



# Village Voice



## Embrace the possibilities

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

July 2020

### Featured Articles

<b>Birthdays</b>	<b>p. 5</b>
<b>Emergency #</b>	<b>p. 11</b>
<b>Recipe</b>	<b>p. 6</b>
<b>Senior Advocate</b>	<b>p. 9</b>
<b>Service Coord.</b>	<b>p. 2</b>
<b>Wellness</b>	<b>p. 8</b>
<b>Word Scramble</b>	<b>p. 5</b>
<b>Word Search</b>	<b>p. 10</b>

Dear Friends,

I want to encourage you to think about what you **can** do in the building. You can:

- Visit with your friends and family on the back patio, in the smoking area or next to the front flower garden where the roses are beautiful.
- Help weed the flower beds.
- Take walks around the building.
- Visit with residents in the lobby or the Eddie Flint room.
- Visit our libraries (call the office to make an appointment) and select some books or puzzles.
- Buy pop or candy in the vending machine now. Temptation!
- Play cards or games in the community room. The four tables with four chairs spaced 6 feet apart are the proper distance. You might like playing a game that way – you’ll never know until you try!
- Keep smiling and encouraging others. Happiness is contagious.

### ***New E-Call System Coming***

We are very pleased to be able to afford a new Resident Emergency Call System.

It will be installed the week of July 13 and involves a dedicated computer, software and communication lines that you as a user does not see, but are in the closet next to the library and in the hallway ceilings. You will get new necklaces during the week of July 13 as well.

As the fiscal year ended, it became apparent that we had enough money to make this needed improvement.

Thank you to PVM’s IT Department, Stacey Klooster and Will Horton for your work.



The Village of  
**Warren Glenn**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



*Anne Lilla, Administrator*

## From the Service Coordinator

Denise Giallombardo, B.S., Human Services.

### **Is Your Animal Showing Signs of Anxiety, Depression or Hyperactivity During the COVID-19 Pandemic?**

A resident recently told me that her cat seems to be more anxious and had some out-of-sorts behavior. Animals can and do feel stress and can pick up anxiety from their “humans.”

Liz Stelow, a veterinarian from the University of California, suggested that owners take steps to maintain a normal life for dogs and cats under the current pandemic orders particularly by keeping an eye on how their own emotional state affects their pets. “If I had an animal that worried when I melted down, I would find a place to cry away from him so he wouldn’t hear me,” she said. She also suggested that you give your pet time to be alone and give them distance when they growl or hiss rather than reprimanding them. It might help them stay calm.

Jessica Pierce in *Psychology Today* said that because cats spend 30% of their lives grooming themselves, it is difficult to identify over-grooming. But if your cat pulls out its hair and leaves bald patches, consult your veterinarian. If your cat starts to pee outside the litter box all of a sudden, this may be a warning sign that your cat has a physical problem or is stressed. Cats trained to use a litter box very rarely stop using their box unless something is wrong physically or emotionally. Consult with your vet because the cat may have a urinary tract infection or a kidney problem.

Cats are fussy eaters but they usually eat their favorite food with gusto. A cat who stops eating might be stressed or ill. If you free-feed your cat, keep an eye on how much food you put out to make sure your cat regularly eats about the same amount.

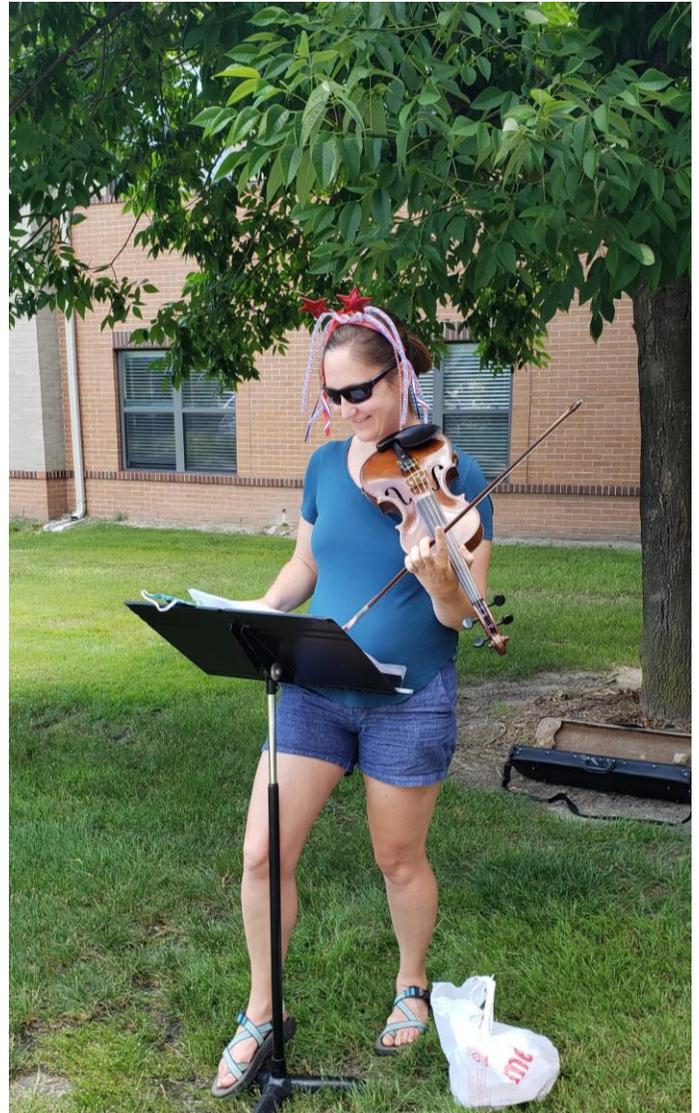
If you think your cat might be overstimulated by more human interaction than usual during the pandemic, make sure they have a safe and quiet place they can go to be alone. If you have more than one cat, make sure that there is plenty of food and affection to go around. Environmental enrichment (food, puzzles, new toys and games, structures to crawl up and hide in) can help your cat feel better by giving them interesting things to do.

### **SERVICE COORDINATOR ACTIVITIES IN JULY**

DR. RUBIN, FOOT DOCTOR, THURSDAY, JULY 9  
Sign up in the mailroom.

FOCUS HOPE, FRIDAY, JULY 10  
Boxes delivered to residents’ apartments.  
There is no signing until further notice due to COVID19.





## ***Celebrating Our Country***

Residents enjoyed an early 4<sup>th</sup> of July celebration under the trees and porch. Pastor Julie played patriotic songs on her violin; ice cream and popsicles from Marijo Hockley cooled us down and a red, white and blue flower arrangement from Mac McDougall now livens up the lobby. Pastor Julie had tough questions for the *Patriotic Trivia Game* – Diane Sexton won 1<sup>st</sup> place and Lawanda Alexander and Araina Adams tied for second. Thank you to Rosemarie Barnhart who helped decorate the patio, donkey and Rose of Sharon tree with red, white and blue bows and bunting! Thank you to 1<sup>st</sup> Church!





## *The Summer Day by Mary Oliver*

Who made the world?  
 Who made the swan, and the black bear?  
 Who made the grasshopper?  
 This grasshopper, I mean -  
 the one who has flung herself out of the grass,  
 the one who is eating sugar out of my hand,  
 who is moving her jaws back and forth instead of up and down -  
 who is gazing around with her enormous and complicated eyes.  
 Now she lifts her pale forearms and thoroughly washes her face.  
 Now she snaps her wings open, and floats away.  
 I don't know exactly what a prayer is.  
 I do know how to pay attention, how to fall down  
 into the grass, how to kneel down in the grass,  
 how to be idle and blessed, how to stroll through the fields,  
 which is what I have been doing all day.  
 Tell me, what else should I have done?  
 Doesn't everything die at last, and too soon?  
 Tell me, what is it you plan to do  
 with your one wild and precious life?



### **JULY BIRTHDAYS**

July 1	Mignon Jennings	207
July 1	Hudear Lazam	232
July 3	Tom Geml	107
July 13	Bev Hooks	240
July 15	Adly Saad	142
July 19	Eraina Adams	104
July 24	Hope Dawayen	135

### **JULY MEANINGS**

Named to honor Roman dictator Julius Caesar.

### **COLLECTING AGAIN HELP NEEDED**

Dann Federico is collecting empty egg cartons and medicine bottles again. Egg cartons go to the local food pantry; they buy eggs in bulk and use the cartons so clients can get the eggs home safely. Plastic medicine bottles go to World Medical Relief and Doctors without Borders for use locally and internationally. Please remove your personalized labels from the bottles and drop both bottles and egg cartons off outside of Dann's apartment (#208). The last count of donated items from the Village of Warren Glenn was 640 egg cartons and 1,405 medicine bottles. Dann thanks you for helping.

## Ways to Beat the Heat

### Drink More Fluids

- Drink more fluids, regardless of your activity level. Do not wait until you are thirsty to drink.
- If you are older, take care to drink fluids. As we age, the body retains less water.
- If you take water pills, ask your doctor how much you should drink.
- Avoid caffeinated, alcoholic or sugary liquids because they can be dehydrating. Avoid very cold drinks.
- Cut back on exercising outdoors. If you must exercise outdoors, drink 2 – 4 glasses of cool, nonalcoholic fluids each hour.

### Keep Your Body Cool

- Wear wide-brimmed hats and sunglasses.
- According to the Centers for Disease Control and Prevention, fans may provide comfort, but they do not prevent heat-related illnesses when the temperature is in the high 90s.
- Cool off with a cool shower or bath or move to an air-conditioned place.
- To feel cooler, eat cooler. Reduce your protein intake.
- Stay in the shade, especially between 11:00 a.m. and 3:00 p.m. Avoid strenuous activities during this time.



### Blue Strawberry Salad

- 3 tablespoon raspberry vinegar
- 3 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 6 cups mixed spring greens
- 2 cups fresh strawberries, washed, hulled and sliced
- 8 ounces blue cheese, crumbled
- ½ cup red onion, chopped
- ½ cup toasted pecans

Whisk together the vinegars and olive oil.

In a large salad bowl, combine the greens, strawberries, blue cheese, red onion and pecans.

Drizzle dressing over the salad mixture and toss gently.

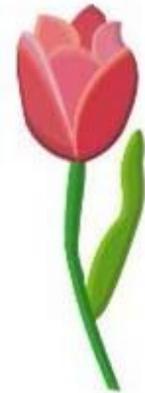
Serve immediately. Makes 6 servings.

*Recipe from Robin Danto, Home Economist, Senior Health Line, MSU Extension*





# Flower Power



- |          |             |           |
|----------|-------------|-----------|
| ASTER    | HONEYSUCKLE | ORCHID    |
| CROCUS   | LAVENDER    | PANSY     |
| DAFFODIL | LILAC       | SUNFLOWER |
| DAISY    | LILY        | TULIP     |
| GERANIUM | MARIGOLD    | VIOLET    |



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### ***Happy Interdependence Day!***

July 4, 1776. The Continental Congress, representing the 13 original colonies, officially declared its independence from Great Britain on this day thus giving birth to a new nation. Traditionally, we call this day "Independence Day". In the era of COVID-19, I propose we give it a new name. I suggest we instead call it "Interdependence Day".

Collectively, if we are to remain healthy and well and slow down the spread of the coronavirus, we need to rely on each other. When in public, we need to stay at least six feet away from one other and wear proper face coverings to keep from spreading the virus to our friends, neighbors and other fellow citizens. When we have symptoms, we need to stay home and contact our healthcare provider for further instructions. And we need to frequently wash our hands with soap and water. If neither is available, hand sanitizer is the next best option.

If we all do our part, we can beat COVID-19. We can truly free of this virus only through effective interdependence. So this 4<sup>th</sup> of July, consider greeting each other with "Happy Interdependence Day!"

### ***THE NEW COLOSSUS by Emma Lazarus***

Not like the brazen giant of Greek fame,  
With conquering limbs astride from land to land;  
Here at our sea-washed, sunset gates shall stand  
A mighty woman with a torch, whose flame  
Is the imprisoned lightning, and her name  
Mother of Exiles. From her beacon-hand  
Glowes world-wide welcome; her mild eyes command  
The air-bridged harbor that twin cities frame.  
"Keep, ancient lands, your storied pomp!" cries she  
With silent lips. "Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore.  
Send these, the homeless, tempest-tost to me,  
I lift my lamp beside the golden door!"





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### Shape Your Future

More than ever it important for all of us to be counted in the 2020 Census! I am sharing information we received from the federal government. They have made it much easier to comply with this request to reply. The Census email to tenants reads:

Dear Resident:

The 2020 Census is here and you still have time to participate. Every 10 years, the census counts everyone living in the United States. It is important to count every person living so that your community is accurately funded and represented for the next ten years.

Information collected in the census will help allocate more than \$675 billion in federal funding each year. Health care, emergency response, schools and education program and food stamps are impacted by the 2020 Census. The COVID-19 pandemic also underscores the importance of census data and census participation.

The 2020 Census is also easy, safe and important. Your personal information is confidential by law and your responses can only be used to produce statistics. They cannot be used for law enforcement purposes or to determine your personal eligibility for government benefits.

It has never been easier to respond to the 2020 Census even without meeting a census taker at your door. Your response matters. Get counted and respond online at [2020census.gov](https://2020census.gov), by phone at 844-330-2020, or by mail.

*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](http://www.pvmgifts.org)

What is the longest word in the English language?

Smiles, because there is a mile between the first and last letters.





**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](http://www.pvm.org)

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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](http://www.pvmfoundation.org)



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