



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

January 2018

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Christmas Party a Success

After an initial kerfuffle about the menu (with artichokes being the main concern), 48 residents joined together for a beautiful dinner, a visit by Santa Claus and music by *Davey Bones and the Bow Wows*. People stayed late visiting and singing Christmas carols. Many new residents came and had a chance to meet their neighbors. Thank you to staff members Stacey Klooster, Denise Giallombardo, Emmi Parada and John Davis and volunteers Alison Lilla, Arriyanna and Madison for working at the dinner. Thank you to board members Mac McDougall, Marijo Hockley and Betty Challenger and PVM Board member George Millush for attending the dinner.



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Sharing Faith at Any Age

Marijo Hockley
Inclusion Minister
First Presbyterian Church of Warren

Peace be to the whole community, and love with faith, from God the Father and the Lord Jesus Christ. Ephesians 6:23

Paul reminds us that our faith community does not consist only of the four walls of the building we may go to for worship. Our faith community is where we live, shop, play, and of course where we worship our creator. As we age, we continue to have room for growth in our faith and our relationship with God. We still have the ability to help build up that community. Our bodies may break down, but the spirit is still capable of growth, renewal, or even new birth. Many of the world's greatest prayer warriors are older adults.

In spite of changes, losses, and chronic health conditions, you can continue to cultivate your relationship with God. Understandably, there are times in which getting to our place of worship is a challenge. Michigan winters bring snow and ice. Failing health brings obstacles. We all need the fellowship and encouragement of other believers. If faith is not continually nourished, it can become stagnate. We might take a cue from the psalmist:

O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to all the generations to come. Your power and your righteousness, O God, reach the high heavens. Psalm 71: 17- 19

You may not feel you have the fresh zeal of new converts or the power and strength of young spiritual lions, but you *do* possess a wealth of knowledge drawn from long experience that can be a tremendous benefit to the entire faith community, wherever that faith community exists.

So how do you share your gifts of faith? There are many opportunities. Create a prayer circle or call list to those in your community who are homebound. Some Warren Glenn residents have experience with this. Join in worship on the 1st and 3rd Sundays in the Community Room. I would welcome anyone who would like to help with these services. Many of you have been wonderful mentors/friends to the Cousino high school students with special needs. You can continue to serve God and your community in many ways and at any age.

SERVICES

Beauty Salon

Beautician Gloria Blood is here every Thursday. She offers a variety of services in the beauty salon on the second floor across from the lobby elevator. A sign-up sheet on the salon window includes a list of services and fees.

Chiropractor

Dr. Jamie Beck comes to our building on Mondays, Wednesdays and Thursdays at 10:30 AM. If you need to see the chiropractor, go to the exercise room on the second floor. No appointment is necessary. First time patients must bring their identification and insurance cards. Most insurances cover this service.

Podiatrist

Dr. William Rubin comes to the building approximately every six weeks. He will see you privately in your apartment. Watch for the sign-up sheet in the mail room. After you sign-up, podiatry staff will contact you by phone to get your insurance information. Most insurance plans cover this service.

Prescription Delivery

CVS pharmacy at 12 Mile and Ryan will deliver prescriptions free of charge to our residents. Their telephone number is 586-756-8900. There may be other pharmacies in the area that deliver.



Martin Luther King Day is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation in the United States.

Baptist minister Martin Luther King changed the world but paid for it with his life. His movement ultimately resulted in the Voting Rights Act, fair housing laws and equal access to public places such as restaurants and hotels. He touched the conscience of white America through non-violent protests and marches. His lyrical speech, *I Have a Dream*, and essay,

Notes from a Birmingham Jail, are his most famous and both spoke to America's promise of freedom and fairness. King became the youngest man to be awarded the Nobel Peace Prize and was assassinated in 1968.

After Martin Luther King died, a campaign was started for his birthday to become a national holiday. After the first bill was introduced in Congress, unions led the campaign for the federal holiday. Following support from the musician Stevie Wonder with his single, *Happy Birthday*, and a petition with six million signatures, the bill became law in 1983. Martin Luther King Day was first observed in 1986, although it was not observed in all states until the year 2000.

Introducing New Residents



David Haran, Apt. 230

David is a Detroit native who worked for many years at a local fencing company. Now retired, David likes to relax and enjoy life.

Janet Carwan, Apt. 105

Jan has three children, two girls and a boy, and three grandchildren, two boys and a girl. She grew up on a farm in Livonia. Her passion is gardening and we are fortunate that she has promised to help us at Warren Glenn. Jan volunteers with her good friend, a naturopathic doctor, who is still practicing at the age of 91. She also likes to exercise on a small trampoline which is why she needed a first floor apartment!

Janice Kuchta, #201

Janice is an avid sports fan who loves the Tigers and Red Wings. She has a large collection a DVDs and prefers comedies and action movies. When she is not working at her full time job, we can guess what she is doing at home!



Please welcome our new neighbors and make them feel at home at Warren Glenn.

And new residents: Make sure you read bulletin boards, the newsletter and flyers. Get to know your neighbors and ask questions about procedures and opportunities. Dive in!

From the Service Coordinator

Denise Giallombardo, National Church Residencies

We will have two terrific presentations this month.

- **How Do Chronic Diseases Affect Your Life?**
Michigan State University Extension
Thursday, January 4th at 2:00 p.m.

This program will discuss how chronic diseases affect people's lives physically, mentally and socially and how you can manage chronic diseases like diabetes, high blood pressure and arthritis in order to minimize their negative effects. Live well despite the diseases.

After this initial program, if enough people are interested, MSU Extension will hold a free six week program here.

- **Free Books and Magazines on Tape**
Macomb County Audio Library
Monday, January 22nd at 1:30 p.m.

The library has a ton of books and magazines for almost any age or interest – hobbies, mysteries, fiction, how-to books, self-help books, etc. If you have a vision problem or physical disabilities, the library on tape is for you. Learn how to make your selections and how free delivery works.

As always, sign-up sheets will be in the mailroom for each program. I hope to see everyone there!



We are pleased to announce that \$300 was donated to the Christmas collection to adopt a needy family for the holidays. The money was given to First Presbyterian Church who saw that it went towards making a family's Christmas very merry. A big thank you to everyone who donated and thanks also to Carolyn Richardson who stepped forward to answer God's call and made this such a success.

Making Grocery Shopping Easier

Have you noticed the new black carts in the Community room? Thank you to John for trying to fix the lopsided carts and then suggested we purchase new ones. Thank you to Warren Glenn for this purchase. They will be used, enjoyed and appreciated.

Shopping at Oakland Mall

Enjoy a trip to a covered mall on Thursday, January 11 from 12:30 p.m. – 3:30 p.m. Check out the sales at Macy's, Kohl's and plenty more shops! Sign up in the mailroom. Cost \$2.00. Thanks to Betty and Mac for organizing.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

10 TIPS FOR IMPROVING BRAIN HEALTH

This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

1) BREAK A SWEAT. Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.

2) HIT THE BOOKS. Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.

3) BUTT OUT. Quit smoking. Smoking increases your risk of cognitive decline.

4) FOLLOW YOUR HEART. Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.

5) HEADS UP. Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.

6) FUEL UP RIGHT. Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.

7) CATCH SOME ZZZ'S. Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.

8) TAKE CARE OF YOUR MENTAL HEALTH. Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.

9) BUDDY UP. Pursue meaningful social activities. Staying socially engaged supports brain health.

10) STUMP YOURSELF: Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides short and long-term brain benefits.



JANUARY BIRTHDAYS

1 st	Mary Syriani	#134
2 nd	Shirley Kunkel	#217
13 th	Jan Carwan	#105
15 th	Edward Thrash	#126
20 th	Joann Duane	#222



SILLY JANUARY HOLIDAYS

- 3 Festival of Sleep Day
- 6 Cuddle Up Day
- 10 Bittersweet Chocolate Day
- 14 Dress Up Your Pet Day
- 19 National Popcorn Day
- 27 Chocolate Cake Day



FOR YOUR INFORMATION

When using the dryers in the laundry room, you must let the time run out on the dryer before you add coins for additional drying time. If there is time on the dryer and you add money, you will lose it.

JANUARY DINNER

Winter is here!!! Time to warm our tummies.

Saturday, January 13 @ 5:00 p.m.
Community Room



Serving Hot, Hearty Homemade Soup
(Vegetable Beef and Chicken Noodle)
and Fresh Crusty Bread

BRING YOUR OWN SOUP BOWL AND SOUP SPOON.

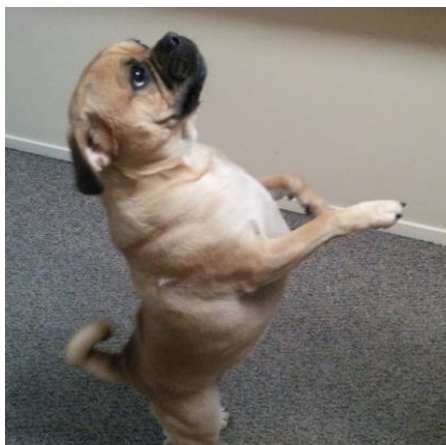
Coffee & punch provided.
Requesting some desserts.

50/50 Raffle

Donations accepted toward cost of the supplies.

*Sign up in the mail room
so we can have enough for everyone
and sign-up to bring dessert.*

Roscoe Oliver – Commando Pet of the Month



January's *Pet of the Month* is Roscoe, Carol Oliver's dog. Carol and Roscoe live in Apt. 104 where Roscoe does the commando crawl across the floor which is really funny to watch. He also will shake hands with both paws.

Roscoe is a short-haired, sandy two year old puggle – a combination of pug and beagle. Carol has had Roscoe since he was 6 months old and he is not spoiled at all!

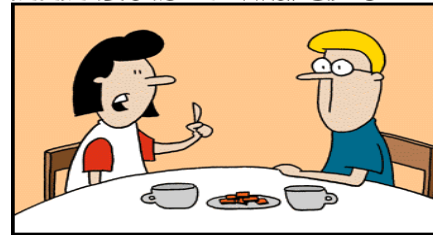
FOOD DRIVE

We will have a food drive from January 15 through 18. A collection box for donated food will be in the lobby. Everything will go to Gleaners Food Pantry which distributes food to other pantries, soup kitchens and other locations. After the holidays, food pantries are in real need. Check your cupboards and donate what you can. Thank you in advance for your generosity.



Starting in January, a monthly movie night will be held on the 3rd Sunday at 6:00 p.m. in the upstairs wellness room. If you have a movie suggestion (funny ones only!) or would like to volunteer to bring refreshments, please contact Sherita, #238. Join us for a night of laughter and friendship.

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



THIS YEAR, FOR NEW YEARS, I AM RESOLVING TO DO ALL SORTS OF BAD THINGS SINCE I NEVER EVER STICK TO MY NEW YEAR'S RESOLUTIONS



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

This is very clever. I would probably fall for it if not warned. Beware of people bearing gifts. The following is a recounting of the incident from a victim:

Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: "Express Couriers". He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a basket of flowers and a bottle of wine. I was very surprised since there was no special occasion or holiday, and I certainly didn't expect anything like it. Intrigued, I inquired as to who the sender was. The courier replied, "I don't know, I'm only delivering the package."

Supposedly, a greeting card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift. He then went on to explain that because the gift contained alcohol, there was a \$3.50 "delivery/verification charge," providing proof that he had actually delivered the package to an adult and not just left it on the doorstep where it could be stolen or taken by anyone, especially a minor.

This sounded logical and I offered to pay him cash. He then said that the delivery company required payment to be by credit or debit card only, so that everything is properly accounted for, and this would help in keeping a legal record of the transaction. He added, "Couriers don't carry cash to avoid loss or likely targets for robbery."

My husband, who by this time was standing beside me, pulled out his credit card, and the delivery man, asked him to swipe the card on a small mobile card machine with a small screen and keypad. My husband was asked to enter his PIN number and a receipt was printed out. He was given a copy of the transaction. The guy said everything was in order, and wished us good day.

To our horrible surprise, between Thursday and the following Monday, \$4,000 had been charged/withdrawn from our credit/debit account at various ATM machines. Apparently the "mobile credit card machine," which the delivery man carried now had all the info necessary to create a "dummy" card with all our card details including the PIN number.

Upon finding out about the illegal transactions, we immediately notified the bank which issued us a new card, and our credit/debit account was closed. We also went to the police, where it was confirmed that it is definitely a scam because several households had been similarly hit.

WARNING: Be wary of accepting any "surprise gift or package," which you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the package. Also, never accept anything if you do not personally know or there is no proper identification of the sender. Above all, the only time you should give out any personal credit/debit card information is when you initiated the purchase or transaction!



Giving Matters.

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

Older adults can THRIVE because of donors like YOU!

Going to the mall to return gifts today? Or grocery shopping? 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. Michigan has moved from the **30th oldest state** in the USA to the **10th oldest**.

So what? More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

You strengthen the economy by keeping seniors active in their communities. **You're the reason that PVM residents Michiganders can thrive as they age.**

Thank you for caring and THANK YOU FOR GIVING!!

If you have any questions or comments, please contact me at 586-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



ALTERATIONS & MENDING - Shorten pants and sleeves. Take-in or let-out clothes. New elastic and more. Fast and reasonable, call Diane at 586-350-1751.

AVON PRODUCTS - If you are looking for an Avon Lady, call **Pat Fillip @ 248-515-7549.**
Special Offer: For new customers a free gift with any \$20 order!

MANICURES - Hand & arm massages and facials in your apartment or mine. Check outside apartment #207 for fees and sign-up sheet. Licensed with very reasonable prices. For more information, call Mickey at 313-728-1623.

WATCH BATTERY & WATCH BAND REPAIR - All work guaranteed one year. Low cost and all profits go to First Presbyterian Church. Call Mac MacDougall 586-484-0417



February is Black History Month. To celebrate, we will have a great soul food dinner prepared by African American residents who are wonderful cooks. Mark your calendars and save Sunday, February 11th at 5:00 p.m.

A GIFT IN YOUR WILL

can change the lives of seniors.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045
mylegacy.pvmf.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION

**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



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John Davis
Maintenance Tech

Emmi Parada
Housekeeper

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Lesley Luft, Secretary
Betty Challenger
Marijo Hockley
Pam Kalka

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(586) 751-7876



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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The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Embrace the possibilities