📲 Manor Message 👫

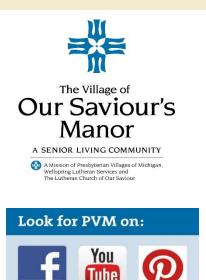
Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2023 | Issue IV

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The Administrator's Pen



Blessings and Peace be unto each of you while you read our newsletter. It is official the calendars says it is Spring, now we're just waiting for the weather to catch up with what the calendar says! Also with Spring comes our OSM Spring clean-up, we will have a large 30 yarder here within the next week or two, a robo call and memo will go out once the dumpster has arrived, start getting those large items or collectables that you no longer need.

April 1st is the start of our Friends & Family 2023. Our goal this year is \$2,470.00 if we meet that goal, we will receive an additional \$1,000. If we double our goal, then we will receive an additional \$5,000. Please consider referring your friends and family that are close to your heart that will help us reach our goal. The Friends and Family is our annual drive that is hosted by the PVM Foundation that make it possible for our residents to participate in activities or attend functions and many of our trips that we go on. So, please join us on April 5th for our Friends & Family Luncheon. Let's show up and show out and meet this goal! You can do it! WE can do it!

Please remember to check your calendars for all of our activities and upcoming events.









Blessings Our Saviour's Manor,

Wishing everyone a healthy, happy, & blessed April!



We hope everyone had a wonderful March! We will be having our OSM Administrator's Resident Activity Meeting and Birthday Celebration in the community room on April 12th @ 12:00 PM. We will going over our events for April and May and discussing some of the fun things coming to OSM soon!! Everyone is welcome! Please come and bring any ideas you have for OSM and what you want to do! Friends & Family begins April 1st. We will be having our Friends & Family Kickoff Party April 5th at 12:30 PM in the community room!

PVM Technology will be here April 27th @ 11:00 AM for a Question & Answer Meeting in the community room. Please bring your phone, tablet, or Google, They will be available to answer any of your technology questions. The signup sheet is in the community room. We have shopping trips planned all month with Nankin. Please see your OSM Calendar for what is scheduled and check the bulletin board for sign-up sheets. *Please remember that transportation for shopping trips are with Nankin. The bus has a schedule to keep and will not wait for you, so please be in the lobby at least ten minutes before the scheduled time of the trip. Nankin bus trips cost 3 Dollars each way*.

Reminder bible study with Elder Josiah Jones will take place every Wednesday @ 2:45PM. Also, BINGO is every Thursday at 4:00 PM. Schwan's is coming every other Friday. This month they will be here April 7th & 21st.

Laundry Room - Please **DO NOT** open the dryer doors before your clothes are finished drying. This will cause the doors on the machine to lock and they will be unable to use until reset. If an Out of Order sign is posted on a machine, please do not use it. The sign means something is wrong and we are waiting for the WASH Company to come fix it. If you need to purchase a new laundry card, you can do so using the machine in the laundry room. It costs \$5.00. Laundry is open 24/7. PLEASE remember to empty the lint from the dryer after every use!

Please keep in mind any large items being delivered to your apartment must be between 9:00 AM- 3:00 PM Monday – Friday. Please notify the office if you are getting a delivery so that we can have the back doors open for you!

For those who have not picked up their Google Nest, please come to the office and pick yours up. If you need help setting it up please see Alisa the Service Coordinator. Her office hours are on page 4. Alisa is happy to assist you!

Be safe and stay healthy!

Have a blessed and safe month!





Remember

You are never to old to set another goal or dream a new dream. No mater the difficult times we find ourselves in, we can overcome. Please know I am rooting for you all and wishing you all the best. Stay strong, think positive, and don't forget to smile your unique smile today! Know you are a true gem!

"The Lord has done great things for us, and we are filled with joy." Psalm 126:3







As we move into our first full month of Spring, 2023, I am filled with hope for the days ahead. We are getting ready for our Friends & Family month and I hope you have invited some of your friends and family to our luncheon on April 5th. This month, Easter and Ramadan are being celebrated. Research shows that our spiritual well-being is often directly connected to our health. I am hoping that your personal faith is guiding you on the path to good health.

Here are my events and announcements for April:

Monday, April 17th, 11:30am – 3:30pm Stand Up Wireless will be offering free phones to our community. If you already have a free phone, you are entitles to switch your service if you are dissatisfied with your Lifeline provider. Please stop in and meet Ahmad; he is available to take care of OSM's wireless needs, and already works with some of our sister villages.

Tuesday, April 18th, 3:30pm Reliable Visiting Services are offering free covid and covid antibody testing.

Telehealth Suite – In March, we introduced our telehealth suite to our community. Be sure to ask your physician if telehealth visits are an option. I can help you get connected for an appointment.

Assessment update – If I have not connected with you lately, it might be time to update your information. I will be calling some of you, but always feel free to call me to check if we have everything up to date.

I want to once again thank all of you who are participating in our events. It is my goal to see more residents come and take part. If you missed someone at the last event, please let them know. Sometimes a reminder from a friend or encouragement to attend is all that is needed. I hope all of you enjoy the warmer weather and the sunshine that April brings.

Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be kept complete, without blame at the coming of our Lord Jesus Christ. 1 Thessalonians 5:23

My Office Hours:

Mondays – 11 AM to 4 PM Tuesdays – 10 AM to 3 PM Wednesday – 9 AM to 2 PM Thursday – 10 AM to 3 PM Please call to make your appointments! My Direct number is: 734-722-9763



OSM EVENTS

Bingo will be taking place on Thursdays @ 4:00 PM in the Community Room



Every Wednesday in April @ 2:45 PM Bible Study with Elder Josiah Jones



Every Tuesday in April @ 1:00 PM Spanish Class with Ms. Robinson



Wednesday, April 5th @ 12:30 PM Friends & Family Celebration



Wednesday, April 12th @ 12:00 PM Administrator Resident Meeting & Birthday



Friday, April 14th & 28th @ 12:00 PM



Tuesday, April 18th @ 3:30 PM Covid Testing



Friday, April 21st @ 11:00 AM Golden Corral Restaurant Day



Monday, April 24th @ 11:00 AM Westland Mall



Tuesday, April 25th, @ 10:00 AM Volunteers of America



Thursday, April 27th @ 11:00 AM PVM Technology Dept. Q & A



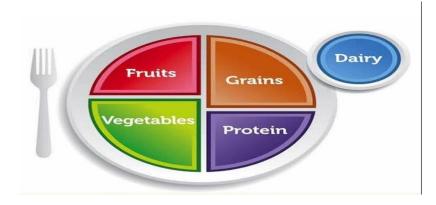


Eat Better to Feel Better!

As we age, we often consider our daily aches and pains to be a sign that we are getting "old". We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the "fact" that there's nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body's ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it's best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit <u>www.choosemyplate.gov/MyPlate</u>





Mission, Vision & Values

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

<u>Vision</u>

Changed Lives. Strong Families. Transformed Communities.

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

<u>Mission</u>

Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Values

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- Christ-centered
- Excellence
- ✤ Integrity
- ✤ Life





FRIENDS & FAMILY 2023 starts April 1st.



Friends & Family 2023 April 1-30 It's the time to give locally to support an older adult in a PVM Village. Your direct gift to your travorite Village can help keep an older adult participating in activities that will keep them engaged, connected and healthier.

Support your favorite Village and help them receive an incentive match up to \$5,000!

Join us in the annual **Friends & Family 2023** fundraising campaign! Friends & Family is an opportunity for residents to raise funds for projects that will enhance and enrich their lives.

Want to Learn More?

Attend our Village Kick-Off Party or look for flyers and posters to learn more about your Village's individual fundraising goal and project. You can also visit <u>pvmfoundation.org</u> Please encourage everyone you know to make a gift to support your Village's much-needed project and, remember, *every gift matters!*

To Make a Gift

- Please come to the office for a donation envelope and mail it to PVM Foundation:
 26200 Lahser Road, Suite 300, Southfield, MI 48033.
- Go online at <u>pvmfoundation.org/OSM</u> to support Our Saviour's Manor
- Call the PVM Foundation at 248-281-2040

For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!



Mayor's Message

By Michael Londeau, Mayor, City of Westland

Greetings OSM Residents,

SAVE THE DATE: Earth Day is Saturday, April 22nd, and the City of Westland is hosting it's 2nd Electronics Recycling Drop Off Day. This NO Cost event will be held in the parking lot of the Westland Recycle Center, located at 37137 Marquette, on April 22nd, from 10am - 3pm. This event allows you to stay in your car as volunteers unload your items!!. In partnership with Dedicated Recycling Company, our event last September collected 9 tons of electronics for recycling!!
We are accepting the following items: Computers/Laptops, Tablets, Projectors, Phones (cell, landline, office phones),Monitors (EXCEPT CRT),Radios, TVs (EXCEPT Box or CRT), Decorative string lights, Cable boxes (modems/routers/switches), Amplifiers/Digital Cameras/Camcorders, Keyboards and Mice, Headphones, Electrical cords, Small household appliances (microwave size or smaller),Printers (ink cartridges must be removed),New/Old Ink Cartridges (must be unused).

Easter Vendor Craft Show, Join over 40 vendors, food trucks, raffles & more this Sunday, April 2nd, from 11am - 4pm for the Easter Vendor/Craft show at the VFW 3323 Westland Harris-Kehrer Post.

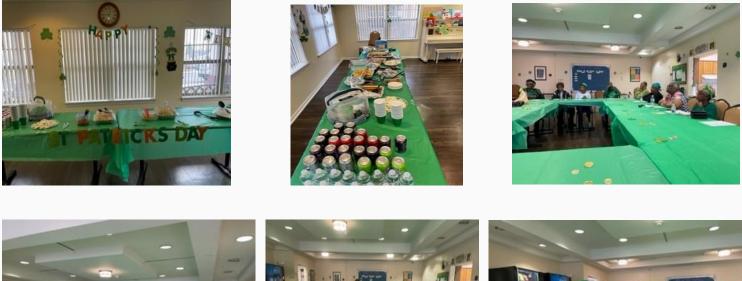
Westland Writes 2023 Starts Soon! April 1 - 30

Submissions for the Public Library of Westland "Westland Writes 2023" will be accepted from April 1 to April 30. Each writer may submit up to 2 poems or 1 short story or chapter. Submissions from writers living in communities neighboring Westland are accepted. Each writer will receive a free copy of the book! For adults 18+. Find more information here: <u>http://westlandlibrary.org/westlandwrites</u>

SAVE THE DATE: The Annual Eagles Helping Hands Field Rush is being held on Saturday, April 8th at St. Mary, Cause of Our Joy. Children 14 and under can rush the field and collect as many treasures as they can find. Please bring bags or baskets to hold your treasures. Please arrive by 12pm to park and line up for the 12:30pm Field Rush



As we celebrated St. Patrick's Day We learned new things about why we celebrate we come to celebrate this event. It was good fellowship and great food!





Come on out to our next event on April 4, 2023 for Friends & Family Come ready to celebrate and fellowship.



You are not alone!

If you are over 65 years of age, you are not alone. The Washington Post reported recently that some 17% of people living in the United States, or more than one in six, were 65 or older in 2020, according to a report from the Administration on Aging. That percentage represents 55.7 million people, an increase of 15.2 million, or 38% of people 65 and above, since 2010, compared with just 2% growth in the under 65 population. The figure also reflects a consistent increase in the nation's older population since 1900, when there were 3.1 million Americans 65 and older, or 4% of the population.

These days, due to medical advancements, improved surgeries and medication, as well as wellness and nutrition initiatives, we have more Centenarians than ever before. We are now able to welcome great grandchildren into the world and attend graduations and weddings of loved ones from younger generations. This allows us to mentor as never before and share family history that provides a sense of belonging and continuity. Sharing time and love is more important than any material gifts we give. Enjoy this treasured time, which was not granted to our ancestors, and live life to the fullest with our friends and loved ones!





The Importance of Emergency Buttons

When you move in, every resident is given an Emergency Call Button. This button is to be worn around your neck at all times. If you were to fall, or in need of any emergency assistance, it is a push of a button away. The emergency call buttons will contact EMS for you.

The possibility of falling or any emergency can happen anytime. It is SO important to wear your emergency button around your neck or at least have within arm's length at all times. Without it, you could be unable to call EMS for long periods of time and be unable to get the help you need!



A Few Reminders:

- Please call the office with all work orders.
- Please return carts to the cart room after use!
- Please make sure the dryer lint cleaner is being emptied after each use.
- If an Out of Order sign is posted on any of the machines, please do not use them.
- No Candles, Small Candles for oils, or Incense to be burned in the apartments or building.
- Tis the season for our Tornado and Fire drills All residents must participate



Dial 1 -734-740-4777 For after-hours maintenance emergencies For Medical Emergencies, please dial 9-1-1



Stress Awareness Month

April is National Stress Awareness Month to raise awareness of the negative impact of stress. There is no single definition for stress, but the most common explanation is physical, mental, or emotional strain or tension. While not all stress is bad, long-term stress can have harmful impacts on physical and mental health.

Ways to Minimize Stress:

Get active - Virtually any form of physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise can still be a good stress reliever.

Eat a healthy diet - Eating a healthy diet is an important part of taking care of yourself. Aim to eat a variety of fruits and vegetables, and whole grains.

Laugh more - A good sense of humor can't cure all ailments, but it can help you feel better, even if you have to force a fake laugh through your grumpiness. When you laugh, it not only lightens your mental load but also causes positive physical changes in your body.

Connect with others - When you're stressed and irritable, your instinct may be to isolate yourself. Instead, reach out to family and friends and make social connections.

Get enough sleep - Stress can cause you to have trouble falling asleep. When you have too much to do, and too much to think about, your sleep can suffer. But sleep is the time when your brain and body recharge.







April Birthdays 2023 Happy Birthday!!!

Cicero Mungo – April 3rd

Commadore Herman – April 4th

Elrece Smith – April 23rd

Mattie Brady – April 24th



Easter.	Global Astronomy Month	A	pril 202	APRILIS STRESS AWARENESS MONTH	HAPP9 EARTH DAS	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Schedule your bus ride with Nankin. Call 734-729-2710 Call 734-729-2710 Schedule a Ride	27	28 Monthly Celebration Global Astronomy Month Lawn and Garden Month National Humor Month National Poetry Month Stress Awareness Month	29 Weekly Reminders Week 1: Library Week Week 2: Garden Week Week 3: Organize Files Week Week 4: Administrative Assistant Week	30	31	APRIL FOOLS
02 Weekend Rides Available with Black & White Cab 734-722-4114	03 Happy Birthday Cicero Mungo!	04 Happy Birthday Commadore Herman! 11:00 AM Spanish Class	05 11:00 AM Focus Hope 12:30 PM - 3:00 PM Friends & Family Luncheon	06 10:00 AM Walmart 4:00 PM	GOOD FRIDAY	08
EASTER SUNDAY HE SUST	10 Office Closed	11 11:00 AM Spanish Class	12 12:00 PM Administrator's Resident Meeting & Birthday 2:30 PM Bible Study w/Elder Josiah B. Jones	13 10:00 AM Kroger 4:00 PM	14 12:00 PM Craft Day	15
16 Game Day with First Presbyterian Youth Dept. 2:00 PM - 4:00 Pm GAME TYME B	17 11:30 AM Free Cell Phone with Stand Up Wireless	18 11:00 AM Spanish Class Estanot 3:30 PM Covid Testing	19 2:30 PM Bible Study w/Elder Josiah B. Jones BIBLE Study	20 10:00 AM meijer 4:00 PM	11:00 AM	22
23 Happy Birthday Elrece Smith! 30	24 Happy Birthday Mattie Brady!	25 10:00 AM Volunteers of America Volunteers of America Volunteers their gue Lon Donate, Repeat.	26 2:30 PM Bible Study w/Elder Josiah B. Jones	27 10:00 AM Contended 11:00 AM PVM Technology Q & A 4:00 PM (310) (0),	28 12:00 PM Craft Day Last Day of Friends & Family	29 APRIL 29° INTERNATIONAL Davidsau

April Recipe

Kentucky Butter Cake



INGREDIENTS 1 CUP BUTTER SOFTENED 2 CUPS SUGAR **4 LARGES EGGS, ROOM TEMPURATURE 2 TSP VANILLA EXTRACT 3 CUPS ALL PURPOSE FLOUR 1 TSP BAKING POWDER** ¹/₂ TSP BAKING SODA 1/2 TSP SALT **1 CUP BUTTERMILK Butter Sauce 1 CUP SUGAR** ¹/₂ CUP BUTTER, CUBED 1/4 CUP WATER 1 ¹/₂ TSP ALMOND EXTRACT 1¹/₂ TSP VANILLA EXTRACT **INSTRUCTIONS**

- **1.** IN A LARGE BOWL, CREAM BUTTER AND SUGAR UNTIL LIGHT AND FLUFFY. ADD EGGS, ONE AT A TIME, BEATING WELL AFTER ADDING EACH. BEAT IN VANILLA.
- 2. COMBINE THE FLOUR, BAKING POWDER, BAKING SODA, AND SALT; ADD TO CREAM MIXTURE, ALTERNATING WITH THE BUTTERMILK. BEAT WELL WITH EACH ADDITION.
- **3.** POUR INTO A GREASED AND FLOURED 10 IN TUBE PAN. BAKE AT 350° UNTIL A TOTTHPICK INSERTED INTO THE CENTER COMES OUT CLEAN, 55-70 MINUTES. COOL 10 MINUTES.
- **4.** RUN A KNIFE AROUND THE EDGES AND CENTER TUBE OF PAN. INVERT CAKE ONTO A WIRE RACK OVER WAXED PAPER.
- 5. FOUR SAUCE, COMBINE THE SUGER, BUTTER, AND WATER IN A SMALL SAUCEPAN. COOK OVER MEDIUM HEAT, JUST UNTIL BUTTER IS MELTED AND SUGAR IS DISSOLVED. REMOVE FROM HEAT AND STIR IN EXTRACTS.
- **6.** POKE HOLES IN THE TOP OF THE WARM CAKE; SPOON ¹/₄ CUP OF SAUCE OVER CAKE. LET STAND UNTIL SAUCE IS COMPLETELY ABSORBED. REPEAT TWICE. POKE HOLES INTO SIDES OF CAKE; BRUSH REMAINING SAUCE OVER SIDES. COOL COMPLETELY.



April Observances & Fun Facts:

April is observed as:

Global Astronomy Month Lawn and Garden Month National Humor Month National Poetry Month Stress Awareness Month

Weekly Reminders:

Week 1: Library Week Week 2: Garden Week Week 3: Organize Files Week Week 4: Administrative Assistant Week

April Flower and Birthstone



Flower = Daisy



Gem = Diamond



FREE NOTARY Services

Provided To All of Our OSM Residents



The Village of Our Saviour's Manor A SENIOR LIVING COMMUNITY A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and Mission Church of Our Saviour

OSM Board Members

Johnnie Jackson, Board Chair Dereka McClay, Vice Chair Rev. David Huber, Treasurer Carolyn Kimbrough, Member Michelle Williams, Member Myra Davenport, Member Judy Piccininni, Member

OSM Local Sponsors:

313-671-5555



Paulette Styles

Helpful Resources

Transportation Nankin Transit (Serving Wayne, Westland, Garden City, & Canton) (734) 729-2710 Smart ADA (313) 223-2100

Senior Agencies The Senior Alliance (Wayne/Westland) (734) 722-2830

> **CareSync Solutions** Home Healthcare Services (248-773-4550)

BEAUTY SHOP IS OPEN!!!

Please give Paulette or Genie a call to set your appointments.



OSM Classifieds:



OSM Gifted Hands:

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Westland Good fellows, Salvation Army, Homeless Shelters and Covenant House. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Alice Finley and Ms. Louise Rush.

OSM Compassionate Hearts:

If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



²OSM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please see Ms. Alice Finley



OSM Caring Hands:

We are in need of volunteers for our homeless project. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



Love to fish? This is the group for you! OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

Village Staff

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



Graziella Bruner Housing Administrator

Katelyn DeHart Administrative Assistant

Kesha Akridge VP of Housing Operations

Office Number Emergency Number Fax Number Service Coordinator Michael Hooton Maintenance Tech

Alisa Loveday Service Coordinator

Jessie Clark Resident Volunteer

(734) 595-4663 (734) 740-4777 (734) 595-2222 (734) 722-9763



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.org



A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and The Lutheran Church of Our Saviour

29495 Annapolis Road Westland, Michigan 48186



Embrace the possibilities



Thomk you for ush show will be

Thank you for what you did!

Employee Name: _____ Person Recognizing Employee:

Date:

*** Please turn this card into Village Administrator for a chance to win a prize ** ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT

Is there someone on staff that you would like to acknowledge for their work? Please complete this form and turn it into the office. They might win a prize!