

# **Embrace the possibilities**

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

2023 | Issue VI

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# Our Saviour's Manor

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



Blessings and Peace be unto each of you while you read our June newsletter. OSM has a new resident this month. Let us welcome Ms. Diane Kilgore she is in Apt. 130. Show her some love. Thank you. We also welcome Summer Time! It is finally here, thank God. June is a busy month for OSM, so please make sure you check out the June calendar.

Reminder, our OSM Juneteenth Summer picnic is on June 19<sup>th</sup>. We have invited other villages to come out and celebrate with us.

#### The Historical Legacy of Juneteenth

On "Freedom's Eve," or the eve of January 1, 1863, the first Watch Night services took place. On that night, enslaved and free African Americans gathered in churches and private homes all across the country awaiting the news that the Emancipation Proclamation had taken effect. At the stroke of midnight, prayers were answered as all enslaved people in Confederate States were declared legally free. Union soldiers, many of whom were black, marched onto plantations and across cities in the South reading small copies of the Emancipation Proclamation spreading the news of freedom in Confederate States. Only through the Thirteenth Amendment did Emancipation end slavery throughout the United States, but not everyone in Confederate territory would immediately be free. Even though the Emancipation Proclamation was made effective in 1863. It would not be implemented in places still under Confederate control. As a result, in the westernmost Confederate state of Texas, enslaved people would not be free until much later. Freedom finally came on June 19, 1865 (2 years later) when some 2000 Union troops arrived in Galveston Bay, Texas. The Army announced that more than 250,000 enslaved black people in the state, were free by executive decree. This day came to be known as "Juneteenth" by the newly freed people in Texas. Juneteenth is now a Federal Holiday in the United States. Legislation establishing the holiday was passed by Congress on June 16th, 2021, and signed into law by U.S. President Joe Biden the follow day.





# **OSM Monarch Moments**

Blessings Our Saviour's Manor,

Wishing everyone a Healthy, Happy, & blessed June!



We hope everyone had a wonderful June! Summer is here!! We will be having our OSM Administrator's Resident Activity Meeting and Birthday Celebration in the community room on June 7<sup>th</sup> @ 11:00 AM. We will going over our events for June and July 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 having our summer picnic and Juneteenth celebration on Monday June 19<sup>th</sup> at 12:00 PM. We are looking forward to celebrating with you all.

We have many great shopping trips planned for this month. Along with Walmart, Kroger, and Meijer, Nankin will be taking residents to L Georges, Volunteers of America, Heartland, and Randazzo. 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 will have more trips scheduled. 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 will return June  $7^{th}$  with Elder Josiah Jones and 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 June  $2^{nd}$ ,  $16^{th}$  &  $30^{th}$ .

**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,

I hope all of you are enjoying the warmer weather. Our summer solstice officially arrives at 10:57am on Wednesday, June 21st. Please get outside and enjoy the fresh air before we are all saying it is too hot!

I also want to wish all of our dads a very Happy Father's Day. I am blessed to still have my dad at his wonderful 82 years of age. I hope someone cooks for you this month; I hope you connect with your family and enjoy a time of celebration. You deserve to be honored.

As always, please keep your calendars in a visible place so you do not miss out on activities. Here are the upcoming/ongoing events brought by OSM's Service Coordination Program:

Starting on June 6th, every Tuesday at 11am, the Michigan State University extension program is offering a free nutrition class in our Community Room. The class will run for 6 weeks, with a break for the 4th of July. Jackie will be doing food demos as a part of the class, so don't miss out on a chance to taste test and learn how to prepare healthy meals. A gift will be given to each participant as well.

Wednesday, June 14th there will be 2 events in our Community Room. At 11am, The Senior Alliance Project Fresh Team will be here to distribute fresh produce coupons. At 12pm, Reliable Visiting Services will be here to offer blood pressure screening. Please come and get your free produce coupons and have your blood pressure checked!

June 7th is our ongoing Focus Hope delivery. Please let me know if you would like to submit an application for the food boxes. I can also connect you with Meals on Wheels.

Thank you to all who participate in my Service Coordinator program and events. I enjoy seeing each of you every day, and enjoy when you stop by my office, even just to say hello. You all matter to me, and I am so blessed to be here with you at OSM.

"Grandchildren are the crown of the aged, and the glory of children is their fathers." Proverbs

#### 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 June @ 2:45 PM Bible Study with Elder Josiah Jones** 



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



Every Tuesday in June @ 11:00 AM MSU Nutrition Class



Wednesday, June 7<sup>th</sup> @ 11:00 AM Administrator Resident Meeting & Birthday



Friday, June 2<sup>nd</sup> & 23<sup>rd</sup> @ 12:00 PM Craft Day



Friday, June 9<sup>th</sup> @ 10:30 AM L. Georges Resturaunt Day

Monday, June 12<sup>th</sup> @ 11:00 AM Volunteers of America



Wednesday, June 14<sup>th</sup> @ 12:00 PM Blood Pressure Screening



Friday, June 16<sup>th</sup> @ 1:00 PM Juneteenth Presentation & Alice Movie



Monday, June 19<sup>th</sup> @ 12:00 PM Juneteenth OSM Summer Picnic



Thursday, June 29<sup>th</sup> @ 10:00 AM Randazzo Shopping Trip



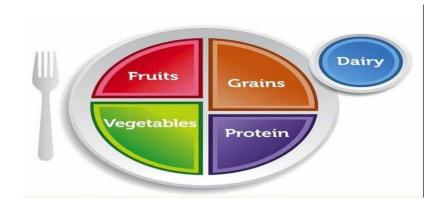


#### Eat Better to Feel Better!

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 <a href="https://www.choosemyplate.gov/MyPlate">www.choosemyplate.gov/MyPlate</a>





# 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



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,

**The H2O Spray Park Opens Saturday!!** The H2O Spray Park (1901 North Carlson) opens this Saturday, and every day from 11am - 8pm, with the great new dinosaur themed elements. The spectacular H2O Zone with interactive sounds and lights, and a spectacular immersive, kid friendly dinosaur experience has tons of water spray attractions including a helicopter and massive dino dump buckets to soak the children!

**SAVE THE DATE: The Public Library of Westland** is hosting a Community Shred Day on Saturday, June 3, from 12 - 2pm. You can bring up to 5 boxes of paper documents to shred, but please don't use plastic bags. The event is being held at the Library's temporary location at 35100 Bayview

**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.

**WESTLAND!** The Parks and Recreation Department will be hosting two Coed pickleball tournaments on June 4th and June 11th at Corrado Park.

- June 4 is a Recreational Coed Tournament (16 team spots available)
- June 11 is a Competitive Coed Tournament (16 team spots available)
- Both are Coed tournaments and will both start at 1PM on their respective days
- \$30/team 4 Game guarantee

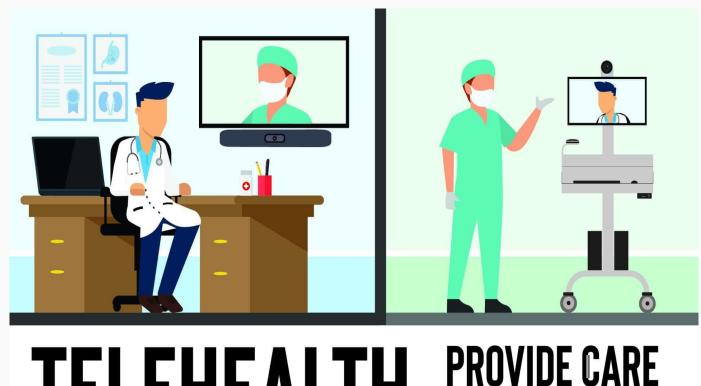
Register online at: https://secure.rec1.com/MI/westland-mi/catalog... and click on Sport Leagues or call Parks and Rec at 734-722-7620



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 CARE FROM ANYWHERE



### "I'd Rather Do It Myself"

Recently I heard several stories of seniors who tried to take care of tasks which were too strenuous and ended up harming themselves in the process with everything from hip to knee injuries and beyond. They play the game "I'd Rather Do It Myself". That made me think that it is time to remind all of our readers of advice I have been dishing out for over 20 years! When I first started with this messaging seniors seemed to be much older than myself. Now this includes myself and my contemporaries. Ask loved ones and others for help if there is an object out of reach or if there are chores that may be beyond your capabilities these days. That includes indoor and outdoor tasks such as reaching to change a lightbulb up high or clearing debris from your backyard.

My husband and I always say: "Call the guy"!

Also, do not fall into the trap of playing "I've Got A Secret". Keep your loved ones informed as to what is going on with you. They cannot help you if they are kept in the dark. Be smart and savvy. Your quality of life depends on it.





#### **STOP Pest Control!**

STOP Pest Control has begun preventative bug inspections for every unit here at OSM. The next scheduled inspections are June 23<sup>rd</sup> for Apartments 201-216. During your inspection, STOP Pest Control will inspect your Apartment for any potential bed bug activity along with a preventative bug treatment in your kitchen and bathroom. STOP Pest Control has also provided us with a list of some the important things to do to prevent an infestation in your apartment.

- 1. Keep your Apartment Clean!
- 2. Do not keep cardboard boxes. Perforated cardboard is a perfect place for bedbugs and roaches to live. Consider using plastic containers to store your belongings.
- 3. If you see ANY signs of bug activity in your apartment. Report it to the office immediately.
- 4. Eliminate clutter!
- 5. Consider getting a mattress encasement. These are zipper enclosures that cover your entire mattress and box spring, providing a smooth outer surface that can be inspected and cleaned very easily.



#### 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



#### The Meaning Behind the 13 Folds of the Flag

- The first fold of our flag is a symbol of life.
- The second fold is a symbol of our belief in eternal life.
- The third fold is made in honor and remembrance of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace throughout the world.
- The fourth fold represents our weaker nature; as American citizens trusting in God, it is Him we turn to in times of peace, as well as in times of war, for His divine guidance.
- The fifth fold is a tribute to our country. In the words of Stephen Decatur, "Our country,
  in dealing with other countries, may she always be right, but it is still our country, right
  or wrong."
- The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.
- The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies, whether they be found within or without the boundaries of our republic.
- The eighth fold is a tribute to the one who entered into the valley of the shadows of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.
- The ninth fold is a tribute to womanhood. It has been through their faith, love, loyalty, and devotion that has molded the character of the men and women who have made this country great.
- The tenth fold is a tribute to father, who has also given his sons and daughters for the defense of our country since he or she was first born.
- The eleventh fold represents the lower portion of the seal of King David and King Solomon and glorifies the God of Abraham, Isaac, and Jacob.
- The twelfth fold represents an emblem of eternity and glorifies God the Father, the Son and Holy Ghost.
- The thirteenth and last fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."



# June Birthdays 2023

# **Happy Birthday!!!**



Ronnie Dunlap – June 6<sup>th</sup>

Denise Flint – June 8<sup>th</sup>

Wilma Sierengowski – June 19<sup>th</sup>





# June Recipe

# **Lemon Thyme Chicken**



#### **INGREDIENTS**

3 TABLESPOONS ALL-PURPOSE FLOUR

1/2 TEASPOON SALT

1/4 TEASPOON PEPPER

4 BONELESS SKINLESS CHICKEN BREAST HALVES (6 OUNCES EACH)

2 TABLESPOONS OLIVE OIL

1 MEDIUM ONION, CHOPPED

1 TABLESPOON BUTTER

1/2 TEASPOON DRIED THYME

1 CUP CHICKEN BROTH

3 TABLESPOONS LEMON JUICE

2 TABLESPOONS MINCED FRESH THYME

#### **INSTRUCTIONS**

- 1. IN A SMALL BOWL, COMBINE FLOUR, SALT AND PEPPER.
  - 2. SET ASIDE 4-1/2 TEASPOONS FOR SAUCE.
- 3. SPRINKLE REMAINING FLOUR MIXTURE OVER BOTH SIDES OF CHICKEN.
- 4. IN A LARGE NONSTICK SKILLET, HEAT OIL OVER MEDIUM HEAT. ADD CHICKEN;
  - 5. COOK UNTIL JUICES RUN CLEAR, 7-9 MINUTES ON EACH SIDE. REMOVE AND KEEP WARM.
- 6. IN THE SAME PAN, MELT BUTTER OVER MEDIUM-HIGH HEAT. ADD ONION; COOK AND STIR UNTIL TENDER, 3-5 MINUTES.
  - 7. STIR IN THYME AND RESERVED FLOUR MIXTURE UNTIL BLENDED.
  - 8. GRADUALLY STIR IN BROTH AND LEMON JUICE, SCRAPING UP ANY BROWNED BITS FROM BOTTOM OF PAN. BRING TO A BOIL;
    - 9. COOK AND STIR UNTIL THICKENED, ABOUT 2 MINUTES. 10.SERVE OVER CHICKEN. SPRINKLE WITH THYME.

WATERMELON

# **Monthly Word Search**



TAN

SWIMSUIT

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### **June Observances & Fun Facts:**

### June is observed as:

Professional Wellness Month.

African-American Music Appreciation Month.

National Camping Month.

Alzheimer's and Brain

Awareness Month

# **Weekly Celebration**

Week 1: Green Week
Week 2: International Men's Health Week
Week 3: National Tennis Week
Week 4: National Camping Week

### June Flower and Birthstone



Flower = Rose



Gem = Pearl



# 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

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# **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



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# **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



You are being recognized because "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!