



# Village View



Embrace the possibilities

November 2018

## *Gloria's Notes*

### **Resident Christmas Luncheon**

Friday December 14<sup>th</sup> in the RCD Room of Advantage Living Center. There will be a catered lunch and entertainment. Donation: \$5.00 per person. Sign ups will begin the first week of November.

### **Annual Apartment Inspections**

Per the notice that was sent out on October 5, 2018, the second bi-annual campus wide apartment inspections will begin the first week of November. You do not have to be present for the inspection to take place. You will be notified if an inspection took place while you were gone. Keep in mind the different things staff will be looking for: soiled carpets, trip hazards (throw rugs that can easily be tripped over), blocked egresses, and clutter.

### **Winter is Coming....**

Please take the chance if you haven't already to check your thermostat, turn on your heat and make sure everything is in working order. Please be careful when parking during the snowy days that you do not park on the sidewalk- the snow blowers need room to maneuver and do their job.

*From the staff at the Village of Redford,  
may your Thanksgiving be full of warm  
memories with cherished family & friends.*

Tuesday, March 28, 2017

# The New York Times

Ryan Miligan / Edited by Will Shortz

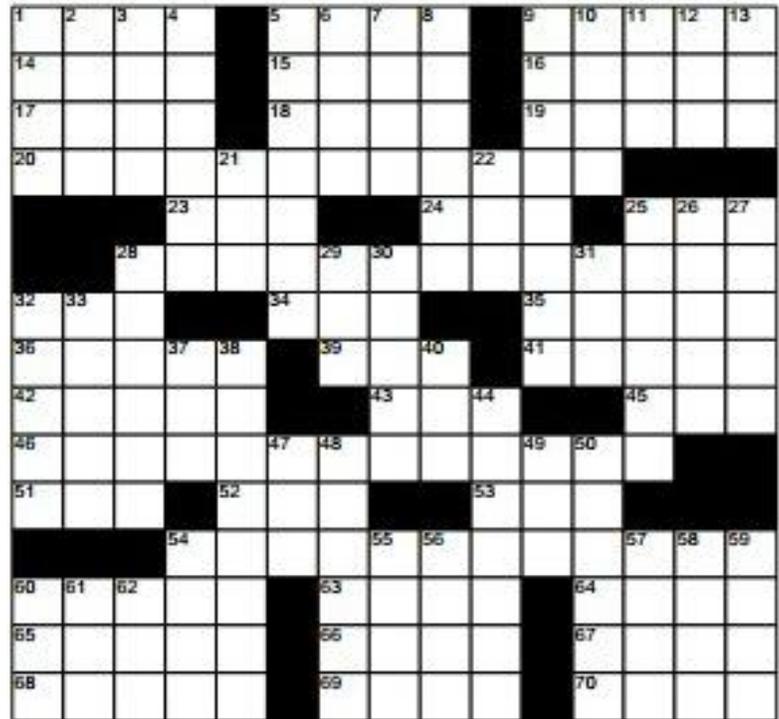
**ACROSS**

- 1 Even trade
- 5 Nile predator, briefly
- 9 Class with masks?
- 14 Next in line
- 15 Promise
- 16 18th-century mathematician who introduced the function
- 17 Designer Gucci
- 18 Nick at \_\_\_
- 19 One-named singer who won the 2016 Album of the Year
- 20 "Sorry I'm in your space, it's an actress thing," said \_\_\_
- 23 Shirt that might have a crew neck, informally
- 24 Scottish cap
- 25 "The Raven" writer's monogram
- 28 "Don't interrupt me on my radio show," said \_\_\_
- 32 "It gets better" spot, e.g., in brief
- 34 DiCaprio, to fans
- 35 Prefix with galactic and spatial
- 36 Works to get
- 39 Lion's prey
- 41 Easily fooled
- 42 Unit of bacon
- 43 Lennon's widow
- 45 \_\_\_-Mex
- 46 "Gotta run, pop concert calls," said \_\_\_
- 51 Turn-\_\_\_
- 52 Gravestone letters

- 53 Govt. org. with a drone registry program
- 54 "Right to the point: You're beautiful, it's true," said \_\_\_
- 60 Advocated
- 63 Tea type
- 64 Three, in Berlin
- 65 Mecca resident
- 66 Drying oven
- 67 Harvest, as crops
- 68 "A man who, when he smells flowers, looks around for a coffin," per H. L. Mencken
- 69 Rice wine
- 70 Longings

**DOWN**

- 1 Carpet style
- 2 Word said three times before "What have we here?!"
- 3 Assistant
- 4 On the double
- 5 Hide
- 6 Inner part of a racetrack
- 7 Palindromic boy's name
- 8 Treasure holders
- 9 Request for a hand
- 10 Inspiring 1993 movie about a Notre Dame football team walk-on
- 11 Lager relative
- 12 Comical Brooks
- 13 "All we \_\_\_ saying is give peace a chance"
- 21 Just-made
- 22 Munch on
- 25 Thing that exists



- 26 Drug whose generic name is naproxen
- 27 Measuring cup material
- 28 Truman and others
- 29 Rule laid down by a commission: Abbr.
- 30 "What should I \_\_\_?"
- 31 Material in strands
- 32 Sauce with pine nuts
- 33 The Great Tempter
- 37 Zero, in soccer
- 38 Occasional
- 40 Prefix with -versal
- 44 Not connected to a computer network
- 47 Pacific \_\_\_
- 48 What stars are in the night sky
- 49 Letter after sigma
- 50 Tom who coached the Dallas Cowboys for 29 years
- 54 Revered "Star Wars" figure
- 55 Actor LaBeouf
- 56 Illegal pitching motion
- 57 Logician's chart
- 58 Not stand completely straight
- 59 Nervousness that causes a golfer to miss an easy putt, with "the"
- 60 Golden State sch.
- 61 With 62-Down, sci-fi weapon
- 62 See 61-Down



# It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

## Life Without a Car



A few weeks ago I experienced - temporarily - what many of us will perhaps one day experience permanently: life without a car. Some of you may already be in that situation. I still had to go to work. I still had meetings to attend. I still had errands to run but I had no car. It was in the shop for some minor repairs that of course took longer to fix than I was originally told so when all was said and done, I was without a car for a little over a week.

I live alone and my kids have long since flown the coop to pursue adult lives of their own. Besides, they don't live nearby so asking them to cart me around wasn't really an option. So what was I to do? I was in a bit of a bind until I remembered something my daughter's boyfriend recently told me, that he was living the "app life". So what does that mean?

Well, if you own a smartphone and have access to the internet you have a lot of power in your pocket. There are thousands of computer applications, which are essentially small computer software programs commonly referred to as "apps" that you can place on your phone that allow you to do numerous things and provide you with easy access to a variety of innovative and useful services. Among them are apps that will link you to ridesharing services, two of the most popular being Lyft and Uber.

Over the course of the next few months, I will be sharing with you how I used "apps" to do what I needed to do and be where I needed to be without a car. In so doing, I discovered that giving up my car didn't mean I had to give up living my life. So stay tuned. Next month I will start by sharing how I used Lyft to get out and about.

## Autumn Apple Salad II



### Ingredients

- 4 tart green apples, cored and chopped
- 1/4 cup blanched slivered almonds, toasted
- 1/4 cup dried cranberries
- 1/4 cup chopped dried cherries
- 1 (8 ounce) container vanilla yogurt

### Directions

1. In a medium bowl, stir together the apples, almonds, cranberries, cherries and yogurt until evenly coated.

### HAPPY NOVEMBER BIRTHDAYS!

- ☺ Ethel Carter Brown 11/18
- ☺ Joseph Harper 11/22
- ☺ Eloise Collier 11/ 30
- ☺ Lizzie Robinson 11/28
- ☺ Brenda Vance 11/29
- ☺ Roosevelt Williams 11/11
- ☺ Kelly Graves 11/14
- ☺ Jean Littles 11/30
- ☺ Ronnie James 11/17
- ☺ Ernestine Peete 11/10
- ☺ Agnes Crockett 11/25
- ☺ Calvin Hanawalt 11/19
- ☺ Virginia Gipson 11/14
- ☺ Holly Steffes 11/30
- ☺ Tradina Watkins 11/10
- ☺ Pamela Miller 11/9





## Service Coordinator Corner



Monthly Quote: “Your life does not get better by chance. It gets better by change.” ~ Unknown Author

Remember to set your clocks  back 1 hour on Saturday, Nov 3 to end day light savings time. Election Day is Tuesday, November 6, 2018. The polls open @ 7:00am.



- **Wednesday, Nov 7, 2018 @ 2:00pm**

Walgreen’s Flu Clinic in the Villa Dining Room. Please bring your ID & Insurance card.

- **Tuesday, Nov 20, 2018 @ 11:00am**

Elite Medical & Rehabilitation presentation in the Villa Dining Room. Raffle & light refreshments served. FREE

- **Wednesday, Nov 28, 2018 @ 12:30-1:30pm.**

Guardian Angel chair-based exercise class & bingo. FREE

Veteran’s Day is Sunday, Nov 11  to all Veterans & their families.



Thursday, November 22, 2018 . Offices will be closed in observance of the holiday.

Please come by or call for an appointment  
Your Service Coordinator  
Anita Stephens      313-541-6450



CareSync Solutions creates a synchronized system of care and services that support you in your home at The Village of Redford. CareSync brings together the strengths of its partners, along with other trusted organizations who provide these services.

These partnerships will enable you to thrive in your home at The Village of Redford!

### **What's Included in the CareSync Network at The Village of Redford?**

- **Care Coordination**

A social worker is available to help you to assess your needs and arrange for the appropriate resources.

- **Home Health Care**

In home care and service packages are available for a fee through an on-site agency. These services are provided in the Enhanced Living area and in any Independent Living apartment. Whatever you need, just ask and we will work to find a solution.

- **Skilled Home Care and Rehabilitation**

Through a partner agency, we can arrange for skilled nursing and rehabilitation in your home if you qualify. For example, if you have experienced a recent illness, a fall, or hospitalization, you can receive these services at The Village of Westland. Your physician will determine if you have a need for these services.

- **Hospice Care and Services**

Should you benefit from hospice services, a partner agency can provide hospice services to you in your home.

- **Visiting Physician Services**

Physicians are available on-site to provide primary care and medical services. They can coordinate your medical needs with CareSync services and providers.

- **Podiatry Services**

We can help you schedule an appointment with a visiting podiatrist to care for all needs related to your feet.

- **Counseling Services**

A licensed social worker (MSW) is available to provide counseling services in your home if you are experiencing difficulties coping with life changes, concerns or difficulties.

**Contact us today to connect with CareSync Solutions!**

**CareSync Solutions was formed by Presbyterian Villages, Homestead Home Health Care Services, and Advantage Living Centers in 2015 to benefit seniors in Michigan.**



# The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

## What Goes Around Comes Around

Recently I experienced good karma in a way which affirms my belief in caring about others. My grandma was right when she used to say: "What goes around comes around." I have witnessed this phenomena in many ways over the years. In my recent experience I was attending an annual meeting with an organization still somewhat new to me; and more than several attendees reached out to me in an intentional manner to include me and make me feel welcome. I am usually that person that notices when a fellow human being needs to be welcomed so this was a gratifying experience for me.



Bringing this concept around to PVM, residents often talk about how they and their neighbors all look out for each other. This has created a sense of community which adds to their quality of life. Unfortunately I have heard stories with the opposite script. We all have had issues to deal with and problems to conquer. The longer we have been on this earth the more we have endured as well as enjoyed. Keep that in mind and lift another person's psyche. Offering a smile and welcoming a newcomer can pay great dividends. You may meet a new lifelong friend or may need a smile yourself on any given day. "What goes around comes around."

## This Month at the Movies...



**All Saints:** In this uplifting true story, Pastor Michael Spurlock receives a directive to close tiny All Saints Church, which can't pay its mortgage. Instead, he turns to a group of Southeast Asian refugees to help create a working farm that will pay the bills.

**Won't You Be My Neighbor?** For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since.

**The Final Year:** Enjoying rare access to Barack Obama and some of his top aides during the last year of his presidency, filmmaker Greg Barker captures the urgency of White House foreign policy experts as they hasten to cement Obama's global legacy.

**A Wrinkle in Time:** From visionary director Ava DuVernay comes Disney's A Wrinkle In Time. Based on the timeless classic and filled with spectacle, warmth and heart, this celebrated film follows an ordinary girl's epic adventure and brave journey home, with the ultimate triumph of love.

MAIN OFFICE NUMBER 313-541-6000 | #100

## Village Staff

### 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)

**Gloria Robinson**  
*Senior Housing Administrator*  
(313) 541-6042

**Hannah Micallef**  
*Senior Housing Administrative  
Assistant, TCS*  
(313) 541-5991

**Steve Reardon**  
*Maintenance Technician*

**Phyllis @ the Beauty Salon**  
(313)541-6077

**Mark Uzarek**  
*Maintenance Lead*

**Rhonda Kuhn**  
*Housekeeper*

**Anita Stephens**  
*Service Coordinator*  
(313) 541-6450 #300

**George Simmon IV**  
*Sales & Leasing Specialist*

(313) 541-6140 #200

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  
THE FOUNDATION

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)

### Redford Board of Directors

❖ Deanna Mitchell, Board Chairperson

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❖ Laura Scanlan

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❖ Kathryn Telck

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❖ Carolyn Lambreth



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

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

Embrace the possibilities





# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>4</b> 1:00 pm In His Presence Ministries Sunday Worship 	<b>5</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>6</b> 1 pm Pinochle 2 pm Movie "All Saints"	<b>7</b> 10 am Value Center 1 pm Pinochle 6:15 pm Bible Study	<b>8</b> 10 am Coffee Hour 10 am Pantry 11 am Hymns	<b>9</b> 1 pm Arts & Crafts 5 pm Keno/Bingo	<b>10</b> 1 pm Bingo (Game Room)
<b>11</b>	<b>12</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>13</b> 2 pm Movie "Won't You Be My Neighbor?"	<b>14</b> 10 am Kroger 1 pm Pinochle 6:15 pm Bible Study	<b>15</b> 10 am Coffee Hour 10 am Pantry 11 am Hymns	<b>16</b> 1 pm Arts & Crafts 5 pm Keno/Bingo	<b>17</b> 1 pm Bingo (Game Room)
<b>18</b>	<b>19</b> 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno	<b>20</b> 2 pm Movie "The Last Year"	<b>21</b> 10 am Value Center 1 pm Pinochle 6:15 pm Bible Study	<b>22</b> 	<b>23</b> OFFICE CLOSED BLACK FRIDAY	<b>24</b> 1 pm Bingo (Game Room)
<b>25</b>	<b>26</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>27</b> 2 pm Movie "A Wrinkle in Time."	<b>28</b> 10 am Kroger 1 pm Pinochle 6:15 pm Bible Study	<b>29</b> 10 am Coffee Hour 10 am Pantry	<b>30</b> 1 pm Arts & Crafts 5 pm Keno/Bingo	