



# Village Voice



Embrace the possibilities

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

October 2020

## Featured Articles

Birthdays	p. 5
Columbus Day	p. 11
Inclusion Ministry	p. 4
Recipe	p. 6
Senior Advocate	p. 9
Service Coord.	p. 2
Victory Cup	p. 3
Wellness	p. 8
Word Scramble	p. 10
Word Search	p. 7



The Village of  
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



You are invited to a



## 20<sup>th</sup> Anniversary Celebration of the Village of Warren Glenn

**Sunday, October 18, 2020**

**5:00 p.m. – 6:00 p.m.**

**Join us for a short worship service,  
blessing of the building and reception.**

**The celebration will take place outside on the yard  
and porch in the back of the building.**

**Families are invited. Parking at the church.**

## From the Service Coordinator

Denise Giallombardo, B.S., Human Services.

### **Kindness, Pass It On!**

Recently, one of our wonderful residents, Eunice Stevens, and I were having a conversation about kindness and gratitude. She said that being kind costs nothing, and that every day, we should find something for which to be grateful. I was impressed with her wisdom and her wit!

Drs. Sreenivasan and Weinberger wrote in *Psychology Today* that being kind to others heightens the sense of your own good fortune. It also makes you feel more connected to others. An author whose name is unknown to me wrote: "Expressing gratitude requires kindness from within and kindness that is given to others triggers gratitude from within them. That's why kindness is the ultimate gift." WOW!

It is always heart-touching to see residents at Warren Glenn care for their neighbors and friends and do things to help them. I am deeply grateful when you ask me if you can help with food distribution, deliver flyers or set up for an event.

Please remember: Just one word or gesture can make a big difference to someone! You may be the only person who speaks to them during a day and your words can bring hope. **Everyone deserves dignity, respect and the right to speak.** Please use your power kindly. Thank you, all of you!

Kindness, pass it on!

### **SERVICE COORDINATOR ACTIVITIES IN OCTOBER**

STRESSLESS CLASS, MONDAY, OCTOBER 5, 1:30 P.M., COMMUNITY ROOM

FOCUS HOPE, FRIDAY, OCTOBER 9

VILLAGE VICTORY CUP, MONDAY, OCTOBER 12, 1:00 P.M., Outside

THURSDAY, OCTOBER 15 MEDICARE D OPEN ENROLLMENT BEGINS\*

STRESSLESS CLASS, MONDAY, OCTOBER 19, 1:30 P.M., COMMUNITY ROOM

\*I worked with the Area Agency on Aging 1-B and George Wojdacki, our Medicare Counselor, to establish November 9, 12 and 16 for Medicare D appointments for Warren Glenn residents. It is a good idea to check on insurance coverage for prescription drugs every year because prices change and coverage changes. Mr. Wojdacki is experienced and highly skilled. He uses a computer program with the latest information. The appointments will be by telephone or with Zoom in Denise's office. Sign-up starting October 19 in mailroom.



## ***Join us for the Village Victory Cup, Monday, October 12***

We are holding a Village Victory Cup here at Warren Glenn on October 12 at 1:00 p.m. and invite you to participate! The games will be **outside**; contestants will wear **masks** and people and things will be **6 feet apart**. Staff will **sanitize** equipment after each player. If it is cold we will play inside. Don't worry about athletic talent, the games are modified so that there is something for everyone to do and succeed in. Joelle Baughman, a Wellness Coordinator from the Village of Oakland Woods will assist us at all games.

Warren Glenn's team is the All-Americans and we have red, white and blue T-shirts and banner. Residents like Allan Thompson, Diane Sexton, Vicky Jackson, Sylvia Guillemette, Debra Bertolino, Rosemarie Barnhart, Pearlle Ashford, Mignon Jennings, Etta Adams, Sammale Mahaffey, Chuck Cowan, Carolyn Richardson, Betty Challenger, Irene Alex and Joyce Wilde have participated in the past. Ask them what they enjoyed about the day and consider participating this year.

The great part about this year is that residents not competing can attend as spectators and cheer their friends along. And people who like to look before they leap can watch this year and then join us next year at the larger contest if they like what they see. Also, it will be a shorter day as we do not have any travel time, we won't have to wait for scoring and we don't have to wait for other teams! Let's get out in the sunshine and do some activities together.

The games are as follows:

**Bean Bag Toss** – Sitting or standing, throw a beanbag into the corn hole.

**Hoop Shoot** – Sitting or standing, toss a small basketball into a small net.

**Wellness Walk** – Walk 50 yards as fast and as SAFE as possible. Use walkers or canes if needed.

**NEW GAME: Wordsmith** – A team of five is given a word and has 15 minutes to create as many words from that word.

Consider playing in the Village Victory Club. It is a blast! Let Denise know what game(s), you would like to play. So this year, *who's in?*





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

*Marijo Hockley, M.A., M.Div*

Communion, Oct. 4, 1:00 pm, Warren Glenn, Back Porch

Outdoor Hymn/Prayers, Oct. 8 & Oct. 22, 1:00 pm, Pastor Julie & Marijo, Warren Glenn, Back Porch

Outdoor Worship, Oct. 11 & Oct. 25, 5:00 pm, First Presbyterian Church of Warren, Back Parking Lot

20<sup>th</sup> Anniversary Celebration, October 18, 5:00 pm – 6:00 pm Short worship service, blessing of building, reception, Village of Warren Glenn, Back Porch

### ***Red, Yellow, Brown – How Do Leaves Get that Way?***

For many people, the fall, with its bright colors, is the most beautiful time of the year. The trees that have provided shade for us all summer turn various shades of yellow, orange, red and brown. But why?

“The principal reason for the leaves turning color is the shortening day length,” says Melvin Koelling, Extension forestry specialist at Michigan State University. “The chlorophyll that makes the leaves green is the dominant pigment during the summer. As the days get cooler and the nights longer, the chlorophyll breaks down. Then the yellow and orange pigments that have been in the leaves all along become more apparent.”

The red hues come about for a slightly different reason. The cooler temperatures trigger a hibernation mechanism within each tree. This mechanism creates a sort of plug at the end of each leaf stem, in effect cutting off the leaf’s circulation. When this plug forms, a certain amount of sugar is trapped in the leaf. This sugar makes the leaf turn red in the cold. The plug also makes the leaf fall from the tree.

The conditions most favorable to a brightly colored fall are bright, sunny, warm days and cool nights.

Article submitted by Deb Sokolowski, #102



## Experienced Maintenance Tech Hired

Rick Petrella started his job at the Village of Warren Glenn on September 21. He previously worked at Shorepointe, a senior living building in St. Clair Shores with independent living, assisted living and nursing care. He also had a background in advertising working at Campbell Ewald, Little Caesars and his own business. Rick is single, lives in Shelby Township and has a 25-year old daughter who works for the State of Ohio in energy sustainability. Rick enjoys woodworking.

## Countdown to Flu Season

The AARP in its September 2020 bulletin suggests four ways that you can help to prevent catching the flu.

- Ask Your Doctor About Vitamin D Supplements**  
 In a review of 25 studies, people with low levels of vitamin D decreased their odds of respiratory infection by 42% by taking supplements. Because many older people have a difficult time making vitamin D because of changes in our skin, supplements are worth considering.
- Get a Flu Shot**  
 In a four-year study from New Zealand, flu shots reduced influenza ICU admissions by 82%.
- Improve Your Sleep**  
 Sleep is crucial to immune system health, but when days grow shorter, lack of daylight affects your sleep-wake cycle. Try to expose yourself to sunlight first thing in the morning and then throughout the day. Sunlight inhibits melatonin and stimulates cortisol which helps prevent inflammation in your body. And make sure that your bedroom is cool at night. Cool temperatures stimulate the production of melatonin, the sleep hormone.
- Turn on the Humidifier**  
 Viruses linger longer in dry air. At the start of dry season, set the humidifier to 40% humidity. CDC researchers found that doing so can cut the risk of influenza infection by a third.



### OCTOBER BIRTHDAYS

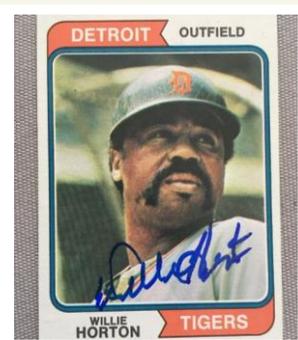
10/12 Pearlie Ashford #205  
 10/17 Sammale Mahaffey #228

### OCTOBER MEANING

From Latin: *octo*, the 8<sup>th</sup> month of the early Roman calendar.

### OCTOBER HOLIDAYS

Oct. 1 Internat'l Coffee Day  
 Oct. 10 Hug a Drummer Day  
 Oct. 11 Casimir Pulaski Day  
 Oct. 12 Columbus Day  
 Oct. 16 Bosses Day  
 Oct. 18 Willie Horton Day  
 Oct. 31 Halloween



### OCTOBER JEWEL

Pink Tourmaline

### OCTOBER FLOWER

Marigold or Calendula



## ***Browned Butter Frosted Pumpkin Bars*** from the Farmer's Almanac

### **Pumpkin Bars**

1½ cup flour	½ teaspoon ground ginger
1¼ cup sugar	1 (15 ounce) can pumpkin
2 teaspoon baking powder	¾ cup (1½ sticks) salted butter, melted
2 teaspoon ground cinnamon	3 eggs
1 teaspoon baking soda	¾ cup chopped, dried cranberries



Heat oven to 350 degrees.

In a bowl, combine flour, sugar, baking powder, cinnamon, baking soda and ginger. Stir in pumpkin, butter and eggs; mix well. Stir in cranberries.

Spread batter into ungreased 15 x 10 x 1 jellyroll pan. Bake for 20 – 25 minutes or until toothpick inserted into the center comes out clean. Cool completely.

### **Browned Butter Frosting**

½ cup (1 stick) salted butter  
4 cups confectioner's sugar  
1 teaspoon vanilla extract  
¼ to 1/3 cup milk

In a 1-quart saucepan over medium heat, melt butter, stirring constantly and watching closely, until butter just starts to turn golden brown (3-5 minutes). Immediately remove from heat. Pour into a bowl and cool for 5 minutes.

Add sugar and vanilla to cooled browned butter and mix well. Stir in enough milk for desired frosting consistency. Spread frosting over cooled bars. Cut into bars. Makes about 5 dozen small bars.



## ***All New England Giant Pumpkin Weigh Off***

On October 7, 2019, Alex Noel from Pomfret, Connecticut won the All New England Giant Pumpkin Weigh Off with a pumpkin that weighed 2,294.5 lbs. This pumpkin weighed more than a small car! Mr. Noel won \$8,519 in prize money.





# HALLOWEEN WORD SEARCH



Find the words below.

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

AMUSEMENT  
 BATS  
 CANDY  
 DRACULA  
 FRANKENSTEIN  
 GHOSTS  
 HARVEST  
 MONSTER  
 OCTOBER  
 PRANK  
 SCARE  
 SPIDER  
 WITCH

APPLES  
 BLACK  
 CAT  
 EERIE  
 FRIGHTEN  
 GOBLIN  
 HAYRIDE  
 MUMMY  
 ORANGE  
 PUMPKINS  
 SHADOWS  
 SPOOKY

AUTUMN  
 BOO  
 COSTUMES  
 EXCITEMENT  
 GAMES  
 HALLOWEEN  
 MASK  
 NIGHT  
 PARTY  
 SAFE  
 SKELETON  
 TRICKORTREAT



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

By Tom Wyllie,  
Director of Wellness

### ***By Seniors. For Seniors.***

Whether you're looking for something entertaining to read, consider yourself a budding author and have words of wisdom or a funny story to share or have an interest in brushing up on your poetry skills you need to check out *Your Good Life*!

Started by a group of friends who live at a senior living community in Indiana, *Your Good Life* is a blog written by seniors for seniors. Weekly posts explore what life was like in the past, what it is like now and what it may be like in the future for today's older adults.

You'll also find a list of recommended readings as part of their online book club, which incidentally you can join, along with a series of poems written by readers including many that address contemporary issues. One of my favorites is "Isolation" by Mary Jane Baxter in which she ponders how being socially isolated due to COVID-19 may impact her life.

Speaking of favorites, if you want a hearty laugh you must read Gene Helveston's post titled, "The Bag". In it, he writes about the time when he had the responsibility to deposit the weekly offerings from the previous Sunday's church services and the bank bag turned up missing.

Not meant to be just a passive experience, Your Good Life offers you the opportunity to submit a story or poem of your own, discover the benefits of journaling, start a memoir, share some meaningful photos and become an active member of their online community.

So do yourself a favor. Check out *Your Good Life* (<https://yourgoodlife.org>). You won't be disappointed.

### ***Maintenance Reminders***

Continue to make work orders through the office, 586-751-5090. Do not ask Rick to make repairs to your apartment while he is walking to another job. Do not enter the maintenance room without permission.

### ***What Is an After Hours Maintenance Emergency?***

1. Major water leak. If the leak can be contained in a bucket overnight, don't call until morning. Call immediately *if* there is a gushing broken pipe.
2. No air conditioning *if* it is over 90 degrees outside.
3. No heat *if* it is below 50 degrees outside.
4. A gas leak with a rotten egg smell.
5. Power is out. Try resetting GFI outlets and the circuit breakers first before calling.





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### FOR YOUR HEALTH AND SAFETY

As if protecting ourselves against COVID-19 and the flu (see our PVM website for a video by our CEO Roger Myers) isn't enough we also need to watch out for mosquito-borne diseases. These include Zika virus, West Nile virus, Chikungunya virus, dengue, and malaria. The best way to prevent diseases spread by mosquitos is to avoid being bitten.

The following can help protect you and your family from mosquito bites:

- Use EPA-registered insect repellent which are evaluated for safety and effectiveness.
- Always follow the product label instructions.
- Adults- apply repellent on your hands and then apply to a child's face. Do not use repellent on babies younger than 2 months of age. Do not apply insect repellent on a child's hands, eyes, mouth or irritated skin.
- Wear protective clothing such as long-sleeved shirts and pants.
- Avoid areas where mosquitos can be present.
- Maintain window and door screens to keep mosquitos out of buildings. Do not prop open doors.
- Get rid of mosquito breeding sites by removing standing water in and around your home.

After working so hard to prevent COVID, do not let a case of the flu or a simple mosquito bite be your downfall. STAY SAFE!

*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)

### A Joke a Minute

Knock, knock! *Whose there?* Candice.  
*Candice who?* Candice door open or am I stuck out here?

Are there any Halloween monsters good at math?  
*No, unless you Count Dracula.*

Why did the diet coach send her clients to the paint store?  
*She heard you could get thinner there.*

**HAPPY HALLOWEEN WORD SCRAMBLE!**

OWLEAHLEN \_\_\_\_\_

ROOTBEC \_\_\_\_\_

TOGHS \_\_\_\_\_

ORTMNSE \_\_\_\_\_

MUTESCO \_\_\_\_\_

SYRAC \_\_\_\_\_

MAPRIVE \_\_\_\_\_

YUMMM \_\_\_\_\_

CRIKT \_\_\_\_\_

HITCW \_\_\_\_\_

DIPRES \_\_\_\_\_

TOLEENSK \_\_\_\_\_

CLABK ACT \_\_\_\_\_

OBO \_\_\_\_\_

LURADAC \_\_\_\_\_

**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*

**Rick Petrella**  
*Maintenance Tech*

**Denise Giallombardo**  
*Service Coordinator*

**Stacey Klooster**  
*Administrative Assistant*

**Emmi Parada**  
*Housekeeper*

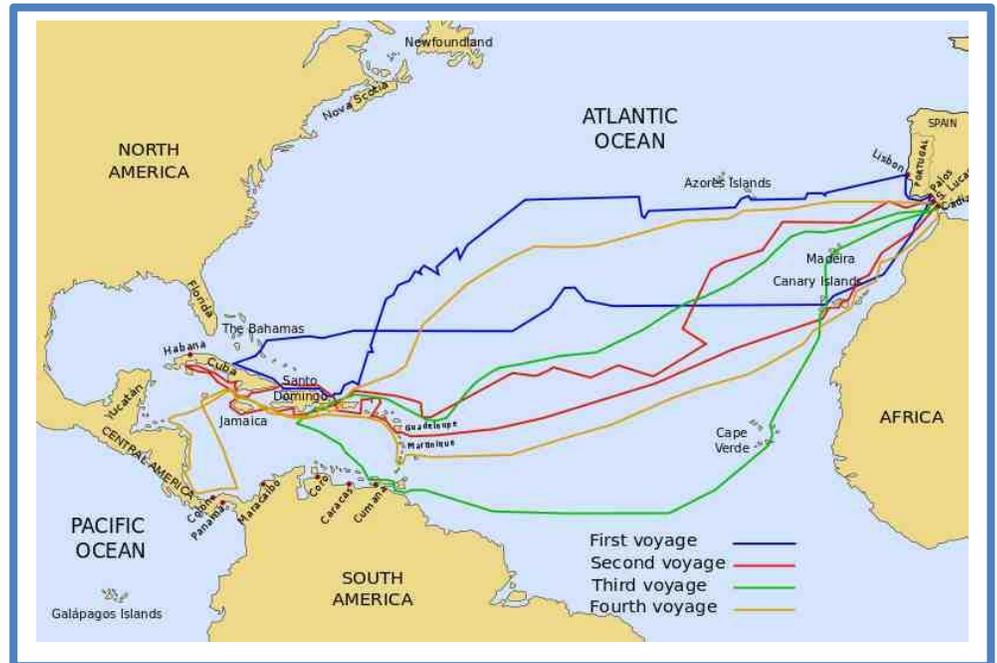
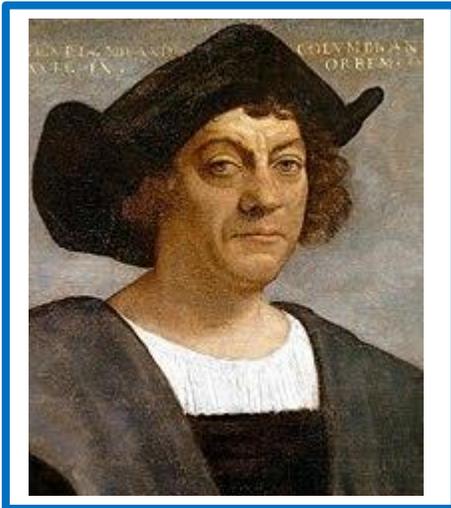
**WARREN GLENN BOARD MEMBERS**

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

**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)**



*In 1492, Columbus sailed the ocean blue.*

**Embrace the possibilities**