



## **Embrace the possibilities**

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

2024 | Issue I

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## The Village of Our Saviour's

A SENIOR LIVING COMMUNITY

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

#### Look for PVM on:







## The Administrator's Pen



Happy Blessed New Year! Let us welcome a new day, month, & year and for second chances and new beginnings. Please welcome Ms. Sylvia Pickens to OSM. Show her our OSM warm and sincere welcome.

With a new beginning, you will now have 365 days to make it right for 2024, so be careful and cautious on what you think, feel, and say. Most people only see the "what they feel", so if you're feeling bad, sad, or mad; then, of course that's what you're going to see. My parents use to say, to check your feelings before you put your foot on the floor, first thing in the morning. They use to say, think about it, you woke up, you can move and you were able to place your feet on the floor, so everything is good, then you should have a good attitude. Everyone that went to bed last night, did not get up this morning! So thank the good Lord, that you are still here! We have to really count our blessings and not concentrate on the things that don't look good and don't feel good!

Think on those things that good, pure, and true! When any situation arises, try to find the good in it. It is so easy to point out flaws and faults of others or situations. When we see a flaw or fault, we should try to be the solution to the problem instead of enhancing the problem and making it worse.

If more people would just take the time to always find the good in everything, I believe there would be happier people in this world. When you are in a good mood and feeling good about yourself, it will cause you to want to do "good" to others.

So really do think before you speak, take a moment to check your feelings, what is your attitude like? Do you really need to say what you're about to say? Take the time to really count your blessings. The Sun is always shining somewhere and on someone. I'm wishing you all a very Prosperous and Joyous New Year!



Housing Administrator



## **OSM Monarch Moments**

Blessings Our Saviour's Manor,

Wishing everyone a Healthy, Happy, & Blessed January



Happy New Year! We hope everyone had a wonderful December and we welcome January! Winter is in full swing! Stay prepared for the cold weather and snow! Our OSM Administrator's Resident Activity Meeting and Birthday Celebration is January 10<sup>th</sup> @ 11:00 AM in the community room. We will go over all our events for January & February! Everyone is welcome! Please come and bring any ideas you have for OSM and what you would like to see happen! We go over all the happenings here at OSM, please come to the meetings to stay updated.

We have many great shopping trips planned for this month. Along with Walmart, Kroger, and Meijer, Nankin will be taking residents to MJR Westland, Volunteers of America, Ollies, Heartland, and Mr. B's Soul Food. Please sign up on the bulletin board if you are interested in going any trips! We also have our ribbon cutting for the Telehealth suite on January 22<sup>nd</sup> and a Tour of Rivertown PACE and Senior Living Campus January 16<sup>th</sup>. Please sign up on the bulletin board. Seating is limited for the trip to Rivertown. Please see your OSM Calendar for what is scheduled and check the bulletin board for sign-up sheets. Lots of great celebrating happening this month! The offices will be closed in observance of the New Year, January 1<sup>st</sup>, and Martin Luther King Jr Day, January 15<sup>th</sup>, 2024. 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 three dollars each way.

Also, BINGO is every Thursday at 4:00 PM. Schwan's also now known as YELLOH is coming every other Friday. This month they will be here January 12<sup>th</sup> & 26<sup>th</sup> in the lobby.

**Laundry Room**. 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. Please do not remove the sign from the washer. **The front loader tray is for Liquid soap only**. Do not put powder in the front load washer tray. It causes a buildup that can clog the machine. 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 8:00 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!

Please be sure to return all grocery carts to the cart room after use! **DO NOT** leave carts in the hallways or the upstairs trash room. Thank you!





## Instead of New Year's Resolution, How about a challenge?

### Train Your Brain to be More Positive – Take the 21 Day Challenge!



Harvard educated psychologist Shawn Achor has found that positive people lead healthier and happier lives and that in just 21 days you can train yourself to be more positive. Here's what to do:

- 1. **The 3 Gratitudes**. Each day write down 3 new things you are grateful for and why. Be specific. Instead of writing "I am grateful for my family", write "I am grateful for my son Bob because he calls me every Friday and makes me laugh".
- 2. **The Doubler**. Each day write down one meaningful moment you experienced within the past 24 hours. Record as much detail as you can. It will cause your brain to "relive" the moment thus doubling the positive experience.
- 3. **The Fun Fifteen**. Each day engage in 15 minutes of physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. Consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
- 4. **Meditation**. Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
- 5. **Conscious Acts of Kindness**. Each day send a letter/email to someone in your social circle thanking them. Be specific. For example, "I want you to know how thankful I am to have you as a friend. Whenever I feel down, you know just the right thing to say to cheer me up".



#### Greetings OSM,

Happy New Year! It is exciting to ring in a new year and anticipate many wonderful things. God has blessed us with many gifts; may 2024 bring joy to each of you.

#### **Announcements:**

Telehealth Suite lunch and ribbon cutting ceremony – Monday January 22nd, join us for lunch with Annie Carpenter and PVM IT corporate team. There will be flyers posted to remind you to attend. Also, please see me if you need assistance with the telehealth computer.

File Updates: I encourage all of you to check with me to verify I have correct and updated information in my files. In the event of an emergency, it is good to have (at least) your emergency persons and insurance information on file with the Service Coordinator. If you are not up to date, I will be making an appointment with those that wish to participate.

#### **OSM Community Room Events:**

Blood Pressure Screening -- Wednesday, January 17th, 11:00am, Reliable Visiting Services will offer free blood pressure checks in our community room.

Bingo with Zing – Monday, January 29th, 1:00 pm, Dan from Zing will be playing Bingo with us!

If there is an event or presentation you would like to see here at OSM, please let me know. I am always looking for new presenters that focus on health for our elders.

Stay warm and enjoy January!

#### **Office Hours:**

Monday thru Thursday, 10am – 3pm



## **OSM EVENTS**

Friday, January 12<sup>th</sup> & 26<sup>th</sup> @ 12:00 PM Craft Day



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



Tuesday, January 9<sup>th</sup> @ 10:30 AM MJR Movie Day



Tuesday, January 9<sup>th</sup> @ 1:00 PM Full Gospel Temple Item Pick Up



 $We dnesday, January~10^{th}~@~11:00~AM\\$  Administrator Resident Meeting & Birthday Celebration



Tuesday, January 16<sup>th</sup> @ 11:00 AM Rivertown Tour



Wednesday, January 17<sup>th</sup> @ 11:00 AM Blood Pressure Screening



Monday, January 22<sup>nd</sup> @ 11:00 AM Teleheath Ribbon Cutting



Tuesday, January 23<sup>rd</sup> @ 12:00 PM OSM Tea Party



Wednesday, January 24<sup>th</sup> @ 11:30 AM Mr B's Soul Food Resturaunt Day



Monday, January 29<sup>th</sup> @ 1:00 PM Bingo with Zing



Wednesday, January 31st @ 11:00 AM Coffee Hour with Mayor Coleman





## 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.

When the services of the



## You help your fellow residents THRIVE. Thank YOU!

Going to the mall to return gifts today?...Or grocery shopping? Take a look around while you're there. *Who* do you see?

It's probably someone from your Village or another older adult.

Almost 20% of the state's population is 65 or older. Michigan has moved from the **30**<sup>th</sup> **oldest state** in the USA to the **10**<sup>th</sup> **oldest.** 

#### So what?

Older adults need the services YOU help provide and you're more important than ever.

Being a donor to your Village really helps your fellow residents in their time of need. Help your Village with fun field trip activities or going to the Village Victory Cup.

Thank you for caring—and THANK YOU FOR CARING ABOUT YOUR FELLOW RESIDENTS!!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

### **Happy New Year!**



This is what thriving looks like! *Whoo hoo!* 





## Mayor's Message

By Kevin Coleman Mayor, City of Westland

#### Greetings OSM Residents,

**Ready to save lives?** Join us at the American Red Cross Blood Drive on Monday, January 8, 10:00 am - 3:00 pm at Westland City Hall, located at 36300 Warren Rd. Schedule your appointment at RedCrossBlood.org with Sponsor code Westland or call 1-800-733-2767.

This is a friendly reminder that the Mike Modano Ice Arena holiday break open skate special sessions are back starting December 22nd! Bring your friends & family this holiday season and have a fun and exciting time during our open skate! They are even offering New Year's Day skate sessions that you surely won't want to miss!! Check out the flyer to see the dates and times as well as the prices for skate and rental!

The City of Westland has officially kicked off their 14th annual Shop & Dine Westland Holiday Campaign. Shop and Dine is a 6-week multifaceted marketing campaign entitled "Shop & Dine Westland" which promotes Westland's premier shopping district as a location that bears "Everything You Want ~ Everything You Need" for your holiday season shopping list.

Westland's Shop and Dine district is anchored by the Westland Shopping Center and is surrounded by over 160 wonderful shops, restaurants and services making it Wayne County's premier shopping and dining destination.

Work on the renovation began nearly one year ago. The Library temporarily moved into the former Marshall Upper Elementary School building so that they could continue to serve the community while work on the project was ongoing. The renovation included the creation of better acoustics throughout the library, the installation of 7 new, state-of-theart meeting rooms, a new program room for the youth and their families, and a new Teen Area where young adults can go and enjoy a space designed just for them. The renovation also saw the return of comfortable seating throughout the library and the creation of an outdoor patio area where visitors can both plug-in and work or relax. "With this update and expansion the Westland Public Library has become more of a community center for everyone to enjoy," commented Library Director Jennifer Roth. The new and improved library will host an Open House on Saturday, November 4th from 10 am until 1 pm. Staff will be giving tours of the newly renovated library, and guests will be able to enjoy light refreshments. "Our Library staff, led by Library Director Jennifer Roth, worked very hard throughout this process to ensure a continuation of service for a vital amenity for the Westland Community," commented Mayor Michael P. Londeau. "I am immensely thankful for all the work they do, and I am incredibly thankful that the people of Westland have such a great amenity and resource in the Public Library of Westland." For more information, please call (734) 467-3200



The new Telehealth Suite Ribbon Cutting
Will take place on January 22, 2024
At 11:00 AM

Please join us for lunch and a
Preview of why this will make
your life easy and save a trip
By connecting with your doctor using our
New Telehealth Suite on the 1st floor
near the craft room across
from Apts. 108 & 110
It is Free and Secure.





Just a few reminders about the snow removal from the parking areas will be as follows:



A. Residents MUST remove the snow from their vehicles and move their vehicles as directed by maintenance. This will allow the contractor ample space to maneuver equipment and efficiently clear away snow and spread salt.

Those vehicles parked in the open area need to be moved to visitor parking, and back carport area by 8:00 a.m.

If the resident is unable to move his/her vehicle for MAJOR health reasons, he/she must make prior arrangements with someone to move his/her vehicle as required.

Maintenance is not responsible for removing snow from resident vehicles or for moving resident vehicles to another location during snow removal.

- B. If a resident plans to be away from the property overnight or for a vacation and will be leaving his/her vehicle parked in front of their building, he/she must notify the office with the name and telephone number of the person who will be responsible in his/her absence in case of an emergency.
- C. If after snow removal has been completed your parking area is still icy, please let management know. We can order additional salting for your safety.
- D. Inoperable vehicles are not allowed on the property. If they are not removed, they will be towed at the car owner's expense.
- E. A Container of salt will be provided at the front entrance. This container is for resident use when they notice a slippery spot on the sidewalk or at the entrance. This is for **SAFETY REASONS ONLY!!!** This salt is not to be used for any other reason than stated above. (Please notify the office when salt pails are less than ½ full).

#### A Few Reminders:

- Please call the office with all work orders.
- Please return grocery carts to the cart room after each 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 is to be burned in the apartments or building. If you have to use a match or a lighter it is NOT allowed.



Dial 1-734-740-4777

For after-hours maintenance emergencies
For Medical Emergencies, please dial 9-1-1



## **New Year Resolutions**

Are you making a resolution in the New Year? With a new year comes new goals and a new you!

Here are some tips for planning your resolutions!

- -Reflect on last year. What are the good things that happened?
  What would you have liked to change?
  - -Create a plan for what to do, but also for overcoming what roadblocks you'll come across along the way.
- -Choose a reward for your goal. It should be something you want to work towards and drives you towards success.
- -Your plan should be realistic and encouraging, it should also allow for inevitable hurdles that are going to pop up. It is okay for your plan to change or adjust to your life.



# January Birthdays 2024

## Happy Birthday!!!







## **January Recipe**

## Penne Pasta with Spinach and Bacon



#### **INGREDIENTS**

1 BUNCH FRESH SPINACH, RINSED AND TORN INTO BITE-SIZE PIECES
1 (12 OUNCE) PACKAGE PENNE PASTA
2 TABLESPOONS OLIVE OIL, DIVIDED
6 SLICES BACON, CHOPPED
2 TABLESPOONS MINCED GARLIC
1 (14.5 OUNCE) CAN DICED TOMATOES

### **INSTRUCTIONS**

- 1. PLACE SPINACH INTO A COLANDER IN THE SINK; SET ASIDE.
- 2. BRING A LARGE POT OF LIGHTLY SALTED WATER TO A BOIL.
- 3. ADD PENNE AND COOK, STIRRING OCCASIONALLY, UNTIL TENDER YET FIRM TO THE BITE, ABOUT 11 MINUTES.
- 4. WHILE PENNE IS COOKING, HEAT 1 TABLESPOON OLIVE OIL IN A SKILLET OVER MEDIUM HEAT.
- 5. COOK AND STIR BACON IN HOT OIL UNTIL BROWNED AND CRISP.
- 6. ADD GARLIC AND COOK FOR ABOUT 1 MINUTE.
- 7. STIR IN TOMATOES; COOK UNTIL HEATED THROUGH.
- 8. DRAIN HOT PASTA OVER SPINACH IN THE COLANDER SO IT WILTS.
- 9. TRANSFER SPINACH-PASTA MIXTURE TO A LARGE SERVING BOWL.
- 10. TOP WITH BACON-TOMATO MIXTURE AND REMAINING 1 TABLESPOON OLIVE OIL; TOSS UNTIL EVENLY COMBINED.

## **Monthly Word Search**

## New Year's Word Search

Ν Α R R Ε E F R E N S R H 1 D Α S L Α Υ S E R E M 0 N E Т L C S F 1 L Υ N E E В Α E Α О C E N 0 R Ν N D В N U C K Α L D L 0 C L Т Т E Υ D Ν U E W N R ı D G Н т Т А S W T Α T S 0 N Υ R D E G 1 N N G S Ε R Α O C 0 N F E Т Т T M Ν G S W R Ν 0 C E E 1 N L L В R А Т O N E J U Ε А Α L M K Ε R Α E Т H S Υ Р A R Υ Α Α Υ w R K N E E C S Υ Α O R E S S B Н Р Р Υ R Ε O

BABY

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

**EVE** 

FAMILY

FRIENDS

......

HAPPY

JANUARY

MIDNIGHT

**NEW YEAR** 

NOISEMAKER

PARTY

RESOLUTION

TOAST



CRAYONSANDCRAVINGS.COM

## **January Observances & Fun Facts:**

## **January Observations**

Nat'l Blood Donor Month Hot Tea Month Houseplant Appreciation Month Be Kind to Servers Month

## **Weekly Celebrations**

Week 1: Resolution Week

Week 2: Nat'l Pizza Week

Week 3: Hunt for Happiness Week

Week 4: Nat'l CRNA Week

## **January Flower and Birthstone**







**Gem = Garnet** 



A Mission of Presbyterian Villages of Michigan, The Lutheran 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:**



## **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 PACE of Southeast Michigan (855) 445-4554

#### **CareSync Solutions**

Home Healthcare Services (248-773-4550)

## 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 Daniels** 

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







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** 

Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising



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

Congratulatu			tions!
You	are	being recognized because	# E

"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!