



# Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

Feb 2018

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The Village of  
**Westland**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



## UPDATES AND REMINDERS

**Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.**



**No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the covered parking.**

**Smoking in the apartments is forbidden. Residents**



**violating this policy could be evicted.**



**Like and Join the Village on Facebook!**

**We have a Facebook page titled Presbyterian Village of Westland!**



**You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!**



**Worship is now moving to 7pm on Sunday nights instead of 7:30pm.**





## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Exercise as a Spiritual Practice

We've all heard about the physical benefits of exercise, but did you know it can also be good for our souls? Though spirituality means different things to different people, at its core is a sense of connection to something greater than ourselves that fills us with awe and provides us with meaning and purpose. Cultivating that sense of connection requires practice, and one way to practice is through exercise.

As Dr. Stephanie Ludwig, Director of Spiritual Wellness for Canyon Ranch Wellness Resort so aptly put it, "to exercise is to move, and to move is to be alive. The more intentionally we move and experience the connection that is available through it, the more alive we become." The key is to move with intention.

Any form of movement (i.e., exercise) will do. The goal is to stay in the moment, to be and remain in the here and now. When you first start exercising you might notice a myriad of thoughts pop into your head. You might start thinking about all the things you still need to do or all the things you didn't do that you should have done. Rather than be in the present, you find yourself either dwelling on the past or planning for the future. When this begins to happen, shift your focus from your thoughts to the rhythmic movements of your body.

Focus on your breathing. Notice the rise and fall of your chest and abdomen as you breathe. Listen to the sound of the air as it enters and leaves your body. Feel the beating of your heart in your chest. Attend to the movement of your arms and legs and the placement of your hands and feet. Notice your surroundings. Hear the sounds. Smell the smells. See the sights. Know that because you are breathing and moving you are alive and well.

Over time, with regular practice you will begin to attain a heightened sense of awareness and achieve an unwavering connection to that which is greater than yourself whether for you it is nature, the universe, the sublime, the divine or God. Through exercise it is possible to experience a spiritual awakening. All it takes is a little practice.

### Staff Extensions...

**Michele White ~ 28885**  
Executive Director

**Mary Saffian ~ 0**  
Lead Receptionist

**Lisa Scott ~ 28893**  
Housekeeping Lead

**Shana Brown ~ 28886**  
Wellness Manager

**Shari Thompson ~28952**  
Billing

**Jason Lovelly ~ 28927**  
Human Resources

**Kara Otto ~ 28810**  
Social Worker

**Pam Webert &  
Mara Valdmanis ~ 28953**  
Fitness Specialists

**Melissa Nestorovski ~  
28928**  
Marketing Manager

**Sam Wingerter ~ 28896**  
Sales and Leasing  
Specialist

**Lisa ~ 28889**  
Beauty Shop



# Giving Matters.

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

**Love, Love, Love! ♥**

**...and incredible donors like YOU.**

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](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE



**Employee of the Month:**

December 2017



Congratulations Karen Ziginow!



- Always supportive
- Willing to go above and beyond to meet our needs.
- Residents tell me how happy they are with Karen and thankful for her services.
- On Christmas day, Karen offered to work the shift to allow other staff to spend the day with her young children.
- Caring nature
- Offered her assistance to the marketing department many times while we have had vacant positions.
- Always willing to do whatever it takes to help the Village fill in gaps
- Excellent team player
- Has a passion for the work she does and the people she serves.

Seen a staff member gone above and beyond? Listened well?  
Gave you respect? Has been accountable? Have great  
relationships with residents and other staff?



Want to know how to acknowledge them?!?!?!?



Fill out “What I Do Matters” card and/or fill out an “Employee of the Month” nomination form.

You can find the cards and forms at the front desk.

# FEBRUARY FACTS

The 2nd month of the year brings us George Washington's Birthday, Valentine's Day, and the shortest month of the year.

In the Gregorian calendar, the calendar that most of the world uses, February is the second month of the year. Most of the months have 30 or 31 days in a month but February is shorter. February has 28 days until Julius Caesar gave it 29 and 30 days every four years. This is because the Roman emperor Augustus took one day from February and added that to August because August was a month that was named after him. February is a very cold month followed by January in the northern half of the world. However, there are sunny days in February that indicates that spring is almost here. Different from the northern half, the southern hemisphere usually enjoys midsummer weather.

Below are some fun facts about February:

1. The birthstone for February is Amethyst.
2. Two zodiac signs for February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
3. The month has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
4. Viola (plant) and the Primrose are the birth flowers.
5. Black History Month is celebrated in Canada and United States.
6. National Day of the Sun is celebrated in Argentina.
7. In order to complete the Soviet Union's victory in Stalingrad during World War II, the last German troops surrendered in the Stalingrad pocket.
8. On February 4, 1861, a temporary committee met at Montgomery, Alabama where they organized a Confederate States of America.
9. On February 6, 1933, Amendment 20 to the United States was proclaimed which moved the Inauguration Day to January 20th.
10. In February 1910, the Boy Scouts of America was incorporated.
11. On February 6, 1899. The U.S. Senate ratified the peace treaty that led to the end of the Spanish-American War.
12. On February 6, 1952, Princess Elizabeth became Queen Elizabeth II of Great Britain.
13. February 11 - National Foundation Day in Japan
14. February 12 - Abraham Lincoln's Birthday
15. February 14 - Valentine's Day
16. February 21 - International Mother Language Day
17. February 22 - Independence Day in Saint Lucia
18. February 22 - George Washington's Birthday
19. February 24 - Flag Day of Mexico
20. February 25 - People Power Revolution (Phillippines)

## Welcome To The Village!

### Residents:

John Bulter  
Dorothy Butler  
Ruben Gonzales  
David Gonzales

Linda Fisher  
Mary Roll  
Shirley Howard  
Roberta Hineman



### Staff:



Zaineب Aljibory (goes by Z)  
Receptionist

## For The Love of Crafts

Thank you notes to our knitters and craft for their hard work and love they gave back in December:

### **To our Saturday knitting group:**

“Sending many thanks and big hugs for the donation of the hats and scarves. The time and love that was put into those is simply amazing!!! They were beautiful and will keep many warm this winter. I hope the holidays bring many blessing to each and every one of you, as you’ve blessed so many yourselves. Words can’t be found to express our gratitude.”

With Much Appreciation,  
Juanita  
Love A Michigan Vet Project



### **To our crafters, residents, and staff:**

Thanks to everyone that made the craft show (in December) a great success, all the residents that bought things, as well as the staff and family members that bought. We will be doing another craft show in the spring. Also, thanks to all the crafters that worked hard to make it a success. Thank you!

~Pat Boyington



# January's Craft was...

## Photo Coasters



# February's Craft is...

## Paper Heart Wreaths



## ~ Transportation Services ~

### Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

### Tuesday's

- Shopping at Kroger at 10 AM
  - ~Electronic scooters are given based on the order of the sign-up sheet. This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

### Wednesday's – Banking Day (1<sup>st</sup>, 2<sup>nd</sup> & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

### Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall, shopping in Taylor). There is no cost to the resident.
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

### Appointment Outings

- Bus is available for residents to be driven to doctor appointments; must call the Activities Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

***If there is ever a charge for an outing, it will be written on the sign-up sheet.***

***\*\*Residents must sign up for all outings. Sign-up sheets are located in the mail room\*\****

## Happy Birthday to our Wonderful Residents...

**Following are the residents who celebrate a birthday in February!**

Shirley Stevens.....	Feb 1 <sup>st</sup>	Bill Allen.....	Feb 16 <sup>th</sup>
Sonia Davidson.....	Feb 1 <sup>st</sup>	Frankie Masterson.....	Feb 19 <sup>th</sup>
Linda Klebba.....	Feb 3 <sup>rd</sup>	Irene Lennie.....	Feb 22 <sup>nd</sup>
Carmen Caruso.....	Feb 5 <sup>th</sup>	Frank Hnidy.....	Feb 27 <sup>th</sup>
Sue Rodriguez.....	Feb 6 <sup>th</sup>	Mary Steed.....	Feb 29 <sup>th</sup>

### Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too. When we have your email on file you can receive newsletters and other building information electronically.

### We need your help!

**Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers.**

**There are many positions available in choose from.**

**We currently need your help with:**

**-Bingo**

**See Shana or Toni to get more information.**

**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)

# Office Numbers

**(734) 728-5222**

Village Staff

**Michele White**  
*Executive Director*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Environmental Services Manager*

**India Douglas**  
*Nurse Case Manager*

**Melissa Nestorovski**  
*Marketing Manager*

**Shana Brown**  
*Wellness Manager*

**Kara Otto**  
*Social Worker*

**Deborah Antal**  
*Dietary Services Director*

**Shari Thompson**  
*Billing*

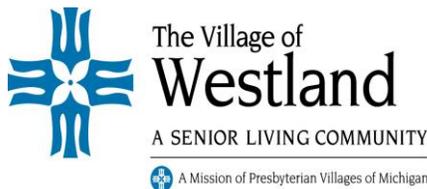
**Lisa Scott**  
*Housekeeping*

**EMERGENCY NUMBER**

**(734) 728-5222**



**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 at **248-281-2040** or visit [www.pvm.org](http://www.pvm.org)



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