



# Village Voice



## Embrace the possibilities

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

November 2019

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### **Shining Star Winner Mark Benoit**

Maintenance Tech Mark Benoit received the highest award for employees in his category at the Presbyterian Villages of Michigan *Shining Star Banquet* on October 18, 2019. Held to recognize the PVM Service Excellence Values of *listening, relationships, respect* and *accountability*, the banquet brought together hundreds of PVM employees and their guests for a good meal, music and dancing at Blossom Heath, a beautiful hall in St. Clair Shores.

Mark received the award because of nominations from residents for his hard work, ability to solve problems and good attitude. He modestly said, "I don't know why I got the award, but it is very nice. I just see something that needs to be done and I do it." Here at the village, we know why he got the award, don't we? He turned around the maintenance department and has made it hum.

Also nominated by residents for awards were Emmi Parada, Stacey Klooster and Anne Lilla. Thank you for your recognition of staff who work so hard to make Warren Glenn a beautiful place.



The Village of  
**Warren Glenn**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



### **Resident Satisfaction**

Our resident satisfaction survey is being done by telephone this year through Pinnacle Quality Insight.

When someone from the company leaves a message for you, please call them back and freely give your responses to their questions



## Mapping Diversity at Warren Glenn

...A father from Poland being shot at on the Detroit River while trying to immigrate (illegally) to the United States from Canada

...A young woman falling in love with an American soldier in Frankfurt, Germany and leaving her family and country to make her home in the American South

...A circuitous route to Detroit punctuated by searching for visas and paperwork for years in Greece, Italy and Egypt when suddenly, visas were available for an extended family of 3,000 people from Iraq

...A woman raised as black learning that she is 55% European and 45% African

...Leaving a country that has 117 languages and dialects and where as a girl she lived in the mountains and had neither running water nor wells.

The Diversity Tea on Friday, October 4 at the Village of Warren Glenn was an event where 25 people dug deep and shared personal stories about themselves and their families in a relaxed, joyful way. Some people brought pictures, flags, china, plaid fabric and wood carvings to demonstrate who they are and where they came from.

Thank you to Mark Hamama, #214, for bringing five types of baklava that represented the Middle East, Hope Dawayen, #135, for a delicious chicken, vegetable and rice noodle dish from the Philippines and Irene Alex, #241, for chruschiki, also known as angel wings from Poland. The office contributed a French chocolate mousse cake, Italian tiramisu and German apple strudel.

We placed a world map outside of the community room so that residents and staff could identify where they were from. Twenty-two nationalities were represented with Irish (17), African, (15) and German (13) being the top three. When grouping the information differently, people reported the British Isles most often (32 times) followed by Western Europe (25 times), Africa (18 times), Eastern Europe (11 times), North America which was defined as Native American or Canada (11 times), Middle East (4 times), Scandinavia (twice), and Asia (once). One woman, using an old-fashioned term said that she was a *Heinz 57*, a mutt or a mixture of backgrounds.

The resident who used genetic testing not only discovered having a different racial split than she was raised with, but she learned that her African heritage was broken down to Sub-Saharan African (43%), Nigerian (11%), broad West African (11%), Congolese and southern East African (5%) and unknown African (30%). As more people are tested and their information is part of a genetic pool, genetic markers will be able to identify country of origin, not just continent of origin.

Residents and staff left with the feeling that *we are all one, but different, different but the same*. Some said that they enjoyed the event because it was a way to really get to know people and to share something of themselves.



## **First Presbyterian Church of Warren Inclusion Ministry**

*by Marijo Hockley*

*Bible Study, Every Thursdays, 1:00 p.m., Community Room.  
We are working our way through the Epistles of Paul.*

*Communion Service, November 3, 1:00 p.m., Community Room*

*Worship Service, November 17, 1:00 p.m., Wellness Room*

*Movie and Lunch, November 17, 2:00 p.m., Wellness Room  
Bring a side, movie snacks, or a dessert to share. Main dish is  
provided. Movie - "Grumpy Old Men"*

*Shopping at Somerset with Cousino High Students, November 22,  
9:30 a.m. – 1:30 p.m. at First Presbyterian Church.  
Lunch and shopping with the upper crust!*



### **GOLDEN FROG WINNER NOVEMBER 2019**

Vicki Jackson, #112, is the Golden Frog winner this month. Vicki, along with dedicated volunteers, leads the twice monthly food distribution from her church to Village residents. The food often includes a variety of produce, canned goods and pasta or rice. It's fun to wonder, "What does Vicki have today?" and wander down to the community room to find out.

Vicki also waters the flowers and is a welcome sight in the lobby, greeting all who come by with warmth and friendliness. In nice weather you are in for a treat if you like the blues, because Vicki sits outside and has a vast collection of music that she plays.

Vicki also is an awesome cook and cooks at certain monthly dinners. If she ever offers you greens, fried catfish or turkey necks, jump on it. You will be in for a treat.

### **Smiles & Riddles**

*From Moe, our mailman:*

What do you get when you cross 100,000 deer and 100,000 pigs?  
(See answer below.)

*From Chuck, our friend:*

I went to visit an elderly lady one day because I heard she was lonely. She was happy for the visit and asked me to come in and stay awhile. While we were talking, I noticed she had a bowl of peanuts and grabbed a few.

After talking with her for a long time, I realized that I had eaten all of her peanuts! When I apologized, she said not to worry because she can't eat peanuts, so she just licks off the chocolate and throws the peanuts in the bowl.



*Answer: 100 sows and bucks.*



Thank you to Chuck Cowan for moving furniture back into the lobby after it had been sprayed.

Housekeeper Emmi Parada has become a great grandma for second time.

Janet Carwan's grandson, Colin, was a fierce pirate complete with a boat for Halloween.

Gail Styles, aka Giggles, is featured in the latest PVM newsletter. (See bulletin board.) The article tells about her transition to enjoying life at Warren Glenn.

Bev Hooks spent time in Kalamazoo with her grandson who is in medical school and his family. She enjoyed having Halloween with her two great grandsons!

Gail babysat for her grandchildren so her daughter and son-in-law could get away. She loved the kids but missed her village friends and activities and was glad to come home.

Stacey Klooster's son, Ethan, sat for his senior pictures. And her son, Blake, got his first job at Vince & Joe's. Time marches on.

Thanks to Mark Benoit for donating a rocking chair to the Village.



**November Birthday Party**  
**Thursday, November 7 @3 PM**  
**in the Community Room.**

**Everyone is invited**

**Cake, ice cream**  
**and beverage will be served.**

**Celebrate the Golden Frog Winner.**  
**Receive a gift for your birthday.**  
**Birthday BINGO will follow.**

### ***The Optimist Creed*** from Optimist International

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side do everything and make your optimism come true.

To think only of the best, to work only for the best and expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have not time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.



## Bed Bug Primer



We have been dealing with bed bugs at the Village of Warren Glenn and we will be victorious. These pests are crafty little buggers and can come from anywhere – a movie theater, a doctor's office or a second hand shop. Bed bugs are not a result of uncleanliness or being "dirty", but bed bugs are difficult to detect and pest control efforts are likely to fail in a cluttered home.

The bugs are most often passed from person to person through insects "hitch hiking" – going from a chair to a person's clothing and then to that person's home. Once in a home, the insects find people through carbon dioxide (remember our science classes from long ago: we breathe in oxygen and breathe out carbon dioxide). Bed bugs eat human blood at night when a person has a low heart rate.

To manage bed bugs, the Village of Warren Glenn is using these methods: **visual inspections** by trained technicians to diagnose the problem, residents **washed their clothes** and stored them in bags, **mattress and box springs were covered** in a special plastic encasement, **apartments were prepared** before spraying (getting rid of items when bed bugs hide like old furniture, cardboard boxes, stuffed animals, decorations, etc.) and then **spraying pesticides**.

We are down from five apartments to two apartments. The beauty shop also had bed bugs. All other common areas were inspected and found to be bed bug free and were sprayed with a different pesticide as a precaution.



## RESIDENTS GIVE GENEROUSLY

**Dann Federico** reports that Warren Glenn friends and neighbors contributed 400 **egg cartons** to his church's food program and 889 **medicine bottles** to Doctors without Borders and World Medical Relief since February 27! Keep up the good work and please continue to drop off the items at apartment #208.

Gail Styles would appreciate your donations of **pop can tabs** for the Ronald McDonald House. She thinks that after the last report, people might have thought that the pop tab collection drive was over...it isn't! Please continue to give to this valuable cause by taking pop can tabs to apartment #233.

Deb Bertolino is collecting **plastic bottle tops** for the homeless. Please drop yours off in the community room between the microwave and the pop machines.

Diane Sexton organized a successful **food drive** for Gleaners. Thank you to her and to everyone who donated.



## NOVEMBER DINNER



### Thanksgiving Dinner Thursday, November 28, 3:00 p.m. Community Room

**Turkey, Stuffing, gravy, real mashed potatoes, buttered peas, green bean casserole, sweet corn, cranberry sauce, hot rolls, apple pie and pumpkin pie.**

**The dinner will be provided from the Resident's Fund and prepared by the Activities Committee.**

**Sign up in the mailroom ASAP.**

**If you think there is a possibility, but are not sure if you will be here for dinner, please sign up. You can always cross your name off the list if you have an invite to go out for dinner.**



### NOVEMBER BIRTHDAYS

- 11-3 Lori Kelsch #101
- 11-7 Terzine Marku #224
- 11-19 Erna Crabtree #126
- 11-19 Pamela Shade #113
- 11-21 Shirley Pietron #203

### YAHTZEE

Chuck Cowan, #230, is interested in seeing if people would be interested in getting together to play Yahtzee. Please sign up in the mailroom to attend a Yahtzee meeting to discuss days, times and place. If you do not know how to play, but would like to learn, come to the meeting too. It is a fun, easy game to play.

### *Fall Harvest Soup with a Twist – Sweet Potato!*

- 1 tablespoon olive oil
- 1 ½ cups onion, chopped
- ½ teaspoon fresh thyme, chopped
- 4 cloves garlic, minced
- 2 carrots, chopped
- 2 stalks celery, chopped
- 32 ounces tomatoes, diced
- 4 cups low sodium chicken broth
- 1 large sweet potato, diced
- 4 small yellow potatoes, diced
- 3 cups spinach, chopped
- ½ pound green beans, cut into 1 inch pieces
- 2 cans cannellini beans, drained and rinsed
- 2 ounces grated parmesan cheese

In a large soup pot, heat the oil over medium heat. Add the onion, thyme, garlic, carrots and celery. Cook, stirring occasionally until soft, about ten minutes. Add the rest of the ingredients, except the parmesan cheese. Bring to a boil. Reduce the heat and simmer for an hour. Serve hot topped with the parmesan cheese.

Makes 5 servings.  
Nutrition value per serving:  
Calories 175  
Protein 10 grams  
Fat 4 grams





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### **Expert Help – Are They or Aren't They?**

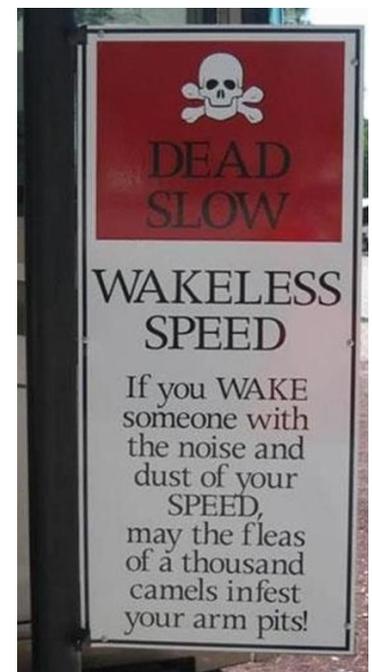
At times we all need the advice of experts. For seniors this is an opportune time to remember this. Fall not only brings out beautiful panoramas of fall colors, pumpkins and cider. It also attracts scam artists of all types. Do not respond to direct appeals by phone (except for the Resident Satisfaction Survey) or mail. Unscrupulous people are standing in line to steal your money. Especially prevalent at this time of year are so-called contractors who will falsify needs that you could have for driveway and roof repair. Do not contract with anyone without seeking the advice of a trusted friend or family member.

Also, since we are in the enrollment season for healthcare, scam artists will try to get your social security number, bank account information and other important data to create identity theft. You may have heard the phrase: "Better safe than sorry!"

Truer words were never spoken. Check with your PVM service coordinator. They can refer you to Medicare/Medicaid counselors whose services are free of charge.

Along with these seasonal scams, unfortunately on-going ones are still working. I just heard recently of another woman who was scammed into giving thousands of dollars away thinking she was helping her grandson who was in trouble. On the second attempt by the scam artists her instincts kicked in. She called her daughter to find out that her grandson was sitting right there with her daughter safe and sound! Keep in mind as well that banks will not be calling you and asking for private information to "protect" your account.

Be a safe and savvy senior and enjoy this beautiful fall season!



## From the Service Coordinator

Denise Giallombardo, B.S.W., National Church Residencies

### **Come to the Service Coordinator Programs in NOVEMBER**

FRIDAY	NOV. 1	FOCUS HOPE	SR. COORD OFFICE	MORNING
WEDNESDAY	NOV. 6	MEDICARE D ENROLLMENT	LIBRARY 9:30 AM - 3:30 PM	APPT.
THURSDAY	NOV. 7	PAPARAZZI JEWELRY	COMMUNITY ROOM	10:30 AM
FRIDAY	NOV. 8	HEALTH FAIR	PEACE MANOR	See Denise
TUESDAY	NOV. 12	DEB'S DOLLAR STORE	COMMUNITY ROOM	10:00 AM
THURSDAY	NOV. 14	FREE FLU SHOT CLINIC	LIBRARY	10:30 AM
THURSDAY	NOV. 21	THAW OUT THURSDAY HOT COCOA WITH AMERICAN HOUSE	COMMUNITY ROOM	TBD

### **Prebiotics and Probiotics: What Are They and What Do They Do?**

*Senior Health Line*, Robin Danto, Home Economist, Michigan State University Extension

There is a lot of talk about prebiotics and probiotics. Prebiotics are from fiber. Our body cannot digest this fiber and it becomes food for probiotics in the human gut. Prebiotics are found in fruits, vegetables and whole grains. Probiotics are food that contain live microorganisms or bacteria. Probiotics are found in yogurt and sauerkraut. Bacteria is often harmful to our bodies, but some, such as probiotics are helpful. Bacteria can help to digest food in our intestines, destroy harmful cells and convert vitamins to a usable form. Both probiotics and prebiotics help the body produce and maintain a healthy balance of different bacteria in the digestive tract.

There is not a lot of conclusive research evidence on probiotics, especially when provided through supplements. Some research centers around the prevention of diarrhea caused by taking antibiotics. Studies are promising, but it is not known which probiotics are beneficial and which are not. The safety concern is whether or not probiotics, especially in the supplement form, harm people with compromised immune systems or long term illnesses, or who are receiving treatment for cancer. Possible unwanted effects may include infections, production of harmful substances and antibiotic resistance.

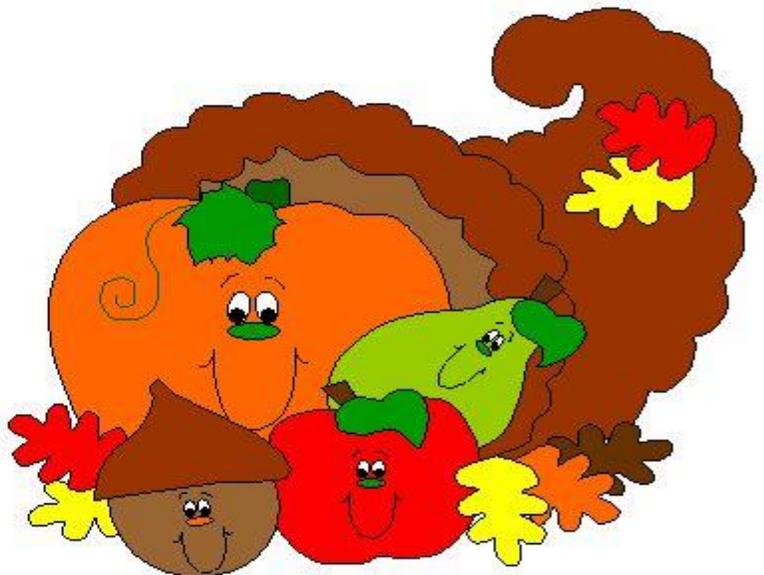
It is generally believed that a diet consisting of whole grains, colorful fruits and vegetables, and some fermented foods will provide a person with sufficient prebiotics and probiotics without the need for supplementation.

# Thanksgiving Word Search

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

cook  
 corn  
 dinner  
 fall  
 family  
 feast  
 food  
 gravy  
 harvest

maize  
 pilgrims  
 pumpkin  
 relatives  
 settlers  
 squash  
 stuffing  
 thanks  
 turkey





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

By Tom Wyllie,  
Director of Wellness

### ***'Tis the Season: Flu Season!***

The flu is a highly contagious respiratory illness that can have serious health consequences, especially for older adults. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall and winter. It starts as early as October, peaks in January or February, and ends as late as May.

The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

- Washing your hands often with soap and water or an alcohol-based hand rub
- Avoiding touching your eyes, nose, or mouth (germs spread this way)
- Avoiding close contact with sick people
- Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food)
- Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it)
- Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.



## **Get Your Flu Shot**

**Thursday, November 14**

**Library, 10:30 a.m.**

**Bring your insurance cards**

**Thank you to the  
Visiting Nurses Association**

## OUT & ABOUT WITH LAWANDA & THE SUPPER CLUB

### POLKA!



A Polish restaurant in Troy called Polka proved to be popular with residents Mary Blaszak, Irene Alex, Gail Styles, Alan Thompson, Rosemarie Barnhart, Alice Kelmar, Betty Challenger, Lori Kelsch, Christine Bashawaty, Joyce Wilde, Miriam Napolitano, Mary Hofrrichther and Lawanda Alexander.

### BUDDY'S PIZZA



### FRANKEMUTH

Warren Glenn residents Irene Alex and Sister Mary Fagan, Joyce Wilde, Alice Kelmar, Rosemarie Barnhart, and Betty Challenger are pictured at Frankenmuth in October. Also attending was Mary Hofrrichther, Alan Thompson, Gail Styles, Lori Kelsch, Christine Bashawaty, Miriam Napolitano and Lawanda Alexander. Residents enjoyed chicken dinners with a little help from the Friends & Family Fund and then visited Bronner's.

**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)

**Office Number (586) 751-5090**

**Village Staff**

**Anne Lilla**  
*Administrator*

**Stacey Klooster**  
*Administrative Assistant*

**Mark Benoit**  
*Maintenance Tech*

**Emmi Parada**  
*Housekeeper*

**WARREN GLENN BOARD MEMBERS**

Malcolm McDougall, President  
Betty Challenger      Sister Mary Fagan  
Marijo Hockley      Mary Blaszczak

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

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