



Village Voice



Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • www.pvm.org

June 2013

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From The Village Administrator

Happy June!

Thank you to all of you who celebrated and helped out with our annual Family and Friends event and gave so generously for the purchase of our awning over the patio. Both the kick-off party and the main event were very successful. Without all of you and your family and friends, we never could have been this successful. The amounts are still being calculating by the foundation, and they will share the final count on June 10. As soon as I have the total amount, I will let you know.

The Peace Manor Art Gallery is growing, and I thank everyone who has donated any artwork either for purchase or display. I am very impressed by the talent of all of the artists we have in this building. I want everyone to understand that this gallery is meant as a fundraiser for our community. It is displayed for residents, anyone visiting residents, volunteer workers, anyone teaching a class or meals on wheels

guests. We will only be selling the art work during business hours, and we are not inviting anyone in during times we are not here. If you have any questions, you are always welcome to come speak to me or Stacey.

The Victory Cup is coming this month. I know a lot of you took part in the event last year. Hopefully we are able to get a lot of participants again this year. I look forward to being a part of this event with you this year.

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Laugh!!!

Laughter is truly the best medicine

These jokes were submitted by a fellow resident!! Enjoy!!

I felt like my body had totally gotten out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobic class for seniors. I bent; I twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was over.

A man was telling his neighbor, "I just bought a new hearing aid, it cost me four thousand dollars, but it's state of the art.....It's perfect."
"Really", asked the neighbor. "What kind is it?" The man said, "Twelve Thirty."

Times Change.....

1972: Long hair
2013: Longing for hair

1972: Moving to California because it's cool
2013: Moving to California because it's warm

About Aging.....

When you are dissatisfied and would like to go back to youth, think of algebra.

The older we get, the fewer things seem worth waiting in line for.

Announcements

Maintenance Corner

Kevin will begin to change air filters the week of June 3. Please let the office know if you do not want him to enter if you are not home.

Laundry Room Hours

Laundry room hours are from 8am-10pm. Please do not start a load of laundry after 9pm.

Resident Parking

This is just a friendly reminder to park your vehicle straight and only use one parking spot.

Wellness Room

Please remember to turn the television off in the wellness room when you are done exercising. Also, please shut and lock the door to the balcony before exiting the wellness room.



From The Village Parish Nurse

Questions to Ask When Choosing a Doctor

What are the doctor's professional qualifications:

- License to practice?
- Certification by medical specialty board?
- With what hospitals are you affiliated?

What is their accessibility:

- Do they have a call in hour for you to ask questions?
- Do they refer you to other specialists when needed?
- Will they care for you if hospitalized?

Practice Environment:

Your physician and his or her staff should treat you with respect and courtesy. Considerate treatment includes:

- A minimal amount of waiting time.
- A clean, fresh office.
- Confidential handling of health information.
- Privacy during interviews, examinations, treatments and consultation.
- Help in completing routine insurance forms, if requested.

In evaluating your physician, the ultimate consideration is your personal satisfaction with the medical care you receive.

Eight Reasons to Leave Your Doctor:

- Poor bedside manner
- Too vague and evasive
 - Never on schedule
- Can't diagnose the problem
 - Ordered too many tests
- Discourages second opinions
- Did not protect medical privacy
 - Unpleasant office staff
- Don't feel you are being listened to

Blessings,
Sue Perkins, R.N.

Celebrate Summer Luncheon

Save the Date

When: Saturday, June 8
Time: 11:00am- 1:00pm
Where: The Village of Peace Manor Community Room
Cost: \$4.00
Menu: Picnic Style Food

Special Guest Speaker, Deb Ives

Speaking on Healing Love

Parish Nurse Schedule

Sue Perkins is available every Wednesday from 1:00-3pm to take blood pressures. She is also available to counsel with regarding health advice.

Join her at 3pm in the library for Bible study.





For Your Safety.

By *Carrie L. Moon-Dupree*,
Vice President of Risk Management & Quality

Fire Safety

May was one of our two fire drill months for independent living. By now you should have participated in a fire drill at your Village. Why should you participate in these drills? You should participate in these drills because it just might save your life. We do drills so that in the event there is a real fire, you will know how to react. Last year, we had a fire in one of our units that completely burnt the unit down. It pays to know what to do when the alarm goes off.

During a fire drill, staff is looking for barriers to evacuating the building in a fast safe manner. Do some residents need assistance? Can all the residents hear the actual alarm ringing? Do residents know where to go when the alarm does go off? Can the building be evacuated quickly? Can we improve the time? Each time a drill is completed; staff de-briefs and looks for ways to improve.

If you cannot hear your fire alarm or do not know what to do in the event the alarm goes off, please contact your administrator. We can help. Please do your part

and make yourself available to participate on the day of the drill.

Remember, all our campuses are non-smoking. The fire last year was caused by a cigarette burning on a couch. Bar-b-que grills are not allowed on balconies or patios that are near the building. Never use an open flame, such as a candle in your apartment. Use a timer to remind you that you have placed something on the stove. All these tips, plus participating in fire drills, will go a long way to keep you and fellow residents safe.

Carrie L. Moon-Dupree
V.P. Risk Management & Quality

Recipe of the month

SETTLER BEANS

(This recipe is a double batch)

- 1 lb. ground chuck
- 1 lb. bacon
- 1 onion
- 2 cans pork and beans
- 2 cans kidney beans
- 2 cans butter beans
- 3 tablespoons mustard
- 3 tablespoons molasses
- Salt and pepper to taste
- 1 cup brown sugar

Brown the bacon and onion. Drain most of the grease. Brown the ground chuck and drain. Mix everything in the crock-pot and cook six to eight hours on low heat setting.

You can also cook them in the oven at 350 for an hour or so.

These beans are sure to disappear at a Family BBQ.





Giving Matters.

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

Inspire Possibilities Breakfast Raises Over \$117,000

The PVM Foundation's third annual *Inspire Possibilities* fundraising breakfast event on April 26th was a success, raising over \$117,000! In its two previous years, this event has netted more than \$237,000 for many innovative, life-enhancing programs and services for Michigan seniors. Nearly 300 guests attended the complimentary, one-hour event held at the **Centerpoint Marriott** in Pontiac.

The event featured three inspirational testimonials from residents and a family member of a resident, who shared how their lives were impacted by the possibilities PVM provides:

- **Motoko Huthwaite**, a resident at The Village of Westland. For health reasons, Mrs. Huthwaite was unable to attend, so her story was shared by Ellen Byrne, executive director at The Village of Westland.

- **Reva Wujcik**, a Board Member and family member of a resident at The Village of Redford, and
- **Janet DeVold**, a resident at The Village of Oakland Woods.

We deeply appreciate and thank all the new Peterson Mission Maker members (\$1,000 or greater pledge over two or more years) for their long-term commitment to PVM seniors, as well as the donors and Table Captains who helped make the third annual *Inspire Possibilities* breakfast such a success. Thank you for making a difference in the lives of Michigan seniors!

If you are interested in learning more about this event or about becoming a Peterson Mission Maker Society member, please contact me at 248.281.2040 or pmiller@pvm.org.

Warm regards,
Paul J. Miller, CFRE

Village Victory Cup

When: Friday, June 21
Where: The Ultimate Soccer Arena
Time: 9am-3:30pm

All residents are welcome to participate. This is a fun filled day. A free lunch is provided. The Village bus will depart from Peace Manor at approximately 8am.



Donations

Please remember we are always collecting food donations for the Hope center and Macomb County food pantry.

We also continue to collect loose change for "The Pennies for Angel's" fund and also Abigayle Ministries.

Thank you for your generous donations to the people of Moore, Oklahoma. Kevin will be taking the items to Art Van Furniture this Thursday, May 30.

It's Your Life. Live it Well.

Promoting a lifestyle of wellness and staying active, to the fullest extent possible, within all areas of life is what PVM strives to achieve through its Wellness program. PVM is committed to providing a holistic, evidence-based approach to wellness—mind, body and spirit.



TUESDAYS • JUNE 3RD – JULY 8TH • 1:00 p.m. – 3:30 p.m.

FREE to Adults Age 60+



Chronic Pain Self-Management Program

Developed by Stanford University, the **Chronic Pain Self-Management Program** is a workshop designed for people with chronic pain who want to maintain active, fulfilling lives. Workshop participants learn how to:

- Deal with fatigue, isolation, & poor sleep
- Improve strength, flexibility, & endurance
- Use medications appropriately
- Communicate better with family, friends, & health professionals
- Eat healthier
- Pace activity with rest
- Evaluate new treatments

The workshop is facilitated by two trained & certified leaders.



LOCATION:

The Village of Peace Manor
17275 Fifteen Mile Rd.
Clinton Township, Michigan 48047

Space is limited! To register call:
Camille DeBlaere **(586) 751-5090**

This program is funded, in part, by the federal Older Americans Act, the Michigan Office of Services to the Aging, and the Area Agency on Aging 1-B. It complies with the terms and regulations of Title V of the Civil Rights Act of 1964 as amended, Section 504 of the Social Rehabilitation Act of 1973, and is an Equal Opportunity Employer.

June Birthday Celebrations



June Birthday Party Celebration

Join us in celebrating your fellow residents who have Birthdays in June

When: Thursday, June 20 at 1:30pm

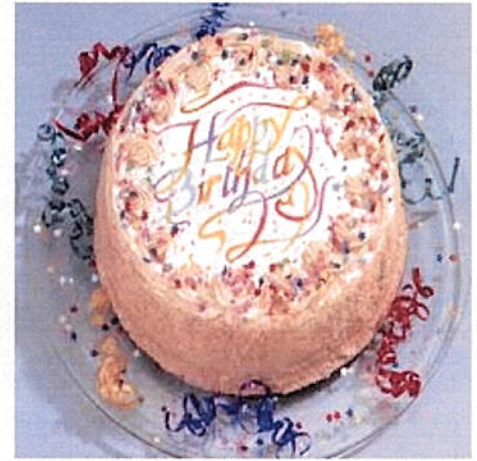
Where: Peace Manor Community Room

Cakes, Assorted Desserts and Refreshments will be served

Happy Birthday to You!

Let's Wish Our June Birthday Residents A Very Happy Birthday!

Helean Schroeder.....6/02	Lucia Baird.....6/15
Barbara Cosner.....6/03	Jeannie Waters.....6/15
Danny Divito.....6/04	



Father's Day Is June 16



May you have a blessed Father's Day!!

"A Father provides the foundation of strength, wisdom and hope, so that his children may build their dreams upon it."
-Author Unknown





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

The Senior Advocate

Recently I made a small purchase at a deli of a grocery store. In order to assist me the employee had to interrupt another large scale job she was doing. I said to her that I was sorry she had to interrupt her task for such a small purchase. Without missing a beat she smiled and replied: "You are not an interruption. You are our customer.

We are here because of you." This store now has a customer

for life on me thanks to her!

This is the core philosophy of all that we do here at PVM; and our Service Excellence training along with our strategic planning support that philosophy. We exist to serve you and appreciate your business. Thanks for entrusting your quality of life with us!

Sincerely,

Lynn Alexander
V.P. Public Affairs

To all;

Thank you all so much for the beautiful baby shower!! It was absolutely fantastic and I was very touched that so many of you were able to attend. The amount of effort that went into it was amazing and the gifts, well, you guys really out did yourselves! Steve and I were blown away by your generosity. It has been a wonderful two years here at Peace Manor and I look forward to sharing more memories and a new chapter to my life after the baby.

Love,
Becca



Older Michiganians Day Rally

When: Tuesday, June 4

Where: Lansing, MI

Older Michiganians Day 2013 will feature a rally on the steps of the State Capitol in Lansing on June 4 to advocate on issues and programs that affect older Michigan residents.

For more information, or to be part of older Michiganians Day 2013

Contact:

Mary Ablan
Michigan Association of Area Agencies on Aging
6105 St. Joseph Highway,
Suite 204
Lansing, MI 48009
(517) 886-1029

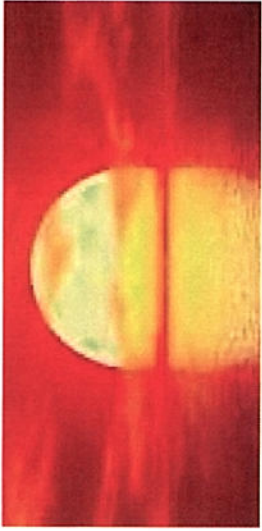
www.oldermichiganiansday.com

Your State Representative

Marilyn Lane
31st District
State Capitol~P.O. Box 30014
Lansing, MI 48909-7514
(517) 373-0159

Email:

marilynlane@house.mi.gov



June 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9-10am: Coffee and Doughnuts
2	31 1-3:30pm- Program On Chronic Pain 6pm- Pokeno	4 1:30pm- Milkman	5 1-3pm- B.P. Screens 1pm- Sing-A-Long	6	7 10am- Communion 10am- Bus to Meijer	8 11am-1pm- Luncheon 1:30pm- Bingo
9	10 1-3:30pm- Program 1pm- Diabetic Footwear	11 1:30pm- Milkman 6pm- Pokeno	12 1-3pm- B.P. Screens 3-4pm- Bible Study	13 12:45pm- Chair Exercises	14 10am- Communion 10am- Bus to Meijer 1pm- Schwan's	15
	17 1-3:30pm- Program On Chronic Pain 6pm- Pokeno	18 1:30pm- Milkman	19 1-3pm- B.P. Screens 3-4pm- Bible Study	20 10am- Bus to Meijer 1:30pm- June B-day Party	21 10am- Communion 8am- Bus to Victory Cup	22
23	24 1-3:30pm- Program	25 1:30pm- Milkman 6pm- Pokeno	26 1-3pm- B.P. Screens 3-4pm- Bible Study	27 12:45pm- Chair Exercises 6pm- Movie	28 10am- Communion 10am- Bus to Meijer 1pm- Schwan's	29 12pm- Bingo
30						

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org



Office Numbers

586- 790-4500

Village Staff

Melissa Riesterer
Administrator

Sue Perkins
Parish Nurse

Stacey Klooster
Administrative Assistant

Kevin Dembek
Maintenance Tech

Camille DeBlaere
Service Coordinator

EMERGENCY NUMBER

586- 450-3648

Fax Number

586- 790-4501



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



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