



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

March 2018

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People Moving Out, People Moving In

This past year was a busy one for turnovers at Warren Glenn. We had ten people move out and four residents who changed apartments for medical reasons. Some of the ten passed away, others needed a higher level of care, one left because of strict no-smoking rules, and one person wanted to move up north. In 2016, there were only five turnovers while in 2015 there were eleven.

Even with high turnovers, we had good occupancy rates because of the hard work of Stacey Klooster who keeps the waiting list current, reaches out to people to sell Warren Glenn and does difficult and cumbersome paperwork and computer work to make someone official. Denise Giallombardo goes on home visits with me. Will Horton arranges for new carpet or carpet cleaning, fixes broken or worn-out parts of the apartments, and schedules painting. Emmi Parada cleans the apartments "like I would if my mother were moving in", cleaning and scrubbing until the places are spotless. Staff members work hard so that new people can move in quickly. I thank them very much.

We are in our second month of 100% occupancy – providing housing to those who need it. It feels good to have a full house.

Anne Lilla
Administrator, Village of Warren Glenn

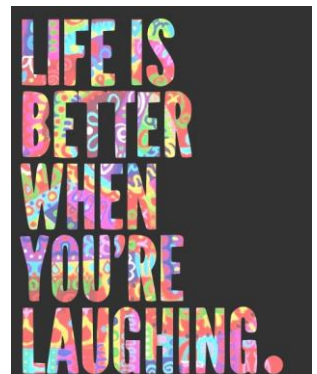


DAYLIGHT SAVINGS TIME STARTS SUNDAY, MARCH 11

Turn your clocks forward one hour.

FRIENDS & FAMILY

The Annual Friends and Family Fundraiser for the Village of Warren Glenn will be held in April. Our goal is to raise \$1,700 for items like trips, the Christmas dinner, flowers and decorations – things that our HUD budget does not cover. Details will follow. We hope you will come and contribute. We promise there will be laughter!



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





- The very first St. Patrick's Day parade was in Boston in 1737, not in Ireland.
- The largest St. Patrick's Day parade in the United States is in New York City and draws more than one million spectators each year.
- Green is associated with Saint Patrick's Day because it is the color of Ireland, spring and shamrocks.
- Nineteen Presidents of the United States proudly claim Irish heritage -- including our first President, George Washington.
- Members of the Shamrock Club in New London, Wisconsin dress as leprechauns every year and change highway signs to *New Dublin*. Seven thousand people live in the town but on St. Patrick's Day, 30,000 people gather for the festivities which include bagpipes, a Finnegan's Wake with a green hearse and Celtic bands.
- For more than 40 years, the Chicago River has been dyed green on St. Patrick's Day. After the river is colored by an eco-friendly powdered vegetable dye, it takes several days for the green to dissipate.



ATTENTION PET OWNERS!

Thank you for keeping our grounds clean by picking up after your dogs. However, we are still having a problem with the disposal of pet waste. **Please place waste in a sealed bag and then in a larger garbage bag before putting in the trash.** Someone is putting little purple bags of dog waste in the trash. When other bags are thrown on top them, dog waste squirts out into the bin. Please use a second bag. Cat owners: please NEVER put cat waste into the toilet – the litter acts like cement to the pipes and toilet.

TRASH TALK

Please use kitchen trash bags that are .09 mil thick or thicker. Dollar store bags or grocery store bags are too thin! Light weight bags tear open and leave an awful mess for our maintenance staff. Also please throw your bags away more often than once a week because food starts rotting in open waste baskets. If you have adult undergarments, throw out your bags at least twice a week. If you have an accident, wrap in newspaper and then bag or use two bags. The office has been getting complaints about smells.

TOILET TALK

Recently we had toilet backups and clogging in public restrooms. How can you help?

- Try to use less paper
- No pads, etc., in toilets
- Always flush & wait for tank to refill; then flush again if necessary.
- Consider flushing the toilet before you are finished (this is called a courtesy flush) and before you use toilet paper. Flush again.
- Report any problems promptly.



Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County Commission on the Status of Women planned and executed a *Women's History Week* celebration in 1978. The organizers selected the week of March 8 to correspond with *International Women's Day*. The movement spread across the country as other communities initiated their own *Women's History Week* celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 8th 1980 as *National Women's History Week*.

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each president has issued an annual proclamations designating the month of March as "Women's History Month."

The National Women's History Project selects and publishes the yearly theme. The 2018 theme is:

NEVERTHELESS SHE PERSISTED
Honoring Women Who Fight All Forms of Discrimination Against Women



GO NUTS!

From the Michigan State University Extension *Senior Health Line* by Robin Danto

Nuts are a nutritional powerhouse. They contain protein, fiber, magnesium, phosphorus, copper, manganese, selenium and Vitamin E. Nuts are loaded with antioxidants which help to control aging and cell damage. Research suggests that nuts may be helpful in reducing inflammation which contributes to heart disease, cancers, type-2 diabetes and kidney disease. Fiber found in nuts also provides health benefits. Fiber can reduce calorie intake by making us feel full and by reducing the calories absorbed from foods.

Nuts are technically a fruit with a hard shell but unlike most fruits, nuts are not sweet but are high in fat. But the fats in nuts are healthy fats that help the cardiovascular system. If you add nuts to your diet, be sure to watch portion sizes and avoid nuts that are roasted in oil. You don't need the extra fat and calories from the oil. So go nuts, knowing that the fruit is good for you!

From the Service Coordinator

Denise Giallombardo, B.S.W., National Church Residencies

Michigan Medigap Subsidy Program

If you currently have a Medigap plan and find it difficult to pay the monthly cost, the Michigan Medigap Subsidy program, provided by the Michigan Health Endowment Fund may be an option that can help reduce the monthly cost of your Medigap plan.

Married couples with an annual household income of about \$36,000 or less and single people with an annual income of roughly \$26,000 or less may qualify. If you have applied for this subsidy before and were denied due to income, it's worth checking out again. The income limit was increased last summer and more people are now eligible.

I can help you find out if you may be eligible for this program. If you are interested, sign up for an appointment.

Eat Healthy, Be Active!

Michigan State University Extension is holding a free six session class, *Eat Healthy, Be Active!*, beginning Friday, March 2 from 1:30 p.m. – 2:30 p.m. in the Community Room. Call me at (586) 501-3903, come to my office or go to the mailroom to register. Please note: you must attend the full class in order to taste the food sample or to receive a freebie item. Topics include reaching a healthy weight, simple exercise, preparing quick, healthy meals and snacks, goal setting, and more!

MSU is a great organization that has been around for decades. I encourage everyone to take advantage of this opportunity to learn more and welcome spring in a positive way!



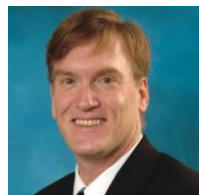
SOUL FOOD NIGHTS

Wow! What a dinner. If you never had Soul Food before, you sure had a chance to enjoy it at our February Dinner. About 40 residents attended what we are now calling, our “First **Annual** Soul Food Dinner”.

Thank you to Vicky Jackson, Sherita Babridge, Juanita Sellers, Penny McKeller, Ruby Hamilton, Micki Jennings and Diane Clevinger who prepared some of the finest soul food to be had.

Thank you to the many other residents who made tasty desserts. Sammale Mahaffey, Diane Sexton and Bev Hooks set up and cleaned up while Allan Thompson and Carolyn Richardson sold raffle tickets.

It was nice to have so many stay after the dinner to relax and visit. What a great way to get to know new folks. By the way, Allan Thompson sold himself a winning ticket and collected \$51. Way to go!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Oral Health is as Easy as 1, 2, 3

March is national nutrition month, so you might expect this article to focus on healthy eating, however, if you suffer from poor oral health, eating healthy may be the last thing on your mind. The pain and discomfort associated with tooth decay, gum disease, dry mouth and other oral health problems can make chewing and swallowing difficult. You may skip eating altogether or turn to softer foods, which tend to be highly processed, contain a lot of fat and sugar, and are far from healthy.

The good news is that poor oral health is not an inevitable part of aging. Taking good care of our mouths is just as important, if not more so than when we were younger. That's because if left untreated, oral health problems in older adults not only cause tooth loss, they substantially increase our risk of heart disease and stroke. The three most important things you can do to keep your mouth healthy are 1) brush your teeth twice daily with a soft bristled toothbrush; 2) floss once per day; 3) and visit your dentist regularly. Brushing your teeth removes food particles and bacteria (called plaque) from your teeth that if left in place cause cavities. Flossing removes food particles and plaque from between your teeth and below your gum line, which if not removed can lead to gum disease. And visiting your dentist regularly can catch problems early should you have any and keep them from becoming more serious.

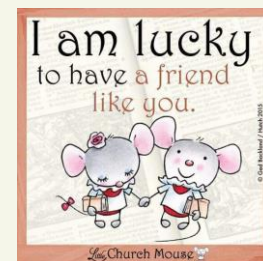
As we get older, our hands may not be as steady as they used to be so performing daily tasks such as brushing our teeth and flossing may be a lot more challenging and as a result we may skip them. However, using a wide-handled or electric tooth brush can make brushing easier and using a floss pick or water flosser can make flossing easier.

For other oral health tips geared toward older adults visit the website www.toothwisdom.org. Should you need them, the site also has a low cost dental care locator that may help you find nearby low cost dental services.



MARCH BIRTHDAYS

1 st	Liz Barringer	#211
13 th	Eunice Stevens	#234
	Janice Kuchta	#201
18 th	Sylvia Guillemette	#132
20 th	Peggy Piacentini	#103
23 rd	Gwen Scott	#212
24 th	Laurie Tusly	#108
	Theresa Smith	#223
25 th	Allan Thompson	#110
30 th	David Haran	#230



SILLY MARCH HOLIDAYS

- 1 Peanut Lovers Day
- 3 If Pets Had Thumbs Day
- 8 Popcorn Lovers Day
- 12 Girl Scout Day
- 15 Everything You Think is Wrong Day
- 17 St. Patrick's Day



MARCH DINNER

**CELEBRATE ST. PATRICK'S DAY
THE IRISH WAY**

Saturday, March 10 at 5:00 p.m.

50/50 Raffle



**Enjoy a meal of corned beef & cabbage,
boiled potatoes & carrots
plus nice hot bread and yummy desserts.**

**We need 4 or 5 desserts; if you can
bring a treat, please sign up.**

**Please sign up early if attending the dinner.
We are going to Eastern Market to purchase food
and need an accurate count.**

***Remember –
Everyone is Irish on St. Patty's Day –
Wear something green!***

Lucy "Cuddler" Sexton – Pet of the Month



March's *Pet of the Month* is Lucy, Diane Sexton's cat. Diane and Lucy live in Apt. 111 where Lucy, a very sweet kitty, loves to cuddle and be with Diane. She enjoys playing with ribbons on a stick and loves visitors.

Lucy is a short-haired Torti (Tortoise-shell) who is mostly black with touches of orange. Lucy was adopted in November 2017 and loves Warren Glenn.



A collapsible shopping cart has gone missing from the Community Room. Please look around your apartment to see if you have it tucked away in a corner somewhere and have forgotten to return it. Just a reminder: when you use a cart, please return it promptly to the Community Room. Carts are not to be left in apartments or halls. They are provided for everyone's use and should be available when needed. *Thanks for your help.*



Our 2018 food drive yielded 216 pounds of food that will make 179 meals. Thank you for your generosity. Food was contributed to Gleaners, a tri-county charity.



Join us for movie nights on March 7 & 25 at 6:00 p.m. in the Exercise Room upstairs.

Laugh to the antics of Carol Burnett and friends while enjoying some refreshments. If you can bring a treat, see Sherita in #238.



Residents Tell... A//!

Laurie Tusly #108 recently returned from a four day trip to Phoenix where she attended a memorial for a dear friend. She was able to soak up a lot of sunshine and connected with several old friends she used to know when she lived there. Her cat, Garfield, missed her so much that now he barely leaves her side.

Diane Sexton #111 has been suffering a bout of envy as her son, daughter-in-law and two granddaughters recently spent 10 days in the Caribbean. Diane tried to stowaway in their luggage but didn't fit.

Bev Hooks #240 has a new great-grandson Noah. He was born Feb. 6th and joins his 2½ year old brother. Bev has 4 grandchildren and now two great-grandsons. She sure loves those babies. Congratulations, Bev.

Note: If you have some news you want to share, write it up on the forms hanging by the bulletin boards in the hallway or see Diane in 111. What can you share? New babies, trips, accomplishments of yours or a family member, a successful surgery---the possibilities are endless. Let's hear from you!

THIS MONTH IN HISTORY

March 1, 1961 - President John F. Kennedy established the Peace Corps.

March 6, 1836 - Fort Alamo fell to Mexican troops led by General Santa Anna.

March 10, 1880 - The Salvation Army was founded in the U.S.

March 16, 1968 - New York Senator Robert Kennedy announced his intention to run for the Democratic presidential nomination.

March 22, 1972 - The Equal Rights Amendment to the U.S. Constitution was passed by the U.S. Senate and then sent to the states for ratification

March 5, 1770 - The Boston Massacre occurred as a group of rowdy Americans harassed British soldiers who then opened fire, killing five and injuring six.



ENJOY SUPPER WITH US

Have a hankering for seafood? The Supper Club is going to the Red Lobster on March 29 at 4:30 p.m. Everyone is warmly welcome. Please sign up in the mailroom closer to the date.

MAGAZINE THANKS

For your reading pleasure, Kaul Funeral Homes is providing magazines to Warren Glenn as a charitable donation! We will receive these magazines for two years:

- Better Homes & Gardens
- Good Housekeeping
- Woman's Day
- Reader's Digest
- Good Old Days
- O:Oprah
- Taste of Home.

Feel free to read and return the magazines. Thank you to Kaul Funeral Homes and to Evelyn Carver for maintaining the magazine racks upstairs and downstairs.

COYOTE SIGHTING

Who would think that coyotes live in this end of the city? A small pack of them do. Anyone with a small pet, anything under 20 pounds, should be vigilant about their animals. *When walking your dog or cat, keep them on a short leash when near the tree line.*



Giving Matters.

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

You have the power to leave an amazing legacy.

Betty honored her new home, friends and family by leaving a gift in her will.

Betty left a gift in her will to help build the Kleemann Chapel at The Village of East Harbor and provide stained-glass windows.

Before her passing, Betty said she always believed in the PVM mission to serve older adults and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her “happy home for these many years.”



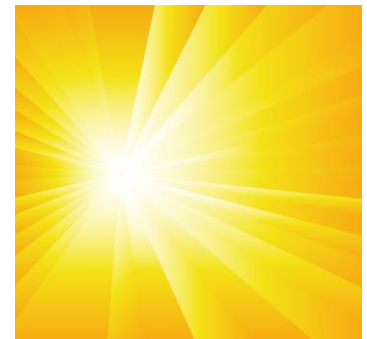
To learn more about leaving a gift in your will, please visit mylegacy.pvmf.org. You'll be asked simple questions to help you plan the joy you'll bring. Your legacy has the power to delight others well into the future. Betty's gift is bringing joy to her fellow residents every day at The Village of East Harbor.

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

Warm regards,
Paul J. Miller, CFRE

Things You Probably Didn't Know... About Daylight Saving Time

- Because people drive better during the day, daylight savings time reduces lethal car crashes and pedestrian strikes.
- Many countries use daylight saving time, but not all start on the same day. This difference creates challenges for international travelers and international communication.
- Two states—Arizona and Hawaii—and four U.S. territories—American Samoa, Guam, Puerto Rico, and the U.S. Virgin Islands—don't observe daylight saving time.
- The first American to advocate for daylight saving was Benjamin Franklin. He realized in 1784 that many people burned candles at night yet slept past dawn in the summer, wasting early-morning sunlight.
- Daylight saving time has mixed effects on people's health. Transitions into and out of it can disturb people's sleeping patterns.



Scrambled St. Patrick's Day



How many of these St. Patrick's Day words and phrases can you unscramble?

- | | |
|----------------------|-------------------------|
| 1. ahMcr _____ | 11. rogaen _____ |
| 2. dogo kucl _____ | 12. iswh _____ |
| 3. oabniw _____ | 13. eadcn _____ |
| 4. enrge _____ | 14. aurnclpeeh _____ |
| 5. cmhrakos _____ | 15. gpsrni _____ |
| 6. pto fo dglo _____ | 16. tasni _____ |
| 7. evlorc _____ | 17. igj _____ |
| 8. rpha _____ | 18. cramh _____ |
| 9. leardnl _____ | 19. aapedr _____ |
| 10. camgi _____ | 20. reBnaly otnSe _____ |



How many words did you unscramble?

- 1 - 5 words - Lucky the Leprechaun outsmarted you!
- 6 - 10 words - You're a chip off the old Blarney Stone!
- 11 - 15 words - You're clever as a leprechaun!
- 16 - 19 words - You've won a four-leaf clover!
- 20 words - You win all the gold at the end of the rainbow!

**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 Number
Village Staff

(586) 751-5090

Anne Lilla
Director

Stacey Klooster
Administrative Assistant

Office Hours:
8:30 a.m. – 1:30 p.m.
3:30 p.m. – 5:00 p.m.

Denise Giallombardo
Service Coordinator

Open Position
Maintenance Tech

Emmi Parada
Housekeeper

WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President
Betty Challenger
Marijo Hockley
Pam Kalka

Fax Number (586) 751-7876



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
Warren Glenn

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

The Village Voice is
written and produced
by:

- Diane Sexton
- Laurie Tusly
- Stacey Klooster
- Anne Lilla

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