



# Villa View



Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • December 2016

## Notes from the Administrator

### Featured Articles

- Glorias's Notes.....pg 1
- Coordinator Corner.....pg 3
- Word Search.....pg 5
- Calendar.....pg 8

### Holiday Festivities at the Villa at Redford!



The Madrigal Singers from Redford Union Highschool and Hilbert Middle School , lead by Schianti Jaramillo

### Look for PVM on:



The Cottages at  
**Redford**  
A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan



The Villa at  
**Redford**  
A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan





The Villa dining room was packed for our Annual Christmas Celebration!



## Coordinator Corner

It's a New Year! 2017 Many people make New Year resolutions. Perhaps, you may have made one. Let's make one that's simple!

Practice smiling 

*Everyone  
smiles in  
the same  
language*

Tuesday, January 10, 2017 @11:00am in the villa dining room. Join us with Ms. Beatrice Smith, LMSW, CEAP discussing "Enjoying Everyday Life" to your emotional health.

Wednesday, January 11, 2017 @9:30am in the villa dining room.

Mr. Scott Lewis with "Humana" for information on a free movie for seniors only on Saturday, January 28<sup>th</sup> 2017 @ The Redford Theater 17360 Lasher Rd @1:30pm Please plan to attend for more detail information.

Thursday, January 12, 2017 @ 10:00am in the movie theater on the 2<sup>nd</sup> floor for seminar with Ms. Pauline Haynes from Mt. Hope Memorial Gardens concerning Advance planning.

Service coordinator office is closed Monday, January 16, 2017 in



observance of Martin Luther King Day.

**January Quote:** "Put your heart, mind, and soul into even the smallest acts. This is the secret of success." ~ Swami Sivananda

If you need my services please call me @313-541-6450 or stop by my office from 9:00-1:00pm **Anita Stephens**



# Giving Matters.

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

## 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<sup>th</sup> oldest state in the USA to 10<sup>th</sup> 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](mailto:pvmfoundation@pvm.org).

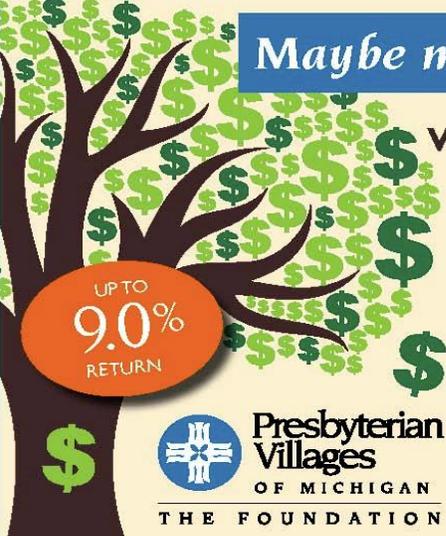
Warm regards,  
Paul J. Miller, CFRE

*Maybe money CAN grow on trees... \$*

**WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$**

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller  
**248.281.2045** [www.pvmgifts.org](http://www.pvmgifts.org)



UP TO  
**9.0%**  
RETURN



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION



# HAPPY NEW YEAR

## WORD SEARCH

f m i d n i g h t a s d b n m d y c v z q w t e g r h s  
 i a v b o b n m d y c v z q w g a m e s d b n m o c h n  
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 e q w t s b n m c i l s q m f b n t e f a s d h l w u c  
 c n m d e y c v z q w s d n r e s o l u t i o n s m r h  
 r a b d m m j a n u a r y e i y c v o n s c v e b n g h  
 a s q m a m d y c v w t e w e n m d y c o m s w t w l a  
 c i t e k v z q w l s i b y n a h e d m d s m y q m a c  
 k n m c e i l s q c j k l e d d m o v w t t u e b m s n  
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 r h a t s z q w s t e l o r d e q w t e y e d r c v o a  
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 o x i b l d v w t s e n a r m a k l a o e t v v y s l  
 b c f i r e w o r k s s u b m a r s i d g r d e q w z y  
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 a c w k l a t e t h m d y c o b c v o o l s g w o o t e  
 o e d f a t h e r t i m e h e e m d m n v y o m l r m c  
 a z q w s i t w a s d h v g y c o m s q w s t m v n n t  
 z q a s d o n h a p p y i m d y c v w t e o c v e s g p  
 l s y w j n b n t h i n c p k m d y c o m s d e q m d k  
 v y e m t s k e m g n h o l i d a y o g d t w t j w k n  
 q w k s g b q m d i a s t k s m d y c o c v p j n t s m  
 t e a d m c p j n b n m d y s e a s t o e d w k l u d p  
 h o p c q w t g w c v s q m d s t w k c h e e r s j o q  
 t t i m e s s q u a r e c v w t p t s j e q m g s d w c

midnight  
 noisemakers  
 decorations  
 party  
 New Years Eve  
 Father Time  
 family  
 friends

resolutions  
 countdown  
 new beginnings  
 goals  
 toast  
 New Years baby  
 holiday  
 fireworks  
 cheers

horns  
 celebrate  
 streamers  
 games  
 January  
 goblet  
 firecrackers  
 kiss  
 hats

fun  
 reflection  
 resolve  
 hope  
 hourglass  
 Times Square  
 tradition  
 happy



Phyllis at Shear  
 Perfection Salon  
 Days of Operation:  
 Wed thru Sat.

Hours: 11 am- 4pm.

313-541-6077  
 Call to make an  
 appointment!

### Redford Board of Directors

- Deanna Mitchell,  
Board  
Chairperson
- Reva Wujcik
- Carrie Hays  
McElrye
- Joyce King
- Laura Scanlon
- Susan Hurst
- Catherine  
Esannason



# It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

## “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 Move, Eat, Sleep, Heal. 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.



# Potato, Sausage Egg Breakfast Casserole



Preheat the oven to 350 degrees F.

1. Spray 8x8-inch glass baking dish with cooking spray; set aside.
2. Combine Egg Beaters, milk and garlic salt in large bowl. Add sausage, potatoes, bell pepper and cheese; stir to combine. Place mixture in dish.
3. Bake 45 minutes or until knife inserted in center comes out clean. Cool slightly before serving.

### Cook's Tips

\*Egg Beaters Three Cheese may be used in this recipe in place of Egg Beaters Original, if available.

### INGREDIENTS:

- PAM® Original No-Stick Cooking Spray
- 1 carton (16 oz each) Egg Beaters® Original
- 1/2 cup fat free milk
- 1/4 teaspoon garlic salt
- 4 frozen Banquet® Brown 'N Serve™ Turkey Sausage links, sliced
- 2 cups refrigerated shredded hash brown potatoes
- 1/2 cup chopped red bell pepper
- 1/2 cup shredded sharp Cheddar cheese

*Happy Birthday to You!*

The Birthday Party will be held on 01/16, at 1:30 PM in the Villa Dining Room.

Villa Friends	Cottage Friends
Joseph Zerbini ..... 1/01	Bill Riddle ..... 01/03
Thelma Scott..... 1/11	Florence Morton..... 01/17
Christine Rencher. .... 1/12	Nancy Painter ..... 01/18
Margaret Irving.... ..... 1/17	Pearlie Brown ..... 01/23
Tonna Brown ..... 1/19	
Georgia Thompson..... 1/21	
Gerald Belcher..... 1/23	
Gladys Spencer.....1/25	
Robert Willis.....1/29	
Teresa Zurowski.....1/30	
Cheyney Thompson.....1/31	



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# January 2017 Activities Calendar



## January 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	3 1 pm Chair Exercise 2 pm Movie "The Gospel"	4 10 am Value Center/ Walgreens 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	5 10 am Coffee Hour 10 am Pantry	6 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	7 1 pm Bingo (Game Room)
8 	9 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	10 1 pm Chair Exercise 2 pm Movie "The Big Sleep"	11 10 am Kroger/ Value Center 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	12 10 am Coffee Hour 10 am Pantry	13 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	14 1 pm Bingo (Game Room)
15	16 10 am Pantry 1:30 pm Birthday Party 5 pm Bingo/Keno 6:30 pm Cards	17 1 pm Chair Exercise 2 pm Movie "The Little Princess"	18 10 am Value Center/ Walgreens 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	19 10 am Coffee Hour 10 am Pantry	20 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	21 1 pm Bingo (Game Room)
22	23 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	24 1 pm Chair Exercise 2 pm Movie "Shane"	25 10 am Kroger/ Value Center 2 pm Pinochle 2:30 Sing-A-Long	26 10 am Coffee Hour 10 am Pantry	27 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	28 1 pm Bingo (Game Room)
29 	30 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	31 1 pm Chair Exercise 2 pm Movie "The King and I"		<b>HAPPY NEW YEAR</b> <b>2017</b>		

**Please note: The Redford Board of Directors meets the fourth Thursday of each month. Depending on the amount of members in attendance, the dining room may need to be utilized for the meeting. We appreciate your flexibility in this matter.**

## Announcements & Reminders

**TAX CREDIT RESIDENTS:** 2017 Social Security Benefit Award Letters are beginning to appear in mailboxes nationwide, including yours! Please keep an eye out for it, as these letters are crucial when it comes to completing your recertification. Please stop by the office so a copy can be made for your file. One less thing to collect when it's time to do paperwork!

**Vehicle Registration:** Everyone should have received a Vehicle Registration form. Please complete and return to the office at your earliest convenience. You do not need to include your insurance information; all we need is the [make, model and license plate](#).

**Welcome New Residents!**

Sylvia Foley, Cottages  
Mariahn Casse, Villa  
Alpha Boylston, Villa





# The Senior Advocate.

By *Lynn Alexander,*  
Senior VP & Chief Marketing Officer

## PVM RECOGNIZED 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!



Presbyterian Villages of Michigan took on the complexities of developing an affordable senior community with a continuum of care and on-site health services. Left to right: Paul Miller, president, Presbyterian Villages of Michigan Foundation; Gloria Robinson, chair of the Thome Rivertown Senior Housing Board; and Roger Myers, president and CEO, Presbyterian Villages of Michigan.

## Movie Listings January 2017



**The Gospel** While he was once on the way to becoming a minister, David Taylor (Boris Kodjoe) instead chose to become a popular music star, and the hedonism that followed turned his father against him. But despite the gulf between them, David comes home when he finds out that his father is sick. At the church David once stood to inherit, he finds that the Rev. Charles (Idris Elba), who has been groomed to shepherd the congregation after his father's retirement, has ideas that could ruin everything.

**The Big Sleep** The Big Sleep is a 1946 film noir directed by Howard Hawks, the first film version of Raymond Chandler's 1939 novel of the same name.

**The Little Princess** A poor but proud girl (Shirley Temple) searches army hospitals for her father, reported dead in the Boer War.

**Shane** Shane is a 1953 American Technicolor Western film from Paramount, noted for its landscape cinematography, editing, performances, and contributions to the genre.

**The King and I** Richard Rodgers and Oscar Hammerstein's 1951 Broadway musical hit, was based on Margaret Landon's book Anna and the King of Siam.

**SEE YOUR MONTHLY CALENDAR FOR SHOWING DATES!**

**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)

**Villa Office Number  
Cottage Office Number**

**(313) 541-5991  
(313) 541-6300**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*

**Hannah Micallef**  
*Cottages Administrative  
Assistant, TCS*

**Steve Reardon**  
*Cottages Maintenance  
Technician*

**Crystal Davis**  
*Villa Administrative Assistant*

**Mark Uzarek**  
*Maintenance Lead, Villa*

**Rhonda Harvey**  
*Housekeeper, Villa*

**Anita Stephens**  
*Service Coordinator, Villa &  
Cottages*

**EMERGENCY NUMBER (VILLA)**

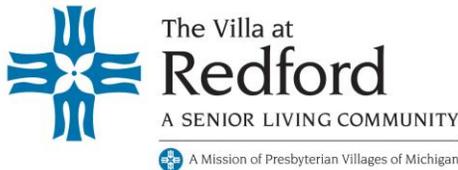
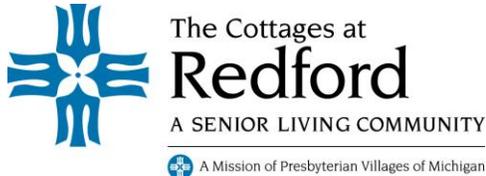
**(313) 910-7027**

**EMERGENCY NUMBER (COTTAGES)**

**(313) 573-3572**



**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)**



**The Villa and Cottages at Redford • 25340 West Six Mile Road •  
Redford, Michigan 48240**

**Embrace the possibilities**