



# Villa View



## Embrace the possibilities

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

## Notes from the Administrator

### Featured Articles

- Gloria's Notes.....pg. 1
- Bulletin Board.....pg. 3
- Word Search.....pg. 6
- Birthdays.....pg. 7
- Movie Listings.....pg. 10

“December, being the last month of the year, cannot help but make us think of what is to come.”

— Fennel Hudson, A Meaningful Life - Fennel's Journal - No. 1

**Tax Credit Residents:** the 2018 Social Security Benefit letters are hitting mailboxes this week, if you haven't already received yours yet. Come down to the office with your letter so a copy can be made for your file. This will make your recertification for 2018 one step easier for the office and for yourself!

We are collecting nonperishable snacks for the Redford Fire Department. Great snack ideas include : breakfast bars, cookies, chips, pretzels, popcorn and the like. Please place your donations in the tote in front of the main office. With all of us together, we can give back to the amazing men and women who help us throughout the year.

For all of those who have RSVP'd : Our Annual Christmas Luncheon will be Friday, December 15<sup>th</sup> at the RCD room in the Assisted Living. If you are in need of transportation, let the office know. We are excited to bring back the Redford Madrigal Singers this year, along with a photobooth with props and keepsake pictures. Yummy food will be catered by Events of Excellence once again.

And last, but not least- from all of us here at the Village of Redford: have a joyous and happy holiday season. We look forward to the new memories 2018 will bring us!



Look for PVM on:





## PVM GALA 2017

## THE BULLETIN BOARD

by Kay Eless

My last article on the Heimlich maneuver came in handy when I took a pill that stuck. I drank more water and tried the maneuver. Residue of the pill still stuck. Not to be stuck myself, I put water in my mouth and gargled. Eureka! Then, a few days later, again a pill stuck and it took even more water and gargling to dislodge it and the residue. Sometimes my throat is drier than I think. By the way, if you don't like water, and the script calls for a full glass of water to take the pill, try closing your eyes while you drink to see if it makes it easier for you (as it did/does for me).

### CAREGIVING TIPS FOR YOU AND YOUR FAMILY – PART 1

During 2006 my mother experienced mini-strokes which she ignored because the only symptom was dropping things occasionally. In October, the symptom changed and I had to take my mother to Emergency. The Emergency room tests showed the heart to be the problem, and follow up tests by my mother's doctor found that her heart was affected by clogged arteries. My mother was put on a sodium free diet but she continued to eat what she wanted including high sodium soup with a ham sandwich. Since my mother's father died of hardening of the arteries, one would think she'd listen to a doctor about what sodium was doing to her heart. The best thing about keeping tabs on my mother's sodium intake was that it made me conscious about my own intake.

Anyway, if anyone becomes responsible for a family member, the person needs to have both a medical and general power of attorney. These forms are found in an office supply store, and both documents have to be notarized. Another option is to be a court appointed guardian or executor – contact a lawyer for details.

Taking care of one's family member, especially if it is a parent, is stressful on both sides. If the family member is self-sufficient and independent, it is very important to allow that person to remain as such for as long as possible. Unfortunately, the family member may resent and disregard measures used to keep him/her functional, and the caregiver might have to be quite firm about what can or can't be allowed. Maybe you have heard or read about parents and children switching roles but you have not experienced it. I can tell you that the reality of it is quite something else. It took me almost two years to learn that this was, and still is, normal behavior between a caregiver and the family member. I was surprised when my mother told me once that I treated her like a little child. Except for trying to get her to be sodium free, I barely did anything for her because she needed to care for herself when I wasn't there. It wasn't easy avoiding her attempts to be treated as an invalid.



# It's Your Life. Live It Well.

By Tom Wyllie,  
*Director of Wellness*

## A Caroling We Should Go

Whether you can carry a tune or not, it turns out that not only is singing good for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.



If done in a group, singing can improve our social lives and widen our circle of friends. And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow. To learn more about the health benefits of singing visit <http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.

# Banana Pudding IV

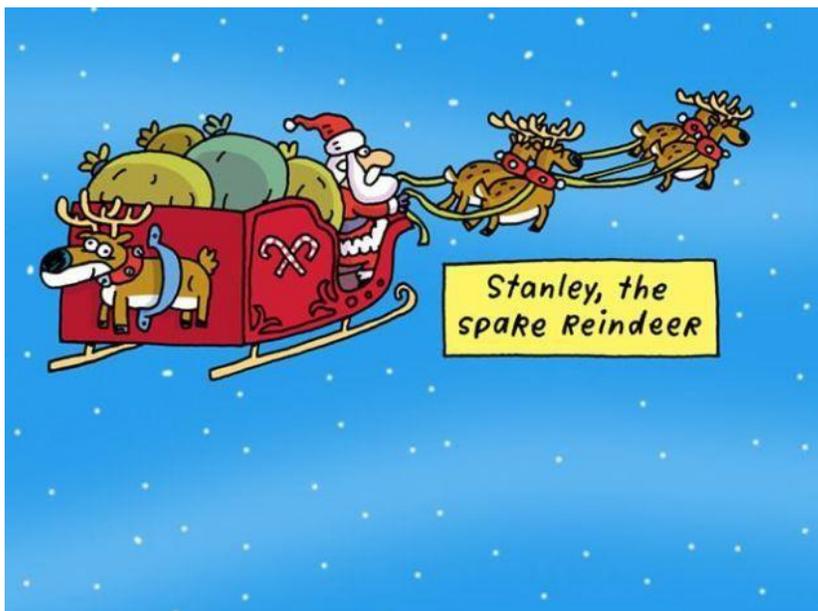


## Ingredients

- 1 (8 ounce) package cream cheese
- 1 (14 ounce) can sweetened condensed milk
- 1 (5 ounce) package instant vanilla pudding mix
- 3 cups cold milk
- 1 teaspoon vanilla extract
- 1 (8 ounce) container frozen whipped topping, thawed
- 4 bananas, sliced
- 1/2 (12 ounce) package vanilla wafers

## Directions

1. In a large bowl, beat cream cheese until fluffy. Beat in condensed milk, pudding mix, cold milk and vanilla until smooth. Fold in 1/2 of the whipped topping.
2. Line the bottom of a 9x13 inch dish with vanilla wafers. Arrange sliced bananas evenly over wafers. Spread with pudding mixture. Top with remaining whipped topping. Chill.



© lizclimo

lizclimo.tumblr.com



# Christmas Crossword



### ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

### DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle \_\_\_\_\_"
10. Christmas tree
11. O. Henry's "The Gift of the \_\_\_"
12. What carolers do
15. French Christmas.
16. Snow glider





# December Birthdays!

- Mary Clark Taylor.....12/01
- Jocelyn Frazier.....12/04
- Mariahn Casse.....12/04
- Eugene Robinson.....12/07
- Mary Edwards.....12/08
- Velma Harris.....12/08
- Robbie Simmons.....12/09
- Patrick Bonenfant.....12/10
- Imogene Pruitt.....12/13
- Theodore Harris.....12/14
- Shirley Jackson.....12/16
- Richard Vaughn.....12/17
- John McMullen.....12/19
- Mary Stye.....12/21
- Allen Thompson.....12/24
- Ella Clements.....12/27
- Sylvia Lindmann.....12/30



## Redford Board of Directors

❖ Deanna Mitchell, Board Chairperson

❖ Reva Wujcik

❖ Joyce King

❖ Laura Scanlan

❖ Susan Hurst

❖ Catherine Esannason

❖ Kathryn Telck



# The Senior Advocate.

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

## OVER THE RIVER AND THROUGH THE WOODS

Over this past Thanksgiving weekend I kept hearing this popular holiday song playing on the radio and began thinking about all the changes America has experienced since this song was first introduced. Most likely none of us took a sleigh to visit Grandma; and very likely many of us traveled to a condo or a PVM Village to visit with their parents and grandparents. However, some universal concepts and experiences carry on through the changing decades. Among these are:

### The Importance of Tradition

A sense of belonging and constancy for children and grandchildren is helped along by maintaining family traditions. One family every Christmas rings a bell at the top of the stairs when they are the first to awaken; and everyone gathers there to view the first sight of the tree and presents all together. Many Jewish families light the Hanukah candles together and recite Hebrew as they carry on this tradition. Every faith and country has traditions which are carried on for generations. It is important to instill this love of tradition in our children since it provides a tie to their family background and values.

### The Honor Given to Our Elders

Many countries revere their elders. And in many cases that is true in America. Yet there are many instances of exploitation, abuse and neglect of our elders. These are among the most despicable crimes imaginable. It has been said that a society is judged by how it treats its most vulnerable citizens. We all need to step up our actions to look out for others and report these situations.

### Taking Care of Our Parents and Grandparents

Our parents gave us life and raised us to the best of their ability. I have little tolerance for grown adults who complain about what their parents did or did not do for them and use that as an excuse to be less than they can be. It is important to help our parents when they need assistance, to make sure that they know they are loved and not alone and to provide moments of joy through family gatherings or some of those traditions mentioned earlier. Make sure they are visited by family and friends. A grandchild can spark joy in ways that very few other can. Keep in mind that one of the best examples we can set for our children is to show love and care for their grandparents. We reap what we sow. They will probably model after us when it comes time for us to need their help. Enjoy the upcoming holidays and share them with someone you love!

## Coordinator Corner



Quote of the month: "Sometimes our light goes out, but is blown again into an instant flame by an encounter with another human being." ~ Albert Schweitzer

Come join us on Wednesday, Dec 6, 2017 @11:00am for information on your Medicare options with Mr. Clarence Broadnax from Meridian. Location is in the Villa dining room. Light refreshments will be served to attendees.

Please mark your calendars for Wednesday, Dec 13, 2017 @11:00am in the Villa dining room for an informational seminar with PACE of Southeast Michigan. Ms. Latina Wright is the presenter.  
**REMINDER...** NO exercise class with Bonnie from Pathway to a Healthier Michigan for Mature Adults on Thursday, Dec 7<sup>th</sup> & Dec 28<sup>th</sup>

All residents are welcome to participate in all the events for the season.

Tree decorating, Resident Christmas Luncheon, Caroling from the daycare Center, Trip to Lansing, view your December calendar for dates & times.

Remember the reason for the season!

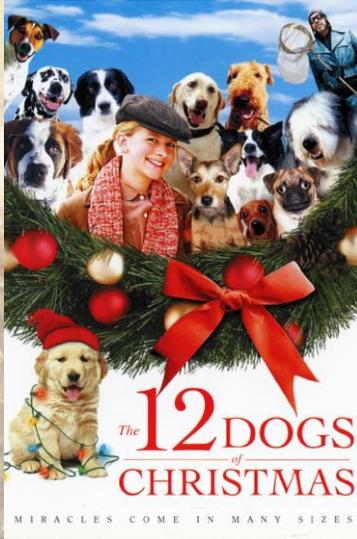


**WELCOME TO ALL OUR NEW RESIDENTS**



Anita L. Stephens/ Service Coordinator Villa & Cottages/313-541-6450

## Movie Listings December 2017



**Believe** During tough economic times, small-town business owner Matthew Peyton (Ryan O'Quinn) struggles with his desire for financial success and the responsibility of funding the annual Christmas pageant. Matthew's popularity also declines when his desperate decisions start to anger his fellow citizens. When Peyton meets Clarence, a joyful boy who believes in miracles, he must make a choice: do what's best for himself or give faith a chance by opening his heart to help his new friend and the community.

**The 12 Dogs of Christmas** In a town where dogs are banned, a Depression-era girl (Jordan-Claire Green) plans a holiday pageant at school to help homeless canines

**The Shack** After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

**A Bing Crosby Christmas** A compilation of great moments from fifteen of Crosby's annual Christmas Specials. Includes guest stars such as Jackie Gleason, Fred Astaire, and David Bowie, with over twenty-five songs, including "White Christmas," "Silent Night," and all of your favorite carols.

**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)

**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**

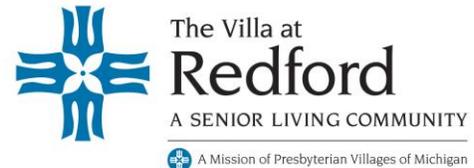
**(313) 662-4648**



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



A Mission of Presbyterian Villages of Michigan



A Mission of Presbyterian Villages of Michigan

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

**Embrace the possibilities**