



Village Voice



Embrace the possibilities

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

June 2020

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Let's Keep the Virus out of Warren Glenn! Current Rules

If you have symptoms OR have tested positive OR have been around someone who has COVID-19, you need to stay in your apartment for 14 days and you need to tell the office.

Visitors are not allowed unless they are providing medical care or are assisting you with personal care or chore services. Only essential visitors are allowed in the building or in your apartment.

Essential visitors must fill out a health evaluation form in the vestibule every time they come into the building.

Residents and visitors must wear a face mask or scarf covering nose and mouth:

- while inside the common areas of the building or
- when closer than six feet of another person (inside and outside) or
- when a building employee is in your apartment.

Residents must remain 6 feet away from one another in the common areas of the building and while sitting on benches or chairs on the grounds.

Residents are no longer required to stay home (unless under quarantine). When you go out, protect yourself from COVID-19: stay 6 feet away from people, wear a mask and wash your hands often.

Residents may meet together in groups of ten or less in the building. You must wear masks and stay at least six feet apart.

Residents may meet together in groups of 100 or less outside of the building. You must stay at least six feet apart. *And* you can have non-essential visitors as long as they remain outside.

A committee is meeting at the corporate level to make decisions about when and how other building activities will start. Stay tuned!



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.

Sign Up! The Importance of Making an Appointment

I am very pleased that I am now working my regular 30 hours per week. My new schedule is below. I have added late afternoon appointments on Mondays and Wednesdays to accommodate your needs.



MONDAY	9:00 AM – 6:00 PM (4:00 PM APPOINTMENT AVAILABLE)
WEDNESDAY	9:00 AM – 6:00 PM (4:00 PM APPOINTMENT AVAILABLE)
THURSDAY	9:00 AM – 5:30 PM (APPOINTMENTS AT 10:00 AM OR 2:00 PM)
FRIDAY	9:00 AM – 3:30 PM (NO APPOINTMENTS / WORKING ON FILES)

Why do you need to make an appointment?

Applying for benefits such as food stamps, Medicare and Medicaid or straightening out a problem requires almost an hour because I assist you with:

- Filling out a lengthy application or writing a letter about a problem,
- Copying and sending documentation/proof of income, residency, bills, etc., and
- Calling Medicare, Social Security, a customer service rep or DHS caseworker.

I work one-on-one with a resident, so that questions are answered and problems are resolved or avoided. During the appointment, I set aside time just for YOU!

Sign-up sheets are on my office door. If you have a general question or a problem that I can solve in under 10 – 15 minutes, I can help you without an appointment. If you are not sure if you need an appointment or not, just ask and I can let you know YES, you need an appointment because of the time involved, or NO, I can help within 1-15 minutes.

Remember, I am here for you. My goal is to assist YOU to live your best life! Please call or stop by. It is wonderful to be back and see all of you again!

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

Thank you Chuck Cowan

for purchasing and planting two lilac bushes and flowers at the side of the building.

Little by little we are making the grounds bloom.

Things Emotionally Intelligent People Do

Taken from an *Inc.* article by Justin Bariso

What does emotional intelligence look like in everyday life? What can you do to make your emotions work for you, instead of against you? Make these changes and you will have a happier life.

1. **Think about feelings** – Emotionally intelligent people identify emotions and understand the role they play in influencing a person’s thoughts. They quietly observe their own feelings and the feelings of others. This enables them to see what is happening “below the surface”...and identify reasons behind behavior.
2. **Pause** – Emotionally intelligent people realize that emotions are fleeting and that making impulsive decisions lead to regrets. They pause and think before speaking or acting especially in an emotionally charged moment. Their goal is never to make a permanent decision based on a temporary emotion.
3. **Learn from mistakes** – People with emotional intelligence seek to learn from mistakes. They study their behavior, identify their triggers and cultivate habits that successfully keep their emotions in check.
4. **Strive to be authentic** – They endeavor to always say what they mean, mean what they say and stick to their values and principles.
5. **Show empathy** – instead of labeling people, emotionally intelligent people work hard to see things through another person’s eyes. They listen, not to form judgements, but to understand which leads to deeper, more connected relationships.
6. **Commend others** – Look for the good in others and share specific praise. Nurture people’s potential.
7. **Apologize** – “I’m sorry” are powerful words and saying them means that you value your relationship more than your ego.
8. **Forgive and forget** – Hanging on to resentment is like leaving a knife inside a wound and you never give yourself a chance to heal.
9. **Deliver necessary feedback effectively** – Emotionally intelligent people reframe criticism as constructive feedback, so the other person sees it as helpful instead of harmful.
10. **Recognize the power of emotions** – Emotions influence practically everything about our lives. They help us decide which career path we take and for which jobs we apply. They determine our taste in movies, music and art. Emotions influence decisions about where we live and for how long. They help us determine with whom we spend our time, whom we fall in love with and marry...and whom we leave behind. Emotions can cause us to make a split-second decision with consequences that will follow us for the rest of our lives. They make us feel like we’re stuck in a black hole with no way out. But they also provide lightness and joy and take us to dizzying heights.

What states or countries would you like to visit?

- North Carolina – Debbie Bertolino
- Germany or Italy – Betty Challenger
- Alaska and Ireland – Miriam Napolitano
- Hollywood, California and Tennessee – Janice Kuchta
- Rocky Mountains and the Grand Canyon – Chuck Cowan
- Our Upper Peninsula, Las Vegas, Paris, and the Netherlands – Stacey Klooster
- Seattle to visit a friend, California to see the giant Sequoia trees, Italy for food and art – Anne Lilla

SURVEY SEZ...

What kind of music have you liked throughout your life?

- Soft music – Betty Challenger
- Country music – Allan Thompson
- Christian music – Chuck Cowan Classic rock & roll
- 60's Oldies 70's and 80's Classic Rock – Janice Kuchta
- Easy listening, show tunes and hymns – Miriam Napolitano
- Jazz, Motown, folk, blue grass, rock and classical music. – Anne Lilla
- My parents played classic rock (Dad) and Fleetwood Mac (Mom). – Stacey Klooster

Five residents and two staff answered a getting-to-know-you survey. Here are the results!

Who has positively influenced you?

- Brother and sister – Allan Thompson
- Don Shane and Ray Allan – Janice Kuchta
- Christ Jesus gives me a healthier view of life – Chuck Cowan
- My grandparents and some teachers and pastors – Miriam Napolitano
- My parents taught me to work hard and respect people – Debbie Bertolino
- My teacher, Mrs. Baker, by showing me she cared in the 8th grade – Pearlie Ashford
- A late church member, Bob Heidrich, was placed in my life at a point when I struggled with faith. He was so patient with all of my questions. – Stacey Klooster

What is your biggest accomplishment?

- Raising five awesome kids. None are lazy and they all love their children – Chuck Cowan
- Getting a perfect score on inspection while in Basic Training – Betty Challenger
- My family. I raised seven children who are now successful adults – Miriam Napolitano
- I helped raise my niece and nephews and babysat for family. I worked all my life – Deb Bertolino
- Standing close to the Lord. Trying to do what pleased my Lord and my mom – Pearlie Ashford
- First and foremost, becoming a Mother. I became a mother at a relatively young age, but have never regretted it. I am very proud of sons, Ethan, 18, and Blake, 16. – Stacey Klooster

What was the scariest or most thrilling thing you have ever done?

- When I was much younger, I used to enjoy driving 4-wheelers and snowmobiles fast. Now I am scared to watch my boys do the same. Life comes full circle. – Stacey Klooster
- I took a hot air balloon ride. I was scared, but I went. It was peaceful and beautiful. – Anne Lilla
- Loving my mom. Keeping my hand in Jesus' hand at her death bed. – Pearlie Ashford
- Having a baby while my two year old was in another part of the same hospital. – Miriam Napolitano
- Finding out late in life that I was born without one of my aorta valves. Had surgery. Look at me now! Think positive and believe in God. – Debbie Bertolino
- Move in with old people! ☺ - Chuck Cowan

Word Scramble - States in the U.S.

1. gcamiihn _____
2. eesntsene _____
3. gergiao _____
4. iraozna _____
5. oihda _____
6. nmgyowi _____
7. wne reipshhma _____
8. hooi _____
9. viiaigrn _____
10. alkamoho _____
11. aaednv _____
12. toanman _____
13. akresabn _____
14. mbaaala _____
15. mneotvr _____
16. xsaet _____
17. aalaks _____
18. iursosim _____
19. neasmtoin _____
20. uoalaniis _____



JUNE BIRTHDAYS

- June 3 Rosemarie Barnhart 202
- June 22 Walter Toepfer 133
- June 29 Pjeter Marku 124
- June 29 Deb Bertolino 134

OTHER JUNE DATES

- June 10 Iced Tea Day
- June 14 Flag Day
- June 19 Juneteenth
- June 20 Summer Begins
- June 21 Father's Day
- June 24 Swim a Lap Day
- June 26 Forgiveness Day

JUNE MEANINGS

Named for the Roman goddess Juneo, patroness of marriage and the well-being of woman. Also comes from the Latin word *juvenis* meaning *young people*.



Answers on pg. 7

Senior To Go Meals

Tina Thompson from the *Macomb County Dining Senior Style* lunch program sent an e-mail. She misses her family at Warren Glenn and even misses when residents fuss and fight!

The county has a meal pick up site in Warren from 10:00 a.m. – Noon on Monday – Friday at the parking lot at Stillwell Manor, 26600 Burg Road, located off 11 Mile Rd., near Hoover.

To qualify, you must be 60 years or older, a Macomb County resident and show photo ID. There is a limit of one meal per person. If someone wants to pick up meals for other people, they can as long as they have they have photo ID for the people who are not there.



WHO IS THAT MASKED MAN?

Mark Benoit made safety screens for Stacey, Denise and Anne. He also rehabbed a bench he found at the curb and built an oak bookcase in the computer room. How did we get so lucky?



Spring Vegetable and Pasta Salad

3 cups uncooked small shell pasta
 8 asparagus spears, cut in ½ inch pieces
 1 cup grape tomatoes, cut in half
 1 cup green bell pepper, diced
 ½ cup green onion, chopped including green
 ¼ cup olive oil
 2 tablespoons lemon juice
 2 tablespoons white wine vinegar
 ¼ teaspoon fresh ground pepper.

Cook the pasta, drain and rinse with cold water. In a small pan, bring water to a boil and add the asparagus. Cook for 3 minutes and then rinse in cold water quickly. Mix the pasta, asparagus, tomatoes, bell pepper and green onion in a salad bowl.

Whisk the olive oil, lemon juice, white wine vinegar and ground black pepper together. Pour the dressing over the pasta and vegetables and toss together.

Cover and refrigerate for at least an hour before serving. Makes 8 servings.

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

It's Puzzling...Can You Solve These?

1. There are two ducks in front of a duck, two ducks behind a duck and a duck in the middle. How many ducks are there?
2. Five people were eating apples, A finished before B, but behind C. D finished before E, but behind B. What was the finishing order?
3. Jack is looking at Anne. Anne is looking at George. Jack is married, George is not, and we don't know if Anne is married. Is a married person looking at an unmarried person?
4. A man has 53 socks in his drawer: 21 identical blue, 15 identical black and 17 identical red. The lights are out and he is completely in the dark. How many socks must he take out to make 100 percent certain he has at least one pair of black socks?
5. The day before two days after the day before tomorrow is Saturday. What day is it today?



Answers on page 9.

Word Scramble Answers from pg.5

1. Michigan
2. Tennessee
3. Georgia
4. Arizona
5. Idaho
6. Wyoming
7. New Hampshire
8. Ohio
9. Virginia
10. Oklahoma
11. Nevada
12. Montana
13. Nebraska
14. Alabama
15. Vermont
16. Texas
17. Alaska
18. Missouri
19. Minnesota
20. Louisiana

Corny Jokes from BuzzFeed

What do you call it when Batman skips church?

Christian Bale

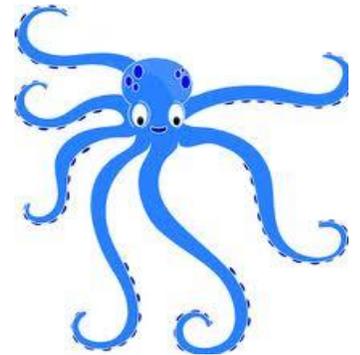


Why don't they play poker in the jungle?

Chee-tahs

How many tickles does it take to make an octopus laugh?

Ten-tickles



Why did the bicycle fall over?

Because it was two-tired.



Why did the stadium get hot after the game? *The fans left.*



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Take it Easy! Take it Slow!

The Governor has relaxed her *Stay Home, Stay Safe* order and we can emerge from our homes to do more than just essential tasks. While taking all the necessary and proper precautions, we can once again visit with family and friends.

Just because we've been given the green light to get out and about, however, doesn't mean we should go from "0 to 60" to make up for lost time. Keep in mind that while we have been sheltering in place to help "flatten the curve", we have probably been less physically and mentally active. Our bodies have most likely become a little weaker and our brains perhaps a little less sharp. As they say, "use it or lose it". Be mindful of these subtle yet significant changes.

Just as butterflies, after they emerge from their cocoons, first take the time to unfold and dry their wings before they fly off to experience life's adventures, we too will need to do the same. We will need to move a little slower and be a bit more deliberate with our actions. We will need to be more in tune with our bodies paying attention to its signals, resting when we need to rest and moving when we need to move.

As we begin to get out and about and interact with our families and friends, our bodies will strengthen and our brains will sharpen. And as we do start to move about, it's important that we remember to take it easy and take it slow. In our quest to be with others, the last thing we want is for something to happen, such as a fall that may put us right back where we started – confined to our homes.





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer



In the Shelter of Each Other

“It is in the shelter of each other that the people live.” *Irish proverb*

This quote is extremely appropriate for these times. As we are sheltering in place it becomes all the more apparent how important connections are for us as human beings. We miss our children, grandchildren and all loved ones and friends more than we could have even imagined. They are the lifeblood of our lives. The PVM staff feels that way about all of you.

It seems so counterintuitive as we have always encouraged you to be engaged, get involved, and come together for fun, wellness and connection. Now we are insisting that you shelter in place. You have been doing a great job of this; and it is working! We are flattening the curve of this terrible disease known as COVID-19 or the Coronavirus. Please remember that you are not only protecting yourself but everyone else as well. Remember that your administrators and staff are available to help you when needed.

We appreciate very much your cooperation and support. When this is over, we will celebrate in a very big way. We are one day closer to having this behind us. Better days are ahead!

ANSWERS TO LOGIC PUZZLE pg. 7

1. Three. Two ducks are in front of the last duck; the first duck has two ducks behind; one duck is between the other two.
2. CABDE. Putting the first three in order, A finished in front of B but behind C, so CAB. Then, we know D finished before B, so CABD. We know E finished after D, so CABDE.
3. Yes. If Anne is married, then she is married and looking at George, who is unmarried. If Anne is unmarried, then Jack, who is married, is looking at her. Either way, the statement is correct.
4. 40 socks. If he takes out 38 socks (adding the two biggest amounts, 21 and 17), although it is very unlikely, it is possible they could all be blue and red. To make 100 percent certain that he also has a pair of black socks he must take out a further two socks.
5. The “day before tomorrow” is today; “the day before two days after” is really one day after. So if “one day after today is Saturday,” then it must be Friday.

The Big Bang Theory



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



PHYSICS
PASADENA
PENNY
HOWARD

LEONARD
BIG BANG
THEORY
AMY

BAZINGA
SCIENCE
WOLOWITZ
OCD

NEBRASKA
RAJESH
STUART
CALTECH

**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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Stacey Klooster
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Mark Benoit
Maintenance Tech

Emmi Parada
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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



**Happy
Father's Day**

Embrace the possibilities