

# ✦ Manor Message ✦

## Embrace the possibilities

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

April 2015

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## The Administrator's Pen

Greetings OSM Family and Friends,

The month of April marks a change in season; Spring is here, the trees are budding and flowers are springing up. This month also marks our annual Friends and Family Fund Raising Campaign! We are asking everyone to participate and contribute towards our project of having a chairlift installed in one of our two stairwells. On April 3<sup>rd</sup>, we will have a resident kick-off luncheon at 12:30 pm for the campaign. I encourage everyone to reach out to their family, friends, organization(s) and places of worship, and personally ask them to contribute to this worth-while project. All donations are considered a tax deductible contribution.

So, on April 3<sup>rd</sup>, come down to the community room and join us for a delicious lunch and help us jump start this year's campaign! Donation envelopes will be available. Let's work together and accomplish our project goal. **Go Monarchs!!!**

Also, you have noticed that the property is buzzing with activity. We've just completed having the trees trimmed. We are currently in the process of having the bathrooms renovated. Our Gazebo will be installed by the end of the April. We're praying to have our chairlift installed in May. And much more is to come. Thank you for your support and patience as we strive to make you the resident proud of where you call home.

And lastly, I would like to thank everyone that submitted a Shining Star nomination form for the staff. We appreciate your thoughtfulness.

*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:



PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

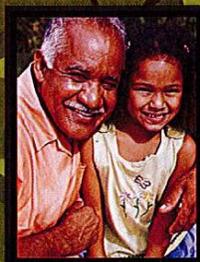
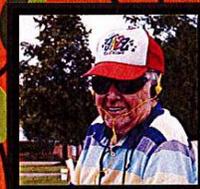
April  
1 - 30

# 2015 FRIENDS & family

**Help The Village of Our Saviour's Manor raise funds for a stairlift to safely move residents during a power outage or emergency.**

Through the generosity of donors for last year's Friends & Family Appeal, we will be able to provide residents with an outdoor gazebo this year, allowing them to enjoy the outdoors safely and comfortably.

**Our Saviour Manor's  
2015 Goal:  
\$4,500**



*Your gift today will change the lives  
of Our Saviour's Manor seniors for years to come!*

**Your gift can  
be MATCHED!**

**TO MAKE A GIFT:**

See the front desk for a donation envelope or

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

**MAIL:**  
PVM Foundation  
26200 Lahser Road  
Suite 300  
Southfield, MI 48033

**CALL:**  
248.281.2040



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

Presbyterian Villages of Michigan Foundation is a 501(c)(3) nonprofit organization.  
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# Monarch Moments

By Martha Adams,  
Resident Volunteer Program Coordinator

Hello Our Saviour's Manor,

I would like to THANK everyone again who had a hand in helping with the setting up and tearing down of our 1<sup>st</sup> and Wonderful St. Patrick's Day Party – It was another great success. OSM Residents are the Best!

We will be practicing for The Village Victory Cup in the community room on Tuesday morning's from 9 AM to 11 AM – Last year we won the Spirit Award. Come out and get your practice on so we can win the Village Victory Cup! Go Monarchs!

We're also having our Friends and Family Victory Cup Kick-Off Luncheon in the Community Room on Friday, April 3<sup>rd</sup> at 12:30 PM – We encourage all Residents to participate and come out and have lunch to Kick-Off our Event.

Ms. Margo Taylor will also be doing nails for the residents on Monday's in the Craft Room from 12 – 5 PM. All welcome.

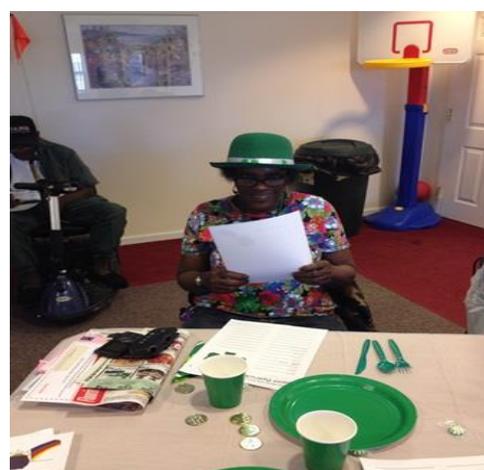
Please come out for our Activities meeting, we will have Miss Samantha White from the Sterling Home Health Care Agency as a guest in our next two Activities Meeting. All residents welcome. I encourage you to come out and receive some great information on things we're doing at OSM.

## Schwan's Delivery Schedule

Wednesday,  
April 8<sup>th</sup>  
and  
April 22<sup>nd</sup>  
at  
10:00 a.m.



# St. Patrick's Luncheon Pictures





## Coordinator's Corner

By Nicole St. John-Wingefeld,  
Service Coordinator

Happy Spring OSM! In the resident meeting on March 18<sup>th</sup> the topic of commodities boxes came up. Since The commodities program runs off funds provided to help local residents with food disparities and can only be used for the specific residents in that community. Our local commodities program runs out of St. James UMC Church on Annapolis Road since we are South of Michigan Ave. Pick-up days are on the 2<sup>nd</sup> Monday between 10 AM and 1 PM. Also if you didn't already know you can apply to receive this program in addition to Focus Hope.

Some upcoming events; our first Diabetic PATH class met on March 18<sup>th</sup> to outline the upcoming program and give some information about nutrition. If you are interested in the program but didn't make it to the first class please let me know. The next class will begin at 10am till 12:30pm on April 7<sup>th</sup> in the community room and runs through May 12<sup>th</sup>. Also please save the date for the Spring Health Fair coming April 17<sup>th</sup> from 11am-1pm. There will be local vendors representing healthcare and community programming in the lobby and community room.

Finally on April 29<sup>th</sup> from 10am-2pm I will be working with people that receive Medicare and Medicaid on comparing health plans associated with the new Mi Health Link changes. Everyone that received both healthcare programs will be receiving a letter from the Michigan Enrolls asking them to either choose a plan or opt-out. Please stop by or call me at 734-722-9763, to set up an appointment for that day to go over the best healthcare option available for your individual situations.

*"Behold, my friends, the Spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!"*  
*Sitting Bull*



## 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

## OSM Board of Trustees

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

By Tom Wyllie,  
Director of Wellness

*This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program*

### Write Your Worries Away



Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.

**Fitness For You!**  
**Join Anita Robinson every Monday &**  
**Thursday morning**  
**9:00 a.m. - 10:00 a.m.**  
**In the Community Room!!**

# 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

## Friends & Family Kicks Off; Consider Joining a Giving Society

April 1<sup>st</sup> will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30<sup>th</sup>!** The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- See the front desk or your Administrator for a donation envelope
- Go online at [pvmfoundation.org](http://pvmfoundation.org) and select the Village you want to support
- Call the PVM Foundation at 248-281-2040
- Mail your gift to: PVM Foundation,  
26200 Lahser Road, Suite 300  
Southfield, MI 48033

With the PVM Foundation's 21<sup>st</sup> Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8<sup>th</sup> at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

April 1 - 30

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.

Your gift today will change the lives of seniors for years to come!

**TO MAKE A GIFT:**  
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at 248.281.2040 or visit [www.pvmfoundation.org](http://www.pvmfoundation.org).

Your gift can be **MATCHED!**  
Match guidelines apply.



# Mayor's Message

By William Wild,  
Mayor, City of Westland



Greetings!

I hope this finds all of you well and excited that Spring is here! Great things are happening in our All American City; we have settled into the new City Hall (I hope you've had a chance to see it) and we have opened and dedicated the new Ralph Savini Fire Station on the former Service Merchandise site. Plans are also underway to make improvements to Firefighters Park located at Annapolis and Irene Roads. If you joined us March 20, then you know that Hockey Night in Westland was the best ever! More than 1,200 attendees helped raise \$30,000 for improvements to the Mike Modano Ice Arena.

I am excited for the Farmer's Market and Spray Park to open Thursday, May 7 for the 2015 summer season. We are already making plans for this year's *Blues Brews and BBQ* event that will be held August 14-16, 2015.

At the Friendship Center, we have several fun events planned for April. On April 9, Michigan Opera Theatre will be here, registrations are being taken now for this event (call (734) 722-7628 to register). April 10, the Center will host its monthly Travel Meeting; on April 16, Attorney Gary Allen will be presenting his seminar on Medicaid Planning and on April 17, the Center's free movie of the month is *White House Down*. All of these events are free and will begin at 1 p.m. Please visit [www.cityofwestland.com](http://www.cityofwestland.com) to learn of other events at the Friendship Center and to keep abreast of City happenings.

Warmest Regards,

William R. Wild  
Mayor



# Notes From The Parish Nurse

By Carolyn Kimbrough,

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

Ahhhh...Spring! I must say this month has gone by so quickly. It truly is Spring by the calendar, and just as Winter was different, we don't know what the next few weeks will bring. April is a "mixed bag", sometimes bringing Spring showers and beautiful flowers; but it's the washing of the old and the "springing up" of the new, which is God's work. This month, my message focuses on spiritual life.

Church attendance is an important aspect of ones' life. Church like food nourishes and gives strength to continue on. You can choose to be spiritually alive or spiritually dead, you make the choice.

When you are DOWN to nothing...GOD is UP to something! Thank God for our physical and our spiritual nourishment! Daily scripture readings are available in the form of "Portals of Prayer" from the Lutheran Church of Our Saviour. Don't forget to get your issue, located on the entrance hall table.

A study published in the year 2000, showed practical ways of including prayer during times of illness and death. What was concluded is that "prayer is to religion", "what original research is to science". *P.T. Forsythe (nd)*. Many patients would feel comforted, if physicians offered both information and spiritual communication with God.

When reading the stories that contributed to this research, it was shown that when patients and physicians pray together, there is a "sense of peacefulness", especially when prayer is at the point of need, rather than preaching. This just shows that when the caregiver and patient share the same interest, and that interest is God, there is a common belief that there is someone greater than the physician.

*The Lutheran church of Our Saviour Sunday services are at 10:00am. All are welcome.*

## Commandment #3 - Worship

*God prohibits the worship of idols. "Thou shalt have no other gods before me". Exodus 20:*





# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50<sup>th</sup> anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80<sup>th</sup> anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level.

Stay tuned!

## 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](http://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

**April 6<sup>th</sup> is Tiger's Opening Day!  
Which is a sure and true sign of Spring.**



Now that we're officially in our Spring season, as you can notice, we've started the court yard clean up and we're working our way around the building. We had most of the trees trimmed in the court yard as well as around the whole building.

We all know we had several power outages last summer and it caused a lot of inconveniences. We couldn't see and the building was very hot, so my biggest tip for you during this Summer is to have flash lights, plenty of D batteries for them and most importantly please have some water on hand for emergency back up to drink if needed.

We're now going to start with our OSM Gazebo installation – We're excited about getting the Gazebo up for you to enjoy and relax. We're looking forward to great and many new things this Spring and Summer. Thank you and be safe as always.

A few reminders:

- *Please report all maintenance repairs to the office. (734-595-4663)*
- *Please make sure the dryer lint cleaner is being emptied after each use.*
- *No Candles or Incense to be burned in apartment or building.*
- *Tis the season for our Tornado and Fire drills – All residents must participate*

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





# Bruner's Brief Bulletin

By Graziella Bruner,  
Administrative Assistant

April is known as “*National Poetry Month*” and since we’re celebrating Easter this month, I found two poems that are perfect for this month in celebrating Easter.



## M & M Easter Legend

As you hold these candies in your hand and turn them you will see:  
**The “M” becomes a “W”, a “3”, and then an “E”.**

The “E” is for “Easter” Sunday, Christ’s Resurrection we celebrate.  
His life He gave so we might live; He is our advocate who opens the gate.

The “M” is for the Miracle and sweet gift of eternal life.  
By atoning for our sins, we can overcome mortal strife.

The “W” is for “Wonderful” Counselor and King.  
Messiah, Redeemer and Savior... His praises we do sing.

The “3” is for the third day when Jesus rose again.  
He overcame death so we might live eternally with Him.  
So, as you eat these candies and enjoy this special treat;  
Remember the true meaning of Easter; A Heavenly gift of love so sweet.



## The Jelly Bean Prayer

Red is for the blood He Gave  
Green is for the grass He Made  
Yellow is for the sun so bright,  
Orange is for the edge of night.  
Black is for the sins we’ve made  
White is for His grace which saves.  
Purple is for the hours of sorrow  
Pink is for our new tomorrow.  
A bag full of jellybeans – Colorful and Sweet  
Is a prayer, a promise, a dear person’s treat.

# Events for April 2015

## Happy Birthday!!!

Jake Mayo, Jr.

April 23<sup>rd</sup>



 <h2 style="color: green;">April 2015</h2> 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>April Fool's Day 1</b> 9 am Coffee & Conversation 11:00 am Focus Hope 11:00 am Education Program	2 9:00-10:00 am Wellness Exercise 1:00 pm Walmart 	<b>Good Friday 3</b> 11:30 am  <b>Public Service</b> <small>CROSS LINK TOGETHER WE'RE BETTER</small> 12:30 pm Friends & Family Kick off Luncheon 	4 9 am Coffee & Conversation 3:00 pm Movie Day 
<b>EASTER SUNDAY 5</b> 	6 9:00 am-10:00 am Wellness Exercise 11 am-1 pm Parish Nurse 6:00 pm Bible Study 	7 9:00-11 am Victory Cup Practice—Go Monarch's 11:00 am -2 pm DPATH 10:30 am Computer 2:00-5 PM Wii Games	8 9 am Coffee & Conversation 10:00 am Schwan  11:00 am Activity Meeting	9 9:00-10:00 am Wellness Exercise 1:00 pm Kroger 	10 9 am Coffee & Conversation 1:00 pm Bingo—sponsored By Sterling Home Healthcare Pizza & Gifts 	11 9 am Coffee & Conversation 12:00 pm Luncheon 
12	13 9:00-10:00 am Wellness Exercise 11:00 pm –Resident Meeting 2:00 pm Movie Day/Raffle 6:00 pm Bible Study 	14 9:00-11 Victory Cup Practice 11:00 am -2 pm DPATH 10:30 am Computer 11:00 am—Meijer 1:00 pm—Compassionate Hearts Visitations 	<b>TAX DAY 15</b> 9 am Coffee & Conversation 11:00 am Gardening Meeting (OSM Gardening Hands) 	16 9:00-10:00 am Wellness Exercise 	17 11 am - 1 pm Health Fair 4 pm Music 	18 9 am Coffee & Conversation 4:00 pm Game Night 
19	20 9:00 am-10:00 am Wellness Exercise 11 am-1 pm Parish Nurse 6:00 pm Bible Study 	21 9:00-11 am Victory Cup Practice—Go Monarch's 11:00 am -2 pm DPATH 10:30 am Computer 2:00-5 PM Games	22 9 am Coffee & Conversation 10:00 am Schwan  11:00 am Activity Meeting 2:00 pm Sing Along 	23 9:00-10:00 am Wellness Exercise 12:00 pm Red Lobster 	24 9 am Coffee & Conversation 1 pm Bingo 	25 9 am Coffee & Conversation 12 noon Luncheon 
26	27 9:00-10:00 am Wellness Exercise 2:00 pm Movie Day 6:00 pm Bible Study 	28 9:00-11 am Victory Cup Practice—Go Monarch's 11:00 am -2 pm DPATH 10:30 am Computer 	29 9 am Coffee & Conversation 10 am - 2 pm Mi Health Link Sign Up Info w/Nicole Wingenfeld	30 9:00-10:00 am Wellness Exercise 1:00 pm Movies 	1	2

# April's Recipe

## Spinach & Artichoke Baked Pasta



### Ingredients

- 12 ounces short pasta, such as orecchiette or mezzi rigatoni
- 1 tablespoon olive oil
- 1 large onion, finely chopped
- Kosher salt and pepper
- 4 cloves of garlic, finely chopped
- $\frac{3}{4}$  cup low fat sour cream
- 4 ounces low fat cream cheese, at room temperature
- $\frac{1}{2}$  cup grated Parmesan (2oz)
- 2 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 package (10 oz) frozen leaf spinach, thawed and squeezed of excess moisture
- 1 can (13.5 oz) can artichoke hearts, rinsed, squeezed of excess moisture and chopped
- 4 ounces mozzarella, shredded (about 1 cup)

### Directions

1. Cook the pasta according to package directions, Reserve  $\frac{1}{2}$  cup of the cooking liquid, then drain the pasta.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and  $\frac{1}{2}$  tsp each salt and pepper and cook, covered, stirring occasionally, until tender, 8 – 10 minutes. Add the garlic and cook, stirring, for 1 minute.
3. Heat broiler. In a large bowl, combine the sour cream, cream cheese, Parmesan, lemon zest and lemon juice; stir in the onion mixture.
4. Add the pasta to the bowl and toss to coat. Stir in the spinach, artichokes and  $\frac{1}{4}$  cup of the cooking liquid (adding more liquid fit the pasta seems dry). Fold in  $\frac{1}{2}$  cup mozzarella.
5. Transfer the pasta mixture to a broiler-proof 2  $\frac{1}{2}$  to 3 quart casserole dish. Sprinkle with the remaining  $\frac{1}{2}$  cup mozzarella and broil until golden brown, 3 – 5 minutes.

***ENJOY!***

# Monthly Word Search

## Spring Flowers

Find and circle all of the flowers that are hidden in the grid.  
The words may be hidden in any direction.

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

ASTER  
CARNATION  
CLEMATIS  
DAFFODIL  
DAISY  
FUCHSIA  
GERANIUM

HOLLYHOCKS  
IRIS  
LILAC  
LILY  
MARIGOLD  
ORCHID

PETUNIA  
ROSE  
SNAPDRAGON  
SUNFLOWER  
TULIP  
VIOLET

**April Observances & Fun Facts:**  
**April is observed as:**

- National Humor Month
- National Autism Awareness Month
- National Cancer Control Month
- National Minority Health Month
- National Poetry Month
- National Garden Month
- National Kite Month
- National Welding Month
- National Multiple Birth Awareness Month
- National Pecan Month
- National Pet Month
- Defeat Diabetes Month
- Fair Housing Month
- Women’s Eye Health & Safety Month
- Stress Awareness Month
- Sexual Assault Awareness Month

**Weekly Celebrations**

- Week 1 – Library Week
- Week 1 – Read a Road Map Week
- Week 2 – Garden Week
- Week 3 – Organize Your Files Week
- Week 3 – Medical Labs Week
- Week 4 – Administrative Assistants Week
- Week 4 – National Karaoke Week

**April Flower and Birthstone**



**On Site Banking**



Public Service Credit Union will be here, **April 3rd at 11:30 AM**

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:

**FREE DELIVERY ONLY FOR OUR FRIENDS:**  
The Village of Our Saviour's Manor.  
3 times Daily

**BREAKFAST:** ORDER BY 8:00 AM  
DELIVERED BY: 9:30 AM

**LUNCH:** ORDER BY 10:30 AM  
DELIVERED BY 11:30 AM

**DINNER:** ORDER BY 3:30 PM  
DELIVERED BY 5:00 PM



**Adam's  
Family Restaurant**

4675 S. MIDDLEBELT RD, WESTLAND, MI 48186  
734 331-3256

HOURS: MON -SAT 7AM - 8PM, SUN 7 AM - 3 PM  
SPECIALIZING IN HOME COOKING  
NEW OWNERSHIP - ADAM ADAMOPOULOS  
<https://www.facebook.com/AdamsFamilyRestaurant>

**7 DAYS A WEEK, 7AM -11AM**  
**FULL BREAKFAST SPECIAL**  
2 \*EGGS, 3 PIECES MEAT, POTATO  
& TOAST \$2.99

**ALL DAY FRIDAY**  
3 PIECE FISH DINNER,  
POTATO/RICE, BREAD, SOUP OR  
SALAD, HOMEMADE RICE PUDDING  
\$6.99

**HAMBURGER COMBO**  
BURGER, FRIES & SODA \$5.99

**DAILY MENU PRICES**

<p><b>WAFFLE &amp; CHICKEN</b> THIGH, LEG \$5.99</p> <p><b>FULL WAFFLE &amp; CHICKEN</b> 2 *EGGS, GRITS OR POTATO, BREAST, WING, THIGH &amp; LEG \$8.99</p> <p><b>3 *EGG OMELETTES</b> WITH HASHBROWNS &amp; TOAST \$4.99 - \$8.49 Made with fresh vegetables</p>	<p><b>SOUP &amp; SANDWICH COMBO</b> HAM, TURKEY, ROAST BEEF, TUNA SALAD, CHICKEN SALAD, FISH, BLT, \$4.99</p> <p><b>SALADS SPECIALTIES</b> SMALL SALADS \$4.49-\$4.99 LARGE SALADS \$6.49-\$6.99 ADD CHICKEN, GYRO \$3.99 ADD SALMON \$4.99 ADD *STEAK \$6.99 Housemade Ranch &amp; Greek Dressing</p>
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**DINE IN ONLY. SENIOR (60 AND OVER) DINNER SPECIAL 50% OFF MONDAY-SATURDAY 3-5PM**  
VEAL CUTTLETS, SPAGHETTI, ROAST TURKEY, FISH & CHIPS, OR CHICKEN BREAST, DINNERS COME  
POTATO/RICE, VEGETABLE & SOUP OR SALAD, ROLL & HOMEMADE RICE PUDDING  
5 DINNERS UNDER \$5.00



Samantha White

**Sterling Home Health Care, Inc.**

5880 CANTON CENTER RD.  
SUITE 490  
CANTON, MI 48187

CELL: (248) 229-6887  
OFF: (734) 207-9990  
FAX: (734) 207-9991

313-671-5555



Paulette Styles

## 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.

# Village Staff

## 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)

**Aaron Price**  
*Administrator*

**Michael Hooton**  
*Maintenance Tech*

**Graziella Bruner**  
*Administrative Assistant*

**Anita Robinson**  
*Wellness Instructor*

**Nicole Wingenfeld**  
*Service Coordinator*

**Kesha Akridge**  
*Director of Housing*

**Martha Adams**  
*Volunteer Program Coordinator*

**Carolyn Kimbrough**  
*Parish Nurse*

**Office Number**  
**Emergency Number**  
**Fax Number**  
**Service Coordinator**

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



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

**29495 Annapolis Road**  
**Westland, Michigan 48186**

## 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**



**Presbyterian Villages**  
OF MICHIGAN  
SERVING SENIORS & COMMUNITIES

**Embrace the possibilities**