



# Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

June 2018

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The Village of  
**Westland**  
A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Look for PVM on:



## UPDATES AND REMINDERS

**Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.**



**No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the covered parking.**

**Smoking in the apartments is forbidden. Residents**



**violating this policy could be evicted.**



**Like and Join the Village on Facebook!**



**We have a Facebook page titled Presbyterian Village of Westland!**



**You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!**

**Love living at the Village of Westland?!?!**

**What to live near your friends and get money for it?!?!**

**Here's How!**

**If you refer a resident who ends up living here for at least 90 days, you will receive a \$500 bonus!**



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Drink Up!

As we get older, our need to stay hydrated increases. If you lead an active lifestyle, your need is even higher. And now that the weather has warmed up, if you are active outdoors your need is even higher still. So why is it important to stay hydrated? For one, water helps our brains function properly. When we are dehydrated our capacity to think is diminished. We can get confused, become dizzy, get disoriented and as a result suffer a fall that could have disastrous consequences. If we don't drink enough water our ability to eliminate waste is also impacted. Our kidneys won't function properly, which in turn can lead to a host of serious health problems. In general, the average healthy adult needs 64 ounces of water daily (eight 8 ounce glasses), however, the amount you need may differ depending on how active you are, on whether you have a chronic health condition, and on the amount and types of medications you take. As a result, it's best to have a conversation with your health care provider about your personal hydration needs. During that conversation, if you are someone who happens to also be dealing with incontinence and you haven't mentioned it to your doctor before; it's time to do so. A common but potentially dangerous practice some of us employ to deal with incontinence is to substantially reduce our fluid intake. Your doctor should be able to provide you with some tips, advice, and a treatment plan to deal with your incontinence in a much safer and healthier way.

#### Staff Extensions...

**Michele White ~ 28885**  
Executive Director

**Mary Saffian ~ 0**  
Lead Receptionist

**Lisa Scott ~ 28893**  
Housekeeping Lead

**Shana Brown ~ 28886**  
Wellness Manager

**Shari Thompson ~28952**  
Billing

**Jason Lovelly ~ 28927**  
Human Resources

**Kara Otto ~ 28810**  
Social Worker

**Pam Webert and Jennifer Wolf ~ 28953**  
Fitness Specialist

**Melissa Nestorovski ~ 28928**  
Marketing Manager

**Sam Wingerter ~ 28896**  
Sales and Leasing Specialist

**Lisa Hall ~ 28889**  
Beauty Shop



# The Senior Advocate.

*By Lynn Alexander,  
Senior VP & Chief Marketing Officer*

## Summer Reading Fun

Recently I experienced the joy of being able to read to my grandchildren many times over while on vacation with them. I think I read the book about a dog named Biscuit at least forty times! What joy to be a part of their enthusiasm for reading. It flashed me right back to reading every night to my son and even being read to myself by my parents. I can even recall the excitement I felt as an elementary student when I brought the book Fun With Dick and Jane home to proudly show my mom. You can most likely flash back to some of your favorites as well. Reading is one of many ways that we can open up new worlds to our grandchildren and give our children some time to pursue other things. Also, this can help to set the path for success. Many studies have shown that being an avid reader gives youngsters a real advantage when it comes to learning overall.

Now that summer vacation is coming check out your local library. You can help your grandchildren select some of their favorite books and borrow them. Another thought is to create a contest to see how many books you can read together by the end of the summer. For advanced grades there will often be a recommended reading list sent home by teachers. You can also help with this which once again reduces some of the pressure on your own children as their parents. Some libraries ask for volunteer readers so that you can help other children learn the joy of reading. Remember to recapture the joy of reading for yourself. Sometimes we can look forward to lighter reading with fun novels at the pool or beach. Enjoy the summer and read on!



# Giving Matters.

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



***Engage to make Michigan the best place to live—at any age!***

***You're a rock star!***

***PVM is so lucky to have you reading this right now!*** You're out in your community doing great things.

You're volunteering, giving, advocating and so much more!

***There is a place for your kind of engagement at PVM.*** You're needed by your community—you're needed by older adults.

Engage in any way, at ***any age!*** You are key to a healthy, happy Michigan!

Here are some ideas:

- Make a gift to your local PVM Village
- Volunteer for a project or event at your Village
- Call your elected representative to tell them to keep fighting for older adults

***May is "Older Adults Month" and this year's theme is "Engage at Any Age!"***

***What are some of the ways you're currently engaged and what will you do in the future?*** Please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org) – we want to know!

Thank you!

Paul J. Miller, CFRE

# JUNE FACTS

The 6th month of the year brings us Summer, Father's Day, Flag Day, and the Summer Solstice.

In the Georgian calendar, the calendar that most of the world uses, June is the sixth month. However, according to the early Roman calendar, June was actually the fourth month and had only 29 day. In 46B.C, Julius Caesar gave June 30 days instead of 29 when he reformed the Roman calendar. June was named after the Roman goddess Juno, who is the wife of Jupiter. However, others say that its name actually came from the Latin word iunioris. It means the younger ones, which is opposed to majors or elders which May's name was originated from. In June, spring ends and summer begins in the Northern Hemisphere. During this time, all the flowers and plants are very beautiful. In the southern hemisphere, winter begins in June.

Below are some fun facts about June:

1. The birthstones for June are the pearl, alexandrite, and moonstone.
2. The birth flower for June is the rose.
3. The zodiac signs for June are Gemini (May 21 - June 20) and Cancer (June 21 - July 22)
4. On June 1, 1792, the state of Kentucky, also known as the Bluegrass state, became the 15th state of the United States.
5. On June 1, 1796, Tennessee, also known as The Volunteer State became the 16th state of the United States.
6. On June 5, 1947, George C. Marshall, the Secretary of State, described the Marshall Plan.
7. On June 14, 1777, the flag of the United States was adopted by the Continental Congress.
8. June 14, 1900 - Hawaii was organized as a territory
9. On June 15, 1215, the Magna Carta was granted by King John.
10. On June 15, 1775, George Washington was appointed the commander in chief of the Continental Army.
11. On June 15, 1836, Arkansas also known as the Natural State, became the 25th state of the United States.
12. Finland's Flag Day is celebrated on the Saturday closest to June 24.
13. On June 6th, Sweden celebrates its national holiday, Flag Day.
14. On June 12, The Philippines' Independence Day is celebrated.
15. On June 18, 1812, the United States declared war on Great Britain.
16. National Candy Month
17. National Dairy Month
18. National Iced Tea Month
19. June 5 - World Environment Day
20. June 20 - Father's Day



# Welcome To The Village!



## Residents:

Melvin Stoddard  
Mary Eileen Kaminski

Freda Mauney  
Mark Maraze



## Photos from Mother's Day High Tea



## Village Events

### Happy Hour

Date: Monday, June 4<sup>th</sup>

Time: 1:15 PM

Where: Private Dining Room

### First Congregational Church of Wayne

#### Chancel and Bell Choir Concert

Date: Wednesday, June 7<sup>th</sup>

Time: 7:30 PM

Where: Private Dining Room

### Howe-Peterson Funeral Home

#### Cremations Services Presents: End of

#### Life/Final Expenses

Date: Friday, June 8<sup>th</sup>

Time: 10:00 AM

Where: Private Dining Room/Village  
Inn

Snacks Provided

### Attorney General Presents: In-home

#### Senior Care

Date: Friday, June 8<sup>th</sup>

Time: 1:00 PM

Where: Private Dining Room

### VICTORY CUP

Date: Monday, June 22<sup>nd</sup>

Time: Viewing starts at noon

Where: Private Dining Room

### Village of Westland Singing and

#### Ringin Seniors Concert

Date: Friday, May 29<sup>th</sup>

Time: 1:30 PM

Where: Private Dining Room

## Employee of the Month:

### **Samantha Wingerter, Sales & Marketing**

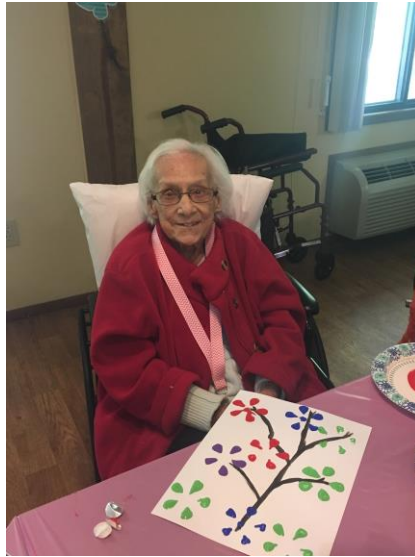


- Required very little direction and was able to assess the needs of the department and put a plan in place.
- Holds a vast amount of knowledge about the Village of Westland.
- Demonstrates excellent work performance. Samantha approaches everyday looking for solutions to problems.
- Highly motivated and ambitious individual who works hard every day.
- Organization and follow-up skills are amazing.

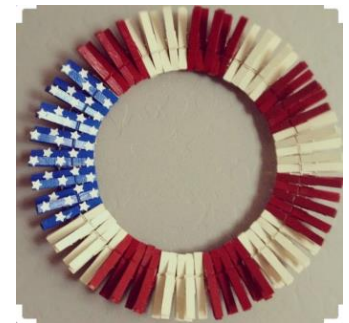
**CONGRATS SAMANTHA! THANKS FOR ALL THAT YOU DO!**



# May's Craft was... Pop Bottle Flower!



# June's Craft is... Clothes Pin Fourth of July Wreaths!



## ~ Transportation Services ~

### Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

### Tuesday's

- Shopping at Kroger at 10 AM

~Electronic scooters are given based on the order of the sign-up sheet.

This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

### Wednesday's – Banking Day (1<sup>st</sup>, 2<sup>nd</sup> & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

### Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall, shopping in Taylor). There is no cost to the resident.
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

### Appointment Outings

- Bus is available for residents to be driven to doctor appointments; must call the Wellness Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

**If there is ever a charge for an outing, it will be written on the sign- up sheet.**

***\*\*Residents must sign up for all outings. Sign-up sheets are located in the mail room\*\****

## Happy Birthday to our Wonderful Residents...

**Following are the residents who celebrate a birthday in June!**

Harry Andresen.....	June 1 <sup>st</sup>	Bill Wreford.....	June 11 <sup>th</sup>
Mary Pilch.....	June 2 <sup>nd</sup>	Marjorie Reinholz.....	June 11 <sup>th</sup>
Sherman Vollans.....	June 5 <sup>th</sup>	Bill Starks.....	June 12 <sup>th</sup>
Judy Miller.....	June 6 <sup>th</sup>	Gerald Heyer.....	June 20 <sup>th</sup>
Patricia Troschinetz.....	June 8 <sup>th</sup>	Armetha Smith.....	June 28 <sup>th</sup>

### Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too. When we have your email on file you can receive newsletters and other building information electronically.

### We need your help!

**Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers.**

**There are many positions available in choose from.**

**We currently need your help with:**

**- Bingo - Resident Biographies**

**See Shana or Toni to get more information.**

**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](http://www.pvm.org)

# Office Numbers

**(734) 728-5222**

## Village Staff

**Michele White**  
*Executive Director*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Environmental Services Manager*

**Jan Smith**  
*Nurse Case Manager*

**Melissa Nestorovski**  
*Marketing Manager*

**Shana Brown**  
*Wellness Manager*

**Kara Otto**  
*Social Worker*

**Deborah Antal**  
*Dietary Services Director*

**Shari Thompson**  
*Billing*

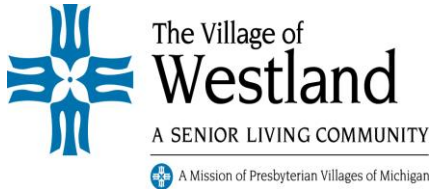
**Lisa Scott**  
*Housekeeping*

## **EMERGENCY NUMBER**

**(734) 728-5222**



**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 at **248-281-2040** or visit [www.pvm.org](http://www.pvm.org)



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Westland, MI 48186**



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