



Manor Message



Embrace the possibilities

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

August 2014

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The Administrator's Pen



Greetings OSM Residents and Friends,

I would like to formally welcome Ms. Katherine Thomas and Ms. Gloria Vaughn to OSM. Thank you for making OSM your new home!

I would also like to introduce our new Maintenance Tech., Mr. Michael Hooton. Mr. Hooton has come to OSM with over 25 years of experience in the maintenance field. Many of you met him at the Meet and Greet, and others have met him while he completed work orders for you. Please join me in welcoming Mr. Hooton, we're glad to have you!

Also, mark your calendars for the Resident BBQ. The date is Thursday, August 7, 2014. We will have a BBQ in the Community Room. The committee is asking for a minimum donation of \$10.00. 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,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Look for PVM on:



Aaron Price
Administrator



Monarch Moments

Hello Our Saviour's Manor,

I would like to thank everyone for their well wishes and I am thrilled to be back to work! We have an exciting month for activities at OSM. Some of them include the Resident BBQ, DIA Visit, Karaoke and more. Please review your calendar for the scheduled events. Also, there are two Resident Activities Meetings scheduled: Wednesday, August 6th and Wednesday, August 27th at 11:00 a.m. Please come to the meeting and lend your support and suggestions for activities you would like to see at the Village, or outing(s) outside of the Village. Also, I would appreciate any and all feedback on the events. I'm encouraging everyone to participate and get involved.

If you are aware of someone that would like to lend their talents, gifts, or skills in a volunteer capacity, please exchange their information with me. The administrative office and I are working together to develop the volunteer program for OSM. Any assistance that we can receive would go to further the quality of life for us as residents.

Thank you for allowing me to serve as your Resident Volunteer Program Coordinator.

Ms. Martha Adams





“And The Winner Is...”

This year's Village Victory Cup was one for the books! On June 27th, 200 residents from eleven villages and an astounding 70 volunteers converged at Ultimate Soccer Arenas in Pontiac for this annual event. The atmosphere was filled with laughter and friendly competition. It was quite a sight to see so many smiling and happy faces!

As the day progressed, it became apparent that it was going to be a battle between the Village of Westland, the defending champs, and the Village of East Harbor. It came down to the last event. In the end, the Pirates of East Harbor won, beating the Westland Stars by only 2 points!

Throughout the day the Villages also competed for the Spirit Award. This year the Monarchs from Our Saviour's Manor took the title, and rightly so. A small but mighty crew of residents pulled out all the stops, including having their own soundtrack!

Not to be left out, Villages 100 miles or further from the PVM Home Office competed in the Virtual Village Victory Cup. Spring Meadows I & II were in it to win it. When the dust settled, Spring Meadows I emerged victorious. Perry Farm Village took the Spirit Award with their clever video showcasing their residents competing and cheering each other on to victory.

For those who like to plan ahead, mark your calendars for June 26, 2015. That's the date for next year's Village Victory Cup. You won't want to miss out!

Public Service
Credit Union will
be here
Friday, August 1st
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

Is Your Will Up to Date? Help Support the PVM Mission

Have you recently moved? Have your beneficiaries changed? Now might be a good time to update your Will and consider leaving a legacy to PVM residents in your update to support the PVM Mission.

You have the power to leave a legacy for future residents, like one donor recently did. This generous donor (who will remain anonymous as her family requested) passed away in January and was an inspiration to those who knew her because of her commitment to her faith and the work of the church. It was that commitment that led her to donate a portion of her estate to support PVM's Benevolence funding to help residents who may have outlived their financial resources.

You don't have to be a certain age or very wealthy to make a charitable bequest. With a little planning, even people of modest means can make a big difference. Just a few sentences in your Will or trust are all that is needed.

"I give Presbyterian Villages of Michigan Foundation, (_____ percent of the residue of my estate) or (the sum of \$_____), to be used by Presbyterian Villages of Michigan Foundation, (wherever the need is greatest) or (for The Village of _____)."

Donors who leave PVM in their Will are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are truly grateful to all our donors, whose generosity makes a lasting impact in the lives of current and future PVM residents.

Warm regards,
Paul J. Miller, CFRE

- HELP SUPPORT THE PVM MISSION -

Is your Will up to date?

*Have you moved?
Have your beneficiaries changed?*

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.



For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



For Your Safety.

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

Heat Stress as we Age.

My family was lucky enough to live near the beach when I was growing up. We spent hours playing in the water and building castles in the sand. I never quite understood why my Grandparents didn't stay out in the sun for long with us, but now I do.

People who are 65 and older are more prone to react to heat than younger people. Why is that? Sometimes it is because of the medications we are taking or the chronic medical conditions that we may have. This can cause the body to react differently to heat even interfering with our ability to perspire. Without perspiring, we lose our ability to control our body temperature. Perspiration helps our body to cool down. Heat Stroke is a serious medical emergency and must be dealt with immediately. A much better approach is to make sure you don't get in a position of heat stress and or stroke. Here are a few tips to guard against heat stress:

- Stay hydrated. Even if you don't feel like drinking, drink water throughout the day.
- Keep your blinds shut when the hot sun is coming in.
- If your air conditioning is not working or needs adjusting, let your maintenance person know.
- Wear loose clothing.
- Wear a hat when you are going to be outside.
- When going for walks choose the cool morning hours or evening hours, not the noon day sun.
- Recognize when you have had too much sun. The signs are feeling dizzy, red hot and dry skin and a lack of perspiration.
- Get help if you need it.

Today when I go to the beach or work in my garden, I am wiser about how I handle the sun. Nothing spoils a nice summer day faster than needing a trip to the emergency room. I hope you are enjoying your summer days while staying safe.



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

4 F's FOR QUALITY OF LIFE

In school receiving an F would have been a tragedy. However, in this edition I want to point out Four F's which have drawn my attention in the quest for Quality of Life at any age. Coincidentally it ties right back to school days since my recent 45th High School Class Reunion inspired me to write this message:

In reading the very nice directory which was published for this grand occasion I noticed some themes which were played out in almost every person's comments: They were Faith, Family, Friends and Fun! All seemed to note the well-known dilemmas which invariably occur with everyday life and professed that the above four items were what rocks their world and offsets the challenges of life.

In our comings and goings we can place much emphasis on reaching goals or finding our latest acquisition; but if we really think about what gives us our greatest joy in life it will most likely be tied somehow to these Four F's. Many folks talked about their latest adventures in far away and exotic locations or their favorite times riding in their convertible car which is an acquisition; but it was the fun and sense of living life to the fullest as a part of these purchases which brought their greatest enjoyment.

So as we travel along life's journey keep in mind that our everyday actions and dedication to these top Four F's can guide us. And the joy of being grandparents was probably the most noted experience in my classmates' comments. So I am very much looking forward to becoming a grandparent for the first time very soon.

Speaking of fun, PVM is a fun place to be. Our recent Village Victory Cup is a prime example. If you have not been involved as yet please consider doing so. It is a day filled with fellowship and great joy! If you aren't into some of the more action oriented events you can join in on the paper airplane flying event! Throughout the summer I hope that you will have the good fortune of fun and lovely life experiences with family and friends. And remember the Four F's.

“CHOICES!!”

Right or Left; Front or Back; Regular or Decaffeinated; Baked or Fried; Dark or Milk Chocolate; Plane, Train, or Automobile; Life is full of choices. We hardly know political candidates but we have to choose who would best serve our country. Medical insurance is a necessity but choosing which offers better service for our budget has a lasting effect on our health. Choices, Choices, Choices!!

We have so many decisions to make on a daily basis without realizing our choices not only affect us but everyone around us. As parents the choices we make affect our children. As children the choices we make can make or break our future. As managers and supervisors our choices affect our staff. Often times our choices are made based on *“following the crowd.”*

A study was done to prove that people will follow the crowd often without reservation. Ten people were told to stand in front of a building and just look up. Over 70% of the pedestrians stopped and began looking up without knowing why.

However, at one point in history following the crowd proved to be beneficial. Over 2000 years ago, a crowd followed a man going from city to city healing the sick and offering hope to the hopeless. He restored those who felt unworthy and encouraged others to show love and compassion to those in need. That crowd followed Christ. *The choice is yours!* Will you choose the crowd that’s standing around looking up with no guidance or direction or will you choose to follow Christ? Will you choose to spread gossip and hate or will you choose to love those who mistreat you? *Dr. Martin Luther King Jr. once said, “I have decided to stick with love. Hate is too great a burden to bear.”*

“...choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the LORD.” ~Joshua 24:15

Much love,

Daphne Green

Administrative Assistant



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



Schwan's Delivery Schedule

Wednesday,
August 13th & 27th
at
10:30 a.m.



Events for August 2014























Happy Birthday

B. Hubbard
V. Shelton
L. Rush

August 19th
August 19th
August 27th



August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"I have decided to stick with love. Hate is too great a burden to bear." ~Martin Luther King Jr.</p>					<p>1 9 am Coffee & Conversation </p>	<p>2 9 am Coffee & Conversation </p>
<p>3 National Watermelon Day </p>	<p>4 9:30-10:30 am Wellness Exercise </p>	<p>5 10:30 am Computer Assistance Session</p>	<p>6 11 am Resident Activity Meeting 3:00 pm Public Service Credit Union</p>	<p>7 9:30 am Exercise 1 pm Resident Bar-B-Q </p>	<p>8 9 am Coffee & Conversation </p>	<p>9 9 am Coffee & Conversation </p>
<p>10</p>	<p>11 9:30-10:30 am Wellness Exercise 11 am-1 pm Parish Nurse </p>	<p>12 10:30 am Computer Assistance Session 2 pm Movie Day </p>	<p>13 10:30 am Schwan </p>	<p>14 9:30 am Exercise 1 pm Wal-Mart </p>	<p>15 9 am Coffee & Conversation </p>	<p>16 9 am Coffee & Conversation  4 pm Resident Game Night</p>
<p>17</p>	<p>18 9:30 am-10:30 am Wellness Exercise </p>	<p>19 10:30 am Computer Assistance Session</p>	<p>20 11 am Resident Meeting Global Forgiveness Day</p>	<p>21 Senior Citizens Day 9:30 am Exercise 1 pm Meijer's </p>	<p>22 9 am Coffee & Conversation 11-3 DIA Outing </p>	<p>23 9 am Coffee & Conversation 4 pm "I Remember When Event"</p>
<p>24</p>	<p>25 9:30 am-10:30 am Wellness Exercise 11 am-1 pm Parish Nurse </p>	<p>26 2 pm Movie Day </p>	<p>27 10:30 am Schwan 11 am Resident Activity Meeting </p>	<p>28 9:30 am Exercise 1 pm Dollar Tree Plaza </p>	<p>29 9 am Coffee & Conversation </p>	<p>30 9 am Coffee & Conversation </p>
<p>31</p>						

US Presidents

Find and circle all of the United States that are hidden in the grid. The remaining letters spell a famous Abraham Lincoln quotation.

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

WASHINGTON
J ADAMS
JEFFERSON
MADISON
MONROE
J Q ADAMS
JACKSON
VAN BUREN
W HARRISON
TYLER
POLK
TAYLOR
FILLMORE
PIERCE
BUCHANAN
LINCOLN
A JOHNSON
GRANT
HAYES
GARFIELD
ARTHUR
CLEVELAND
B HARRISON
MCKINLEY
T ROOSEVELT
TAFT
WILSON
HARDING
COOLIDGE
HOOVER
F D ROOSEVELT
TRUMAN
EISENHOWER
KENNEDY
L JOHNSON
NIXON
FORD
CARTER
REAGAN
G H W BUSH
CLINTON
G W BUSH
OBAMA



**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

Office Number

(734) 595-4663

Village Staff

Aaron Price
Administrator

Kesha Akridge
Director of Housing

Daphne Green
Administrative Assistant

Ms. Martha Adams
*Resident Volunteer
Program Coordinator*

Michael Hooton
Maintenance Tech

Maintenance Emergency Number

(734)740-4777

Fax Number

(734)595-2222

Service Coordinator

(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



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