebrations

Week 1: Public Health Week

Week 2: Nat'l Library Week

Week 3:Nat'l Volunteer Week

Week 4: Administrative Professionals Week

April Flower and Birthstone







Gem = Aquamarine



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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

OSM BOARD MEMBERS

Johnnie Jackson, Board Chair

Dereka McClay, Vice Chair

Rev. David Huber, Treasurer

Carolyn Kimbrough, Member

Michelle Williams, Member

Myra Davenport, Member

Judy Piccininni, Member

OSM Local Sponsors:



Helpful Resources

Transportation

Nankin Transit (Serving Wayne, Westland, Garden City, & Canton) (734) 729-2710 Smart ADA (313) 223-2100

Black & White Cab (for your weekend trips) (734) 722-4114

Senior Agencies

The Senior Alliance (Wayne/Westland) (734) 722-2830 PACE of Southeast Michigan (855) 445-4554

CareSync Solutions

Home Healthcare Services (248-773-4550)

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, Salvation Army, Homeless Shelters and Covenant House. 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. Alice Finley and Ms. Louise Rush.



OSM Compassionate Hearts:

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. 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! 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.

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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 Daniels

VP of Housing Operations

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!":

E THE	what
ma	do

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!