

✦ Manor Message ✦

Embrace the possibilities

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

2022 | Issue I

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The Administrator's Pen

HAPPY NEW YEAR!



We can truly thank GOD that we made it through 2021. What a great blessing to have another year behind us and another one in front of each of us. You have 365 blank pages in front of you, a new beginning to write a new story. Find a new hobby, a new goal, a new task, a new something, anything. Just make sure you laugh often, dream big, and reach for the stars. Always, believe in yourself, because believing you can and you will. Never Give up, a little progress each day adds up to big results. Stay Humble, Be Kind, Keep Smiling, and always Be Grateful, a grateful heart is a magnet for miracles. May your New Year be merry, joyful, and most of all, may your soul prosper.

A giant **THANK YOU** to everyone who participated in our OSM annual Christmas celebration. We had tons of food, fun and great fellowship. I pray everyone had a wonderful and joyous Christmas and I am looking forward to bigger, better and new things for OSM in 2022. For our January Administrator's Resident Activity meeting, we will have our meeting via conference call, please see page 5 for the conference call number. Please bring your ideas and suggestions for 2022. May the good Lord, bless you even 1000X more in 2022.

Graziella Bruner
Housing Administrator



The Village of
**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:





OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a healthy, happy, & blessed month!



We hope everyone had a wonderful December and holiday season! Winter has come and cold weather and snow is officially here! We will be having our OSM Administrator & Resident Activity Meeting and Birthday Celebration. Everyone is welcome! Please come and bring any ideas you have for OSM and what you want to do! Elder Josiah Jones will be here every Wednesday @ 2:30 PM in January. There will be a sign up sheet on the bulletin board for every shopping trip for the month. Along with the regular trips to Walmart, Kroger, and Meijer, shopping trips are scheduled for Value World, Home Goods, and French Toast Bistro. Please remember to sign up for shopping trips and any other events you would like to participate in. It is important we know how many to expect.

Laundry Room - Please **DO NOT** open the dryer drawers 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 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.

COVID19 restrictions, rules and polices are still in place here at OSM. Please remember that you must **wear your mask** outside your apartment. Also, **all guests** in our building must wear a mask in our building. You are responsible for your guests, please make sure they sign in and wear their mask.

For those with their Google Nest, we would love to hear from you and see you. All you have to say is:

“Hey google, video call”

Administrator's Office: Graziella Bruner @ 678-999-3438

Front Office: Katelyn DeHart @ 323-902-7013

Service Coordinator: Alisa Loveday @ 323-825-1718

For after hours – emergencies – You can say, “Hey google call Maintenance Emergency”

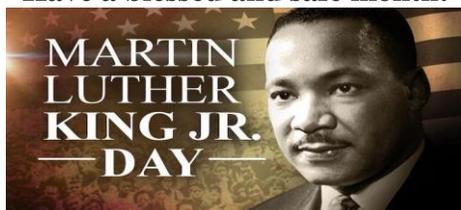
If you have any large items that you need to throw away, you can call **1-800-GOT-JUNK**. They will come and pick it up right from your apartment. Please do not leave any large items in or near the trash room to be picked up.

Keep practicing social distancing, stay safe and healthy!

Please check your calendar for all of our upcoming events and updates.

Reminder: All Visitors entering our building must sign in and wear a mask.

Have a blessed and safe month!



**Schwan's
Delivery
Schedule**

**Delivery
Only**

**You must
Call for
Your
Delivery**

**1-888
724-9267**





Inspirational Moments

By Jessie Clark,
Resident Volunteer

Life

Life changes so quickly.
We can be happy one day,
empty and broken the next.
If we've learned anything from this Pandemic,
I hope it is to value the moments,
treasure the memories and
hold onto what counts.
Make time each day to realize
how fleeting life is and to
thank God for each blessing.
Maybe this Pandemic will
teach us to slow down,
appreciate what we have
and how quickly it can be gone.
My prayer is that it will.
Life is a gift, treasure it!



Coordinator's Corner

Alisa Loveday
Service Coordinator

Greetings OSM!

Happy New Year! As we look forward into 2022, I hope each of you greet each new day with hope. True peace and joy comes from within. It settles us during trying times, and keeps us grounded when circumstances try to disrupt our resolve. I'm reminded of Romans 15:13, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." I pray each of you have hope overflowing and are not troubled as we move forward in our daily lives.

Here are some announcements:

January 10th at 1:00 in the OSM Community Room. We have scheduled **a presentation to avoid the scams** that many fall for each year. We will have light refreshments and learn about how to make sure we are not being scammed. As of right now this event could change so please watch for flyers around the community.

Monthly COVID testing will be available to those who would like to participate. Please watch our community bulletin boards and listen for robo-calls for more information.

COVID Booster shots. The CDC and local health directors are still advising to get a booster shot of the COVID vaccine. Please let me know if you want to get ANY of the available boosters, and we can arrange for a pharmacy to come to OSM to take care of you.

Focus Hope and/or Meals on Wheels: Please see me to sign up for monthly delivery of Focus Hope food boxes, or if you would like to receive prepared meals on a weekly basis.

The **pen pals club** has started! Please see me for a complete list of all the pen pals, or to sign up if you want to start participating.

Updated office hours: Please note I am making a very slight change in my office hours.

Starting in January, my hours will be:

Monday 11 am – 4pm

Tuesday 10 am – 3pm

Wednesday 9am – 2pm

Thursday 10am – 3pm

As many of you know PVM has moved to a new Service Coordinator tracking system. Please make an appointment to ensure all of your information is correct in my new software. Correct and current information is important in an emergency and also in maintaining independence.

Thank you all for allowing me to serve OSM.

Your Service Coordinator,

Alisa Loveday

Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things, there is no law."



The Village of 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

OSM Board of Trustees

Johnnie Jackson, Board Chair

Dereka McClay, Vice Chair

Rev. David Huber, Treasurer

Natalie Brothers, Member

Carolyn Kimbrough, Member

Michelle Williams, Member

Myra Davenport, Member

Judy Piccininni, Member

OSM EVENTS

Tuesday, January 4th, 2022 12:00 PM – 1:30 PM

Administrator's Resident Activity Meeting

VIA Conference Call

Please dial in: 855-369-0450

Pass Code: 81682845#

**Bingo will be taking place on the 1st, 3rd, & 4th
Friday @ 1:00 PM in the Community Room following COVID19
Restrictions and Guidelines**



Monday, January 10th, 2022 1:00 PM

Scam Education Event



Every Wednesday in January @ 2:30 PM

Bible Study with Elder Josiah Jones



Friday, January 14th & 26th, 2022 12:00 – 3:00 PM

Craft Day



Tuesday, January 18th, 2022 Time TBD

African American Museum



Wednesday, January 19th, 2022 11:00 AM

Restaurant Day at French Toast Bistro



Tuesday, January 25th, 2022 11:00 AM



Thursday, January 27th, 2022 11:00 AM





It's Your Life. Live It Well.

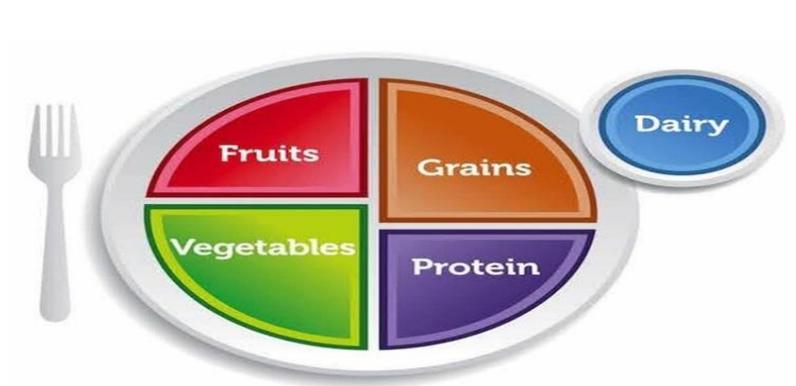
By Tom Wyllie,
Director of Wellness

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

YOUR LIFE. YOUR LEGACY

Your Life. Your Legacy.



Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...
and leave a legacy.



For more information, call
Paul Miller at the PVM Foundation

248.281.2045

www.pvmfgifts.org



Mayor's Message

By William Wild,
Mayor, City of Westland

Greetings OSM Residents,

3G Cellular Phone Service is Ending-If your mobile phone is more than a few years old, you may need to upgrade your device before your mobile provider shuts down its 3G network, to avoid losing service. For more information on your mobile providers' plans for 3G retirement and how you can prepare, contact your provider directly. What is happening? Mobile carriers are shutting down their 3G networks, which rely on older technology, to make room for more advanced network services, including 5G. As a result, many older cell phones will be unable to make or receive calls and texts, including calls to 911, or use data services. This will affect 3G mobile phones and certain older 4G mobile phones that do not support Voice over LTE (VoLTE or HD Voice).

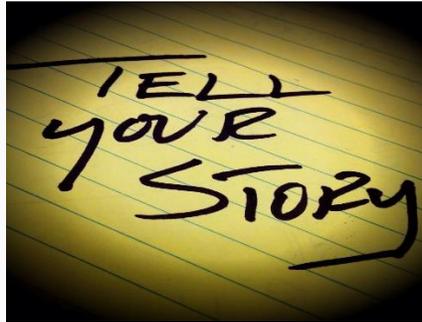
City Council Meeting- January 3rd -The legislative body of Westland is the City Council. The City Council is charged with a number of tasks, including, but not limited to: Approval of the yearly city budget, authorize the borrowing of funds through bonds, approval of city expenditures, enacting city ordinances, modifying the City Charter.

All meetings are open to the public and rules of the Council provide citizens a reasonable opportunity to be heard.

Wayne County Emergency Rental Assistance Program (ERAP)- The Wayne County Emergency Rental Assistance Program (ERAP) is available to landlords and their renters within Wayne County who have been financially impacted by the COVID-19 pandemic, who are experiencing housing instability, and whose household income is at or below 80% of Area Median Income (AMI). The applicant must be applying for a residence in Wayne County (excluding Detroit).



**This page
is RESERVED for you.
We want to hear or
rather read Your Story!**



**Everyone has a story to tell,
And we want this page to be just for you!
We want to know you better, give us your story.
Stop by the office or write down a couple of
paragraphs so we can get to know
more about you.
Who wants to be the first resident
to share their story?**





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Many Thanks to Our Board Members and Donors

During turbulent times the strongest of organizations come through even stronger with the promise of longevity. Presbyterian Villages of Michigan is among them. One of the most important reasons for this is the people who make it work.

PVM's strength comes through in large part due to the outstanding cadre of board members and donors at the system wide level and the PVM Foundation as well as the Villages level. With over several hundred combined board members PVM benefits from tens of thousands of hours of expertise and experience. From teachers and lawyers to ministers and business or civic leaders, they grasp the importance of service leadership. In addition to countless in-kind hours of service from board members they generously contribute donations which are the lifeblood of our organization. On many occasions a board member and/or donor has matched all donations up to a certain level.

It is this loyalty and dedication which has allowed us to provide benevolence for residents and expanded our campuses and services to meet present day and future needs of Michigan seniors.

This is one of many reasons PVM has remained strong for 77 years and will continue to do so well into the future. Many thanks to our board members and donors for your dedication through good times and bad.

Wishing all a well-earned wonderful year in 2022!





Mike's Maintenance Tips

By Michael Hooton,
Maintenance Technician

Keep Your Home Safe from Germs

With the importance of staying healthy during this time so important, it is important to practice good cleaning habits. Cleaning and disinfecting high-touch surfaces in your home regularly is an important precaution to lower the risk of infection.

Common high-touch surfaces include: door handles, tables, chairs, handrails, kitchen and bathroom surfaces, toilets, light switches, mobile phones, computers, tablets, keyboards, and remote controls,

When cleaning and disinfecting, it's important not to wipe cleaning solutions off as soon as you've applied it to a surface. Many disinfectant products, such as wipes and sprays, need to stay wet on a surface for several minutes in order to be effective.

Always read the directions to make sure you're using the products as recommended and to avoid damaging sensitive items such as mobile phones and other electronic devices.

Please contact the office for any and all work orders.

The Emergency Phone is for after hours only or when the office is closed during regular office hours and/or holidays. For all medical emergencies, please dial Nine, One, One, or push your Emergency ECall Button.

A Few Reminders:

- *Please report all maintenance repairs to the office. (734-595-4663)*
- *Please make sure the dryer lint cleaner is being emptied after each use.*
- *Do not open the washers and dryers before your cycle is completed, It can cause the machine to stop working and will need to be reset.*
- *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***



Katelyn's Column

By Katelyn DeHart,
Administrative Assistant

New Year Resolutions

Are you making a resolution in the New Year? Warning! More than half of all resolutions fail, but this year, they don't have to.

Here's how to identify the right resolution and create a plan on how to reach it!

-Your resolution goal should be an **S.M.A.R.T** goal.

Specific, Measurable, Achievable, Relevant, and Time-bound.

-Create a plan for what to do, but also for overcoming what roadblocks you'll come across along the way.

-Find a personal goal that you want to change and what you want the final outcome to be.

-Choose a reward for your goal. It should be something you want to work towards and drives you towards success.

-Your plan should be realistic and encouraging, it should also allow for inevitable hurdles that are going to pop up. It is okay for your plan to change or adjust to your life. Every good plan changes and improves to ensure the positive outcome.

January Recipe

Crunchy Hamburger Casserole



INGREDIENTS

- 2 CUPS EGG NOODLES
- 1 POUND GROUND BEEF
- 1 CAN (10-3/4 OUNCES) CONDENSED CREAM OF MUSHROOM SOUP
- 1 CAN (14-1/2 OUNCES) TOMATOES, DRAINED
- 3/4 CUP SHREDDED CHEESE (CHEDDAR, COLBY, MONTEREY JACK)
- 3/4 CUP DICED GREEN BELL PEPPER
- SALT AND PEPPER, TO TASTE
- 1 CAN (2.8 OUNCES) FRENCH-FRIED ONIONS

INSTRUCTIONS

1. *PREHEAT OVEN TO 350 DEGREES*
2. *GREASE 9X13 INCH BAKING DISH*
3. *COOK THE NOODLES ACCORDING TO PACKAGE DIRECTION. DRAIN WELL*
4. *IN NON STICK SKILLET, BROWN MEAT AND DRAIN EXCESS FAT.*
5. *COMBINE NOODLES, BEEF, SOUP, TOMATOES, CHEESE, AND GREEN PEPPER.*
6. *ADD SALT AND PEPPER TO TASTE*
7. *POUR INTO PREPARED BAKING DISH.*
8. *COVER AND BAKE 40 MINUTES*
9. *UNCOVER AND SPRINKLE ONIONS ON TOP THEN BAKE ADDITIONAL 5 MINUTES.*
10. *SERVE HOT*

ENJOY

Servings: 6 to 8

Monthly Word Search

New Year Word Search



F	L	A	T	U	L	N	I	A	M	U	K	T	Q	O	Y	G
I	E	A	C	L	U	H	U	N	F	B	O	K	H	S	V	Q
R	J	J	O	V	Q	L	E	T	C	A	L	E	N	D	A	R
E	Y	C	N	L	B	K	V	R	Y	L	F	W	B	H	M	D
W	O	K	F	B	M	R	E	S	O	L	U	T	I	O	N	W
O	V	P	E	C	N	I	J	K	K	V	Y	E	D	X	R	R
R	T	C	T	S	D	P	W	F	L	I	J	A	M	V	V	Q
K	Y	K	T	J	I	T	O	A	S	T	O	N	I	N	E	S
S	L	A	I	V	P	M	P	M	B	A	A	F	D	X	F	Q
V	L	S	I	T	N	N	U	I	I	L	V	P	N	L	D	X
V	U	N	X	G	L	M	F	L	M	X	O	G	I	O	F	S
P	G	H	F	H	D	D	N	Y	G	N	V	M	G	N	R	W
D	E	C	E	M	B	E	R	M	R	J	U	S	H	W	I	O
E	X	O	I	P	F	U	P	Y	Z	K	V	C	T	D	E	Z
S	M	U	Q	R	Y	I	G	N	L	I	S	V	K	I	N	J
Q	T	N	G	Y	U	P	M	S	M	S	C	G	D	H	D	Y
O	Z	T	F	Q	R	E	S	E	A	S	Z	D	Y	X	S	Q
O	W	D	P	L	N	E	W	Y	E	A	R	Z	X	U	X	L
C	L	O	C	K	X	L	V	P	J	E	O	J	P	J	R	O
Q	U	W	D	I	O	T	O	I	A	N	T	W	C	C	B	P
Y	B	N	F	K	C	R	H	S	O	T	I	H	P	J	Q	X
R	R	T	O	L	S	C	E	L	E	B	R	A	T	I	O	N

DECEMBER
RESOLUTION
BALL
CALENDAR
MIDNIGHT

NEW YEAR
COUNTDOWN
CONFETTI
CELEBRATION
FAMILY

FRIENDS
KISS
TOAST
FIREWORKS
CLOCK



January Observances & Fun Facts:

January is observed as

- Walk Your Pet Month
- Career & Technical Education
- National Blood Donor
- Cervical Cancer Awareness

Weekly Celebrations

- Week 1: Thank Customers Week
- Week 2: Letter Writing Week
- Week 3: Hunt for Happiness Week
- Week 4: Houseplant Appreciation Week

January Flower and Birthstone



Flower = Carnations



Gem = Garnet



FREE NOTARY Services

Provided To All of Our OSM Residents

Please Visit The Office And See Mrs. Graziella Bruner For More Details.



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

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 a call to set your appointments.

Become a Fan of OSM on Facebook

How to Become a Fan:

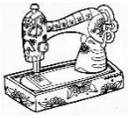
- 1) Visit www.facebook.com and log-in your account. If you do not have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor or go to facebook.com/The Village of Our Saviour's Manor
- 3) Click on the "Like" button to become 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. Louis Rush or Ms. Alice Finley.



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. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. 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.

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
Director of Housing

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.pvmfoundation.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

Congratulations!

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



Embrace the possibilities

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!