



Village Voice



Embrace the possibilities

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

December 2020

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The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Dear Friend,

I know that a number of you are lonely, bored and looking for something to do in your apartment. If you have an I-phone, an I-pad or a computer, you can take over 150 small group classes for free by using GETSETUP. You call 1-888-559-1614 or type <https://www.getsetup.io/michigan> into your browser to get started.

The classes are live and interactive – you participate and talk with other people about what you are learning and doing. The classes are small and taught by older adults so you can feel comfortable and in your element.

Examples of classes are: *Holiday Sharing: Creating Cards and Invitations, Pinterest – Learn How to Find Holiday Ideas and More, Using Your Smart Phone, Schedule and Host a Zoom Meeting, All About Sleep, Exercising and Staying Alive, Social Hour: Antiques and Collectibles, Healthy Desserts.*

GETSETUP is free because of funding by the Michigan Endowment Fund. I urge you to try it to STAY ACTIVE, CONNECTED and SAFE! It is hard not to be isolated when you are not leaving the apartment or the building much, but with openness to new ways of doing things, it is possible. Let's use this time to grow and try new things.

My best wishes to you in this holiday season.

With love,
Anne Lilla, Administrator

Merry Christmas!

From the Service Coordinator

Denise Giallombardo, B.S., Human Services.

The holidays are truly upon us! Christmas often has been a stressful time when the culture pushes us to shop for the best presents, cook five dozen cookies, have a decorated home and feast on a large amount of food. This Christmas may look “different” because of these uncertain times.

The biggest change is that we may have to connect with our family in other ways in order to stay safe and healthy. Visiting in person is strongly discouraged. Many recent COVID-19 cases come from family gatherings. *Please*, heed the advice given by doctors and health professionals about COVID-19. Hard choices to be apart this year may mean that **you can spend many more years with your loved ones in the future.** When you talk with your friends and family about plans, it is okay if you decide to stay home and remain apart from others. Do what is best for your health and the health of your loved ones. *Please*, do not travel. Spend the holidays at home at Warren Glenn this year.

How can we enjoy the season while still staying safe?

- Put on some Christmas carols. 100.3 WNIC is a radio station that plays Christmas music 24/7. If you have some Christmas CD'S, play them. Remember the beautiful songs by Johnny Mathis, Nat King Cole, Josh Groban, Frank Sinatra, Faith Hill, Amy Grant, Aretha Franklin and more!
- Let this be the year that you learn how to use your phone in modern ways – and then brag to your children and grandchildren that you have it going on! You can play music on YouTube on your phone. You can visit your family members on Zoom or Facetime. It is like being there with them! It is easy to do, even for someone who doesn't know how to work a computer. Need help? Come and ask me, your Service Coordinator!
- Put up your Christmas tree and decorations this year, even if you feel a little sad. The decorations will let you enjoy this year and treasure the memories you have had from past Christmases.
- Watch Christmas movies: *White Christmas*, *Miracle on 34th Street*, *A Christmas Carol*, *A Madea Christmas*, *The Perfect Holiday*, *Preacher's Wife* or *This Christmas*.
- Watch a Christmas religious service on television or Facebook and connect with the birth of the Christ Child.

Staying home does not mean you are alone. Your neighbors are wonderful people who would like to talk with you. You are not alone! Say Merry Christmas, Happy Holidays and Happy New Year with a smile! And the more you say it and the more you smile, the more you will feel it.

FRIDAY, DECEMBER 11

FOCUS HOPE

THURSDAY, DECEMBER 17

DR. RUBIN, FOOT DOCTOR Sign up in mailroom.



Learn about Christmas History



Why is Christmas Day on December 25?

The word Christmas comes from “Christ’s Mass”. The oldest existing record of a feast to celebrate the birth of Christ is in the Roman almanac called the Philocalian Calendar in the year 336. It was adopted throughout the Christian world by the year 458.

Chronographers of the third century were the ones who reckoned December 25, around the winter solstice, as the most likely day of Christ’s birth. As Christianity began to spread in the 4th century, the Christmas feast day was set on December 25 by Pope Julius I to align with the Roman pagan holiday *Dies natalis solis invicti*, “the birth of the invincible Sun.”

Why Do We Decorate Trees?

Decorated trees were used in winter celebrations long before the advent of Christianity. Plants and trees that remained green all year had a special significance for people who lived in cold winter climates. Ancient people hung evergreen boughs over their doors and windows. Some believed that evergreens kept witches, ghosts, evil spirits and illness away.

Romans decorated evergreen trees with trinkets and topped them with an image of the sun god. Druid sorcerers hung golden apples and lit candles on oak trees to celebrate the winter solstice. Christian Christmas celebrations began using the evergreen as a symbol about 400 years ago in Germany. This Christmas practice spread to most of northern Europe by the 19th century.

Why Do We Give Gifts?

The ancient Romans gave each other gifts on the first day of January and the practice spread throughout the Roman Empire. Eventually Christians moved the custom to December 25, although many Christians still give gifts on January 6, the feast of the Epiphany, commemorating the manifestation Jesus’ divine nature to the Magi.

Who Made the First Christmas Card?

People used to write their own cards. The first Christmas card was printed in England in 1843. Wood engravers of the time often produced prints with religious themes, but this was the first time anyone produced these prints in quantity and sold them. The design was of a family party, beneath which were the words “A Merry Christmas and a Happy New Year to You.”

Where Does Godspeed Come From?

This dates back to a 15th century song sung by English ploughmen on Plough Monday, the first Monday after Twelfth Day, the end of the Christmas holidays. Before farm laborers went back to the fields, they dressed all in white and went door-to-door drawing a plough and soliciting plough money to spend on a last celebration. The song lyric “Godspeed the plough” expressed a wish for success and prosperity and was soon shortened to just *Godspeed*.



Article from *Poor Richard's Almanac*, 2020

All Weight Loss is Not the Same: When to Be Concerned

Unplanned weight loss is not normal and may be a sign of an underlying medical condition that should be evaluated by a doctor.

A person's weight is affected by the foods they eat, activity level, age, their body's ability to absorb foods and a person's overall health.

Cancer is the second leading cause of death throughout the world. Survival rates for cancer are increasing, especially when diagnosed and treated early. Unexplained weight loss or weight gain is a very general symptom associated with cancer.

There will usually be other symptoms and abnormalities in laboratory tests, fatigue, unexplained bleeding or bruising, indigestion, joint pain, night sweats and changes in bladder or bowel habits. Certain cancer screenings can be done depending on symptoms and risk factors. Some screenings are done routinely and others as a response to symptoms.

Diabetes affects how the body uses glucose in the blood. Glucose or blood sugar is the fuel your body depends on to carry out bodily functions. With diabetes, too much glucose circulates in the blood and is not able to enter the tissues. This build-up of glucose in the blood leads to organ damage.

Unexplained weight loss can be a symptom of diabetes, especially type 1 diabetes. Type 1 diabetes can develop at any age although usually it appears during childhood. Type 2 diabetes can occur at any age although it typically has an onset over the age of 40. Routine blood glucose screening is the first step in diagnosing and controlling diabetes.

Digestive disorders including peptic ulcers, Crohn's disease, ulcerative colitis and celiac

disease can all cause weight loss. Celiac disease is a severe immune reaction to gluten in the small intestine. Gluten is a protein found in wheat, barley and rye. Over time, people with celiac disease who ingest gluten damage the lining of the small intestines that interferes with absorption of nutrients. Following a strict diet without gluten can help to manage the symptoms and damage from celiac disease including weight loss, diarrhea and anemia.

Crohn's disease and ulcerative colitis are types of inflammatory bowel disease. They cause pain, diarrhea, weight loss and malnutrition. Peptic ulcer disease involves open sores in the lining of the stomach and duodenum. Peptic ulcers are caused by a bacterial infection, long-term use of nonsteroidal anti-inflammatory medications or an autoimmune reaction called eosinophilic esophagitis. All these conditions can cause severe abdominal pain due to open sores in the digestive tract. Eating leads to the secretion of stomach acid that can increase the pain. Some people suffering from peptic ulcers limit their food consumption leading to weight loss.

Hormone production disease can also result in weight loss. Hyperthyroidism is when the thyroid produces too much of the hormone thyroxine. This hormone regulates the body's metabolism and too much of it speeds up metabolism which can lead to burning calories and weight loss.

If you lose more than 5% of your body weight without trying to lose weight, talk with your doctor to understand the cause.

Senior Health Line written and edited by:
Robin Danto, Home Economist & Food Preservationist
Michigan State University Extension – Oakland County

Grandma Krause's Coconut Cookies

Ingredients

- 1 cup shortening
- 1 cup sugar
- 1 cup packed brown sugar
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 cup old-fashioned oats
- 1 cup sweetened shredded coconut



Directions

1. In a large bowl, beat shortening and sugars until blended. Beat in eggs and vanilla. In another bowl, whisk flour, baking powder, baking soda and salt; gradually beat into sugar mixture. Stir in oats and coconut.
2. Divide dough into 4 portions. On a lightly floured surface, shape each into a 6-inch long log. Wrap in waxed paper. Freeze 2 hours or until firm.
3. Preheat oven to 350 degrees. Unwrap and cut dough crosswise into ½ inch slices, reshaping as needed. Place 2 inches apart on ungreased baking sheets. Bake 10-12 minutes or until golden brown. Cool on pans for 5 minutes. Remove to wire racks to cool. 4 dozen.



DECEMBER BIRTHDAYS

12/03	Betty Challenger	239
12/13	Lois Eckhout	124
12/13	Michelle Guillemette	
12/25	Miriam Napolitano	109
12/27	Tom Gallo	226

DECEMBER MEANING

From the Latin word *decem* meaning ten because this had been the tenth month of the early Roman calendar.

DECEMBER HOLIDAYS

Dec. 1	Giving Tuesday
Dec. 4	National Cookie Day
Dec. 7	Pearl Harbor Day
Dec. 8	Feast of the Immaculate Conception
Dec. 10	Hanukkah
Dec. 10	Human Rights Day
Dec. 17	National Maple Syrup Day
Dec. 21	Winter Solstice
Dec. 24	Christmas Eve
Dec. 25	Christmas Day

DECEMBER JEWEL

Turquoise and Blue Topaz

DECEMBER FLOWER

Narcissus and Holly

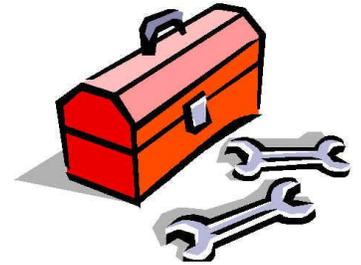


Apartment Inspections Completed, Now Real Work Begins

Apartment inspections went well taking almost two weeks, interrupted by a falling tree, final preparations for an apartment move-in, and beginning preparations for an apartment turnover. It never ends. Thank you for all the work you did to get your apartment ready for inspection. Many apartments were beautiful and clean. In general, they were in decent shape.

We found many things to repair in the category of normal wear-and-tear:

- Windows that do not open and shut easily and some that did not lock,
- Kitchen cupboards coming off the wall,
- Cockeyed cupboard doors,
- Light bulbs that were out and off-kilter light fixtures,
- Carpet seams coming apart, and
- Nicked walls.



We have other issues to resolve because residents are not doing proper housekeeping, not following rules, and not making good judgements about storage. Such as:

- Greasy cupboard doors and dirty floors,
- Furniture or mirrors blocking the hall electrical box or blocking the living room vent,
- Shredded carpet, and
- Closet shelving falling down because of excess weight on shelves.

Our goal is to have the repairs in the computer and finished by Christmas. If there is something that you need to clean or fix in your apartment, I will write a letter to you in a week or two and would like your work done by Christmas as well.

Thank you to Chris Panizzoli, Maintenance Operations Coordinator, who provided guidance and assistance for two days. Maintenance tech Rick Petrella said he enjoyed getting to know the residents.



Options to Clean Wood Kitchen Cabinet Doors

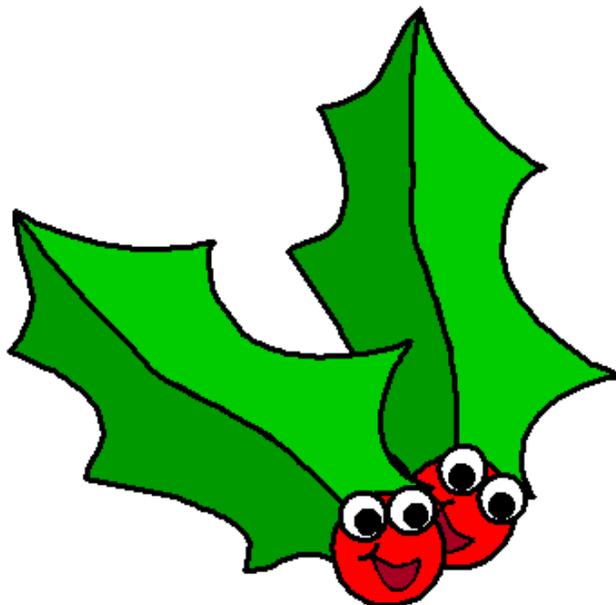
Use vinegar in a squirt bottle. Spray the cabinets, then wipe them down with a slightly damp sponge after a minute or two. Repeat if necessary. Vinegar helps cut grease and the greasy film that builds up near cooking areas; it also removes odors. Polish with a clean dry rag.

- OR -

Mix a squirt or two of grease-cutting dish soap into a bucket of very hot water (as hot as you can stand) and use a nylon scouring pad to attack cabinet grease. Keep the water hot and use light pressure on the nylon pad to avoid scratching the surface of the wood.

Christmas Word Search

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



candycane
chimney
Christmas
cookies
cranberries
elves
family
holly
lights
mistletoe
ornament
presents
reindeer
Rudolph
Santa
sleigh
stockings
stuffing
tinsel
turkey



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Winter Solstice – A Harbinger of Better Days to Come

As the saying goes, “It’s always darkest before the dawn.”

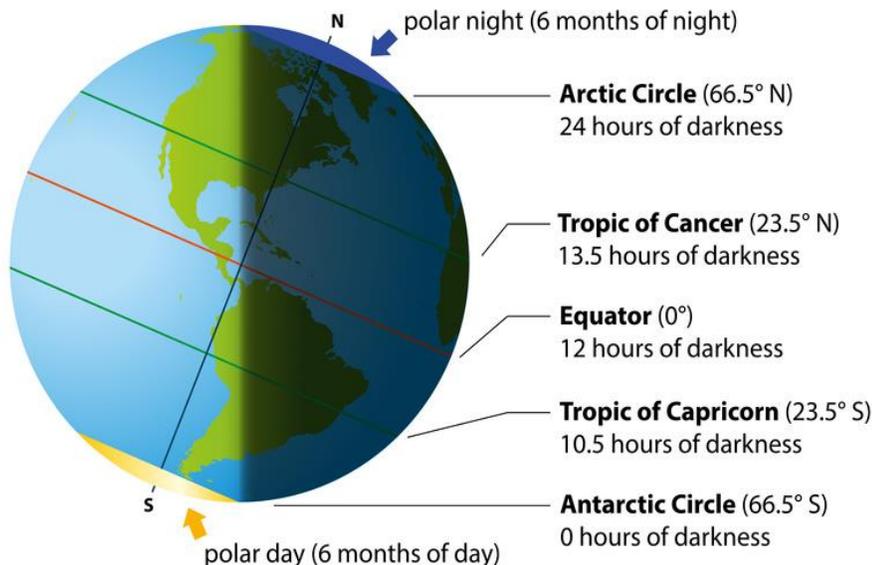
The Winter Solstice is on Monday, December 21, 2020. It is the shortest day of the year and the longest night. The sun will be directly above the Tropic of Capricorn, the imaginary circle around the earth south of the equator.

After the Winter Solstice, the hours of daylight begin to grow and the hours of darkness begin to lessen. With each passing day, we have more light and less dark. In ancient times, “changing of the light” was celebrated as a rebirth of the earth. It was a movement away from the dead of winter toward the fertility of spring. It was a harbinger of better days to come.

As the year 2020 draws to a close, we have indeed experienced some dark days. A once-in-a-lifetime pandemic hit our shores wreaking havoc as it spread across the land. As the year 2021 approaches, however, rather than expect the days ahead to darken further still, I choose to believe they will begin to brighten. One way or the other, we will defeat this pandemic.

On December 21, I hope you will join me in celebrating “the changing of the light”. With hope and faith, better days are ahead!

winter solstice (December 21)





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Be Smart - Be Prepared for Winter Storms

One life lesson which will probably stay with all of us from these times is how important it is to be prepared. With cold weather coming, I decided to write about winter survival tips.

1. Keep a flashlight within reach. Test the batteries.
2. Stock up on water and canned goods. Make sure you have a manual can opener. Or you can purchase pouches of tuna and chicken as well as individual fruit cups.
3. Fill your tub with water in case you need it to flush your toilet during a storm.
4. Make sure you have the emergency number for PVM handy.
5. Wear your emergency pendant all the time.
6. Make sure your village office has updated contact information for your family and friends in case of an emergency.

My mom and I just realized the importance of sharing contact information with the *family* of your friends. She recently found out that one of her dear friends had been admitted to a nursing home. The staff will not give out the resident's information to my mom over the phone. We are working with mutual friends and her fellow church members to find her son's contact information.

Finally, one of the best ways to get through the winter is to get a flu shot and to follow the recommended Covid-19 safety protocols. As one person said it: I would rather have a Zoom holiday dinner so that my loved ones will be here next year to celebrate.



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

It's Puzzling!

I move incessant to and fro,
obedient to Moon and Sun,
but though I serve both high and low,
all wait on me, I wait on none.

Who Am I?

Answer on bottom of page 10.



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

DECORATIONS

COUNTDOWN

STREAMERS

HOLIDAY

NEW YEAR

SINGING

HORNS

BALL DROP

CELEBRATION

RESOLUTION

MIDNIGHT

SLEEP

HAPPY NEW YEAR

Puzzle answer:
The tide.

**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

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Vacant
Housekeeper

Denise Giallombardo
Service Coordinator

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Betty Challenger Sister Mary Fagan
Marijo Hockley Mary Blaszczak

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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



**TO
WG RESIDENTS**

**MERRY
CHRISTMAS
&
HAPPY
NEW YEAR**

**FROM
ANNE, STACEY,
RICK & DENISE**

Embrace the possibilities