



Villa View



Embrace the possibilities

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

Notes from the Administrator

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Good things are happening at Redford Villa and Redford Cottages!

On Sunday February 5th.our new security staff began patrolling the campus grounds. Foot patrols will be made through the Villa each night. The hours of patrol will be from 10:00 p.m. each evening and end at 6:00 a.m. the next morning. The white Classic Security vehicle will be clearly marked with the company logo.

Thank you to Yulanda Harris, Manager of Training and Development for PVM and the residents who participated in the Resident Service Excellence Training on January 31st. Approximately 50 Villa and Cottage residents had an opportunity to hear and learn about PVM's four core values: Listening, Relationships, Accountability and Respect. After a very lively discussion, residents enjoyed a pizza luncheon.

February 14th Valentine's Dinner and Dance. Invite a family member or friend who may be interested in living at the Villa or in the Cottages. Dancing will be from 3-5 and dinner will be from 5-8:00 pm.

If you plan to attend, please sign the sign-up sheet and provide Melissa with the name of your guest.

Book Coach Presentation

Would you like to share your love of reading with a child? the Redford Library is looking to launch a pilot program that will pair volunteer coaches with students to improve literacy skills. If this is something that interests you, please join us on Thursday February 9th at 2:00pm in the Villa Dining Room. Garret Hungerford, Director of the Redford Library and Youth Librarian Patricia Slater will be presenters.

Look for PVM on:



Welcome Melissa Nestorovski. Melissa is working with us on a temporary basis as the Sales and Leasing Specialist.

February has been set aside to recognize and celebrate the achievements of African Americans. It began in 1915, a half century after the Thirteenth Amendment abolished slavery. The second week of February was chosen to coincide with the birthdays of Abraham Lincoln and Frederick Douglas.

During African American History month we celebrate the accomplishments of:

- Barack Obama - The 44th. President of the United States
- Martin Luther King – Minister and Civil Rights Activist
- Bessie Coleman - 1921 First African American to receive aviation license
- Misty Copeland First African American to become principal in American Ballet Theatre
- The three phenomenal women behind the hit movie “Hidden Figures” Katherine Johnson, Dorothy Vaughan and Mary Jackson and many others.



Coordinator Corner

February is the shortest month of the year. So let's plan ahead to make the most of our precious time.

Groundhog Day is celebrated on February 2nd every year. Did the groundhog see his shadow? Yes! According to the traditional ritual of the groundhog coming from underground to predict if we will have 6 more weeks of winter. Let's hope he



is wrong! " THINK SPRING"

February is Black History Month. Please take the time to educate yourself about Black History and how it has affected our lives. ****Black Lives Matter**** Visit the library or tune into a special television program.



February 14, 2017 we celebrate Valentine's Day! This day of romance dates back to the 5th century, named for the Christian martyr St. Valentine.

Valentine's Day is one of the most popular holidays in United States. Candy, Cards, Flowers gifts are given.

Everyone can celebrate!



President's Day is Monday, February 20th 2017. Banks are closed and no mail delivery.

Please join us for a seminar on Wednesday, February 8th 2017 @ 11:00am in the Theater Room. Topic "Dealing with love and loss" Presented by Care Sync Solutions.



to sign up for Pathway to Healthier Michigan by February 6th. Walking & Exercise Class for better mobility.

February Quote: "LOVE WASN'T PUT IN YOUR HEART TO STAY; LOVE ISN'T LOVE UNTIL YOU GIVE IT AWAY." ~ UNKNOWN

All residents are welcome to call or stop by office, if you need assistance. 313-541-6450

Monday – Friday 9:00am – 1:00pm **Anita Stephens**



Giving Matters.

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

**ALL YOU NEED IS LOVE ♥
...and amazing donors LIKE YOU.**

Really!

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

♥ Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

Maybe money CAN grow on trees...

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM!

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

UP TO 9.0% RETURN

Presbyterian Villages OF MICHIGAN THE FOUNDATION



HAPPY VALENTINE'S DAY!

- Ball Gown
- Boyfriend
- Cards
- Chocolate
- Crush
- Date
- Diamond
- Fairy Tale
- Girlfriend
- Heart
- Love Song
- Pink
- Proposal
- Red
- Romantic
- Serenade
- Slow Dance
- Strawberry
- Sunset
- Tuxedo
- Valentine

Chicken Scratch NY



G K N I P W L S B Z T N V X M J U D
 E Z N K L P H P B T N F R G Y S C Z
 R O M A N T I C Y U Y O F I T F F E
 L A S O P O R P Y X L P J R K G V D
 L X S K V S J K P E B M A L K P X I
 Z Z C D A T E Q H D E W K F Q J M A
 A E B H Y Q Q Y I O B W S R G C Q M
 B C A L O F W E C E H P D I M W S O
 C H L O A C D Z R B W R R E M N V N
 T T L V J F O R M D M T A N F G A D
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 E R E G F E C N A D W O L S V N I S
 A R E Y K Z Z C N V J O U Q O S N O
 R Z O D B K C W C X H R K G J E E E
 T B J K R N D A N W C B L D O T J M



**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 Scanlon**
- **Susan Hurst**
- **Catherine**
Esannason



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“E” stands for Eat

In December I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for Move, Eat, Sleep, Heal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on the “E” (eat).

In the words of Dr. Thomas, “In order to be well, we need to eat well.” So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but have since changed their minds and now claim it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say “whatever” and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit www.choosemyplate.gov.

**To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*



Lasagna Rolls



Preheat the oven to 450 degrees F.

1. To make the sauce: Melt the butter in a heavy medium saucepan over medium-low heat. Add the flour and whisk for 3 minutes. Whisk in the milk. Increase the heat to medium-high. Whisk the sauce until it comes to a simmer and is thick and smooth, about 3 minutes. Whisk the salt, pepper, and nutmeg into the béchamel sauce.
2. Whisk the ricotta, spinach, 1 cup Parmesan, prosciutto, egg, salt, and pepper in a medium bowl to blend.
3. Add a tablespoon or 2 of oil to a large pot of boiling salted water. Boil the noodles until just tender but still firm to bite. Drain. Arrange the noodles in a single layer on a baking sheet to prevent them from sticking.
4. Butter a 13-by-9-by-2-inch glass baking dish. Pour the béchamel sauce over the bottom of the prepared dish. Lay out 4 lasagna noodles on a work surface, and then spread a large spoonful (about 3 tablespoons worth) of ricotta mixture evenly over each noodle. Starting at 1 end, roll each noodle like a jelly roll. Lay the lasagna rolls seam side down, without touching, atop the béchamel sauce in the dish. Repeat with the remaining noodles and ricotta mixture. Spoon 1 cup of marinara sauce over the lasagna rolls. Sprinkle the mozzarella and remaining 2 tablespoons of Parmesan over the lasagna rolls. Cover tightly with foil. Bake until heated through and the sauce bubbles, about 20 minutes. Uncover and bake until the cheese on top becomes golden, about 15 minutes longer. Let stand for 10 minutes. Meanwhile, heat the remaining marinara sauce in a heavy small saucepan over medium heat until hot, and serve alongside.

INGREDIENTS:

Sauce:

- 2 tablespoons unsalted butter
- 4 teaspoons all-purpose flour
- 1 1/4 cups whole milk
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- Pinch ground nutmeg

Lasagna:

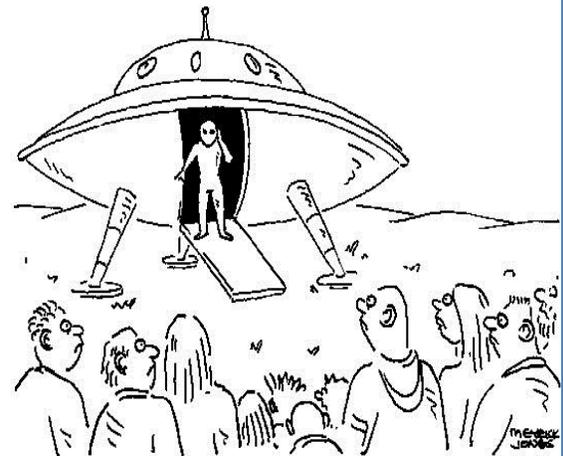
- 1 (15-ounce) container whole milk ricotta cheese
- 1 (10-ounce) package frozen chopped spinach, thawed, squeezed dry
- 1 cup plus 2 tablespoons grated Parmesan
- 3 ounces thinly sliced prosciutto, chopped
- 1 large egg, beaten to blend
- 3/4 teaspoon salt, plus more for salting water
- 1/2 teaspoon freshly ground black pepper
- 1 to 2 tablespoons olive oil
- 12 uncooked lasagna noodles
- 2 cups marinara sauce
- 1 cup shredded mozzarella (about 4 ounces)

Happy Birthday to You!

The Birthday Party will be held on 02/20, at 1:30 PM in the Villa Dining Room.

Villa Friends

Cynthia Crawford	02/03	Cottage Friends	
Annie Love	02/04	Virginia Spurr	02/05
Bernice Gardner	02/08	Mildred Fortune	02/10
Mary Dobson	02/14	Minnie Griffin	02/11
Eugene Anderson	02/17	Marilyn Heck	02/21
Janet Collins	02/28	Elizabeth Miller	02/27
		Stephanie Cain	02/29



"Sorry, I'm having a senior moment. I've completely forgotten why I've come here"



© wondercliparts.com

February 2017 Activities Calendar

February 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10 am Value Center/Walgreens 2 pm Pinochle 2:30 Sing-A-Long	2 10 am Coffee Hour 10 am Pantry	3 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	4 10 am Cottage Open House 1 pm Bingo (Game Room)
5 	6 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	7 10 am Cottage Open House 1 pm Chair Exercise 2 pm Movie	8 10 am Kroger/\$Store 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	9 10 am Coffee Hour 10 am Pantry 2 pm Redford Library Presentation	10 12:45 Milkman 1 pm Arts & Crafts 2 pm COTTAGE 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 1 pm Chair Exercise 3 pm Valentine's Dinner and Dance	15 10 am Value Center/Walgreens 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	16 10 am Coffee Hour 10 am Pantry	17 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	18 1 pm Bingo (Game Room)
19	20 10 am Pantry 1:30 pm Birthday Party 5 pm Bingo/Keno 6:30 pm Cards	21 1 pm Chair Exercise 2 pm Movie "Southside with You"	22 10 am Kroger/\$Store 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	23 10 am Coffee Hour 10 am Pantry 2 pm VILLA FORUM	24 12:45 Milkman 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 1 pm Chair Exercise 2 pm Movie "Mr. Church"				

Please note: The Redford Board of Directors meets the fourth Thursday 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 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

TO: The Villa & Cottage Residents

RE: Annual Apartment Inspection

Date: February 6th, 2017

PURPOSE:

It is the intention of Presbyterian Villages of Michigan to operate a safe and well maintained environment for the residents who choose to live in our communities.

Apartment inspections are conducted annually and this year the inspection will be performed on Tuesday, March 7th, 2017.

Your apartment may be selected and will be inspected by a representative from MSHDA, accompanied by a staff member. You do not have to be present for this inspection.

We thank you in advance for your cooperation. If you have any questions, please feel free to contact the office.

Sincerely,

Gloria Robinson
Senior Housing Administrator, the Villa & Cottages at Redford

Announcements & Reminders

Vehicle Registration for Cottage Residents: If you have turned in your vehicle registration, there is a tag waiting for you in the office. Please pick up your tag during Cottage business hours: Monday- Friday, 8:00 am- 4:30 pm.



Craft Room: All supplies belonging to the craft room must be returned to the craft room. Many things are not being put back where they should, and not there for the next person to use. The closet will be cleaned and reorganized very soon. Please be considerate of your fellow crafters and return all tools and supplies after use. This will make the craft room run better so all many enjoy it.



**Welcome New
Residents!**
Geneva Joubert,
Cottages
Mary Perry, Villa



The Senior Advocate.

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

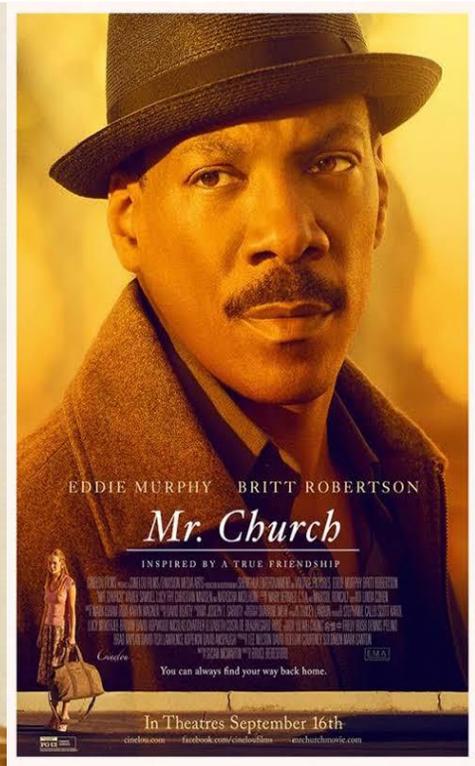
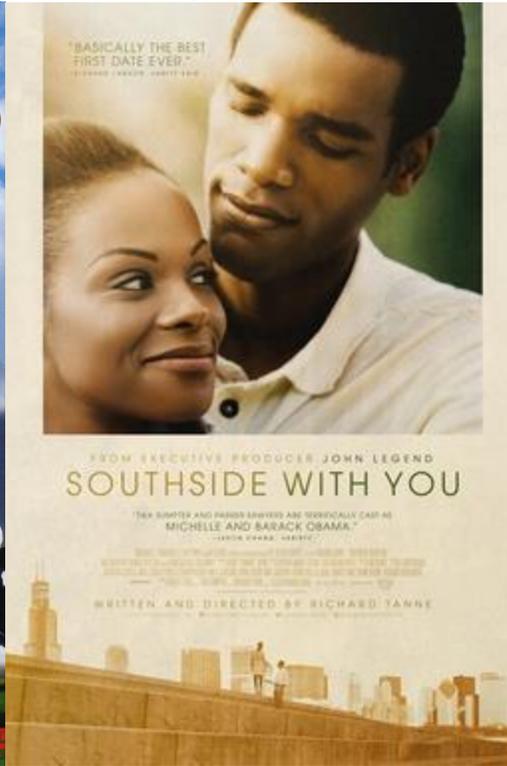
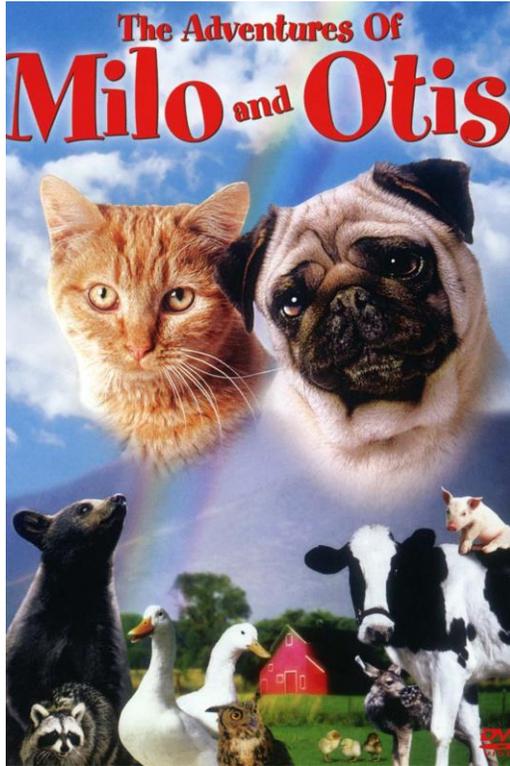
SILVER KEY COALITION PRODUCING RESULTS FOR MICHIGAN SENIORS

It is a true pleasure to be able to announce good news for Michigan seniors. You may be aware that PVM is very involved with advocacy and community partnering to assist with quality of life for Michigan seniors. We are a part of making Michigan a great place to live and age well. No doubt there is still much work to do. However, on the good news front, we are making progress! PVM is a member of the Silver Key Coalition which was formed in 2014 to advocate for an increase in state funding for in-home services supported through the Michigan Aging and Adult Services Agency (AAHSA). AAHSA is the state agency charged with providing senior services across Michigan and reporting to state and federal government agencies. An increase of \$7.5 million over the past three years was intended to remove wait lists and serve all in need of assistance.

Due to rising costs and increased need we still have been unable to eliminate wait lists; although many more seniors did receive help. And there are many more seniors who still need help. The services which are provided include: Personal Care, Homemaking, Respite, Home Delivered Meals, Chore Services/ Minor Repair, Adult Day Care, Personal Emergency Response Systems and Medication Management. Our next phase of advocacy will feature a rationale for the value and positive outcomes of in-home services. The main message will stress the exceptional productivity by the Aging Network to increase the number of individuals assisted, increase funding for those on the wait lists, and emphasize progress in addressing unmet needs. Governor Snyder and the Michigan Legislature have been quite receptive to our advocacy efforts. In fact, he recognized the success and importance of the Silver Key Coalition in his recent State of the State Address. So the good news is that we are poised to see another increase for the 2018 budget in support of the Silver Key Campaign and Michigan seniors.

Many experts have noted that seniors want to maintain as much independence as possible, yet have needed services and safety measures in place. PVM is proud to be a part of providing services which assist Michigan seniors to take charge of their Aging Well destiny and create new possibilities for embracing life at any age. We will continue to advocate daily at all levels for PVM and community initiatives in support of all Michigan seniors. I will keep you posted on our progress as well as any other new information regarding senior services throughout Michigan. Healthy aging for all!

Movie Listings February 2017



The Adventures of Milo and Otis A cat and a dog find perils and mates after straying from their farm in Japan. Narrated by Dudley Moore.

Southside with You Future U.S. President Barack Obama (Parker Sawyers) and lawyer Michelle Robinson (Tika Sumpter) go on a fateful first date in the summer of 1989.

Mr. Church When a young girl and her dying mother are joined by a black male cook who comes to live with them, little do they know that their lives are about to change forever.

THERE WILL BE NO MOVIE SHOWING TUESDAY FEBRUARY 14TH.

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

**Villa Office Number
Cottage Office Number**

**(313) 541-5991
(313) 541-6300**

Village Staff

Gloria Robinson
Senior Housing Administrator

Hannah Micallef
*Cottages Administrative
Assistant, TCS*

Steve Reardon
*Cottages Maintenance
Technician*

Crystal Davis
Villa Administrative Assistant

Mark Uzarek
Maintenance Lead, Villa

Rhonda Harvey
Housekeeper, Villa

Anita Stephens
*Service Coordinator, Villa &
Cottages (313) 541-6450*

Melissa Nestorovski
*Leasing and Marketing Specialist
(313) 541-6140*

EMERGENCY NUMBER (VILLA)

(313) 910-7027

EMERGENCY NUMBER (COTTAGES)

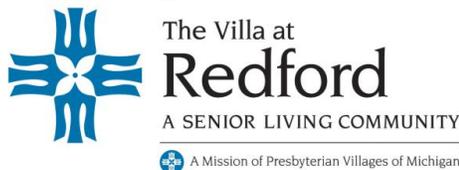
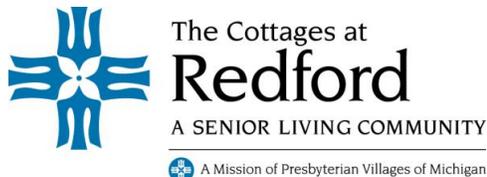
(313) 573-3572

NON-EMERGENCY REDFORD POLICE

(313) 387-2500



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

Embrace the possibilities