



Woodbridge Life



Embrace the possibilities

1300 Martin Luther King, Jr., Blvd. • Detroit, Michigan 48201 • www.pvm.org

September, 2014

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September's Activities Are a Labor of Love

Sept 5 (Fri): Universoul Circus Trip.....
Bus will Depart at 9am

Sept 7 (Sun): Praise & Worship Service.....
Community Rm at 3 pm

Sept 10 (Wed): Resident Council Meeting.....
Dining Rm at 1:30 pm

Sept 12 (Fri): Quarterly Birthday Celebration..
Dining Rm starting at 11am

Sept (Tues): Bible Study.....
Dining Rm at 7pm

Sept (Tues & Thus) Riverwalk.....
Bus will Depart at 9am

Sept (Wed): Dominos.....
Multi-Purpose Rm at 7 pm

Sept (Wed): Bible Study... ..
Multi-Purpose Rm at 10 am

Sept (Thurs, Fri & Sat): Pokeno.....
Community Rm at 7 pm

Netflix (Anytime): Mini-Theater Rm

UPCOMING EVENTS:

Oct 17 (Fri): Murder Mystery Dinner Train
(Blissfield, MI).....
Bus Will Depart at 9:30am

Tour of Historic Detroit.....

American Taste Fest.....

Prepare Your Body for the Autumn Season

Natural Awakenings Magazine

Healthy Living – Healthy Planet

Excerpt from September, 2014 Issue

There are natural foods that can help rid our system of the dreaded mucus that the colder season is sure to bring. Our blood starts to thicken during fall and winter months, which means that our metabolism slows and we become sluggish, less active and gain more body fat to keep warm. During this time we should be leaning towards foods that are nutrient dense and energy boosting. According to the article in Natural Awakenings, the lungs and large intestines are most affected.

Pungent foods that move mucus are: horseradish, fennel, cayenne, white peppercorns, ginger garlic, and onions.

To remove mucus be sure to eat white fleshy foods, such as: apples, pears, onions, radish, cabbage and cauliflower.

Orange foods including pumpkin, sweet potatoes, yams, peaches carrots and plums, aid in digestion. Poor digestion can create an abundance of mucus and phlegm.

Take junk food out of the equation and eat more organic foods, adding fiber to your diet and stay hydrated so that your body is able to flush toxins from its system. Meditation and deep breathing exercises will rejuvenate your lungs and your life. And I hope it [your life] is a long one. Be good to yourself.



The Village of
**Woodbridge
Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Working Together For Your Good

By Renee Venable, Resident Community & Social Worker Coordinator

Service Coordinator's Schedule Availability:

Monday 10am-4pm

Tuesday 10am-5pm

(Every 3rd Tues. of each month SC office will be CLOSED from 12:30pm-1:30pm)

Wednesday 10am-5pm

Thursday 9am-5pm

(Every 2nd Thurs. of each month SC office will be CLOSED)

Note: You can always call to schedule an appointment ahead of time
313. 494 9000 (ext. 4)

What We Do Matters

Lynn Alexander, PVM VP of Public Affairs

A recent experience reminded me of why I chose to entrust my career with Presbyterian Villages of Michigan (PVM). We are continuously engaged in an initiative titled Service Excellence which permeates our culture at PVM. The logo: "What I do matters" supports our commitment to excellence in customer service.

The four pillars of Service Excellence are:

- **Listening:** Acutely paying attention and seeking to understand
- **Relationships:** Our way of forming a meaningful and genuine connection with our residents, each other, and the community
- **Accountability:** The willingness to accept responsibility and delivering upon expectations
- **Respect:** Treating all with dignity and worth.

As we are often told, we never know when we may be facing a tough

caregiving situation. And such has been the case with me. I have had a chance to not only be involved with Service Excellence at a professional level, but also to experience it on a personal level as the consumer. I had two parents hospitalized at once, a transfer to rehab for mom and the passing of my dad. During that time, my mom had to bury her husband while transferring from independent living to a hospital setting, to rehab, and then back to independent living.

This was a very traumatic situation for my entire family. One of the few bright spots was the care and customer service given to us by the leadership and staffs of The Village of Oakland Woods and The Village of East Harbor. They were there for us minute by minute, responsive in every way, and compassionate in their interactions with us. In short, they exemplified all four pillars of Service Excellence; and I am indebted to them for life.

I am proud to say that I work for Presbyterian Villages of Michigan (PVM). Thank you all.

Managing Your Pain

Tom Wyllie, PVM Director of Wellness

Has the presence of persistent pain kept you from doing things you enjoy? Has it caused you difficulty sleeping? Has it caused you to withdraw from family and friends? Are you less active than you were before? If so, you're not alone. These are common occurrences among the estimated 50 million Americans who suffer from chronic pain.

Contrary to what many believe, chronic pain is not just "all in your head". There are physical reasons for it. It is also not an inevitable part of aging. You don't have to "grin and bear it". In fact, doing so could be harmful. Left unmanaged pain weakens the immune system, increases anxiety and depression, impairs cognition, and substantially reduces quality of life. Though chronic pain by definition is not curable, there are many treatment options available that can help you better manage your pain and reduce the negative effects it has on your life.

(Continued on page 3)

Giving Matters

By Paul J. Miller, Presbyterian Villages of Michigan Foundation (PVMF)
President

Ready, Set, "Get Your Motors Running!"

Do you want to impact the lives of PVM residents **AND** have fun doing it? Then join us on **Friday, November 14th** for the **11th Annual PVM Foundation Gala**, presented by The Damone Group! Set against the beautiful backdrop of the Detroit River in the renovated COBO Center, this year's gala is a '50's-themed throwback to classic automotive history. We'll also be celebrating the rich history of our resident with stories and photos of their classic cars, so you won't want to miss it!

When: Friday, November 14, 2014
5:30 p.m. Sponsor & Patron VIP Pre-Reception
6:30 p.m. General Reception & Raffle
7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: **\$250 Individual Ticket*** includes General Reception, Dinner & Program
\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating at Dinner & Program
(*Estimated Fair Market Value: \$120/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services such as technology, wellness and transportation
- And many other life-enhancing programs

PVM employees can purchase tickets through payroll deduction or you can even donate PTO hours. For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org, or visit the "Events" page at www.pvmfoundation.org.

Thank you for supporting PVM residents and I hope to see you on November 14th!

Warm regards, Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation
presents its 11th annual Gala

Get Your Motors Running!

Sponsorship Packages Available!

Patron Tickets \$375
Individual Tickets \$250

For more information, contact PVM Foundation at **248.281.2040** or visit www.pvmfoundation.org

Friday, November 14, 2014
COBO Center, Detroit

5:30 p.m.
VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.
General Reception & Raffle

7:30 p.m.
Dinner, Program & Entertainment



Managing Your Pain

Tom Wyllie, PVM Director of Wellness

(Continued from page 2)

Along with various medications, they include relaxation techniques, pacing strategies, and regular exercise.

Because pain is a complex, subjective experience, there is no "one size fits all" solution. Your experience with pain is unique to you.

According to the American Chronic Pain Association (ACPA), the most important thing you can do is to be active in your own care. Effectively managing pain requires a strong collaborative relationship between you, your doctor and the rest of your healthcare team. The more active you are, the better your long-term results will be. For tips, visit the ACPA's website at <http://theacpa.org>.



Oven Fried Green Tomatoes

From Healthy Soul Food Recipes

You can almost taste the thrill of summer in this simple, but authentic southern recipe.

Serves 4 - Two tomato slices per serving

Ingredients

- Cooking Spray
- 2 Large Green Tomatoes
- 1 Tbsp. Olive Oil
- ½ c yellow stone ground cornmeal
- Paprika (to taste)
- 1/8 tsp. salt and another 1/8 tsp. salt

Directions: Preheat the oven to 425° F. Line a baking sheet with aluminum foil. Lightly spray the lined pan with cooking spray.

Cut and discard a thin slice from the top and bottom of each tomato. Cut each tomato into 4 even slices, about ½ inch thick.

Pour the olive oil onto a small plate. Put the cornmeal on another small plate. Set the two plates and the baking sheet in a row. Put one tomato slice in the olive oil, turning to lightly coat, letting any excess oil drip off the tomato slice. Dip the oil coated tomato slice in the cornmeal, turning to coat the other side while gently shaking off the excess. Transfer to the baking sheet and repeat with the remaining tomato slices. Sprinkle lightly with paprika and 1/8 of the salt. Using a fork, turn the coated tomato slices over and sprinkle with paprika and the remaining 1/8 salt.

Bake for 10 minutes. Turn the tomatoes over and bake an additional 8 minutes, or until tender. Remove from the oven. Turn the slices over and let stand or cool for 3 – 4 minutes. Enjoy.

Tip #1: Stone ground cornmeal will provide a better texture

Tip #2: Don't use spatula to turn the tomato slices. This may scrape off the cornmeal coating



TOP 10

- 1) **FOBS Are For Residents Only**
- 2) **Do Not Open the Door/Allow Strangers Into the Building**
- 3) **Wear Your Life Line Pendent & Keep Your Cell Phone With You**
- 4) **NO SMOKING, No Incense & No Candles in Apartments**
- 5) **Check On Your Neighbors**
- 6) **Report All Work Orders**
- 7) **Pick Up After Yourself & Remind Your Guests to Do the Same**
- 8) **Garbage Must Be In Tied Trash Bag & Tossed Down Trash Chute or Put In Refuge Room Trash Can; Boxes Broken Down & Laid Flat on the Refuge Room Floor**
- 9) **Go To Tenant Committee Meetings**
- 10) **Overnight Guests Are Allowed 21 Days Per Year & Must Register With Office**

Interested In Advertising In Woodbridge Life?

Be A Servant Leader In Your Industry: "But among you it will be different; whoever wants to be a leader among you must be your servant." Mathew 20:6



Call us at
313-494-9000
~ or ~
Visit us at
Woodbridge Manor
1300 Martin Luther King, Jr., Blvd.
Detroit MI 48201
For More Details

Woodbridge Manor Advocates

Village Board Members

E. Kern Tomlin.....Chair	John Gardner.....Vice Chair	
James Bradford....Treasurer	Elaine Hearn.....Secretary	
Stacy Brackens	Arthur Caldwell	Ellen Childs
Dakima Jackson	Paul Johnson, III	Lynda K. Jeffries
Dana McAllister Armenteros	Donald McSwain	
Michael Morrison		

Happy Birthday To You, You and You!

The Woodbridge Manor residents, board members and staff would like to wish each of our Woodbridge Manor neighbors celebrating a birthday, the happiest birthday yet. We love you and hope for many, many more birthdays with you. You are so very special to us.

SEPTEMBER BIRTHDAYS

Virgo

Aug 23rd – Sept 23rd

Robert Gould.....	09/04
Mary Rudolph	09/07
James Juners.....	09/10
Annie V. Williams.....	09/10
Shirley Hairston Tucker.....	09/14
Patricia Thomas.....	09/16
Hettie Lawson.....	09/18
Eileen Herman	09/19
Frances Williams.....	09/20
Ruby Muhammad.....	09/25

Libra

Sept 24th – Oct 23rd

Beyonce Knowles.....	Singer
Elizabeth Queen, England.....	Royalty
Ben Wallace.....	Basketball Player
Karl Lagerfeld.....	Designer
Margaret Sanger...Civil Rights Leader	
B.B. King.....	Blues Artist
Ben Carson.....	Doctor
Adam West.....	Batman Actor
Debbie Morgan...Soap Opera Actress	
Will Smith.....	Movie Actor

Woodbridge Welcomes Home:

Ms. Delores Baldrige, Charley France
Norman Oglesby, Joyce Martin &
Raymond Smith



Keeping Up with the CDC - Food Safety

Carrie Moon-Dupree, PVM Director, Risk Management

One in six Americans will experience food poisoning each year according to the Center for Disease Control (CDC). In mild cases food poisoning can cause stomach distress, but in more serious cases it can cause hospitalization or even death.

The CDC has issued some simple guidelines to keep your food preparations safe. There are four simple steps:

- 1) **Clean:** Wash hands and surfaces often with warm water and soap
- 2) **Separate:** Don't cross-contaminate. keep meat, poultry, eggs and seafood separate from your other food both in your shopping basket and in your refrigerator
- 3) **Cook:** Cook to the right temperature. Food is only safe if it is cooked to a high enough temperature to kill bacteria
- 4) **Chill:** Refrigerate food promptly. Once your food is cooked, keep it hot or chill it right away. Years ago we used to leave food out to cool, but it has been proven that while food is cooling bacteria is growing. Remember that perishable food should be refrigerated within two hours

Don't let poor food sanitation lead to illness or something more serious. A few simple steps in food preparation will keep you safe.

**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 Numbers

Village Staff

Marla Bradford
Administrator

Shelia Cusic
Administrative Assistant

**Renee Venable, Hannan
Foundation**
*Resident Community & Social
Worker Coordinator*

Phone: (313) 494-9000

James Munn
Head, Maintenance

China Dew
Head, Housekeeping

Shelby D. Bradford
Village Mascot

**HAPPY LABOR
DAY** 

EMERGENCY NUMBER

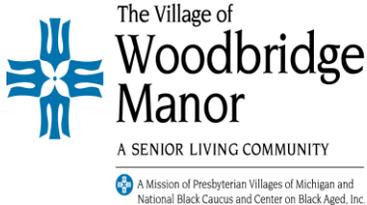
(313) 319-2018

Office Fax

(313) 832-7853



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



**1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201**

“The time is always right to do what is right.”

Martin Luther King, Jr.



Please Recycle

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