



# Village Voice



## Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • [www.pvm.org](http://www.pvm.org)

September 2013

### Featured Articles

**September Recipe** pg. 2

**Flu Shot Clinic** pg. 3

**Don't be scammed** pg. 4

**Are you ready** pg. 5

**Word Search** pg. 7

## From The Village Administrator

### Happy Labor Day!

It is a new season fast approaching. I hope all of you will soon be enjoying the changing of the leaves and the cool, crisp mornings. It's that time of year again for the Resident Satisfaction Surveys. They will be distributed in the coming weeks. This year PVM has decided to use a different company for the surveys, so there will be questions on it that will apply more for our village.

The office will now have a sign out sheet for anyone wanting to use the kitchen. In addition, we will have a sign out sheet for the community room. Both will be reserved on a first come first serve basis.

I have not forgotten about new washers and dryers. I am in the process of discussing this with WASH, and I will keep you updated as to the outcome.

I still would like to get a group

together to go to the DIA and to the Detroit Zoo. The Detroit Zoo has a free senior day on September 4 from 10 am to 3 pm. We can schedule anytime with the DIA. They provide free transportation, refreshments and tours of their facility. I would like to partner with The Village of Warren Glenn in order to have enough people to go to these two events. If anyone is interested, please let the office know.

I hope all of you have a nice Labor Day weekend.

Melissa Riesterer  
Administrator



The Village of  
**Peace Manor**  
A SENIOR LIVING COMMUNITY  
Managed by Presbyterian Villages of Michigan

### Look for PVM on:





## Fabulous Fall Apple Squares

**Prep Time: 25 Minutes**  
**Cook Time: 30 Minutes**  
**Servings: 16**

### Ingredients:

<b>1 C sifted all purpose flour</b>	<b>½ C white sugar</b>
<b>1 tsp. baking powder</b>	<b>1 egg</b>
<b>¼ tsp. salt</b>	<b>1 tsp. vanilla extract</b>
<b>¼ tsp. cinnamon</b>	<b>½ C chopped apples</b>
<b>¼ C butter (melted)</b>	<b>½ C finely chopped walnuts</b>
<b>½ C packed brown sugar</b>	<b>2 TBSP white sugar</b>
	<b>2 tsp. ground cinnamon</b>

### Directions:

- 1. Preheat oven to 350. Grease a 9x9 pan. Sift together flour, baking powder, salt and a ¼ teaspoon of cinnamon; set aside.**
- 2. In a large bowl, mix together melted butter, brown sugar, and ½ cup of white sugar with a wooden spoon until smooth. Stir in the egg and the vanilla. Blend in flour mixture until just combined, and then stir in the apples and walnuts. Spread the mixture evenly into the prepared pan. In a cup or small bowl, stir together the remaining cinnamon and sugar; sprinkle over the top of the bars.**
- 3. Bake for 25 to 30 minutes; finished bars should spring back when lightly touched. Cool in the pan; and cut into squares.**

## 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.

### Front Drive Loop

The front loop is for pick-up and drop-off only. Please remind your guests that is not okay to park and enter the building. Also, vehicles are never to block handicapped accessible ramps.

### For Your Safety

Please do not let anyone into the building that you do not know personally. If they are here for a resident, they should dial the appropriate apartment on the key pad. If you are expecting a delivery after business hours, please instruct the delivery personnel of this procedure.

## Flu Shots

Please sign up for the flu shots. Mark your calenders for Wednesday, September 18<sup>th</sup> from 2-3:30pm. Please arrive as early as 1:30pm to begin filling out paperwork. Their will be assistance with the paperwork. Bring a piece of identification and your Medicare card or \$25.00.

## FYI-Submitted by a fellow resident

Are you looking at your register receipts when you arrive home? You may be charged for three items when you only purchased two. It happened to me and it could happen to you. A quick review of your receipt is always a good idea whether it is at the store or when you arrive home. The sooner the error is discovered, the sooner it can be corrected.

Business sized envelopes are great for keeping all receipts. Mark each envelope with a given month and insert your receipts for that month. If you need to return a purchase it will be easier than hunting down a receipt. This is also a great way to keep track of your expenses.



## 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

### DON'T BE SCAMMED

Recently I read an interesting anecdote which asked: What do you call a person with an offer you can't refuse offering amazing returns on your investment? The answer: a scam artist who belongs in jail! Don't be taken in by these unscrupulous criminals. Protect yourself! Here are some simple tips to follow. Remember: If something seems to be too good to be true, it is! If someone is really a prince or princess from some foreign country they do not need your help to claim their fortune. Any legitimate person would not approach a total stranger and ask for money. Tell telephone solicitors that you do not accept any requests over the phone. Always check with a trusted source (relative, friend, long-time financial adviser before investing any money into anything. Do not give in to pressure to buy. If someone pulls that on you report them immediately. Do not fall for the "grandparent scam" whereby someone calls telling you that your grandchild is in trouble and needs you to wire money to him or her.

Remember that for every dollar you own there are thousands of

people trying to steal it.

If you think you may have already been scammed tell your family or trusted adviser immediately. Many times folks fail to report these incidents because they are embarrassed. Anyone can be scammed. Just don't let them get away with it. The faster it is reported the better chance there is of recovering losses.

Follow these simple tips; and you will be a smart and savvy senior. Cheat these scam artists out of the opportunity to cheat you! All the best to you and yours.

Sincerely,  
Lynn Alexander  
V.P. of Public Affairs

### Stop and Shop Hours

**Mondays: 8am-1pm**  
A Mystery Breakfast treat  
and a cup of coffee \$1.25

**Tuesdays: 12:30pm-3:30pm**

**Wednesdays: 8am-11:30am**  
Serving a doughnut and a  
cup of coffee for \$1.25

**Thursdays: 12:30pm-3:30pm**

**Fridays: 8am-11:30am**  
Serving a bagel with your  
choice of cream cheese  
and a cup of coffee for  
\$1.25

The Stop & Shop features  
daily and weekly specials.  
Be sure to check it out.





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

By Tom Wyllie,  
Director of Wellness

### Are You Ready?

Did you know that September is National Preparedness Month? If there were an emergency, would you know what to do? According to the U.S. Centers for Disease Control, there are four steps we need to take to prepare for an emergency:

1. **Get a Kit:** In an emergency, food and water may be scarce. That's why you should store at least a 3-day supply of food and water for yourself and your family. Having a first aid kit available along with a flashlight and a battery powered radio (with extra batteries) is also important. Additional important items can be found at [www.ready.gov/basic-disaster-supplies-kit](http://www.ready.gov/basic-disaster-supplies-kit).

2. **Make a Plan:** Emergencies fall into one of two categories: those that require evacuation and those that require you to shelter in place. You should plan for both scenarios including determining what supplies you will need, where you will go, and how you will get there. For help making a plan, visit [www.ready.gov/plan-for-your-risks](http://www.ready.gov/plan-for-your-risks).

3. **Be Informed:** Learn how your local community will notify

you of an emergency. Methods vary but commonly include emergency radio and TV broadcasts. To learn what methods are used in your area, contact your local public safety office.

4. **Get Involved:** Preparing for an emergency is a community-wide effort. There are many ways you can get involved including volunteering to be part of a Community Emergency Response Team, being a part of your community's planning process or donating needed emergency supplies. Additional ideas can be found at [www.ready.gov/get-involved](http://www.ready.gov/get-involved).

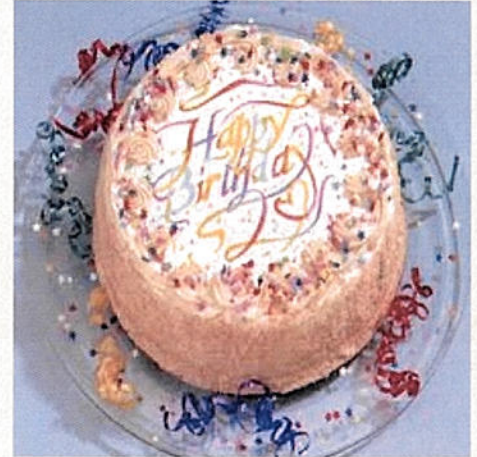
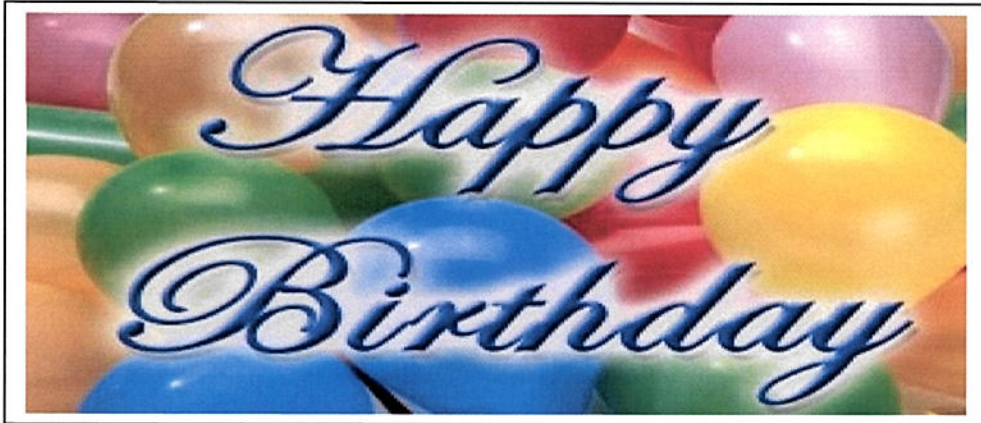
### Reserving the Village Community Room and Kitchen

Reserving the community room and/or kitchen can be done on a first come/first serve basis. Please make your reservation in the office. There is a \$25.00 deposit required, and the check will be returned to you as long as the room and kitchen are returned to their original condition.

Resident renting the room will be required to sign an agreement. The \$25.00 deposit will need to be paid the day of reservation. All reservations must be made two days prior to the event.

Please see the office for more details.

# September Birthday Celebrations



## August Birthday Party Celebration

Please join us in celebrating your fellow residents who have Birthdays in September.

When: Thursday, September 19 at 1:30pm

Where: Peace Manor Community Room

Cakes, Assorted Desserts and Refreshments will be served

## Happy Birthday to You!

Let's Wish Our September Birthday Residents A Very Happy Birthday!

Gwen Reynolds.....9/17

Annie Wright.....9/18



## Manicures by Kameelia

If you wish to make an appointment with Kameelia, please contact her at:

(586)344-9357



# Labor Day Word Search

See if you can find the hidden words associated with Labor Day.

W H S M B Z J V I S E P C U Y B V  
 T L K E O W N K R M T U N I O N A  
 C U C I P N E L Y T I R U C E S C  
 T O R E E T D E G G T F W P N S A  
 U T M Z K R E A K V C S Y R I K T  
 O N F M N I I M Y E E R L N Z L I  
 K E C K U T R U B I N C L B E Y O  
 O M Z I S N S T G E S D A J F H N  
 O E V I N R I U S C R T R Y O P L  
 C V S K N C E T M D M E F L Z L A  
 M O T Z S A I K Y M U U I J O B B  
 I M Y S L X G P R C E D Z A Q O O  
 A K A E R B J R E O A R T N Q P R  
 T R I G H T S B O Y W K Q Q C I P  
 B P A R T Y R B X B P K R V B R V  
 E F A R W A W E D A R T P A Q T I  
 V T A B B E E D A R A P R N W K O

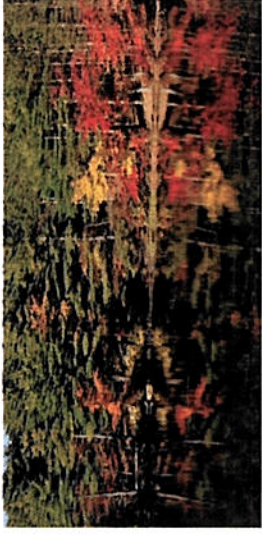
- BARBECUE
- BREAK
- COMMUNITY
- COOKOUT
- HOLIDAY
- JOB
- LABOR
- MCGUIRE
- MONDAY
- MOVEMENT
- ORGANIZE
- PARADE
- PARTY
- PICNIC
- RIGHTS
- RALLY
- SECURITY
- SEPTEMBER
- STRIKE
- SUMMER
- TRADE
- TRIP
- UNION
- VACATION
- WEEKEND
- WORKERS


**All About Puzzles**

puzzles.about.com



# September 2013






Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	 8am-1pm	3 Stop & Shop Open 12:30-3:30pm 1:30- Milkman 6pm- Pokeno	4 Stop and Shop Open 8am-11:30am 1pm- Sing-A-Long 1pm- B.P. Checks	5 Stop & Shop Open 12:30-3:30pm	6 Stop & Shop Open 8am-11:30am 10am- Bus to Meijer 10am- Communion 1pm- Schwans	7 Candy Making Class Time T.B.D.
8	9 Stop & Shop Open 8am-1pm	10 Stop & Shop Open 12:30-3:30pm 1:30- Milkman 6pm- Pokeno	11 Stop and Shop Open 8am-11:30am 1pm- B.P. Checks 3-4pm- Bible Study	12 12:45pm- Chair Exercises 6pm- Movie	13 Stop & Shop Open 8am-11:30am 10am- Bus to Meijer 10am- Communion	14 12pm- Bingo
15	16 Stop & Shop Open 8am-1pm	17 Stop & Shop Open 12:30-3:30pm 1:30- Milkman 6pm- Pokeno	18 Stop and Shop Open 8am-11:30am 1pm- B.P. Checks 3-4pm- Bible Study	19 Stop & Shop Open 12:30-3:30pm 1:30pm- Birthday Party	20 Stop & Shop Open 8am-11:30am 10am- Bus to Meijer 10am- Communion 1pm- Schwans	21
22	23 Stop & Shop Open 8am-1pm	24 Stop & Shop Open 12:30-3:30pm 1:30- Milkman 6pm- Pokeno	25 Stop and Shop Open 8am-11:30am 1pm- B.P. Checks 3-4pm- Bible Study	26 Stop & Shop Open 12:30-3:30pm 12:45pm- Chair Exercises	27 Stop & Shop Open 8am-11:30am 10am- Bus to Meijer 10am- Communion	28 12pm- Bingo
29	30 Stop & Shop Open 8am-1pm					



Macomb County Community Services Agency Senior Nutrition Program

**September 2013 Lunch Menu**

Mon	Tue	Wed	Thu	Fri
<p>2 Agency Closed</p> 	<p>3 Hotdog w/ Potato Salad, Baked Beans, Apple &amp; Oatmeal Raisin Cookie</p> <p>Labor Day Picnic</p>	<p>4 Maurice Salad w/ Minestrone Soup &amp; Pear</p>	<p>5 Chicken Patty Parmesan Sandwich, Carrots, Garden Salad &amp; Pineapple Dessert</p>	6
<p>9 Baked Oven Crispy Chicken, Au Gratin Potatoes, Three Bean Salad, Tropical Fruit Salad &amp; Dinner Roll</p> <p>Grandparent's Day</p>	<p>10 Beef Philly Steak Sandwich w/ Red Skin Potatoes, Baked Beans, Cantaloupe &amp; Honeydew</p> 	<p>11 Roast Pork w/ Gravy, Apple- sauce, Mashed Redskin Pota- toes, Brussels Sprouts &amp; Frosted Birthday Cake</p> <p>Birthday Party</p>	<p>12 Rotini Pasta w/ Meat Sauce, Green Beans, Garden Salad, Peaches &amp; Pears</p> 	13
<p>16 Salisbury Steak w/ Mashed Redskin Potatoes, Corn O' Brien &amp; Gravy</p> 	<p>17 Cheese Lasagna Roll Ups, Vegetable Blend, Garden Salad &amp; Strawberries w/ Whipped Cream</p>	<p>18 Chicken Salad, Garden Vegetable Soup, Apple &amp; Dinner Roll</p>	<p>19 BBQ Ribette Sandwich, Sweet Potatoes, Coleslaw &amp; Warm Peach Crisp</p> <p>Talk like a Pirate Day</p>	20
<p>23 Turkey Broccoli Rice Casserole, Car- rots, Brown Bean Salad &amp; Oranges</p>	<p>24 Polynesian Chicken, Baked Potato, Malibu Vegetable Blend &amp; Vanilla Yogurt w/ Strawberries</p> <p>Healthy Aging Awareness</p>	<p>25 Maurice Salad w/ Twice Baked Potato Soup, Orange &amp; Dinner Roll</p> 	<p>26 Roast Beef Sandwich w/ Mashed Redskin Potatoes, Broccoli Raisin Salad &amp; Watermelon</p>	27
<p>30 Lemon Chicken Legs, Brown Rice w/ Carrots, Coleslaw, Pineapple &amp; Oranges</p>				

**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*

---

**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)

**Embrace the possibilities**