



Village Voice



Embrace the possibilities

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

April 2021

Featured Articles

- Advocacy p. 11
- Birthdays p. 5
- Cleaning Tips p. 6
- Health – Cholesterol p. 5
- History p. 4
- Inclusion Ministry p. 3
- Recipe p. 3
- Service Coord. p. 2
- Services p. 7
- Wellness p. 10
- Word Scramble p. 9
- Word Search p. 8

Friends and Family Fundraising throughout April

The *Friends and Family* fundraiser will take place throughout the month of April and you are invited to participate. How can you participate? You can make a donation to *Friends and Family* with the forms in the lobby. You can ask your family to donate too.

We also will be selling tickets to win donated baskets. You can donate a basket filled with “good stuff” – maybe two or three people can get together to create a basket. And buy and sell raffle tickets. The drawing will be held on j djjjdjd.

Rosco the Clown and Elvis can’t perform at an event this year like they have at other *Friends and Family* events, but with your help, *Friends and Family* will be an enjoyable time at the Village to do something different and focus on the future. The money raised will be for resident activities including the Christmas party.



The Village of
Warren Glenn
 A SENIOR LIVING COMMUNITY

Look for PVM on:



From the Service Coordinator

Denise Giallombardo, B.S.W., Presbyterian Villages of Michigan

Let's Get Gardening...with the Gardening Club!

With better weather on the way, it is time for gardeners to begin to plan where flowers and plants will go and to check for proper supplies. Some exciting news: we are going to have two, wooden raised beds in the back near the patio that will make it so much easier for residents who cannot bend, stoop, or kneel to plant and weed. It's a wonderful opportunity for everyone to participate in gardening!

I would like to have a meeting with residents who are interested in this terrific hobby to make a "gardening plan" for our beds.

Please keep in mind the following:

Placement of plants is very important. Smaller plants should be planted in the front. Otherwise, they do not get enough sunlight to grow and will stop producing flowers.

Spacing of plants is very important. Plants need sunlight, circulation of air, water, soil, fertilizer, pruning, and a strong root system in order to grow.

The soil is very important too. Please, before you plant, check with me. Plants cannot just be plopped anywhere. Regular dirt does not meet a plant's needs. Plants are living things and require time and care. You may have seen me last May and again in September dumping soil, weeding and adding mulch in the rose garden. The soil is now prepared and I expect that the roses will thrive this year! We are ordering Bumper Crop Soil again which will be very beneficial for the existing perennials and for our new annuals.

I will let you know the meeting date for the Gardening Club and hope that many people will attend, especially residents who can't kneel, stoop or bend down, but still want to garden. We will have to decide which flower beds we want to concentrate on this year and what plants and flowers to buy.

Let's get out in the sunshine!



Sweet Potato Mash

2 large sweet potatoes, washed and pierced with a fork
2 tablespoons non-fat vanilla yogurt
1 tablespoon maple syrup
1 tablespoon orange juice

Microwave the sweet potatoes on high for 4 minutes or until easily pierced with a knife.

Scoop out the flesh into a microwave safe bowl.

Add the remaining ingredients and stir well to combine.

Cover and microwave for 90 seconds or until warm throughout.

Serve immediately.

Makes two servings.

Service Coordinator April Dates

FRIDAY, APRIL 9
FOCUS HOPE

THURSDAY, APRIL 22
DR. RUBIN, FOOT DOCTOR,
HOUSECALLS (SIGN-UP SHEET
IN MAIL ROOM)

WEDNESDAY, APRIL 28
EXTRA FOOD DELIVERY, (NO
EMERGENCY FOOD BOXES,
JUST MEATS, BREAD, BUTTER
& EXTRAS)

First Presbyterian Church of Warren Inclusion Ministry

by Marijo Hockley

Starting April 15th - *Stories on the Back Porch* (Weather permitting) - Every Thursday at 1pm. Come listen to familiar Bible stories told in a creative way.

Easter/Holy Week Services



Maundy Thursday

- Thursday, April 1 at 7pm on Zoom and FB Live – Watch for fliers.
- Communion and Tenebrae with Stations of the Cross, have your communion elements ready

Good Friday Service

- Friday, April 2 at 1pm on the Warren Glenn Back Porch.

Easter Vigil

- Saturday, April 3 at 7pm, Parking Lot at Church. Hear the telling of God's story from creation to resurrection! Easter Egg Hunt Following

Easter Sunrise with Communion

- Sunday, April 4 at 8:30am, Parking Lot at Church

Easter

- Sunday, April 4 at 10am, Zoom and FB Live

Bible Study - Every Wednesday at 7pm-Studying the Book of Acts

<https://us02web.zoom.us/j/576195493?pwd=cHEvbnR0M0c3vOHkvMnhZNGx5Z3pPd309>

Meeting ID: 576 195 493 Passcode: 169978

Sunday Worship at 10 AM

Zoom Information: Watch fliers for Zoom connection information.

If you would like to watch worship in the First Church Sanctuary on Zoom, projected on the large screen, please let the office know by Thursday at noon so arrangements can be made.

(586-751-1721, office@firstofwarren.com)

Important: If you are interested in attending any of the Zoom activities and need help connecting, please contact Marijo via email at marijo@firstofwarren.com or call 248-219-9449 to schedule a one-on-one help session.

Pastoral Care: If you would like pastoral care, please contact Marijo at (248) 219-9449 or the church office at (586) 751-1721.



Earth Day is a time to focus on our natural resources – the air, water and land that sustains us.

We have made major improvements in our stewardship.

Remember:

It's not right to fool Mother Nature!

Historical Figures Born in April

William Wordsworth and His Poem for Spring

The English poet William Wordsworth was born April 7, 1770, and one of his best-known poems is perfect for April:

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.



Noah Webster Was a Bit of an April Fool

The famous language expert Noah Webster was a bit of an April fool: one of his dearest wishes was to reform English spelling for Americans, to make it simpler and more obvious. While millions of schoolchildren could go for that; Webster's proposals included removing all double vowels. Bread would be spelled bred; friend would become frend; tuf for tough, laf for laugh, kee for key, and speek for speak. His successes included changing plough to plow and draught to draft.



Leonardo da Vinci: A Genius for All Times

What can you possibly say about Leonardo in 100 words? He was a painter, a scientist who painted many pieces of religious art; he was fascinated by the flight of birds and the mechanisms of guns. He was a Renaissance genius for his and any other time, capable of turning his hand to anything. And he was born in April.

William Shakespeare: To Be or Not to Be

The Elizabethan playwright William Shakespeare was born on April 23, 1564 and died on or about his April birthday at the age of 52 in England in 1616. He may have stolen plots and plot twists from his fellow playwrights and ancient history, but his prose and poetic output is unmatched for originality.

Cholesterol & You

Cholesterol is a waxy substance that does many good things in the body. It is part of our cells and some hormones. It aids in the digestion and absorption of fat. Cholesterol in the skin uses sunlight to convert vitamin D to a form that the body can use to produce healthy bones. While cholesterol has many valuable functions, too much cholesterol in the blood is not healthy and can lead to heart disease.

There are two sources of cholesterol. **Serum cholesterol** is made by the human liver and circulates in the blood. When the liver makes too much serum cholesterol it builds up on the walls of the vascular system, narrowing your blood vessels which may lead to a blockage in arteries and an increase in blood pressure. **Dietary cholesterol** is the cholesterol that we eat in our food. Animal products contain cholesterol but plants do not.

Cholesterol measurements often are called “good” or “bad”. This refers to the cholesterol that is in the blood, not in food. High-density lipoprotein or HDL is “good” cholesterol. It carries cholesterol to the liver for disposal and removal from the body. Low-density lipoprotein or LDL is “bad” cholesterol. It carries the cholesterol from the liver to cells and tissue throughout the body. On the way, cholesterol may be deposited on blood vessel walls increasing the risk for heart disease.

Food with soluble fiber help to reduce the absorption and effects of dietary cholesterol. Oatmeal, oat bran, apples, pears, beans, cranberries, citrus fruit, sunflower seeds, avocado, brussel sprouts, figs, walnuts and almonds help to reduce LDL cholesterol circulating in the blood.

Fatty fish can reduce cholesterol in two ways. First, if you replace some of the red meat in your diet with fish, you are reducing your intake of saturated fats. Second, fish that is high in omega-3-fats help to reduce triglycerides.

While we cannot control genetics, exercise and a good diet can help to reduce serum and dietary cholesterol. Increasing plant products in the diet while decreasing animal products can help to bring down bad cholesterol levels in the blood. Bringing down cholesterol through diet may reduce the need for medication and the cost and side effects that come along with it.

Adapted from *Senior Health Line*, Robin Danto, MSU Extension



BIRTHDAYS

April 5	Christine Bashawaty	231
April 5	Donna Smith	122
April 17	Diane Sexton	111
April 20	Annette Fabinski	133
April 21	Penny McKeller	236
April 24	Irene Alex	241
April 29	Ronald Reynolds	113

HOLIDAYS

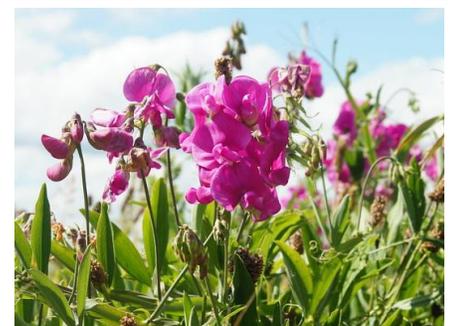
April 1	April Fool's Day
April 2	Good Friday
April 4	Easter
April 12	Ramadan Begins
April 22	Earth Day

FLOWERS

Sweet Peas

BIRTHSTONE

Diamond



Best Uses for Baking Soda *Adapted from the Old Farmer's Almanac, March 12, 2021*

Try baking soda, an old-fashioned and inexpensive way to clean.



In the Bathroom

Clean toilet bowls: Add a quarter cup of baking soda and half a cup of white vinegar to an empty bowl. Bubbles will form! Scrub with a stiff brush and flush. Repeat if necessary. A damp cloth sprinkled with baking soda will also clean the outside surfaces of the toilet, tank and cover.

Clean faucets and handles: Make a thick paste of baking soda and a bit of water, apply to grimy areas, and scrub with a stiff brush like an old toothbrush. Rinse off immediately, or let it dry and rinse later.

Keep your rubber gloves dry and smelling good by sprinkling baking soda inside them. They'll slip on more easily too!



In the Kitchen

Scrub coffee mugs and tea cups: Sprinkle the inside of the mug or cup with baking soda and gently scrub with a moist cloth to remove the stains. Then give the mug or container a thorough rinse.

Remove burned-on foods from stainless steel cookware Add plenty of baking soda to the pot/pan with enough water to form a thick slurry, let sit (minutes, hours, or overnight), and go to it with a fresh scrubbing pad. Repeat as necessary.

Clean your refrigerator with a solution of one-teaspoon baking soda to one quart of warm water.

A paste of baking soda removes red sauce stains from plastic.

For Health



Clean teeth: The antibacterial properties of baking powder help reduce bacterial plaques that cause tooth decay and gum disease, while its mild abrasive quality helps remove light staining. Mix a little baking soda with a few drops of water to make a thick paste, wet brush, coat teeth with paste, cover with paste, brush gently, and rinse well.

Make a paste of baking soda and water and apply to an insect bite for relief.

For freshening breath, add a spoonful of baking soda to a glass of warm water (or peppermint tea), and swoosh the mixture around in your mouth for 30 seconds or more before spitting it out.

Good News! Grocery Trips Starting

We will have three trips to the grocery store on Wednesdays, April 7, 21 & 28. Mac McDougall will drive the bus. Betty Challenger will place a sign-up sheet with the time in the mailroom a week before. Six people can go at a time. If lots of people want to go, we will rotate participation so each person can go shopping at least once a month.

New pandemic rules: 1. Sit next to the window. 2.) Sit every other row. 3.) Sit in the same seat on the way home. 4.) Wear a mask over your nose and mouth. Please follow the rules without complaint.

Mac will de-fog the bus before each trip. It is a lot of work, but will provide the right amount of sanitizing. Thank you, Mac.

Good News! Shopping Carts Ordered

We ordered additional shopping carts and will retire the worst of the old. Keep in mind that shopping carts are a courtesy. We do not have to provide shopping carts in senior housing; we do it as an extra to make your lives a little easier. If a working cart is not available when you return from shopping, it is not a reason to fly off the handle and come into the office with a raised voice. Be patient. Calm down. Look for a cart upstairs or in the wings. Or buy yourself a folding cart.

On the other hand, residents must return a borrowed cart promptly. That is a fair request. Put your groceries put away AND RETURN THE CART DOWNSTAIRS PROMPTLY. Other people need to use them. Again, if you can't or won't do this in a timely manner, don't use Warren Glenn's carts. Buy your own cart.

Delivery Issues

Many people shop online and their purchases are delivered to the building. It is in the house rules that the office cannot accept packages for residents. In most cases, the delivery person brings the package to your apartment. They may get buzzed in by the office, by you or by someone else who is also getting a delivery. Other people get their package immediately by watching the tracking information on their phone – they know when the company arrives at the building and go to the front door to pick it up. A company may take a picture of the package if they leave it in the vestibule and send it to you by phone. Just as people living in houses often have an Amazon package left on the porch, you might have a package in the vestibule.

SERVICES

Alterations and Mending

Shorten pants and sleeves. Take-in or let-out clothes. New elastic. Masks. Fast and reasonable, call Diane at 586-350-1751.

Beauty Salon

Beautician Gloria Blood is here every Thursday. She offers a variety of services in the beauty salon on the second floor across from the lobby elevator. A sign-up sheet on the salon window includes a list of services and the prices.

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. The sign-up sheet in the mailroom.

Prescription Delivery

Abe's Pharmacy at 586-362-8404 will deliver your medications to you at no charge. All you have to do is leave a credit card or debit card number with them. It is easy to arrange.

Watch Battery and Band Repair

All work guaranteed one year. Low cost. Call Mac McDougall at 586-484-0417.

Schwann's Food Delivery

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.



WEATHER



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

AIR
 ATMOSPHERE
 BAROMETER
 BLIZZARD
 CIRRUS
 CLIMATE
 CLOUDY
 CONDENSATION
 CUMULONIMBUS
 CYCLE

ENERGY
 EVAPORATION
 FOGGY
 FORCE
 GAUGE
 HAIL
 HEAT
 HUMIDITY
 HURRICANE
 HYGROMETER

LIGHTNING
 MASS
 METEOROLOGY
 OVERCAST
 PRECIPITATION
 PRESSURE
 RAINBOW
 SLEET
 SMOG
 STORM

STRATOSPHERE
 STRATUS
 SUNNY
 TEMPERATURE
 THERMOMETER
 THUNDER
 TROPOSPHERE
 VAPOR
 WATER
 WIND

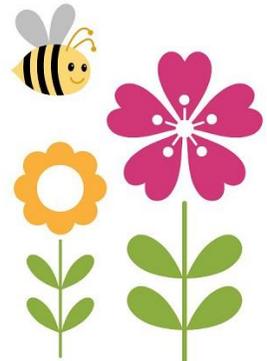


Spring Word Scramble

- WBNIAOR _____
- BLLAMURE _____
- WFLORE _____
- PLITU _____
- NERGE _____
- MLOBO _____
- PLRIA _____
- LFBTUTREY _____
- NIAR _____
- DREGNA _____
- EBE _____
- YMA _____
- GNRIPS _____
- HSSNIEUN _____
- YBNUN _____
- CAMHR _____
- EDES _____

WORD BANK

APRIL | BEE | BLOOM | BUNNY
 BUTTERFLY | FLOWER | GARDEN
 GREEN | MARCH | MAY | RAIN | RAINBOW
 SEED | SPRING | SUNSHINE | TULIP
 UMBRELLA



Answers: rainbow, umbrella, flower, tulip, green, bloom, bunny, april, butterfly, rain, garden, bee, may, spring, sunshine, butterfly, bunny, march, seed



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

You Can't Spell 'Outdoors' without D

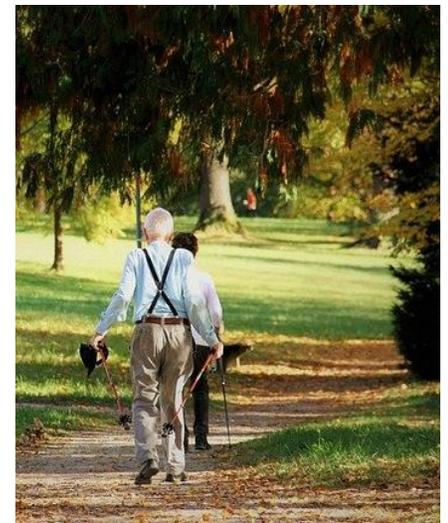
Now that spring has finally sprung, it is time to get outdoors! Especially during this pandemic. It's one of the safer things you can do. If you're going to be around other people, make sure to mask up and stay at least 6 feet apart.

Spending time outdoors will not only improve your mood, it will help your body make vitamin D. Vitamin D helps keep your bones healthy, your immune system running, and is needed for proper muscle, nerve, and cell function.

Getting enough vitamin D through food alone can be challenging because few foods are naturally rich in vitamin D. Good sources include fatty fish such as salmon, tuna, and mackerel - and everyone's favorite - cod liver oil! To help increase our intake, many processed foods are fortified with vitamin D including milk, orange juice and ready-to-eat breakfast cereals.

To get vitamin D from the sun, experts recommend we spend from 5 to 30 minutes outdoors at least twice per week. Unfortunately, because it blocks the ultraviolet (UV) radiation our bodies need to make vitamin D, using a sunscreen with a sun protection factor (SPF) of 8 or greater will limit how much vitamin D our bodies make. Because UV radiation can't travel through glass, sitting inside in front of a sunny window won't help either.

Since being outdoors with little or no sunscreen can have a downside, it is a good idea to talk with your doctor about your vitamin D needs. He or she will help you balance your need for vitamin D with any increased risk of skin cancer that might occur, and based on your diet, discuss any need you may have to take a vitamin D supplement.





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Providing Leadership at the National Level

For many years PVM staff have been providing leadership at the national level to create policies and services which enhance senior living and services. One recent example of this comes via Tom Wyllie, PVM's Director of Innovation & Wellness.

Tom serves on a variety of initiatives for the International Council on Active Aging (ICAA). ICAA is an association that leads, connects and defines the active-aging industry. It supports organizations and professionals that develop wellness services for adults over the age of 50. In addition to presenting for ICAA, Tom has been instrumental in providing policy recommendations and innovative thinking.

One result of these initiatives is a report titled "Future-proof Your Senior Living." To read this report go to https://www.icaa.cc/listing.php?type=white_papers. Tom and other PVM staff members have also been working with several universities regarding research and development of senior living design and enhanced services that improves the quality of life for seniors.

Collaboration and innovation have been hallmarks of PVM since its inception. These key corporate culture ingredients not only make PVM what it is today but will also make it what it is well into the future. Stay tuned for more exciting news as we build on our past and prepare for the future. Thank you for your interest in and support of PVM.

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.pvmgifts.org

***Let Rick Petrella
Light Up Your Life:***

***Put in a Work Order for
Light Bulbs***

Please call and report light bulbs that need to be changed – fluorescent or incandescent or LED's.

We want you
illuminated
properly!



**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

Rick Petrella
Maintenance Tech

Vacant
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