



Village Voice



Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • www.pvm.org

July 2014

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From The Village Administrator

Happy 4th of July...

I can't even believe we are into July already. Hopefully the summer won't be too hot.

Please remember to fill out your resident satisfaction surveys and return them in the postage paid envelope. If you'd like to drop them off in the office, you can do so and be entered into a drawing for a Meijer gift card. Please turn them into the office by Monday, July 7th to be entered into the drawing. On Tuesday, July 8th we will pick the winner.

Sign up for our 4th of July barbeque which will be July 3rd at 1 pm. We will have hotdogs with a few other treats. I think it will be fun to have a holiday party.

Tom, who delivers meals on wheels from Macomb County, will be performing with his band for us on Wednesday, July 16th from 6 pm to 7 pm on our patio. We will have an

ice cream social that evening from 5:30 pm to 6:00 pm. I hope all of you can attend.

Some of you have asked for my fudge recipe. Here it is:

- 1 12 oz. package of milk chocolate morsels
- 1 12 oz. package of butterscotch morsels
- 1 can sweetened condensed milk
- 1 tsp. vanilla

Pour morsels and sweetened condensed milk in pan on stove. Melt the morsels and milk together until everything is melted. Take off heat and add the vanilla. Stir. Pour into a 13' x 9' pan and let cool then put in the refrigerator.

Hint: Cut the fudge before it gets too cold.

Sincerely,

Melissa Riesterer
Administrator



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

Look for PVM on:



ICE CREAM Meet & Mingle SOCIAL!



Come One, Come All!!

Invite your friends and family!!

When: Wednesday, July 16th

Time: 5:30-7pm

Where: First Floor Community Room & Patio

Ice Cream Social

5:30-6pm

Live Entertainment on the Patio

6-7pm

***Featuring the Band "Stone Soup"
Playing a blend of Blues/Jazz/Rock***

Announcements

Village Bus

The bus will continue to travel to Meijer on a weekly basis. However, there must be three people signed up.

Stay tuned for planned outings. If you have a suggestion, please let the office know.

Some suggestions we have received so far:

- Macy's for lunch
- The DIA
- Walmart
- Partridge Creek

Parking at Peace Manor

The front loop is for pick-up and drop-off only. Also, parking underneath the carports is for village residents only. Visitors to the building are to park behind the church.

Flavorful Suggestion

Empty your salt shaker and refill it with half a shaker of Mrs. Dash TM, and half a shaker of garlic powder and onion powder mixed. Use this sparingly on your table food. You will actually come to like this mix better than salt.



For Your Safety.

By *Carrie L. Moon-Dupree,*
Vice President of Risk Management & Quality

Summertime & the Outdoors

We thought winter would never end, but now that the summer is upon us, it is time for some common sense reminders about how to enjoy summertime, safely.

While it is wonderful to be able to open windows to let the fresh air in, just remember not to leave them open when you are not around. Especially if you live on a lower level, do not leave your patio door unlocked when you are not there. While it is tempting to put saucers of milk and food out for stray animals, please remember that this food also attracts unwanted non domesticated animals.

Here at Presbyterian Villages of Michigan, residents can cook outside with supervised barbequing. This means that outdoor cooking may be done as part of a supervised group activity with proper fire safety measures in place. Individual barbequing is not allowed anywhere on the property. This is due to fire safety concerns.

Be aware of the strength of the sun and protect yourself by

wearing a hat and loose clothing. Drinking enough water to stay hydrated is always a good idea. Sunscreen is a must when you are going to be in the sun any length of time.

This is also time of the year where temperatures can soar to levels that make it difficult to breath, especially if you have a breathing problem. If you are having trouble with your air conditioning, opening windows or any other air quality issue, be sure to contact your building's maintenance department. Listen to your local radio station or TV station to learn of storms coming your way and stay inside in a windowless room if the local tornado sirens are going off. For most residents the inside of their bathroom or interior hallway is the safest place in the building. If you are not aware of your Village's emergency preparedness plans, ask your Administrator to provide you with the plan.

Summer is meant to be enjoyed and with a little preplanning, you can enjoy the summer safely.

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.

Stop and Shop Hours

Mondays: 8am-11am
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: Closed

Come check the store out for yourself. Proceeds benefit The Village of Peace Manor Residents.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Andrea Taylor, an intern from Oakland University's Wellness, Health Promotion & Injury Program

The Importance of Oral Health

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize.

Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis. As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk.

Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam. An annual checkup is vital to ensure that you are keeping your mouth healthy. Remember, oral health is important at any age.

July Birthday Party

When: Thursday, July 17th
Where: Peace Manor
Community Room
Time: 1:30pm

Come celebrate with your fellow residents who have birthdays in July. We will also celebrate the residents' who had birthdays in June.

Happy Birthday to You

Lee MacLeod.....7/8
Nina Giordano.....7/14
Gerry Reynolds.....7/23
Don Faust.....7/29

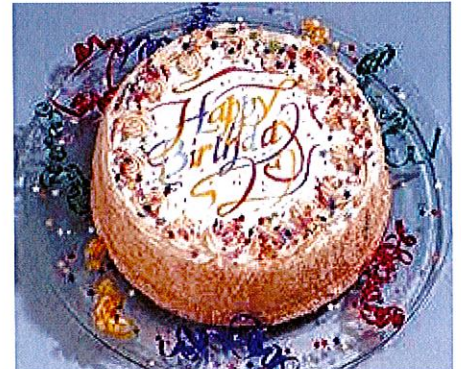
Famous July Birthdays

Nelson
Rockefeller.....7/8/1908

Gerald
Ford.....7/14/1913

Woody
Harrelson.....7/23/1961

Peter
Jennings.....7/29/1938





The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

GOOD NEWS FOR MICHIGAN SENIORS

Governor Snyder presented his Message on Aging recently at the Rochester Older Person's Commission to a large and enthusiastic crowd. His message heralded great news for Michigan's Seniors. In fact, our colleagues across the country have stated that he is the first governor in the country to draw such attention to the value and issues of our senior population. Some highlights of his message include:

Healthy Lifestyle: Promotion of Health & Wellness and a call for more innovation. Governor Snyder recognized us (Presbyterian Villages of Michigan) for our innovative and evidence based programs and mentioned our Village Victory Cup as an example of innovation.

Commitment to Home and Community Based Services and a pledge to make Michigan a "No Wait State" for aging services with a \$20 million investment in 2015.

Support for family caregivers by calling on employers to help their caregiver employees.

Support for a dementia pilot program in Michigan and expansion of innovations in this arena.

Promotion of culture change in nursing homes and reinvention based on task force recommendations.

Increased access to programs and services via a new website launched by the Michigan Office of Services to the Aging by 2015.

Enhanced protection of vulnerable adults by improving the Adult Protective Service program to offer timely assistance, comprehensive follow up and easy entry. Also, the state will work with financial institutions to further prevent financial exploitation and increase funding in this regard.


Creating an Age-Friendly Michigan via age friendly communities, access to transportation, volunteerism and support of an Older Adult Workforce as well as entrepreneurs. This would also include better trained health care providers, retirement planning, lifelong learning and utilizing senior volunteers for travel and recreation with our parks system.

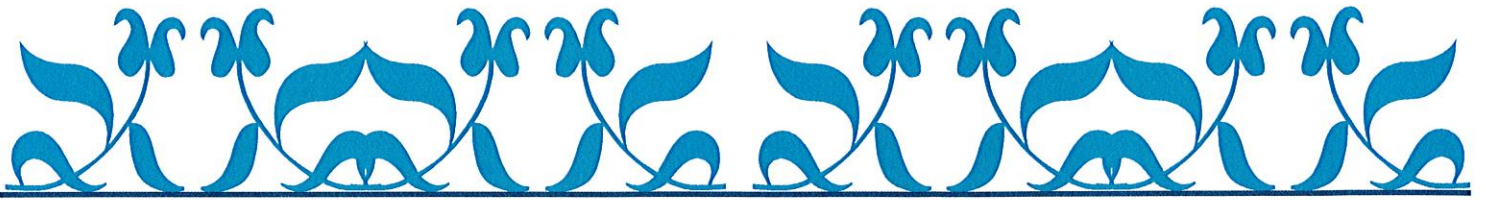
To see the complete message, go to www.michigan.gov/snyder



July 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 8am-11am- Stop & Shop Open 1-2pm- Wellness W/Paige	8 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	9 8-11:30am- Stop & Shop Open 10am- Communion 1-3pm- BP Checks 1pm- Sing a Long	10 12:30-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	11 	12 12pm- Bingo and Lunch With Sue
13	14 8am-11am- Stop & Shop Open 1-2pm- Wellness W/Paige 2pm- Ice Cream Social W/Marilyn Lane	15 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman NO POKENO	16 8-11:30am- Stop & Shop Open 5pm- Ice Cream Social 6-7pm- Live Music on the Patio "Stone Soup"	17 12:30-3:30pm- Stop & Shop Open 1:30pm- Birthday Party	18	19 12pm- Bingo and Lunch With Sue
20	21 8am-11am- Stop & Shop Open 1-2pm- Wellness W/Paige	22 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	23 8-11:30am- Stop & Shop Open 10am- Communion 1-3pm- BP Checks	24 12:30-3:30pm- Stop & Shop Open 12:45pm- Chair Exercises	25	26
27	28 8am-11am- Stop & Shop Open 1-2pm- Wellness W/Paige	29 12:30-3:30pm- Stop & Shop Open 1:30pm- Milkman 6pm- Pokeno	30 8-11:30am- Stop & Shop Open 10am- Communion 1-3pm- BP Checks	31 12:30-3:30pm- Stop & Shop Open 1-2pm- Wellness W/Paige		



Life Enrichment Fair

When: Friday, July 18th

12:00—3:00 pm

Where: Village of Oakland Woods Community Center

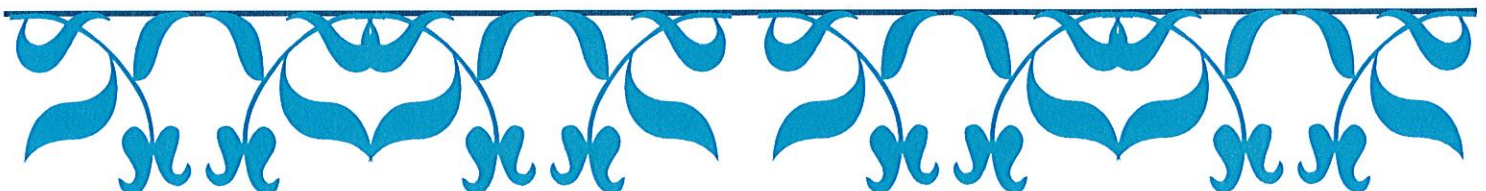
420 S. Opdyke Rd, Pontiac, MI 48341

Come and interact with local business and services.

- There will be booths for things such as aromatherapy, memory testing, hearing testing, doctors, the local fire department and many more.
 - Lunch and healthy snacks will be offered.
- A raffle will take place at the end of the fair that you will be given a free ticket to enter, you must be present to win.
 - This event is free of charge and all are welcome.

RSVP no later than July 14th

to 248-334-4379



**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



**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

William Horton
Maintenance Tech

Camille DeBlaere
Service Coordinator

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

Embrace the possibilities