

✠ Manor Message ✠

Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2016 | Issue 2

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The Administrator's Pen

Greetings OSM Family and Friends,

I would first like to welcome our new Service Coordinator, Mrs. Carolyn Hubbard. Mrs. Hubbard comes to us with her B.A. in Social Work and an Associate's degree in Liberal Arts and has worked with various community organizations offering assistance in obtaining services for its residents. Please join us for our meet and greet with Mrs. Hubbard on Tuesday, February 9th at 10:30 am.

Also, The Village of Our Saviour's Manor has partnered with People's Community Baptist Church to help assist in obtaining and delivering 212 cases of water to Common Court senior apartment community in Flint, Michigan. The seniors in the Flint community are having difficulty in being able to obtain clean drinking/cooking/washing water. If would like to help this worthy cause and are able to donate a case of water, you can drop it off at the management office (Please see the flier located on page 9).

I also would like to thank the PVM Board of Directors for allowing OSM to host their February board meeting. During the reception, the residents, board members and guests mingled and enjoyed the demonstrations offered by OSM's Caring Hands group members Ms. Thelma Saunders and Ms. Marsha Desassure. Ms. Louise Rush and Ms. Alice Finley representing OSM's group Gifted Hands, displayed their multiple crafts the group hand makes and donates to various community organizations. And I would like to extend a special thank you to Ms. Warnedie Cross representing OSM's Compassionate Hearts group, for offering the Invocation for the dinner and meeting. And lastly, thank you to the staff that diligently insured that the evening was a success for all. It was an honor and privilege to host the event. (pictures pg. 3)

Aaron E. Price
Administrator



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Look for PVM on:





Monarch Moments

By: Eschelle M. Chatman,
Volunteer Program Coordinator

Blessings Our Saviour's Manor,

We will be celebrating and observing the following holidays and incorporate them in our activities for this month.

The National holidays are as follows:

National Freedom Day
Black History Month
American Heart Month
World Cancer Day
National Wear Red Day
Mardi Gras
Valentine's Day

This month is truly going to be exciting. February 1st starts our month with National Freedom Day. We will incorporate the holidays in our activities for this month, so please remember to check your calendars for the exciting events planned for you.

Reminder our February Resident Activity meeting is February 10th at 11 AM and we will also be celebrating Ash Wednesday along with Paczki Day. Please bring your suggestions and ideas for any activities you may want to have. You may also stop by my office on the following days, Tuesday, Wednesday and Friday between 10:30 – 3 PM.

Our next few trips are as follows:

- MJR Theater (Risen) – February 19th at 12 NOON
- Fabric and Craft Shopping – February 23rd at 9:00 AM

Please remember to sign up for all trips. We're planning our Valentine's Day Pot Luck Brunch on February 12th at 1 PM – Sign UP Sheet will be available for those bringing a potluck. All are welcome

Please check the calendar for all of our upcoming activities and events.

Have a blessed and safe month

Schwan's Delivery Schedule

Friday
February 12th
And
February 19th
at
1:45 p.m.



The Village of Our Saviour's Manor Events

2016 PVM Board Meeting





Inspirational Moments

By Warnedie Cross,
Resident Volunteer

Strange People I know

People who talk about praying,

But never pray.

People who say tithing is right,

But never tithe.

People who want to belong to the church,

But never attend.

People who say the Bible is God's Word to man,

But never read it.

People who criticize others

For things they do themselves.

People who stay away from church for trivial reasons

And then sing, "O How I Love Jesus".

People who continue in sin all their lives,

But expect to go to heaven.

GOD Help Us All!

Are you in this number?





Coordinator's Corner

By Nicole Wingenfeld,
Service Coordinator

Hello Our Saviour's Manor residents. If you have not already heard my last day will be Tuesday February 9th. I will be training our new service coordinator on Monday and Tuesday to take over. If you have any questions about the transition please do not hesitate to ask me. I have Older Adults Home Health coming in for a presentation on February 24 at 1:30pm in the community room. They will be here providing FREE Blood Pressure and Glucose Screening as well as providing a light lunch. Also I wanted to add that there are many health topics that are important. Your memory is one of those topics. Below you will find an interesting article about your memory and what we are not doing.

Too Few Older Adults Tell Doctors About Memory Loss: Study

Experts believe it's often a taboo subject due to fears of dementia

By E. J. Mundell

THURSDAY, Jan. 28, 2016 (HealthDay News) -- Do you worry that forgetting names, or where you put your keys, might be a sign of impending dementia? If you're like most older Americans, you don't bring this up with your doctor, a new study shows. Researchers who looked at federal government data on more than 10,000 people found that in 2011, only 1 in 4 adults aged 45 or older discussed memory problems with a health care professional during a routine checkup. In fact, the likelihood that a person would admit to a memory problem in a doctor's office visit actually declined with advancing age, says a team led by Mary Adams, of On Target Health Data in West Suffield, Conn. The findings were published Jan. 28 in the journal Preventing Chronic Disease. "Routine checkups are a missed opportunity for assessing and discussing memory problems for the majority of older adults," Adams said in a journal news release. Experts agreed that the stigma around memory loss and dementia may hold people back from discussing these issues with their physicians.

"Because dementia is unfortunately an all too common illness, older adults are quite familiar with its heralding signs and symptoms, which they have painfully observed in a long time neighbor or a family member," said Dr. Gisele Wolf-Klein, director of geriatric education at Northwell Health in New Hyde Park, N.Y. "This reality leads to denial and avoidance, both on the part of the patient and the physician," she said. "As long as we don't mention it, maybe it's just normal aging."

But mentioning memory troubles is important, because it doesn't necessarily have to herald dementia, Wolf-Klein said. "Memory loss may well not be due to dementia, but another highly treatable condition, such as depression," she noted. And if it is linked to dementia, recognizing that fact early is crucial, she said. "Patients can promptly meet with family members and elder law advisers, who can best help them in making individualized decisions for their care, rather than rely on last-minute decisions completed by family members at a time when patients now lack capacity," Wolf-Klein said.

Dr. Bruce Polsky is chair of the department of medicine at Winthrop-University Hospital in Mineola, N.Y. He acknowledged that talking about "memory loss and the possibility of the early development of dementia is a difficult discussion for both the physician and patient, mostly because of the long-term implications." But early diagnosis of dementia can be important, he said. "Even mild memory loss associated with early Alzheimer's disease may be improved with some of the medicines now available, although these medications do not stop the progression of the disease," he said. "Lifestyle modifications, such as smoking cessation, may also be of value in some cases." "Although it is difficult for individuals to assess whether their own subtle memory loss is 'normal' or not, open discussion with their physician and, in some cases, testing may result in answers that could potentially lead to treatment and improved functioning," according to Polsky.

SOURCES: Gisele Wolf-Klein, M.D., director, geriatric education, Northwell Health, New Hyde Park, N.Y.; Bruce Polsky, M.D., chairman, department of medicine, Winthrop-University Hospital, Mineola, N.Y.; Jan. 28, 2016, Preventing Chronic Disease



The Village of Our Saviour's Manor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

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Michelle Williams, Member

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It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Did You Know?



If you are among the 500,000 plus Americans who undergo open heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.

Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open heart surgery considered to be an automatic death sentence.

In addition to being the first physician to successfully perform open heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.

Mission, Vision & Values

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

Vision

Changed Lives. Strong Families. Transformed Communities.

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

Mission

Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Values

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- ❖ **Christ-centered**
- ❖ **Excellence**
- ❖ **Integrity**
- ❖ **Life**

Our Vision Changed lives. Strong families. Transformed communities.





Hope flows through us.



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

A Culture of Philanthropy at PVM

What is “philanthropy” and what does it mean to have a “culture of philanthropy?” In simple terms, philanthropy is an act done or gift made **to help make life better for others**. Philanthropy is a values-based process that happens when someone feels compelled to give, not because they felt pressured, but because their interests match that of the organization. Philanthropy is rarely transactional—it’s transformative, it’s an investment.

Without philanthropy, Presbyterian Villages of Michigan would not exist. PVM’s flagship Village, The Village of Redford, was established in 1945 through a \$10,000 philanthropic gift made by Clarence D. Sterling. Philanthropy is integral to PVM’s history *and* future, with 27 Villages and the many numerous programs and services that impact residents every day.

As an example, through the generous philanthropy of donors, the PVM Foundation granted **\$7,457,530*** in 2015 for Village projects and programs including the following:

- Pre-development activity at **The Thome Rivertown Neighborhood** for the Weinberg Green Houses® and community space
- A new bus at **The Village of Holly Woodlands**
- Wellness Center upgrades at **Perry Farm Village**
- A new computer and printer at **The Village of Bethany Manor**
- Funding for resident activities at **16 Villages**
- Beauty shop renovations at **The Village of Westland**

At PVM, we encourage everyone to embody a culture of philanthropy as a way of life, to inspire and encourage others to give back to their community. Our goal is to educate about the importance of philanthropy, honor those who give, and ensure that the tradition of philanthropy is continued by future generations.

We are very appreciative and thankful to all donors and supporters of the PVM mission—**THANK YOU** for all you do to help seniors thrive and to create a culture of philanthropy! If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Maybe money CAN grow on trees... \$

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

UP TO
9.0%
RETURN



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

The Gift of Giving: One Senior Community To Another

People's Community Baptist Church



&

The Village of Our Saviour's Manor



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Have partnered together to assist Seniors in the Flint community
(One Senior Complex to Another)

If you would like to donate a case water please stop by our office at:

29495 Annapolis Road in Westland, Michigan
Office Hours: Monday thru Friday, 9:00 AM to 4:00 PM
Office number: 734-595-4663

We will be taking water to the Seniors at Commons Court in Flint, Michigan

On Wednesday, February 17th at 10 AM

Our goal is to distribute 212 cases of water

Thank you for your cooperation and donations!





Mayor's Message

By William Wild,
Mayor, City of Westland

Greetings!

I'm pleased to report that last month, I traveled to Washington, D.C. to attend the 84th annual meeting of the U.S. Conference of Mayors (USCM). While there, I had an opportunity, along with 250 Mayors from throughout our country, to meet with President Obama. During our meeting, the USCM brought forward our 2016 platform *Compact for a Better America: A Call to Action* whereby we strongly encourage our federal leaders to invest in and protect America's cities and metropolitan areas. As you may expect, I'm a staunch supporter of local government and as you know, problems are solved at the local level. Unlike partisan bickering and the roadblocks we often bemoan at the national level, here at home, we have no choice but to make decisions and to solve problems. Mayors want to be at the table to discuss and more importantly, *solve* problems that impact you and the quality of life we all want.

While in D.C., I was honored to accept the 2015 Audrey Nelson Community Development Award from the National Community Development Association for the restoration of a former elementary school that we now proudly call the Jefferson Barns Community Vitality Center. Located in Norwayne, the JBCVC is home to the City's Community Development & Housing Departments, Wayne Metropolitan Community Action Agency, Nankin Transit and the Norwayne Boxing Gym. As you may recall, the Norwayne neighborhood was added to the National Registry of Historic Places in 2013. As my birthplace, I'm pleased with the ongoing efforts to revitalize this important neighborhood that is a significant part of Westland's history.

My February Mornings with the Mayor will begin at 9:00 a.m. on Tuesday, February 9 and will be held at the new Ralph Savini Fire Station #1 on Central City Parkway. I hope you'll consider joining me for a cup of coffee and to share ideas and information. And I'd welcome the opportunity to give you a tour of this latest public safety investment in our All American City.

(Mayor Messaged continued on page 12)

Mayor's Message Continued...

I also extend to you an invitation to join me as I deliver my 2016 State of the City Address at noon on Tuesday, February 23, 2016. This year's Address, in partnership with the Westland Chamber of Commerce will take place at the Hellenic Center on Joy Road and will include a luncheon. I intend to share with you our many successes over the past year and my vision for the future of our All American City as we kick off our 50th anniversary as a city. The cost for lunch is \$25 per person. For more information, please contact the Westland Chamber of Commerce at (734)326-7222.

If you are looking for a place to recycle old batteries, collection boxes may be found at the William P. Faust Public Library, the Friendship Center, at our DPS yard on Marquette Street and at City Hall outside near the U.S. Postal drop box.

And as always, remember to visit the City's website www.cityofwestland.com and the City's *Facebook* site for the latest on news, services and events happening in our All American City!





Notes From The Parish Nurse

By Carolyn Kimbrough,
Parish Nurse, Lutheran Church of Our Saviour|The Village of Our Saviour's Manor

This is a re-issue of a previous note. This is the month of **Hearts** and Flowers, when loved ones create an atmosphere of love and happiness.

February is also the month that we commemorate those who have died of heart disease. On February **5th**, men and women are asked to wear **Red**. Each year the first Friday of February is "**Go Red Day**". Heart disease is the #1 killer, especially of women, whose symptoms are vastly different from men, therefore are at risk of being misdiagnosed. Some of you received a "Red Dress" pin, from me last year; now is the time to wear it to commemorate the day.

You can prevent this from happening by seeing your physician on a regular basis, eating healthy and adding some exercise to your regular and daily activities. Since we have no control of our gender, ethnicity or age, we can still be proactive in how we live our lives.

- Eating healthy- Watching your salt intake; removing visible fat from meats; boil, bake or grill instead of frying. Add more fruits and vegetables to a well-planned meal for balance.
- Exercise – At least 15-20 minutes a day. Walking in place; moving the upper body, (if wheelchair bound); deep breathing exercises and stretching.
- Uncontrollable issues – Don't let your gender, ethnicity or age stop you from taking care of yourselves. It can be an excuse or a challenge, you choose which one.

As the Parish Nurse I can help you with the above issues. I can help with meal planning, monitoring of your blood pressure and how exercise can become integrated into your daily activities. I have many resources and would be glad to share them with you. No appointment necessary.

Happy Birthday to all those born in February, like me ☺ and Remember on Friday, February 5th. GO RED! By wearing RED!

"The Second 10 Commandments"

Commandment #1

There is no need to climb mountains as Moses did, but if you don't use it, you'll lose. A famous physician once wrote, "*if exercise came in a pill bottle, it would be the most widely prescribed medicine of all*".

Read: Proverbs 13: 25 – The righteous have enough to eat, but the wicked are always hungry.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

THE LATEST ON THE AGING OF AMERICA

NEW FLASH! Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is:

www.iog.wayne.edu. Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.

Foreign Language Classes

"I'm going to learn a foreign language someday?"

If this is something you've said that day has finally come. The Westland Library is offering free lessons online. Anyone interested in taking a class can sign up on the website.

www.westlandlibrary.org.

Go on obtain a library card, choose a language and you will be free to start taking the course.

You can do it in the Computer Lab or on your personal computer, providing you have internet in your apartment. You will also need speakers in order to hear the instructor. If you have any questions computer related or concerning this class, please see Will on Tuesday from 10:30 a.m. to 12 noon in the OSM Library/Computer Lab.



Mike's Maintenance Tips

By Michael Hooton,
Maintenance Technician



Seems like if I keep talking about snow, we won't get any!!:

We're still having low temperatures at night and if it rains or snows lightly and the temperatures drop is when we will get the slippery ice patches. So please be very careful when going in and out of the building as well as to your cars. There is a container of salt at the front entrance. This container is for resident use when you notice a slippery spot on the sidewalk or at the entrance.

This is for **SAFETY REASONS ONLY!!!** This salt is not to be used for any other reason than stated above. (Please notify the office when salt pails are less than ½ full).

As a reminder, Please call or stop by the office to turn in any and all work orders for maintenance. Thanking you in advance for your cooperation.



Dial 1 -734-740-4777 for after hour maintenance emergencies.



Bruner's Brief Bulletin

By Graziella Bruner,
Administrative Assistant

Blessings to you all;

When you think about February, we also think **RED** because of Valentine's Day, World Cancer Day, as well as Wear **Red** Day, which is February 5th, so please do dress in **RED** on that day. All these things are good things, but I want you to think about **RED** as an acronym for the following reasons:

Remember to **E**ncourage **D**aily

Remember to **E**dify **D**aily

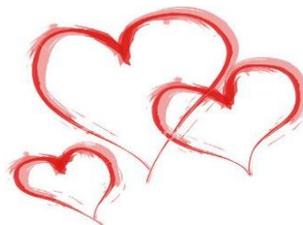
Remember to **E**vangelize **D**aily

There is power in the tongue; you can either speak life or death into someone. (Proverbs 18:21)

So, please choose your words carefully. Think before you really speak, and ask yourself, "What I'm about to say, is it really encouraging or even edifying?) Are you bringing life or death to the situation? Once your words have been spoken, you can never take them back. So that's why it's really important to think before you speak. Find words that will Encourage, Edify, or even Evangelize to someone who may be lost or struggling.

February is also a time to remember and reflect on those in our past that have struggled and fought for the freedoms that we now have today. So please do take time to reflect and remember those in our past and be grateful for the things and people that we have today, and right now. Remember, yesterday is gone, tomorrow never comes, and it's always today. What are you doing or saying today? Go ahead and make someone's day today, give a smile, a hug, a kind word, and watch how your day will turn out.

Have an awesome month.

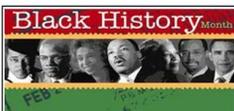


Events for February 2016

Happy Birthday!!!



Dolores Achterkirch - 02/01
Sandra Cole - 02/02
Henrietta Johnson - 02/02
Rachel Finerson - 02/04
Dolores Jackson – 02/11
Daniel Head – 02/17
Alfonzo McClendon – 02/18



February 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	National Freedom Day 01 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study	Ground Hog Day 02 12:00 pm War Room Prayer 1:00 pm Compassionate Hearts Visitations	03 11:30 am Focus Hope 12:00 pm Sterling Home HC 2:00 pm Healthy Living NKF	World Cancer Day 04 Rosa Parks Day 1:00 pm Walmart	National Wear Red Day 05 12:00 pm War Room Prayer 1:00 pm Bingo 1:45 pm Schwan's	06 9:00 am Coffee and Conversation
07 Super Bowl Sunday	08 11:00 am Parish Nurse 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study	Mardi Gras/Fat Tuesday 09 Paczkı Day 10:30 am Meet & Greet 12:00 pm War Room Prayer	Ash Wednesday 10 11 am Resident Activity Meeting & Birthday Celebrations 3:00 pm Movie Day	11 1:00 pm Kroger 4-5 pm SWHA (Home Owners Association Meeting)	12 12:00 pm War Room Prayer 1:00 pm Valentine Potluck Luncheon	13 9:00 am Coffee and Conversation
14 Valentine's Day	President's Day 15 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study	16 12:00 pm War Room Prayer 12:30 pm Black History Remembrance 2:30 pm Sing - A - Long	17 11 am Administrator's Resident Meeting 3:00 pm Game Day	18 1:00 pm—Meijer	19 12:00 pm War Room Prayer 12:30 pm Movies MJR Theater 1:45 pm Schwan's	20 9:00 am Coffee and Conversation
21	22 11:00 am Parish Nurse 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study	23 9:00 am Fabric/Craft Shopping & Lunch JOANN fabric and craft stores 12:00 pm War Room Prayer	24 10:00 am Coffee and Conversation 1:30pm Older Adults Home Health - Free Blood Pressure & Glucose Screening	25 12:00 pm Culver's 4-5 pm SWHA (Home Owners Association Meeting)	26 12:00 pm War Room Prayer 1:00 pm Bingo	27 9:00 am Coffee and Conversation
28	29 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study					

February Recipe

Sausage, Potato & Spinach Soup



Ingredients

- 1 tablespoon olive oil
- 1 pound spicy Italian sausage, casing removed
 - 3 cloves garlic, minced
 - 1 onion, diced
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon dried basil
- 1/2 teaspoon crushed red pepper flakes, optional
- Kosher salt and freshly ground black pepper, to taste
 - 5 cups chicken broth
 - 1 bay leaf
 - 1 pound red potatoes, diced
 - 3 cups baby spinach
 - 1/4 cup heavy cream

Directions

- Heat olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
- Stir in garlic, onion, oregano, basil and red pepper flakes. Cook, stirring frequently, until onions have become translucent, about 2-3 minutes; season with salt and pepper, to taste.
- Stir in chicken broth and bay leaf, and bring to a boil. Add potatoes and cook until tender, about 10 minutes.
- Stir in spinach until it begins to wilt, about 1-2 minutes. Stir in heavy cream until heated through, about 1 minute; season with salt and pepper, to taste.
- Serve immediately.

ENJOY!

Monthly Word Search

February Puzzle

In honor of Rosa Parks Day

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

African American
 Bus Company
 Good Idea
 Owners
 Seamstress
 Tired

Arrest
 Call
 Jail
 Person
 Seat

Bail
 Change
 Law
 Police
 Stop

Boycott
 Civil Rights
 Lose
 Rosa Parks
 Segregation

Bus
 Fair
 Lost
 Ride
 Supreme Court

February Observances & Fun Facts:

February is observed as:

- Black History Month
- National African American History
- Rosa Parks Day
- American Heart Month
- National Wear Red Day
- World Cancer Day

Weekly Celebrations

- Week 1 – Freedom & Health Week
- Week 2 – Celebration of Love Week
- Week 3 – Random Acts of Kindness Week
- Week 4 – National Pancake Week

February Flower and Birthstone



Violet



Amethyst

On Site Banking



Public Service Credit Union will be here, **February 3rd at 2:30 PM**

They will take care of all your banking needs, supply quarters, and stamps as well.

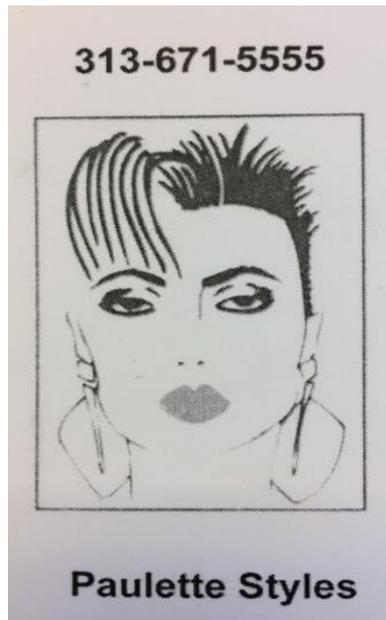


FREE NOTARY Services

Provided To All of Our OSM Residents

Please Visit The Office And See Mrs. Graziella Bruner For More Details.

OSM Local Sponsors:



Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit www.facebook.com and log-in your account. If you don't have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor" or go to [facebook.com/The Village of Our Saviour's Manor](http://facebook.com/TheVillageofOurSaviour'sManor)
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook, explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



OSM Classifieds:



OSM Gifted Hands:

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Westland Goodfellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Louis Rush or Ms. Alice Finley.



OSM Compassionate Hearts:

If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Headed by Ms. Warnedie Cross, Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



OSM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please see Ms. Gloria Jefferson.



OSM Caring Hands:

We are in need of volunteers for our homeless project. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



OSM Fisherman:

Love to fish? This is the group for you! Headed by Mr. David Brown, OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

**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

Village Staff

Aaron E. Price
Administrator

Graziella Bruner
Administrative Assistant

Kesha Akridge
Director of Housing

Eschelle Chatman
Volunteer Program Coordinator

Office Number
Emergency Number
Fax Number
Service Coordinator

Michael Hooton
Maintenance Tech

Carolyn Hubbard
Service Coordinator

Carolyn Kimbrough
Parish Nurse

Warnedie Cross
Resident Volunteer

(734) 595-4663
(734) 740-4777
(734) 595-2222
(734) 722-9763



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



Congratulations!

You are being recognized because
"What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

**** Please turn this card into Village Administrator for a chance to win a prize ****

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT



**Is there someone on staff that you would like to
acknowledge for their work?
Please complete this form and turn it into the office.
They might win a prize!**

Embrace the possibilities