



Embrace the possibilities

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

2023 | Issue X

Featured Articles

Monarch Moments	pg. 02
Inspirational Moments	pg. 03
Coordinator's Corner	pg. 04
Wellness Info.	pg. 06
Giving Matters	pg. 08
Mayor's Message	pg. 09
Resident Page	pg. 10
Senior Advocate	pg. 11
Maintenance Tips	pg. 12
Katelyn's Column	pg. 13
Word Search	pg. 16
Local Sponsors	pg. 18



A Mission of Presbyterian Villages of Michigan



The Administrator's Pen



Wow, oh wow, and now it is October!

Let us thank GOD that we made it this far. We have entered into the last quarter of this year. GOD is so good. Please join us in our next Administrator's Resident Meeting on October 4th at 11:00 AM, so we can discuss the upcoming Holiday events you would like to have, especially Thanksgiving and Christmas, please come with your ideas and suggestions. Let us plan our next big events/celebrations.

October is associated with different holidays and events like the Oktoberfest, Breast Cancer month, Boss's Day, Sweetest Day and Halloween. It is also a month of reflections, engagement and action. Whether you are supporting a cause, celebrating a culture or just enjoying the season changing. Going from your summer clothes to now your Fall/Winter clothes, there is something for everyone to embrace during this inspiring and awareness-filled month. It serves as a reminder that positive change and unity are always within reach when we come together as a community. I encourage you do be the change that everyone is looking for.





OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a Healthy, Happy, & blessed October



We hope everyone had a wonderful September! Fall is here!! Let's enjoy all that fall brings! We will be having our OSM Administrator's Resident Activity Meeting and Birthday Celebration in the community room on October 4th @ 11:00 AM. We will going over our events for October and November 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 would like to see happen!

We have many great shopping trips planned for this month. Along with Walmart, Kroger, and Meijer, Nankin will be taking residents to Avenue Bistro, Volunteers of America, Ollies, Heartland, and Aldi. Please sign up on the bulletin board if you are interested in going any trips! Please see your OSM Calendar for what is scheduled and check the bulletin board for sign-up sheets. We have our Hispanic Heritage Month celebration on October 11th @12:00 PM and our Halloween/Harvest Party on October 31st @ 12:00 PM. Lots of great celebrating happening this month! *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.*

Also, BINGO is every Thursday at 4:00 PM. Schwan's is coming every other Friday. This month they will be here October 6th & October 20th in the lobby.

STOP Pest Control will be here for their monthly inspection and preventative treatments on October 27th for ALL apartments on the 1st floor.

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!

Be safe and stay healthy!Have a blessed and safe month!





Life Is So Short

We spend so much time sweating the small stuff, worrying, complaining, gossiping, comparing, wishing, wanting, and waiting for something bigger and better instead of focusing on the simple blessings that surround us everyday.

Life is so fragile and all it takes is a simple moment to change everything you take for granted.

Focus on whats important and be gratul. You are blessed! Believe it! Live your life and leave no regrets!





Service Coordinator

Greetings OSM residents,

Happy pumpkin-everything month! It seems like we just put our fall décor and clothing away, and here we are again in yet another autumn. As we enjoy the vibrant colors and changes, it is a good time to reflect on the beauty of changes. Most of us, myself especially, don't like change, but when we look at the beauty around us, we can be reminded that it often happens for our good.

Please mark your calendars for these events you don't want to miss:

-Every Monday beginning October 9th at 3:00pm: We are pleased to announce Zumba classes! You can participate on your feet or in a chair. You will need your insurance card to enroll in the class. The first set of classes will continue for 7 weeks, and then we will break for Thanksgiving. Please attend each class, or as many as you can for updates.

-Sunday, October 15rd: Open enrollment for Medicare begins! Be sure and connect with the MMAP (Medicare Medicaid Assistance Program) to ensure you are with the best insurance and taking advantage of all that is offered. MMAP 734-727-2067 or email

MMAPVMAIL@thesenioralliance.org

-Wednesday, October 18th 11:00am: Reliable Visiting Services will be in our community room for our monthly blood pressure screening.

-Ongoing: Focus Hope distribution the first Wednesday of each month. Please see me for an application if you wish to receive food boxes.

Thank you to everyone that participated in the flu clinic. We will continue to provide a yearly service so you do not need to go out to get your flu shot. I appreciate each and every one of you and look forward to a fun fall season.

For everything there is a season, and a time for every purpose under heaven: Ecclesiastes 3:1

Office Hours:

Monday 11am – 4pm Tuesday 10am – 3pm Wednesday 9am – 1pm Thursday 10am – 3pm



OSM EVENTS

Friday, October 6th, 13th, 20th @ 12:00 PM **Craft Day**



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



Senior Social Hour is Monday October 2nd and 9th @ 1:00 PM



Zumba Clsses will begin the 2nd Monday of October @ 3:00 PM



Wednesday, October 4th @ 11:00 AM **Administrator Resident Meeting & Birthday Celebration**



Tuesday, October 10th @ 1:00 PM Full Gospel Temple Item Pick Up



Wednesday, October 11th @ 12:00 PM **Hispanic Heritage Month Month Celebration**



Tuesday, October 17th @ 11:00 AM The Avenue Bistro Resturaunt



Wednesday October 18th @ 11:00 AM **Blood Pressure Screening**



Monday, October 23rd @ 11:00 AM Ollies/Heartland





Thursday, October 26th @ 10:00 AM **Aldi Shopping**



Tuesday, October 31st @ 9:45 AM Vol. of America



Tuesday, October 31st @ 12:00 PM Halloween/Harvest Party



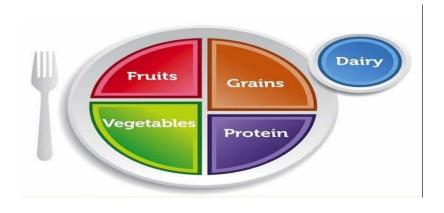


Eat Better to Feel Better!

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.



Hope flows through us.



Giving Matters.

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

Come to the OSM office to get your tickets!





Mayor's Message

By Michael Londeau, Mayor, City of Westland

Greetings OSM Residents,

City of Westland Receives \$5.7 Million SAFER Grant to Hire 15 Additional Firefighters Westland, MI (September 21, 2023) - The City of Westland Fire Department has been awarded a Staffing for Adequate Fire and Emergency Response grant (SAFER) through FEMA in the amount of \$5,709,867. This grant will allow the hiring of 15 firefighters for a period of three years. Unlike years past, this year's grant award requires no city match. SAFER grants are awarded to communities to ensure compliance with National Fire Protection standards that relate to the staffing of fire stations, response times, and overall assembly of force to efficiently deliver service more effectively and safely. The grant assists fire departments with staffing and deployment capabilities to respond to emergencies and assure adequate protection from fire and other hazards. Only a small percentage of the thousands of departments who apply are awarded SAFER grants.

"Public Safety is a top priority and we are very fortunate to be awarded with this very competitive grant," commented Mayor Michael P. Londeau. "I am committed to providing our Fire Department with the resources and manpower they require to adequately protect our community."

The Westland Fire Department recently hired 6 new firefighters which brought them to the 2023-24 budgeted staffing level. Recruitment for new firefighters will begin immediately. The addition of 15 new firefighters comes after a comprehensive evaluation of the city's emergency response needs and a consultation with Fire Department officials.

SAVE THE DATE: The Westland Board Fair & Recognition Day is October 12th from 4-7PM at City Hall (36300 Warren Rd.) This event is aimed at recognizing the contributions of each individual serving on our city boards, commissions, and committees while also encouraging opportunities for others to join in on serving our community! We hope to see you there, Westland!

SAVE THE DATE: On Saturday, October 14, from 11am - 2pm, the Norwayne Community Citizens Council Presents: HARVEST FESTIVAL! Join us for this annual celebration at the Jefferson Barns Community Vitality Center (32150 Dorsey) with Trick or Treat, Pony Rides, Cider & Donuts, Pumpkin Painting and much more.



The new Telehealth Suite is almost complete!

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 Apt. 108

It is Free and Secure.



PVM's Summer Internship Program

Dear Readers, I want to share the following observations reported by one of our recent summer interns. As we all know, attracting professionals to the field of aging services is vital. PVM's Summer Internship program is helping to do just that. It is heartening to know that Alexandra captured the essence of PVM:

My name is Alex Palavage, and I am currently a second year Master of Health Administration (MHA) Candidate at The George Washington University. I have developed a passion for healthcare over the years because of my parents. Not only have they worked in the healthcare field, but I grew up supporting my parents through various medical conditions.

Through connections with LeadingAge, an organization committed to improving aging services, I was offered a 10-week summer internship with Presbyterian Villages of Michigan (PVM). I had the opportunity to learn from exceptional leaders, travel to numerous villages, and gain knowledge on aging services. I was intern to the CEO, Roger Myers, who has proven to be a dedicated and inspirational leader. At each meeting we attended he always made sure to introduce and include me in conversation, which in turn enhanced my confidence in myself. He taught me the importance of being visible in the community. No matter the distance, we traveled to various villages for celebrations and events. The administrators and residents were always glad to see PVM executives take part in village events. I also had the opportunity to spend multiple days at PACE (Program of All-Inclusive Care for the Elderly) Southeast Michigan. I learned how this program addresses social determinants of health by promoting nutrition, healthcare services, transportation, and community relationships for vulnerable residents in the area. By partnering with Henry Ford Health, this program has proven success by reducing costly hospitalizations and improving quality of life.

Perhaps the most heartening aspect of my internship was witnessing the genuine care and empathy exhibited by the staff toward the residents. Every conversation and interaction had a deep respect for the residents' life stories and individual needs. This experience emphasized the importance of putting residents at the center of every administrative decision. It was a reminder that while paperwork and procedures are vital, they must always serve the goal of enhancing the lives of those under the organization's care. I am filled with gratitude for the wealth of experiences and insights that I have gained over the 10-week internship. The journey has reinforced my passion for healthcare administration and has given me a clearer direction for my future career aspirations. I am determined to carry forward the lessons I learned—of empathy, effective communication, and adaptability—as I continue my journey in the world of healthcare administration.

In the end, this internship has been nothing short of transformative. Thank you to my PVM family for reaffirming my belief in the power of compassionate leadership and igniting a fire within me to contribute meaningfully to the healthcare sector. As I step back into the world beyond this summer experience, I carry with me not only the knowledge gained but also a deep sense of purpose—to make a positive impact on the lives of those who rely on healthcare leadership.



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:

- If you are to discover a fire, pull the fire alarm.
- Immediately evacuate the building.
- Exit the building using the nearest exit or stairway. DO NOT attempt use the elevator.
- Exit the building and proceed north to the sidewalk on Annapolis Rd then continue east to the Church driveway.
- DO NOT attempt to go back into the building until the Fire Department clears the building for reentry. They will say, "All Clear"
- 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



Signs You Know it's a Phone Scam

Happy October! I have seemed to notice more and more scam phone calls lately so here are some signs that your phone call might be a scam call.

- 1. Scammers PRETEND to be from an organization you know.
- Scammers often pretend to be contacting you on behalf of the government. They might use an official name like Social Security Administration, IRS, Medicare, or something made up. Some may also pretend to be from a business you know, like a utility company or charity.
 - 2. Scammers say there is a PROBLEM or a PRIZE.
- They might say you're in trouble with the government, you owe money, someone in your family had an emergency, or there is a problem with your accounts and you need to verify information.
 - 3. Scammers pressure you to act IMMEDIATELY.
- Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check their story. They might threaten to arrest or sue you, take your license, etc.
 - 4. Scammers tell you to PAY a specific way.
- They often want you to pay by sending money through a money transfer company or by putting the money on a card and telling them the card number on the back. Some will send you a fake check and ask you to deposit it and then send the money back to them.



October Birthdays 2023

Happy Birthday!!!

Nannette Wynn – October 1st

Gloria Jefferson – October 1st

Ray Flager - October 7th

Alice Finley – October 15th

Pamela Travis – October 16th

David Brown – October 18th

Herbert Hay – October 22nd

Christel Darden – October 28th





October Recipe

Quick & Easy Apple Tart



INGREDIENTS

1 PACKAGE PUFF PASTRY SHEETS, THAWED, EACH CUT INTO HALF OR THIRDS 3 APPLES, CORED, HALVED, AND SLICED VERY THIN

2/3 CUP BROWN SUGAR

1 PINCH SALT

POWDERED SUGAR, CARAMEL SAUCE, OR WHIPPED CREAM, FOR SERVING, OPTIONAL *INSTRUCTIONS*

- 1. PREHEAT THE OVEN TO 400 DEGREES.
- 2. PLACE THE PUFF PASTRY RECTANGLES ONTO TWO BAKING PANS THAT HAVE BEEN SPRAYED WITH NONSTICK SPRAY.
 - 3. ADD SUGAR AND SALT TO APPLES. STIR TO COMBINE.
 - 4. ALLOW TO SIT FOR A FEW MINUTES.
- 5. ARRANGE APPLE SLICES ON THE PASTRY RECTANGLES IN A STRAIGHT LINE, OVERLAPPING AS YOU GO.
 - 6. BAKE FOR 18 TO 20 MINUTES, OR UNTIL PASTRY IS PUFFED AND GOLDEN BROWN.
 - 7. REMOVE FROM THE PAN IMMEDIATELY AND PLACE ON A SERVING PLATTER.
 - 8. SERVE PLAIN, WITH CARAMEL TOPPING, WHIPPED CREAM, AND/OR A SPRINKLING OF POWDERED SUGAR.

ENJOY

Servings: 8-12

Monthly Word Search

HALLOWEEN WORD SEARCH

LCTBNHHJHYCM P S VWPASA ZPOKHYBCCLTT S O POQZODCAZQL SNMRMUMOEW В S E A B CMCOS TU ME NWDS GE E 0 U UA KSCNAX E T K HВ OGMMYSMO EAOKWKB 10 OKVME V K M HКТ T C AYVAEU RE ΥP G Q R TWCWUEPVAR В E



BOO HALLOWEEN PUMPKIN SPOOKY GHOST

WITCH BAT HAUNTED VAMPIRE MUMMY COSTUME GOBLIN CANDY MONSTER SCARECROW SKELETON OCTOBER BROOMSTICK





October Observances & Fun Facts:

October is observed as:

Domestic Violence Awareness Month
National Bullying Prevention Awareness Month
Breast Cancer Awareness Month
National Apple Month
Vegetarian Month

Weekly Celebration

Week 1: Mental Illness Awareness Week

Week 2: World Space Week

Week 3: Fire Prevention Week

Week 4: National Magic Week

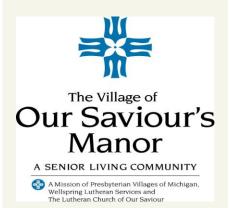
October Flower and Birthstone



Flower = Marigold



Gem = Opal



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)

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.pymfoundation.org**



A SENIOR LIVING COMMUNITY



29495 Annapolis Road Westland, Michigan 48186

Congratul	ations!
haina va sanda dha a	Ψ_

You are being recognized because "What you did mattered!":

E THE	what
ma	do

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!