

Embrace the possibilities

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

2024 | Issue V

Featured Articles

Monarch Moments pg.02 Inspirational Moments pg.03 Coordinator's Corner pg.04 **OSM Events** pg.05 **Giving Matters** pg.06 Mayor's Message pg.07 Maintenance Tips pg.08 Katelyn's Column pg.09 Birthdays/Calendar pg.10 **OSM Recipe** pg.11 Word Search pg.12 Fun Facts pg. 13 **Local Sponsors** pg.14 **OSM Classifieds** pg.15



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

Look for PVM on:











We have now entered into the 5th month of the year! We welcome May with a grateful heart. Time really does fly by and waits for no one. April brought us the rain showers, now it is time for the May flowers. Speaking of flowers, Blocks Market is now open and The Village of Westland has graciously allowed us to use their bus on Fridays for a shopping trip. Let's plan a day at Blocks in our upcoming Administrator's Resident Meeting.

I would like to extend my heartfelt *THANKS* to all those who graciously gave towards our OSM Friends and Family in April! *WE DID IT*! OSM has doubled their goal and will receive the additional \$5K from the PVM Foundation! Let us start planning our events!

Our next event is the Legacy Tea on May 19th, we will be using the Westland Bus for this event. Let us also remember that the second Sunday of the month is Mother's Day, May 12th. A fact about Mother's Day: it was founded by Anna Reeves Jarvis after her mother Ann passed away on May 09, 1905. She set out to create a day that would honor her and moms as a group. She began the movement in West Virginia, which prides itself on hosting the first official Mother's Day Celebration. In 1914, President Woodrow Wilson signed a bill recognizing Anna Jarvis idea as a National holiday to be celebrated on the second Sunday in May. The Mother's Day Flower is the White Carnation. Anna Jarvis sent 500 white carnations to her mother's church to honor the mother's on the 1st Mother's Day Celebration. She picked the white carnation flower because of the flower's shape and life cycle to a mother's love. Per Ms. Jarvis in an interview in 1927 "The carnation does not drop its pedals, but hugs them to its heart as it dies, as so too, mother's hug their children to their hearts, their mother love never dying".







OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a Healthy, Happy, & Blessed May!



Happy May! We hope everyone had a wonderful April and we welcome May! Spring is here and summer is fast approaching! Happy Cinco de Mayo and Happy Mother's Day! We also celebrate Memorial Day this month on May 27th. Offices will be closed in observance for this holiday. Thank you to everyone who donated to Friends & Family! We cannot wait to hear all your great ideas for your activity fund! Our OSM Administrator's Resident Activity Meeting and Birthday Celebration is May 8th @ 11:00 AM in the community room. We will go over all our events for May & June! 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. Victory Cup is also fast approaching! Victory Cup is in person at the Suburban Showplace Center on Friday June 21st! Our next Victory Cup Meeting is May 22nd at 1:00 PM in the community room.

We have many great shopping trips planned for this month. Nankin will be taking residents to Walmart, Kroger, Meijer, Hobby Lobby, Culvers, Target, Ross, Heartland, Volunteers of America, and Randazzos. Please sign up on the bulletin board if you are interested in going on any trips! We also have the Legacy Tea at The Gathering Church on May 19th. All those who signed up, please be in the lobby for pick up at 1:00 PM. 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 May 3rd, 17th, & 31st in the lobby. STOP PEST CONTROL will be here May 24th for Apt 217- 232 starting at 10 AM. Thank you.

The City of Westland has a municipal access TV channel to broadcast up to 13 hours per month of original government access programs such as city council meetings, planning commission meetings, Westland report with Mayor Kevin Coleman, and more! Comcast is Channel 12 & AT&T is Channel 99.

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!





Miracle of 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





Coordinator's Corner

Alisa Loveday Service Coordinator

Greetings OSM,



May is Mental Health Awareness Month, a time to increase awareness about the vital role mental health plays in our overall health and well-being.

May is also a time to raise awareness of and reduce the stigma surrounding behavioral health issues, as well as highlighting the ways in which mental illness and addiction can affect all of us – patients, providers, families, and our society.



Lifeline Program

Due to the changes with our front door access, you will need to have a cell phone in order to buzz in your visitors. Everyone here at OSM qualifies for a FREE cell phone through the Lifeline Program. Even if you do not want or need a new phone, many cell phone companies will at least reduce your monthly rate if you give them your Lifeline qualification code.

I am happy to assist if you in qualifying for the Lifeline Program; just call or stop by my office to make an appointment.



POWERED BY CONNECTION: MAY 2024

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.



What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities. OSM has many opportunities; watch your calendars!
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
 - Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors. acl.gov/oam

OSM EVENTS

Friday, May 10 & 24 @ 12:00 PM Craft Day



Wednesdays in May @ 10:30 AM Coordinators Coffee Hour



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



Friday, May 10 & 24 @ 4:00 – 6:00 PM Game Day



Tuesday, May 7th @ 1:00 PM Veterans Presentation



Wednesday, May 8th @ 11:00 AM Administrator's Resident Meeting & Birthday Celebration



Monday, May 13th @ 11:30 AM Lunch & Learn Legacy Begins



Sunday, May 19th @ 1:00 PM Pickup Legacy Tea @ The Gathering Church



Monday, May 20th @ 1:00 PM Zing Bingo



Wednesday, May 22nd @11:00 AM Blood Pressure Screening



@ 1:00 PM Victory Cup Meeting



Friday, May 24th STOP Pest Control – Apt.217-232



Monday, May 27th
Offices Closed in Observance of Memorial Day





Giving Matters.

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

OSM FRIENDS & FAMILY 2024







Mayor's Message

By Kevin Coleman Mayor, City of Westland

Greetings OSM Residents,

Save the Date! May 8th from 5PM-7PM, Jefferson Barns Community Vitality Center is hosting a Family Jamboree Night. Be sure to join us for a night of entertainment, food, music and more. For more information, please email ezarzecki@cityofwestland.com

Mayor Kevin Coleman is starting an exciting new program. 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

Boards and Commissions Why Get Involved in a Board or Commission? Boards and Commissions are an important part of City Government. Serving on a Board or Commission enables residents to impact City policies and activities. Volunteering on a Board or Commission is one of the most effective methods of participating in municipal government and making the City of Westland a better place to live, work and play. In addition to empowering the community, volunteering provides benefits for the individual. Volunteers have the opportunity to develop new skills, gain valuable experience, meet new people, stay active and make a positive contribution to their community. You can apply ONLINE through our Boards and Commission Online Application.Or download our current Boards and Commission Application (PDF). Once filled out please return to:

City of Westland Mayor's Office Attn: Boards and Commissions 36300 Warren Rd Westland, MI 48185





Fire Safety Reminders!

If and when a real fire where to happen at our building There are a few rules you, as a resident, MUST follow:

- 1. If you are to discover a fire, pull the fire alarm.
- 2. Immediately evacuate the building.
- 3. Exit the building using the nearest exit or stairway. DO NOT attempt to use the elevator.
- 4. Exit the building and proceed north to the sidewalk on Annapolis Rd or continue east to the Church driveway.
- 5. Once you are safely away from the building. Call 911.
- 6. DO NOT attempt to go back into the building until the Fire Department clears the building for reentry. They will say, "All Clear"



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



Tips for a Healthy Brain

Preserving your mental abilities as you get older is easier than you might think — and it can even be fun. Here some great ideas to get you started!

- Control Your Cholesterol and Blood Pressure Levels High cholesterol and high blood pressure
 increase your risk of heart disease and stroke, which are thought to contribute to the development of
 certain types of dementia, or severe memory loss. Good cardiovascular health, which means having
 healthy blood sugar, cholesterol, and blood pressure levels, along with maintaining a healthy weight is
 associated with better cognitive function, according to a study published in 2021 in the Journal of
 Alzheimer's Disease
- Exercise Regularly Regular physical activity is thought to help maintain blood flow to the brain and reduce your risk of conditions such as high blood pressure that are associated with developing dementia. A study published in 2020 found additional positive effects of exercise on the brain and concluded that promoting a physically active lifestyle in older adults could potentially delay about one-third of dementia cases worldwide. At any age, it's important to choose activities you feel comfortable doing, and to build up the time and intensity of your workouts gradually.
- Stimulate Your Brain Having a mentally stimulating job or doing other activities that engage your brain
 may help build cognitive reserve. You can also keep your mind active by learning new skills. Acquiring
 skills in later life, including those related to adopting new technologies, may have the potential to reduce
 or delay cognitive changes associated with aging.
- Socialize More Making new friends or spending time with the ones you have might be good for your brain. A Japanese study published in 2021, looked at older adults and found that participants with consistently high or increased social engagement had a lower risk of dementia than those with consistently low social engagement
- Play Brain Games Playing brain or memory games and even playing games in general can help keep the brain healthy. Although these games won't offset the brain changes that come with aging, they may help test and train your memory. In addition, playing games with friends and family can also be part of an active social life, which has its own brain benefits. "Brain training games" or computerized cognitive training games designed specifically to exercise memory, attention, speed, flexibility, and problemsolving can be fun, and may also help.



May Birthdays 2024 Happy Birthday!!!



Luz Robinson – May 3rd
Jessie Clark – May 16th
Mary Bennett – May 23rd





May Recipe

Cherry Berry Smoothie



INGREDIENT

- ½ CUP FRESH OR FROZEN UNSWEETENED PITTED RED TART CHERRIES
 - ½ CUP LOWFAT MILK
 - 1/4 CUP PLAIN FAT-FREE OR LOW-FAT YOGURT
- 2 TABLESPOONS FRESH OR FROZEN UNSWEETENED BLUEBERRIES OR RASPBERRIES
- 1 TABLESPOON FROZEN TART CHERRY JUICE OR CRANBERRY JUICE CONCENTRATE, THAWED
 - 1 TABLESPOON HONEY
 - ½ TEASPOON VANILLA
 - 8 ICE CUBES

INSTRUCTIONS

- 1. IN A BLENDER COMBINE 1/2 CUP CHERRIES, MILK, YOGURT, BLUEBERRIES, JUICE CONCENTRATE, HONEY, AND VANILLA.
- 2. COVER AND BLEND ABOUT 45 SECONDS OR UNTIL SMOOTH.
- 3. ADD ICE CUBES. COVER AND BLEND ABOUT 15 SECONDS MORE OR UNTIL SMOOTH.
- 4. POUR INTO TWO CHILLED GLASSES.
- 5. IF YOU LIKE, TOP EACH WITH ADDITIONAL CHERRIES OR CHOPPED DRIED CHERRIES.

ENJOY!

SERVING: 2

Monthly Word Search



 F
 M
 H
 O
 L
 I
 D
 A
 Y
 A
 T
 S
 C
 Z
 C

 J
 I
 A
 R
 K
 V
 P
 R
 I
 D
 E
 V
 Z
 P
 E

 R
 H
 F
 M
 M
 U
 S
 I
 C
 D
 R
 P
 M
 T
 L

 M
 M
 R
 A
 O
 W
 B
 Q
 P
 T
 A
 C
 O
 S
 E

 A
 A
 T
 R
 A
 T
 A
 A
 D
 E
 B
 B
 B
 B
 F
 A
 A
 D
 E
 B
 B
 B
 F
 A
 A
 D
 T
 A
 A
 D
 T
 A
 D
 T
 A
 D
 T
 A
 D
 T
 A
 D
 D

MUSIC FESTIVAL PUEBLA MARIACHI PINATA
FIESTA
MEXICO
CELEBRATION
PARADE

SOMBRERO AMIGO TACOS MAY MAYO HOLIDAY VICTORY MARACAS PRIDE





letsdopuzzles.com - for personal use only



May Observances & Fun Facts:

Monthly Observation

Arthritis Awareness Month Nat'l Barbecue Month Jewish American Heritage Month National Military Appreciation Month

Weekly Celebrations

Week 1: Public Service Recognition Week
Week 2: Nurses Week
Week 3: Nat'l EMS eek
Week 4: Nat'l Police Week

May Flower and Birthstone



Flower = Lily of the Valley



Gem = Emerald



A SENIOR LIVING COMMUNITY



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.

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





Embrace the possibilities

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!