



# Villa View



## Embrace the possibilities

### Notes from the Administrator

#### FEATURED ARTICLES

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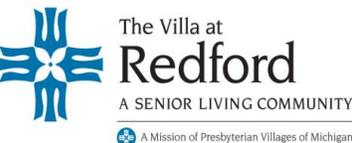
Maintenance.....page 10

The word “Autumn” is clearly the most eloquent way to describe a season.....it even sounds beautiful. it’s time to pull out those comfy knit sweaters, partake of some of the seasons “pumpkin-flavored” everything and watch the magnificent cascade of colors unfold. It’s a time to find any reason you can to get out and enjoy the day.

Speaking of “enjoying the day”, our residents recently attended the presentation of Running With The Vision performed by the 82-piece Detroit Symphony Orchestra. We would like to thank Martin Hardy, Chief Staff/Corporate Secretary at Greater Grace Temple for providing the free tickets to our residents.

During the month of October, Villa and Redford Cottage residents will have the second and final fire drill for the year. All residents are required to participate (as stated in your lease agreement). According to Gail McGovern, President of the Red Cross, in the event of a *real* fire, you only have 2 minutes to get out of your home before you might get stuck in the flames. This is because it only takes about 5 minutes for fire to consume your entire home.

Practice makes perfect, so be prepared for a “practice run” this month.



Look for PVM on:





# The Senior Advocate.

*By Lynn Alexander,  
Vice President of Public Affairs*

## BEING AFFIRMED BRINGS SUCH JOY

I think for most of us being affirmed by noted experts is a joyful experience. This just happened to me the other day upon reading the September 26, 2016 issue of Time Magazine. For years I have led the charge on the notion of embracing aging. The aging process is going to occur no matter what our response is. We can deny it, defy it or embrace it. I have found it sad that so many folks choose to be in denial. Plastic surgeons can tell you that the quest for The Fountain of Youth is surging. Yet, aging is much like everything else in life. If we have a positive attitude we create a far better life experience for ourselves. So imagine the joy I felt upon reading the Time article which was headlined with “How and social ties affect the way you age”. In it author Mandy Oaklander mirrors many of the messages my business as Your Aging Well Advisor has promoted over the years.

She reflects studies which suggest that some of the best ways to make the most of our extra years include to: Embrace technology; Have family be there for each other; Lighten up and enjoy a sense of humor; Set goals and take risks, Expect the best with a positive attitude; and my favorite, Welcome Aging.

Indeed this new longevity which many of us have been granted is providing opportunities our ancestors could only dream about. The chance to hold a great grandchild in our arms, be there for a grandchild’s graduation or wedding, launch a business at middle age, travel around the world or volunteer at something we have always wanted to become involved with are just a few of the many life experiences we now hold dear.

We can take a cue from the popular saying: “Do not regret growing older. It is a privilege denied to many.” by Edith Wharton. Embrace Aging and Enjoy the world!



# Giving Matters.

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

## Seniors reap what YOU sow.

*Sow seeds of opportunity at the PVM Gala next month!*

The air is crisp. The leaves are changing and time is running out to get your Gala ticket!

It's amazing! You can *change a life* by spending a Friday night at COBO Center.

You care about the needs of Michigan seniors. You want to see your parents, your family members—your peers **thrive**.

You can help by coming to the party or—  
you can **sponsor a resident's ticket!**

There'll be great jazz, a raffle, a few surprises—AND—every single ticket sold has a direct benefit to Michigan seniors.

Harvest this opportunity by visiting [PVMF.org/Gala2016](http://PVMF.org/Gala2016) or calling 248-281-2040 today!

**PVMF's 13<sup>th</sup> Annual Gala – All That Jazz!**  
**November 11 at COBO Center**

See you there!

Warm regards,  
Paul J. Miller, CFRE



## Service Coordinator News



The fall season is here with its vivid colors & crisp nights!

Interesting facts for the month of October:

- October got its name from the Latin word “Octo” meaning “eight”.
- More American Presidents were born in the month of October than any other month. John Adams, Rutherford Haynes, Chester Arthur, Theodore Roosevelt, Dwight Eisenhower, Jimmy Carter.
- October ends on the same day of the week as February every year.

**ATTENTION RESIDENTS:** Are you interested in the Focus: HOPE food for seniors program? The program provides free monthly food to senior citizens who are 60 years of age or older and reside in Wayne, Oakland, Macomb and Washtenaw counties. Income guidelines are used to determine eligibility. Please come to the service coordinator’s office with your Identification, proof of income for current year for certification. If we have twenty- five residents or more, the food will be delivered each month. If you have any other questions call 313-494-4980 Focus: HOPE or call your service coordinator @ 313-541-6450.

**Monthly Quote:** “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.” ~ Marianne Williamson



**Anita L. Stephens**  
Service Coordinator/ Villa & Cottages



### TRICK OR TREAT!

The children from Rainbow Village Preschool will be coming on Monday, October 31st to “trick or treat” with us at the Villa!

**Who:** The children from the Rainbow Village Preschool (Expecting around 60 children!)

**When:** Monday, October 31<sup>st</sup> at 10:15 am

**Where:** The Villa Dining Room

Please bring candy appropriate for younger children  
**NO HARD CANDY PLEASE!**

## Depression in Seniors

Getting Back  
in the *Sunshine*



Thursday October 20<sup>th</sup> 10am  
In the Villa Dining Room  
Sarah Veliz, LMSW Presenter



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

**Hours: 11 am- 4pm.**

**313-541-6077**  
**Call to make an appointment!**

## The Ultimate Halloween Word Search



batwings	lizardfeet	y f t i s p i d e r c r y p t m
blackcat	moans	i k r g h o u l h b t h g i n u
bones	monster	n s p o o k y s s t i r i p s m
broom	moon	h n g b g n i k p m u p n o o m
caldron	mummy	c a g l w e r e w o l f o t x y
coffin	night	r o n i z z y l t i j g r i b v
costumes	owl	e m e n c s b e w a a i d o d a
creepy	potions	e o t s e m u t s o c j l n r m
crypt	pumpkin	p n h n b r o o m k k k a s a p
dracula	scary	y i g a w m p n o t o w c h c i
frighten	screech	r f i o l i o r s a l x a a u r
frogeyes	skeleton	a f r r q l t n s e a u j e l e
ghosts	spider	c o f g z r o c s g n i w t a b
ghoul	spirits	s c r e e c h w h t t o o h r u
goblins	spooky	l i z a r d f e e t e i b m o z
grave	tombstone	z s t s o h g d h e r r h o w l
groans	trickortreat	t p g t o m b s t o n e v a r g
halloween	vampire	
haunted	webs	
hoot	werewolf	
howl	witch	
jackolantern	zombie	

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### Redford Board of Directors

**Joyce King, Board Chairperson**

**Emily Dye**

**Reva Wujcik**

**Carrie Hays McElrye**

**Deanna Mitchell**

**Thomas Dixie**

**Laura Scanlon**

**Susan Hurst**

**Catherine**

**Esannason**



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the “Facts on Aging Quiz” first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breytspraak and Lynn Badura of the University of Missouri-Kansas City in 2015\*. Do you know which ones are true and which ones are false? I'll publish the answers in next month's column. If you just can't wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser:

<http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

T F It is very difficult for older adults to learn new things.

T F Clinical depression occurs more frequently in older than younger people.

T F Personality changes with age.

T F Older adults have more trouble sleeping than younger adults do.

T F Physical strength declines in old age.

T F Older people are happier if they are allowed to disengage from society.

T F Older persons take longer to recover from physical and psychological stress.

T F Most older adults consider their health to be good or excellent.

T F Older workers cannot work as effectively as younger workers.

T F Research has shown that old age truly begins at 65.

\*Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from <http://info.umkc.edu/aging/quiz/>

# Beef Stew



### Ingredients:

- 2 pounds cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes beef bouillon, crumbled
- 4 cups of water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- ½ teaspoon ground black pepper
- 3 large potatoes, peeled & cubed
- 4 carrots, cut into 1 inch pieces
- 4 stalks celery cut into 1 inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch

### Directions:

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot.
2. Stir in rosemary, parsley, and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.
3. Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.



*Happy Birthday to You!*

The Birthday Party will be held on 10/17, at 1:30 PM in the Villa Dining Room.

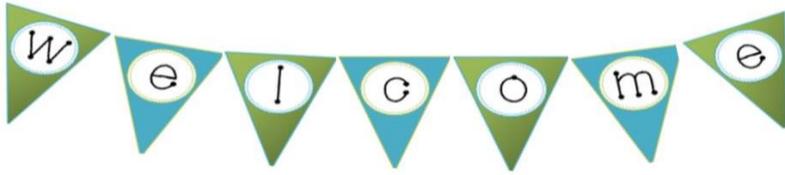
### Villa Friends

- Dorothy Martin.....10/05
- Sandra Moore.....10/09
- Dorothy Merriman.....10/11
- Helen Earl.....10/14
- Odessa Carter.....10/15
- Gertrude Smith.....10/17
- Rosie Jones.....10/18
- Bettye Walker.....10/22
- Donald Gorman.....10/31

### Cottage Friends

- Geraldine Chennault..... 10/02
- Loretta Whalen..... 10/14
- Delores Harris..... 10/17
- Sylvia Buckanes..... 10/23
- Miriam Smith..... 10/29
- James Williams ..... 10/30





**Lola Byrd**

## HELPFUL HINTS FROM HOUSEKEEPING

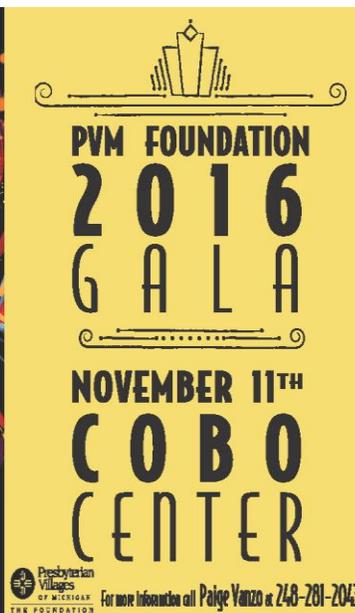
An easier way to clean your tub or shower



1. Wet shower or tub with shower with the shower wand.
2. Spray with cleaner, then let set for 1/2 hour.
3. Wet with shower wand again, and scrub with your house broom
4. Rinse off and VOILA! Cleans your broom and your shower!



Rhonda



## Maintenance Musings

When your smoke alarm goes off after normal business hours, on weekends or holidays, please call the after-hours emergency maintenance number (313) 910-7027 if you're a Villa resident or (313) 573-3572 if you reside in the Cottages to have the alarm system turned off. Your patience will be required as the maintenance staff must travel to the campus.

There are no batteries in the alarm to be removed and fanning the system will not disarm it. Any attempt to remove the alarm it is a lease violation.

We encourage you to put in work orders as soon as possible. It helps maintenance keep a consistent work flow and also gets them to your apartment sooner than later. In addition, please put all work requests through the office. We have software that tracks all of your requests, and this helps us help you in future situations. If you aren't able to reach one of the office staff, leave a message on their voicemails. They check their messages frequently during the day and will log your request on your behalf.

## Mark Uzarek & Steve Reardon

Maintenance Lead and Maintenance Tech

# October 2016 Activities Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 1 pm Bingo 3rd floor Game Room
2 	3 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	4 9 am BP check 1 pm Chair Exercise 2 pm Movie "It's Complicated"	5 10 am Value Center/Walgreens 2 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	6 10 am Coffee Hour 10 am Pantry	7 1 pm Milkman 1 pm Arts & Crafts 5 pm Keno-Bingo	8 1 pm Bingo 3rd floor Game Room
9	10 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	11 1 pm Chair Exercise 2 pm Movie "5 Flights Up" 2 pm Cottage Forum	12 10 am Kroger/\$ Store 2 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	13 10 am Coffee Hour 10 am Pantry	14 1 pm Milkman 1 pm Arts & Crafts 5 pm Keno-Bingo	15 1 pm Bingo 3rd floor Game Room
16	17 10 am Pantry 1:30 pm Birthday Party 5 pm Bingo/Keno 6:30 pm Cards	18 1 pm Chair Exercise 2 pm Movie "Miracles From Heaven"	19 10 am Value Center/Walgreens 2 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	20 10 am Coffee Hour 10 am Pantry	21 1 pm Milkman 1 pm Arts & Crafts 5 pm Keno-Bingo	22 1 pm Bingo 3rd floor Game Room
23 	24 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	25 1 pm Chair Exercise 2 pm Movie "Race"	26 10 am Kroger/\$ Store 2 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	27 10 am Coffee Hour 10 am Pantry 2 pm Villa Forum	28 1 pm Milkman 1 pm Arts & Crafts 5 pm Keno-Bingo	29 1 pm Bingo 3rd floor Game Room
30	31 10 am Pantry 10:15 TRICK OR TREAT 5 pm Bingo/Keno 6:30 pm Cards					

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.

# WAYNE COUNTY DAY



## **SATURDAY, OCTOBER 15**

### **LEAVE THE DRIVING TO US!**

Free bus transportation for Wayne County residents will be provided from six different county locations to the Detroit Institute of Arts. Buses return to each location in the afternoon.

Browse the museum's collection, take part in a free drop-in art making workshop or take The Big Picture Guided Tour.

General museum admission is free for residents of Wayne County.

Reservations for free bus transportation are required.

Please call 313.833.4005 or register online at [tickets.dia.org](http://tickets.dia.org) (Click on October 15)

\*Services provided as a result of the tri-county millage

#### **DEPARTURE LOCATIONS AND TIMES:**

**River Rouge • 10 a.m.**

River Rouge City Hall  
10600 W. Jefferson

**Wyandotte • 9:30 a.m.**

Downriver Council for the Arts  
81 Chestnut

**Redford • 10 a.m.**

Handy Park  
26650 Capitol St.

**Belleville • 9:30 a.m.**

Belleville Area Museum  
405 Main St.

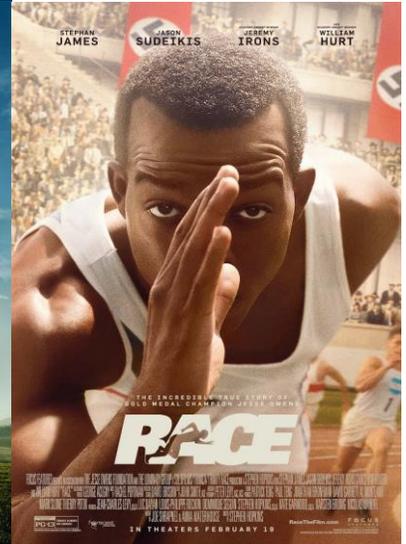
**Livonia • 10 a.m.**

Livonia Community Center  
15100 Hubbard

**Hamtramck • 9:30 a.m.**

Senior Housing Plaza  
2620 Holbrook Ave.

## Movie Listings October 2016



**“It’s Complicated”** Jane (Meryl Streep), a successful restaurateur, has been divorced from Jake (Alec Baldwin) for many years, although they remain friends. When an innocent meal together turns into an affair, Jane finds that she is the other woman in the now-remarried Jake’s life. Meanwhile, Adam (Steve Martin), an architect hired to remodel her kitchen, is still stinging from his own divorce. He finds himself falling in love with Jane but soon realizes that he has become part of a triangle.

**“5 Flights Up”** A husband (Morgan Freeman) and wife (Diane Keaton) spend a hectic weekend pondering the sale of the apartment they’ve shared for more than 40 years.

**“Miracles from Heaven”** Anna Beam (Kylie Rogers) lives with a rare, incurable disorder that leaves her unable to digest food. Despite the dire diagnosis, devoted mom Christy (Jennifer Garner) relentlessly searches for a way to save her beloved daughter. Everything changes in an instant when Anna tells an amazing story of a visit to heaven after surviving a headlong tumble into a tree. Her family and doctors become even more baffled when the young girl begins to show signs of recovering from her fatal condition.

**“Race”** Young Jesse Owens (Stephan James) becomes a track and field sensation while attending the Ohio State University in the early 1930s. With guidance from coach Larry Snyder (Jason Sudeikis), Owens gains national recognition for breaking numerous records. After heated debates, the United States decides not to boycott the Olympics in Nazi Germany. Overcoming racism at home and abroad, Owens seizes the opportunity to show Berlin and the the world that he’s the fastest man alive

**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*

**EMERGENCY NUMBER (VILLA)**

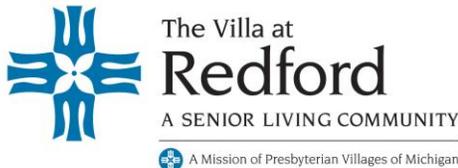
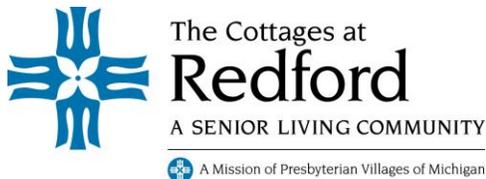
*(313) 910-7027*

**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**