



Village Voice



Embrace the possibilities

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

Oct 2018

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The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

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!

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!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

So What's All the Fuss About Gluten?



**GLUTEN
FREE**

If you're like me, you may have noticed an increase in foods labelled or promoted as being gluten-free. Restaurants too are offering an increasing number of gluten-free options. So what is going on? Is it a left-wing, communist conspiracy or a right-wing, fascist plot to change the way Americans eat? Will the "food police" soon be knocking on your door to check your pantry for gluten? While to some it might seem like it, it's actually a response by the food industry to an increasing number of people diagnosed with celiac disease or who are following a gluten-free diet.

Gluten is a naturally occurring protein found in wheat, rye, and barley. Unfortunately, for an estimated 1 in 100 people consuming foods containing gluten causes their immune system to go "haywire" and attack their small intestine causing substantial damage in the process, a disorder called celiac disease. There is no cure for celiac disease and the only effective treatment is to refrain from eating foods that contain gluten. Foods that commonly contain gluten, unless specifically labelled as gluten free, include breads, pastas, pastries (and other baked goods), cereals, soups, sauces, salad dressings, beer, and malt liquor.

Even the smallest amount of gluten can harm someone with celiac disease regardless of symptoms. Some people with celiac disease have no symptoms at all while others can have severe abdominal pain, joint pain, migraines and extreme fatigue. Most have symptoms that lie somewhere in between. If left untreated, other disorders can develop including diabetes, multiple sclerosis, anemia, intestinal cancer, osteoporosis and dementia.

So if you're like me, someone who has celiac disease, it's a good thing that the food industry is making more gluten-free foods available because it provides us with a little peace of mind and allows us to enjoy eating out with a little less worry. For more information about gluten and celiac disease, visit <https://celiac.org>.

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Shari Thompson
~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

**Pam Webert and
Jennifer Wolf ~ 28953**
Fitness Specialists

**Melissa Nestorovski ~
28928**
Marketing Manager

Breana Wallace ~ 28896
Sales and Leasing
Specialist

Diane Santo ~ 28889
Beauty Shop



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

It's Time For a Flu Shot

The summer is saying goodbye to us. Boaters are taking their last cruises. Others are getting ready to place their patio furniture in storage. Our children and grandchildren are headed back to school. Even years after we graduate from school we sense invigoration and new beginnings in the air.

It is also that time of year to get a flu shot. I know. It is not something we look forward to like we do for cider mills, apple picking and football games.

However, we can be grateful that we have the chance to prevent serious illness. Not everyone believes that flu vaccine works. However, according to the Canadian Medical Association Journal: "Repeated vaccination for influenza was highly effective in preventing severe and fatal infection caused by influenza in older adults."

There are many locations which help to make it convenient to get a flu shot. County health departments, senior centers and some of our PVM villages offer access to flu vaccine clinics. Check with our PVM staff members for more information. Be smart and savvy. Go for it!

Need to get your flu shot here at the Village?

VNA Wellness will be giving flu shot on Monday, Oct 29th 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.

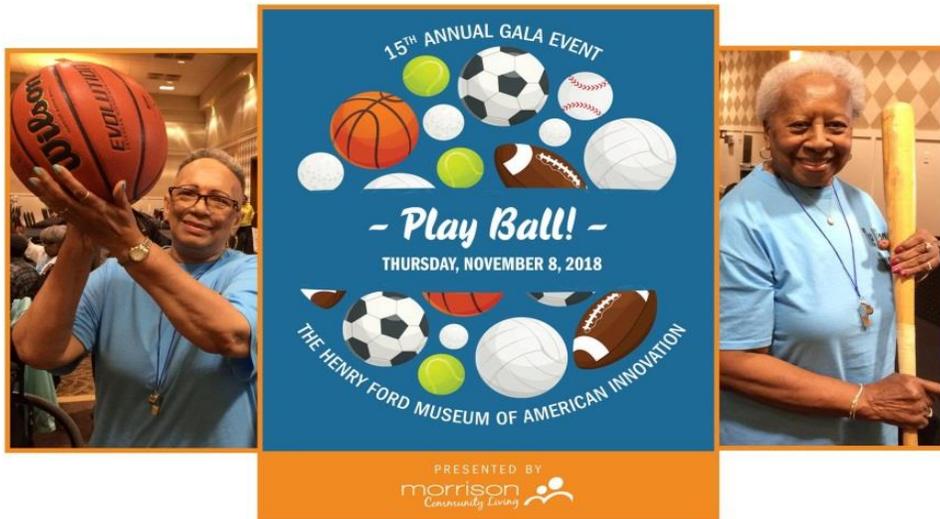


If you have any questions, please call Kara Otto at ~28810



Giving Matters.

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



PVMF Gala—November 8th!

Come to the best party around Thursday, November 8th at The Henry Ford Museum of American Innovation!

PVMF's 15th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for Play Ball!

The best part?! By attending, **you become the real MVP** for the 5500+ older adults served by PVM and you'll help make Michigan the best place to live at any age! We hope to see you there!

**Join the Fun! Book your tickets:
All Tickets \$300!**

Learn more about how to attend at pvmf.org/Gala2018. If you have any questions or comments, please contact us at 248-281-2040 or 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!**

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

Frankenmuth Day Trip

Thursday, October 25th

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:

Charles McCauley
Susan Jagodka
Diane Moss
Bonnie Killen
Elaine Lompra
Helena Gackiewicz



Staff:



Tom Frontier
Driver

September's Craft was... Pine Door Hangers!



October's Craft is... Door Pumpkins!



~ 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 (1st, 2nd & 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). 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 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 September!

Audrey Watson.....	Oct 7 th	Maryann Arble.....	Oct 15 th
Ed Kerr.....	Oct 10 th	Bob Miller.....	Oct 20 th
Ron Hanchett.....	Oct 11 th	Frank Hett.....	Oct 22 nd
Ginny Sweeney.....	Oct 14 th	Nadene Burress.....	Oct 23 rd

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:

-Resident Biographies -Bingo -Podium Announcers

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

Shana Brown
Wellness Manager

Jason Lovelly
Human Resources

Kara Otto
Social Worker

Josh Kephart
Environmental Services Manager

Shari Thompson
Billing

Jan Smith
Nurse Case Manager

Austin Jackson
Dietary Manager

Melissa Nestorovski
Marketing Manager

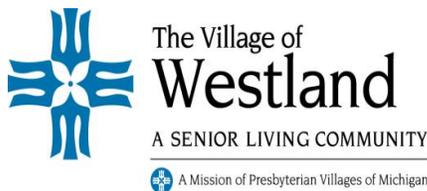
Lisa Scott
Housekeeping

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



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Westland, MI 48186**



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