

✠ Manor Message ✠

Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2020 | Issue II

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The Administrator's Pen

Happy New Year OSM Family and Friends,

OSM has experienced an eventful and prosperous 2019! We have accomplished so much. Our Christmas luncheon was excellent and the fellowship was wonderful. Ms. Patricia Grant won the 2019 Resident Volunteer of the Year award. Thank you to everyone who gave of their time, talents, and treasures, it's truly appreciated. I'm looking forward to seeing what 2020 will bring all of us.

I would like to thank our distinguished Board of Trustees and all of our generous donors and volunteers. Without your assistance, Our Saviour's Manor would not have been able to accomplish all that we have or done for 2019.

Just as the seasons change, so do positions and people, our hearts were saddened, and we shed a few tears because we had to say "Goodbye" to Mr. Aaron Price your past Administrator for seven years and your Service Coordinator for four years, Mrs. Carolyn Hubbard. They will truly both be missed. I wish both of them great success and future blessings be bestowed to them and their families. The good news is that Mr. Aaron Price is still with PVM and is now the Administrator at The Village of Woodbridge Manor. I'm looking forward to our future endeavors together, like the Funderdome, Victory Cup, and a couple of upcoming trips.

I would like OSM to welcome our two new residents: Ms. Mary Allen in Apt. 108 and Mr. Roscoe Timmons in Apt. 230. Mr. Timmons came in under our Veterans Preference. Thank you for your service. Please make sure you take time to greet and say hello to your new neighbors.

I truly do count it an honor to be given the opportunity to take on this position as your new Administrator. I know that with God's ability on my ability, giving me the ability I didn't have before, we will be in a great place. I am honored and proud to serve as your new Housing Administrator for The Village of Our Saviour's Manor.

Please know that I am diligently seeking for our new OSM Administrative Assistant and our new OSM Service Coordinator.

Happy New Year OSM. **GO MONARCHS!!!**



Graziella Bruner
Administrator



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Look for PVM on:





Monarch Moments

Blessings Our Saviour's Manor,

Wishing Everyone A Happy Valentine's Day!



Reminder our February Resident Activity meeting is Tuesday, February 4th at 11:00 AM. Come let's celebrate the February Birthday and please bring your suggestions and ideas for any activities you may want to see, places or trips you would like to take.

Our Administrator's Resident Meeting, which will be the following Tuesday, February 11th at 11 AM.

Remember to see Ms. Patricia Grant for your next "Hot Diggity Dog Day" which will be in the community room on Friday, February 21st, at 3 PM. Please give her the head count, so the team can prepare enough food & fun for you.

Upcoming Trips/Events:

Remember to sign up for the following OSM Shopping trips provided by Nankin Bus:

- Value World – Monday, 2/03 at 10 AM
- Walmart – Thursday, 2/06 at 10 AM
- Oak Street Seminar – 2/12 at 11:00 AM – light lunch provided
- WellCare Seminar – 2/13 at 2:00 PM – snacks provided
- Kroger – Thursday, 2/13 at 10:00 AM
- Big Lots – Tuesday, 2/18 at 10:00 AM
- PACE Seminar – Tuesday, 2/18 at 1:30 PM – snacks provided
- Heartland – Thursday, 2/20 at 10:00 AM
- Hot Diggity Dog Day – Friday, 2/21 at 3:00 PM
- Westland Fire Dept Seminar – Wednesday, 2/26 at 1:00 PM
- GJ's Diner – Thursday, 2/27 at 11:00 AM

Please also keep in mind that OSM and two other of our PVM Villages, will be planning a Niagara Falls Trip and an Ark Encounter Trip as well. Both of these trips are at least a three days, two nights. More details to come by our next meeting.

Please remember to sign up for all trips.

Please check the calendar for all of our upcoming activities and events.

Have a blessed and safe month!



Schwan's Delivery Schedule

Fridays

02/14/2020

&

02/28/2020

at

2:00 p.m.





Inspirational Moments

By Warnedie Cross,
Resident Volunteer

I Can Do All Things Through Christ Who Strenghtens Me.

(Philippians 4:13)

The Road to success is not straight.

There is a curve called *Failure*,

A loop called *Confusion*,

Speed bumps called *Friends*,

Red lights called *Enemies*,

Caution lights called *Family*,

You will have flats called *Jobs*.

But if you have a spare called *Determination*,

An engine called *Perseverance*,

Insurance called *Faith*,

A driver called *Jesus*,

You will make it to a place called *Success*.





Coordinator's Corner

By To Be Determined
Service Coordinator

Greetings!!!!!! Our Saviour's Manor Residents.

Happy Valentine's Day



Greater is He that is in you than he that is in the World. 1 John4:4

This is the month of extending Love to others .There is many examples of showing Love to others. For example call a relative or friend who you have not talked to in while. Remember when Doctors use to make house calls and would check up on his Patient. That Patient would be so excited that the doctor took time out to call. Bake or buy some cookies or donuts for the Residents in your building. Love is in deeds not just in words, showing kindness is a gift to be express in actions. Send out some Valentine Day Card to Family and friends to save Money hand deliver them with the brightest smile. This is your Month to Love on another Level! Make someone's Day by speaking kind words

“Love is Patient, love is kind. It does not envy, it does not boast. It is not proud. It does not dishonor others, it is not self- seeking, it is not easily angered; it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trust, always hopes, and always perseveres”. 1 Corinthians 13:4-6

Reminder: Please pick up your Focus Hope Box on the schedule Day. You must sign both sheets under your name. Please notify the office if you are going to have another resident pick up your box for you.

My Office Hours are as follows:
To Be Determined

Remember you're fearfully and wonderfully made. - Psalm 139:14



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

OSM Board of Trustees

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Michelle Williams, Member
Myra Davenport, Member
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UPCOMING PVM FUTURE EVENTS

PVM Friends and Family in April



PVM Victory Cup in June



PVM 17th Gala Diamond Ball in November





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 **M**ove, **E**at, **S**leep, **H**eal. 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.*

Mission, Vision & Values

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

Vision

Changed Lives. Strong Families. Transformed Communities.

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

Mission

Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Values

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- ❖ **Christ-centered**
- ❖ **Excellence**
- ❖ **Integrity**
- ❖ **Life**

Our Vision Changed lives. Strong families. Transformed communities.





Hope flows through us.



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!

Thank you for your continued dedication to Michigan's older adults!

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



Mayor's Message

By William Wild,
Mayor, City of Westland

Greetings;

Happy New Year! I hope you all enjoyed your holidays in our beautiful All American City. This time of year I always find myself reflecting on all of the great accomplishments that were made throughout the year.

Our highlights of accomplishments for 2019 include continued progress in our Neighborhood Makeover Program, completing work in 34 out of 50 sections citywide. We also made vast strides in improving many of our city parks and amenities, including the construction of a gazebo at Stottlemeyer and completion of the final phase of improvements to the Mike Modano Ice Arena, which has seen over \$1.75 million in upgrades since 2010.

2019 was another paramount year in terms of upgrading our infrastructure throughout the city. This year we have successfully completed the second phase of our 5 year Capital Improvement Program which included 18 infrastructure improvement projects with 4 additional major projects to be completed in 2020. These projects will improve the various components of the city's infrastructure, including roads, sidewalks, water mains and sanitary sewers. We also installed over 200 new LED street light poles on Warren Rd. between Wayne and Newburgh, Central City Parkway between Wayne and Warren and Newburgh Rd. between Glenwood and Joy, further improving safety and visibility in the community.

Westland continued to attract new commercial development with over 40 businesses opening their doors in 2019 and many businesses around our city re-invested into their existing locations, including U.S. Farathane who constructed a 100,000 square foot building expansion to their Ford Rd. location representing a \$20 million investment and bringing nearly 100 new jobs to Westland.

We also took time to recognize a few of the many influential individuals hailing from our All American City with the dedication of the Grand Ballroom to former Westland Mayor Eugene McKinney, Westland's Municipal Golf Course to longtime dedicated public servant Mack Mayfield and the installation of two road signs recognizing Tony Award winning actor, Greg Jbara.

Yes, it has been a busy year and we have much for which to be grateful as we close out 2019 and celebrate the beginning of a new year. I assure you, there are many more great things to come. For more information on our 2019 projects and an outlook for 2020, I encourage you to look out for upcoming details on my Annual State of the City Address, which will take place in February.

All of the important information about what is going on in our All Americans City can be found on the City's website www.cityofwestland.com, the City's Facebook page, Twitter, YouTube channel, as well as our cable station, WLND for the latest programming and event details and sign up for our e-newsletter and to sign up receive Nixel alerts, sent right to your phone.





Notes From The Parish Nurse



By Carolyn Kimbrough,
Parish Nurse, Lutheran Church of Our Saviour|The Village of Our Saviour's Manor

Hello Residents!

This is the month of **Hearts** and Flowers, when loved ones create an atmosphere of love and happiness.

February is also the month that we commemorate those who have died of heart disease. On February 1st, men and women are asked to wear **Red**. In 2004, our then Governor, Jennifer Granholm, proclaimed "**Wear Red**" day as the first Friday of February. Heart disease is the #1 killer, especially of women, whose symptoms are vastly different from men, therefore are at risk of being misdiagnosed.

You can prevent this from happening by seeing your physician on a regular basis, eating healthy and adding some exercise to your regular and daily activities. Since we have no control of our gender, ethnicity or age, we can still be proactive in how we live our lives.

- Eating healthy- Watching your salt intake; removing visible fat from meats; boil, bake or grill instead of frying. Add more fruits and vegetables to a well-planned meal for balance.
- Exercise – At least 15-20 minutes a day. Walking in place; moving the upper body, (if wheelchair bound); deep breathing exercises and stretching.
- Uncontrollable issues – Don't let your gender, ethnicity or age stop you from taking care of yourselves. It can be an excuse or a challenge, you choose which one.

We also commemorate "Black History" Month. This month was established in 1976 by the Association for the Study of Afro American Life and History. The month-long celebration was an expansion of Negro History Week, which was established by Carter G. Woodson, in 1926. There is much to learn about this special month; I would encourage each of you to look further into this momentous month.

As you celebrate, Birthdays, Valentine's Day and other occasions, remember to "Wear Red". Pray for each other.

"The Second 10 Commandments"

Commandment #3 Exercise they Spirit.

Be sure there's balance in your life. 1) time alone, 2) time with one other person, 3) time with two or more other people (group activities).



"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you, discern what is the will of God, what is good and acceptable and perfect".

Romans 12:2 (ESV)



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PVM TO CELEBRATE OUR 75TH DIAMOND ANNIVERSARY THROUGHOUT 2020



To All of Our Readers: Welcome to 2020!

We wish you a wonderful year full of promise and vitality. It is a very special year for Presbyterian Villages of Michigan (PVM) since it is our 75th Anniversary.

PVM began in September of 1945 with the opening of our flagship location at The Village of Redford. At the time it was considered quite innovative to do so since there were very few options available for senior housing. Thus began a 75 year journey of serving seniors and communities throughout Michigan and being known as an innovative organization. From the Ambassador Bridge in Detroit to Harbor Springs Up North and from the west to the east side of the state we provide quality senior living and services to Michigan seniors. As a resident or PVM stakeholder you are part of a vibrant community network dedicated to making Michigan a great place to age and live.

Throughout 2020 we will host many events to celebrate in a big way! Every PVM Village will host an event and invite all of our residents and stakeholders to participate in planning and attending. We will tell our story far and wide. On June 5th the Village Victory Cup will have a special event tied to the celebration. In our anniversary month of September The Village of Redford will be front and center with a large community event. And our annual PVM Gala will be showcase our theme of celebration.

Please join us in celebrating the remarkable work and leadership which has served PVM and Michigan over these past 75 years. We will be asking you to share any stories and anecdotes you may have about your experiences with being a part of the PVM community. For further information contact your administrator or wellness coordinator.

Here's to a memorable 75th in 2020 – a new decade of promise and innovation for PVM.



Mike's Maintenance Tips

By Michael Hooton,
Maintenance Technician

For your safety, please do not use your stove as a heating element. You can use small electrical heaters, but please follow all safety precautions when using heaters and remember using electrical heaters may increase your electrical bills. Please be mindful in the light bulb wattage you use. It will cause to burn out. Watts corresponds directly to heat produced by the bulb. A 100W bulb produces nearly double the heat that a 60W bulb produces. The light fixtures are only designed to dissipate 60W worth of heat; when you use a 100W bulb, the fixture now has to cope with twice the heat it was intended for.



A few reminders:

- *Please report all maintenance repairs to the office. (734-595-4663)*
- *Please make sure your garbage bags are sealed and tied before placing in garbage chute.*
- *No Candles or Incense to be burned in apartment or building.*
- *Please make sure the dryer lint cleaner is being emptied after each use.*
- *Tis the season for our Tornado and Fire drills – All residents must participate*



Dial 1 -734-740-4777 for after hour maintenance emergencies.



Bruner's Brief Bulletin

By Graziella Bruner,

Your Next Brief Bulletin will be from your new Administrative Assistant

Blessings to you all

When you think about February, we also think **RED** because of Valentine's Day, World Cancer Day, as well as Wear **Red** Day, which is February 3rd, so please do dress in **RED** on that day. All these things are good things, but I want you to think about **RED** as an acronym for the following reasons:

Remember to **E**ncourage **D**aily

Remember to **E**dify **D**aily

Remember to **E**vangelize **D**aily

There is power in the tongue; you can either speak life or death into someone. (Proverbs18:21)

So, please choose your words carefully. Think before you really speak, and ask yourself, "What I'm about to say, is it really encouraging or even edifying?) Are you bringing life or death to the situation? Once your words have been spoken, you can never take them back. So that's why it's really important to think before you speak. Find words that will Encourage, Edify, or even Evangelize to someone who may be lost or struggling.

February is also a time to remember and reflect on those in our past that have struggled and fought for the freedoms that we now have today. So please do take time to reflect and remember those in our past and be grateful for the things and people that we have today, and right now. Remember, yesterday is gone, tomorrow never comes, and it's always today. What are you doing or saying today? Go ahead and make someone's day today, give a smile, a hug, a kind word, and watch how your day will turn for the good.

Have an awesome month.



Events for February 2020

Happy Birthday!!!



Dolores Achterkirch - 02/01
Sandra Cole - 02/02
Henrietta Johnson - 02/02
Rachel Finerson - 02/04
Verlene Davis – 02/21
Dolores Jackson – 02/27

Presidents' Day		FEBRUARY 2020					BLACK HISTORY MONTH
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>February is known for:</p> <ul style="list-style-type: none"> American Heart Month Black History Month National Cherry Month National Children's Health Month 	<p>Weekly Celebrations</p> <ul style="list-style-type: none"> Week 1 – Lose weight feel great Week 2 – Organize Your Home Week 3 – Random Acts of Kindness Week 4 – Give a compliment. 	<p>Black Inventors in US History</p> <p>Madame CJ Walker - 12/23/1867—5/25/1919 First Female Sales Agent/Entrepreneur/Active Philanthropist. Self-made Millionaire.</p> <p>George Washington Carver - 1861 - 1/5/1943 Earned his Master's Degree—first black undergraduate at Iowa State. Developed 300 uses for the peanut alone.</p>	<p>Black Inventors in US History</p> <p>Lonnie Johnson—10/6/1919 - Present Holds more than 80 US Patents, he worked on the Stealth bomber for the AF & the Galileo space probe for NASA.</p> <p>Thomas L. Jennings - 1791 - 2/12/1856 1st Black American to be granted a Patent. He pioneered "dry scouring" what we call today "Dry Cleaning"</p>	<p>Black Inventors in US History</p> <p>Garrett Augustus Morgan - 3/4/1877 - 8/27/1963 He was the first person to patent a traffic signal. He also developed the gas mask in 1914 to rescue miners, he later developed the gas mask for the US Army.</p> <p>Norbert Rillieux - 3/17/1806 - 10/8/1894 Black American inventor and engineer who invented a device that revolutionized sugar processing. His invention made the processing of sugar more efficient, faster, and much safer.</p>		<p>01</p> <p>9:00 AM Coffee and Conversation</p>	
<p>Ground Hog Day 02</p>	<p>03</p> <p>10:00 AM Shopping Value World</p> <p>12:00 PM War Room Prayer</p> <p>6:00 PM Bible Study</p>	<p>World Cancer Day 04</p> <p>11:00 AM Resident Activity & Birthday Celebrations</p>	<p>05</p> <p>11:00 AM Focus Hope</p>	<p>06</p> <p>10:00 AM Shopping</p> <p>3:00 PM Crochet Class</p>	<p>National Wear Red Day 07</p> <p>12:00 PM War Room Prayer</p>	<p>08</p> <p>9:30 AM Coffee and Conversation</p>	
<p>National Pizza Day 09</p>	<p>10</p> <p>12:00 PM War Room Prayer</p> <p>6:00 PM Bible Study</p>	<p>11</p> <p>11:00 AM Administrator's Resident Meeting</p>	<p>12</p> <p>11:00 AM Oak Street Health (Lunch will be served)</p>	<p>13</p> <p>10:00 AM Shopping</p> <p>2:00 PM WellCare Program (Snacks will be served)</p> <p>6-8 PM SWHA (R.O Association Meeting)</p>	<p>14</p> <p>Happy Valentine's Day</p> <p>12:00 PM War Room Prayer</p> <p>1:00 PM Bingo</p> <p>2:00 PM Schwan's</p>	<p>15</p> <p>9:00 AM Coffee and Conversation</p>	
<p>16</p>	<p>17</p> <p>PRESIDENTS DAY</p> <p>11:00 AM Parish Nurse</p> <p>12:00 PM War Room Prayer</p> <p>6:00 PM Bible Study</p>	<p>18</p> <p>10:00 AM Shopping</p> <p>12:00 PM War Room Prayer</p> <p>1:30 PM PACE (Pizza Party)</p>	<p>19</p> <p>3:00 PM Crochet Class</p>	<p>National Love Your Pet 20</p> <p>10:00 AM Shopping</p> <p>3:00 PM Crochet Class</p>	<p>21</p> <p>12:00 PM War Room Prayer</p> <p>2:00 PM Schwan's</p> <p>3:00 PM Hot Diggity Dog Day</p>	<p>22</p> <p>9:00 AM Coffee and Conversation</p>	
<p>23</p>	<p>24</p> <p>12:00 PM War Room Prayer</p> <p>6:00 PM Bible Study</p>	<p>PACZKI DAY 25</p> <p>12:00 PM War Room Prayer</p>	<p>ASH WEDNESDAY 26</p> <p>1:00 PM Westland Fire Dept. (Safety & Fire Protection)</p>	<p>27</p> <p>11:00 AM Restaurant Day</p> <p>7-8 PM SWHA (R.O Association Meeting)</p>	<p>28</p> <p>12:00 PM War Room Prayer</p> <p>1:00 PM Bingo</p> <p>2:00 PM Schwan's</p>	<p>Leap Year 29</p> <p>9:00 AM Coffee and Conversation</p>	

February Recipe

Sweet Potato Casserole



Ingredients

1 large (29 ounce) can sweet potatoes

6 tablespoons butter, melted

1 cup sugar

½ teaspoon cinnamon

½ teaspoon nutmeg

2 eggs

Topping:

¾ cup cornflake crumbs

½ cup chopped pecans

½ cup brown sugar

6 tablespoons butter, melted

Directions

1. Preheat oven to 400 degrees F.
2. Spray a 2-quart baking dish with cooking spray and set aside.
3. Place potatoes (with the syrup from the can) in a large bowl. Warm in the microwave for about 30 seconds – 1 minute. Use a blender or food processor to mash the potatoes until smooth.
4. Add the melted butter, sugar, cinnamon, nutmeg, and eggs to the blender and mix well.
5. Place potato mixture into prepared baking dish and bake, uncovered, for 20-30 minutes, or until almost set.
6. Meanwhile, in a bowl, combine the topping ingredients.
7. Spread topping onto potatoes and brown for another 10 minutes. Serve warm.

ENJOY!

Monthly Word Search

Valentine's Day Word Search

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

Arrow

Be Mine

Candy

Card

Chocolate

Couples

Cupid

Date

Diamond

February

Feelings

Flowers

Friendship

Gift

Hand holding

Heart

Hugs

Kisses

Love

Lovers

Romance

Roses

Stroll

Suitors

Valentine

February Observances & Fun Facts:

February is observed as:

- American Heart Month
- Black History Month
- National Cherry Month
- National Children's Dental Health Month

Weekly Celebrations

- Week 1 – National Lose Weight & Feel Great Week
- Week 2 – Organize Your Home Week
- Week 3 – Random Acts of Kindness Week
- Week 4 – Give a compliment Week

February Flower and Birthstone



Carnations



Garnet



**FREE
NOTARY
Services**
Provided
To All of Our
OSM Residents

Please Visit The Office
And See
Mrs. Graziella Bruner
For More Details.



OSM Local Sponsors:

313-671-5555



Paulette Styles

Helpful Resources

Transportation

Nankin Transit (Serving Westland) (734) 729-2710
Smart ADA (313) 223-2100

Senior Agencies

The Senior Alliance (Wayne/Westland) (734) 722-2830

CareSync Solutions

Home Healthcare Services (248-773-4550)



Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit www.facebook.com and log-in your account. If you don't have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor" or go to [facebook.com/The Village of Our Saviour's Manor](http://facebook.com/TheVillageofOurSaviour'sManor)
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook, explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



OSM Classifieds:



OSM Gifted Hands:

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Westland Goodfellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Louis Rush or Ms. Alice Finley.



OSM Compassionate Hearts:

If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Headed by Ms. Warnedie Cross, Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



OSM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please see Ms. Gloria Jefferson.



OSM Caring Hands:

We are in need of volunteers for our homeless project. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



OSM Fisherman:

Love to fish? This is the group for you! Headed by Mr. David Brown, OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

**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

Village Staff

Graziella Bruner
Administrator

Michael Hooton
Maintenance Tech

To Be Determined
Administrative Assistant

To Be Determined
Service Coordinator

Kesha Akridge
Director of Housing

Carolyn Kimbrough
Parish Nurse

Warnedie Cross
Resident Volunteer

Office Number
Emergency Number
Fax Number
Service Coordinator

(734) 595-4663
(734) 740-4777
(734) 595-2222
(734) 722-9763



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
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

29495 Annapolis Road
Westland, Michigan 48186

Congratulations!

You are being recognized because
"What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

** Please turn this card into Village Administrator for a chance to win a prize **

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT



Presbyterian Villages
OF MICHIGAN
SERVING SENIORS & COMMUNITIES

Is there someone on staff that you would like to acknowledge for their work?
Please complete this form and turn it into the office.
They might win a prize!

Embrace the possibilities