

Embrace the possibilities

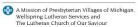
29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

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The Administrator's Pen



Blessings and Peace be unto each of you while you read our May newsletter. OSM has a new resident this month. Let us welcome Ms. Pamela Travis she is in Apt. 222. Show her some love. Thank you. Let us also remember to keep Ms. Margo Taylor's family in your prayers. Our OSM memory board should be ready by the end of the week.

I want to THANK all those who participated in our 2023 Friends & Family this year, so we can start planning our trips and other OSM events. Our goal this year is \$2,470.00 and we have surpassed that goal. We are now waiting for our final numbers from the PVM Foundation.

Thank you to all those who participated in the surveys last year. Your feedback is truly appreciated. It helps us to serve YOU better. The next survey should take place sometime in the next month or two. You will be getting a phone call from The Pinnacle Staff. They will interview you and ask questions to get your feedback about OSM that will help us to continually improve all the things we're doing here at OSM. The call will come from (877-959-9712). Please add them to your contacts.



Graziella Bruner

Housing Administrator





OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a Healthy, Happy, & blessed May!



We hope everyone had a wonderful April! Happy spring! We will be having our OSM Administrator's Resident Activity Meeting and Birthday Celebration in the community room on May 10^{th} @ 12:00 PM. We will going over our events for May and June 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! We will be starting our month with a Cinco de Mayo celebration on Friday May 5^{th} in the community room at 12:00 PM. Lunch will be served.

We have many great shopping trips planned for this month. Along with Walmart, Kroger, and Meijer, Nankin will be taking residents to Zaman Resale, Motown Thrift, and Heartland. 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. Once our van is back we have trips scheduled for Blocks and Movie day at MJR. 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 May 5th & 19th.

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!

Be safe and stay healthy!

Have a blessed and safe month!





Take Time

Take time for what's important to you, for what makes you happiest.

Take time to be with those you love, And share your deepest wishes, most secret dreams, or your favorite fantasy.

Take time to look around,

At all the happiness the world can offer.

All of it is yours,

If only you take time.

"Be the reason someone smiles today!"





Greetings OSM,

May is one of my favorite months of the year. While we know there is Mother's Day and Memorial Day to enjoy, did you know May is also Older American's Month? It is time to celebrate the accomplishments of our elder population. Do you have a senior friend/relative that deserves recognition? This is a good reason to take someone out to lunch, or let someone take you out for a fun activity to celebrate just being you!

Below are some very important dates and information. Please read through carefully, and see me if you have questions. Be sure and put your calendar on your refrigerator so you don't miss anything!

Thursday, May 4th, 1:00 pm, A Unique Home of Love will be providing a light lunch and sharing information about the MI Home Help Program that is available to low-income seniors.

Monday, May 15th, 1:00 pm, Cathy from PACE will be here for Bingo. She will also share about the PACE program. It is important to note PACE is getting ready to open a Center in Westland.

Thursday, May 18th, 3:30 pm, Reliable Visiting Services will be here for COVID testing.

We are officially starting our Hall monitoring program and hope all of OSM participates in some way. We can begin by asking our friends and neighbors here at OSM, "Are you wearing your medallion?" Our emergency call system is only going to work properly if you have your call button with you in the event you need help. Please help us as we come together as a community to ensure we are all safe in our homes by wearing your medallion and participating with our Hall volunteers.

Finally, I want to wish all of our OSM mothers a very happy Mother's Day.

If it were not for mothers, not one of us would be here.

Thank you for answering the call and being a blessing to your family.

Proverbs 31:29 says, "Many women do noble things, but you surpass them all."

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 May @ 2:45 PM Bible Study with Elder Josiah Jones



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



Friday, May 5th @ 12:30 PM Cinco de Mayo Luncheon Celebration



Monday, May 8th @ 11:00 AM Motown Thrift



Wednesday, May 10th @ 12:00 PM
Administrator Resident Meeting & Birthday



Friday, May 12th & 26th @ 12:00 PM Craft Day



Monday, May 15th @ 11:00 AM Zaman International Resale



Monday, May 15th @ 1:00 PM Pace Bingo



Friday, May 19th @ 11:00 AM Blocks



Thursday May 25th @ 1:00 PM Tea w/ Pastor Lynn Johnson



Tuesday May 30th @ 11:00 AM MJR Movie Day



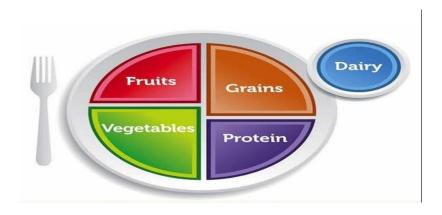


Eat Better to Feel Better!

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 www.choosemyplate.gov/MyPlate





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.

Vision

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.

Mission

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

Our Vision Changed lives. Strong families. Transformed communities.

Wellspring
Lutheran Services

Hope flows through us.



FRIENDS & FAMILY 2023



We appreciate all those who helped us reach our goal!





Mayor's Message

By Michael Londeau, Mayor, City of Westland

Greetings OSM Residents,

REGISTER TODAY: Join North Brothers Ford and the City of Westland on Saturday, May 13th at 9am as they host the 23rd Annual 5K Run & Walk. All proceeds to benefit breast cancer research, treatment and education at the <u>Barbara Ann Karmanos Cancer Institute</u>. The event will start at Westland's Central City Park Farmers Market Pavilion (1901 N. Carlson, Westland, 48185) To register for this wonderful event please visit: https://www.northbrothersford.net/5K-Fun-Run

Wayne-Westland Community Night at The HC: You are invited you to join a free special Wayne-Westland Community Night event at The Zekelman Holocaust Center (The HC) on Wednesday, May 10th from 5:30pm - 7:30pm. This exclusive event will include a welcome from Rabbi Eli Mayerfeld, CEO of The HC, and John Dignan, Superintendent of Wayne-Westland Community Schools. They will offer guided tours of our current core exhibit, and a Next Generation Speaker (a child of a Holocaust survivor) will share the story of their parent's resilience. This event is free of charge for the Wayne-Westland community, its students, families, and staff members.

Take a fascinating look back at our history at the Westland Historic Village Park (857 N. Wayne Road), which is open Saturdays from 1 - 4PM. The mission of the Westland Historic Village Park is to preserve, protect and publish Westland and Nankin Township history for the education and enjoyment of residents and non-residents.



Make your life easy and save a trip By connecting with your doctor using our Telehealth Suite in the Library.

It is Free and Secure.

You can make your appointment and let the office know so we can make sure no one is in the library at the time of your Telehealth appointment.



TELEHEALTH PROVIDE CAKE FROM ANYWHERE

PROVIDE CARE



May is Older Americans Month

It is often said: "April showers bring May flowers." The month of May also ushers in Older Americans Month to honor America's seniors. On May 16 the PACE (Program of All Inclusive Care For The Elderly) Association of Michigan is hosting its annual Day of Advocacy; and on May 17 the State of Michigan, along with the Area Agencies on Aging, is hosting the annual Older Michiganians Day celebration. These will be held at the Capitol in Lansing and will provide an opportunity to inform the Michigan Legislature as to the importance of support for seniors.

Older Americans Month is an offshoot of policies that were begun long ago. In 1965 the federal government created The Older Americans Act that secures on-going funding for and support of senior services. In 1981 the State of Michigan followed suit with the creation of The Older Michiganians Act that guarantees state funding. It is important to continue advocacy to assure support for our seniors long into the future. Join with us by making your voice heard and performing an act of kindness for a senior who could use a little help.





Fire Safety Reminders!

If and when a real fire where to happen at our building there are a few rules you, as a resident, MUST follow:

- 1. If you are to discover a fire, pull the fire alarm.
- 2. Immediately evacuate the building.
- 3. Exit the building using the nearest exit or stairway. **DO NOT** attempt to use the elevator.
- 4. Exit the building and proceed north to the sidewalk on Annapolis Rd or continue east to the Church driveway.
- 5. **DO NOT** attempt to go back into the building until the Fire Department clears the building for reentry. They will say, "All Clear"
- 6. Once you are safely away from the building. Call 911.



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



Mental Health Awareness Month

May is Mental Health Awareness Month. In recognition, here are 5 ways to improve your mental health:

- Play Mind Games: The brain needs stimulation to stay sharp and avoid decline as we age. Brain games can help sharpen thinking skills such as processing speed, planning skills, reaction time, decision making and short-term memory. This can include reading, writing, puzzles, games, and learning new skills.
- Physical Activity: Taking a walk, exercising, and any physical activity is a benefit both
 to the mind and the body by boosting confidence and reducing the risk of falls. Staying
 active and getting enough exercise is important for seniors' mental health and wellbeing.
- Connect with Friends: For older adults, keeping in touch with the important people in their lives can help to keep away loneliness and feelings of isolation that can lead to depression, as well as mental and physical decline.
- **New Hobbies**: Everyone has a personal wish list of dreams and activities. Retirement is the perfect time for seniors to dust off their "bucket list" and pursue lifelong goals, be it gardening, sewing, painting or cooking! Now is the time to learn something new and challenge yourself.
- Volunteering: Many seniors find fulfillment in volunteering for a worthy cause. With no shortage of organizations in need of support, there are many opportunities for older adults to get involved, and in turn, feel valued and needed. For someone looking to donate their time after retirement, volunteering can offer a number of additional benefits that enhance seniors' physical, emotional and mental health.



May Birthdays 2023

Happy Birthday!!!



Luz Robinson – May 3rd
Jessie Clark – May 16th
Mary Bennett – May 23rd





May Recipe

Cinnamon Roll Dump Cake



INGREDIENTS

NONSTICK SPRAY
2 TUBES (12.4 OUNCES EACH) CINNAMON ROLLS
1 CAN (12 OUNCES) WHIPPED CREAM CHEESE FROSTING
1/2 CUP CHOPPED WALNUTS OR ALMONDS (OPTIONAL)
1 BOX (21 OUNCES) CINNAMON SWIRL CAKE MIX
12 TABLESPOONS UNSALTED BUTTER

INSTRUCTIONS

- 1. PREHEAT THE OVEN TO 350°F.
- 2. SPRAY THE BOTTOM AND SIDES OF A 9×13-IN. PAN WITH NONSTICK SPRAY
- 3. OPEN THE CINNAMON ROLLS AND ARRANGE THEM IN ROWS IN THE PAN. (THERE ARE 16 ROLLS, SO ONE ROW WILL HAVE AN EXTRA.)
- 4. SPREAD THE ENTIRE CAN OF FROSTING IN AN EVEN LAYER OVER THE ROLLS.
 - 5. SPRINKLE THE WALNUTS
- 6. THE CAKE MIX SHOULD HAVE TWO POUCHES. SPRINKLE THE LARGER POUCH OF CAKE MIX EVENLY OVER THE FROSTING.
- 7. SPRINKLE THE SMALLER POUCH OF CINNAMON-BROWN SUGAR OVER THE TOP.
- 8. SLICE THE BUTTER INTO PATS AND ARRANGE THEM EVENLY OVER THE TOP OF THE CAKE.
 - 9. BAKE THE DUMP CAKE FOR 40 MINUTES; IT SHOULD BE PUFFED WITH BROWNED AREAS THAT LOOK LIKE CRUST AND OTHERS THAT LOOK GOOEY AND MELTY
 - 10. LET THE CAKE COOL FOR AT LEAST 10 MINUTES, AND THEN USE A LARGE SPOON OR SPATULA TO SERVE. IT TASTES BEST WHEN IT'S WARM.

ENJOY

Servings: 8-10 Servings

Monthly Word Search

Memorial Day Word Search Challenge

Freedom Monument Marines Battle
Memory Soldier Decoration
Holiday Flowers Memorial Tribute
Cemetery Troops Patriot
Sacrifice Salute Brotherhood
Honor America Country



R I C E M M S O F HQZEOOCOQG A Q R Т Χ AWZ F U N Z V ME S Е Н Ε Х S F R Α W C R В Е R Р Υ E Н O C U S D X S O Ν G HMQG E GVWMSAL Х В F D O

May Observances & Fun Facts:

May is observed as:

Arthritis Awareness Month Better Sleep Month
Mental Health Awareness Month
Walking Month
Women's Health Month
Older American's Month

Weekly Celebration

Week 1: Nurse's Week Week 2: Wildflower Week

Week 3: National Police Week

Week 4: Emergency Services Week

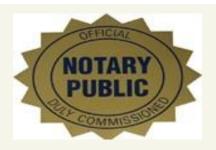
May Flower and Birthstone



Flower = Lily of the Valley



Gem = Emerald



FREE NOTARY Services

Provided
To All of Our OSM
Residents



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:



Helpful Resources

Transportation

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

Black & White Cab (for your weekend trips) (734) 722-4114

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.

Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit <u>www.facebook.com</u> and log-in your account. If you do not have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor or go to facebook.com/The Village of Our Saviour's Manor
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



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.



OSM 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. 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.



OSM Fisherman:

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.

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

Village Staff

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 at **248-281-2040** or visit **www.pvmfoundation.org**



A SENIOR LIVING COMMUNITY



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

29495 Annapolis Road Westland, Michigan 48186

Congratulat	ions!
You are being recognized because	⇒ me

What you did mattered!":

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!