



Village Voice



Embrace the possibilities

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

November 2019

Featured Articles

Updates/Reminders	Pg. 2
PVM Wellness	Pg. 3
PVM Senior Advocate	Pg. 4
November Facts	Pg. 5
New Residents	Pg. 6
Crafts	Pg. 9
Transportation	Pg. 10
Birthdays	Pg. 11



The Village of
Westland

A SENIOR LIVING COMMUNITY

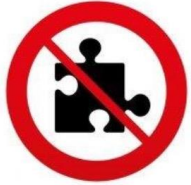
A Mission of Presbyterian Villages of Michigan

Look for PVM on:



2019

UPDATES AND REMINDERS



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



Scheduled outings and activities that have changed for the month of November and moving forward include:

- **Banking will now be at 1:30 PM on Wednesdays**
- **Better Balance will now be at 12:00 PM on Tuesdays and 1:00 PM on Thursdays in the Wellness Center**

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

'Tis the Season: Flu Season!

The flu is a highly contagious respiratory illness that can have serious health consequences, especially for older adults. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall and winter. It starts as early as October, peaks in January or February, and ends as late as May.



The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

- Washing your hands often with soap and water or an alcohol-based hand rub
- Avoiding touching your eyes, nose, or mouth (germs spread this way)
- Avoiding close contact with sick people
- Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food)
- Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it)
- Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

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

Expert Advice

At times we all need the advice of experts. For seniors this is an opportune time to remember this. Fall not only brings out beautiful panoramas of fall colors, pumpkins and cider. It also attracts scam artists of all types. Do not respond to direct appeals by phone or mail. Unscrupulous people are standing in line to steal your money. Especially prevalent at this time of year are so-called contractors who will falsify needs that you could have for driveway and roof repair. Do not contract with anyone without seeking the advice of a trusted friend or family member.

Also, since we are moving into enrollment season for healthcare, scam artists will try to get your social security number, bank account information and other important data to create identity theft. You may have heard the phrase: "Better safe than sorry!"

Truer words were never spoken. Check with your PVM service coordinator or administrator. They can refer you to Medicare/Medicaid counselors whose services are free of charge.

Along with these seasonal scams, unfortunately on-going ones are still working. I just heard recently of another woman who was scammed into giving thousands of dollars away thinking she was helping her grandson who was in trouble. On the second attempt by the scam artists her instincts kicked in. She called her daughter to find out that her grandson was sitting right there with her daughter safe and sound! Keep in mind as well that banks will not be calling you and asking for private information to "protect" your account.

Be a safe and savvy senior and enjoy this beautiful fall season!

NOVEMBER FACTS

The 11th month of the year brings us Thanksgiving, Veterans Day, and every 4 years, the US Presidential Election.

In the Georgian calendar, the calendar that most of the world uses, November is the eleventh month of the year. However, in the early Roman calendar, it was originally the ninth month. Later, the Roman senate elected to name the eleventh month for Caesar. November is right between fall and winter. Almost all leaves are gone from the tree and lost their colors. The month is referred as the wind month and the bloom month by Anglo-Saxons. It is because November is the month where they killed their animals for food. Those have been harvested in the previous months are either put inside the storage or sent to processing plants or mills. In this month, the farmers will know whether that particular year was successful or not. Because of its beautiful weather, football is the main sport of the month.

Below are some fun facts about November:

1. The birthstone for November is the topaz.
2. The zodiac signs for November are Scorpio (October 23 - November 21) and Sagittarius (November 22 - December 21)
3. The birth flower for November is the chrysanthemum.
4. On November 2, 1769, a Spanish expedition reached San Francisco Bay.
5. On November 2, 1889, North Dakota became the 39th state of the United States.
6. On November 2, 1889, South Dakota became the 40th state of the United States.
7. On November 2, 1917, Arthur Balfour proposed settlement of Jewish people in Palestine.
8. On November 4, 1979, the U.S. Embassy was taken over by Iranian revolutionaries in Teheran and a group of U.S. citizens were seized as hostages.
9. On November 6, 1869, the first intercollegiate football game was played in the United States between Rutgers and Princeton.
10. On November 8, 1889, Montana became the 41st state of the United States.
11. On November 15, 1935, Manuel Quezon was inaugurated as the first president of the Philippines.
12. On November 18, 1883, standard time began in the United States.
13. Peanut Butter Lovers Month
14. National Good Nutrition Month
15. National Pepper Month
16. National Sleep Comfort Month
17. Aviation History Month
18. Election Day - first Tuesday after the first Monday in November
19. Thanksgiving Day - fourth Thursday of November
20. November 11 - Veteran's Day



Welcome To The Village!



Residents:

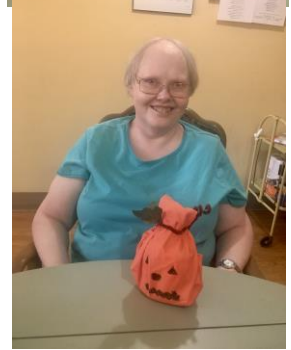
Karen Eisenbray
 Katherine Mack
 John Makowiec
 Clara Huffman
 Frederick Adams

Glenn McCormick
 Willie Kirkland
 Beverly Pierce
 Jerry Ramirez



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.

October's Craft was... Paper Pumpkins!



November's Craft is... Melted Crayon Turkeys!

~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, 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 1:30 PM

- Banks within 5 miles such as 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
- 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 November!

Sylvia McKenzie.....	Nov 4 th	Gladys Wilson.....	Nov 16 th
Carl Pritchard.....	Nov 7 th	James Lambert.....	Nov 18 th
Kathy Roos.....	Nov 9 th	Ken Brooks.....	Nov 20 th
Shirley Brown.....	Nov 10 th	Earl Wright.....	Nov 23 rd
Judee Tice.....	Nov 11 th	Karen Eisenbury.....	Nov 26 th
Clifford Martin.....	Nov 15 th	Jackie Korpi.....	Nov 27 th
Jeane Siler.....	Nov 14 th	Audrey Conner.....	Nov 27 th
Chris Savage.....	Nov 14 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

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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