



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

April 2020

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Dear Friend,

I hope you enjoy this poem about springtime, a forgotten bog and “the One” whose love brings it to life. It is written by Patrick Kavanagh, a prominent 20th century Irish poet. Take good care of yourself.

Anne Lilla, Administrator



The One

Green, blue, yellow and red –
God is down in the swamps and marshes
Sensational as April and almost incred-
ible the flowering of our catharsis.

A humble scene in a backward place
Where no one important ever looked
The raving flowers looked up in the face
Of the One and the Endless, the Mind that has balked
The profoundest of mortals. A primrose, a violet,
A violent wild iris – but mostly anonymous performers
Yet an important occasion as the Muse at her toilet
Prepared to inform the local farmers
That beautiful, beautiful, beautiful God
Was breathing His love by a cut-away bog.

+ Patrick Kavanagh



The Village of
Warren Glenn
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:



From the Service Coordinator

Denise Giallombardo, B.S., Human Services.

Short-term Rehabilitation

Did you know that the right rehab center can get you back on your feet more quickly? And at the same time, the wrong rehab center can prevent your recovery.



One of our residents recently went to a rehab facility that forgot to administer pain medication, gave this resident food and drink that was not allowed on her diet, and was slow to respond when the resident pushed the call button.

Please, either you or your relative, call me before the hospital discharges you. If you have had surgery and/or are not able to decide on a rehab center yourself, appoint a relative or friend to talk to the hospital Discharge Planner AND me. The discharge planner's first priority is to get you out of the hospital; their job is to free up hospital beds - first and foremost. The quality of rehabilitation is a secondary goal. My only goal is to help you and I can get you into a facility that will help you recover!

PVM has a terrific rehab facility, called the Village of East Harbor in Chesterfield Township, with an updated physical therapy center. Also, next to Ascension Hospital, is Advantage Living Center, in Warren.



The first Earth Day was fifty years ago. Environmental success are numerous: the Clean Water Act, Clear Air Act and Endangered Species Act. We have taken lead out of gasoline and paint and required factories and farms to pollute less. Our air and water are cleaner than they were in 1970. Take a bow!

We're Here For You

by Andrew Kraft, Director of Maintenance, PVM

This morning I woke up with a bit of a different attitude. I realized I don't not want to distance myself from anyone. These thoughts came to me, and so I wrote them down, and thought I would share them.

In this time of social distancing, I would like to rephrase it to *physical distancing*. After all we are social, and by nature, we are driven to serve those whom we love. We have the innate ability to treat our neighbors as ourselves. To make sacrifices that do not benefit us, but serve the greater good. Even if the good affects a small number of people.

It could be your family you are staying home with. It could be the people you serve, your neighbors, who rely on that nature-driven service that feeds your soul.

It really doesn't matter what group you are with because the social aspect we crave is nurtured by being in contact with each other. We may not be able to touch, or even feel another's touch, but we can think about another person and feel something.

When we can't see each other, we can talk and more importantly, listen. We can feel the emotion in the words of our neighbors. The emotions may be hurt or confusion or anxiety, but the very nature that drives us says, *we must talk*, and *we must listen*. In the most extreme measures of separation, we may not be able to touch, see or even hear another person, but we can still communicate. We, as social beings have always and will continue to find a way to communicate because we need to feel and be comforted. We may not physically be able to be there, but we are in spirit. We are here for you to lean on, to trust, to help cope and to help see the way to the future, and most importantly, to love. We are not socially distant, we are just physically not together.



Sister Mary Fagan with a Golden Frog Award, presented in March.

Rumor Control

by Anne Lilla, Administrator

Let's nip rumors in the bud with ...*the truth!*

A family member called corporate with three complaints:

- Administrator was writing people up for walking outside. **Not true!** I am delighted when the weather cooperates and people can go outside and enjoy fresh air. I put up posters to encourage people to walk six feet apart because any closer, you may catch the virus.
- Administrator's daughter drove her to work for the last two weeks. **Not true!** She drove me once and did not come inside.
- Administrator should have been quarantined after picking up daughter from college. **Not true!** The CDC's rule required quarantine if a person travelled by bus, train, plane or boat. Stacey traveled by plane and so was quarantined. I drove my own car and so was not.

Easter Traditions

Material from *The Old Farmer's Almanac*

When you think of Easter – whether you are religious or not – which family traditions come to mind? We decorate homes with colored Easter eggs, put out baskets for the Easter eggs, put out baskets for the Easter bunny, gift Easter lilies and even eat traditional foods, from lamb to ham to special sweet breads. Here are some reasons why.

The oval shaped egg has been a universal symbol in many religions across the millennia, symbolizing new life, rebirth and fertility.

According to *The Easter Book* by Francis X. Weiser, S.J., “The origin of the Easter egg is based on the fertility lore of the Indo-European races. To our pre-Christian ancestors, it was a most startling event to see a new and live creature emerge from a seemingly dead object. The egg to them became a symbol of spring. Long ago in Persia, people used to present each other with eggs at the spring equinox, which for them also marked the beginning of a new year.”

In Judaism, eggs are an important part of the Passover seder plate. For some Christians, the egg symbolizes the rock tomb out of which Christ emerged to the new life of his Resurrection. Also there was a practical reason why eggs became popular on Easter: They were forbidden during the 40 days of Lent. However, chickens still laid eggs, so they were often collected and decorated.

In most countries, the eggs are stained in plain vegetable dye colors. Among Orthodox Christians, the faithful present each other with crimson eggs in honor of the blood of Christ. In parts of Eastern Europe, it is tradition to create intricate designs on the egg with wax or twine before coloring. Called pysanki, these special eggs are saved from year to year like symbolic heirlooms and can be seen seasonally in Ukrainian shops. In Germany and other countries, the eggs are pierced, made hollow and suspended from shrubs and trees during Easter Week – much like on a Christmas tree.



Of course many countries have egg hunts and games. Plastic eggs are filled with candy treats since it is the end of Lent. Every year in Washington, D. C., there is an egg-rolling party on the lawn of the White House. This custom is traced back to Sunday School Picnics and parades on Easter in the years before the Civil War. At these picnics, the children amused themselves with various games and egg-rolling was one of them.

Happy Easter!



Ramadan Mubarak

Ramadan is the name of the ninth month in the Islamic calendar. Each day during this month, Muslims around the world observe the sacred month by fasting from dawn to sunset, performing nightly prayers in addition to daily prayers and concluding each day's fast over food with family and friends. At the end of the month, a holiday called Eid al-Fitr is three days of exchanging gifts, sharing food and taking a break from work and normal responsibilities. The month of Ramadan begins this year on April 23. To our Muslim neighbors, we say "Ramadan Mubarak" which means "Blessed Ramadan".

Meet St. Corona, Patron Saint of Pandemics

The word, "corona" is Latin for crown. Ironically, St. Corona is one of the patron saints of pandemic sufferers. She was martyred for her faith along with St. Victor in Syria during the 2nd Century. Historians agree they died during the reign of the Roman Emperor Marcus Aurelius and were put to death by order of Roman Judge Sebastian. Many miracles are said to have come to pandemic sufferers through her intercession.

Of particular interest to Warren Glenn residents might be St. Tryphon, patron saint of those seeking help to ward off *BED BUGS!*

There are also saints who lived through pandemics. For example:

St. Charles Borromeo (1538 – 1584) was a cardinal when famine and plague struck Milan.

St. Virginia Centurione Bracelli (1587 – 1651) was a wealthy widow when a plague broke out in Genoa. She housed the sick in her home and then rented a vacant convent, built a hospital and started a religious order.

St. Jose Brochero (1840 – 1914) was an Argentinean priest who, following his ordination, nursed the sick through a cholera epidemic and emerged unscathed.



APRIL BIRTHDAYS

5	Christine Bashawaty	231
17	Diane Sexton	111
21	Penny McKeller	106
24	Irene Alex	241

OTHER APRIL DATES

1	April Fool's Day
5	Palm Sunday
8	Passover
10	Good Friday
12	Easter
19	Eastern Orthodox Easter
21	Holocaust Remembrance
22	Earth Day
22	Administrative Professionals Day
23	Ramadan begins

APRIL MEANINGS

April is from the Latin word aperio, "to open" because plants bud and begin to grow this month.

VOLUNTEER REPORT

Dann Federico, #208, reports that residents donated over 650 egg cartons and 1400 medicine bottles to charity since February 21, 2019.

He has to stop collecting them until the crisis is over because his church is closed. Store your cartons and bottles or if you would rather not, dispose of them until life returns to normal. Either way works for Dann. He thanks everyone.

A New Reality: Covid 19

Staff will be in the building on **Mondays, Wednesdays and Fridays** until further notice.

RECERTIFICATIONS

Re-certifications will take place through forms placed at your door instead of in-person office appointments. Stacey may call you on days she works from home. Respond quickly. Do not put off doing paperwork during this stressful time.

***STUCK AT HOME OR SAFE AT HOME?
THE WAY YOU LOOK AT THINGS CAN HELP.***

PAYING RENT

Put your rent money in the rent box. Do not come into the office to pay your rent. We will not fax paper work for residents that is unrelated to renting at Warren Glenn.

ESSENTIAL VISITORS ONLY

Family members or friends may enter your apartment **ONLY** to take you to the doctor, provide care or to drop off food and medications. Chore service workers, home health aides and visiting doctors and nurses may enter the building as well.

PREVENTION & SYMPTOMS

Wash your hands and sanitize your apartment throughout the day. If you have symptoms of COVID 19, contact your doctor **IMMEDIATELY**. This disease moves fast. Please notify Denise or Anne if you have symptoms or a positive COVID 19 test so that you get help and others stay safe.

STAY HOME

Stay home in your apartment for your safety and the safety of your neighbors. Do not visit family or friends. Shop for necessities only.

DISTANCE

Six feet is a long way apart! Stay six feet apart even when walking outside. One person in the mailroom at a time. One person in the elevator at a time.

MAINTENANCE

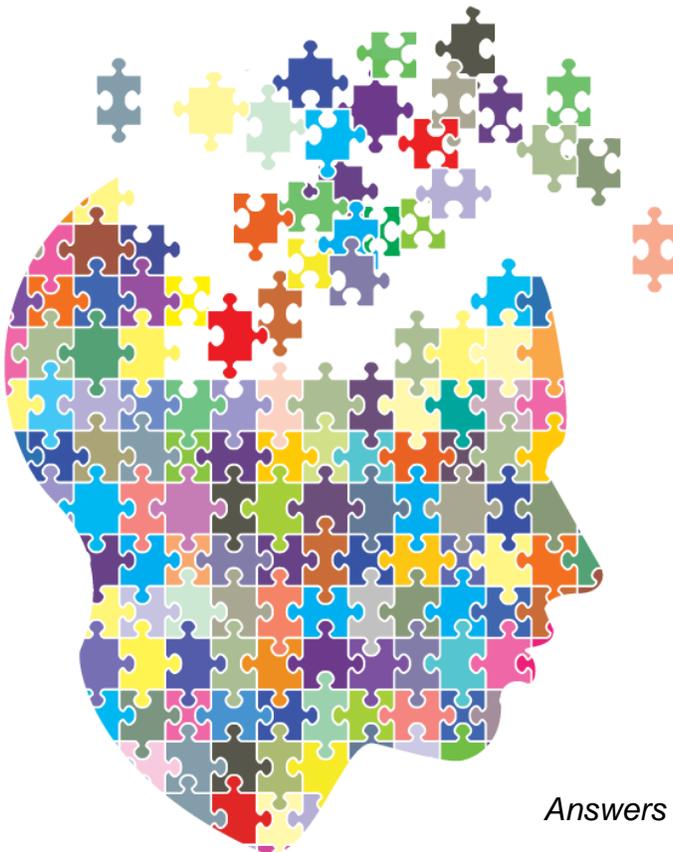
Call the office to report maintenance needs. Mark will do only necessary repairs because he must stay out of apartments as much as possible. Let us know about all repairs so that after this crisis passes, we can get things done quickly!

HELP IS HERE

Denise will call residents to keep in touch and make sure that you are all right. Feel free to call her too.

Brain Puzzles: The Challenge

1. The little boy said to his older brother, "You are stronger than me, but I can put something in this wheelbarrow and wheel it down the driveway and I bet you can't wheel it back." The older brother laughed and took the challenge and lost! What did he put in the wheelbarrow?
2. A motorcar is three times as old as its tires were when it was as old as the tires are now. When its tires are as old as the car is now, the car will be a year older than the tires are now. What are the present ages of car and tires?
3. Soon as I'm made, I'm sought with care, for one whole year consulted. That time elapsed, I'm thrown aside, neglected and insulted. What am I?
4. What's that in the fire, and not in the flame? What's that in the master, and not in the dame? What's that in the courtier, and not in the clown? What's that in the country, and not in the town?



Answers on page 9.

SERVICES

Beauty Salon

Cancelled until we are back to normal.

Chiropractor

Dr. Jamie Beck comes to our building on Mondays, Wednesdays and Thursdays at 10:30 AM. If you need to see the chiropractor, go to the exercise room on the second floor. No appointment is necessary. First time patients must bring their identification and insurance cards. Most insurances cover this service.

Podiatrist

Dr. William Rubin comes to the building approximately every six weeks. He will see you privately in your apartment. Watch for the sign-up sheet in the mailroom. After you sign-up, podiatry staff will contact you by phone to get your insurance information. Most insurance plans cover this service.

Prescription Delivery

CVS pharmacy at 12 Mile and Ryan will deliver prescriptions free of charge to our residents. The telephone number is 586-756-8900. Other pharmacies in the area may deliver too.

Schwan's Food

A deliveryman comes to the lobby of our building every other Wednesday at 4:00 p.m. He takes orders and fills them from his truck.

Stressed About Stress? *by Lyndsey Malkovich, Intern, Oakland University*

Stress. We have all experienced it and though it gets a bad rap, without it we wouldn't get much done. A little bit of stress is actually good for us. It motivates us to do the things we need to do to stay healthy and well. It is when we let it get out of hand, that it causes problems. Left unchecked, it can lead to a variety of health problems including headaches, sleep disorders, chronic pain, high blood pressure, cardiovascular disease, anxiety and depression to name just a few.

When faced with a stressful situation, our bodies react by producing a cascade of chemicals that among other things, heightens our senses, constricts our blood vessels, tenses our muscles, raises our blood pressure, dilates our pupils, and increases our heart and breathing rates. Sensing danger, our bodies are getting us ready to fight or flee. Back in the caveman days, when our biggest dangers were lions, tigers, and bears, such a reaction could literally be lifesaving. We would use the resulting extra boost of energy we would get to either fight off the threat or run away and escape from it.

Nowadays, our biggest threats are less tangible and include chronic conditions, bills, deadlines, internet scams, and traffic jams. And although we might badly want to, we really cannot run away from them and we certainly are not going to hit them. Yet, our bodies still react the same way. If we do not do something to dissolve this pent up energy, things will eventually start to go astray.

Fortunately, there are things we can do to quell these present day dangers:

- **Exercise** is the modern equivalent to fighting or fleeing. Whether you do aerobics, yoga, walk, swim or dance, the key is to move your body!
- **Meditation** will calm both your body and your mind. Inhale deeply through your nose then slowly exhale through pursed lips for twice as long as you breathe in. Doing this simple meditation 10-15 minutes daily can work wonders!
- **Socializing** will connect you to others with whom you can share and express your feelings and concerns. An empathetic ear can help lift some of that weight off your shoulders!
- **Laughing** will release endorphins, which are our body's natural "feel-good" chemicals. Plenty of YouTube videos, Netflix comedies, and other forms of entertainment are available that can inspire a laugh. Find what works for you and let the belly shaking begin!





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Update on Coronavirus Actions

We want to update everyone on actions taken by PVM in response to COVID-19.

Thank you to PVM staff who go above and beyond to uphold their duty of service excellence. To our residents, family members, board members and other stakeholders, know that the safety and quality of life for all is at the forefront of what we do. Here are some actions we have taken thus far:

- Consistently monitored and implemented directives and recommendations issued by public health authorities and other governmental agencies
- Restricted all social visitors
- Practiced recommended social distancing policies
- Halted all transportation except for individual and necessary medical appointments
- Posted signage to inform residents, families, staff and visitors on preventive measures
- Monitored staff, residents and others for symptoms
- Activated our Management and Communication Plans
- Maintained consistent communication among staff and leadership regarding resident needs, supplies and staffing

We will keep you informed as the situation changes. If you have questions feel free to reach out to staff at your community. Thank you for being a part of the PVM community.

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.**

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

Answers for Brain Puzzles on p. 7:

1. His brother.
2. The car is 18 months old; the tires are a year old.
3. An almanac.
4. The letter "r".

Harry Potter

Chosen because Mark Benoit loves Harry Potter books and movies!

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

- | | | | | |
|-------------|---------------|------------|--------------|------------|
| Voldemort | Hermione | Lockhart | Draco Malfoy | Fang |
| Mrs. Norris | Hagrid | Hufflepuff | Slytheryn | McGonnagal |
| Dementor | Lucius Malfoy | Snape | Muggle | Ravenclaw |

**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

Office Number (586) 751-5090

Village Staff

Anne Lilla
Administrator

Stacey Klooster
Administrative Assistant

Mark Benoit
Maintenance Tech

Emmi Parada
Housekeeper

WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President
Betty Challenger Sister Mary Fagan
Marijo Hockley Mary Blaszak

Emergency / After Hours Number (586) 554-4008
Fax Number (586) 751-7876



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



Embrace the possibilities