

# **Embrace the possibilities**

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

2021 | Issue V

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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.

GO MONARCHS!
YOU DID IT!!!!!!
FRIENDS AND FAMILY FUND RAISER
WAS A GIANT SUCCESS.
THANK YOU, THANK YOU TO ALL THOSE
WHO HELPED MAKE THIS HAPPEN.
OSM WILL RECEIVE JUST OVER \$10,000.00.

I am so honored and blessed to be part of an awesome team and truly grateful for being a part of this great blessing for each of you. With God All things are possible!!!!!

Prayer truly does make a difference. With God on our side, there is nothing too hard for OSM. If you can dream it, we can do it! We are the OSM Monarchs and this is how we 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!!!** 



Graziella Bruner

Housing Administrator



# **OSM Monarch Moments**

Blessings Our Saviour's Manor,

Wishing everyone a healthy month!



We hope everyone had a wonderful April! The Gazebo exit/entrance will now be available starting Monday, May 3<sup>rd</sup> for residents to enjoy the Gazebo. Please remember *that exit is for the use of the Gazebo only* please do not cut through the lawn to go to the parking lot. Our landscaper is doing a wonderful job with the upkeep of the lawn.

**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.

For those with their Google Nest, we would love to hear from you and see you. All you have to say is:

"Hey google, video call"

Administrator's Office: Graziella Bruner @ 678-999-3438

Front Office: Katelyn Dehart @ 323-902-7013

Service Coordinator: Alisa Loveday @ 323-825-1718

For after hours – emergencies – You can say, "Hey google call Maintenance Emergency"

If you have any large items that you need to throw away, you can **call 1-800-GOT-JUNK.** They will come and pick it up right from your apartment. Please call **1-800-GOT-JUNK.** We are not scheduling a dumpster at this time. If OSM calls Got Junk, then you, the resident will be responsible for making sure your items make it to the truck, but if you call, then they will come directly to your apartment.

Please **DO NOT** sit inside the front entrance vestibule. It is not a socially distanced room and if there is more than one person inside, social distancing is not be practiced.

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. All guest **MUST** sign in and fill out the COVID Form.

*Keep practicing social distancing and stay safe and healthy!* Please check your calendar for all of our upcoming events and updates.

Reminder: <u>All Visitors</u> entering our building <u>must sign in and fill out the COVID19 visitor form</u>.

<u>They must wear a mask</u> – Mask are provided for our guest at the sign in desk.



Have a blessed and safe month!

Schwan's
Delivery
Schedule

Delivery Only

You must Call for Your Delivery

1-888 724-9267





# Life

Life changes so quickly. We can be happy one day, empty and broken the next. If we've learned anything from this Pandemic, I hope it is to value the moments, treasure the memories and hold onto what counts. Make time each day to realize how fleeting life is and to thank God for each blessing. Maybe this Pandemic will teach us to slow down, appreciate what we have and how quickly it can be gone. My prayer is that it will. Life is a gift, treasure it!



# Coordinator's Corner

Alisa Lovedav Service Coordinator

### Greetings OSM!

I want to wish all of our Mothers a very Happy Mother's Day! Every woman that has an influential role in someone's life is honored and appreciated.

In the words of Booker T Washington:

"If I have done anything in life worth attention, I feel sure that I inherited the disposition from my mother."

As May brings in more sunny days and warm weather, I encourage all of you to get outside and take a walk or just sit and breathe fresh air! Even a little bit of exercise is better than none at all, so take advantage of our warmer days.

Below is some exciting news!

Introducing: Pantry exchange days!

You may stop in to drop off and pick up canned goods and other nonperishable food items.

When: 2nd and 4th Thursday each month

Time: 12pm-2pm

Place: Service Coordinator office



\*Please do not leave unwanted food items in the community room, laundry room, our outside of the Service Coordinator's office.

### 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 My Google Nest number is: 323-825-1718



# 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

Johnnie Jackson, Board Chair

Dereka McClay, Vice Chair

Rev. David Huber, Treasurer

Diane Hicks-Walker, Secretary

Natalie Brothers, Member

Carolyn Kimbrough, Member

Michelle Williams, Member

Myra Davenport, Member

Judy Piccininni, Member

## **OSM EVENTS**

Friday May 7th, 2021, at 12:00-3:00 PM Mother's Day Luncheon for all women.



Bingo will be taking place on the 1 & 3 Friday each month in our Community Room. Limited seating due to social distancing.



Tuesday, May 11, 2021 11:00 AM

Administrator's Resident Meeting and Birthday Celebration In The Community Room



Friday, May 14, 2021 from 12 PM until 3 PM. Craft Day in the community room.



Tuesday, May 18, 2021 Van Trip to Blocks – Limited Seats (please sign up)



Thursday May 20, 2021 10:00 AM- 12:00 PM
OSM Health Event





### The Healing Power of Writing



Research shows that writing about emotional experiences can be good for your health. Given the events of the past year, there is unfortunately plenty to write about. The good news is that writing about such experiences can decrease anxiety, improve immune function, increase working memory, and improve sleep.

During or shortly after you finish writing, it is common to feel sad or depressed, however, these feelings usually subside. If you start to get upset when you write, stop or change topics.

What you write is completely up to you and is yours to do with what you want. Some people save and periodically revisit their writings, some edit and turn them into stories, while others erase, burn, shred, flush, or tear them into tiny little pieces and cast them into the wind. Whatever you decide, the important thing is to write and be as honest with yourself as possible. To get the most from your writing sessions, the experts recommend you:

- Find a place and time to write where you will not be disturbed.
- Write about something that you are over-worrying about, is affecting your life in an unhealthy way, or you have been avoiding.
- Write continuously for 15-30 minutes (not worrying about spelling or grammar) for 3-4 consecutive days.
- Repeat what you have written if you run out of things to write about.
- Let go and explore your deepest emotions and thoughts.

  After you put pen to paper, you may be pleasantly surprised at just how good you feel and how your outlook on life has changed for the better.



## 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

Our Vision Changed lives. Strong families. Transformed communities.

When the strong families is a strong families. Transformed communities.

When the strong families is a strong families. Transformed communities.

When the strong families is a strong families is a strong families. Transformed communities.





### FRIENDS AND FAMILY 2021

# OSM FINAL NUMBERS WILL BE REVEALED SOMETIME IN THE MAY.

THANK YOU TO ALL THOSE WHO PARTICIPATED IN GIVING
TO HELP YOUR VILLAGE.

#### To Make a Gift

- Please come to the office for a donation envelope and mail it to PVM
   Foundation:
  - 26200 Lahser Road, Suite 300, Southfield, MI 48033.
- Go online at pvmfoundation.org/OSM to support Our Saviour's Manor
- Call the PVM Foundation at 248-281-2040

For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!



# Mayor's Message

By William Wild, Mayor, City of Westland

Greetings OSM Residents,

**Jefferson Barns Community Vitality Center** located at 32150 Dorsey Road is offering several free programs

- Free Distance Learning Support at JBCVC Open to Wayne/Westland Students only. To participate in this program complete the registration form at jbllnorwayne.com or text JBLL to 313-277-3937. Drop in is not available. Hours are Monday Thursday 3:00 p.m. 6:00 p.m.
- The Library Hours are Wednesdays 3:00 p.m. 7:00 p.m. No library card required.

**Street Sweeping has begun for the spring.** The City of Westland is performing street sweeping in order to help clean up the roads of debris for safer driving conditions and to make sure water can drain properly from the roads. Signs will be placed in the areas being swept prior to sweeping and will be removed when the route is completed. **Please keep vehicles off of the street during the sweeping.** This week the route will be Thursday's Garbage Route. We have finished Monday, Wednesday and Friday routes. Please visit www.cityofwestland.com for the map of the routes.

Composting has begun for 2021. Compost is picked up the same day as regular trash. A separate truck picks up compost. Your compost should be separated from your regular household trash by 4 feet. Mixed compost and trash will not be picked up. Branches are to be cut down to 4 feet or less and should be no larger than 3 inches in diameter. Branches should be put into small bundles and tied with rope or twine. You may put out up to 10 bundles a week. You may use compost bags or garbage cans for compost disposal. The limit for compost collection is ten compost bags or five garbage cans, with no bag or can weighing more than 50 pounds. We do not accept compost in cardboard boxes or plastic garbage bags. Compost includes: garden waste, grass clippings, hay/straw, leaves, pruning debris, tree branches.

**Mack Mayfield Municipal Golf Course** located at 500 S. Merriman Road, is open for the 2021 season. Tee Times are encouraged to be made in advance. Tee Times will be available from 7:00AM - 8:00PM, weather permitting. During the month of April, you can book time at the new Cornhole lanes inside Mac's Pro Shop through April 30th. To schedule golf time or cornhole time please call 734-721-6660.

The Westland Police Department is offering all eligible residents an opportunity to win a new Ring doorbell camera. Please visit www.cityofwestland.com for details and terms.

The William P. Faust Library located at 6123 Central City Parkway is offering Take Home Craft Kits for Kids, Teens and Adults! Exercise your creative side with a craft from the library. All kits are available to take home, while supplies last. Kids take-home crafts are paired with the Library's Facebook storytimes. Teen take-home crafts include instructions and materials. Adult take-home crafts are paired with instructional videos available on www.westlandlibrary.org and YouTube channel. Pick up craft kits for the whole family from the library lobby!

Westland Partners with Wayne County for Free Drive Thru COVID-19 Testing Clinic - The City of Westland has established a free drive thru COVID-19 testing clinic to assist in the Wayne County COVID Testing. Residents will have no out of pocket expenses for testing. However, if insurance information is available, it will be collected for the laboratory testing fees. There is no preregistration or appointments needed. Minors must be accompanied by a parent or guardian. Residents can expect to receive their results within 2-3 days, which will be shared via email, phone call or text message. The testing will take place in the parking lot of Westland City Hall, located at 36300 Warren Road. The testing hours are Monday through Friday 9:00 a.m. - 5:00 p.m. and Saturday 9:00 a.m. - 3:00 p.m.

**Free Mask Give Away** - City of Westland partners with Wayne County Executive Warren Evans and Wayne County for free mask giveaway. Westland is offering residents to come into Westland City Hall, Monday through Friday from 9:00 a.m. - 5:00 p.m. located at 36300 Warren Road and request a pack of 5 free washable masks and also receive a COVID educational packet.





### **OLDER AMERICANS MONTH**



This May is the annual Older Americans Month as declared by the federal government and celebrated by seniors and the providers who serve them. This year's theme is Communities of Strength, "recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities." We believe that it is essential to know that seniors not only built the communities which we enjoy but allowed us to stand on their shoulders when it comes to careers, families and leading a life of meaning.

This year, more than ever, we need to reach out to others and become a source of strength or simply a sounding board. This has been a very challenging year for all of us, some more than others. Yet, in the midst of our sorrows and fears, survivors have tapped into their resilience and their compassion for others. There is no doubt that our society will be very changed – in bad ways and in good.

Let's all be a part of the movement for good. Have patience for others since they may be fighting many challenges. Reach out to neighbors and friends to make sure they are okay. Donate what you can to lighten the load for another human being. Most of all, be kind to yourself since you deserve that too. PVM has been working to maintain connection via remote learning, activities and celebrations.

Let's hope and pray that next year we can once again celebrate in person. One lesson from what we have all experienced is that connection is what we have missed the most – more so than any material possessions.



### What are you putting down your drains?

Fats, Oils and Grease (FOG)

Grease in sewer pipes causes sewer maintenance problems for property owners and the city. When you use your toilet, shower, washing machine or dishwasher, wastewater leaves your home through pipes that connect to the city sewer system. Many materials frequently flushed or poured down the drain can harm the pipes that connect to city sewers as well as the city sewer system. Every property owner connected to the city sewer system can be a potential contributor to sewer problems, and a potential victim of those problems.

Putting the wrong things down the drain can damage the sewer system, cause sewer backups in your home, and sewer releases to the environment. Anyone who uses the city sewer system should be responsible for what they flush or pour down drains. Never pour grease in your sink drain and try to use your garbage disposal less.

#### **Don't Flush This**

Basically, the only things you should ever flush down a toilet are human waste (urine and feces) and toilet paper. Even though some products such as wipes and baby diapers claim to be flushable, they aren't. Here is a list of some things to keep out of the toilet.

- · Disposable diapers
- Sanitary napkins/wipes
- Cotton balls and swabs
- Feminine hygiene products
- · Cleaning wipes of any kind
- Facial tissue/wipes
- · Bandages and bandage wrappings
- Automotive fluids
- Paint, solvents, sealants and thinners
- Poisons and hazardous waste
- Pet poop

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, 8:00 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



# **Spring Cleaning**

Spring is officially here! Which means it's a great time to do some spring cleaning. Spring cleaning has the great advantage helping relieve stress and make you feel calmer while at home. Decluttering can also help relieve stress and depression as well as helping to avoid injuries. With how much time we have all been spending at home this past year, spring cleaning offers a great opportunity to clean freshen up your living space.

Here are some helpful tips to help you get started.

- Start one room at a time.
- Get rid of clutter
- Create a checklist of what you want to get done.
- Clean out cabinets
- Dust uncommon places
- Clean appliances
- ❖ Make a schedule.



# May Birthdays 2021

Happy Birthday!!!

Jessie Clark-May 16th

Mary Bennett – May 23<sup>rd</sup>

Phyllis Johnson – May 26<sup>th</sup>





# **May Recipe**

# Baked Beef and Barley Soup



### **INGREDIENTS**

1-1/2 POUNDS STEW BEEF
3 TABLESPOON OLIVE OIL OR VEGTABLE OIL
1 MEDIUM OINION, CHOPPED
5 CUPS BEEF STOCK
1/2 TEASPOON DRIED THYME
1/2 TEASPOON DRIED MARJORAM
1/4 TEASPOON DRIED ROSEMARY
1 CUP PEARL BARLEY
1 TBSP FINELY CHOPPED FRESH PARSLEY FOR GARNISH
SALT AND PEPPER TO SEASON

#### INSTRUCTIONS

- 1. PREHEAT OVEN TO 350°.
- 2. TRIM ALL FAT FROM BEEF AND SEASON WITH SALT AND PEPPER.
- 3. CUT BEEF INTO 1/2 IN. CUBES.
- 4. HEAT THE OIL IN A LARGE SKILLET OVER MEDIUM HIGH HEAT.
- 5. SAUTE THE ONION.
- 6. ADD THE BEEF AND BROWN THEM ON ALL SIDES. (ABOUT 8-10 MINUTES)
- 7. TRANSFER THE ONION AND BEEF TO A 3-QUART UNGREASED CASSEROLE DISH AND SET ASIDE.
- 8. COMBINE THE STOCK, HERBS, AND BARLEY IN THE SKILLETT AND BRING TO A BOIL.
- 9. POUR THE STOCK MIXTURE OVER THE SAUTEED ONION AND BEEF
- 10. COVER AND BAKE FOR 1 HOUR.
- 11. GARNISH WITH PARSELY AND SERVE.

**Enough for 4 Servings** 

**ENJOY** 

### **Monthly Word Search**

# Happy Mother's Day!

It's Mom's special day. Here are some hidden words that make us think of her.

The words can be up, down, forward, backward, or diagonal.

Α	Н	U	G	S	E	N	U	Т	Т	C	R
K	E	N	н	Υ	K	М	0	М	U	н	0
N	S	Α	R	N	0	I	I	0	I	S	G
Т	R	R	N	Т	U	J	S	Т	S	R	R
E	S	G	н	J	U	Α	N	S	R	E	Н
L	Т	E	Т	E	Α	U	U	Α	E	J	С
E	R	Α	В	F	I	0	R	F	W	S	Α
Р	0	C	K	Е	I	U	Т	K	0	E	N
н	F	R	E	Т	н	G	U	Α	L	U	D
0	М	L	0	V	E	Т	R	E	F	I	Υ
N	0	I	Т	Α	I	C	E	R	Р	Р	Α
Е	C	N	Α	D	I	U	G	В	F	K	Е

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APPRECIATION BREAKFAST CANDY COMFORT FLOWERS GIFT GUIDANCE HUGS JOY KISSES LAUGHTER LOVE MOM MOTHER NURTURE SHARE TELEPHONE THE BEST



# **May Observances & Fun Facts:**

### May is observed as:

Asian American Month
Foster Care Month
Mystery Month
National Barbecue Month
National Blood Pressure Month
National Photograph Month
Older Americans Month

# **Weekly Celebrations**

1st Week: Nurses Week 2nd Week: Wildflower Week 3rd Week: National Bike Week

4th Week: Emergency Medical Services Week

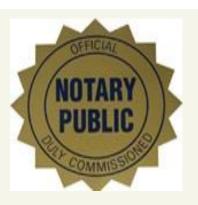
# **May Flower and Birthstone**



Flower = Lily of the Valley



**Gem = Emerald** 



# 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



"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!