



# Village Voice



Embrace the possibilities

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July 2013

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## From The Village Administrator

### Happy 4<sup>th</sup> of July!

Please join us for a July 4th celebration with an ice cream social on Wednesday, July 3<sup>rd</sup> at 1:00 pm in the 1<sup>st</sup> floor community room. There will be plenty of toppings to create your very own delicious ice cream sundae.

Congratulations to the Peace Manor Pacemakers for taking the gold at this year's Village Victory Cup for the puzzler. It was neck and neck between Peace Manor and Oakland Woods, and in the end the Pacemakers finished the puzzle with 30 seconds to spare to win the gold. Also, congratulations to our bakers for taking the bronze with the tie dye cupcakes. It was the biggest Victory Cup in its 8 year history. Save the date for next year which will be Friday, June 20, 2014.

In another week or so, I should be able to order the awning. Thank you again for all your support in raising the funds for the awning. Also, be sure to check out the new double-knockout roses in the little island

area in the parking lot.

Since the idea of security cameras installed within our village has been mentioned, many fundraising ideas have been offered by some of you in order to make this happen. One idea is to bring back the Peace Manor Pantry. This would be a convenient service for you. The store will only be open during certain hours and will not interfere with the activities going on within the village. The store will be located in the storage room off the 1<sup>st</sup> floor community room. Within this newsletter, please see much more information about the store's grand re-opening.

I hope you have a wonderful month.

Melissa Riesterer  
Administrator



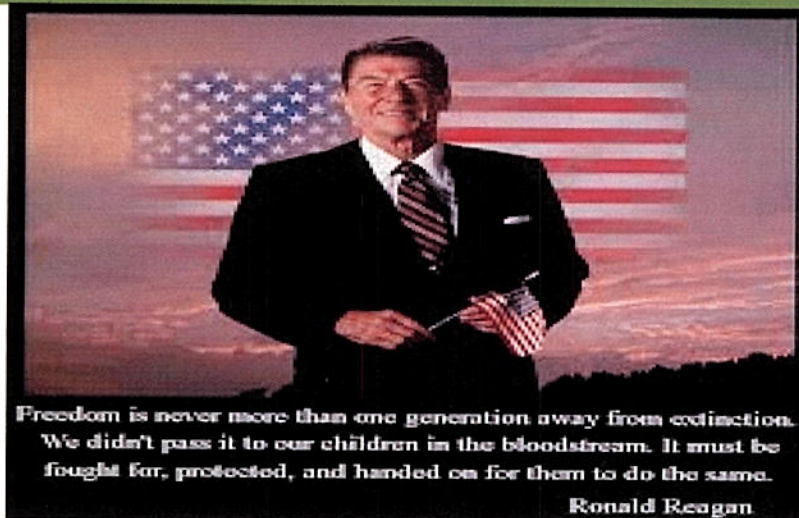
The Village of  
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbiterian Villages of Michigan

Look for PVM on:





## U.S. History and Presidential Trivia

1. What future president was the only U.S. senator from a Confederate state to remain in Congress after secession?
2. What future U.S. president received his last rites of the Catholic Church after an infection following spinal surgery in 1954?
3. What day does the U.S. president traditionally deliver a weekly radio address?
4. What horse-loving future president cheated on an eye exam to join the cavalry reserves in the 1930's?
5. What card game did Dwight D. Eisenhower play fanatically while planning for D-Day?
6. Who was stuck in the spacecraft while Neil Armstrong and Buzz Aldrin moon walked?
7. What Mississippi City's residents did not celebrate the Fourth of July until 1945, after losing a Civil War battle in 1863?
8. What current branch of the U.S. military was a corp of only 50 soldiers when World War One broke out?
9. What date did FDR sign the U.S. declaration of war against Japan?
10. What president's mug graces a \$100,000 bill?

***Please see answer key on page 4. No skipping ahead though.***

## Announcements

### Maintenance Corner

Please report all maintenance repair orders to the office. Complying with this request will not only serve as a record for the office, but for you as well.

### 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. Please also remind visitors that the handicap accessible ramps are not to be blocked at anytime.

### For Your Safety

Please do not leave your apartment door propped open for extended periods of time. This advice was passed along to us from the Clinton Township Fire Marshall.

# From The Village Parish Nurse

## A Summer Blessing

Please find yourself enjoying:

- The warm weather
- Family gatherings
- Fresh produce from the garden
- Picnics
- Walks in the early and late afternoon
- Quiet meditation on God and thanksgiving
- Watching your grandchildren play

Each one of these helps us maintain health in our mind, body and our spirit.

Please call with your questions.

Sue Perkins, R.N.

## From Camille DeBlaere

### Chronic Pain Self-Management Program

Monday, July 1<sup>st</sup> @1pm

Monday, July 8<sup>th</sup> @1pm

### Program on Constipation/Diarrhea

Tuesdays, July 30 @2pm

### Save the date:

Representative Marilyn Lane

Friday, August 2 @2:30pm

### Camille's Office Hours:

Monday 7:30am-2:30pm

Tuesday 7:30am-1:30pm

Thursday 7:30am-2:30pm

"A Service Coordinator Provides Information And Referrals In A Community Who Need Support Services To Maintain Self Sufficiency."

### 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.





## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### GOOD NEWS FOR MICHIGAN SENIORS

Hello to all of our readers. I have some good news to report coming out of Lansing. The final budget for fiscal year 2014 has included an \$18 million increase in MI Choice, the program which assists seniors to remain independent and in their own homes. Also, there is an increase of an additional \$500,000 for meals, either congregate or home-delivered. During these times of budget cutting it is refreshing to not only avoid a decrease in funding but to actually receive an increase. Thank you to all who joined in our efforts to advocate for these important senior services.

In other news, the statewide Vulnerable Adult Abuse Reporting Protocol Work Group, for which I was appointed by Attorney General Bill Schuette, has completed our work. We will be launching this protocol at a stateside Elder Justice Summit. This should help to increase communication with all organizations in dealing with abuse and exploitation of

vulnerable citizens, speed up response to reported crimes and ensure protection of our most vulnerable citizens. This work group was mandated by the elder abuse legislation which was passed recently in response to advocacy and testimony from all stakeholders across the State of Michigan. We will soon have all of this information available on the PVM website. In the meantime, please remember to find us on Facebook under Presbyterian Villages of Michigan and keep up to date on the latest happenings for seniors and PVM.

Sincerely,

Lynn Alexander  
Vice President of Public Affairs

### Attorney General Bill Schuette

Consumer Protection Division  
P.O. Box 30213-7713  
Lansing, Michigan 48909  
Fax: (517)241-3771

Phone: (517)373-1140 or  
(877)765-8388

I have information in the office of how to file a complaint.

-Stacey

### State Representative Marilyn Lane

State Capitol-  
P.O. Box 30014  
Lansing, MI 48909-7514  
(517)373-0159

Email:

[marilynlane@house.mi.gov](mailto:marilynlane@house.mi.gov)

### Answer key for trivia from page two.

1. Andrew Jackson
2. John F. Kennedy
3. Saturday
4. Ronald Regan
5. Bridge
6. Micheal Collins
7. Vicksburg's
8. The U.S. Air Force
9. December 8, 1941
10. Woodrow Wilson



## Peace Pantry Returns!

Great news! Thursday, August 1st marks the Grand Re-Opening of The Peace Pantry.

The Peace Pantry will be located in the room off the community room. The room has taken on a disheveled appearance, and is not appealing to you or our visitors.

The pantry will carry a variety of items such as: toilet Paper, paper products, snacks, candy, laundry needs, Coffee and plenty more items. All items will be offered to you at very reasonable prices.

We also will be in need of volunteers to run the store. Store hours will be determined by the number of volunteers and activities happening in the community room at particular times.

Please give us your input. We do not have a budget, so we will be starting out small. As we make money, we can add items. Please complete the survey attached to this newsletter, and return to the office.

Mark your calendars for the Grand Re-Opening!  
Thursday, August 1st

### Recipe of the month

**Red, White, and Blue Strawberry Shortcake**  
[Allrecipes.com](http://Allrecipes.com)

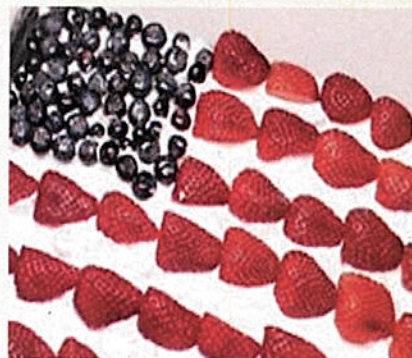
“A 9x13 inch cake is frosted with whipped topping and decorated with blueberries and strawberries to resemble an American flag.”

#### Ingredients:

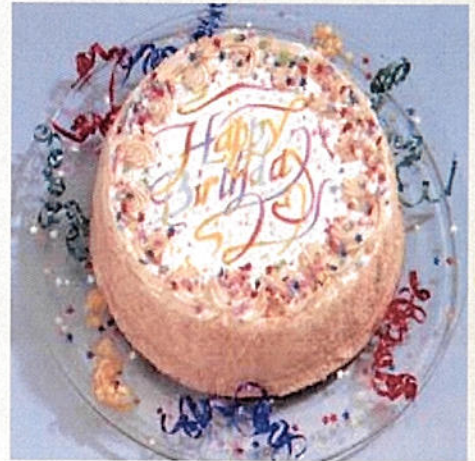
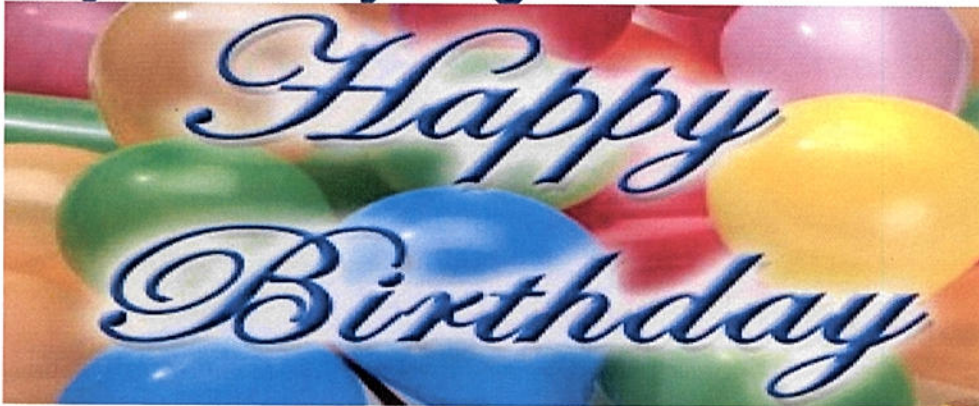
- 1 (18.25 ounce) package yellow cake mix
- 1 (8 ounce) container whipped topping, thawed
- 1 pint blueberries, rinsed and drained
- 2 pints fresh strawberries, rinsed and sliced

#### Directions:

- Prepare cake according to package directions and bake in a 9x13 inch pan. Cool completely.
- Frost cake with whipped topping. Place blueberries in a square in the corner, and arrange sliced strawberries as stripes to make an American flag. Chill until serving.



## July Birthday Page



**Please join us at the July Birthday Party!**

**When: Thursday, July 18 at 1:30pm**

**Where: Peace Manor Community Room**

**Cakes, Assorted Desserts and Refreshments will be served**

**50/50 Raffle**

## Happy Birthday to You!

**Lee MacLeod.....7/08**  
**Nina Giordano.....7/14**  
**Gerry Reynolds.....7/23**  
**Lois Hastings.....7/27**  
**Donald Faust.....7/29**

## Ice Cream Social



**When: Wednesday, June 3**

**Where: Community Room**

**Time: 1pm-2pm**

**Free!**

**Please sign-up in the mailroom by Tuesday, July 2!**



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

By Tom Wyllie,  
Director of Wellness

### Stay Cool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided.

To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages.\*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body

temperature and increases water loss).

- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

\*If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.



### Village Bus Trips

As you know, The Village Bus travels to Meijer every Friday from 10am-12noon. The cost is only \$2.00.

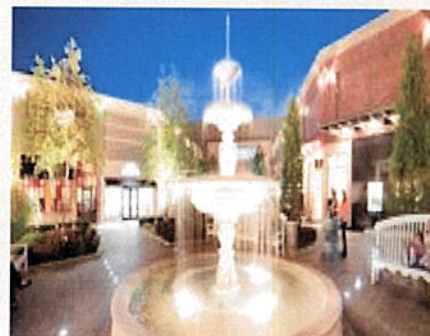
Now that the weather is getting a little warmer, where else would you like to venture to?

There is a minimum of four people to take a trip. The maximum is twelve people.




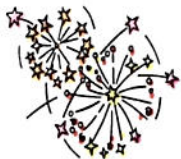


Some of the suggestions that I have heard are:

- Gibraltar Trade Center (on a Friday)
- Kroger Plaza at 16 and Groesbeck. There is a TJ Maxx and a Dollar Store in this Plaza.
- Ice Cream Parlor
- Partridge Creek Outdoor Mall
- Lakeside Mall

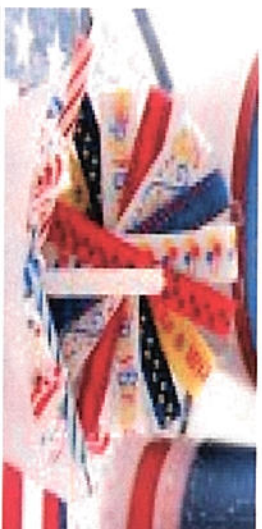
Let us know in the office of any other suggestions and/or dates when you would like to go.



## July 2013 Lunch Menu


Mon	Tue	Wed	Thu	Fri
<b>1 Teriyaki Chicken Legs, Brown Rice w/ Carrots, Coleslaw, Pineapple &amp;</b>	<b>2 Tuna Salad Sandwich w/ Macaroni Salad, Broccoli Cheese Soup, Apple &amp; Croissant</b>	<b>3 Hamburger, Potato Salad, Baked Beans &amp; Cherry Tropical Bananza</b> Independence Day Party	<b>4 Program Closed</b>	<b>5 Program Closed</b> 
<b>8 Pulled Pork Sandwich, Potatoes, Baked Beans &amp; Apricots</b> 	<b>9 Submarine Sandwich, Rotini Pasta, Italian Wedding Soup &amp; Orange</b>	<b>10 Stuffed Cabbage, Mashed Potatoes w/ Gravy, Garden Salad &amp; Angel Food Cake w/ Strawberries</b> Birthday Party	<b>11 Orange Chicken, Green Beans, Cucumbers w/ Tomatoes, Cantaloupe &amp; Honeydew</b>	<b>12 Potato Crunch Pollock, Redskin Potatoes, Cheesy Pea Salad &amp; Ambrosia</b> 
<b>15 Baked Ham, Sweet Potatoes, Peas w/ Carrots &amp; Cinnamon Applesauce</b>	<b>16 Pasta Beef &amp; Tomato Casserole, Green Beans, Garden Salad &amp; Orange</b>	<b>17 Chef Salad w/ Chicken Florentine Soup &amp; Apple</b>	<b>18 Oven Baked Crispy Chicken, Au Gratin Potatoes, Coleslaw &amp; Fruited Gelatin</b>	<b>19 Roast Beef, Mashed Potatoes, Chickpea, Feta &amp; Tomato Salad w/ Cantaloupe &amp; Honeydew</b>
<b>22 Swedish Meatballs over Egg Noodles, Peas &amp; Pearl Onions, Pickled Beets w/ Onions &amp; Tropical Fruit Salad</b>	<b>23 Pepper Steak over Rice Corn, Cucumbers, Tomatoes &amp; Onions, Yogurt w/ Strawberries</b>	<b>24 Greek Salad w/ Twice Baked Potato Chowder &amp; Orange</b> 	<b>25 Turkey w/ Dressing, Mashed Potatoes w/ Gravy, Green Beans &amp; Cherry Fruit Crisp</b> Christmas In July	<b>26 Chicken Parmesan Sandwich w/ Carrots, Garden Salad &amp; Banana</b>
<b>29 Salisbury Steak, Mashed Potatoes, Zucchini &amp; Tomatoes w/ Oranges</b>	<b>30 Maurice Salad w/ Chicken Noodle Soup &amp; Apple</b> 	<b>31 BBQ Chicken Legs, Scalloped Potatoes, Chickpea, Feta &amp; Tomato Salad &amp; Watermelon</b>		





# July 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1-3:30pm-Chronic Pain Management Program	2 1:30 pm- Milkman NO POKENO	3 10am- Meijer 1pm- Ice Cream Social 1pm- Sue Perkins		5 Office Closed	6
7	8 1-3:30pm-Chronic Pain Management Program	9 1:30 pm- Milkman 6pm- Pokeno	10 1-3pm- Sue Will Take B.P.'s 3-4pm- Bible Study	11 12:45pm- Chair Exercises 6pm- Movie	12 10am-Bus to Meijer 10am-Communion 1pm- Schwan's	13
14	15	16 1:30 pm- Milkman 6pm- Pokeno	17 1pm- Singing 1-3pm- Sue Will Take B.P.'s 3-4pm- Bible Study	18 1:30pm- July Birthday Party	19 10am-Bus to Meijer 10am-Communion	20 12pm- Lunch and Bingo
21	22	23 1:30 pm- Milkman 6pm- Pokeno	24 1-3pm- Sue Will Take B.P.'s 3-4pm- Bible Study	25 12:45pm- Chair Exercises	26 10am-Bus to Meijer 10am-Communion 1pm- Schwan's	27
28	29	30 1:30 pm-Milkman 2pm- Program 6pm- Pokeno	31 1-3pm- Sue Will Take B.P.'s 3-4pm- Bible Study			

**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)



**17275 15 Mile Road  
Clinton Twp., MI 48035**

# 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*

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

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