



# Villa View



## Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • March 2018

## Notes from the Administrator

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### Friends and Family 2018

March is the official kick-off for Friends and Family. We're looking for ideas to enhance the Village. Last year's efforts resulted in a new 65' HDTV for the theater. The Redford Board of Directors offered the idea of fundraising for a Village wide BBQ

Please share your thoughts for a kick-off celebration and fund-raising ideas. We are still looking for someone who may be interested in becoming an "ambassador" for this annual fund-raising event. Friends and family members are encouraged to donate, as well.

REMEMBER TO SPRING FORWARD, DAYLIGHT SAVINGS TIME BEGINS AT 2:00 AM, SUNDAY MARCH 11<sup>TH</sup>

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

Look for PVM on:





# 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](http://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.

# Slow-Cooker Corned Beef and Cabbage



## Directions

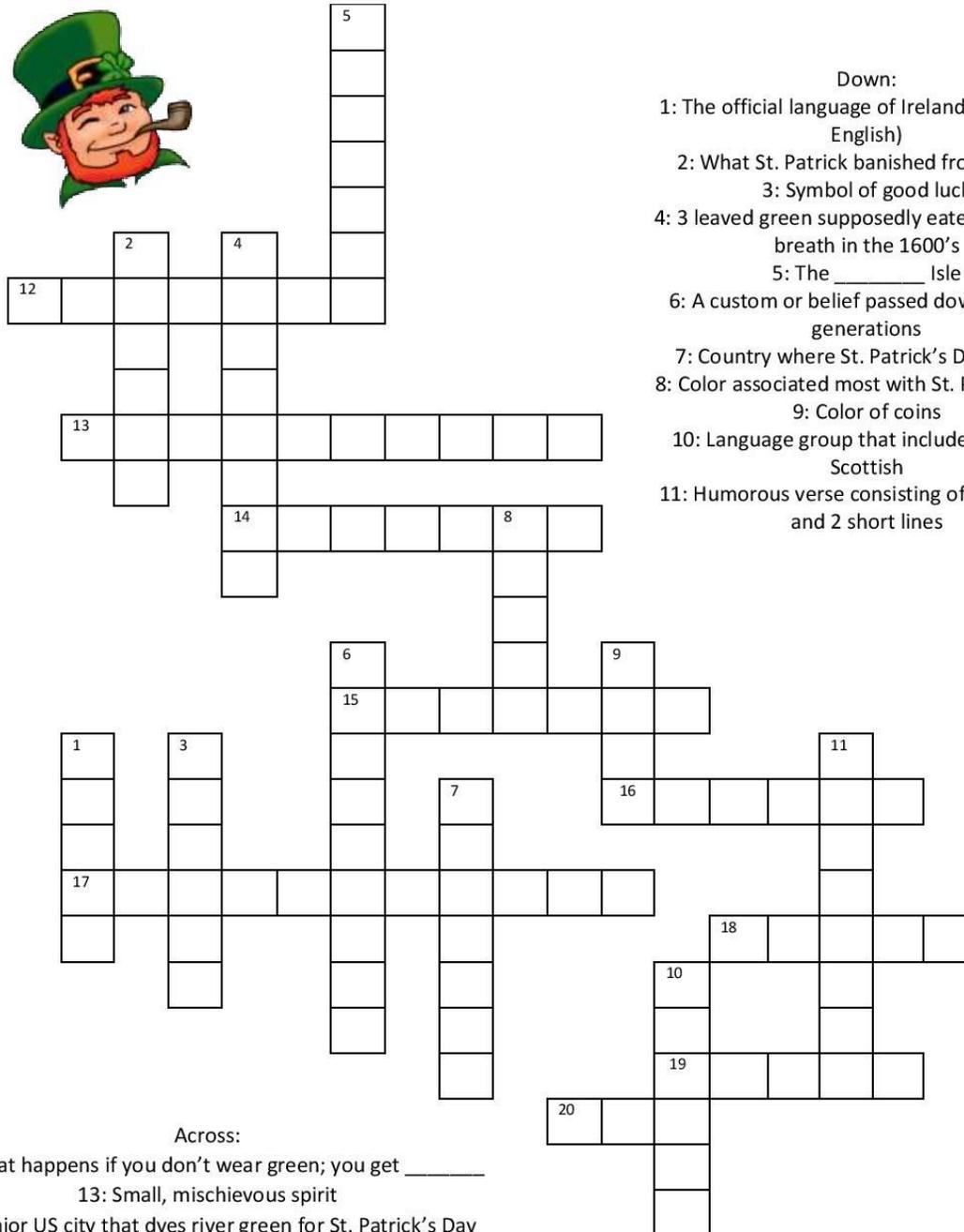
1. Place the carrots, potatoes, and onion into the bottom of a slow cooker, pour in the water, and place the brisket on top of the vegetables. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on High.
2. Cook the brisket for about 8 hours. An hour before serving, stir in the cabbage and cook for 1 more hour.

## INGREDIENTS

- \*\* 4 large carrots, peeled and cut into matchstick pieces
- \*\* 10 baby red potatoes, quartered
- \*\* 1 onion, peeled and cut into bite-sized pieces
- \*\* 4 cups water | (4 pound) corned beef brisket with spice packet
- \*\* 6 ounces beer
- \*\* 1/2 head cabbage, coarsely chopped



# St. Patrick's Day Crossword



- Down:
- 1: The official language of Ireland (along with English)
  - 2: What St. Patrick banished from Ireland
  - 3: Symbol of good luck
  - 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
  - 5: The \_\_\_\_\_ Isle
  - 6: A custom or belief passed down through generations
  - 7: Country where St. Patrick's Day started
  - 8: Color associated most with St. Patrick's Day
  - 9: Color of coins
  - 10: Language group that includes Irish and Scottish
  - 11: Humorous verse consisting of 3 long lines and 2 short lines

Across:

- 12: What happens if you don't wear green; you get \_\_\_\_\_
- 13: Small, mischievous spirit
- 14: Major US city that dyes river green for St. Patrick's Day
- 15: What you follow to get to the pot of gold
- 16: Capital of Ireland
- 17: Day of the month that St. Patrick's Day falls on
- 18: Month that St. Patrick's Day is in
- 19: Having good luck
- 20: What you find at the end of the rainbow; \_\_\_ of gold

# March 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10 am Coffee Hour 10 am Pantry	2 1 pm Arts & Crafts 5 pm Keno/Bingo	3 1 pm Bingo (Game Room)
4 1:00 pm In His Presence Ministries Sunday Worship	5 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	6 1 pm Pinochle 2 pm Movie "A Dog's Purpose"	7 10 am Value Center/ Walgreens 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	8 10 am Coffee Hour 11 am Hymn Sings 10 am Pantry	9 1 pm Arts & Crafts 5 pm Keno/Bingo	10 1 pm Bingo (Game Room)
11 	12 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	13 2 pm Movie "Beaches"	14 10 am Kroger/ \$Store 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	15 10 am Coffee Hour 10 am Pantry	16 1 pm Arts & Crafts 2:00 PM RESIDENT FORUM Villa & Cottages 5 pm Keno/Bingo	17 1 pm Bingo (Game Room) 
18	19 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno 6:30 pm Cards	20 2 pm Movie "CHiPs"	21 10 am Value Center/ Walgreens 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	22 10 am Coffee Hour 11 am Hymn Sings 10 am Pantry	23 1 pm Arts & Crafts 5 pm Keno/Bingo	24 1 pm Bingo (Game Room)
25	26 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	27 2 pm Movie "Fist Fight"	28 10 am Kroger/\$Store 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study	29 10 am Coffee Hour 10 am Pantry	30 1 pm Arts & Crafts 5 pm Keno/Bingo	31 1 pm Bingo (Game Room)

**In our commitment to be of service to others and our surrounding community, we sometimes offer our common spaces to different groups, such as the "Little Ladies Tea Society" or the retired Presbyterian ministers. We try to give as much notice as possible, which we will inform you. We thank you for your understanding in this matter. Please note: On the fourth Wednesday of the month, both the dining room & craft room are utilized for the meeting of the Redford Board.**



# 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](http://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](mailto:pvmfoundation@pvm.org).

Warm regards,

Paul J. Miller, CFRE



## WANTED:

VOLUNTEER DRIVER WITH CHAFFUER'S LICENSE FOR RESIDENT OUTINGS (MOVIES, DAY TRIPS, RESTARAUNTS, ETC)



CONTACT GLORIA IF INTERESTED! 313-541-6042



# March Birthdays!



- ▶ Kim Robinson-Cleveland.....3/01
- ▶ Pat Hall.....3/02
- ▶ Ann White.....3/04
- ▶ McKay Harris.....3/04
- ▶ Douglas Cooper.....3/06
- ▶ Dora Simmons.....3/11
- ▶ Dorothy Anderson.....3/16
- ▶ Gloria Harper.....3/18
- ▶ Shirley Thomas.....3/19
- ▶ Celestine Miller.....3/21
- ▶ Helen Payne.....3/24
- ▶ Mildred Kennedy.....3/21



## Redford Board of Directors

❖ **Deanna Mitchell, Board Chairperson**

❖ **Reva Wujcik**

❖ **Laura Scanlan**

❖ **Susan Hurst**

❖ **Catherine Esannason**

❖ **Kathryn Telck**

❖ **Patricia Wachtell**

Are you over the age of 70½?

Do you file a standard tax return?

Do you have an IRA?

If you answered "Yes" to all three questions, then you can roll over up to \$100,000 to your favorite public charity—**TAX FREE\*!**

With your IRA charitable donation to the PVM Foundation, you can give older adults a safe place to call home, new friends and experiences, and a chance to *thrive!*

To learn more, visit [MyLegacy.pvmf.org](http://MyLegacy.pvmf.org) or call **Bobie Clement at 248.281.7252**

\*IRA Charitable Rollover is permanent law as of December 18, 2015.

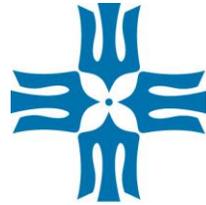


# EASTER EGG HUNT WITH THE RAINBOW VILLAGE CHILDREN

**THURSDAY, MARCH 29<sup>TH</sup> AT 11:00 AM**

WE ARE LOOKING FOR DONATIONS OF  
EGGS OR CANDY, AND VOLUNTEERS TO  
HELP HIDE  
AND HUNT.





The Village of  
**Redford**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

**TO: Villa & Cottage Residents**

**RE: Annual Apartment Inspection**

**Date: March 6<sup>th</sup>, 2018**

**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.

This memo serves as a 30-day notice to inform all residents that inspections will be held in the near future

Apartment inspections will be conducted bi-annually and the first inspection will be implemented starting the week of April 9<sup>th</sup>, 2018. This is a mandatory requirement of all Presbyterian Village of Michigan housing sites.

**All apartments will be selected** and will be inspected accompanied by Village staff members. You do not have to be present for this inspection. If you are not home while your unit is being inspected, notification will be left for you to make you aware that the inspection was performed.

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

## Coordinator Corner

Quote of the month: Life is 10% of what happens to you and 90% of how you respond to it. ~ Author Unknown

**Thursday, March 8, 2018 @ 11:00am -12:00** Join Ms. Simone Evans with Elite Health Care. Presentation on “Arthritis” in the Villa Dining Room.

**Tuesday, March 20, 2018 @ 11:00am-12:00** Join us with Ms. Andi Chapman with Heart to Heart Hospice. Presentation on The common “Expressions” we call behaviors in Dementia in the Villa Dining Room.

**Thursday, March 22, 2018 @ 11:00am** with Ms. Tanya Smith with Gift of Life, you can be a donor. Plan to come for information. Refreshments will be served.



**March 17, 2018**



**Day light savings: Sunday, March 11th**

**Welcome to all new residents!**

**Anita Stephens  
313-541-6450**

**\*New office hours: Posted on office door. I am here fulltime starting the week of March 12<sup>th</sup>. \***

## This Month at the Movies...



**A Dog's Purpose :** A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar). As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self.

**Beaches:** Two youngsters meet on the Venice Boardwalk and embark on a lifelong friendship.

**CHiPs:** Jon Baker and Frank "Ponch" Poncherello have just joined the California Highway Patrol in Los Angeles, but for very different reasons. Baker is a former motorbike rider who's trying to put his life and marriage back together. Poncherello is a cocky, undercover FBI agent who's investigating a multimillion dollar heist that may be an inside job. Forced to work together, the inexperienced rookie and hardened veteran begin clashing instead of clicking while trying to nab the bad guys..

**Fist Fight:** On the last day before summer vacation, high school teacher Andy Campbell tries his best to keep it together amid senior pranks, a dysfunctional administration and budget cuts that threaten his job. Things go from bad to worse when he crosses Ron Strickland, the school's toughest and most feared teacher. When Strickland gets fired, he challenges Campbell to a fight after school. As news of the showdown spreads like wildfire, poor Andy desperately seeks any way out of his date with certain doom.

**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)

**MAIN OFFICE NUMBER**

**313-541-6000**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*

**(313) 541-6042**

**Hannah Micallef**  
*Senior Housing Administrative  
Assistant, TCS*

**(313) 541-5991**

**Steve Reardon**  
*Maintenance Technician*

**Mark Uzarek**  
*Maintenance Lead*

**Rhonda Harvey**  
*Housekeeper*

**Anita Stephens**  
*Service Coordinator*

**(313) 541-6450**

**EMERGENCY NUMBER (VILLA)**

**(313) 910-7027**

**EMERGENCY NUMBER (COTTAGES)**

**(313) 573-3572**

**NON EMERGENCY REDFORD PD**

**(313) 387-2500**

**CLASSIC SECURITY**

**(313) 662-4648**



**Presbyterian  
Villages**  
OF MICHIGAN

THE FOUNDATION

**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](http://www.pvmfoundation.org)



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

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