

Embrace the possibilities

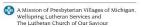
29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2023 | Issue XII

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The Administrator's Pen



To GOD be the Glory! As you prepare for this wonderful upcoming holiday. Whether you celebrate St. Nicholas Day on 12/5, Bodhi Day on 12/8, Immaculate Day on 12/8, Feast day of our lady Guadalupe on 12/12, Hanukkah on 12/18 - 12/26, Christmas on 12/25 or Kwanza on 12/26 - 1/1/24. Please be mindful for the real reason we celebrate this wonderful season is because of the gift that GOD gave us all – His Only begotten son!

I wish and pray that you will have a blessed and prosperous Holiday, whichever one you choose to celebrate, **to GOD be the Glory** and may your days and nights be prosperous and filled with lots of Joy, Peace, & Love.

Please check your OSM calendar for all of our upcoming events. **Our OSM Christmas Holiday Luncheon** is on Friday, 12/8/23 from 12 – 3 PM. For all those who attend will receive a raffle ticket for our Christmas Tree stocking stuffer game. You must be present to win. Our offices will be closed for Christmas (12/25) and New Year's Day, (1/1/24). For all those who are participating in the Secret Santa Gift Exchange, please bring your gifts with you to the party. The Porch Decorating Contest will take place on that day as well. We will have one of our OSM Board members or the VP of Housing to be the Judges for that contest. You Do NOT have to present to win the prize. We will have a 1st, 2nd, and 3rd place prize for the winners.



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OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a Healthy, Happy, & Blessed December!



We hope everyone had a wonderful November and we welcome December! Winter is here and so is the Holiday Season!!! Our OSM Administrator's Resident Activity Meeting and Birthday Celebration is December 6th @ 11:00 AM in the community room. We will go over all our events for December & January! 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 Westland Dining, Volunteers of America, Ollies, Heartland, and Westland Mall. Please sign up on the bulletin board if you are interested in going any trips! Reminder! Nankin will not be running from 12.22.2023-1.1.2024 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 Christmas Holiday, December 25th and January 1st, 2024 for New Year's Day. *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 December 1st, 15th, & 29th in the lobby.

STOP Pest control will be here for their monthly inspection and preventative treatments on December 22nd for Apartments 201-216.

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!





Attention Seniors

Its starting to get dark earlier. Make sure you fill up your gas tank before sunset. Keep an extra charger with you at all times. Signing up for AAA is a great idea! Check your oil and tires! Don't make ATM runs in the evening! Park in well lit areas. Only unlock your door if you are immediately getting out of your car. Pay attention to your surroundings! Heads up! Phones Down! Stay Safe!







Greetings OSM,

Here are a few events to mark on your calendars for December:

Tuesday, December 5th, 12:00PM—SAGE ministry is hosting a Holiday party in the community room. Please come and enjoys snacks and games.

Wednesday, December 13th, 1:00 PM – Zing! Healthcare is sponsoring Bingo. They promised to bring chocolate this time! They are also available to answer any questions you have regarding Medicare.

Monday, December 18th, 1:00 PM – OSM favorite BINGO WITH PACE! Please come and enjoy and ask any questions you have regarding PACE.

Ongoing events:

Wednesday, December 6th, - Focus Hope boxes will be delivered.

Wednesday, December 20th, 11:00AM – Monthly Blood Pressure screening with Reliable Visiting Services.

Service Coordinator Holiday Hours: I will be off for the Holidays after December 21st and returning, Tuesday, January 2nd. Please see me ahead of time for anything that may need attention. I will display signage to keep you informed of any other schedule changes.

As a reminder, my hours are Monday – Thursday 10am – 3pm.

As 2023 draws to a close, I want to wish each of you a most joyous season as we celebrate all that makes us grateful. Many of us celebrate the birth of our Savior; as we reflect on the significance of the Christ child, may we take all that He taught us through this season and into the New Year!

Have a wonderful and blessed time of celebration.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

OSM EVENTS

Friday, December 1st 15th & 29th @ 12:00 PM Craft Day



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



Sunday, December 3rd @ 3:00 PM Ornament Making w/First Presbyterian Youth Dept. (Lunch will be served)



Wednesday, December 6th @ 11:00 AM Administrator Resident Meeting & Birthday Celebration



Friday, December 8th @ 12:00 PM – 3:00 PM OSM Christmas Holiday Luncheon Party



Monday, December 11th @ 11:00 AM Westland Dining Restaurant Day

Westland Family Dining

Tuesday, December 12th @ 1:00 PM Full Gospel Temple Item Pick Up



Wednesday, December 13th @ 11:00 AM Westland Mall Shopping



Bingo with ZING @1:00 PM



Monday, December 18th @ 1:00 PM Pace Bingo



Wednesday, December 20th @ 11:00 AM Blood Pressure Screening



Hines Drive Lights @ 5:00 PM



Tuesday, December 22nd Stop Pest Control Apts: 201-216



Nankin Bus will not be running from 12/22/2023—01/01/2024

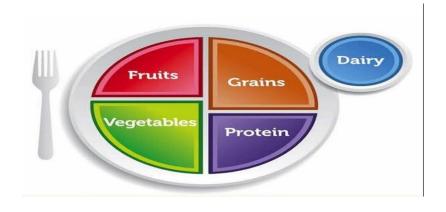


Eat Better to Feel Better!

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

Congratulations to all of the winners

Of the Raffle Ticket drawing
for the PVM 2023 Gala.

Our next PVM Gala will be in 2025.

Make a plan to attend the next gala.

Start saving now so you can attend.

Thank you to everyone that purchased gala tickets and or raffle tickets,

Your donations are helping

Seniors at PVM.





Mayor's Message

By Kevin Coleman Mayor, City of Westland

Greetings OSM Residents,

On November 7, 2023, Kevin Coleman was elected as the 10th Mayor of the City. Mayor Coleman, 40 years old, is a lifelong resident of Michigan and most recently served as the 25th House District State Representative.

Prior to serving three terms as our State Representative, Mayor Coleman was a member of the Westland City Council for one term. He is a graduate of Western Michigan University, attended the Lee Honors College. While on the Westland City Council, Mayor Coleman fought to provide additional resources and increase the number of much-needed public safety personnel in both the police and fire departments and increase government transparency. Mayor Coleman is dedicated to making sure that government is providing the best service possible to the public and holding public officials to a high standard of ethics.

Prior to seeking public office, Mayor Coleman spent several years working in the community on the Westland Festival Committee and the Westland Veterans Association. As a state representative, he focused his work on public safety, criminal justice reform and government transparency.

"It is truly an honor to be the Mayor of Westland. I am firmly committed to lead a more engaged and empowered community, fostering a positive relationship between citizens and my administration. Moving the City forward to reach its full potential is my driving goal from when I wake up to when I go to bed each and every day." - Mayor Kevin Coleman

A Commitment to the Citizens of Westland

From the first day of his administration, Mayor Coleman has committed to the citizens of Westland to make one of Michigan's great cities even better. Mayor Coleman will follow through on that promise by strengthening core priorities such as: Safe neighborhoods for all,

Transparency, Improve City services, Public safety, Senior services, Increase business investment, and Veteran services.

With continued emphasis on transparency and easy accessibility in governance, and sustained improvements in public services delivery, the City has become a favorite destination for medium and small businesses as well as families looking for a thriving place to live, work, play, and grow.



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.



TELEHEALTH PROVIDE CARE FROM ANYWHERE





PVM is pleased to announce some new exciting offerings and features for making the most of life! Our new magazine, Graceful Living, will offer information on beautiful and entertaining sites around the state of Michigan, tips for gardeners, events and news about PVM communities, recipes, recommended books for your reading pleasure and more. The new look mirrors what you would find from the best magazines and replaces our Outlook newsletter. If you have not received this publication go to https://www.pvm.org/sign-up-for-our-newsletter/ and sign up.

Another new feature is our library of podcasts with excellent information from experts in the field of aging. Go to the PVM website for further information at https://pvm.org/pvm-blog, or search for "Caregiver's Best Friend Podcast" in your preferred podcast app.

We are dedicated to transforming aging and making Michigan a Best Place To Age.

We hope you enjoy these new features as much as we have in creating them. Enjoy!





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 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



Merry Christmas and Happy New Year!

May the meaning of Christmas be deeper, It's Friendships stronger, And its hopes brighter As it comes to you this year!

May the seasons simple joys Warm your heart... Fill your home... And last a lifetime!

May the light of
Our Savior's love
Be with you at Christmas and always
With all the happiness
You could wish for!



December Birthdays 2023

Happy Birthday!!!

Charlotte Matthews – December 15th
Connie Sharp – December 18th





December Recipe

Chocolate Truffle Cookies



INGREDIENTS

2 CUPS SEMISWEET CHOCOLATE CHIPS, DIVIDED
4 OUNCES UNSWEETENED CHOCOLATE, CHOPPED
1/3 CUP BUTTER, CUBED
1 CUP SUGAR
3 LARGE EGGS
1-1/2 TEASPOONS VANILLA EXTRACT
1/2 CUP ALL-PURPOSE FLOUR
2 TABLESPOONS BAKING COCOA
1/4 TEASPOON BAKING POWDER
1/4 TEASPOON SALT

INSTRUCTIONS

CONFECTIONERS' SUGAR

- 1. IN A MICROWAVE, MELT 1 CUP CHOCOLATE CHIPS, UNSWEETENED CHOCOLATE, BUTTER
 - 2. STIR UNTIL SMOOTH. COOL 10 MINUTES.
 - 3. IN A LARGE BOWL, BEAT SUGAR AND EGGS 2 MINUTES.
 - 4. BEAT IN CHOCOLATE MIXTURE AND VANILLA.
- IN ANOTHER BOWL, WHISK FLOUR, COCOA, BAKING POWDER AND SALT;
 GRADUALLY BEAT INTO CHOCOLATE MIXTURE. STIR IN REMAINING CHOCOLATE CHIPS.
- 7. REFRIGERATE, COVERED, UNTIL FIRM ENOUGH TO HANDLE, AT LEAST 3 HOURS.
 - 8. PREHEAT OVEN TO 350°.
 - WITH LIGHTLY FLOURED HANDS, SHAPE DOUGH INTO 1-IN. BALLS;
 10.PLACE 2 IN. APART ON UNGREASED BAKING SHEETS.
 11. BAKE UNTIL LIGHTLY PUFFED AND SET, 10-12 MINUTES.
 12.COOL ON PANS 3 MINUTES. REMOVE TO WIRE RACKS TO COOL.
 13. DUST WITH CONFECTIONERS' SUGAR.

ENJOY

Servings: 4 Dozen

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Monthly Word Search



December Observances & Fun Facts:

December Observations

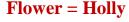
Art & Architecture Month
Hi Neighbor Month
Made in America Month
Procrastination Awareness Month
Write A Friend Month

Weekly Celebration

Week 1: Nat'l Handwashing Awareness week
Week 2: Human Rights Week
Week 3: Thank a Soldier Week
Week 4: Kwanzaa

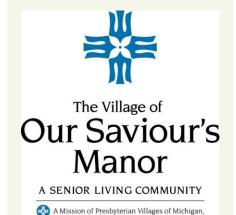
December Flower and Birthstone







Gem = Lapis Lazuli



OSM BOARD MEMBERS

The Lutheran Church of Our Saviour

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.

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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







THE FOUNDATION

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



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

29495 Annapolis Road Westland, Michigan 48186



"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!