



Village Voice



Embrace the possibilities

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

October 2016

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From The Village Administrator

Happy Halloween...

Can you believe it's October already? It's unbelievable how fast time flies. I hope everyone is all geared up for our rummage sale, bake sale and Halloween party this month.

As you know, you will be receiving your resident satisfaction surveys shortly. You can mail them yourself or drop them by the office to be mailed.

The top two winners for our Guess Who board were Maureen and Sarah. Congratulations to them on guessing the most people correctly.

Thank you to Carol for calling bingo the latter part of September and this month on October 8th. Christine will be returning starting October 26th.

Thank you to Ruth Ann for organizing the Ram's Horn fundraiser for Peace Manor. We received almost \$200.00 for

your Halloween party.

Beginning Wednesday, October 5th I will be at Rivertown and again on Friday, October 7th. Each week my schedule will change, but I will post it weekly.

Due to the fact that I don't know my schedule for the month of October, I will post the next resident chat and game hour when I know more about my schedule.

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor
A SENIOR LIVING COMMUNITY

Look for PVM on:



Service Coordinator Briefs

Dear Peace Manor Residents,

It was a busy and fun spring/summer. As we begin the fall, there are many great activities planned which will continue the fun!

There is still time to request your Absentee Ballot for the November Election, if you have not yet obtained it. If you need the City Clerk's number, stop by my office, or it is posted on my door.

Open Enrollment for Medicare is October 15 - December 7. George will be at Peace Manor on Monday, 10/24 and Tuesday, 11/29, but he will only be able to meet with 12 residents between those two days. The sign-up sheet for meeting with George is in the Mail room.

Macomb County Office of Senior Services can assist you with any changes you want to make with Medicare Part D. Appointments are required, call 586.469.5228; appointments are Monday-Friday, 9:00 a.m. - 3:30 p.m. Office of Senior Services is located at 21885 Dunham Road, Suite 9, Clinton Township, enter building through Door C. A flyer about this service is on my office window and in the Mail room.

Presentations during the month of October include: 10/4, at 1:00 p.m., Grace from Lakeside Legal Aid will present information about Financial Abuse. Grace will be available after her presentation to meet individually with you; 10/24, from 9:30 a.m-3:30 p.m., last appointment begins at 2:30 p.m., George will meet with residents re: Open Enrollment for Medicare; 10/25, at 1:00 p.m., Lauren from the Alzheimer's Association will present an overview of dementia and the types of services provided by the Alzheimer's Association; there will be an opportunity for questions and answers. A Matter of Balance class continues every Wednesday during October!

Save the dates for November and December Presentations: 11/1, at 1:00 p.m., Diabetes Presentation, (November is Diabetes Awareness Month); 11/8, at 1:00 p.m., Kathy from Clinton Township Library will bring new books and present; and 12/6, at 1:00 p.m., Debbie from Henry Ford Stroke department will be presenting.

Hope to see you at the Presentations!

Sincerely,

Trish (Patricia) Iannucci-Waller, B.S.

Announcements

Resident Council Meeting

When: Monday, October 3rd
Time: 1pm
1st Floor Community Room

Pokeno

When: Tuesday Evenings
Time: 6pm
Join Carol for some Pokeno Fun in the Community Room

Communion

When: Wednesdays
Time: 10am

Sue Perkins, R.N.

When: Wednesdays
Time: 1-3pm
Where: Second Floor Office

Join her for Bible study in the community room at 3pm.

Christmas Party

Please return the Christmas party survey by Friday, October 7th. Please only check one answer for each question.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

BEING AFFIRMED BRINGS SUCH JOY

I think for most of us being affirmed by noted experts is a joyful experience. This just happened to me the other day upon reading the September 26, 2016 issue of Time Magazine. For years I have led the charge on the notion of embracing aging. The aging process is going to occur no matter what our response is. We can deny it, defy it or embrace it. I have found it sad that so many folks choose to be in denial. Plastic surgeons can tell you that the quest for The Fountain of Youth is surging. Yet, aging is much like everything else in life. If we have a positive attitude we create a far better life experience for ourselves. So imagine the joy I felt upon reading the Time article which was headlined with "How and social ties affect the way you age". In it author Mandy Oaklander mirrors many of the messages my business as Your Aging Well Advisor has promoted over the years.

She reflects studies which suggest that some of the best ways to make the most of our extra years include to: Embrace technology; Have family be there for each other; Lighten up and enjoy a sense of humor; Set goals and take risks, Expect the best with a positive attitude; and my favorite, Welcome Aging.

Indeed this new longevity which many of us have been granted is providing opportunities our ancestors could only dream about. The chance to hold a great grandchild in our arms, be there for a grandchild's graduation or wedding, launch a business at middle age, travel around the world or volunteer at something we have always wanted to become involved with are just a few of the many life experiences we now hold dear.

We can take a cue from the popular saying: "Do not regret growing older. It is a privilege denied to many." by Edith Wharton. Embrace Aging and Enjoy the world!

Rummage & Bake Sale

If you would like to set up a table for the rummage sale; please sign up in the mailroom. The cost for a table is \$3.

Please also sign up if you would like to bake an item for the sale.

The Rummage/Bake sale will be on Saturday, October 15th from 9am-4pm.

Laundry Room

Just a few reminders for our laundry room:

- Please clean washers and dryers after use.
- Please let the office know when change machine is empty.
- Please only use change machine if you have no other means of getting quarters.

Computer Room

Please only print pages in color when necessary. You can do this by selecting to print black and white instead of in color. We will be only replacing the color cartridges on a quarterly basis.



It's Your Life. Live It Well.

By Tom Wylie,
Director of Wellness

Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the "Facts on Aging Quiz" first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breytspraak and Lynn Badura of the University of Missouri-Kansas City in 2015*. Do you know which ones are true and which ones are false? I'll publish the answers in next month's column. If you just can't wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser:

<http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

T F It is very difficult for older adults to learn new things.

T F Clinical depression occurs more frequently in older than younger people.

T F Personality changes with age.

T F Older adults have more trouble sleeping than younger adults do.

T F Physical strength declines in old age.

T F Older people are happier if they are allowed to disengage from society.

T F Older persons take longer to recover from physical and psychological stress.

T F Most older adults consider their health to be good or excellent.

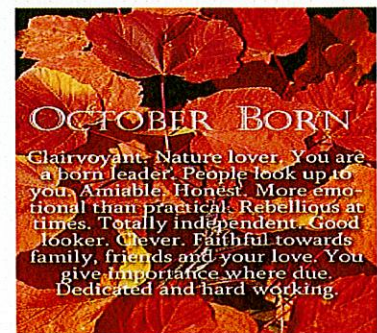
T F Older workers cannot work as effectively as younger workers.

T F Research has shown that old age truly begins at 65.

*Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from <http://info.umkc.edu/aging/quiz/>

October Birthdays

- Margaret Jones.....10-3
- Christine Bradley.....10-7
- Nina Ankrapp.....10-8
- Marie Troesper.....10-8
- Theresa Herrera.....10-15



Halloween Party

When: Saturday, October 29th
Time: 4pm
More information to come. Come dressed in your best disguise.

Cider Mill Trip

When: Friday, October 21st
Time: 12pm
Location: Blake's Cider Mill

What's a commonym you ask? A commonym is group of words that have a common trait in the three words/items listed. For example: the words; A car - A tree - An elephant... they all have trunks. These will make you think!

Commonym 1

1. A Ball - A Fish - A Cold

2. A Ball - A Salad - A Coin

3. A Cork - A Question - A Balloon

4. A Bottle - A Baseball Player - A Mushroom

5. A Bell - Mouth - A Shoe

6. A Tug of War - The Nightly News - A Boat

7. Seventeen - Time - People

8. A Basketball Court - A Highway –

A Bowling Alley

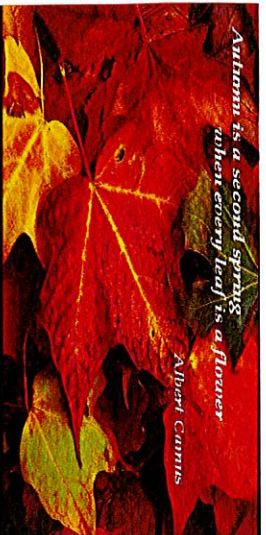
9. Fog - A Jack - A Body Builder

10. A Hockey Game - A Restaurant - A Bank

Commonym 1 - www.ThinkablePuzzles.com Answers provided on the back cover.

32 Safety Tips

1. Keep outdoor steps and walkways in good condition and clear of debris.
2. Illuminate all stairways and hallways and provide light switches at both ends.
3. Use nightlights or bedside remote controlled switches.
4. Provide handrails in hallways and stairways.
5. Keep a sturdy nightstand next to the bed so glasses and other personal items are within reach.
6. Put felt or soft material over sharp edges and corners of furniture such as nightstands, tables and shelves.
7. Tack down the edges of carpets and rugs; remove throw rugs that slide.
8. Keep pathways clear of furniture and other objects.
9. Provide handrails in the bathroom (especially near the toilet) and use non-skid strips in bathtubs.
10. Use a shower seat and shower hose for those unable to stand in the shower.
11. Avoid using bath oils or lotions in the bathtub.
12. Use kitchen appliances with thermostats and timers. The elderly find appliances with signal lights and buzzers easier to use.
13. Use fireproof curtains on windows near the stove.
14. Clearly mark the "off" position on stoves and ranges so a person with diminished eyesight can immediately tell if the element is off.
15. Set water heater thermostats or faucets so water does not scald the skin.
16. When cooking, don't wear loose fitting or flammable clothes. Long sleeves can catch fire easily.
17. Install smoke detectors in the kitchen and throughout the rest of the house.
18. Keep a fire extinguisher handy and know how to use it.
19. Arrange frequently used kitchen items in an easy to reach storage cabinet.
20. Have regular eye examinations and keep glasses clean and in good condition.
21. Use a walker or cane if you need one.
22. Wear light-colored clothing with reflector tape on your shoes and carry a flashlight when going out at night.
23. When catching the bus, have your fare or bus pass ready to avoid losing your balance while looking for it.
24. Always have an umbrella on hand, even during sunny days.
25. Choose shoes, which are flexible and easily molded to the feet.
26. When choosing house slippers, make sure the soles don't have too much grip (which may grab carpeting and cause a fall).
27. Shoes with Velcro straps are easier to put on and take off.
28. Apply reflective tape on the sides and back of your shoes to make you more visible at night.
29. Many older people trap themselves behind multiple door locks that are hard to open, especially in an emergency. Install one good lock that can be opened easily from the inside.
30. Avoid isolated areas and bring a friend along when leaving your neighborhood.
31. Always keep your identification and important medical information on you at all times in case of an emergency.
32. For more information about safety, talk with your physician or call your local fire or police station.
33. [click here for more Senior Safety pages](#)



October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 11am-12:30pm: Bagels, Fruit and Coffee with Carmen
2	3 1pm: Resident Council Meeting 1:30pm: Milkman	4 1pm: Program on Financial Abuse 6pm: Pokeno	5 10am: Communion 12-3pm: Balance 1-3pm: BP Checks 3-4pm: Bible Study 6pm: Cards	6 1pm: Chair Exercises	7 9:30am: Bus to Meijer 2pm: Crafts	8 1pm: Bingo with Carol
9	10 1:30pm: Milkman	11 6pm: Pokeno	12 10am: Communion 12:30-2:30pm: Balance 1-3pm: BP Checks 3-4pm: Bible Study 6pm: Cards	13	14 9:30am: Bus to Meijer 2pm: Crafts	15 9am-4pm: Rummage Sale & Bake Sale
16	17 1:30pm: Milkman	18 6pm: Pokeno	19 10am: Communion 12:30-2:30pm: Balance 1-3pm: BP Checks 3-4pm: Bible Study 6pm: Cards	20	21 9:30am: Bus to Meijer 12pm: Cider Mill Trip 2pm: Crafts	22 1pm: Bingo with Christine
23	24 9:30am-3:30pm: Medicare Open Enrollment 1:30pm: Milkman	25 1pm: Alzimers Program 6pm: Pokeno	26 10am: Communion 12:30-2:30pm: Balance 1-3pm: BP Checks 3-4pm: Bible Study 6pm: Cards	27 1pm: Chair Exercises	28 9:30am: Bus to Meijer 9:30am-12pm: Reflexology with Roberta 2pm: Crafts	29 4pm: Halloween Party
30	31 1:30pm: Milkman					

**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 (586) 790-4500

Village Staff

Melissa Riesterer
Administrator

Sue Perkins, RN
Parish Nurse

Stacey Klooster
Administrative Assistant

William Horton
Maintenance Tech

Patricia Iannucci-Waller
Service Coordinator

EMERGENCY NUMBER

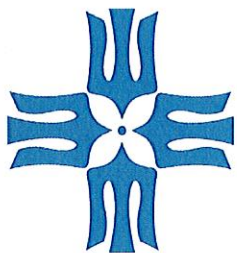
(586) 256-6326

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



The Village of Peace Manor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan

Commonym 1 Answers

1. They are caught
2. They are tossed
3. They are popped
4. They have caps
5. They have tongues
6. They have anchors
7. They are magazines
8. They have lanes
9. They lift
10. They have checks

Embrace the possibilities