



# Manor Message



## Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

July 2014

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## The Administrator's Pen

Greetings OSM Residents and Friends,

I would like to announce that we have two new residents, Ms. Catherine McCauley and Ms. Phyllis Johnson. Thank you for making OSM your new home!

On June 27<sup>th</sup>, PVM hosted the 9<sup>th</sup> annual Village Victory Cup. I know that many of the residents wanted to attend, but for various reasons were unable to go. I want to thank you for supporting those that did attend. And though we were few in number, the Manor Monarchs showed their pride. I am excited to announce that the Manor Monarchs walked away with the Village Victory Cup Spirit Award! We had a lot of competition, but we came out victorious. I would like to thank Mrs. Valleres Bristol (grand-daughter of Ms. Sandra Cole) and Mrs. Jody White (Mrs. Bristol friend) for volunteering and supporting OSM. Also, Ms. Mullins grand-daughter and Mrs. White's son and daughter lent their energy and voices. I would also like to thank our driver, Mr. John Nichols from the Village of Westland for donating his time. We had fun and are looking forward to next year's Village Cup. **GO MONARCHS!**

Also, mark your calendars for the Resident BBQ. The date is Friday, July 25, 2014. The committee is asking for a minimum donation of \$10.00. Ms. Adams is also in need of volunteers to assist in coordinating the event. To make your donation or extend an offer to help, please see Ms. Adams. She will be in the Program Coordinator's office from 1:00pm – 4:00pm, Monday – Friday. Let's make this a memorable time of fun and fellowship.



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

A SENIOR LIVING COMMUNITY

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

Look for PVM on:



Aaron Price  
Administrator

# Manor Monarchs

2014 Spirit Award Winners!





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

Dear Readers,

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

## **The Importance of Oral Health**

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize.

Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis. As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk.

Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam. An annual checkup is vital to ensure that you are keeping your mouth healthy. Remember, oral health is important at any age.

Public Service  
Credit Union will  
be here  
Thursday, July 3<sup>rd</sup>  
at  
3:00 p.m.

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





# Giving Matters.

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

## Fundraising Update: We Need You!

As we reach the midpoint of the year, I wanted to share an update on our fundraising progress. Through mid-June, our generous donors have raised over **\$625,000** toward Village programs and projects – **THANK YOU!**

But we still need your help to meet, and hopefully exceed, a goal of \$3.1 Million this year to continue helping residents and seniors in surrounding communities. Your donation will help improve the lives of residents throughout all the Villages and below are a few examples of how your gift, small or large, could make an impact:

- Benevolence to help residents in emergency financial situations pay for utility bills, medical bills, hearing aids or other unexpected expenses
- Exercise equipment to enable residents like Harriette J. to lose 100 pounds and maintain a healthy lifestyle
- A bus so that residents like Carmen O. have reliable transportation to medical appointments or grocery shopping
- Resident activities, such as birthday celebrations and picnics, to keep residents like Carolyn W. socially active and engaged in the community
- And so much more

One opportunity to support residents is through a ticket or sponsorship to the **11<sup>th</sup> Annual PVM Foundation Gala, "Get Your Motors Running," on November 14<sup>th</sup> at COBO Center.** This fun, signature event is a great way to celebrate residents while raising funds to improve their quality of life.

To learn more about how you can make a difference or to make a gift, visit our website at [www.pvmfoundation.org](http://www.pvmfoundation.org) or call us at 248-281-2040. Thank you for supporting the PVM Mission!

Warm regards,  
Paul J. Miller, CFRE



**Secure A Fixed Rate Annuity to Generate Income for Life!**

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

**IMPROVE YOUR CASH FLOW!**

For more information, call Paul Miller at the PVM Foundation **248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)





# For Your Safety.

*By Carrie L. Moon-Dupree,  
Vice President of Risk Management & Quality*

## Summertime & the Outdoors

We thought winter would never end, but now that the summer is upon us, it is time for some common sense reminders about how to enjoy summertime, safely.

While it is wonderful to be able to open windows to let the fresh air in, just remember not to leave them open when you are not around. Especially if you live on a lower level, do not leave your patio door unlocked when you are not there. While it is tempting to put saucers of milk and food out for stray animals, please remember that this food also attracts unwanted non domesticated animals.

Here at Presbyterian Villages of Michigan, residents can cook outside with supervised barbequing. This means that outdoor cooking may be done as part of a supervised group activity with proper fire safety measures in place. Individual barbequing is not allowed anywhere on the property. This is due to fire safety concerns.

Be aware of the strength of the sun and protect yourself by wearing a hat and loose clothing. Drinking enough water to stay hydrated is always a good idea. Sunscreen is a must when you are going to be in the sun any length of time.

This is also time of the year where temperatures can soar to levels that make it difficult to breath, especially if you have a breathing problem. If you are having trouble with your air conditioning, opening windows or any other air quality issue, be sure to contact your building's maintenance department. Listen to your local radio station or TV station to learn of storms coming your way and stay inside in a windowless room if the local tornado sirens are going off. For most residents the inside of their bathroom or interior hallway is the safest place in the building. If you are not aware of your Village's emergency preparedness plans, ask your Administrator to provide you with the plan.

Summer is meant to be enjoyed and with a little preplanning, you can enjoy the summer safely.



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## GOOD NEWS FOR MICHIGAN SENIORS

Governor Snyder presented his Message on Aging recently at the Rochester Older Person's Commission to a large and enthusiastic crowd. His message heralded great news for Michigan's seniors. In fact, our colleagues across the country have stated that he is the first governor in the country to draw such attention to the value and issues of our senior population. Some highlights of his message include:

**Healthy Lifestyle:** Promotion of Health & Wellness and a call for more innovation. Governor Snyder recognized us (Presbyterian Villages of Michigan) for our innovative and evidence based programs and mentioned our Village Victory Cup as an example of innovation.

**Commitment to Home and Community Based Services** and a pledge to make Michigan a "No Wait State" for aging services with a \$20 million investment in 2015.

**Support for family caregivers** by calling on employers to help their caregiver employees.

**Support for a dementia pilot program** in Michigan and expansion of innovations in this arena.

**Promotion of culture change** in nursing homes and reinvention based on task force recommendations.

**Increased access to programs and services** via a new website launched by the Michigan Office of Services to the Aging by 2015.

**Enhanced protection of vulnerable adults** by improving the Adult Protective Service program to offer timely assistance, comprehensive follow up and easy entry. Also, the state will work with financial institutions to further prevent financial exploitation and increase funding in this regard.

**Creating an Age-Friendly Michigan** via age friendly communities, access to transportation, volunteerism and support of an Older Adult Workforce as well as entrepreneurs. This would also include better trained health care providers, retirement planning, lifelong learning and utilizing senior volunteers for travel and recreation with our parks system.

To see the complete message, go to [www.michigan.gov/snyder](http://www.michigan.gov/snyder)

## “Birthing a Blessing!”

At the time of conception parents anxiously await the arrival of their bundle of joy. They throw showers, buy clothing, and even remodel rooms in anticipation of that awe-inspiring moment. Names are chosen and wagers are made as to the weight, gender, and actual date of birth. So much excitement surrounding the announcement of an upcoming birth!

However, no one ever discusses *Labor & Delivery*. *Labor* is the first stage of the birthing process signaled by *Labor Pains*. *Labor Pains* are the recurrent pains felt by a woman during childbirth; described by most as a menstrual cramp times a million, the twisting, pulling, and squeezing of all your vital organs at one time or an intense, piercing pain in the lower back combined with sharp pains in the lower stomach.

The second stage is pushing and birthing. During this time the mother will continue to feel labor pains and the most extensive work out of her life. Staggered breathing, sweating, and harsh words are often a part of this stage. During this stage everything you experience is important as you are about to be introduced to your new baby.

The third and final stage is the delivery of the delivery of the placenta (aka “the afterbirth”). It’s an organ attached to the lining of the womb to help the baby carry out functions it can’t do alone. Once this is over the mom is fatigued but the birth of her newborn overshadows anything she’s experienced during this time.

As we prepare to move into a new level experience whether on our job, in relationships or life in general we go through *Labor & Delivery*. We experience recurrent pain of separation, as soon as you get through one contraction another is coming, that’s what wears you down.

The dictionary definition of *birthing* is the act of bearing or bringing something forward.

*“Once you hold the baby you forget all about the pain you were in.”*

*Daphne Green*

*Administrative Assistant*



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

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Lutheran Homes of Michigan and  
The Lutheran Church of Our Saviour

## Schwan's Delivery Schedule

Wednesday,  
July 2<sup>nd</sup> & 16<sup>th</sup>  
at  
10:30 a.m.



# Events for July 2014

## Happy Birthday

M. Moore	July 2 <sup>nd</sup>
M. Taylor	July 4 <sup>th</sup>
R. Gilmore	July 11 <sup>th</sup>
E. Mullins	July 11 <sup>th</sup>
D. Remsberg	July 14 <sup>th</sup>
M. Roberts	July 30 <sup>th</sup>



		<h1>June 2014</h1>					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 9:30-10:30 am Wellness Exercise	3 10:30 am Computer Assistance Session 	4 10 am Schwan's 	5 9:30-10:30 am Wellness Exercise 1 pm Meijer 	6 9 am Coffee & Conversation 	7 9 am Coffee & Conversation 	
8	9 9:30-10:30 am Wellness Exercise	10 10:30 am Computer Assistance Session 2 pm Movie Day 	11	12 9:30-10:30 am Wellness Exercise 1 pm Dollar Tree Plaza 	13 9 am Coffee & Conversation 	14 9 am Coffee & Conversation 	
15 	16 9:30-10:30 am Wellness Exercise 	17 10:30 am Computer Assistance Session	18 10 am Schwan's 2 pm Luncheon with The Candidates 	19 9:30-10:30 am Wellness Exercise 1 pm Walmart 	20 9 am Coffee & Conversation 	21 	
22	23 9:30 am-10:30 am Wellness Exercise	24 10:30 am Computer Assistance Session 2 pm Movie Day 	25 3 pm Credit Union 	26 9:30-10:30 am Wellness Exercise 1 pm Resident's Choice 	27 Village Victory Cup 	28 9 am Coffee & Conversation 	
29	30 9:30 am-10:30 am Wellness Exercise 						

# COLORS

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

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

BEIGE  
BLACK  
BLUE  
BROWN  
GOLD  
GRAY  
GREEN  
IVORY  
ORANGE  
PINK  
PURPLE  
RED  
ROSE  
SILVER  
TURQUOISE  
VIOLET  
WHITE  
YELLOW



**Join Anita and the Ladies of Fitness  
every Monday and Thursday  
morning 9:30 a.m.-10:30 a.m.  
in the Community Room!!  
Men are Welcomed**

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

**(734) 595-4663**

## Village Staff

**Aaron Price**  
*Administrator*

**Kesha Akridge**  
*Director of Housing*

**Daphne Green**  
*Administrative Assistant*

## EMERGENCY NUMBER

(734)740-4777

**Fax Number**  
**Service Coordinator**

(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)**



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