



Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

July 2018

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Look for PVM on:



The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

**13th Annual Village Victory Cup
Results:**

**WITH 528.5 POINTS, WE ARE
4-PEAT CHAMPIONS!**

Kick-a-Roo:

2nd Place: Tony Pakula



Hoop Shoot:

2nd Place (55-64): Susan Langham

Top Ten (55-64): David Gonzales

3rd Place (85+): Bill Pugh



Wellness Walk:

2nd Place (55-64) : Susan Langham

Top Ten (75-84): Ron Beaver

Top Ten (85+): Bill Pugh, Faye Myers, Tony Pakula

Balloon Volleyball:

**2nd Place: Ron Hanchett, Ken Brooks, Johanna Schoel, Susan
Langham, and David Gonzales**

GREAT JOB WESTLAND STARS!

**Come and celebrate our victory with our
Village Victory Cup Ice Cream Social on
Monday, July 23rd at 1:30 PM in the Private
Dining Room.**

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

This month we have a special guest columnist, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!

It's Strawberry Season!



Strawberries are delicious and nutritious and pair perfectly with any meal! Strawberries may improve your health as they are full of potassium, magnesium, folate, and vitamins C and K. Strawberries are a great snack, but can also be added to many other foods. Add strawberries to your salad, yogurt, muffins, salsa, tea, and more!

In Michigan, strawberries are in season from June – August. A fun way to add more physical activity in to your day is to go strawberry picking! Walk around a local farm and pick fresh strawberries! Here is a link to find your nearest strawberry farm. <http://www.pickyourown.org/MI.htm>

When picking your strawberries, choose the bright red ones. This means that they are ripe and ready to eat! Make sure that they are not too soft or bruised! If you have an abundance of strawberries, you can freeze them for up to 10 – 12 months! In order to keep them fresh, strawberries should be refrigerated daily. Rinse your strawberries before you cut them to keep them fresh longer!

Strawberry Fun Facts*

- Every state in the U.S grows strawberries.
- An average strawberry has 200 seeds.
- Americans eat 3.4 pounds of strawberries on average each year.

*Source: <https://www.countryliving.com/food-drinks/a35552/facts-about-strawberries/>

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

Lisa Hall ~ 28889
Beauty Shop



The Senior Advocate.

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

STOMP OUT ELDER ABUSE!

June 15th was World Elder Abuse Awareness Day. Elder Abuse and exploitation is a rapidly growing problem in America and will continue to increase with the aging of our population. Lance Robertson of the Administration For Community Living, formerly the Administration on Aging at the federal level, released information on how to join the fight for elder justice. He stated that we need to:

BREAK DOWN ISOLATION

Elders without strong social networks are at greater risk. Stay in touch with older adults in your community. Support community efforts to fight isolation. Volunteer to deliver meals or act as a long-term care ombudsman who works to report abuse, neglect and exploitation.

LEARN TO SPOT RED FLAGS

There are a number of “red flags”: Isolation, especially by a caregiver; unpaid bills or utilities that have been turned off; unusual or quick changes in a will or other financial documents; missing medications; bruises or welts.

WHAT YOU CAN DO

Elder abuse is more difficult to recognize than child abuse since children attend school. Thus, it is important that fellow citizens observe very carefully for any of the red flags mentioned. Bank tellers, nurses and physicians, senior services providers, hair stylists and others with front line access to seniors can make a difference. Report any red flags to the proper authorities. The statewide hotline in Michigan is (855) 444-3911. Let’s look out for others who may not be able to protect themselves from harm.

JULY FACTS

The 7th month of the year brings us Independence Day and Canada Day.

In the Georgian calendar, the calendar that most of the world uses, July is the seventh month. However, on the Roman calendar, it was actually the fifth month and was called Quintilis, which meant fifth. Later in 46 B.C., Caesar gave 31 days and the Roman Senates named the month Julius in honor of Caesar. In northern hemisphere, July is usually the hottest month of the year when it is actually a winter time in southern hemisphere. It gets very cold in Antarctica and cold and rainy in South America. Because there isn't much rain in July, the grass loses its greenness. Moreover, the abundance of flowers and insects occur in July.

Below are some fun facts about July:

1. The birthstone for July is the Ruby.
2. The zodiac signs for July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)
3. The birth flower for July is the water lily.
4. The month of July was named after Julius Caesar.
5. On July 1, 1867, the Dominion of Canada was established due to the British North America Act.
6. On July 1, 1898, the San Juan Hill was occupied by the American troops during the Spanish-American War.
7. During World War I on July 1, 1916, the Battle of Somme began.
8. On July 2, 1881, President James Garfield was killed by Charles Guiteau.
9. On July 2, 1890, the Sherman Antitrust Act (an Act to prohibit trusts) was passed by the United States Congress.
10. On July 5, 1971, Amendment 26 was proclaimed which set the voting age at 18 in the United States.
11. On July 6, 1854, the Republican Party held its first state convention at Jackson, Michigan.
12. On July 11, 1804, during a duel between Aaron Burr and Alexander Hamilton, Hamilton was killed.
13. The 38th President of the United States, Gerald R. Ford, was born on July 1, 1913.
14. On July 16, 1790, District of Columbia was established.
15. The first atomic bomb was set off by scientists in Alamogordo, New Mexico on July 16, 1945.
16. National Blueberry Month
17. National Ice Cream Month
18. National Hot Dog Month
19. July 1 - Canada Day
20. July 4 - Independence Day



Welcome To The Village!



Residents:

Betty Ring
Margaret Lemieux
Patricia Bingham

Dorothy Smiley
William McBride



Staff:



Mark Dauter
Security Guard



Mailika Self
Dietary Assistant



Symone McPherson
Dietary Assistant

Tuesday July 3rd, 2018, at 11am

**We will be doing our Annual
4th of July Parade with Plymouth Fife and Drum**



The Parade will be in the Front Parking Lot and go east around the building to the entry of the courtyard.

If you would like to join

The parade at the half waypoint

**You can join us at the (Wellness Center door #18)
And walk the rest of the way around to the cottages and
back to the courtyard entryway.**

**We are having a contest for Residents for
The Most Patriotic Outfit**



Food will be served in the Village Inn afterwards

June's Craft was... Clothes Pin 4th of July Wreaths!



(If you missed doing this craft, there is still time to do it on
Monday, July 2nd at 1:30 PM in the Private Dining Room!)



July's Craft is... Beaded Wind Chimes!



~ 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 (1st, 2nd & 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). 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 July!

Kathryn Pugh.....July 3rd
 Evelyn Sprague.....July 3rd
 Geri Hnidy.....July 9th
 Sue Kurginski.....July 10th
 Peggy Sokolowski.....July 14th
 Austin Patterson.....July 16th
 Beverly Benjamin.....July 16th

Dolores Gaiser.....July 20th
 Don Andrus.....July 21st
 Ron Beaver.....July 21st
 Edward Barnett.....July 27th
 Johanna Schoel.....July 28th
 Don Houser.....July 28th

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

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

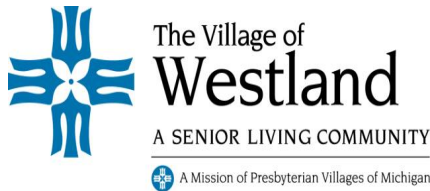
Lisa Scott
Housekeeping

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



**32001 Cherry Hill Road
Westland, MI 48186**



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