



Village Voice



Embrace the possibilities

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

October 2019

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Dear Friends,

I was going to use this space to review the laundry room rules (boy, do we need to do that!), but as I finished the newsletter, I was struck by the richness of life at the Village.

We have...bible study, worship and communion services...social activities with special need high school students (if you haven't gone but are interested, push yourself: the kids are funny and kind and I bet you will feel good being around them) ...a movie ...a birthday party...a supper club ...a costume party... shopping in the building and shopping trips outside...a food drive...food distribution... recognizing a good neighbor ...a trip to the cider mill...a trip to Frankenmuth... lots of cards and bingo...a diversity celebration and Medicare D appointments.

Jump in this October and enjoy the richness that is Warren Glenn.

Anne Lilla, Administrator

MAPPING DIVERSITY AT WARREN GLENN

The National Day of Diversity and Inclusion is being celebrated at all Presbyterian Villages of Michigan. Our celebration is **Friday, October 4 at 2:00 p.m. in the Community Room.**

Feel free to bring in pictures of your family and symbols of your culture and ethnicity to showcase and share over dessert. We are developing a list of where our residents and staff originally came from and then will show it on the world map that we have in the lobby.

Please come and celebrate each other's culture.



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



This Day in History

- Oct. 1, 1938 Hitler's troops occupied the German-speaking portion of Czechoslovakia. Trying to avoid war, Britain and France ceded the area to Hitler who later occupied all of the country.
- Oct. 2, 1968 The Redwood National Park was established. Redwoods can live for 2,000 years.
- Oct. 3, 1932 Iraq gained independence from Britain and joined the League of Nations.
- Oct. 4, 1181 St. Francis of Assisi was born in Italy. He founded the Franciscan Order.
- Oct. 5, 1813 Shawnee Indian Chief Tecumseh was killed during the War of 1812 on the side of the British. A great Native American, he was a powerful orator who defended his people.
- Oct. 6, 1981 Egyptian President Anwar Sadat was assassinated in Cairo by Muslim fundamentalists. He shared the 1978 Nobel Peace Prize with Menachem Begin of Israel.
- Oct. 8, 1998 The U.S. House of Representatives voted to launch an impeachment inquiry of President Bill Clinton. Only two other sitting presidents were scrutinized in the same way: Andrew Johnson and Richard Nixon.
- Oct 11, 1884 Eleanor Roosevelt was born in New York City. As the wife of President Franklin Roosevelt, she uplifted the lives of people all over the world especially during the Great Depression. She was the U.S. delegate to the United Nations and a magazine columnist.
- Oct. 13, 1792 The cornerstone of the White House was laid by George Washington.
- Oct 14, 1947 U.S. Air Force Captain Chuck Yeager became the first man to break the sound barrier.
- Oct 15, 1924 Lee Iacocca was born. A mechanical engineer who helped save Chrysler from bankruptcy, he also chaired the effort to refurbish the Statue of Liberty.
- Oct 16, 1916 The first birth control clinic in America was opened in New York by Margaret Sanger.
- Oct 20, 1944 General Douglas MacArthur returned to the Philippine's after his escape in 1942.
- Oct 21, 1879 Thomas Edison successfully tested an electric incandescent lamp at his laboratory.
- Oct 22, 1979 The exiled Shah of Iran arrived in the United States for medical treatment. Militants seized the U.S. Embassy in Tehran and took 66 Americans hostage until 1981.
- Oct 24, 1980 Communist authorities in Poland recognized the trade union, Solidarity, but then outlawed it in 1981 under martial law. In 1989, Solidarity was legalized again.
- Oct 26, 1947 Hillary Rodman Clinton was born. She served as first lady, U.S. Senator, Secretary of State and the first female Presidential candidate of a major party.
- Oct 28, 1919 Prohibition began. It lasted 14 years and was profitable for organized crime.
- Oct 28, 1955 Bill Gates was born. In 1975 he co-founded Microsoft and revolutionized the world.
- Oct 31, 1984 Indian Prime Minister Indira Gandhi was assassinated by three Sikh members of her party while walking in the garden of her New Delhi home.

**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, October 6, 1:00 p.m., Community Room

Worship Service, October 20, 1:00 p.m., Wellness Room

*Movie and Lunch, October 20, 2:00 p.m., Wellness Room
Bring a side, movie snacks, or a dessert to share. Main dish is
provided. Movie - "Breakthrough"*

*Happy Halloween Party with Cousin High Students, October 25,
11 a.m. – 1:15 p.m. at First Presbyterian Church.
Lunch and treat or treating.*



**GOLDEN FROG WINNER
AUGUST 2019**

Chuck Cowan #230 is a welcomed new addition to the Warren Glenn family. His outgoing personality combined with a ready smile makes him approachable.

Chuck is ready and willing to help a neighbor in need and does so with a Christian spirit.

P.S. He also makes delicious chocolate fudge!

Smiles & Riddles

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

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1. How did Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune make up the solar system?
 2. What do guacamole and salsa need in order for them to go gambling?
 3. I can be hot. I can be cold. I can run and I can be still. I can be hard and I can be soft. What am I?

Answers on page 10.

SITUATION WANTED

Hope Dawayen, #135, is interested in providing apartment cleaning services and laundry services to residents here. Price negotiable. Please call her at 248-227-8522.





Chuck Cowan just returned from a trip to Texas to visit family. He met his 3-year-old granddaughter for the first time. What joy!

Bev Hooks went on a trip to Colorado and Wyoming with her family.

Our sympathies to Janice Kuchta, who lost her twin sister.

We wish Carol Oliver well as she leaves the village. Her talents are many – cooking, growing plants and taking good care of Roscoe.

Goodbye, Mr. and Mrs. Johnson. We wish you happiness and good health in your new adventure.

Ask Dann Federico to show you his pictures of Cambodia and Vietnam. Beautiful countries.

Denise Giallombardo is going to become a grandmother for the second time. Hooray!

To everyone who was in the hospital in September, we wish you strength and a speedy recovery.

Thank you to three residents (V.J., G.H. & J.S.) who provided a home cooked meal for the people attending the day center at the church. You are fantastic!



October Birthday Party
Thursday, October 10th @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.

Cranberry- Raspberry-Pear Crumble

Ingredients for Filling

butter
2 c. fresh or frozen cranberries
1 package frozen raspberries
2 Bartlet pears
1 navel orange
1 tbsp. fresh orange juice
3/4 c. granulated sugar
2 tbsp. cornstarch

Ingredients for Crumble

1 c. all-purpose flour
1/2 tsp. ground cinnamon
1/4 tsp. salt
1/2 c. cold unsalted butter
1/2 c. old-fashioned rolled oats
1/4 c. sugar



Directions

1. Butter a 9-inch pie plate or shallow baking dish.
2. In a large bowl, toss together the cranberries, raspberries, pears, orange zest, and juice. Add sugar and cornstarch and toss to combine. Transfer mixture to prepared dish.
3. In a large bowl, whisk together the flour, cinnamon, and salt. Add the butter; rub the mixture between fingers until coarse crumbs form.
4. Toss with the oats and sugar and squeeze the crumble between your hands to form small clumps. Cover and chill for at least 20 minutes.
5. When ready to use, spoon over the filling, breaking up any very large pieces and bake until the fruit filling is tender and the top is golden brown, 60 to 75 minutes.

The Joys of Togetherness

A couple in their nineties are both having some short term memory loss. While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down.

Later that evening they're sitting and reading, when the husband gets up.

"Would you like anything from the kitchen?" he asks.

"Some vanilla ice cream," his wife replies.

"Okay."

"Shouldn't you write it down so you don't forget it?" she asks.

"Don't worry, I won't forget."

"Well," she says. "A few raspberries on top would be great. You want to write that down?"

"I've got it, honey. A bowl of vanilla ice cream with raspberries on top."

"And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?"

A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!"

He walks out to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife.

She stares at the plate a few seconds, then says, "You forgot my toast."



! WARNING

New Scam Alert!!!

People saying they are from Medicare or Social Security are calling seniors and asking for information or threatening legal action.

THEY ARE NOT FROM MEDICARE or SOCIAL SECURITY!

- Do not give them any information.
- Do not talk to them at all.
- Just hang up the phone.

The government will only contact you by mail not by phone or internet.

Food Drive



It's time to clean out your pantry and help feed the needy. Please donate extra and unwanted, non-perishable food. Place in the marked box in the lobby. Collecting the week of October 14 – 18.



OCTOBER DINNER



**Sunday, October 27 at 5:00 p.m.
Community Room**

Ziti and Meatballs, Salad,
Garlic Bread and Beverage

Suggested \$5 donation for dinner
or bring a dessert.

50/50 Drawing Halloween BINGO
Sign-up in the mail room.

Wear a Costume. Win a Prize.



OUT & ABOUT WITH LAWANDA

We have two wonderful trips coming up in October and you are invited to sign up in the mailroom. Take a ride up north to see the turning leaves, and enjoy fried chicken and apples. Check the sign-up sheets for cost.

Friday, October 11 Frankenmuth Leave at 11 a.m.

Thursday, October 17 Blake's Cider Mill Leave at 11 a.m.

Thanks for driving, Lawanda!

SHOPPING TRIPS

Our bus leaves every Wednesday at 12:30 p.m. for food shopping. The destination changes every week and there a fee of \$2 payable in the office. Sign up in mailroom. Every resident is welcome to sign-up. Eight people can go at a time. If more people want to shop, an alternate day may be arranged.

SUPPER CLUB

The group is going to Andrea's Garden on October 24. The bus leaves at 4:00 p.m. Sign up in the mailroom. Please come; it is a good restaurant!



OCTOBER BIRTHDAYS

- 10-12 Pearlie Asheford #205
- 10-17 Sam Mahaffey #228
- 10-25 Barbara Holland #131





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

CAREGIVERS BEST FRIEND

Former First Lady Roslyn Carter has been quoted as saying: “You either have been a caregiver, are a caregiver or will be a caregiver”. It can be a joyful and heartfelt experience and can also be quite challenging all at once. It is estimated that over 80% of care is provided by a loved one rather than a professional caregiver. Caregivers often spend over 30 hours per week in their “second job”.

Since PVM is all about quality of life for all seniors and their families, we recently launched a blog called *Caregivers Best Friend*. It is chock full of excellent information to help caregivers reduce stress, save time and allow for a more positive and meaningful experience. It includes tips on many of the latest technologies such as Alexa, SHIPT, Uber and more.

In a short amount of time we have garnered over 1,200 unique visitors to our blog and attracted over 36,000 viewers on Pinterest. Check us out at www.caregiversbestfriend.org or look us up at Facebook or Pinterest. Even if you are not a Caregiver you can enjoy the benefit of learning all about convenient ways to add joy and reduce stress in your life. Happy exploring!



Come to the Service Coordinator Programs in October

TUESDAY	OCT. 8	DEB'S DOLLAR STORE	COMMUNITY ROOM	10:00 AM
THURSDAY	OCT. 10	PAPARAZZI JEWELRY	COMMUNITY ROOM	10:00 AM
FRIDAY	OCT. 11	FOCUS HOPE	SR. COORD OFFICE	MORNING
WEDNESDAY	OCT. 23	MEDICARE D ENROLLMENT	LIBRARY	APPT.
THURSDAY	OCT. 24	DR. RUBIN, PODIATRIST	HOUSE CALLS	APPT.

From the Service Coordinator

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

MEDICARE D ANNUAL OPEN ENROLLMENT IS HERE!

Every year, millions of seniors enroll in a new Medicare D Drug Prescription Plan (also known as a PDP) because they enrolled in Medicare for the first time and must sign up for Medicare D or because they are switching plans after comparing them and finding one that will save them money.

There is an important point to know about Medicare D:

In October 2007, the Federal Government mandated that all seniors who were 65 years or older must enroll in a Medicare D Drug Prescription Plan, unless they were already covered by another health plan that provided prescription drug coverage in a credible way. To say it differently, all seniors 65 years and older are required to have a prescription drug plan or have a health plan already in place that covers prescriptions or have both Medicare and straight Medicaid with no spend-down. If you don't have this kind of coverage, there will be a penalty for late enrollment into Medicare D.

Why should you review your coverage?

- Your plan may not participate in 2020.
- Your current plan may have changed in these ways:
 - The monthly premium or annual deductible may have increased.
 - Your share of the drug costs (co-payments or co-insurance) may have increased.
 - The list of preferred pharmacies and networks may be different.
 - New policies may restrict your access to certain drugs.
- You may qualify this year for *Extra Help* or the *Low-Income Subsidy* and have the monthly Medicare D premium paid and have lower costs for your prescriptions



If you want to join or switch to a different Medicare D Prescription Drug Plan, or a Medicare Advantage Plan (Medicare Part C), or, a Medicare Supplemental Plan, you can do so from October 15 – December 7, 2019. It will become effective on January 1, 2020.

If you choose to keep your current plan, you will be automatically re-enrolled.

I highly recommend that you take the time to review your current Medicare D plan. If your health care coverage is from the UAW, you do not have to change plans.

George Wojdacki, a certified Medicare/Medicaid Assistance Plan volunteer, will be here for one-on-one appointments (for one hour) on Wednesday, October 23 and Wednesday, November 6. He is quite knowledgeable and will have the most up-to-date information. Sign-up in the mail room.

Recycle Word Search

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



Biodegradable
 Compost
 Conserve
 Earth
 Emissions
 Greenhouse Gas
 Landfill
 Oil

Organic
 Ozone
 Plastic
 Pollute
 Protect
 Reuse
 Solar Energy
 Waste





It's Your Life. Live It Well.

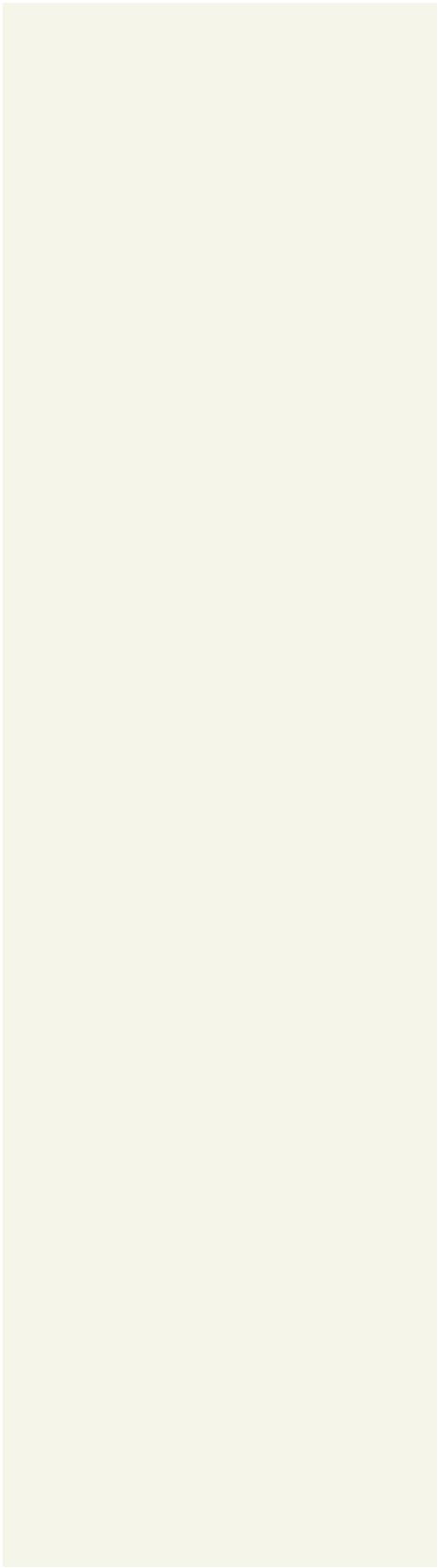
By Tom Wyllie,
Director of Wellness

Train Your Brain to be More Positive – Take the 21 Day Challenge!

Over the course of two decades, Harvard educated psychologist Shawn Achor has studied and helped advance the field of positive psychology. As many of you I am sure already know, it turns out that having a positive outlook (i.e., having a positive brain) is good for you. His research found that people with positive brains have fewer illnesses; feel less stress; experience less pain; have more energy; are more productive; and report being happier. He also discovered that contrary to what many people believe, you can train your brain to be more positive - and you can do it in just 21 days! If you engage in the following 5 activities for 21 days in a row, you will begin “rewiring” your brain to be more positive and start reaping the ensuing benefits.

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. For example, don't simply write “I am grateful for my family”. Instead, write “I am grateful for my son Bob because he calls me every Friday and makes me laugh when we talk”.
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Write down as much detail as you can recall (e.g. where you were, what you said, what was happening, who else was there, when it happened, how you felt, etc.). Doing so will cause your brain to “relive” the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of intentional physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. The important thing is to do it regularly. Make sure to consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day write and send a letter or email to someone in your social circle (family member, friend, co-worker, neighbor, past teacher, etc.) thanking and praising them. For example, “I want you to know how thankful and lucky I am to have you as a friend. Whenever I am feeling down, you always know just the right thing to say to cheer me up”. Remember to not only thank them, but to be specific as to what you are thanking them for.

Answers to pg. 2 Riddles. 1. They plan-et. 2. Corn chips 3. Water



**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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Betty Challenger Sister Mary Fagan
Marijo Hockley Mary Blaszak

Emergency / After Hours Number (586) 554-4008
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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

Crabby Road

11-9-11



Embrace the possibilities