



# Village Voice



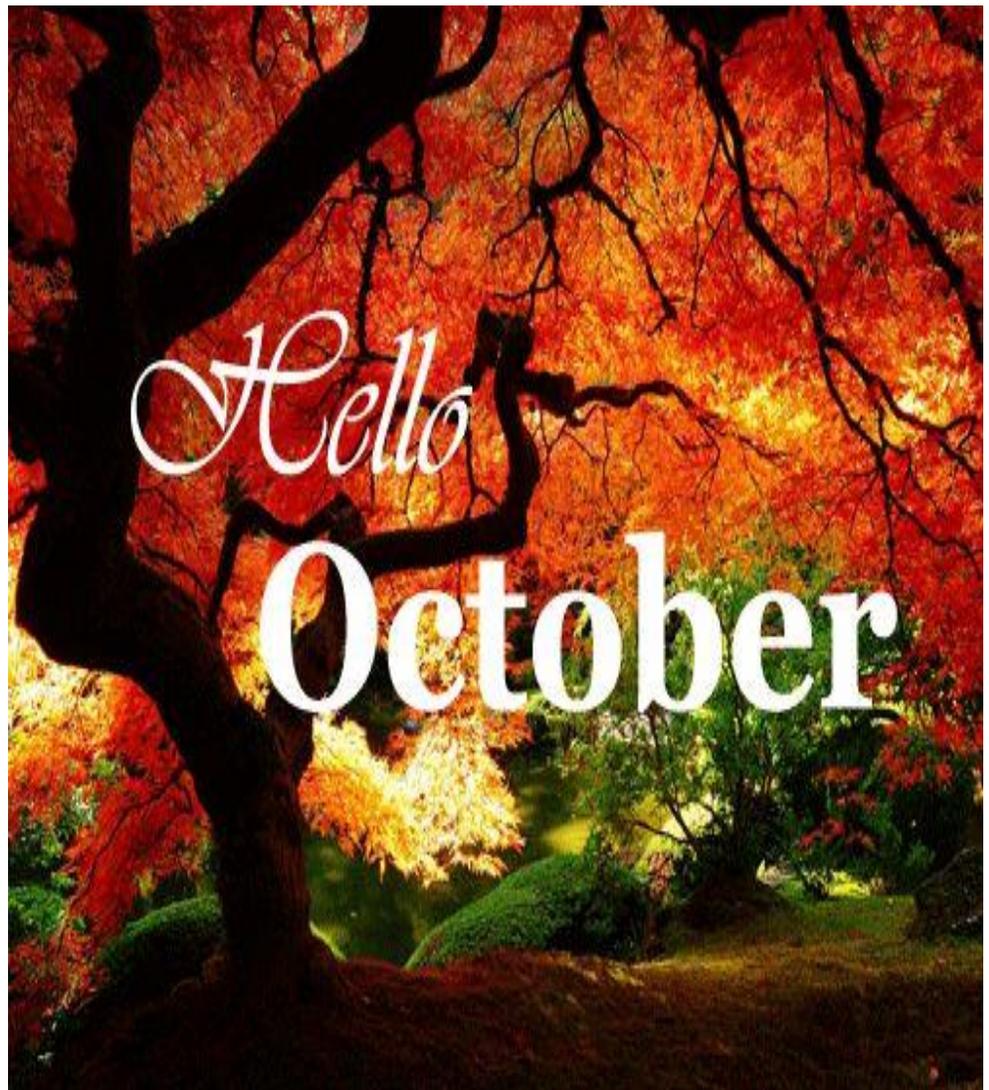
Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

Oct 2017

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Look for PVM on:



## UPDATES AND REMINDERS

**Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.**



**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!**





## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.*

### National Check Your Meds Day

This year on **October 21<sup>st</sup>** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21<sup>st</sup>** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21<sup>st</sup>** don't worry, this is a service that most major pharmacies will perform any day.

### Staff Extensions...

**Michele White ~ 28885**  
Executive Director

**Mary Saffian ~ 0**  
Lead Receptionist

**Josh Kephart ~ 28890**  
Maintenance Manager

**Lisa Scott ~ 28893**  
Housekeeping Lead

**Shana Brown ~ 28886**  
Wellness Manager

**Shari Thompson ~28952**  
Billing

**Jason Lovelly ~ 28927**  
Human Resources

**Teresa Davis ~ 28928**  
Marketing Manager

**Kara Otto ~ 28810**  
Social Worker

**Kerri Hill ~ 28896**  
Sales & Leasing  
Specialist

**Pam Webert &  
Mara Valdmanis ~  
28953**  
Fitness Specialists

**Rita/Sally ~ 28889**  
Beauty Shop



# Giving Matters.

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

## PVMF Gala—November 17<sup>th</sup>!

Come join the fun Friday, November 17<sup>th</sup> at  
The Henry Ford Museum of American Innovation!

PVMF's 14<sup>th</sup> annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!



It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

*The best part?!* By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan **the best** place to live at any age!

We hope to see you there!

**Join the Fun! Book your Sponsorships & Tickets:**

**\$375 Patron Ticket\*** Strolling Dinner & Program, Name recognition in event program

**\$250 Individual Ticket\*** includes Strolling Dinner & Program

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

Learn more about how to attend at [pvmf.org/Gala2017](http://pvmf.org/Gala2017). If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!

Paul J. Miller, CFRE

**\*P.S.** Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!

## Teresa's Corner

### Balloon Release

Date: Friday, October 13<sup>th</sup>  
 Time: 11 AM – 12 PM  
 Where: Cottage Courtyard



Release your thoughts, prayers, memories, and well wishes for those with breast cancer!

### Caresync Presentation

Date: Wednesday, October 18<sup>th</sup>  
 Time: 11 AM – 12 PM  
 Where: WC

### Senior Isolation Presentation

Date: Thursday, October 19<sup>th</sup>  
 Time: 11 AM – 12 PM  
 Where: WC

### “No One Walks Alone” Walk

Date: Friday, October 20<sup>th</sup>  
 Time: 11 AM – 2 PM  
 Where: Cherry Hill Rd (Village of Westland to Venoy and back)



Residents may use walker, wheelchairs, or scooters during the event.

**Food trucks** will be on site after walk is over. “Walk” participants will receive a ticket for a food truck.

### Westland Fire Department Fire Safety

Date: Thursday, October 26<sup>th</sup>  
 Time: 11 AM – 12 PM  
 Where: Cherry Hill Rd. (from the Village to Venoy and back)



### Bake Sale

Date: Friday, October 27<sup>th</sup>  
 Time: 10 AM – 1 PM  
 Where: VI



All proceeds will go to the American Cancer Society  
 Bakers will receive a free T-shirt  
 Please sign-up in the mailroom by **Friday, Oct 20<sup>th</sup>**

\*Breast Cancer Awareness Long Sleeve T-shirts will be available for purchase (\$7). Please sign-up in the mailroom for a T-shirt along with your size.\*



If you have any questions about any of these events, please call Teresa Davis in Marketing at 28928.



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**SENIORS STANDING  
STRONG**

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**THE VILLAGE OF WESTLAND**

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- \* New Program that supports health and wellness for our residents
  - \* *Wellness Happens at the Village of Westland*
- \* Based on CDC STEADI Program
  - \* Stopping, Elderly, Accidents, Deaths, and Injuries
- \* Senior Standing Strong is a **Free Program**
- \* Runs 180 days.
  - \* The first 90 days have the most staff guided interactions.
  - \* Physical Assessment involving 4 physical tests
    - \* Sign-up for the physical assessments are in the mailroom
  - \* In-home Environmental Assessment
  - \* Resident Centered Action Plan

If you have any questions, please call Shana Brown at 28886 or Kara Otto at 28810.

# Halloween Crossword

## Across

1. The spirit of a dead person, especially one believed to appear in bodily likeness to living person.
2. To divide into pieces by cutting.
3. A coarse trailing vine widely cultivated for its fruit.
4. A style of dress including garments, accessories, and hairstyle.
5. October 31<sup>st</sup>, celebrated in the United States, Canada, and the British Isles by children going door to door.
6. Causing fright or alarm.

## Down

1. Arachnid.
2. A covering worn on the face to conceal one's identity.
3. An imaginary or legendary creature, such as a centaur or Harpy, that combines parts from various animals.
4. A rich sweet confection made with sugar And often flavored or combined with fruits or nuts.

\*Answers on Page 13



## Susan and Jack Langham Written by: Motoko Huthwaite

Have you noticed a young, tall, and slender couple that has recently appeared amongst us senior residents of Westland Village? Walking arm in arm around each other as they leave the Village Inn, walking step to step down the 900 hallway? Have you heard her expertly playing the piano, Boogie Woogie at that, towards the end of the dinner hour? She used to play in Christian bands. Let me introduce my new neighbors across the hall from me, Susan and Jack Langham.

They were married on April 29, 1989, in the church where they first met. Susan considers herself a wife (of Jack), a mother (of Jack's children, Casey and Stephanie, from a former marriage), and a grandmother (of Stephanie's newborn baby). Jack was raised Catholic but merely a nominal one. One day, he bought himself a King James Bible and began reading it from cover to cover. He found himself fascinated with what he read. He considered himself a big sinner, as a promiscuous youth. As a Marine, he had served his country during the Vietnam War. In his youth, he was quite the sportsman. He was the captain of the football team, excelled in baseball, wrestling, and track.

Susan was born in Beaumont Hospital in Royal Oak. Her father was a professor at Michigan State University where she attended college and earned her teaching degree. She was raised Catholic. When she was in 8<sup>th</sup> grade, her parents left the church.

It was with her girlfriends that Susan started attending Community Church and enjoyed the church activities. In senior high, Susan attended youth group and actually LISTENED and learned about who Jesus was. They were studying the Book of John. On a youth retreat, Susan prayed, "Jesus come into me" because she realized those who believed and received Him would become a child of God.

The next day, a Missionary came to speak to the youth. Susan did not attend. She did NOT want to become a missionary. She was struggling with what to do with her new faith. She heard "Have faith" and she did. In 1989, when Susan was 30, she married Jack. Jack became ill and they decided to move here to our Village. Guess what they have in their apartment? A piano!

When I realized what a gifted musician Susan was, I invited her to join me when Rev. Ron Vanderbeek came to lead worship one Sunday. She and Jack were both impressed with Rev. Vanderbeek, his knowledge of composers and authors, his talent at the keyboard and as he directed us in song. I'm looking forward to many more of such shared musical afternoons and evenings.

# 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 since 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

# Welcome To The Village!



Sonia Davis  
Marie Gondek  
Ron Dugas

Joan Dugas  
Jack Langham  
Susan Langham



### Beauty Shop Services and Hours

Sally the Manicurist:

Tuesdays 10AM-4PM

Manicures - \$11 Pedicures - \$18

Nail Clippings - \$6

Call ext. 28889 to make an appointment

Rita the Beautician:

Thursdays and Fridays 9AM-Last Appointment

Shampoo and Set - \$17 Hair Cut - \$12 Perm - \$45

Color - \$30 Wash and Cut - \$16

Call ext. 28889 to make an appointment

Joe the Barber:

First Monday of the Month 12pm-3pm Hair Cut - \$12

Sign-up in the mailroom for a time slot

# September's Craft was... Fall Wreaths!



# October's Craft is... Halloween Door Hangers!



## ~ Transportation Services ~

### Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

### Tuesday's

- Shopping at Kroger at 10 AM
  - ~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 (1<sup>st</sup>, 2<sup>nd</sup> & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

### 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, shopping in Taylor). There is no cost to the 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 Activities 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!

Audrey Watson.....Oct 7 <sup>th</sup>	Frank Hett.....Oct 22 <sup>nd</sup>
Ron Hanchett.....Oct 10 <sup>th</sup>	Nadene Burress.....Oct 23 <sup>rd</sup>
Virginia Sweeney.....Oct 14 <sup>th</sup>	Carolyn DeLamielleure.....Oct 23 <sup>rd</sup>
Maryann Arble.....Oct 15 <sup>th</sup>	Carol Thomas.....Oct 28 <sup>th</sup>
Bob Miller.....Oct 20 <sup>th</sup>	

### 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 many positions available in choose from.

We currently need your help with:

- The Village Store
- Bingo

See Shana or Toni to get more information.

#### Halloween Crossword Answers:

**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)

**Office Numbers (734) 728-5222**

**Village Staff**

**Michele White**  
*Executive Director*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Maintenance Supervisor*

**Teresa Davis**  
*Marketing Manager*

**Kerri Hill**  
*Sales and Leasing Specialist*

**Shana Brown**  
*Wellness Manager*

**Kara Otto**  
*Social Worker*

**Deborah Antale**  
*Dietary Services Director*

**Shari Thompson**  
*Billing*

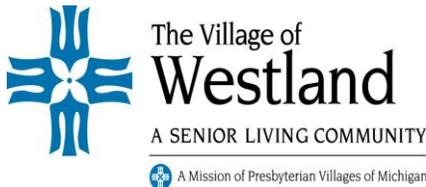
**Lisa Scott**  
*Housekeeping*

**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](http://www.pvm.org)



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



**Embrace the possibilities**