

✠ Manor Message ✠

Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

Issue 10 2015

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PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION
presents

70 & STILL MAKING WAVES *gala*

Sponsorship Packages Available!

Patron Tickets \$375

Individual Tickets \$250

For more information, contact PVM Foundation at **248.281.2040**
or visit www.PVMFoundation.org/Gala2015

5:30 p.m.

VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.

General Reception & Raffle

7:30 p.m.

Dinner, Program & Entertainment

FRIDAY, NOVEMBER 13 • COBO CENTER, DETROIT



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Look for PVM on:





Monarch Moments

Blessings Our Saviour's Manor,

**THANK YOU, THANK YOU, THANK YOU
To all OSM Residents!**

We had a very productive Resident Activity Meeting on Tuesday, 9/29/15. Please remember to check the calendar for all of our Resident Activities that are taking place this month.

A great big Thank You to Mr. Cornell Gulatt and Ms. Margo Taylor for taking the lead for Our OSM Game Day events which will be held every 3rd Wednesday, immediately following our Administrator's Meetings.

A great big Thank You to Ms. Phyllis Johnson for taking the lead for our monthly Movie Days. Which will be held every 1st Wednesday of the month at 3 PM in the theater room.

A great big Thank You to Ms. Louise Rush, Ms. Margaret Roberts, and Ms. Charlotte Matthews for assisting with our monthly birthday celebrations, immediately following our Resident Activity Meetings on the last Wednesday's of every month.

Please remember to use the sign in sheets for all of our outdoor activities that are taking place every month.

Remember you have a voice and your opinion does count. We would like to know what activities you may be interested in or the different events you would like to attend.

**Our next Resident Activity Meeting will be on
October 28th at 11 AM and immediately following will be the
celebrating of the October birthdays!**

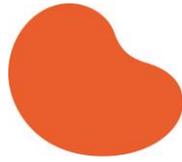


**Schwan's
Delivery
Schedule**

Thursday
October 2nd
&
October 16th
at
1:45 p.m.



The Village of Our Saviour's Manor Upcoming Seminars



National
Kidney
Foundation® | of
Michigan

Wednesday, October 7th at 1:00 PM



Monday, October 19th at 11:00 AM

Michigan Intergenerational Network



Thursday, October 22nd at 10:00 AM



Inspirational Moments

By Warnedie Cross,
Resident Volunteer

Things to Always Remember... And One Thing to Never Forget

Your presence is a present to the world. You're unique and one of a kind.

Your life can be what you want it to be. Take the days just one at a time.

Count your blessings, not your troubles.

You'll make it through whatever comes along.

Within you are so many answers. Understand, have courage, be strong.

Don't put limits on yourself. So many dreams are waiting to be realized.

Decisions are too important to leave to chance.

Reach for your peak, your goal, your prize.

Nothing wastes more energy than worrying.

The longer one carries a problem, the heavier it gets.

Don't take things too seriously. Live a life of serenity, not a life of regrets.

Remember that a little love goes a long way.

Remember that friendship is a wise investment.

Life's treasures are people...together.

And don't ever forget....for even a day... *how very special you are.*



Coordinator's Corner

By Nicole St. John-Wingenfeld,
Service Coordinator

As you can see the colors are changing outdoors, we know that Fall is truly among us. Please remember to mark your calendars for all of our upcoming seminars that are taking place here at OSM.

The National Kidney Foundation will be here on Wednesday, October 7th at 1:00 PM to give out information about Cold & Flu Prevention along with Blood Pressure checks. Light snacks will be served.

CareSync Solutions will be here on Monday, October 19th at 11 am in the community room. Come learn about our new PVM joint venture providing comprehensive home health and personal services.

Also, October is National Breast Cancer Awareness Month along with National Domestic Violence Awareness. The Michigan Intergenerational Network will be here on October 22nd for a Peace, Love, Stop Domestic Violence starting at 10 AM in the community room – Light snacks will be served. Please invite your family members to come out and join us on that day.

“Set your sights high, the higher the better. Expect the most wonderful things to happen, not in the future but right now. Realize that nothing is too good. Allow absolutely nothing to hamper you or hold you up in any way.”

Eileen Caddy



The Village of Our Saviour's Manor

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

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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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

TOTAL SOLUTIONS FOR AGING WELL

PVM is in the midst of our 70th Anniversary. We have been known as innovators since the beginning and continue to provide creative solutions for enjoying life to the fullest. If you are a PVM resident, a caregiver, or simply a senior who is wanting to remain where you are safely and securely, we have a new service to help you or a loved one. We have piloted a program at The Village of Westland for five years with high customer satisfaction and are now launching it to all of our Villages as well as entire communities throughout Michigan. The program is called CareSync Solutions and is already receiving rave reviews. It is a joint venture between PVM and Homestead Home Health Care Services, our partner in the Westland pilot.

Whether you are looking for the comprehensive medical care that will help you stay in your home, or the stress-reducing personalized assistance that will help make your life a little easier, CareSync Solutions' innovative approach combines time-tested talents and the latest technology to meet the needs of any individual, family or community. Whether it's transportation, telehealth, home repairs, or meal preparation, CareSync's experienced staff will work tirelessly to meet your needs and keep you healthy at home.

Sometimes just a little help can keep oneself on a good path of health and longevity, as well as the ability to remain independent. If you would like to know more about these services, call (248) 773-4550 or check out the website at www.caresyncsolutions.org. For PVM residents, you can also talk with your Village staff.

We wish all of our readers the chance to live life to the fullest in the setting of your choice.



Mission, Vision & Values

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**

Our Vision Changed lives. Strong families. Transformed communities.




Hope flows through us.



Giving Matters.

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

Celebrate PVM's 70th Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12th annual PVM Foundation Gala on Friday, November 13th at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70th anniversary with a special theme of **"70 & Still Making Waves."** The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

When: Friday, November 13, 2015

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:30 p.m. General Cocktail Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: **\$250 Individual Ticket*** includes General Reception, Dinner & Program

\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating at Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation
- And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit www.pvmfoundation.org/Gala2015. Thank you for supporting PVM residents and I hope to see you on November 13th!

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION
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70 & STILL MAKING WAVES gala

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FRIDAY, NOVEMBER 13 • COBO CENTER, DETROIT



Mayor's Message

By William Wild,
Mayor, City of Westland



Greetings!

We had an overflow crowd on September 22 when I delivered my 2015 State of the City address. Perhaps the most exciting news I was able to share was that your City Hall won the prestigious Michigan Municipal League's "Community Excellence" award, awarded annually to the State of Michigan's top municipal project, recognizing the retrofit of a long vacant, former big box commercial building into the state of the art and functional city hall you're able to enjoy today. If you missed the State of the City you can watch it on WLND and read the speech on our city's website.

At 9 a.m. on October 13 and November 10, I will host my monthly *Mornings with the Mayor* at City Hall. I welcome the opportunity to enjoy a cup of coffee with you and hear of ideas or suggestions to make Westland an even better place in which to live, work, play or worship.

And are you interested in helping us plan the City's 50th Birthday celebrations next year? If so, please drop me an email or call to let me know. Soon, I will be forming a committee to prepare for this notable moment in Westland's history and I hope to hear of exciting and fun ways we can celebrate 50 years of community!

I also hope to see you at the Grand Opening of the Jefferson Barn Community Vitality Center to be held at 4 p.m. on Friday, October 16. The JBCVC is fast becoming the hub of local activity in the historic Norwayne community and I'm excited to share this community gem with all of you.

Please don't forget to vote on Tuesday, November 3! If you are not registered, you can download a registration application at <http://www.cityofwestland.com/services/elections> and bring it in with a photo ID or mail it to the Clerk's Office at 36300 Warren Rd. Westland, MI 48185. You must be registered 30 days prior to the election to be eligible to vote. You may also register at any Secretary of State. If you think you may be out of town or are unable to make it to the polls the day of the election, you can request an absentee ballot. The last day for absentee ballots to be mailed is Saturday, October 31. If you have any further questions about voting, you can visit www.michigan.gov/sos or call our City Clerk, Eileen DeHart at (734)467-3186.

Can you believe that Christmas is less than two months away? Please keep in mind Small Business Saturday to be held November 28. As we well know, only in Westland you can find everything you want and everything you need this holiday season!



Notes From The Parish Nurse

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

Breast Cancer Awareness and Care Month.

October is the month dedicated to increasing awareness of breast cancer issues. Especially those of early detection. It is important that annual or semi-annual mammograms are obtained. More importantly that each is aware they are their first line of defense through breast self-examination (BSE).

Taking care of oneself is important and a diagnosis of breast cancer should not prevent one from taking care of themselves emotionally or spiritually. The facts are: breast cancer is one of the leading cancer killers of women and increases with age; a) 1 in 10 women will get it, b) and it's more likely to happen to women over 50, who have or had a family member with cancer, c) who never had children and d) who were over 30 when they had their first child.

There are several types of breast cancer. I will not go in depth to address them in this issue. If further information is requested, I will be glad to share more with you.

I want to briefly talk about another health concern which is also important, Influenza. There is a concern that Influenza is increasing in Michigan and it is highly recommended that people with chronic diseases, such as, diabetes, cardiovascular (heart) disease and asthma /COPD (lung diseases) should get immunizations annually. If you're over 60 and have any of these diseases, the Pneumonia shot is also recommended if not received in the last 7-10 years.

I will not be holding the Health Fair this year, but encourage each of you to see your doctors regarding these issues. Many of the grocers will also be given Flu shots: Kroger, Meijer, CVS, Walgreen and Rite Aid, to name a few.

For further information on these topics, please contact your Parish Nurse, on the 2nd. and 4th. Mondays of each month, 11 am – 1 pm. In the Community Room.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs



October is National Breast Cancer Awareness Month

Although breast cancer is the second leading cause of death among women, because of early detection and treatment an increasing number of women diagnosed with breast cancer are beating the disease. According to the American Cancer Society (ACS), when breast cancer is detected early and is in the localized stage, the 5 year relative survival rate is 100%. To detect breast cancer early, the ACS recommends that beginning at age 40 women have both an annual clinical breast exam (CBE) performed by their health care provider and an annual mammogram for as long as they remain healthy. It is important to remember that it is health status, not age that should determine whether or not to continue with regular mammograms. As long as you remain healthy and don't have a serious, chronic health condition you should continue getting an annual mammogram. And though mammograms aren't fool proof, they are an important tool in detecting breast cancer early. To learn more about the early detection and treatment of breast cancer, visit www.cancer.org and/or www.nationalbreastcancer.org.

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.



Mike's Maintenance Tips

By Michael Hooton,
Maintenance Technician

The Fall Season has started!



The temperatures at night have now dropped. We are in our change over season. We will now start our change over and the heat should be on within a couple of weeks. 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 the dryer lint cleaner is being emptied after each use.*
- *No Candles or Incense to be burned in apartment or building.*
- *Tis the season for our Tornado and Fire drills – All residents must participate*



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



Bruner's Brief Bulletin

By Graziella Bruner,
Administrative Assistant

What choices are you making?



Do you ever wonder why you are where you are today? Well, that's because of all the choices you've made. So, if you don't like where you are today or what you've become, then look at all the decisions and choices you've made in the past. Maybe, it's now time to make better decisions and wise choices!

You can't keep going in the same circle and think your path is going to change. You have to decide and want to do and be better. Take the time to evaluate some decisions and choices that you made in the past and in order to do better or make a difference then your decisions or choices will need to change. Get with others and find out what they may have done or did different in a given situation. Sometimes seeing it from a different set of eyes may help you for the next time. Just be careful and take your time when making any decision, especially those that can be life altering.

Do you want a better tomorrow? Then make a choice to do and be better now! All we have is NOW, so make your Now good and better. Have an awesome month.

Events for October 2015

Happy Birthday!!!



Jewell Sessom – 10/01
 Gloria Jefferson – 10/01
 Ray Flager – 10/07
 Alice Finley – 10/15
 David Brown – 10/18
 Pauline Foley – 10/21
 Herbert Hay – 10/22
 Gloria Vaughn – 10/23



October 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breast Cancer Awareness Month 04	Domestic Violence Awareness Month 05	06	07	01 1:00 pm Walmart 08	02 1:45 pm Schwan's 2:30 pm PS Credit Union 09	03
11	12 Columbus Day 11:00 am Parish Nurse 1:00 pm Blanket Day 6:00 pm Bible Study 	13 10:30 am Computer 1:00 pm—Compassionate Hearts Visitations 	14 10:30 am Great Lakes Crossing Shopping Mall 	15 1:00 pm—Meijer 	16 Boss's Day 1:45 pm Schwan 	17 Happy Sweetest Day
18	19 11:00 am CareSync 1:00 pm Blanket Day 6:00 pm Bible Study 	20 10:30 am Computer 2:00 pm Sing A Long 	21 11 am Administrator's Meeting 2:00 pm Game Day 	22 10:00 am Domestic Violence Presentation 1:00 pm Walmart 	23 12:00 pm Movies 1:00 pm Bingo 	24 United Nations Day United Nations
25	26 11:00 am Parish Nurse 2:00 pm Support Group 6:00 pm Bible Study 	27 10:30 am Computer 	28 11 am Resident Activity Meeting & Birthday Celebrations 	29 12:00 pm Fire Mountain 6:00 pm Cider Sip & Halloween Party 	30	31 HAPPY HALLOWEEN

October Recipe

Two-Bean Soup with Kale



Ingredients

- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 cup chopped green onions (or regular onions)
- 1/2 cup chopped carrots, 1/2 cup chopped celery
- 1 teaspoon chopped fresh rosemary
- 7 cups stemmed, chopped kale (about 1 bunch)
- 2 (15-ounce) cans no-salt added cannellini beans, rinsed and drained
- 1 (15-ounce) can no-salt added black beans, rinsed and drained
- 2 garlic gloves, minced, 1/2 teaspoon salt, divided, 1/2 teaspoon freshly ground pepper
- 4 cups organic vegetable broth or chicken, divided

Directions

- 1) Heat a large Dutch oven over medium heat. Add olive oil to pan; swirl to coat, add onion, carrot, and celery, and saute 6 minutes or until tender. Stir in 1/4 teaspoon salt and garlic; cook 1 minute. Stir in 3 cups vegetable or chicken broth and kale. Bring to a boil; cover, reduce heat, and simmer 3 minutes or until kale is crisp-tender.
- 2) Place half of cannellini beans and remaining 1 cup broth in a blender or food processor; process until smooth. Add pureed bean mixture, remaining cannellini beans, black beans, and pepper to soup. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in remaining 1/4 teaspoon salt, vinegar, and rosemary.

ENJOY!

Monthly Word Search

October Puzzle

L O N G E R N I G H T S N A A U C N
 T O R U E S T U N Y R O K C I H R I
 M S O A Y Q E N I S I A O T R W O K
 R C Y H N E U V S T E R F H E O P P
 C E A A C G K I A S N O A A B R S M
 K N D N D S E R N E D S R N M C O U
 S C Y L N R G L U O L P M K E E C P
 Q R A K E I E R E T X G I S V R T S
 U Y D T M A N T S A E F N G O A O E
 A D Y D S I V G R T V S G I N C B P
 S N R N G Y W E H O E E N V W S E T
 H I E L P P A E S P H A S I V O R E
 B W T Y L L I H C T E S P N R F L M
 F T S E V R A H Y E L O I G C R E B
 A A U H A L L O W E E N E F I O S E
 A F L S E V A E L W O L L E Y S L R
 L O B L W E C H E S T N U T S T R D

- | | | | |
|----------------|---------------|---------------|----------------|
| ACORN | EQUINOX | NOVEMBER | SEPTEMBER |
| APPLE | FALL | OCTOBER | SHORTER DAYS |
| BIRD MIGRATION | FARMING | ORANGE LEAVES | SQUASH |
| BLOWING LEAVES | FEAST | PIE | SWEET POTATOES |
| BLUSTERY DAY | FROST | PUMPKIN | THANKSGIVING |
| CANNING | HALLOWEEN | RAKE | TURKEY |
| CHESTNUTS | HARVEST | RED LEAVES | WINDY |
| CHILLY | HAYSTACK | SCARECROW | YELLOW LEAVES |
| COLD | HICKORY NUTS | SCHOOL | |
| CROPS | LONGER NIGHTS | SEASON | |

October Observances & Fun Facts:

October is observed as:

- National Breast Cancer Awareness Month
- National Domestic Violence Awareness Month
- Celebrate Boss's Day
- Sweetest Day
- Halloween

Weekly Celebrations

- Week 1 – National Taco Day
- Week 2 – Pastor/Clergy Appreciation Week
- Week 3 – National Pumpkin/Cheese Cake
- Week 3 – National Chocolate Cupcake Week
- Week 4 – Carve a Pumpkin
- Week 4 – Make a Difference

October Flower and Birthstone



The Marigold



Opal

On Site Banking



Public Service Credit Union will be here, **August 3rd at 2:30 PM**

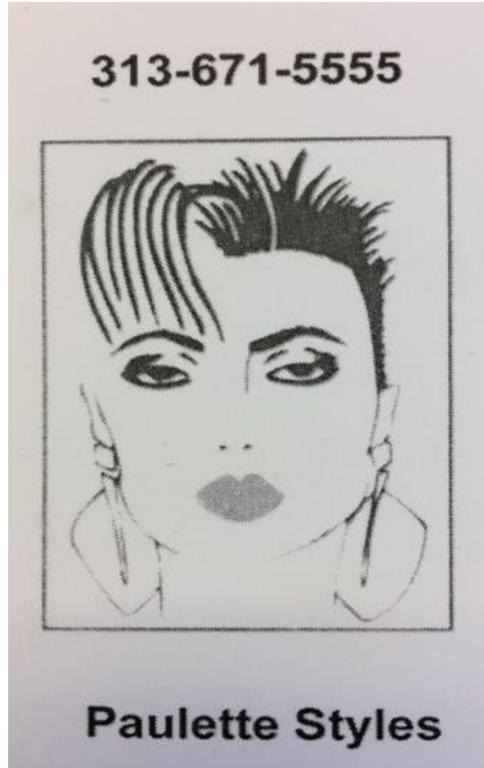
They will take care of all your banking needs, supply quarters, and stamps as well.



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:



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.



OSM Compassionate Hearts:

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

Aaron Price
Administrator

Michael Hooton
Maintenance Tech

Graziella Bruner
Administrative Assistant

Nicole Wingenfeld
Service Coordinator

Kesha Akridge
Director of Housing

Carolyn Kimbrough
Parish Nurse

Warnedie Cross
Resident Volunteer Driver

Office Number
Emergency Number
Fax Number
Service Coordinator

(734) 595-4663
(734) 740-4777
(734) 595-2222
(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



The Village of
**Our Saviour's
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A SENIOR LIVING COMMUNITY

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!":



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 the staff that you would like
to recognize for their work?
Fill this out this form and turn it into the office.
They might win a prize!**

Embrace the possibilities