



Villa View



Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • November 2017

Notes from the Administrator

Featured Articles

Gloria's Notes.....pg. 2

Word Search.....pg. 3

Calendar.....pg. 6

TRICK OR TREAT 2017

Look for PVM on:



The Cottages at
Redford
A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan



The Villa at
Redford
A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Congratulations to the Village of Redford Staff for all being nominated for the 2017 Shining Star. Extra congratulations to Melissa Nestorovski and Mark Uzarek who both made the “Top Ten Shining Stars!”



Thank you to all of those who partook in the October Fire Drill. 80 Villa Residents and 18 Cottage residents put safety first and participated!

In His Presence Ministries is once again providing it's annual Thanksgiving Dinner. This will be on Friday, November 17th at 5 pm in the Villa Dining Room. Transportation is not provided for this event. Space is limited; you can call the office to get your name on the list.

The office will be **CLOSED Thursday, November 23rd and Friday, November 24th . We will re open on Monday, November 27th.**

The Annual Christmas Luncheon will be held on Friday, December 15th at 1:00 pm in the RCD Room at the Assisted Living. Transportation will be provided. Entertainment will include the Redford Madrigal Singers and a fun, festive photo booth. Catering will be provided once again by Events of Excellence. Cost per person will be \$5.00 . The sign-up sheet will be in the main office.

The Christmas Tree Decorating will be held on Tuesday, December 5th at 11:00 am. Come on down for cookies and caroling!

For those of you who haven't gotten your flu shot, the second Walgreens Flu Clinic will also be held on Tuesday, December 5th at 1:00 pm- 3:00 pm in the Villa Dining Room.



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

Hours: 11 am- 4pm.

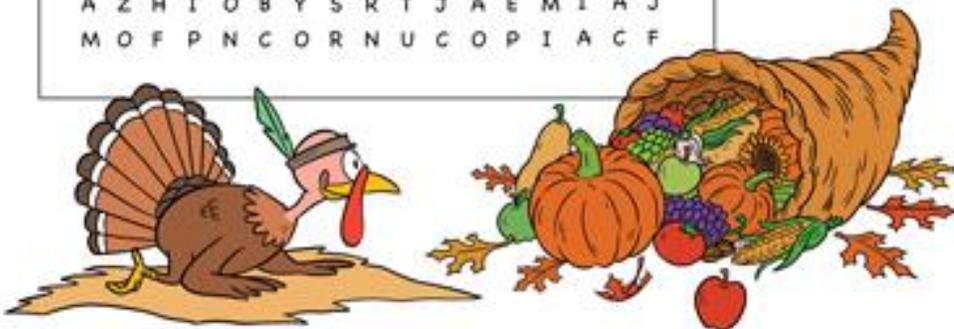
**313-541-6077
Call to make an
appointment!**

**Redford Board of
Directors**

- Deanna Mitchell,
Board Chairperson
- Reva Wujcik
- Carrie Hays McElrye
- Joyce King
- Laura Scanlan
- Susan Hurst
- Catherine Esannason
- Kathryn Telck



NOVEMBER
PLYMOUTH
THANKSGIVING
NATIVES
AUTUMN
CORNUCOPIA
CRANBERRIES
FAMILY
FEAST
COLONY
SETTLERS
POTATOES
BREAD
PILGRIM
HARVEST
AMERICA
PUMPKIN
MAYFLOWER
CORN
TURKEY



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www.timvandevall.com



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.

Have You Laughed Today?

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.

Have you laughed today?

There is something intrinsically human about laughing. Regardless of nationality, race, religion or creed, if someone in a crowd starts laughing, most of the crowd will end up laughing. It is built into us.

It is pretty straight forward to discuss how laughter brings joy and happiness to our lives, but thanks to research inspired by Norman Cousins, and his book *Anatomy of an Illness*, we now know that laughter can actually make you healthier. Laughter has been shown to reduce or prevent stress, improve immune function, reduce pain and can even improve your cholesterol! How often do you get to hear that something you already enjoy doing will make you healthier?

Unfortunately, laughter doesn't always come to us when we need it most, such as during stressful times or when we are in pain. However, you can use humor to create laughable moments in even the direst of times. The trick is to hone and master the skill of humor so that you can tap into it when you need a good laugh. Yes, humor can be taught and trained. The next time someone tells you a joke try and guess what the punch line will be. If you're watching a funny TV program try and figure out what will happen next.

Here is training exercise for you to work on. Try and guess the missing punch line of the joke using just the hint.

I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the _____ were there

(Hint: What would a road worker steal from work?)

(Answer: Signs)

Slow Cooker Stuffing



Directions

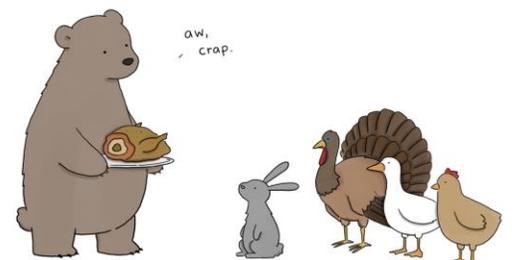
1. Melt butter or margarine in a skillet over medium heat. Cook onion, celery, mushroom, and parsley in butter, stirring frequently.
2. Spoon cooked vegetables over bread cubes in a very large mixing bowl. Season with poultry seasoning, sage, thyme, marjoram, and salt and pepper. Pour in enough broth to moisten, and mix in eggs. Transfer mixture to slow cooker, and cover.
3. Cook on High for 45 minutes, then reduce heat to Low, and cook for 4 to 8 hours.

FYI: THIS WEEKEND (SAT, NOVEMBER 4TH) WE FALL BACK!



Ingredients

- 1 cup butter
- 2 cups chopped onion
- 2 cups chopped celery
- 1/4 cup fresh parsley
- 12 ounces fresh mushrooms, sliced
- 12 1/2 cups dry bread cubes
- 1 teaspoon poultry seasoning
- 1 1/2 teaspoons dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 4 1/2 cups chicken broth
- 2 eggs, beaten



lizclimo.tumblr.com

November 2017 Activities Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10 am Value Center/Walgreens 2pm Pinochle 2:30 Sing-A-Long	2 10 am Coffee Hour 10 am Pantry 1 pm Chair Exercise	3 11 am Hypertension Happens 1 pm Arts & Crafts 5 pm Keno/Bingo	4 1 pm Bingo (Game Room)
5 1:00 pm In His Presence Ministries Sunday Worship	6 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	7 2 pm Movie "Inferno":	8 10 am Kroger/\$Store 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	9 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings 1 pm Chair Exercise	10 1 pm Arts & Crafts 2 pm VILLAGE WIDE FORUM 5 pm Keno/Bingo	11 1 pm Bingo (Game Room)
12	13 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	14 2 pm Movie "Golden Years"	15 10 am Value Center/Walgreens 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	16 10 am Coffee Hour 10 am Pantry 1 pm Chair Exercise	17 1 pm Arts & Crafts 5 pm In His Presence Ministries Thanksgiving Dinner 5 pm Keno/Bingo	18 1 pm Bingo (Game Room)
	20 10 am Pantry 10:30 Pedestrian Presentation 1:30 pm B-Day Party 5 pm Bingo/Keno	21 2 pm Movie "Collateral Beauty"	22 10 am Kroger/\$Store 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	23  HAPPY THANKSGIVING	24 1 pm Arts & Crafts 5 pm Keno/Bingo	25 1 pm Bingo (Game Room)
26	27 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	28 2 pm Movie "Mean Dreams"	29 10 am Value Center/Walgreens 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	30 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings 1 pm Chair Exercise		

Reminder: The Redford Board of Directors meets the fourth Wednesday 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.



The Senior Advocate.

*By Lynn Alexander,
Senior VP & Chief Marketing Officer*

SIGNS OF SCAMS

The Office of the Michigan Attorney General has shared some signs that a call you receive is likely from someone attempting to scam you and/or steal your identity. They fall into 3 categories:

URGENT/SECRET

- Pressure to act immediately.
- Limited term: act now language.
- Told to keep the contact a secret.
- Designed to frighten you into action.

BELIEVABLE

Claims to be from government or law enforcement.

Claims to be calling to fix a problem with your account, computer, government benefits, or related to something in the news.

The contact has some of your personal information already.

MONEY/PERSONAL INFORMATION

Requires a wire transfer, prepaid credit card, or any personal information.

Remember - No need to be polite. Simply hang up the phone. Be a smart and savvy senior!



Coordinator Corner

Election Day is Tuesday, November 7, 2017 Polls open at 7:00AM /Polls close at 8:00 PM



November is Adoption Month, Home Care Month & Flu Awareness Month

Veterans Day is Saturday, November 11th service!



to all Vets for your

- ✓ Friday, November 3, 2017 rescheduled seminar with Dianna with Home Care Connect. Come one, Come all! **FREE BINGO** An educational seminar on hypertension diet and the causes. Bingo cards, prizes, snacks are provided for all participants. Located in the Villa Dining Room @ 11:00AM
- ✓ Do you need a foot specialist? Please attend a meet & greet with Dr. Michele Bertelle-Semma on Tuesday, November 14, 2017 @ 10:00AM in the Villa Dining Room. Semma Podiatry will provide services to residents by appointment only. Light refreshments will be served. Please bring your insurance info
- ✓ Monday, November 20th 2017 please join us for an important presentation on “On the Right Road & Pedestrian Safety” learn tips on how to drive safer. Sarah Hickey, BSN, RN, BS is an injury prevention coordinator with Beaumont Hospital of Farmington Hills, MI. Located in the Villa Dining Room @ 10:30-11:30AM

Quote of the Month: “Love your family. Spend time, be kind & serve on another. Make no room for regrets. Tomorrow is not promised & today is short.” ~Unknown



Your Service Coordinator
Anita Stephens 313-541-6450

THE BULLETIN BOARD

by Kay Eless

In June of 1974, Henry Heimlich published his views about his technique to save a choking victim. Known as the Heimlich Maneuver, this technique eventually found its way into movies and TV (in drama and comedy). (Also see Wikipedia for an article on Henry Hiemlich.)

Well, this is the type of thing that fascinates me. So, every time the technique was performed, I watched very carefully. One day it hit me that there would be no one coming to my aid if I were alone and began to choke on something. That really scared me so I let my mind's eye review a movie and TV program that showed an actor performing the Heimlich. In all instances, the choker's arms were brought to an upward position. The next time something was sticking in my throat, I raised my elbows above my shoulders and coughed up the offending particle. Since then, I have been successful dislodging a particle of food, a few pills, and congestion.

Fortunately, these items are not the kind to cause serious damage as would a bone or anything similar (which could happen if food is swallowed without proper chewing, or if a pin or nail held between teeth slipped down the throat). If this ever happened, hopefully there would be enough time for the EMTs to arrive and apply aid.

For more information, go online and 'search for information on the Heimlich Maneuver', select 'Heimlich maneuver on self'. At the bottom of that article is a warning about not using the information in case medical assistance is required.

(The following is not a direct quote but a synopsis of the question and answer)

In the October 22 issue of Parade magazine (Sunday's Detroit Free Press), a reader asked about water being a remedy for choking while eating. Marilyn vos Savant, medical advisor, responded that it depended on whether the food was lodged in the esophagus leading to the stomach or the trachea leading to the lungs. Anything traveling down the trachea to the lungs is a serious matter and needs medical attention.

P.S. In my experience, a pill is more likely to stick in a dry throat than in a moist one, and also in a tense throat than in a relaxed one.

Happy Birthday to all those born in November! Please join us on November 20thth at 1:30 pm in the Villa Dining Room for the Birthday Party!

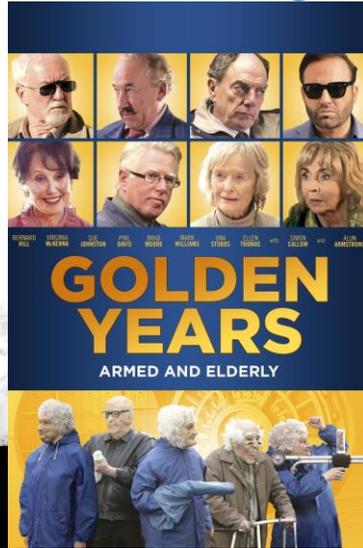


November Birthdays!

- Pam Miller.....11/09 • Lizzie Robinson.....11/28
- Ernestine Peete.....11/10 • Brenda Vance.....11/29
- Kelly Graves.....11/14 • Eloise Collier.....11/30
- Virginia Gipson.....11/14 • Holly Steffes.....11/30
- Janet Francezek.....11/16
- Ethel Carter Brown.....11/18
- Calvin Hanawalt.....11/19
- Debra Hawkins.....11/19
- Joseph Harper.....11/22
- Agnes Crockett.....11/25



Movie Listings November 2017



Inferno Famous symbologist Robert Langdon (Tom Hanks) follows a trail of clues tied to Dante, the great medieval poet. When Langdon wakes up in an Italian hospital with amnesia, he teams up with Sienna Brooks (Felicity Jones), a doctor he hopes will help him recover his memories. Together, they race across Europe and against the clock to stop a madman (Ben Foster) from unleashing a virus that could wipe out half of the world's population.

Golden Years Arthur and Martha Goode won't take the loss of their pensions lying down. It's time for these retirees to rob some banks and take back what was theirs in the first place.

Collateral Beauty When a successful New York advertising executive (Will Smith) suffers a great tragedy, he retreats from life. While his concerned friends try desperately to reconnect with him, he seeks answers from the universe by writing letters to Love, Time and Death. When his notes bring unexpected personal responses, he begins to understand how these constants interlock in a life fully lived and how even the deepest loss can reveal moments of meaning and beauty.

Mean Dreams A 15-year-old boy steals a bag of drug money and runs away with the girl he loves. While her violent and corrupt cop father hunts them down, they embark on a journey that will change their lives forever.

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

MAIN OFFICE NUMBER

313-541-6000

Village Staff

Gloria Robinson
Senior Housing Administrator

Hannah Micallef
*Housing Administrative Assistant,
TCS*

Steve Reardon
Maintenance Technician

Mark Uzarek
Maintenance Lead

Rhonda Harvey
Housekeeper

Anita Stephens
Service Coordinator

(313) 541-6450

Melissa Nestorovski
Leasing and Marketing Specialist

(313) 541-6140

EMERGENCY NUMBER (VILLA)

(313) 910-7027

EMERGENCY NUMBER (COTTAGES)

(313) 573-3572

NON EMERGENCY REDFORD PD

(313) 387-2500

CLASSIC SECURITY

(313) 662-4648



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 Cottages at
Redford

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Redford

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**The Villa and Cottages at Redford • 25340 West Six Mile Road •
Redford, Michigan 48240**

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