

Embrace the possibilities

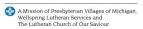
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The Administrator's Pen



Happy New Year OSM Family and Friends,

OSM has experienced an eventful and prosperous 2016! We accomplished our 2016 Friends and Family Campaign. We were able to partner with Pastor Matthews of People's Community Church to deliver water to Flint, Michigan seniors. OSM Caring Hands graciously crocheted "plarn" blankets for the homeless to be distributed through Wayne-Metro Community Action Coalition. OSM participated in the food/toy drive for the Westland Goodfellows. OSM won the Village Victory Cup Spirit Award for the third consecutive year. Ms. Louise Rush and Mr. Will Henderson were featured at the PVM Foundation Gala fundraiser. Graziella Bruner, Administrative Assistant won top prize at the PVM Shining Star Awards. I received the PVM Senior Leadership Award. And there are many, many more accomplishments that OSM has claimed for the 2016 Year.

I would like to thank our distinguished Board of Trustees and all of our generous donors and volunteers. Without your assistance, Our Saviour's Manor would not have been able to accomplish all that we have for 2016.

The year was culminated with our Resident Christmas Dinner. The food was excellent and the fellowship was wonderful; a good time was had by all. Every resident that attended was able to receive a Christmas gift. Ms. Jessie Clark, Ms. Mary Bennett and Ms. Sandra Cole won the Christmas Porch Decorating contest with 1st, 2nd, and 3rd place prizes. Ms. Warnedie Cross won the 2016 Resident Volunteer of the Year award for the second consecutive year. Ms. Louis Rush received an honorable mention for her generous support and volunteerism for 2016.

Enough cannot be said of how proud I am to serve as the Housing Administrator for The Village of Our Saviour's Manor. Happy New Year OSM. GO MONARCHS!!!

Aaron E. Price Administrator



Monarch Moments

Blessings Our Saviour's Manor,

Happy New Year!



Schwan's Delivery Schedule

Fridays

01/06/17 & 01/20/17 at 1:45 p.m.

Reminder our January Resident Activity meeting is Wednesday, January 11th at 11 AM. Please bring your suggestions and ideas for any activities you may want to see or places you would like to go.

Our Administrator's Resident Meeting, which will be the following Wednesday, January 18th at 11 AM.



Please remember to sign up for all trips.

Please check the calendar for all of our upcoming activities and events.

Have a blessed and safe month!

Wishing everyone a blessed and wonderful New Year!



Believe IT!

The ugliest personality trait	Selfishness
The most endangered species	Dedicated Leaders
Our greatest natural resource	Our Youth
The greatest problem to overcome	Fear
The most effective sleeping pill	Peace of Mind
The most crippling failure disease	Excuses
The most powerful force in life	Love
The most dangerous pariah	The Gossiper
The World's most incredible computer	The Brain
The worst thing to be without	Норе
The deadliest asset	Tongue
The greatest asset	Faith
The most beautiful attire	SMILE!
The most prized possession	Self Esteem
The most powerful channel of communication	Prayer
The most contagious spirit	Enthusiasm

To the World, you may be one person; but to one person, you may be the World. A wise person once said, "It's not life that's important, but those you meet along the way that makes the difference."



Greetings!!!!!! Our Saviour's Manor Residents.

Happy New Year!!!

I will need to update everyone's emergency contact information with your preferred hospital updates for 2017. Please make an appointment with me to sign all necessary paperwork. We need to make sure that your primary care Physician, dentist, ophthalmologist or any special doctor you may have are all updated with correct phone numbers.

We have an upcoming seminar for this month. Five Wishes will be here on Friday, January 27th at 10:30 AM in the community room. I would like for all the residents to attend this meeting. Five Wishes will be discussing topics on "Who will be making you Care Decisions for you if you and when you can't?" "What kind of treatment you may want or not need?" "Who would you want to talk to the doctor on your half or to other family members on your behalf?"

Reminder: Please pick up your Focus Hope Box on the schedule Day. You must sign both sheets under your name. Please notify me if you are going to have another resident pick up your box for you.

My Office Hours are as follows:

Wednesday and Thursday from 9 – 5 PM Friday's are from 9 - 1 PM.

Remember you're fearfully and wonderfully made. - Psalm 139:14



The Village of Our Saviour's

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

Johnnie Jackson, Board Chair Dereka Johnson, Vice Chair Rev. David Huber, Treasurer Diane Hicks-Walker, Secretary Natalie Brothers, Member Carolyn Kimbrough, Member Michelle Williams, Member Myra Davenport, Member Judy Piccininni, Member



2016 PVM Village Victory Cup Spirit Award Winners (THREEPEAT!!!)





OSM Staff and Resident Ms. W. Cross Delivering Water to Seniors in Flint, MI.





OSM Deliver Gift Baskets to the City of Westland Fire and Police Dept.





Ms. M. Taylor, Ms. P. Johnson and Ms. D. Palmer delivered blankets to the Wayne-Metro Agency.





Ms. Louse Rush and Mr. Will Henderson being featured at the 2016 PVM Foundation Gala Fundraiser.



"M" stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase "use it or lose it". It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.



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





Michigan, we're not getting any younger.

Going to the mall to return gifts today? Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30**th **oldest state** in the USA **to 10**th **oldest.**

So what?

So, an aging population means the services YOU help provide to seniors are more important than ever.

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. You are the reason that Michiganders can thrive as they age.

Thank you for your continued dedication to Michigan's older adults! If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards, Paul J. Miller, CFRE





Mayor's Message
By William Wild,

Mayor, City of Westland

Greetings;

I hope you all enjoyed your holidays in our beautiful All American City. 2016 was a special year in the City of Westland as we celebrated our 50th anniversary and continued to make progress across all sectors.

Westland City Hall continued to win awards and won the trifecta of American Public Works Association awards by winning the local, state and national "Public Works Project of the Year." The City Hall Project was also chosen as Michigan Municipal League's Community Excellence Award Winner and the newly renovated Jefferson Barns Community Vitality Center also received the National Community Development Association, Audrey Nelson Community Development Achievement Award and the National Association of Housing and Redevelopment Officials, National Agency Award of Excellence. Westland was even named as one of *Wall Street 24-7's Best Cities to Live*. I am extremely proud of the positive recognition that the city has received for these recent investments and equally proud of the pride residents have shown with these awards.

Major road and infrastructure improvements were completed throughout the year such as Newburgh Road reconstruction between Ford and Warren Roads, the resurfacing of Central City Parkway between Ford and Warren Roads, the completion of the new, state of the art Inkster Annapolis Pump Station, Cherry Hill resurfacing between Wayne and Merriman, Linville Rd. resurfacing between Glenwood and Palmer as well as Terri, Berwick and Ritz, Merritt, Ingram and Bertram between Hubbard and Blackburn, the demolition on the former City Hall, Bailey Recreation Center, Fire Station 1 and Michigan Motor Exchange and the conversion of 2,515 neighborhood Mercury Vapor lights to brighter, energy and cost efficient LED.

Yes, we have much for which to be grateful as we close out 2016 and celebrate the beginning of a new year. I assure you, there are many more great things to come. I am confident that 2017 will bring much more progress as we keep moving forward. Our first major event of the New Year will be our Dr. Martin Luther King, Jr. Ceremony held on January 16 at Westland City Hall. Once again, we will be kicking off the celebration with a freedom walk and then will head to City Hall for the official ceremony. Stay tuned for more details.

All of the important information about what is going on in our All Americans City can be found on the City's website www.cityofwestland.com and the City's *Facebook* and *Twitter* pages. Also, be sure to watch WLND for the latest programming and event details





Notes From The Parish Nurse



By Carolyn Kimbrough,

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

HAPPY NEW YEAR!!

Epiphany- The Word became flesh and lived for a while among us.

Good bye 2016, Hello 2017. As a new year begins, we may find ourselves looking back on the past year, reminiscing or remembering the "good and bad" times, but we got through them.

God is always there and even at our lowest moments, He pulls us through. So my message to you is to move forward in this year with love and kindness in our hearts, love our neighbors and help those who can't help themselves

For those who do not know me or have yet to use the service I provide, let me introduce myself. This serves also as a refresher for those who know me.

I am a Christian by faith and a nurse by profession. I have been called to the ministry as a worker in whatever capacity I'm needed. I have served as a Parish Nurse since 2003, with my church and with Our Saviour's Manor since 2004. My goal is to promote healthy living: by screenings, information and education. Much of what I do is based on the needs of you, the residents. I basically do blood pressure screenings, review prescription drugs and need for health literature. My role will be Health Educator and Advocate.

The model used in my ministry, includes the dimensions of health, "mind, body and spirit". SPIRITUAL HEALTH is central to well-being and influences a person's entire state of being.

So I ask each of you to be vigilant in your service to the Lord and remember those areas of behavior that may cause harm.

God Bless each of you. My service hours are the 2nd. and 4th. Monday of the month from 11:00 am -1:00 pm. In the all-purpose room.



"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you, discern what is the will of God, what is good and acceptable and perfect".

Romans 12:2 (ESV)



PVM RECOGIZED AS BEST-MANAGED NONPROFIT

I am pleased to report that Crain's Detroit Business has selected PVM as The Best-Managed Nonprofit for 2016. PVM received the honor "For tackling the complexity of meshing an affordable senior community with increased access to health care and related services for seniors in the surrounding neighborhood and collaborating at high levels to do it..." The Edward N. and Della L. Thome Rivertown Neighborhood, near Detroit's East riverfront, was the driving force behind this award due to innovation and challenges which were met along the way by PVM and its partners. United Methodist Retirement Communities and Henry Ford Health System also deserve much credit for making this campus a success.

PVM, throughout its 71 year history, has been known for innovation and collaboration. All of our thirty villages represent what PVM is all about in providing service excellence and a commitment to "embracing the possibilities" that life has to offer at any age. Congratulations to all on receiving this prestigious award. We will transport this same innovative spirit into 2017 and beyond.

Happy New Year to all!

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.

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.



HAPPY NEW YEAR!



For your safety, please do not use your stove as a heating element. You can use small electrical heaters, but please follow all safety precautions when using heaters and remember using electrical heaters may increase your electrical bills.

A few reminders:

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



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





I'm sure you heard about people having a New Year's Resolution or starting the New Year with a better mind set or a better outlook. Well, how about a new focus?

Where's Your Focus?

What are you thinking about?

Here are a few good tips on focusing on what is good!



- ❖ Don't focus on what is not, but starting creating what can and will be.
- ❖ Take an honest look at all the negative practices in your life and eliminate them.
- *Take time for a clean out.
- *Revoke your membership in the "Knock Yourself Down" Club.
- ❖ Start all over again with the basics.
- ❖ Look ahead instead of backwards.
- ❖ Look to your past to inform someone of your mistake and what you've learned from it, so they won't make the same mistakes.
- ❖ Tell your story and build someone else's faith.
- *Change your mental diet by watching what you feed yourself. (TV, News, Radio, Paper, Magazines, Gossip, etc.)
- *Your eyes and ears are the gateway to your heart. Be careful what goes in.
- ❖ Do something that you normally wouldn't do or couldn't afford to do. In other words, take a risk!

If you want success in your life, you can have it. Change your mind, change your heart and watch what happens. Make it happen today!

Take the opportunity to learn something new and/or do something different.

It can only help, not hurt!



Wishing everyone a very blessed and prosperous New Year!

Events for January 2017

Happy Birthday!



Cornel Gulatt – 01/11 Mary Edwards – 01/14 Mary Jenkins – 01/25 Juanita Cross – 01/27



HappyNewYear	J	ANU	IARY	2017		* Life's most persistent and urgent quotion is, what are you doing for others?
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY NEW YEAR!	New Year's Day Holiday Celebrated OFFICES CLOSED	12:00 pm War Room Prayer 1:00 pm Compassionate Hearts Visitation	Focus: HSPE 11 AM Focus Hope 1:00 PM Healthy Living	11:00 AM Walmart Save money, Live better. 6:00 PM OSM Church Service w/Phil Middlebrook	12:00 PM War Room Prayer 1:45 PM Schwan's	9:00 AM SC Coffee and Conversation
08	11:00 AM Parish Nurse 12:00 PM War Room Prayer 6:00 PM Bible Study	12:00 pm War Room Prayer 1:00 pm Crochet Class/ Blanket Day	11:00 AM Resident Activity Meeting & Birthday Celebrations	1:00 pm Kroger 5-7 PM SWHA (61.0 Aerocition Meeting)	12:00 PM War Room Prayer 1:00 PM Bingo	9:00 AM Coffee and Conversation
15	Martin Luther King Holiday 16 OFFICES CLOSED 12:00 PM War Room Prayer 6:00 PM Bible Study	12:00 pm War Room Prayer 1:00 pm Crochet Class/ Blanket Day	11 AM Administrator's Resident Meeting 3:00 PM Movie Day	1:00 PM Meijer 6:00 PM OSM Church Service w/Phil Middlebrook	Inauguration Day 20 12:00 PM War Room Prayer 1:45 PM Schwan's	9:00 AM Conversation
22	11:00 AM Parish Nurse 12:00 PM War Room Prayer 1:00 PM Blanket Day 6:00 PM Bible Study	12:00 PM War Room Prayer 1:00 PM Crochet Class/ Blanket Day	25 10:00 AM Shopping - Big Lot's Blockors 1:00 PM Blanket Day	26 12:00 NOON Epplebee's 5-7 PM SWHA (610 Association Meeting)	10:30 AM Five Wishes Presentation 12:00 PM War Room Prayer 1:00 PM Bingo	9:00 AM SC Coffee and Conversation
29	12:00 PM War Room Prayer 1:00 PM Blanket Day 6:00 PM Bible Study	12:00 pm War Room Prayer 1:00 pm Crochet Class/ Blanket Day				

January Recipe

Bacon & Potato Soup



Ingredients

6 thick slices bacon, 1 1/2 teaspoons olive oil

1/2 cup chopped green onions (or regular onions)

1/2 cup chopped carrots (optional), 1 stalk celery, chopped

4 cups low fat, low sodium chicken broth, 4 cups cubed potatoes

1/8 teaspoon cayenne pepper or garlic, 1/2 cup shredded Cheddar cheese

1/2 teaspoon kosher salt

Directions

Cook bacon until crisp in 3-quart saucepan, remove and drain well on paper towels.

Discard bacon grease and wipe pan thoroughly with paper towel.

Meanwhile, prepare vegetables. Add olive oil to saucepan and add onion, carrot, and celery as they are cut up.

Saute until onion is soft but not brown, about 3-4 minutes.

Stir in chicken broth, potatoes, and pepper or garlic; bring to a boil, reduce heat, and simmer, covered, until potatoes are tender, about 10-15 minutes.

Stir in cheese, heating just until melted-do not boil. Chop bacon and add to soup.

Adjust seasoning to taste by adding salt, if desired. Serve at once.

ENJOY!

Monthly Word Search

HAPPY NEW YEAR



APPETIZERS
CELEBRATE
DECORATIONS
FATHERTIME
FRIENDS
MIDNIGHT
NOISEMAKERS
RESOLUTIONS
WINE

BABIES
CHAMPAGNE
ENDOF
FEAST
HATS
MUSIC
OCCASION
SINGING
YEAR

BALLOONS CONFETTI DECEMBER FESTIVITIES HOLIDAY NEWYEARSDAY PARADES STREAMERS IN REVIEW

BANNERS
DANCE
EVENTS
FIREWORKS
HORNS
NEWYEARS
PARTY
THIRTYFIRST

BUFFET
DAY ONE
FAMILY
FIRSTOFJANUARY
KISS
EVE
PUNCH
TIARAS

January Observances & Fun Facts:

January is observed as:

National Blood Donor Month
National Mentoring Month
National Cervical Health Awareness Month
National Slavery and
Human Trafficking Prevention Month
Birth Defects Prevention Month

Weekly Celebrations

Week 1 – National lose weight and Feel Great Week

Week 2 – Organize your home Week Week 3 – Get to know your Customers Week Week 4 – Give a compliment Week

January Flower and Birthstone





Garnet



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:



Helpful Resources

Transportation

Nankin Transit (Serving Westland) (734) 729-2710 Smart ADA (313) 223-2100

Senior Agencies

The Senior Alliance (Wayne/Westland) (734) 722-2830

CareSync Solutions

Home Healthcare Services (248-773-4550)



Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit <u>www.facebook.com</u> and log-in your account. If you don't have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor or go to facebook.com/The Village of Our Saviour's Manor
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook, explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



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.



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.



OSM Fisherman:

Love to fish? This is the group for you! Headed by Mr. David Brown, OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

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

Village Staff

Administrator

Michael Hooton

Maintenance Tech

Graziella Bruner

Administrative Assistant

Carolyn Hubbard

Service Coordinator

Kesha Akridge

Director of Housing

Carolyn Kimbrough

Parish Nurse

Warnedie Cross

Resident Volunteer

Office Number (734) 595-4663

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**



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!":

matters

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



Is there someone on staff that you would like to acknowledge for their work?

Please complete this form and turn it into the office.

They might win a prize!