



Village Voice



Embrace the possibilities

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

January 2021

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It's a Happy New Year... Vaccines Coming to Warren Glenn on January 18

Dear Friend,

When I read the article *2020: The Year in Review* (pp. 6-7), I thought, "No wonder I'm tired". Many of you might feel the same way. It was a fast paced, difficult year. But to provide balance – good things happened too.

Here are a few of them: Africa was declared free of polio, the air was cleaner, health care workers were showered with thanks, four Middle Eastern countries recognized Israel's right to exist, people became comfortable with technology like Zoom and Skype and scientists worked tirelessly to create a covid-19 vaccine.

Through Operation Warp Speed, we will have **vaccination clinics conducted by CVS at Warren Glenn** on Monday, January 18 and Monday, February 15 (with a make-up date Monday, March 15). You will receive more info about registration soon.

Please contact your doctor, if you have any concerns about the vaccine. It is the only way that you will be safe and that we will return to normal.

As Queen Elizabeth said, "We will be with our friends again; we will be with our families again; we will meet again."

With hope,
Anne Lilla, Administrator



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.

The Spoon Theory (Living with Chronic Disease and Pain)

In a blog published by Web MD, Christine Miserandino writes about her daily struggle with lupus. She described a conversation with her friend about living with lupus where she used a handful of spoons to illustrate what daily life was like with an autoimmune disorder.

She asked her friend to read a list of typical activities that most of us do in a day: get out of bed, take a shower, brush teeth, get dressed, make the bed, cook breakfast, make lunch, drive to work, work, drive home. She continued with grocery shopping: picking up bags of food, bringing them into the house and putting them away. Cooking dinner, washing the dishes, vacuuming, taking out trash, paying bills, doing laundry and calling family rounded out the list. As her friend read the tasks, Christine took away spoon after spoon. Christine said, "These spoons represent each task that I cannot do today because of the pain and fatigue of lupus. Some days are better than others and I can do more, but other days are just plain hard and I cannot accomplish much." If the spoons are gone, there is barely enough energy to do anything else.

What a strong message! This is called "Spoon Theory." People with autoimmune diseases such as lupus, fibromyalgia, ulcerative colitis, multiple sclerosis and rheumatoid arthritis and people with chronic diseases such as kidney disease, osteoarthritis and diabetes are calling themselves *Spoonies* on social media. They use spoon theory to explain their disease limitations and describe how they must plan their day around the number of spoons they have when they wake up. It isn't that people don't want to do simple things in their daily lives, they *cannot*.

Here are some ideas to help you manage living with autoimmune and chronic diseases, so your "spoons aren't taken away."



Exercise is very important when living with a chronic disease. Yoga, stretching, walking, swimming and dancing in your chair exercises can help joints and muscles stay limber. Mental health care through counseling and medication can help you stay buoyant as does self-care such as taking a long shower or bath, reading before bed and journaling. A journal is an excellent method for tracking your progress, too. Adding spiritual or non-spiritual meditation, taking regular breaks from your phone and social media and spending time in nature is helpful. Getting better sleep and setting small, manageable goals give you a sense of accomplishment.

SERVICE COORDINATOR ACTIVITIES

FOCUS HOPE, JANUARY 8

MACOMB EMERGENCY FOOD, JANUARY 13



Storing Food for Flavor, Safety and Saving Money

Robin Danto, Home Economist, Michigan State University Extension

The way foods are handled has a lot to do with how long foods will stay fresh and safe to eat. Cleanliness is very important for food safety. Wash your hands and surfaces often and thoroughly to reduce the incidence of foodborne illness. Be careful not to cross-contaminate foods. Germs can move from hands or surfaces to foods or from one food to another. Some foods store best in the refrigerator and some are best stored in cool dry areas like a pantry.

Here are some general guidelines for optimal food storage by type of food.

For best quality, store eggs in the carton and the interior of the refrigerator. Raw eggs in uncracked shells will last about 4 weeks when stored properly.

Transfer flours, barley and oatmeal to an airtight jar or container after purchase. The container will keep moisture and bugs out of the grains and extend the time the grains will be tasty. Keep breads and baked goods that are not custard based cool but not necessarily refrigerated as refrigeration may dry baked goods out prematurely. Store these products in an airtight plastic bag or container and do not expect it to last for more than a few days if it does not have preservatives. Fresh baked bread molds quickly. Once there is mold, the product should be disposed of. It is not safe to cut around the mold and eat the rest of the bread. Bread wrapped well in freezer quality wrap can be frozen but will not have the same texture as fresh when it is thawed.

Different produce demand different storage for best quality. Berries and small fruits like grapes should be stored in plastic containers with a piece of paper towel. The paper towel will absorb some moisture and keep the fruit from molding as quickly than without it. Do not wash the fruit before storing it in the refrigerator.

Asparagus is a relative of the rose family and should be stored as such. Trim the stems and place standing up in a container with water in the bottom. Fresh herbs also keep best this way. Green leafy vegetables should be stored without washing, in a plastic bag away from apples to keep the stems from turning rust colored. A piece of folded paper towel inside the bag will postpone the leafy vegetables from becoming slimy. Tomatoes retain their taste best when stored at room temperature. Do not wash tomatoes until just before eating them. Onions, garlic and potatoes should all be stored out of refrigeration. Keep in a cool, dark place until they are cut at which time they need to be used or stored under refrigeration.



NEW YEAR'S WORD SCRAMBLE

- | | |
|-----------------|-----------|
| 1. KEROSFWRI | 1. _____ |
| 2. COTWNDNOU | 2. _____ |
| 3. YPRTA | 3. _____ |
| 4. AJARYUN | 4. _____ |
| 5. EEV | 5. _____ |
| 6. REALNADC | 6. _____ |
| 7. TIGDNMHI | 7. _____ |
| 8. NEIOUTLRSO | 8. _____ |
| 9. REYA | 9. _____ |
| 10. LEITANECBOR | 10. _____ |



Answers on page 9, but no cheating!

Storing Food for Flavor, Safety and Saving Money

(continued from page 3)

Mushrooms are best stored in the refrigerator in a paper bag. Do not wash before storage; wash before eating. Storing mushrooms at room temperature causes them to lose flavor and washing them before storage causes mushrooms to absorb water and become slimy.

Store oils away from the stove as heat leads to the oil becoming rancid. Store oils in a cool dark place, but not the refrigerator. Make sure the lid is on tightly before storing to reduce oxidation.

Coffee has oils that will oxidize when exposed to air so store in a cool, dark location. Heat, light and moisture will also destroy the rich flavor of the roasted coffee beans so it is best to store coffee in a dark, airtight container.

Nuts have alot of healthy oils. These oils become rancid and destroy the taste and flavor of the nuts over time. To preserve the quality of nuts, store them in a cool, dark spot in an airtight container for up to three months, keep them in the refrigerator for up to six months or in the freezer for a year wrapped the same way.

Food is expensive and no one wants to have to throw out food. Extend the shelf life of many foods and keep safe by following these guidelines.

Love and Generosity Surrounds the Village

Thank you to **Marijo Hockley** for always thinking of our residents. First Presbyterian Church of Warren gave residents Advent Bags with self-guided activities to deepen our awareness, gratitude and love in preparation for Christmas. Church member Ann Lawrence made origami stars for Epiphany for people to reflect on guiding lights in life.

Thank you to residents who helped with Christmas decorating: **Rosemarie Barnhart, Janice Kuchta, Bev Hooks, Gail Styles, Pearlie Ashford, Theresa Smith and Deb Bertolino**. And to residents who decorated their doors and surrounding hallways so beautifully. I had to be nudged this year to decorate (thank you for that), but got into the spirit with your help. Thank you to **Diane Sexton** who did fun bulletin board. And to the person who put blue balls on an orange, gold and green tree – you made me laugh at myself. And to **Rick and Stacey** who did it again and made me laugh a second time!

Thank you to **Stacey Klooster** and **Denise Giallombardo** who made resident Christmas gift bags with toilet tissue (how very pandemic!), paper towels, cleaning supplies, and a night light with batteries. Because we could not host a traditional Christmas party, we spent the same amount of money on necessities. Hope you liked the chocolates!

Thank you to **Mac McDougall** and to the **Men's Club** at First Presbyterian Church of Warren. They took a truck to Macomb Emergency Food and picked up boxes and boxes of amazing food including *shrimp*. Wow – what a treat that was for residents.

Led by **Vicki Jackson**, a group of women including **Sam Mahaffey, Juanita Sellers, Annette Fabinski, Rose Barnhart** and Vicki's daughter, **Jackie Dixon**, staffed two food distributions. One afternoon residents shopped for baking supplies including walnuts, cranberries and dried fruit – did anyone make fruitcake? Thank you to **Denise Giallombardo** and thank you to **Macomb Emergency Food**.

Thank you to **Macomb County Community Action** that provided 45 residents with delicious meals five days a week from Thanksgiving to New Year's Eve. It was a true blessing.

And finally, thank you to Denise's **niece** whose mother donated ten dozen eggs to the village. Twenty residents received a half dozen of incredible, edible eggs.



JANUARY BIRTHDAYS

Jan. 5 Gail Styles #233
Jan. 6 Deb Sokolowski #106

JANUARY HOLIDAYS

Jan. 1 New Year's Day
Jan. 9 Law Enforcement Day
Jan. 13 Rubber Ducky Day
Jan. 14 Dress Up Your Pet Day
Jan. 18 Martin Luther King Day
Jan. 25 Opposite Day
Jan. 29 Puzzle Day

JANUARY JEWEL

Garnet

JANUARY FLOWERS

Snow Drops
Carnations

Minnie HaHa's

Why don't eggs tell jokes?
They'd crack each other up.

I don't trust stairs. They are
always up to something.

When does a joke become a
dad joke? When it becomes
apparent.

Did you hear about the man
who fell into an upholstery
machine? He is fully
recovered.

2020: The Year in Review

Taken from History.com

It was a year like no other except perhaps for the years between 1968 – 1974. Amid massive losses inflicted by a global pandemic, bitter political divisions and racial unrest that exploded into violence, glimmers of light shone through the darkness. Frontline medical workers and people in other essential jobs risked their own safety to help others. Crowds of protesters took to the streets in a widespread outcry over systemic racism and injustice. By year's end, tens of millions Americans cast their votes in a presidential election in larger numbers than ever before



COVID-19

The World Health Organization announced that mysterious cases in Wuhan, China, in late 2019 might have been caused by an unidentified coronavirus. The respiratory disease got its official name in mid-February: COVID-19, or CO for corona, VI for virus and D for disease. While most people suffer mild or no symptom, the disease causes severe illness in elderly patients and those with pre-existing medical conditions. COVID-19 declared a pandemic on March 11 and President Trump declared a national emergency on March 13.

By the end of March, the U.S. led the world in COVID-19 cases. Schools, restaurants and small businesses shut their doors. Cities and states passed stay-at-home orders as frontline medical workers faced crippling shortages of personal protective equipment. News of the pandemic's spread triggered a global recession, and Congress passed a \$2.2 trillion stimulus, the largest in U.S. history. By April the unemployment rate was 14.7%, the highest since the Great Depression with 6.6 million unemployed.

Social distancing and mask-wearing helped to lower the virus toll by summer, but rising rates forced states to postpone or halt reopening plans as fall began. The death toll mounted steadily. 330,000 people died in the United States by the end of 2020. Worldwide, 1.6 million people died from COVID-19, with total cases topping 70 million.

Hope surfaced in November, when several drug makers announced they had developed and tested vaccines that were over 90% effective. After the FDA provided emergency authorization, health care workers received vaccine doses by mid-December. Residents of nursing homes will be offered the vaccines next, while the majority of Americans are not expected to receive the vaccine until spring 2021.

U.S. Foreign and Domestic Events

A U.S. drone strike killed a major Iranian general.



Brexit negotiations continued between the United Kingdom and the European Union.



The Senate acquitted President Donald Trump of impeachment charges.

The United States took the first step in ending the 18 year-long war in Afghanistan.

(Continued on pg.7)

2020: The Year in Review *(Continued from pg. 6)*

Supreme Court Justice Ruth Bader Ginsburg died from pancreatic cancer. Judge Amy Coney Barrett was nominated and confirmed by the Senate.



Joe Biden and Kamala Harris defeated President Trump and Vice President Pence. Both candidates received more votes than any other presidential candidate in history, with Trump receiving more than 74 million votes and Biden more than 81 million.

Race and Social Justice

After George Floyd was arrested by police in Minneapolis for allegedly using a counterfeit bill, video footage showed an officer kneeling on Floyd's neck as he said over and over that he couldn't breathe. Outrage over Floyd's murder fueled mass protests in more than 2,000 U.S. cities and 60 countries. 62,000 National Guard troops had been deployed in 30 states and 4,400 protesters had been arrested. City officials removed Confederate monuments in Virginia, South Carolina, Tennessee and Florida.

Civil rights icon Congressman John Lewis died in July.



Culture and Sports

Harry and Meghan said goodbye to royal life settling in California.

A helicopter crash killed NBA star Kobe Bryant and his daughter, Gianna.

Hollywood executive Harvey Weinstein sentenced to 23 years in prison for rape.

Celebrities who died in 2020 included Chadwick Boseman, Sean Connery, Olivia de Havilland, Little Richard, Eddie Van Halen and Alex Trebek.



Science and Technology

Brushfires devastated Australia burning 46 million acres of land, killing 34 people and killing or displacing nearly 3 billion animals. Wildfires burned more than 8.2 million acres in California, Colorado and Oregon.

Antarctica recorded a temperature of 64.9 degrees. Global warming could affect the massive Antarctic ice sheet, which contains 90% of the world's fresh water.



The United States officially left the Paris Climate Agreement.

The U.S. Department of Justice filed a lawsuit against Google alleging that the company illegally protects its monopoly over online search while Texas and other states filed a suit attacking Google's online advertising practices. States and the federal government accused Facebook of illegally buying up its competitors to form a monopoly.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness



A Light at the End of the Tunnel?

The U.S. Food & Drug Administration has issued permission to use a COVID-19 vaccine manufactured by Pfizer and a vaccine manufactured by Moderna. Many more vaccines are in the pipeline being tested.

Are we at the beginning of the end of the COVID-19 pandemic? A lot depends on what we do. Large numbers of Americans must be vaccinated for the virus to be defeated. Due to limited supply, however, everyone cannot be vaccinated at the same time. As a result, the Michigan Department of Health & Human Services has prioritized who within the state will first receive access to the vaccines.

Top priority are people who work in hospitals, doctor's offices and long term care facilities where they are at high risk of coming into contact with patients who have COVID-19 or with potentially infectious material. Hospitals and health systems have started to receive direct shipments of vaccines.

Select pharmacies and local health departments also have started to receive vaccine shipments. These shipments will be used to administer vaccines at long-term care facilities. As more vaccine becomes available, doctors' offices, clinics and additional pharmacies are expected to receive vaccine shipments for the general public sometime in late Spring 2021. The state has set a goal to vaccinate 70% of residents age 16 and older (5.6 million people) by the end of 2021.

PVM's long-term care communities, assisted living and independent living facilities have been in contact with their assigned pharmacy or local health department regarding administering vaccines onsite to residents and staff. Your building administrator will provide you with all the information you need to receive a vaccination when it becomes available.

If you are concerned about the safety and effectiveness of the vaccines, talk with your doctor and read the *Frequently Asked Questions* at https://www.michigan.gov/documents/coronavirus/COVID-19_Vaccine_Public_FAQ_FINAL_710077_7.pdf.

Even with the vaccine, we still need to wear a face covering over our mouth and nose, stay at least 6 feet apart from one another and practice proper hand hygiene. If we all do the right things, sooner rather than later we are sure to get control of the coronavirus and start putting an end to the pandemic.





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Michigan Secretary of State Moving to More Online Services

The pandemic has highlighted the importance of making things easier with new ways to accomplish necessary tasks. Michigan Secretary of State Jocelyn Benson announced what she has introduced some service improvements for Michigan residents.

Beginning in March, renew driver's licenses and state ID cards online and at self-service kiosks around the state. The 130 kiosks in branch offices, Meijer, Kroger and other grocery stores statewide can process an ID replacement, add themselves to the organ donor registry, request their own driving record online and handle electronic lien and title information instead of paper title documents.

This good news helps people at high risk for COVID or those who have been unable to renew their license or ID in person because of pandemic restrictions, for seniors who may have transportation issues and for people who have a basic knowledge of computers or have someone to help them with the technology. This good news, along with the vaccines coming to our rescue, show promise for a brighter and easier time in the New Year.

I hope that you were able to connect with family over the holidays in new and creative ways. Thank heavens for the internet! Wishing you a safe, healthy and peaceful New Year in 2021. Thank you for your readership.

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

Word Scramble Answers

1. **Fireworks**
2. **Countdown**
3. **Party**
4. **January**
5. **Eve**
6. **Calendar**
7. **Midnight**
8. **Resolution**
9. **Year**
10. **Celebration**

Types of Dog

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- BULLDOG
- PINSCHER
- DALMATIAN
- MASTIFF
- BOXER
- SHEPHERD
- BEAGLE
- TERRIER
- SETTER
- CORGI
- ROTTWEILER
- CHIHUAHUA
- COLLIE
- HOUND
- DACHSHUND

**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

Denise Giallombardo
Service Coordinator

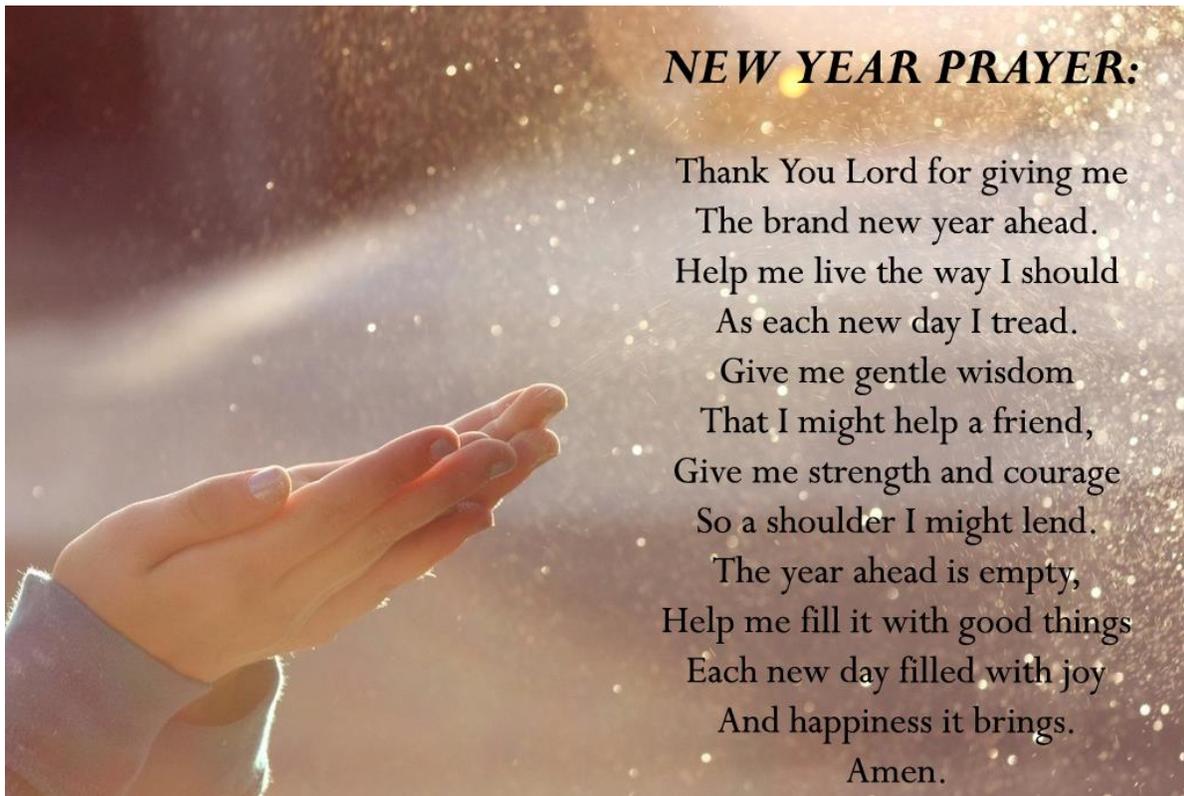
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Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan 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



NEW YEAR PRAYER:

Thank You Lord for giving me
The brand new year ahead.
Help me live the way I should
As each new day I tread.
Give me gentle wisdom
That I might help a friend,
Give me strength and courage
So a shoulder I might lend.
The year ahead is empty,
Help me fill it with good things
Each new day filled with joy
And happiness it brings.
Amen.

Embrace the possibilities