



Village Voice



Embrace the possibilities

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

September 2019

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Look for PVM on:

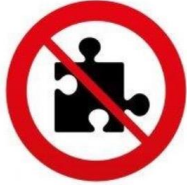


The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

UPDATES AND REMINDERS



**As of right now,
we are not accepting
any donations
of books or puzzles.**



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?!?!

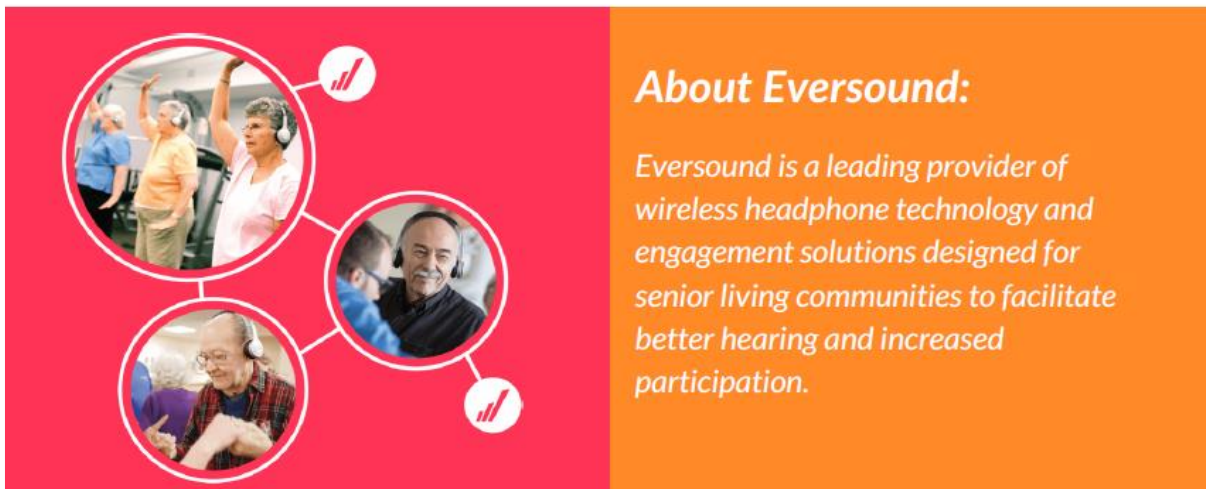
Here's How!

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



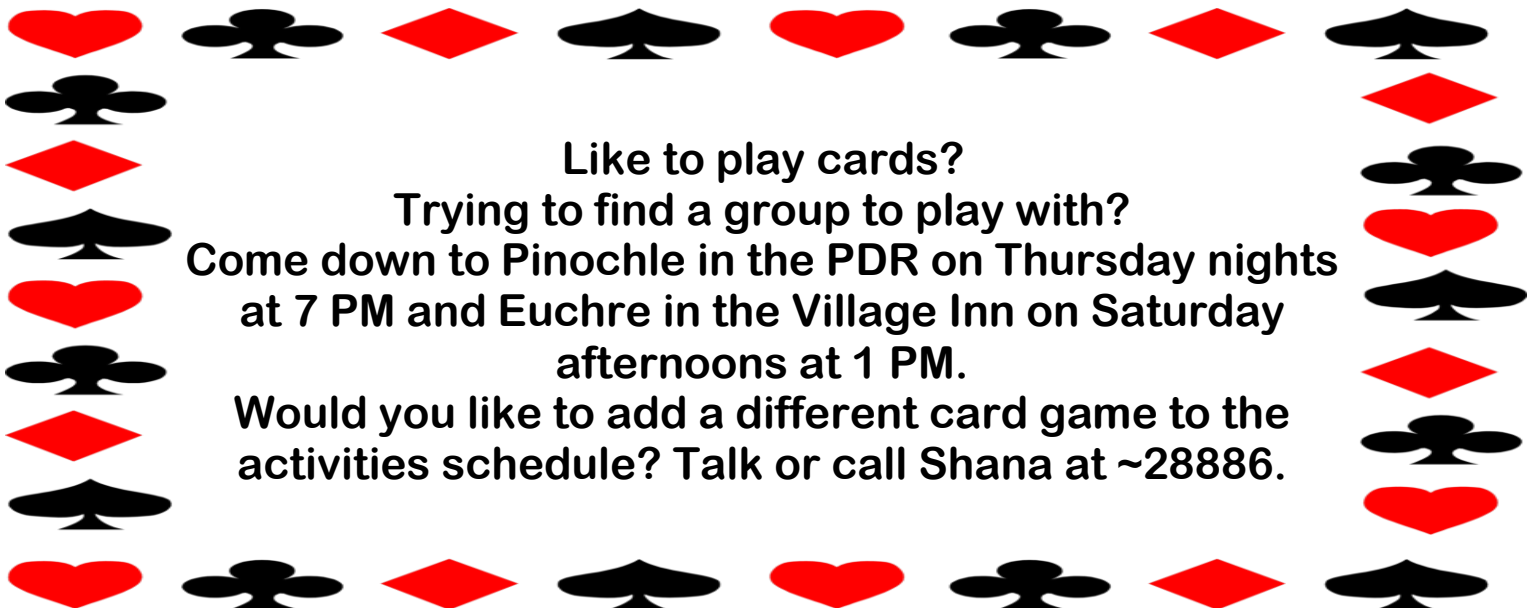
We are now Eversound connected!

All residents will have access to our Eversound wireless group listening system. Eversound is designed to improve engagement and participation by offering the highest audio quality at all activities - including presentations, outings, music, exercise, movie nights, and more!



About Eversound:

Eversound is a leading provider of wireless headphone technology and engagement solutions designed for senior living communities to facilitate better hearing and increased participation.



Like to play cards?
 Trying to find a group to play with?
 Come down to Pinochle in the PDR on Thursday nights at 7 PM and Euchre in the Village Inn on Saturday afternoons at 1 PM.
 Would you like to add a different card game to the activities schedule? Talk or call Shana at ~28886.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Can a Joke a Day Keep the Dr. Away?

If April showers bring May flowers, what do May flowers bring? Pilgrims! That's one of the earliest (and corniest) jokes I remember from childhood that still makes me chuckle, which as it turns out is a good thing. Numerous studies have shown a link between laughter and better health. A good, hearty laugh can boost the immune system, elevate mood, lower stress levels, reduce pain, relax tense muscles, and improve heart and brain function. As a result, in addition to exercising regularly and eating a balanced diet, health experts are now beginning to recommend we add some humor to our daily routines.

If you have access to the internet, good sources of humor are just a mouse click or finger tap away. There are numerous joke sites on the web and countless humorous videos on www.youtube.com. For those of you without internet access, there's ABC's long running TV series, *America's Funniest Home Videos* that is often good for a laugh or two. While the jury is still out as to whether laughter actually prevents disease, we do know that at the least, it can help improve the quality of our lives and enhance our overall sense of well-being. In the words of songwriters Richard and Robert Sherman as sung by Ed Wynn and Dick Van Dyke in Walt Disney's Academy Award Winning 1964 movie *Mary Poppins*:

"The more we laugh, the more we fill with glee. The more the glee, the more we're a merrier we."

Staff Extensions...

**Michele White ~
28885
Executive Director**

**Mary Saffian ~ 0
Lead Receptionist**

**Shana Brown ~ 28886
Wellness Manager**

**Shari Thompson
~28952
Billing**

**Jason Lovelly ~ 28927
Human Resources**

**Kara Otto ~ 28810
Social Worker**

**Jennifer Wolf ~ 28953
Fitness Specialist**

**Breana Wallace ~
28896
Marketing Manager**

**Diane Santo ~ 28889
Beauty Shop**



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Tell Congress How Important the Older Americans Act is to You

Dear PVM Supporters: Please note this Action Alert from The Senior Alliance. The Older Americans Act is crucial to the work of the aging services network. Please help us raise the voices of seniors with policy influencers. Thanks for all you do for PVM and Michigan seniors.

Background

The federal Older Americans Act (OAA) authorizes critical services for older adults and their caregivers, such as: home-delivered meals (meals-on-wheels), long term care ombudsman, elder abuse prevention, non-emergency medical transportation, legal assistance, adult day care, evidence-based wellness and other important programs. The current OAA expires at the end of September, which means that Congress must update the Older Americans Act to ensure these vital programs supporting older adults and caregivers continue not only in southern and western Wayne County, but around the country!

The Senior Alliance supports a baseline Older Americans Act authorization of \$2.5 billion to restore aging network funding to 2010 levels and indexing annual authorization increases over the next five years. In addition, the commitment to Title III local planning and development should be maintained with a robust aging services research and development authority enabled to evaluate, enhance and replicate evidence-based interventions. Updating long-term care ombudsman provisions and strengthening protections against all forms of abuse are also critical elements to modernizing the OAA.

The Senior Alliance is advocating for these programs alongside our partners in Washington, D.C. to ensure federal lawmakers understand how important the OAA is to their constituents. However, **we need YOU** to help make our voice stronger by telling members of Congress how these vital OAA services help older adults and caregivers in our community.

Action!

Call, e-mail or write U.S. Senators Debbie Stabenow and Gary Peters, as well as your U.S. Representative today! Share a story of how one or more of these programs has impacted someone you or someone you know! It's critical that all members of Congress understand how critical OAA funding is to older adults and caregivers.



Your Giving Matters.

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

Small change makes a big difference!



There is an old joke that asks, "How do you eat an elephant?" The answer: One bite at a time! (Ba dum tss.)

But seriously, when you are asked to support a cause YOU believe in, you might think, "I want to help, but I can't write a check big enough that will make a dent in the problem."

Not true!

Your monthly gifts have a significant impact!

Here is a reminder that YOU can make a difference all year long when you make a monthly gift to The PVM Foundation. For as little as \$2.50 a week, or \$10 a month, YOU can become a **PossibilityBuilder**. YOU will join a unique group of people whose monthly gifts support their Village or a senior in their time of need.

PossibilityBuilder gifts add up!

It's easy to give, and every contribution, however large or small, helps someone in need. Monthly giving is convenient and efficient!

Make YOUR monthly payments automatic by check, credit, or ACH payment. You can cancel your gift at any time.

For more information, please contact Debbie Smith:
dsmith@pvm.org or 248.281.2040

*It's Easy To Give to PVM
Foundation!*

Online at

pvmf.org/donate

Email [pvmfoundation](mailto:pvmfoundation@pvm.org)

[@pvm.org](mailto:pvmfoundation@pvm.org)

Call us at 248.281.2040

Or drop by and say hi!

September Facts

The 9th month of the year brings us Labor Day, and the start of the Fall season.

In the Georgian calendar, the calendar that most of the world uses, September is the ninth month of the year. However, it used to be the seventh month on the Roman calendar. It had 29 and 31 days but it later was changed to 30 days by Emperor Augustus. In Southern United States, it is the warmest months of the year and very cool nights for Northern states. It is the harvest time for crops and that is why Switzerland calls September the harvest month. In the Northern hemisphere, beginning of September leads to the beginning of meteorological autumn while it is the beginning of the meteorological spring in southern hemisphere.

Below are some fun facts about September:

1. The birthstone for September is the sapphire.
2. The zodiac signs for September are Virgo (August 23 - September 22) and Libra (September 23 - October 22)
3. The birth flower for September is the morning glory.
4. On September 1, 1905, Alberta and Saskatchewan were established.
5. On September 1, 1939, World War II began in Europe because the German troops invaded Poland.
6. On September 2, 1789, the United States Department of Treasury was established.
7. On September 3, 1783, the Revolutionary War in America ended after Great Britain signed the Treaty of Paris.
8. On September 6, 1901, William McKinley, the 25th President of the United States, was assassinated.
9. On September 8, 1565, the first permanent white settlement was founded in St. Augustine, Florida.
10. On September 10, 1846, Elias Howe patented his sewing machine.
11. On September 14, 1847, United States forces took control of Mexico City.
12. On September 14, 1940, the Selective Service Act was passed by Congress which provided the first peacetime draft in the United States history.
13. National Chicken Month
14. National Rice Month
15. National Potato Month
16. National All-American Breakfast Month
17. Labor Day - first Monday of September
18. September 8 - Pardon Day
19. September 13 - Uncle Sam Day (his image was first used in 1813)
20. September 16 - Mexican Independence Day



Welcome To The Village!



Residents:

May Wesserling
Zonia Brown
Kurtis Davey

Ruth Smith
Johnnie Stamps
John Polson

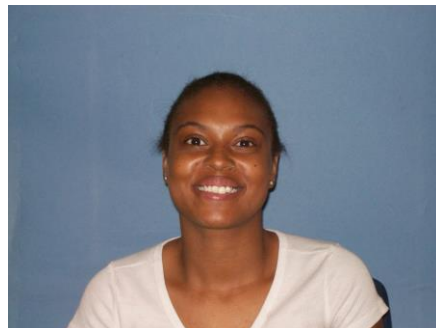
Iva O'Neal
Lila Fite
Paul Rizzo



Staff:



Aidan Garrett
Dining Services
Assistant

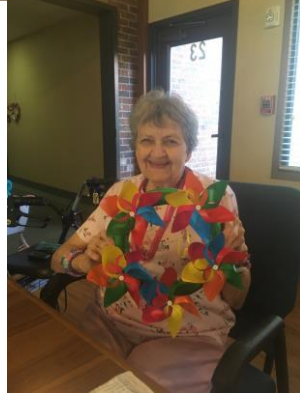


Khali Holyfield
Dining Services
Assistant



Diane Humphrey
Housekeeping

August's Craft were Rainbow Pinwheel Wreaths!



September's Craft is... Leaf Jars!



~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, and Walgreens (all off of Merriman Road))

Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) at 10 AM
- All Shopping trips load/unload a maximum of four bags per resident
~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 at 11 AM

- Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

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.
- All Shopping trips load/unload a maximum of four bags per 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 September!

Carol Dotson.....Sept 3 rd	Bob Savage.....Sept 12 th	Ron Jakary.....Sept 21 st
Phyllis Smith.....Sept 5 th	Barb Kerr.....Sept 13 th	Alfreda Mauney.....Sept 22 nd
Rosemary Richason... Sept 8 th	Linda Ginsberg.....Sept 14 th	Jean McGill.....Sept 26 th
Alberta Schuler.....Sept 8 th	Susan Langham.....Sept 18 th	Beverly Spicer.....Sept 27 th
Marilyn Pritchard.....Sept 9 th	Mille Schmittling.....Sept 19 th	Don Cook.....Sept 30 th
Mary Maxey.....Sept 11 th		Richard Utley.....Sept 30 th

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 multiple positions available in choose from.

We currently need your help with:
-Library

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

Breana Wallace
Marketing Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Austin Jackson
Dietary Manager

Brenda Seifert
Housekeeping Lead

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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