

Embrace the possibilities

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

2020 | Issue VI

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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



OSM Family and Friend

Thank you again, for all that you are doing and for your patience in these trying times. We know it is not easy, but we will overcome this. This too shall soon pass. Put your Trust in GOD!

Let us remember those who have passed on from OSM to a glorious life and remember all those who have been affected by COVID19 Virus, please keep their families in your prayers.

We would like to welcome our new resident, Ms. Stephanie Tabb-Miller on the 2^{nd} floor. She was kin to our very own Mr. Adrian Miller who went home to be with the Lord a couple of weeks ago. Please keep the Miller family in your prayers.

I am sending out a great big **THANK YOU** to my church family, The Gathering Church for blessing all of our ladies here at OSM for Mother's Day. We are now looking to be a blessing to all the men for Father's Day.

A great big "thank you" to The Senior Alliance and The Friendship Center for being a blessing to OSM for providing food boxes for each resident these last two months. It's always a blessing to be a blessing.

I look forward to our phone conference on Friday, June 5th at 11:00 AM. Please remember to call in at 11 AM. A memo with the new conference call phone number was delivered to your door/porch on Tuesday, June 02, 2020.

Remember: Good, Better, Best, Never Rest until your Good is Better and vour Better is Best! GO MONARCHS!!!



Graziella Bruner Administrator



Monarch Moments

Blessings Our Saviour's Manor,

Wishing Everyone a Happy and Healthy Month!



Reminder all common areas are still closed. All trips and events are cancelled until further notice. We will have our next Resident Phone Meeting on June 5th at 11:00 AM to 12:30 PM. We look forward to hearing from all of you on June 5th.

Thank you again to all residents for your cooperation and understanding as we navigate through these tough times. As the weather gets warmer, it is a great time to get outside and enjoy some fresh air. The Gazebo alarm is off and you may utilize the entry with your key fob. Please keep in mind that exit is for the Gazebo only. Please continue practicing social distancing and limiting visitors to your apartment. Wear your face mask while out in public places near people. The Stay Home Order maybe lifted, but the COVID19 Virus is still here. Be blessed and Be Safe.

Lastly, the laundry room is still open for residents. Please use your Key FOB to gain access. The Laundry Room is open 24 hours.

Please remember to sign up for all trips.

Please check the calendar for all of our upcoming activities, events, and updates.

Have a blessed and safe month!



Schwan's Delivery Schedule

Delivery
Only!
You must Call
in Your order
For door
Delivery
service.

1-888-SCHWANS (724-9267)



The Village of Our Saviour's Manor Events

FRIENDS AND FAMILY 2020 EXTENDED UNTIL JUNE 15TH

Page 3







HELP WANTED:

We are looking for our next Resident Volunteer.



Greetings!!!!!! Our Saviour's Manor Residents.

Tips to boost your Immune System.

Staying healthy, especially in today's environment, is something to take seriously. While there are some factors that are out of your control. There are some things older adults can do to positively affect their immune system.

- 1. **Movement**: Regular workouts boost immune function and lower inflammation. Exercise strengthens the body, it is one of the most important addition to your lifestyle to stay healthy. Find a workout that fits your lifestyle.
- 2. **Self-Knowledge**: Have a good understanding of where your health is at right now. It is important to know of any chronic conditions that you might have so that you can stay on top of them with your doctor.
- 3. **Nutrition**: Eating right is so important! Specific nutritional choices can affect the immune function in older adults, According to Nutrients 2018 study, some of the best nutrients and vitamins for older adults are vitamins A, C, D,E, and B. Also, folic acid, iron, selenium, and zinc. These all are great essentials for immune health.
- 4. Calm: Research has shown that unregulated stress can negatively affect your immune system. This makes Self-care even more important. Practice self-care by finding some anti-stress activities. For example, meditation, mindfulness, exercise. Also find a way to des-tress by asking for help when you need it.

Office Hours are as follows:

To Be Determined

Remember you are fearfully and wonderfully made. - Psalm 139:14



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OSM Board of Trustees

Johnnie Jackson, Board Chair Dereka Johnson, 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



It's Your Life. Live It Well.

By Tom Wyllie, Director of Wellness

Take it Easy! Take it Slow!

Sooner or later, the Governor will relax her Stay Home, Stay Safe order and we will be able to emerge from our homes to do more than just perform essential tasks. While taking all the necessary and proper precautions, we'll once again be able to visit with family and friends and physically gather together.

Just because we've been given the green light to get out and about, however, doesn't mean we should go from "0 to 60" to make up for lost time. Keep in mind that while we've been sheltering in place to help "flatten the curve", we've probably been less physically and mentally active. Our bodies have most likely become a little weaker and our brains perhaps a little less sharp. As they say, "use it or lose it". When the doors finally do open, we'll need to be mindful of these subtle yet significant changes.

Just as butterflies, after they emerge from their cocoons, first take the time to unfold and dry their wings before they fly off to experience life's adventures, we too will need to do the same. We'll need to move a little slower and be a bit more deliberate with our actions. We'll need to be more in tune with our bodies paying attention to its signals, resting when we need to rest and moving when we need to move.



As we begin to get out and about and interact with our families and friends, our bodies will strengthen and our brains will sharpen. And as we do start to move about, it's important that we remember to take it easy and take it slow. In our quest to be with others, the last thing we want is for something to happen, such as a fall that may put us right back where we started from. Confined to our homes.



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





Friends & Family 2020!

YOU STILL HAVE TIME TO HELP YOUR VILLAGE EARN \$1,000!

PRESBYTERIAN VILLAGES OF MICHIGAN



IS EXTENDED TO JUNE 15, 2020 DONATE TO YOUR VILLAGE, HELP YOUR VILLAGE REACH ITS GOAL AND EARN \$1,000

Choose a way to make your gift

1.Use a PVM Foundation prepaid envelope (delivered to you last month and/or at your Village's front desk to mail your check or money order

Or

2.To make an online donation, visit www.PVMF.org





Mayor's Message

By William Wild, Mayor, City of Westland

Cities Are Essential

Communities are essential to the fabric of our nation. With state budget short falls that will ultimately be passed down to municipalities, local leaders are left questioning why communities have been left out of the relief packages being handed down from the federal government. Local governments have been supporting their residents through this pandemic and they need support. I have signed onto a letter from the National League of Cities (NLC) requesting \$500 billion in relief be allocated to communities through direct federal assistance. It is estimated that nearly 100% of cities with populations above 50,000 will see a revenue decline this year and between 300,000 and 1 million public-sector workers could be laid off or furloughed. Westland's public sector workforce has already been crippled, as the City was forced to place 77 full-time employees on temporary furlough on May 1. This funding will save countless lives. The NLC's Cities Are Essential campaign is a fight on behalf of our residents to secure direct funding for municipalities. Our leaders at the federal level must understand that cities, towns and villages are ESSENTIAL in the COVID-19 response, recovery and reopen efforts. Relief for cities means quality of life for residents. Our communities will be less safe, less healthy, and less prosperous if relief isn't provided.

I have also signed a letter in strong support of the Small Business Local Relief Program, developed through bipartisan efforts, that builds on what has already been done to support small businesses. The COVID-19 crisis is wreaking havoc on small businesses across cities, suburban municipalities and rural towns, particularly micro businesses that employ fewer than 20 employees and offer services vital for our communities -- restaurants, bars, coffee shops, barbershops, hair salons, auto repair shops, family farms, dry cleaners and many others. By empowering local leaders to administer flexible relief funds, and by targeting funding to only the smallest of businesses, the Small Business Local Relief Program will provide immediate support to those less likely to benefit from existing programs.

Across the country, states, cities, counties, and towns have established local relief funds to provide emergency support to small businesses impacted by COVID-19, but local efforts are massively oversubscribed. The Small Business Local Relief Program would build on existing efforts by sending \$50 billion in direct assistance to cities, counties and states to seed and scale local funds. This will enable more small businesses to survive this economic crisis, ensuring that the recovery will be quicker and more evenly distributed. It will also enable our communities to evolve products and strategies that are more aligned with the reopening of the economy, particularly around therevival of Main Streets and other key business districts.

On Monday, May 4, the Westland City Council approved a funding allocation plan to utilize special CDBG-CV funding authorized by the Coronavirus Aid, Relief, and Economic Security (CARES) Act in the amount of \$657,944. The plan, which adheres to guidelines issued by the Department of Housing and Urban Development, allows for funding to be used for a range of eligible activities that prevent and respond to the spread of the Coronavirus and its economic impacts. The city will work to implement an array of programming in order to best serve the community.

Included in the proposal was a provision to use \$219,069 of the CDBG-CV funds to establish a grant program for Westland families to assist with rent or mortgage payments for a period of up to six months. This program aligns with the federal initiative of homelessness prevention and is designed to assist families suffering financial hardships due to income loss as a result of COVID-19. The proposal also included allocation for the establishment of an employee retention grant program for local small businesses that employ low-moderate income employees in order to promote job retention. The plan allocates \$279,220 for this program.

In addition, the city utilize \$28,067 for the purchase of personal protection equipment (PPE) to be provided to small enterprises and residents that cannot secure PPE. This includes masks, gloves, hand sanitizer, no-touch thermometers and protective gowns. The remaining allocation will be used to administer the project and to cover any necessary purchases or personnel costs to implement these programs.

I am grateful to the Westland City Council for approving this proposal quickly so we can get to work providing these critical resources to those in need in our community. Our team will be working diligently to get these programs up and running as quickly as possible. The City's target date for the kick off of these programs is June 1, 2020.





Since it is officially Summer (6/20), many of us enjoy the outdoors, when we can. Instead, we are in a Pandemic. We are not to worry. Stay vigilant. If we are doing our part, by staying in, washing our hands and keeping six feet apart of others, we will be ok,

In this time of challenges, we know that God is in control. Have and keep the faith, He will bring us through this. *I will end my visits with you, as you read this last note.*

Since 2003, I have made the visits to Our Saviour's Manor to serve the Residents. First, it was weekly on Wednesdays at 6:00pm. Then after a few years and retirement, I went to the day shift. I met some very nice people and built many friendships. Later, I went to an every two week schedule and then a monthly schedule. With each adjustment, I gained a commonality with you, and although I'm not as familiar with many of you now, I loved coming to The Manor.

There were Health Fairs twice a year. We enjoyed the programs put on by the community groups, and the food and prizes which engaged you all.

My initial plans were to resign after the June visit. But, January and February, my volunteer days fell on holidays. Then in March the Covid-19 shut down all gatherings, Although my time with you was cut short, you will always be a part of my experiences.

May God Be With You All!!

Keep Safe.

When you are DOWN to nothing...GOD is UP to something! Thank God for our physical and spiritual nourishment!

Carolyn R. Kimbrough, RN, BSN Parish Nurse





Scammers Never Rest!

It seems that scammers and swindlers never sleep! They seem to be working 24/7 to steal every dollar we have ever earned. Beyond stealing someone's identity, these scoundrels get more creative all the time. They obviously have no compassion. Rather than pausing their devious actions during these turbulent times they have upped their game. Some new scams related to COVID-19 include:

- Offering face masks but never delivering
- Pretending to sell health & safety, cleaning and paper products but not delivering

Other scams have been around for some time and continue to run rampant. These include:

- Impersonating Microsoft personnel & offering to help cure viruses they have detected on your computer
- Pretending to be from your bank and needing to access your account information due to a breach
 - Threatening you of action by the IRS
 - False mystery shopping job offers
 - Romance Scams
 - Crowd Funding Scams
 - Pretending to raise funds for police & fire

The best way to deal with all of these is to not take any calls from unknown sources. The official reps from all will not ever call you and ask for information. Do not order from unknown sources. Be careful of social media. Although it can be wonderful for staying connected with family and friends, it can be like opening your front door to nefarious strangers or leaving your house and car unlocked. Remember that trust may be earned.

Stay safe and be a savvy consumer!



Tips to Keeping Your Disposal Clean



Keeping your disposal clean isn't rocket science. There are a few things that you can do to keep your garbage disposal smelling fresh and grime free.

- Use plenty of water. Cold water is best but even after everything is all ground up, let the water run for another 30 seconds to give everything a nice fresh bath.
- Only use the disposal for easy-to-grind foods. Avoid putting bones or fats in the disposal. Not only can this damage it, but it can make it smell bad.
- Grind up oranges or grapefruit. Feeding your disposal a little citrus every day or two can keep everything smelling fresh.
- Smaller is better. Break things up before letting them go into the disposal. This not only saves time but makes your disposal happy.

Please call the office with any work orders. Just a reminder, all work orders will be completed based on an emergency only for the time being.

Just a reminder, the trash rooms remain open 24/7.

The laundry room is open 24 hours as well, but you must use your key fab to unlock the door. All common areas are closed.

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.





The Obstacle in Our Path

Short Story by Unknown.

In ancient time, a King had a boulder placed on a roadway. He then hid himself and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers came by and simply walked around it.

Many people loudly blamed the king for not keeping the roads clear, but none of them did anything about getting the stone out of the way.

A peasant then came along carrying a load of vegetables. Upon approaching the boulder the peasant laid down his burden and tried to push the stone out of the road. After much pushing and straining he finally succeeded.

After the peasant finally succeeded he went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been.

The purse contained many gold coins and a note from the king explaining that the gold was for the person who removed the boulder from the roadway.

Moral of the story:

Every obstacle we come across in life gives us an opportunity to improve our circumstances, and whilst the lazy complain, the others are creating opportunities through their kind hearts, generosity, and willingness to get things done.

Events for June 2020

Happy Birthday!!!



Ronnie Dunlap 6/6

Wilma Sierengowski 6/19



			NE 20			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Month of June is also: Nat'l Alzheimer & Brain Month National Ocean Month National Rose Month National Safety Month Nat'l Fresh Fruit & Veggie	Governor Whitmer's COVID 19 "Stay at Home" Order still in effect.	02	03 11:00 AM Focus Hope Focus: H&PE	04	Administrator's Resident Phone Meeting 11:00 AM-12:30 PM	D - Day 06 Happy Birthday Ronnie Dunlap
Weekly Celebrations: 1st Week—Fishing Week 2nd Week—Email Week 3rd Week—Fruit & Veggie Week 4th Week—Forgiveness Week	World Ocean Day Out oceans, our future world Oceans Day	09	All activities, functions and meetings have been can- celled until further notice. Once the Governor's orders changes, we will adjust our	11	Governor Whitmer's COVID 19 "Stay at Home" Order ends at midnight. Please watch or listen to the news this date may change. As we receive updates we will keep you informed. Remember to wear your mask out in public and practice social distancing.	13
Flag Day	World Elder Abuse Awareness Day	Keep Calm and Trust God	17	For delivery, please call: 1-888-SCHWANS (724-9267)	Happy Birthday Wilma Sierengowski	First Day of Summer Lt's SUMMER!
May all you wonderful Date enjoy a Habby Talker's Day		23	Spend Time Outside	25	26	27
28	Think Positive Be Positive	30	01	02	03	04

June Recipe

Blueberry Oatmeal Crisp



INGREDIENTS

FRUIT

3 PINTS BLUEBERRIES 1/2 CUP SUGAR JUICE AND FINELY GRATED ZEST OF 1 LEMON 3 TABLESPOONS FLOUR

TOPPING

1 CUP UNBLEACHED ALL-PURPOSE FLOUR 1 CUP PACKED LIGHT-BROWN SUGAR 2/3 CUP ROLLED OATS 1/2 TEASPOON CINNAMON 1/4 TEASPOON SALT

1/2 CUP (1 STICK) PLUS 2 TABLESPOONS COLD, UNSALTED BUTTER, CUT INTO SMALL PIECES

INSTRUCTIONS

1. Mix the berries, sugar, lemon juice and zest, and flour in a large bowl.

2. Preheat the oven to 400 degrees F

3. Butter a 13x9-inch glass or ceramic baking dish.

- 4. For topping: Combine the flour, brown sugar, oats, cinnamon, and salt in the bowl of a food processor.
 5. Add the butter, and pulse the machine repeatedly, in 2- to 3-second bursts, until the mixture is clumpy, like damp crumbs.
 - 6. Transfer the berries to the baking dish, and spread the crumbs evenly over the fruit.
 7. Bake for 30 minutes, until bubbly hot.
 - 8. Serve at any temperature, although it is best to let it cool at least 10 minutes.

Serves 8-10

ENJOY

Monthly Word Search

Summer Word Search

OHNYUTFEHNBV NMWFLUCEVKE ESUZHNAAAJP MWHQREBCEOYO 1 CSBIA $O \times W \cup I$ NMTKWTQLP TPIOSWCTG AOWZHEATCB ENNEUQEBRABY RGEOUTSIDERZ MPWWIGSYVAJ SUNSCREENUY

BARBEQUE
BEACH
HEAT
LEMONADE
OUTSIDE
POOL
SUNSCREEN
SWIMMING
VACATION

June Observances & Fun Facts:

June is observed as:

National Alzheimer & Brain Month
National Ocean Month
National Rose Month
National Safety Month
National Fresh Fruit & Veggie Month
National Soul Food Month

Weekly Celebrations

1st Week—Fishing Week 2nd Week—Email Week 3rd Week—Fruit & Veggie Week 4th Week—Forgiveness Week

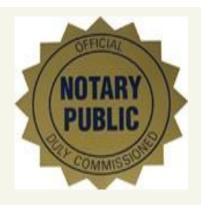
June Flower and Birthstone



Flower= Rose



Gem= Pearl



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 Westland) (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)



Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit www.facebook.com 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 donated to organizations such as the Westland Goodfellows. 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 are 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. Gloria Jefferson.



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 us 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



Graziella Bruner

Administrator

Michael Hooton

Maintenance Tech

Katelyn DeHart

Administrative Assistant

To Be Determined

Service Coordinator

Kesha Akridge

Director of Housing

Carolyn Kimbrough

Parish Nurse

To Be Determined

Resident Volunteer

Office Number

Emergency Number

Fax Number

Service Coordinator

(734) 595-4663

(734) 740-4777

(734) 595-2222

(734) 722-9763







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.pymfoundation.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!":

	what
ma	l 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!