



Village Voice



Embrace the possibilities

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January 2014

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From The Village Administrator

Happy New Year!

I am looking forward to the New Year. It seems as though 2013 went by in a blink of an eye. It's hard to believe I've been here for over a year now. It's been a pleasure to be here with all of you. I truly love what I do.

I hope all of you who joined us for the Christmas party enjoyed yourselves. I thought the white elephant gift exchange was entertaining. Olive Garden did a good job on the food, and Vito's dessert was tasty.

For all who are interested, on Friday, January 10th at 1:00 pm, WASH will be here to do a presentation on the washers and dryers. I will post a reminder notice during that week.

If any of you know of someone who might like to volunteer to drive our bus during evenings or weekends, please let us know. I am looking for someone who would like to do that

so you will have an opportunity to go out for an event in the evening or on a weekend.

If you have any ideas about events you'd like to see come to Peace Manor this year, please let me know. I am always looking for new activities for you.

Any favorite recipe or recipes you have, please let me know. As a fundraiser for our village, we are thinking about selling a cookbook filled with resident and staff recipes. I know this was done several years ago, and I think it would be a great idea. The money would go towards our Friends and Family event that will be in April this year.

I hope you stay warm and dry this January, and let's hope the weather cooperates.

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Announcements

Maintenance Corner

Just a reminder to use caution as the weather turns to snow and/or ice. There are buckets of salt located in both entrance vestibules. Please notify maintenance or the office of any slippery conditions.

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.

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.

Presentation on Washers & Dryers

A representative from WASH laundry systems will be here on Friday, January 10th at 1pm.

My New Years wish for all of you is that your life be filled with energy and vitality. Health and wholeness provide the foundation required for this to happen. When we keep our body, mind, and soul in check (free from disease, stress, and sin) energy and vitality naturally surface.

As we mature another by product appears, wisdom, which is another with I have for you.

Wisdom gives:

- A long, good life
- Riches
- Honor
- Pleasure
- Peace

Happy New Year to Each of You!

Sue Perkins, RN

January Birthday Party

Please join us in celebrating with your fellow residents who have birthdays in January.

When: Thursday, January 16th

Time: 1:30pm

Where: Peace Manor Community Room

Assorted Desserts and refreshments will be served

Happy Birthday To:

Shirley Fitzgerald..... 1/04

Catherine Botkin..... 1/15

Delores Card..... 1/27

Merlynn Graff..... 1/28



For Your Safety.

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

Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid, unless needed to support tax filings
- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do

not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997. More information can be found on the government web site www.USA.gov / [Managing Household Records](#)

Stop and Shop Hours

The Village Stop & Shop Will Re-Open On Monday, January 6th!

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: Closed

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

Please save all of your box tops for education. We are donating them to The Fraser School District.

Also, donations of pennies and loose change are still needed for "Angel", and Abigayle Ministries.





Giving Matters.

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

Statewide Comprehensive Campaign Reaches \$13.6M for Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM's strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project.

I am also happy to report that in 2013, the PVM Foundation awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities
- And more!

None of this could be accomplished without the continued support of our donors, **so thank you for all you do to further PVM's mission!**

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. We wish you a happy new year filled with good health, peace and joy!

Warm regards,
Paul J. Miller, CFRE

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.





January 2014

* Dates and Times are Subject to Change *



Sun Mon Tue Wed Thu Fri Sat

			1 <i>Happy New Year</i>	2 Stop & Shop Open 12:30-3:30pm	3	4 12pm—Bingo
5	6 Stop & Shop Open 8am-1pm	7 Stop & Shop Open 12:30-3:30pm 1:30pm—Milkman 6pm—Pokeno	8 Stop & Shop Open 8am-11:30am 10am-Communion 1pm—B.P. Checks	9 Stop & Shop Open 12:30-3:30pm 12:45pm—Chair Exercises	10 9:30am—Bus To Meijer 1:00pm—WASH presentation	11
12	13 Stop & Shop Open 8am-1pm	14 Stop & Shop Open 12:30-3:30pm 1:30pm—Milkman 6pm—Pokeno	15 Stop & Shop Open 8am-11:30am 10am-Communion 1pm—Sing A Long	16 Stop & Shop Open 12:30-3:30pm 1:30pm—January Birthday Party	17 9:30am—Bus To Meijer	18 12pm—Bingo
19	20 Stop & Shop Open 8am-1pm	21 Stop & Shop Open 12:30-3:30pm 1:30pm—Milkman 6pm—Pokeno	22 Stop & Shop Open 8am-11:30am 10am-Communion 1pm—B.P. Checks	23 Stop & Shop Open 12:30-3:30pm 12:45pm—Chair Exercises 6pm—Movie Night	24 9:30am—Bus To Meijer	25
26	27 Stop & Shop Open 8am-1pm	28 Stop & Shop Open 12:30-3:30pm 1:30pm—Milkman 6pm—Pokeno	29 Stop & Shop Open 8am-11:30am 10am-Communion 1pm—B.P. Checks	30 Stop & Shop Open 12:30-3:30pm	31 9:30am—Bus To Meijer	

Macomb County Senior Nutrition Program Lunch Menus

Week 1

	Monday 1/6/2014	Tuesday 1/7/2014	Wednesday 1/8/2014	Thursday 1/9/2014	Friday 1/10/2014
Date	1/6/2014	1/7/2014	1/8/2014	1/9/2014	1/10/2014
		New Year's Celebration			
Entrée	Oven Baked Crispy Chicken (3 oz.)	Roast Pork (3 oz.) w/ Low Sodium Pork Gravy	Hearty Beef Stew (8 oz.) w/ Mixed Vegetables	Turkey a la King over Biscuit	Pasta Beef & Tomato Casserole (8 oz.)
Vegetables	Au Gratin Potatoes	Garlic Mashed Potatoes	Rosemary Roasted Redskin Potatoes	Confetti Corn	Savory Diced Carrots
	Baked Beans	Brussels Sprouts	Broccoli Raisin Salad	Marinated Three Bean Salad	Garden Green Salad (3/4 Cup)
Other		Oatmeal Raisin Cookie, 3"			
Fruit	Fresh Yellow Delicious Apple	Applesauce, 1/2 Cup	Fruited Gelatin	Strawberries, 1/2 c w/ Whipped Topping	Fresh Banana
Bread	Dinner Roll, 1 oz.	WW Dinner Roll, 1 oz.	WW Bread, 1	Biscuit, 2 oz.	Italian Bread, 1
Milk	1%	1%	1%	1%	1%
HDM-Fat Exc.	Margarine	Margarine	Margarine	(See Vegetable)	Margarine
Cong-Fat Exc.	Margarine	Margarine	Margarine	(See Vegetable)	Margarine
Cong-Bulk Condiment	NA	NA	Ketchup	NA	Ranch Dressing, 1 oz. & Parmesan Cheese, 1 oz.
Packaging Instructions	3 Deep	3 Reg	2 Reg	2 Reg	2 Reg

Macomb County Senior Nutrition Program Lunch Menus

Week 2					
	Monday 1/13/2014	Tuesday 1/14/2014	Wednesday 1/15/2014	Thursday 1/16/2014	Friday 1/17/2014
Entrée	Pulled Pork (#10 scoop) Sandwich w/ BBQ Sauce	Swedish Meatballs (3 oz.) served over noodles	Submarine Sandwich: Ham, Turkey & American Cheese (3 oz.)	Teriyaki Chicken Legs (3 oz.) w/ Teriyaki Sauce	Florentine Stuffed Shells (2) w/ Marinara Sauce
Vegetables	Parsley Buttered Round Potatoes	Savory Green Beans	WW Rotini Pasta Salad: Diced: Celery, Carrots & Onions	Baked Potato (3 oz.)	Spicy Buttered Diced Carrots
	Baked Beans	Marinated Chickpea, Feta & Tomato Saald	Chicken Noodle Soup (8 oz.)	California Blend Vegetables	Italian Garden Green Salad w/ Romaine (3/4 Cup)
Other		Egg Noodles (1/2 Cup)	Low Sodium Crackers		
Fruit	Pineapple & Mandarin Oranges	Cherry Tropical Bananza	Fresh Winter Pear	Vanilla Yogurt (1/4 Cup) w/ Strawberries (1/2 Cup)	Fresh Orange
Bread	Hamburger Bun	WW Bread, 1	Submarine Bun	WW Roll, 1 oz.	Dinner Roll, 1 oz.
Milk	1%	1%	1%	1%	1%
HDM-Fat Exc.	(See Vegetable)	Margarine	(See Vegetable)	Margarine	Margarine
Cong-Fat Exc.	(See Vegetable)	Margarine	(See Vegetable)	Margarine	Margarine
Bulk	NA	NA	Mustard & Mayonnaise	Sour Cream, 1 oz.	Poppy Seed Dressing, 1 oz. & Parmesan Cheese, 1 oz.
Condiments					
Packaging Instructions	3 Reg Bag bun	2 Reg	2 Bags 1 hot & 1 cold Assemble sandwich	3 Deep	2 Reg

Macomb County Senior Nutrition Program Lunch Menus

Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
	1/20/2014	1/21/2014	1/22/2014	1/23/2014	1/24/2014
	AGENCY CLOSED	Remembrance Day MLK, JR.			
Entrée		Baked Ham (3 oz.) w/ Pineapple Sauce	Tuna Salad (3 oz., #10 scoop)	Roast Turkey (3 oz.) w/ Low Sodium Turkey Gravy	Chilli Con Carne w/ Beans
Vegetables		Whipped Sweet Potatoes	Macaroni Salad w/ Diced: Onions, Celery & Carrots	Garlic Mashed Redskin Potatoes	Corn O'Brien
Other		Spinach Salad (3/4 Cup) w/ Egg & Mushroom garnish	Broccoli Cheese Soup (8 oz.)	Herbed Green Beans	Garden Green Salad w/ Romaine (3/4 Cup)
Fruit		Warm Peach Crisp	Low Sodium Crackers Fresh Yellow Delicious Apple	Fruited Gelatin	Low Sodium Crackers Fresh Banana
Bread		WW Bread, 1	Croissant, 1.5 oz.	WW Dinner Roll, 1 oz.	Corn Bread, 2 x 2.
Milk		1%	1%	1%	1%
HDM-Fat Exc.		Margarine	See Vegetable	Margarine	Margarine
Cong-Fat Exc.		Margarine	See Vegetable	Margarine	Margarine
Bulk		French Dressing, 1 oz.	NA	NA	Italian Dressing, 1 oz.
Condiments		3 Reg			
Packaging Instructions			2 Bags 1 hot & 1 cold Cup Tuna	3 Reg	2 Reg

Macomb County Senior Nutrition Program Lunch Menus

Week 4					
	Monday 1/27/2014	Tuesday 1/28/2014	Wednesday 1/29/2014	Thursday 1/30/2013	Friday 1/31/2013
			Birthdays Party		
Entrée	Sweet & Sour Pork (6 oz.) served over rice	Potato Crunch Pollock (3 oz.)	Stuffed Cabbage (3 oz.)	Polynesian Chicken Breast (3 oz.)	Beef Philly Steak (3 oz.) Sandwich w/ Melted Cheese & Sautéed Green Pepper & Onion garnish
Vegetables	Far East Vegetable Blend	Brown & Wild WG Rice w/ Garden Peas	Mashed Potatoes w/ Low Sodium Beef Gravy	Baked Potato (3 oz.)	Roasted Redskin Potatoes
	Vegetable Egg Roll	Steamed Spinach	Italian Garden Green Salad w/ Romaine (3/4 Cup)	Malibu Vegetable Blend	Green Beans
Other	Steamed Rice (1/2 Cup)				
Fruit	Tropical Fruit Salad	Pineapple Dessert, 1/2 c	Angel Food Cake w/ Strawberries (1/2 Cup)	Vanilla Yogurt (1/4 Cup) w/ Diced Peaches (1/2 Cup)	Fresh Banana
Bread	See Entrée & Vegetable	WW Bread, 1	WW Dinner Roll, 1 oz.	Dinner Roll, 1 oz.	Submarine Bun
Milk	1%	1%	1%	1%	1%
HDM-Fat Exc.	(See Vegetable)	Margarine	Margarine	Margarine	(See Vegetable)
Cong-Fat Exc.	(See Vegetable)	Margarine	Margarine	Margarine	(See Vegetable)
Bulk Condiment	Sweet & Sour Sauce	Tartar Sauce & Lemon & Vinegar Separately	Ranch Dressing, 1 oz.	Sour Cream, 1 oz.	Mayonnaise Ketchup
Packaging Instructions	3 Deep	3 Reg	2 Reg	3 Deep	2 Reg Bag bun