



# Village Voice



## Embrace the possibilities

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

May 2015

### Featured Articles

**Giving Matters** pg. 2

**Older Americans Month** pg. 3

**May Calendar** pg. 5

## From The Village Administrator Greetings to All,

It seems as though spring is finally here. The trees are budding and the flowers are blooming. I think it's going to be a beautiful May.

Thank you to everyone who participated in all of our Friends and Family events. Each event was great successes. Thank you to Joan for donating her delicious pasta sauce for our pasta dinner. Thank you to Ruth Ann for coordinating with the Roseville Ram's Horn to have a fundraising night for our Friends and Family campaign.

I'd also like to thank all of our board members, family members and volunteers who also contributed their time and contributions for doing as much as they could to make this campaign a great success!

We will have the final numbers of all of our donations early this month. As soon as I have that

information, I will pass it on to you.

Our parking lot will be getting the work it needs starting on May 11<sup>th</sup> and 12<sup>th</sup>. They will have to come back a couple more times later in the month to complete everything. We will send out notices to you before May 11<sup>th</sup> as a reminder.

Don't forget we will have our May fire drill, and this one will be announced.

And lastly, I would like to thank everyone who submitted a Shining Star nomination form for the staff. We appreciate your thoughtfulness.

Melissa Riesterer  
Administrator



The Village of  
**Peace Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## Giving Matters.

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

### Grants Awarded to PVM Villages

Through the generosity of our many donors, the PVM Foundation Grant Allocation Committee was able to award over \$73,000 so far this year to fund various Village projects and programs including:

- Funding to complete a Paved Service Road at **The Village of Sage Grove**
- Funding to complete the new Security Camera system at **The Village of Warren Glenn**
- Funding to complete the Gazebo at **The Village of Our Saviour's Manor**
- Funding for resident activities at **16 Villages**
- Community Living Room updates at **The Village of Rosebush Manor**
- Automated phone call system at **The Village of Springs Meadows**
- Signage replacement and updates at **The Village of Bethany Manor**

Projects like these and many others that are funded throughout the year are only possible through the support of donors, so **THANK YOU** for all you do for residents! If you have any questions about projects that the PVM Foundation funds, please call Avni Thomas at 248.281.2040.

Another event the PVM Foundation supports is the annual **Village Victory Cup**, being held on **Friday, June 26<sup>th</sup>** at the Ultimate Soccer Arenas in Pontiac. This senior Olympics-style competition brings nearly all the Villages together for a fun-filled and rewarding day. I hope to see each of you there competing or cheering on your teams!

If you have any questions or would like to share your thoughts, please contact me at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you for all you do to support PVM!

Warm regards,  
Paul J. Miller, CFRE

## Announcements

### Parking Lot Repairs

The parking lot resurfacing/repairs is expected to begin May 11<sup>th</sup>. Stay tuned for further instructions.

### PACE Seminar

PACE-Program of All Inclusive Care for the Elderly

When: Monday, May 11 at 2pm.

Where: The First Floor Community Room

### Parish Nurse Schedule

Sue Perkins, R.N. is available every Wednesday from 1:00-3pm to take blood pressures. She is also available to counsel with regarding health advice.

### Chair Exercises

Come join in on the fun. Chair dance to the music.

When: Thursday, May 14<sup>th</sup> & 28<sup>th</sup>

Time: 1:00pm

Where: First Floor Community Room



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## OLDER AMERICANS MONTH - 2015

May is Older Americans Month. The Administration on Aging denotes this celebration as a way to draw attention to acknowledge the past and present older persons in our country. This year's theme is "Get into the Act". When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65<sup>th</sup> birthday. About a third of older Americans lived their life in poverty; and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month", the prelude to "Older Americans Month".

Every President since Kennedy has issued a formal proclamation for Older Americans Month asking that the entire nation pay tribute in some way to older persons in their communities. This is celebrated across the country through ceremonies, events, fairs and other such

activities. Each of us can do something to honor our older Americans. If you are a senior who is blessed with mobility and good health reach out to another senior friend or neighbor who may not be as fortunate as you. If you are a family member, neighbor or friends of a senior find some special way to let them know that you appreciate what they have done through defending us or building the communities which we all now enjoy. We owe a debt of gratitude to our older Americans. Please join me in saying THANK YOU!



## Service Coordinator's Corner

Ms. Camille DeBlaere AS, BA, MA is available to assist you with the following services and/or assistance:

**Benefit Programs:** (i.e. Social Security, Medicare, Medicaid and Private Health Insurance)

**Health Services:** (i.e. Prescriptions, Advanced Directives, Home Health Care, Medical Appointments, Meals on Wheels)

**Housekeeping Referrals**

**Housing Rights and Lease Education**

**List of Assisted Living and Nursing Care Centers**

**Mental health Referrals**

**Reasonable Accommodations**

**Substance Abuse Programs**

**Transportation Services**

Her office hours are:

Monday 7:30am-2:30pm

Tuesday 7:30am-1:30pm

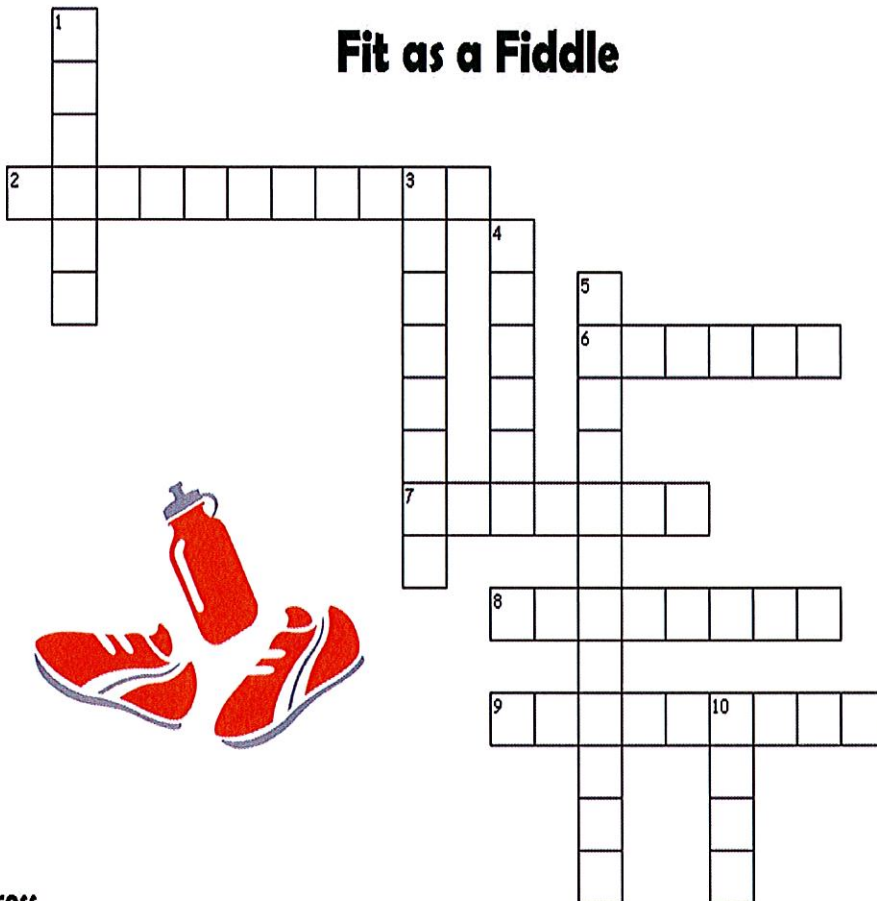
Thursday 7:30am-2:30pm



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Fit as a Fiddle



**Across**

- 2. Lace these up when you're about to head out for a run.
- 6. Exercise can give you this, which can help wake you up and help you stay positive throughout the day!
- 7. It's good to do this before being active, to loosen up those muscles!
- 8. This is an activity you can do in the water, and can be easy on the joints.
- 9. This is a machine that you can use to walk or run inside, and is great when the weather isn't permitting exercise.

**Down**

- 1. Grab one of these and have them come with you for a walk!
- 3. This is something you can do to keep your body healthy.
- 4. You should always speak with this person before becoming active.
- 5. This illness impacts the heart, and the risk of it can be reduced with exercise.
- 10. This is improved when you exercise, and leads to a more positive outlook.

**\*Answers can be found in next week's newsletter!\***

### May Sing a Long

When: Wednesday, May 6th  
Time: 1:00pm

### May Movie Night

When: Thursday, May 28th  
Time: 6pm

Popcorn is provided.  
Please bring your own beverage.

### May Bingo Dates

When: Saturday, May 2nd  
Time: 1pm  
Where: First Floor Community Room

-And-

When: Saturday, May 16th  
Time: 12pm  
Where: First Floor Community Room

Lunch will also be served!





# May 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
		1:30pm- Milkman 6pm- Pokeno	10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study 1pm-Sing A Long		9am- Bus To Meijer	
	11	12	13	14	15	16
	2pm- PACE Seminar	1:30pm- Milkman	10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	1pm- Chair Exercises	9am- Bus To Meijer	12pm- Lunch & Bingo W/Sue
17	18	19	20	21	22	23
		1:30pm- Milkman 6pm- Pokeno	10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study		9am- Bus To Meijer	
24		26	27	28	29	30
		1:30pm- Milkman	10am- Communion 1-3pm-B.P. Checks 3-4pm- Bible Study	1pm- Chair Exercises 6PM- MOVIE	9am- Bus To Meijer	
31						

### 60's Songs 1 - Word Search

Find the words hidden in the grid of letters.

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

BABY LOVE  
 BLUE VELVET  
 CARA MIA  
 CHERISH  
 CRYING  
 DOWNTOWN  
 ELENORE  
 FIRE  
 GROOVIN  
 HEATWAVE  
 HOLIDAY  
 MEMPHIS  
 MY GUY  
 PUPPY LOVE  
 RUNAWAY  
 SOUL MAN  
 STAY  
 TEEN ANGEL  
 THE TWIST  
 VALLERI  
 WHITE RABBIT  
 WINDY  
 YESTERDAY

Large Print Word Search Puzzles  
[http://www.puzzles.ca/large\\_print\\_word\\_search.html](http://www.puzzles.ca/large_print_word_search.html)  
 Copyright © 2012 Livewire Puzzles

Macomb County Office of Senior Services

# Senior Fun Fest

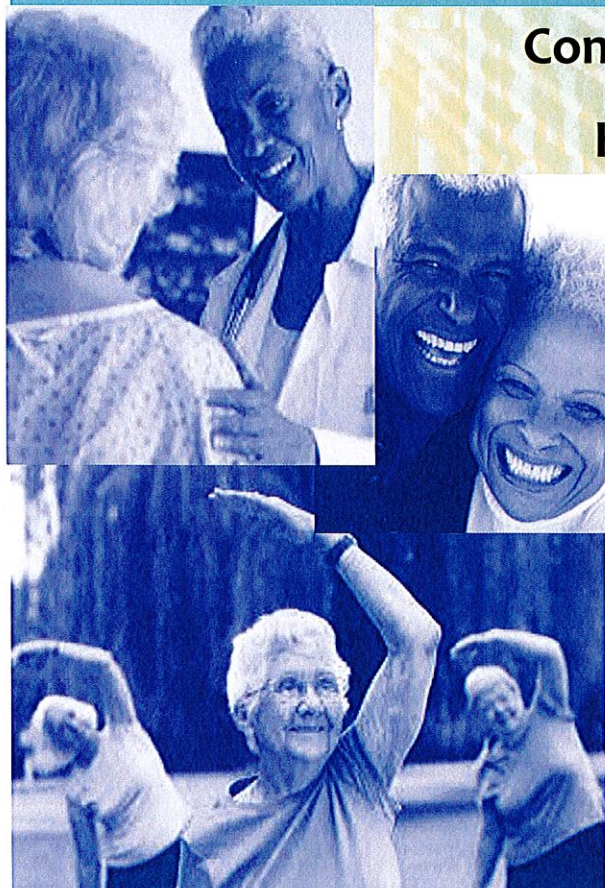
*Macomb County's largest Senior Expo!*

June 12, 2015

9 a.m. — 1 p.m.

Gibraltar Trade Center | Mt. Clemens

**Free**



**Community Resources**

**Health Screenings**

**Wellness Activities**

**Entertainment**

**Games, Prizes, and more!**

Proudly Hosted By:



Mark A. Hackel  
County Executive

For more information contact the Office of Senior Services  
(586) 469-5228 or visit [mccsa.macombgov.org](http://mccsa.macombgov.org)

**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, R.N.**  
*Parish Nurse*

**Stacey Klooster**  
*Administrative Assistant*

**William Horton**  
*Maintenance Tech*

**Camille DeBlaere, AS, BA, MA**  
*Service Coordinator*

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**EMERGENCY NUMBER**

(586) 256-6326

**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)



# Presbyterian Villages

OF MICHIGAN

SERVING SENIORS & COMMUNITIES

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