



Woodbridge Life



Embrace the possibilities

1300 Martin Luther King, Jr., Blvd. • Detroit, Michigan 48201 • www.pvm.org

February, 2017

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February Activities

Feb. 4 (Sat.): Alphas & Masons Fundraising Brunch.....Dining Rm.....10 am

Feb. 5 (Sun): Praise & Worship Service Community Rm3 pm

Feb. 8 (Wed.): Resident Council Meeting.... Dining Rm.....1:00pm

BINGO! (Sat.)...2/113:30pm
\$5 Admission incl. Card & Food

Random Act, Kindness Day (Fri.).....2/17

Black History Program and Potluck (Fri.)...2/24....4pm.....No Charge

Feb. 15 (Wed.) Focus Hope Delivery

- Feb. 2 Groundhog Day**
- Feb. 12 Lincoln's Birthday**
- Feb. 14 Valentine's Day**
- Feb. 20 Washington's Birthday Observed**
- Feb. 20 Presidents' Day**

Feb. (Tues): Bible Study..... Dining Rm 7 pm

Feb. (Wed.): Bible Study..... Multi-Purpose Rm 10am

Feb. (Wed.): Dominos..... Multi-Purpose Rm7pm

Feb. (Thurs., Fri. & Sat.): Pokeno..... Community Rm 7pm

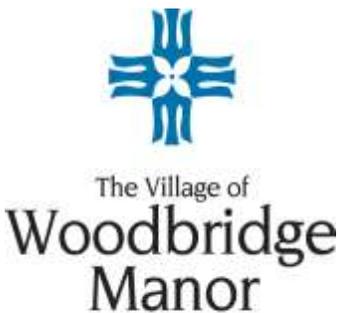
Netflix (Anytime):Mini-Theater Rm

Results For Seniors

Lynn Alexander, The Senior Advocate

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:



A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Giving Matters

By Paul J. Miller, PVM Foundation President

Michigan, we're not getting any younger.

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.

UP TO 9.0% RETURN

Presbyterian Villages OF MICHIGAN THE FOUNDATION

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

Results For Seniors

The Senior Advocate

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!

Resident Council

Resident Council Meetings: Every Second Wednesday, the Month at 1pm

From the Resident Council President's Corner:

The month of February brings with it a variety of activities and emotions. Love is in the air for those anticipating Valentine's Day. Some people are experiencing hopeful anticipation, while others feel anxiety and fear as they wait to see how the world will be affected by the actions of our newly elected president and his appointees.

In the meantime, our Black History celebration continues. We began with our legacy brunch last month by acknowledging the achievements of the late Dr. Martin Luther King Jr. and others who during the Civil Rights movement paved the way for minorities. Gerald E. Talbot, the first black member of the Maine legislature, introduced the idea of a national holiday in honor of Dr. King.

We will continue to celebrate the many contributions made by African American inventors, scientists, entertainers, physicians, entrepreneurs etc., at Woodbridge Manor's Black History dinner and program on February 24th. Let us use this time to reflect on "the faith our dark past has taught us" and to energize ourselves to "keep hope alive!"

Clenora Byes, Resident Council President

Resident Council Officers

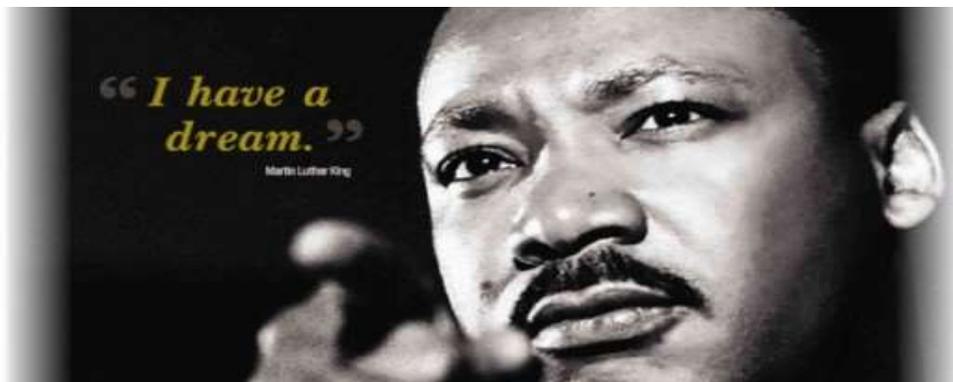
Clenora Byes, President

Annie G. Watts, Vice President

Hazel Johnson-Anderson, Treasurer **Mary Austin**, Assistant Treasurer

Gwendolyn Battle-Green, Secretary **Cassie Parker**, Assistant Secretary

Mary Washington, Sergeant-At-Arms



FAWN (Fighting AIDS With Nutrition):

AIDS is a devastating disease that millions of innocent people suffer from & die. In addition, children are left without family; homeless & destined to rummage for food, child slavery or some other horrific tale. But AIDS is a battle in which YOU CAN MAKE A DIFFERENCE...one can at a time.

If you are interested in providing liquid nutrition to those (men, women & children) suffering from AIDS in Africa, please donate to the cause & learn more about how you can help at Woodbridge Manor. For more info, please fightingaids.org

PENNIES from HEAVEN

Woodbridge Manor (WM) has established its very own philanthropic endeavor to help those less fortunate for the betterment & empowerment of others for a more just environment for all. We give because we can & we continue because we must. With the collection of simple soda plastic/cans, bulk hygiene & warming items, WM is able to donate without putting the participant, both the recipient & donor, in a financial hardship.

THANK YOU TO ALL WHO SUPPORTED WM's Friends & Family RESIDENT FUNDS

Friends & Family Events

- Octoberfest Feast
- Resident Thanksgiving Dinner & Brunch
- Holiday Party Brunch & Crafts

Woodbridge where will YOU go & what will you do next....

It's Your Life. Live It Well

By Tom Wyllie, PVM Director of Wellness

MESH: E Stands For EAT

As you might recall, MESH stands for **M**ove, **E**at, **S**leep, **H**eal and neglecting to do any one of these things can have dire consequences as we age. **This month we will focus on the "E" (eat).**

The founder of MESH says that "In order to be well, we need to eat well." So what exactly does that mean?

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.



SAFETY FIRST

- 1) **FOBS Are For Residents Only**
- 2) **Do Not Open the Door/Allow Strangers To Follow You Into the Building**
- 3) **Wear Your Life Line Pendant & Keep Your Charged Cell Phone With You**
- 4) **Look Out For One Another & Check On One Another**
- 5) **Report All Work Orders ASAP**
- 6) **Go To Tenant Committee Meetings & Read The Bulletin Board**
- 7) **All Guests Must Sign In & Use The Main Entrance**
- 8) **Do Not Travel Alone After Dark**
- 9) **Keep All Common Area Doors Closed When Not In Use**
- 10) **Make Sure That Anyone That You Allow Into The Building/Gate Identifies Who He/She Is. You Don't Know Anyone Named "It's Me"**

Interested In Advertising In Woodbridge Life?

*Be A Servant Leader In Your Industry:
"But among you it will be different; whoever wants to be a leader among you must be your servant."
Mathew 20:6*



Call us at
313-494-9000
~ or ~
Visit us at
Woodbridge Manor
1300 Martin Luther King, Jr., Blvd.
Detroit MI 48201
For More Details

Woodbridge Manor Advocates

Village Board Members

E. Kern Tomlin.....Chair	John Gardner.....Vice Chair	
James Bradford....Treasurer	Elaine Hearn.....Secretary	
Stacy Brackens	Arthur Caldwell	Ellen Childs
McCoy Hicks, Jr.	Dakima Jackson	Paul Johnson, III
Lynda K. Jeffries	Donald McSwain	Michael Morrison

Happy Birthday To You, You and You!

The Woodbridge Manor residents, board members and staff would like to wish each of our Woodbridge Manor neighbors celebrating a birthday, the happiest birthday yet. We love you and hope for many, many more birthdays with you. You are so very special to us.

February Birthdays Aquarius.....Pisces

Azele Jones.....02/01	Langston Hughes.....Poet
Shirley Haynes.....02/05	Hank Aaron.....Baseball Player
Gregory Hawkins.....02/05	Trayvon Martin.....Civil Rights Stimulus
Ivory Sea.....02/08	Lana Turner.....Movie Actress
George Davenport.....02/11	Kelly Rowland.....Pop Singer
Earlene Kirkland.....02/14	Frederick Douglas.....Abolitionist
Barbara McLeain.....02/19	Seal.....Rock Star
MarieThornton.....02/19	Cynthia Bailey.....Model
Toni Lowery.....02/20	Sidney Poitier.....Movie Actor
Francetta Jamison.....02/26	Erykah Badu.....R&B Singer



“...and many more!!!”

Maintenance Corner

- Do not put boxes down the garbage chute. Breakdown ALL boxes and place them in the first floor level refuse room
- Do not leave trash and untied garbage bags on the floors of any refuse room.
- Smoking is allowed ONLY in the outdoor designated areas, NOT in the building or apartments
- Candles and incense are prohibited from being burned in the building
- Woodbridge grey carts are to transport groceries ONLY. Management asks that ALL carts be returned immediately to the first floor vending area after use

Overnight Guests

Residents MUST complete the Extended Guest Form when a visiting guest(s) stays at the resident's unit for an extended time. **An extended guest is defined as 1) anyone staying in a resident's unit during the hours of 10 pm through 8 am and, or, 2) anyone staying at the resident's unit for an extended period of time of 7 hours or more.**

All resident's guests are allowed to stay no more than 21 days per year.

Management asks that the resident please return the completed forms to the office. All Extended Guest Forms should be turned into the office no later than the following day.

**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

Village Staff

Marla Bradford
Administrator

Shelia Cusic
Administrative Assistant

**TBA, National Church
Residences**
*Resident Community & Social
Worker Coordinator*

Phone: (313) 494-9000

China Dew
Head, Housekeeping

Thomas McGee
Head, Maintenance

Ms. Maggie Lee
Village Mascot



EMERGENCY NUMBER

(313) 319-2018

Office Fax

(313) 832-7853



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 Village of
**Woodbridge
Manor**
A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan and
National Black Caucus and Center on Black Aged, Inc.

1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201



PVM RECOGNIZED AS BEST-MANAGED NONPROFIT

"The time is always right to do what is right."

Martin Luther King, Jr.



Please Recycle

Embrace the possibilities