



Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

January 2014

Featured Articles

- PVM Foundation pg. 2
- Wellness pg. 3
- Risk Mgmt pg. 4
- Sr. Advocate pg. 5
- Puzzle pg.6
- This & That pg.7
- Birthdays pg. 9

Happy New Year!

Welcome 2014!



The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Giving Matters.

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

Statewide Comprehensive Campaign Reaches \$13.6M For Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM's strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project.

I am also happy to report that in 2013, the PVM Foundation awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities
- And more!

None of this could be accomplished without the continued support of our donors, ***so thank you for all you do to further PVM's mission!***

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. We wish you a happy new year filled with good health, peace and joy!

Warm regards,
Paul J. Miller, CFRE

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Paul J. Miller, CFRE

Announcements

Just a reminder that The Village of Westland is a non-smoking facility. If you or your family, guests etc. would like to smoke you and they must use the smoke shacks located on either side of the property.

If you own a pet – please remember that your pet must be on a leash when it is outside your apartment and that pets are not allowed in the dining room or bistro. If you are going from the 800/900/1000 hallway to get you mail etc. you can walk through the dining area but if you are attending an activity in the dining area, please leave the pets at home.

****Please Remember if you use an electric scooter that must keep it in slow speed. We have too many who are driving too fast down the hallways. Those who are walking have the right of way ****



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Power of Volunteering

With the arrival of the New Year, many of us will use it as an opportunity to make a fresh start. We'll re-examine our lives, establish new goals, and resolve to make this year the best one yet. To that end, something you may want to consider doing this year is becoming a volunteer. While most of us volunteer without expecting to get anything in return, research has recently revealed that along with providing a societal benefit, volunteering provides direct health benefits to those who volunteer. Compared to their non-volunteering peers, volunteers have lower rates of depression, greater functional ability, and lower mortality rates. And though it may be true that healthier individuals may be more likely to volunteer (thus accounting for these differences), the evidence suggests that volunteering itself can actually lead to improved health, both physically and mentally. This seems to be particularly true for adults who volunteer at least 100 hours per year and are 60 years of age or older. So, the next time you're looking for a way to improve your health, consider volunteering. There are plenty of organizations in need and plenty of opportunities available. A good place to start looking is www.VolunteerMatch.org. Simply follow the link.

Proverbs 11:25 "Generous persons will prosper; those who refresh others will themselves be refreshed"

(Common English Bible translation)



For Your Safety.

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

Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid, unless needed to support tax filings
- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997.

More information can be found on the government web site www.USA.gov/ [Managing Household Records](#)

Staff Extensions...

Ellen Byrne ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Carrie Kephart ~ 28886
Activities Supervisor

Kari Porembiak ~ 28958
Activities Assistant

Mark Minch ~ 0
Maintenance Mgr

Lisa Scott ~ 28893
Housekeeping Lead

Kara Kirk ~ 28810
Social Worker

Sheila Rustin ~ 28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kirstie Lowe ~ 28928
Marketing Manager

Vernon Martin ~ 28896
Marketing Assistant

Pam & Doug ~ 28953
Wellness Instructors

Rita/Sally ~ 28889
Beauty Shop



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

FALL IS IN THE AIR

Fall is in the air! Our children and grandchildren start back to school. Art fairs appear at our favorite parks and community settings. We move our attention from family vacations to lifelong learning programs and organizational meetings. The cider mills are open; and the annual football rivalries are in full gear. Along with these pleasant routines, unfortunately, comes the revival of a number of scams which threaten our safety and well-being.

Recently the local news reported that perpetrators are going into homes on the pretense of being from the water company and that they need to check your water lines and internal spigots. In one case, a gentleman was lured into his own bathroom with one criminal and held there against his will while yet another criminal looted items from his bedroom. He managed to escape and call the police. Another scam which appears at this time of year involves someone showing up uninvited and claiming that your roof is in critical need of repair. They will claim that if you do not repair it now it will leak during inclement weather which is on the horizon. They will trick people into giving them money up front only to disappear with it.

Protect yourself from these scoundrels. Never open the door to a stranger. Utilities companies do not send staff out unannounced. Check out any contractors through the Better Business Bureau and always check with someone you know. Use contractors who come recommended by friends and family. And never buy into any transaction whereby they solicited you. Take charge of the process from the beginning.

Another positive aspect of the fall season is the arrival of flu clinics. Make sure to get your flu shot early to provide the best protection. Your physician or local health department can provide this service for you. Many senior centers also provide clinics for this. If you are over the age of 60 also consider a pneumonia vaccine and a shingles vaccine. With all of these protections in place you can enjoy the cider mills and art fairs in full swing!

Village Store Information

The Village Store is open Monday ~ Saturday from 11am until noon, and Sunday from 2pm – 3pm. Closed on all holidays.

Workers are:

**Connie Barnett
Ede Duffield
Faye Myers
Catherine Feathers
Diane Pickard
Betty Hildebrandt**

~We are currently looking for a Thursday Volunteer ~

The store is stocked every Monday.



Resident Council...

**President ~ Doris Spencer
1st Vice ~ Lou Kovach
2nd Vice ~ Ann Zivanov
Secretary ~ Nell Babcock
Treasurer ~**

This & That

- **The Village Store is stocked on Mondays. Please do not wait in the store while Activities is stocking the shelves. There just is not enough room.**
- **We limit each person to a maximum of 4 pops per day. We only buy on Monday's and are running out way to quick.**
- **Please make sure you sign up for an outing you want to go on. It is important for Activities to know how many residents are going on the outing. Also it is very important to be on time meeting in the lobby.**
- **Activities is missing one of their carts. The wellness center is missing one of the wrist keys to the treadmill. If you have either item please return it. Thank you!**
- **There is a sheet in the mail room for Activity Suggestions. This is for you to write down what you would like to do her at the Village. This is not for outing suggestions.**

~ Transportation Services ~

Monday's

- Shopping at Meijer (first Monday of the month)
- Shopping at Kroger (all other Mondays)
- Van Runs (ACO, Hallmark, CVS, Post Office, Walgreens)

Tuesday, Wednesday, Thursday

- Van is available for residents to be driven to doctor appointment; must call to make reservations, cost is based on mileage and waiting time over 1 hour.

Wednesdays – Banking Day! (1st, 2nd & last Wednesday of the month)

- Charter One, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

Other Shopping and Outings:

- We usually do at least two other shopping trips per month (Target, Walmart, Dollar Stores, Westland Mall, Shops in Taylor). This is at no cost to the resident
- Lunch outings ~ Usually once per month ~ only cost is for your meal.
- Sports Outings – cost is for ticket and small gas fee.
- Movie outings ~ cost is only for ticket to the movie, usually \$5.00
- Library concerts – free concerts.

If there is ever a charge for an outing it will be written on the sign- up sheet.



Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in November!

Marie SeaserJan 2nd
 Ellenora Mason (107!)...Jan 4th
 Irene DempsterJan 4th
 Patricia Jarosz.....Jan 6th
 Giselle L’Heureux.....Jan 6th
 Jean JenksJan 6th
 Jeanette Burkeen.....Jan 12th
 Mary LaValleeJan 12th

Arthur Harvey.....Jan 13th
 Ethel FreuchtelJan 14th
 Al Bibb.....Jan 15th
 Doris Liske.....Jan 15th
 Joanne Johnson Jan 16th
 Doris Woodman..... Jan 17th
 Hilde Zajac Jan 18th
 Lillian Dege Jan 26th
 Louis Kovach.....Jan 28th



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AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

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

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.

**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

(734) 728-5222

Village Staff

Ellen Byrne
Executive Director

Kara Kirk
Social Worker

Jason Lovelly
Human Resources

Mark Minch
Maintenance Supervisor

Carrie Kephart
Activities Supervisor

Tyson Scaife
Dietary Services Director

Sheila Rustin
Billing

Lisa Scott
Housekeeping

EMERGENCY NUMBER

(734) 728-5222



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 at **248-281-2040** or visit **www.pvm.org**



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