



Village Voice



Embrace the possibilities

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

October 2019

Featured Articles

Updates/Reminders	Pg. 2
Eversound	Pg. 3
PVM Wellness	Pg. 4
PVM Senior Advocate	Pg. 5
October Facts	Pg. 6
October Happening	Pg. 7
Frankenmuth	Pg. 9
New Residents	Pg. 10
Crafts	Pg. 11
Transportation	Pg. 12
Birthdays	Pg. 13



The Village of
Westland

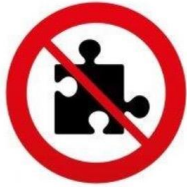
A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



UPDATES AND REMINDERS



**As of right now,
we are not accepting
any donations
of books or puzzles.**



No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the covered parking.

Smoking in the apartments is forbidden. Residents violating this policy could be evicted



Like and Join the Village on Facebook!



**We have a Facebook page titled
Presbyterian Village of Westland!**



You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!

Love living at the Village of Westland?!?!

What to live near your friends and get money for it?!?!

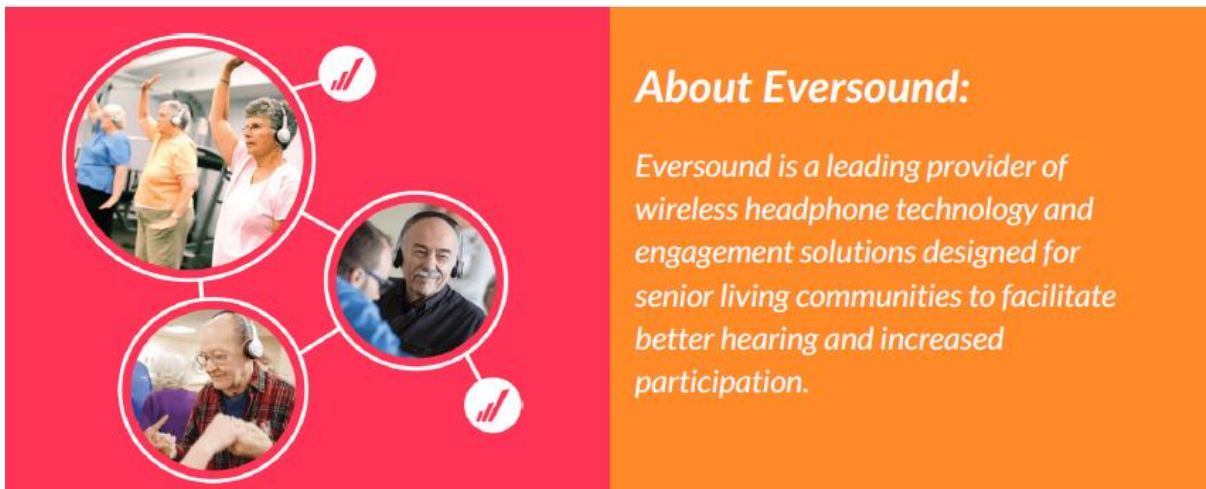
Here's How!

If you refer a resident who ends up living here for at least 90 days, you will receive a \$500 bonus!



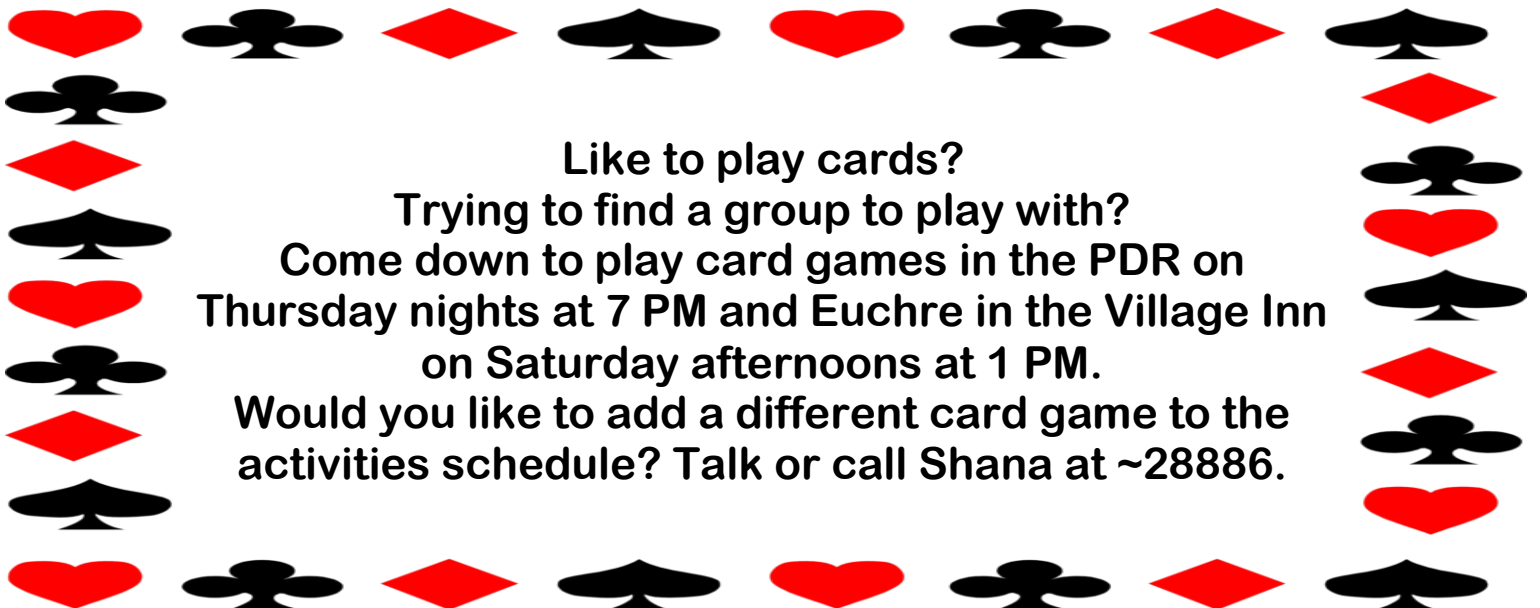
We are now Eversound connected!

All residents will have access to our Eversound wireless group listening system. Eversound is designed to improve engagement and participation by offering the highest audio quality at all activities - including presentations, outings, music, exercise, movie nights, and more!



About Eversound:

Eversound is a leading provider of wireless headphone technology and engagement solutions designed for senior living communities to facilitate better hearing and increased participation.



**Like to play cards?
Trying to find a group to play with?
Come down to play card games in the PDR on
Thursday nights at 7 PM and Euchre in the Village Inn
on Saturday afternoons at 1 PM.
Would you like to add a different card game to the
activities schedule? Talk or call Shana at ~28886.**



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Train Your Brain to be More Positive – Take the 21 Day Challenge!

Over the course of two decades, Harvard educated psychologist Shawn Achor has studied and helped advance the field of positive psychology. As many of you I am sure already know, it turns out that having a positive outlook (i.e., having a positive brain) is good for you. His research found that people with positive brains have fewer illnesses; feel less stress; experience less pain; have more energy; are more productive; and report being happier. He also discovered that contrary to what many people believe, you can train your brain to be more positive - and you can do it in just 21 days! If you engage in the following 5 activities for 21 days in a row, you will begin “rewiring” your brain to be more positive and start reaping the ensuing benefits.

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. For example, don't simply write “I am grateful for my family”. Instead, write “I am grateful for my son Bob because he calls me every Friday and makes me laugh when we talk”.
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Write down as much detail as you can recall (e.g. where you were, what you said, what was happening, who else was there, when it happened, how you felt, etc.). Doing so will cause your brain to “relive” the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of intentional physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. The important thing is to do it regularly. Make sure to consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day write and send a letter or email to someone in your social circle (family member, friend, co-worker, neighbor, past teacher, etc.) thanking and praising them. For example, “I want you to know how thankful and lucky I am to have you as a friend. Whenever I am feeling down, you always know just the right thing to say to cheer me up”. Remember to not only thank them, but to be specific as to what you are thanking them for.

Staff Extensions...

**Michele White ~
28885
Executive Director**

**Mary Saffian ~ 0
Lead Receptionist**

**Shana Brown ~ 28886
Wellness Manager**

**Shari Thompson
~28952
Billing**

**Jason Lovelly ~ 28927
Human Resources**

**Kara Otto ~ 28810
Social Worker**

**Jennifer Wolf ~ 28953
Fitness Specialist**

**Breana Wallace ~
28896
Marketing Manager**

**Amber Tomkinson ~
28896
Sales and Leasing
Specialist**

**Diane Santo ~ 28889
Beauty Shop**



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

CAREGIVERS BEST FRIEND

Former First Lady Roslyn Carter has been quoted as saying: “You either have been a Caregiver, are a Caregiver or will be a Caregiver”. It can be a joyful and heartfelt experience and can also be quite challenging all at once. It is estimated that over 80% of care is provided by a loved one rather than a professional caregiver. Caregivers often spend over 30 hours per week in their “second job”.

Since PVM is all about quality of life for all seniors and their families, we recently launched a blog called Caregivers Best Friend. It is chock full of excellent information to help Caregivers reduce stress, save time and allow for a more positive and meaningful experience. It includes tips on many of the latest technologies such as Alexa, SHIPT, Uber and more.

In a short amount of time we have garnered over 1,200 unique visitors to our blog and attracted over 36,000 viewers on Pinterest. Check us out at www.caregiversbestfriend.org or look us up at Facebook or Pinterest. Even if you are not a Caregiver you can enjoy the benefit of learning all about convenient ways to add joy and reduce stress in your life. Happy exploring!

Need to get your flu shot here at the Village?



VNA Wellness will be giving flu shot on Monday, Oct 21st from 9 AM – 1 PM in the Private Dining Room.

If you would like to get the flu shot at the Village, please sign-up in the mailroom. Remember to bring your insurance with you when you are schedule to get your shot.

If you have any questions, please call Kara Otto at ~28810

OCTOBER FACTS

The 10th month of the year brings us Halloween, Columbus Day, and the Jewish holiday of Yom Kippur.

In the Georgian calendar, the calendar that most of the world uses, October is the tenth month of the year. In early Roman calendar, it was actually the eighth month and there are 31 days in October ever since the time of the Roman emperor August. In North Temperature zone, the first frost happens, leaves change colors and leaves fall. By the time, most of the birds would have left for the South hemisphere to protect themselves from cold weather. However, in southern hemisphere, October's weather is just like the northern hemisphere's April weather. In October, farmers bring the last of the fall crops and ship them to other parts of the U.S. and also, many apples are harvested.

Below are some fun facts about October:

1. The birthstones for October are the tourmaline and the opal.
2. The zodiac signs for October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).
3. The birth flower for October is the calendula.
4. On October 1, 1896, free rural delivery of mail started in the United States.
5. On October 4, 1957, the first artificial satellite was launched by the Soviet Union.
6. On October 5, 1947, the first presidential telecast address from the White House was made by Harry S. Truman.
7. On October 7, 1816, the Washington (first double-decked steamboat) arrived at New Orleans.
8. On October 12, 1492, Christopher Columbus landed in America.
9. On October 18, 1867, The U.S. flag was formally raised over Alaska.
10. On October 22, 1836, Sam Houston was inaugurated as the first president of the Republic of Texas.
11. On October 31, 1864, Nevada became the 36th state of the United States.
12. National Cookie Month
13. National Chili Month
14. National Pizza Month
15. National Dessert Month
16. Lupus Awareness Month
17. National Seafood Month
18. November 5 - World Teacher's Day
19. Columbus Day - second Monday of October
20. October 31 – Halloween

OCTOBER HAPPENINGS

Westland Farmer Market Outing (Last Outing of the Year) (Sign-up in the mailroom)

At 2:30 PM on Thursday, 10/3

Diversity Celebration in the Wellness Center

At 2 PM on Friday, 10/4

Resident Ambassador Meeting in the Private Dining Room

At 1:30 PM on Monday, 10/7

Resident Handbook Meeting in the Private Dining Room

At 2 PM on Monday, 10/7

2nd Cracker Barrel Lunch Outing (Sign-up in mailroom)

(Please do not sign-up if you went on the first trip)

At 10 AM on Friday, 10/11

Cider Mill Outing (Sign-up in mailroom)

(Actual Cider Mill location to be determined by weather)

At 2 PM on Friday, 10/11

1st Frankenmuth Day Trip (Sign-up in the mailroom)

Leaving at 9 AM on Wednesday, 10/16

OCTOBER HAPPENINGS CONTINUED...

Flu Shot Clinic (Sign-up in the Mailroom)

From 9 AM - 1 PM on Monday, 10/21 in the Private Dining Room

Trick or Treat

Starting at 7 PM in the lobby on Wednesday, 10/23

-All staff and residents children, grandchildren, and great grandchildren are welcome

-All are encouraged to dress-up

-Involving multiple stops throughout the village for candy

-Haunted Trailer on site

-Residents are asked to provide their own candy to hand out

Westland Mall Outing (Sign-up in the Mailroom)

At 10 AM on Thursday, 10/24

Fall Color Tours on Hines Drive (Sign-up in the Mailroom)

At 10 AM and 1:30 PM on Friday, 10/25

Halloween Party

At 1:30 PM in the Private Dining Room/Village Inn on Thursday,
10/31

-All are encouraged to dress-up

For the upcoming Trick or Treating trail, Activities is collecting empty cider or milk plastic cartons. If you have any, please turn them in to the front desk no later than Monday, 10/14. Thanks!

Frankenmuth Day Trips

Wednesday, 10/16 and Wednesday, 11/6

Leave on the village bus at 9:00 AM

Back to the village by 8:00 PM

*Charge \$5 per person for gas plus money for lunch (less than \$30) and for shopping

- Shopping at Zehnder's Gift Shop
- Lunch at Zehnder's (paid for by the resident)
- Exploring downtown Frankenmuth (Boutiques, Cheese Haus, Wineries, Breweries, and more!)
- Shopping at Bronner's (Largest Christmas store in the World!)
- Sack Dinner on the way home (covered by the village)

Please sign-up in the mailroom if you are interested in going. If you have any questions about the trip, please call Shana at ~28886.



Welcome To The Village!



Residents:

Susan Oelke
Edith Dutcher
Joseph Tomaszewski

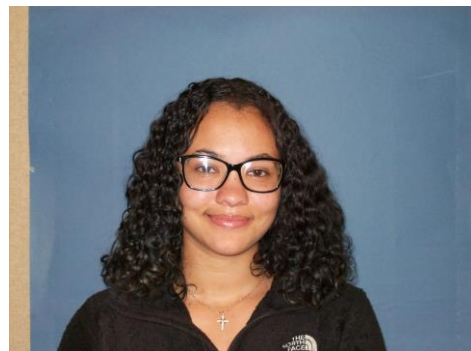
Donald Castaldini
Rick Volante



Staff:



Deondre Knight
Dining Services Assistant



Mankinlee Black
Dining Services Assistant

September's Craft was... Leaf Jars!



October's Craft is... Paper Pumpkins!



~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, and Walgreens (all off of Merriman Road))

Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) at 10 AM
- All Shopping trips load/unload a maximum of four bags per resident
~Electronic scooters are given based on the order of the sign-up sheet. This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

Wednesday's – Banking Day at 11 AM

- Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall). There is no cost to the resident.
- All Shopping trips load/unload a maximum of four bags per resident
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

Appointment Outings

- Bus is available for residents to be driven to doctor appointments; must call the Wellness Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

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

****Residents must sign up for all outings. Sign-up sheets are located in the mail room****

Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in October!

Bernadine Ciccarelli.....	Oct 1 st	Adele Gniewek.....	Oct 11 th
Shirley Deshazer.....	Oct 2 nd	JoAnne Kuehn.....	Oct 14 th
David McCorquodale.....	Oct 6 th	Maryann Arble.....	Oct 15 th
Audrey Watson.....	Oct 7 th	Frank Hett.....	Oct 22 nd
Lorenza Belville.....	Oct 8 th	Nadene Burress.....	Oct 23 rd
Ed Kerr.....	Oct 10 th	Patricia Jones.....	Oct 24 th

Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too. When we have your email on file you can receive newsletters and other building information electronically.

We need your help!

Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers. There are multiple positions available in choose from.

We currently need your help with:

-Library -"I'M OKAY" Program -Resident Ambassadors

See Shana or Toni to get more information.

**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

Michele White
Executive Director

Jason Lovelly
Human Resources

Josh Kephart
Environmental Services Manager

Jan Smith
Nurse Case Manager

Breana Wallace
Marketing Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Candace Forte
Dietary Manager

Brenda Seifert
Housekeeping Lead

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



**32001 Cherry Hill Road
Westland, MI 48186**



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