



# Villa View



Embrace the possibilities

## ADMINISTRATOR'S NOTES SEPTEMBER 2023

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Hello September!

After August, September is like a breath of fresh air. It's less humid, less hot and more pleasant.

Welcome to all our new residents:

- |                   |                  |
|-------------------|------------------|
| Charlie Miller    | Jimmie McCrimmon |
| Martha Washington | Roberta Moore    |

Thank you to the residents and family members who dressed dolls for Good Fellows.

Your kindness will provide some little girl with a delightful Christmas

### DETROIT GOOD FELLOW 2023 DOLLS



Look for PVM on:





# The Senior Advocate.

*By Lynn Alexander,  
Vice President of Public Affairs*

## **The Americans with Disabilities Act (ADA) Celebrating Its 33<sup>rd</sup> Anniversary**

The Americans with Disabilities Act (ADA) is celebrating the 33<sup>rd</sup> Anniversary of its enactment. Today many citizens take for granted amenities and civil liberties that did not exist prior to the enactment of this important legislation. This enactment has been hailed as a major milestone toward fair and just opportunities for all. This was the first legislation of its kind to outlaw discrimination based upon physical or mental disabilities.

If you have appreciated having yours or a loved one's handicapped placard protected by stiff penalties and policing and been relieved to walk through an accessible door or utilize an accessible restroom you have the ADA to thank. Protection against discrimination in hiring practices was created by this legislation as well. Advocates are hard at work encouraging policy makers and elected officials to strongly recommit to supporting disability rights.

I have noticed that not all businesses and buildings are up to date with these practices. Whenever I encounter this I let folks know that I prefer giving my business to disability friendly locations. I also praise those that have best practices in this arena. Everyone should have to try getting a wheelchair or transport chair through a heavy and difficult door to increase understanding.

Discrimination still exists in healthcare. The Robert Wood Johnson Foundation has studied the many ways in which disabled persons were undervalued when healthcare went first to people without disabilities. This was very apparent when it came to testing supplies and ventilators among other key protections. As a result of these studies the Robert Wood Johnson Foundation (RWJF) has created the RWJF National Commission to create solutions. What can we do? Make our voices heard and remind everyone that a society has a responsibility to care for its most vulnerable citizens. For further information go to their website at [rwjf.org](http://rwjf.org).

## Service Coordinator Corner



**By Anita Stephens**  
**September 2023**

**Quote of the Month:** *“Life is 10% what happens to you and 90% how you react to it.”~ Unknown Author*

**Wednesday, Sept 13, 2023 @11:00am** Computer Class presentation with Mr. Mike Wilson. He offers low-cost instruction for seniors. Learn the basic operations of Outlook, PowerPoint, Microsoft Edge, Excel, etc. Location is the Villa dining room. Signup sheet on the main hallway table.

**Thursday, Sept 14, 2023 @2:30pm** in the Villa dining room. Join Dedicated Senior Medical Center with Ms. Kim for a Bingo Social. Signup now!

**Monday, Sept 25, 2023 10:00am-12:30pm** in the Villa dining room. The (MNA) Visiting Nurses Association on-site Vaccination Flu Clinic. All residents are invited to sign up and complete a registration form. You **MUST bring you ID & Insurance card.**



Do not forget Guardian Angel low-impact chair exercise every **fourth** Thursday of the month in the Villa dining room @12:00 noon.



*Resident Spotlight/Mrs. Caroline Jonah*  
*September/2023*

Caroline Jonah started out life planning to be an aeronautical engineer. Funny! She ended up being a minister: first an ordained minister in the United Methodist Church, and then a pastoral minister in the Catholic Church.

Long before that happened, she and her husband David became involved in the Civil Rights movement. In Boston, where they were living at the time, Caroline tutored high school students in Math and Science.

The Jonah's moved to the Detroit area and decided to live in Highland Park, MI. because it was integrated and allowed their involvement in several Civil Rights centered organizations. To list a few, The Women's Liberation Movement, The Day House, The Catholic Worker House of Hospitality, The Peace Movement in Detroit. This led to them going to the march on Washington in Selma, Alabama and then to Montgomery, Alabama to assist with voter registration.

The Jonah's moved to the Village of Redford in May, 2019. Caroline is active on the Resident's Council and presently serves as its chair. She works to address the concerns of the residents and to foster a sense that we are in this together, both the staff and residents.

David and Caroline have three children: James, Jean and Jonathan; four granddaughters: Alijah, Jessica, Marley and Nicole. They love and cherish them all.



## **ATTENTION REDFORD VILLAGERS'**

**YOU'RE NEEDED IN FORMING OUR 1<sup>ST</sup>. GARDEN**

**WE'RE LOOKING FOR INNOVATED AND WORKING VILLAGERS  
[REDFORD RESIDENTS] WITH INTEREST AND/OR EXPERIENCE IN URBAN  
GARDENING.**

Meetings will begin as soon as we get at least 10 VILLAGERS.

**ALL RESIDENCE ARE QUALIFIED**

More information will be decided and available. Sign up

PLEASE CONTACT:

Stephanie Cain  
s1jackson1550@gmail.com  
313-580-9660





## The Redford Township District Library


# Newsletter

### September 2023

- Summer Reading
- Knitting & Crochet Drop-In Club
- August Craft
- Food Trucks
- Senior Caregiver Expo

 (313) 531-5960

 [rtdl.org](http://rtdl.org)

 25320 W. Six Mile  
Redford, MI

#### Monday - Thursday

10:00 a.m. - 8:30 p.m.

#### Friday - Saturday

10:00 a.m. - 5:00 p.m.

#### Sunday

Closed from Memorial  
Day- Labor Day

Redford Township  
**RIDI**  
District Library

### Reginas Food Truck

Join us on **Thursday, September 21 from 12:00-3:00 PM** for #LunchAtTheLibrary. Regina's Mexican Food Truck will be here serving lunch.



To learn more, visit [rtdl.org/events](http://rtdl.org/events) or by calling (313) 531-5960.

### Knitting & Crochet Drop-In

Saturday, September 9 & 23 from 11:00-1:00 PM

Join us twice a month for our drop in Knitting & Crochet club. There will be no instructor present at these sessions but we will have books and videos available for check out.



### September Crafts

We are creating yarn feathers for wall decor in this crafting session!

**Wednesday, Sept. 6, 7:00-8:00 PM**

**OR**

**Thursday, Sept. 7, 10:30-11:30 AM**



Sign up online at [rtdl.org/events](http://rtdl.org/events) or by calling (313) 531-5960

# Senior and Caregiver Expo

**SATURDAY, SEPTEMBER 16, 2023**

**9:00 AM - 2:00 PM**

**Free Parking & Admission!**



**Information and resources, a day of help and support for seniors and caregivers!**

- Attend expert presentations (see back for presentation schedule)
- On-the-spot referrals to local programs and services
- Mobile health unit onsite
- Free morning refreshments
- Food trucks onsite for lunch

This free event will be held at the Redford Township Community Center. No registration required.



(313) 387-2700

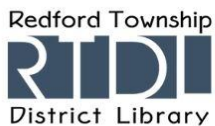


[www.redfordtwp.com](http://www.redfordtwp.com)



Community Center  
12121 Hemingway St.  
Redford, MI 48239

**Brought to you by:**





# 2023 Senior and Caregiver Expo Presentation Schedule

**Saturday, September 16, 2023**

**9:00 AM - 2:00 PM**

## 9:30 AM to 10:30 AM

### Overcoming Social Isolation

*Courtney Walsh from The Senior Alliance*

Learn about Hearken, which is a unique initiative to address social isolation, loneliness, and mental health in older adults. You'll hear how Hearken supports socially isolated older adults to set achievable goals to combat social isolation and improve mental health.

### Healthy Living for Your Brain & Body

*Kayla Jakel from Alzheimer's Association*

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

### Financial Decision Making & Avoiding Exploitation

*Peter Lichtenberg from the Institute of Gerontology at Wayne State University*

Dr. Peter Lichtenberg, an expert in financial decision making and financial exploitation, will present new research and discuss the SAFE program. The SAFE program is designed to help older victims of scams or identity theft by providing 1:1 assistance with things such as credit disputes, reporting to proper agencies etc. Dr. Lichtenberg will share the latest statistics and provide strategies to prevent financial exploitation.

## 11:00 to 12:00 PM

### Planning Ahead - Will, Power of Attorney, and Lady Bird Deed

*Attorney Tracey Rowens from Elder Law & Advocacy Center-The Neighborhood Legal Services*

Learn the importance of having legal documents in place, the power of the documents, the importance of choosing the right agent, and how it may save you from a court intervention.

### 10 Warning Signs of Alzheimer's

*Kayla Jakel from Alzheimer's Association*

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

### Medicare / Medicaid Information and Scams to Avoid

*Carol Warzecha from The Senior Alliance*

The Senior Medicare Patrol helps prevent, detect and report health care fraud. In doing so, we not only protect local residents, we also help preserve the integrity of the Medicare and Medicaid programs. Our Medicare and Medicaid Assistance Program (MMAP) Counselors are available throughout the year to inform, counsel and empower local Medicare beneficiaries on a variety of Medicare topics.

## 12:30 to 1:30 PM

### Better Healthcare for Seniors

*Dr. Chris Popp from The Dedicated Senior Health*

Preventative and proactive health care for seniors. Tips on living a healthy lifestyle to prevent and treat chronic conditions.

### Understanding Alzheimer's and Dementia

*Kayla Jakel from Alzheimer's Association*

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments and ways the Alzheimer's Association can help.

### How to Spot and Avoid Fraud & Scams

*Captain Jennifer Mansfield, Redford Township Police Department*

Identity theft and scams are one of the biggest threats to our seniors today. The bad guys are coming up with new ones every day, but there are some tips and tricks to help spot and avoid them. Let's talk about some of the popular scams and how to protect yourself!

**Vendors! Are you interested in having a table at the Senior and Caregiver Expo on Saturday, September 16th from 9:00-2:00 PM? Please visit [tinyurl.com/seniorvendorform](https://tinyurl.com/seniorvendorform) to apply! Thank you!**



**Save the Date!**

**2024 PVM**

**Village Victory**

**Cup**

**Friday – June 21, 2024**

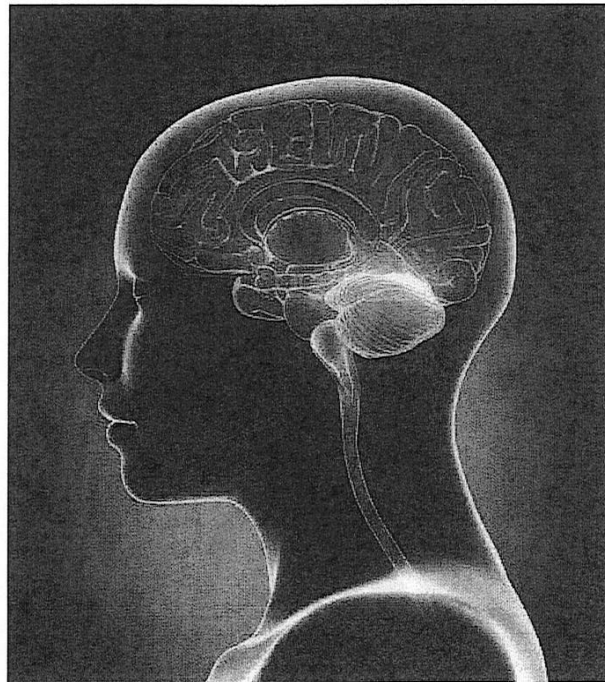
**Novi Suburban Showplace**

**More Details to Follow in Early 2024**

**Plan to Join in on the**

**Fellowship and Fun**

# Maintain Your Brain?



**Would you like to increase your brain power and improve your memory?**

Have fun while exercising your brain in this enjoyable and stimulating class that involves real world activities

- ❖ Math Made Easy
- ❖ Spelling, Grammar and Punctuation
- ❖ Reading Comprehension
- ❖ Guest Speakers
- ❖ Music and Art
- ❖ Health and Wellness
- ❖ History
- ❖ Piano / Keyboard

**Village of Redford - Craft Room**  
**Dr. Ernest Yoder**  
**“Family Wellness Program”**  
**Friday, September 8th • 2:00 pm**

**Virginia Emanuel**

**MBA, BS Healthcare Administration, QA - Nurse, Instructor**



# Get Your **RAFFLE TICKETS**

Each \$10 raffle ticket is a chance to win  
\$4,000 and much, much more!!

**Purchase 10 tickets and receive 2 additional tickets free!**

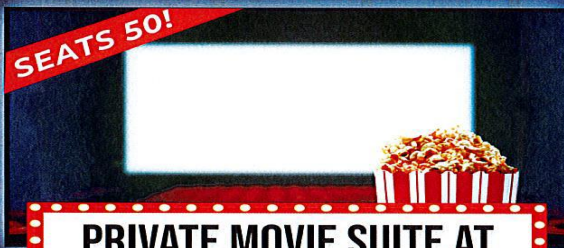
*Enter our raffle for a chance to win:*



**\$4,000 CASH**



**WEEK-LONG FLORIDA  
VACATION & \$1,000 CASH**



**SEATS 50!**

**PRIVATE MOVIE SUITE AT  
EMAGINE THEATRE**



**\$5,200 PRIZE!**

**GROCERIES FOR A YEAR  
COMPLIMENTS OF KROGER**



Scan the QR code, or  
visit **PVMF.org/Raffle**,  
or call **248.281.2040**.

*You do not need to be present at the gala to win any of these amazing prizes!*

**Or See: Debbie Liebermn Apt. #113 for raffle tickets**



# September Movie List



## Moving On

Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before.

## Cocaine Bear

An oddball group of cops, criminals, tourists and teens converge on a Georgia forest where a huge black bear goes on a murderous rampage after unintentionally ingesting cocaine.

## The Old Way

A retired gunman and his daughter on a mission to find the outlaws who killed his wife.

## Creed III

A sequel to Creed II, a sports drama. Adonis has been thriving in both his career and family life, but when a childhood friend and former boxing prodigy resurfaces, the face-off is more than just a fight.



|                           |              |
|---------------------------|--------------|
| <b>Sheila Lofton</b>      | <b>09/06</b> |
| <b>Dennis Elrod</b>       | <b>09/08</b> |
| <b>Melba Hawk</b>         | <b>09/08</b> |
| <b>Virginia Emmanuel</b>  | <b>09/08</b> |
| <b>Phyllis White</b>      | <b>09/09</b> |
| <b>Charlie Miller</b>     | <b>09/11</b> |
| <b>Marilyn Lloyd</b>      | <b>09/17</b> |
| <b>Paula Walter</b>       | <b>09/21</b> |
| <b>Sheila Johnson</b>     | <b>09/21</b> |
| <b>Michael Fry</b>        | <b>09/24</b> |
| <b>Aloysius Hanson</b>    | <b>09/26</b> |
| <b>Delois Wilson</b>      | <b>09/27</b> |
| <b>Mary Summerhill</b>    | <b>09/28</b> |
| <b>Thomasine Brantley</b> | <b>09/29</b> |
| <b>Andre Parker</b>       | <b>09/30</b> |



## Rhonda's Corner

- **NO EATING IN THE FITNESS ROOM.**

*Rhonda Kuehn*

## Hospitality Housing Asst

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### Maintenance Musings




**Note: Please do not store or place anything on the top of your stove which can either **BURN** or **MELT**.**

**Do Not** place garbage out before 10am Monday & Thursday  
It attracts Vermin, (they WILL return to the food source)

**Mark Uzarek, Maintenance Lead**



| Sunday  | Monday  | Tuesday                    | Wednesday  | Thursday  | Friday  | Saturday               |
|---|---|----------------------------|--|---|---|------------------------|
| <b>September</b><br>2023                                      |   |                            |  |   |   |                        |
|   |   |                            |  |   | <b>1</b><br>2-4PM MAINTAIN YOUR BRAIN<br>6PM BINGO<br>VILLA DINING RM               | <b>2</b><br>1PM BINGO  |
| <b>3</b><br>4PM GAME DAY                                      | <b>4</b><br><br>10AM VILLA STORE PANTRY<br>6PM BINGO | <b>5</b><br>2PM MOVIE TBD  | <b>6</b><br>12:30-3PM CROCHET<br>1PM BID WHIST<br>6PM BIBLE STUDY  | <b>7</b><br>12:30-3PM CROCHET                             | <b>8</b><br>2-4PM MAINTAIN YOUR BRAIN<br>6PM BINGO<br>2pm Wellness                  | <b>9</b><br>1PM BINGO  |
| <b>10</b><br>4PM GAME DAY                                     | <b>11</b><br>10AM VILLA STORE PANTRY<br>6PM BINGO   | <b>12</b><br>2PM MOVIE TBD | <b>13</b><br>12:30-3PM CROCHET<br>1PM BID WHIST<br>6PM BIBLE STUDY | <b>14</b><br>12:30-3PM CROCHET                            | <b>15</b><br>2-4PM MAINTAIN YOUR BRAIN<br>6PM Bingo                                 | <b>16</b><br>1PM BINGO |
| <b>17</b><br>1PM WORSHIP IN (VILLA DINING RM)<br>4PM GAME DAY | <b>18</b><br>10AM VILLA STORE PANTRY<br>6PM BINGO   | <b>19</b><br>2PM MOVIE TBD | <b>20</b><br>CROCHET<br>1PM BID WHIST<br>6PM BIBLE STUDY           | <b>21</b><br>12:30-3PM CROCHET<br>FIT/FLEX CHAIR EXERCISE | <b>22</b><br>2-4PM MAINTAIN YOUR BRAIN<br>2:30PM RESIDENT COUNSEL MTG.<br>6PM BINGO | <b>23</b><br>1PM BINGO |
| <b>24</b><br>4PM GAME DAY                                     | <b>25</b><br>10AM VILLA STORE PANTRY<br>6PM BINGO   | <b>26</b><br>2PM MOVIE TBD | <b>27</b><br>12:30-3PM CROCHET                                     | <b>28</b><br>12:30-3PM CROCHET                            | <b>29</b><br>2-4PM MAINTAIN<br>6PM BINGO  | <b>30</b><br>1PM BINGO |

**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](http://www.pvm.org)

**Main Office Number**

**(313) 541-6000**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*  
(313)541-6042

**Nikki Lewis**  
*Sales and Leasing Specialist*  
(313)541-6140

**Angela Hooks**  
*Administrative Assistant*  
(313)541-5991

**Mark Uzarek**  
*Maintenance Lead*

**Gina Herron**  
*Receptionist*  
(313)541-6126

**Freddie Graham**  
*Maintenance Technician*

**Anita Stephens**  
*Service Coordinator*  
(313)541-6450

**Rhonda Kuhn**  
*Hospitality Housing  
Assistant*



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|                                    |                       |
|------------------------------------|-----------------------|
| <b>EMERGENCY NUMBER (VILLA)</b>    | <b>(313) 910-7027</b> |
| <b>EMERGENCY NUMBER (COTTAGES)</b> | <b>(313) 573-3572</b> |
| <b>NON-EMERGENCY REDFORD PD</b>    | <b>(313)387-2500</b>  |
| <b>CLASSIC SECURITY</b>            | <b>(313)662-4648</b>  |
| <b>Phyllis @ the beauty salon</b>  | <b>(313)541-6077</b>  |



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.pvmfoundation.org](http://www.pvmfoundation.org)

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The Villa and Cottages at Redford• 25340 West Six Mile Road Redford, MI 48240

**Embrace the possibilities**