# 📲 Manor Message 🐇

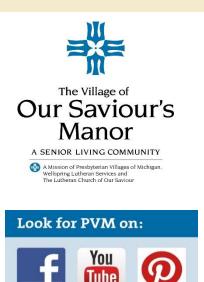
# **Embrace the possibilities**

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

2023 | Issue VIII

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# The Administrator's Pen



Blessings and Peace be unto each of you while you read our August newsletter. OSM has two new residents. Let us welcome Ms. Mildred Robinson and Mr. Phillip Brown. Please show them some OSM love.

Let us also celebrate the return of our very own Maintenance Tech, Mike Hooton. We are truly glad and excited about his return to work. We truly thank God for his return.

During the months of August and maybe September, I will be the Interim Administrator for our downtown sister property, Thome Rivertown. I know that my staff will continue to do their best and I would appreciate your best, patience and due diligence while I will be assisting for two days ½ days at Rivertown. The staff will continue to do what they do best to help and assist you.

Reminder, please check your calendars for all of our upcoming events and trips. If you have any ideas or suggestions for any events or activities, please bring them to our Administrator's Resident Meeting we have every month. Your voice and you matter. I have a super fantastic August.

Graziella Bruner Housing Administrator



#### Blessings Our Saviour's Manor,

### Wishing everyone a Healthy, Happy, & blessed August!



We hope everyone had a wonderful August! Summer is here!! We will be having our OSM Administrator's Resident Activity Meeting and Birthday Celebration in the community room on August  $2^{nd}$  @ 11:00 AM. We will going over our events for August and September 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 have many great shopping trips planned for this month. Along with Walmart, Kroger, and Meijer, Nankin will be taking residents to Avenue American Bistro, Volunteers of America, Heartland, and Aldi. We have our trip to the Detroit Princess for the Motown Cruise scheduled for August 24<sup>th</sup> @ 9:30 AM. 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. 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 be Wednesday August 2<sup>nd</sup> and August 16<sup>th</sup> with Elder Josiah Jones and will take place @ 2:45PM.

Also, BINGO is every Thursday at 4:00 PM. Schwan's is coming every other Friday. This month they will be here August 11<sup>th</sup> & August 25<sup>th</sup>.

STOP Pest control will be here for their monthly inspection and preventative treatments on August 25<sup>th</sup> for apartments 217-232.

**Laundry Room**. If an Out of Order sign is posted on a machine, please do not use the machine. The sign means something is wrong and we are waiting for the WASH Company to make the necessary repairs. **Please do not remove the sign from the washer or unplug the machine**. 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 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!





# You are Worth

You are worth The quiet moment. You are worth The deeper breath. You are worth The time it takes To slow down, Be still, and rest.



Let me take a moment and thank all of you that have participated in the 30+ programs we have had so far this year. The overall health of our community grows with each person that participates in our health events and social activities.

Here are reminders for the upcoming events:

July 31st PACE Bingo in our community room at 1:00pm. For those attending our last community meeting and were interested in learning more about PACE, this is a great time to meet Cathy, our PACE community liaison and get information. Even if you don't want to play Bingo, please join for the information.

August 1st 11:00 am, Jackie Marks from our Michigan State University extension program will be with us for our final nutrition class. It's a good time to stop in and meet Jackie; there may be another program she offers that is of interest to you.

August 22nd 11:30 am, Reliable Visiting Services will be in our community room for blood pressure screening. Did you know that Reliable Visiting Services offers medical visits and services in your home at no out of pocket cost? Join us and find out more!

Please keep your calendar where you can check it for events. If you don't participate in robocall, please make sure to let me know so I can remind you when we have an event. I don't want anyone to miss out.

Enjoy August; get outside and walk if you can!

Isaiah 40:31: but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

*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



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## **OSM EVENTS**

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



August 2<sup>nd</sup> & 16<sup>th</sup> @ 2:45 PM Bible Study with Elder Josiah Jones



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





August 1<sup>st</sup> @ 11:00 AM MSU Nutrition Class



Wednesday August 2<sup>nd</sup> @ 11:00 AM Administrator Resident Meeting & Birthday



Friday, August 11<sup>th</sup> & 25<sup>th</sup> @ 12:00 PM Craft Day



Tuesday August 15<sup>th</sup> @ 11:00 AM Avenue American Bistro Resturaunt Day



Tuesday, August 22<sup>nd</sup> @ 11:00 PM Blood Pressure Screening



Thursday, August 24<sup>th</sup> @ 8:30 AM Motown Cruise on the Detroit Princess



Tuesday, August 29<sup>th</sup> @ 11:00 AM Volunteers of America

> Volunteers of America

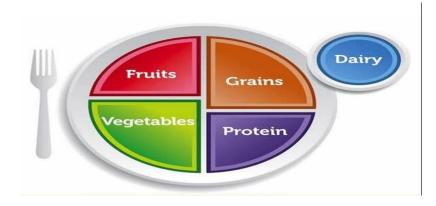


### **Eat Better to Feel Better!**

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 <u>www.choosemyplate.gov/MyPlate</u>





# 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.

### <u>Vision</u>

#### 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.

### <u>Mission</u>

#### 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





# 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,

**Come Support Your Local Heroes in the Battle of the Badges Softball Game!** Mark your calendars for August 13th, 2023, at 1 pm, as Jaycee Park (34001 Hunter Westland, MI) hosts an exciting and fun-filled afternoon of softball action in the Battle of the Badges softball game and homerun derby! Watch your brave and dedicated local police officers and firefighters take to the field to compete against each other in an epic showdown of sportsmanship and camaraderie. Cheer on your favorite team as they swing for the fences and showcase their skills on the diamond! Free Admission for Everyone! This family-friendly event is open to all members of the community, and there is no admission fee! Gather your friends, family, and neighbors to join in the excitement, root for your heroes, and enjoy a day filled with thrilling softball action. Supporting a Great Cause! The best part All proceeds from this event will go directly to support the Westland Youth Athletic Association -WYAA Baseball program. By attending, you're not only having a fantastic time but also contributing to the development and growth of young athletes in our community. Your support truly makes a difference!

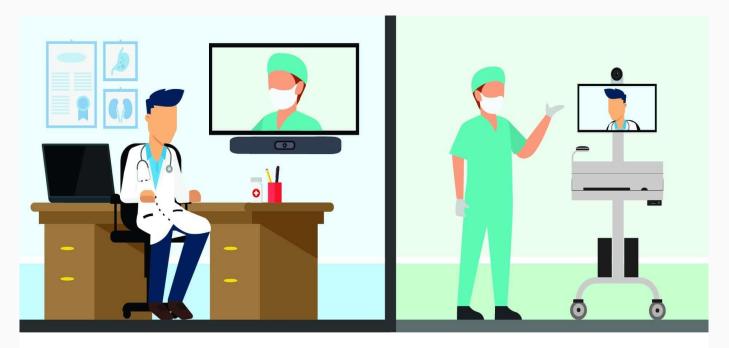
Bring your team spirit, your loudest cheers, and get ready for an afternoon of friendly competition and community unity. Let's create lasting memories while supporting our local youth baseball program!

**Mayor Michael P. Londeau** tells us about a new, unprecedented program that is rolling out right now. This new program will help the health and safety of many of our residents, and greatly improve the walkability of Westland. The Sidewalk Replacement Program is a new initiative that is part of an expansion to our existing Neighborhood Makeover Program and it is going to be good news for homeowners, walkers, kids, seniors – really every resident in the City of Westland.

**THIS FRIDAY & SATURDAY!!!** August 4th & 5th are the dates for Blues, Brews and Barbecue, the biggest summer bash in all of Western Wayne County! It's all about slick blues music, good ol' authentic BBQ food, and ice cold domestic and craft brews. Sights and sounds are FREE OF CHARGE, so bring your family and friends! \*Saturday from 2pm - 4pm is the FREE Family Fun Time Event



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



### Just When I Thought...

Just when I thought unscrupulous scam artists had thought of everything already they now have come up with a new way to steal our identities and money! Many airline passengers were scammed recently when they were stranded by cancelled flights. As if that was not enough frustration for passengers they got to the lines to reschedule flights there were impossibly long waits.

Thus, some folks reverted to going onto Google and trying to rebook through their airline that way. The problem with that was they ended up on fake websites that look legitimate. One gentleman being interviewed saved himself just in time since he heard some red flags pop up during the conversation. He asked the supposed airline staffer how long his flight would take from Point A to Point B (knowing the correct answer all along) and the response given was totally inaccurate. That's when he realized he had caught a scammer in the act! Since he had yet to give out his personal information he avoided a stolen identity situation.

What can we do about these scammers? Experts say do not go to sites in the internet. Call the number listed on your reservation or on the back of your credit card. Protect yourself from these scammers!





### Good to Be Back!

Hello OSM and Happy August!

It is great to be back here at OSM! I missed all of you and can't wait to get back to work! Thank you everyone for your patience and cooperation while I was gone! I am looking forward to seeing you all around the building again!

Please continue to call the office with all work orders. Please call the emergency number for any afterhours Building EMERGENCIES. The emergency number should only be called for after hour's maintenance emergencies! If it is after office hours, please call the office and leave a message. We will put in the work order the next office day



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



### **Importance of Relaxation**

Rest and relaxation is vital for better mental health, increased concentration and memory, a healthier immune system, reduced stress, improved mood and even a better metabolism. Here are some new ways to rest and relax!

**Meditation:** The practice of mindfulness meditation is an effective method for reducing stress. It might help you relax since you aren't thinking about the past or what could happen in the future anymore. There are a variety of breathing techniques that might help you relax when things become too much. It's all about finding your own balance.

Low Impact Activity: Our brains and bodies are inextricably intertwined, and studies have shown that exercise may aid in stress reduction and relaxation. Yoga, strolling, moderate resistance training, and chair stretches are just a few of the stress-relieving options available to seniors that are also low-impact. People who commit to mild strength exercise, such as walking, report improved energy levels and lower stress levels overall.

Add in Scents around the Home: Many people are now embracing aromatherapy, which claims that breathing specific scents and aromas may have a good impact, including sensations of profound relaxation. Using diffusers our air fresheners can help you discover the fragrances and odors that offer comfort and peace.

Make Friends: When it comes to health and well-being, seniors who are socially active as they become older do much better than those who become more socially isolated or lonely. Find methods to get involved in their local community so you may get the advantages of socialization.







# Happy Birthday!!!

Shirley Talley – August 6<sup>th</sup>

Louise Rush – August 27<sup>th</sup>





# **August Recipe**

# **Peach Crumble**



**INGREDIENTS PEACHES:** 6 CUPS PEELED, SLICED FRESH PEACHES 1/4 CUP BROWN SUGAR 3 TABLESPOONS FLOUR 1 TEASPOON LEMON JUICE 1 TEASPOON LEMON ZEST 1/2 TEASPOON GROUND CINNAMON

#### CRUMBLE

1 CUP FLOUR 1 CUP SUGAR 1 TEASPOON BAKING POWDER 1/4 TEASPOON SALT 1/4 TEASPOON GROUND NUTMEG 1 LARGE EGG 1/2 CUP BUTTER, MELTED INSTRUCTIONS

PREHEAT THE OVEN TO 375 DEGREES.
LIGHTLY GREASE A 2-1/2 QUART BAKING DISH.
PLACE PEACHES IN THE PREPARED BAKING DISH.
COMBINE BROWN SUGAR, 3 TABLESPOONS FLOUR, LEMON JUICE, LEMON ZEST, AND CINNAMON; SPRINKLE OVER PEACHES.
COMBINE 1 CUP FLOUR, SUGAR, BAKING POWDER, SALT, AND NUTMEG. STIR IN EGG AND MIX UNTIL MIXTURE HAS PEA-SIZED CRUMBLES.
SPRINKLE MIXTURE OVER PEACHES.
POUR BUTTER EVENLY OVER CRUMBLES.
BAKE IN THE PREHEATED OVEN UNTIL THE TOP IS LIGHTLY BROWNED, 37 TO 40 MINUTES.

### **ENJOY**

### **Monthly Word Search**

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		AUGUST CAMPING HOLIDAYS OUTDOOR SUNBATHE							BARBEQUE FUN JULY PARK SUNBLOCK						BEACH GARDEN JUNE SUN				

### **August Observances & Fun Facts:**

### August is observed as:

National Catfish Month National Eye Exam Month National Golf Month National Picnic Month Peach Month

### **Weekly Celebration**

Week 1: Nat'l Simplify Your Life Week Week 2: Nat'l Smile Week Week 3: Friendship Week Week 4: Be Kind Week

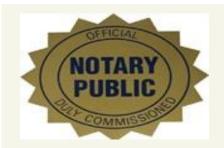
### **August Flower and Birthstone**



Flower = Gladiolus



**Gem = Peridot** 



Provided To All of Our OSM Residents



### The Village of Our Saviour's Manor

A Mission of Presbyterian Villages of Michigan, Wellspring Lutheran Services and 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:

#### 313-671-5555



Paulette Styles

### **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:



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.



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.

# Village Staff

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



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.org





29495 Annapolis Road Westland, Michigan 48186



**Embrace the possibilities** 

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!