



Village Voice



Embrace the possibilities

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

March 2019

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The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Dear Residents,

The long winter is soon over – let us look forward to light and warmth, the greening of grass and buds on trees. We will escape the bonds of cold and dark...soon.

I want to mention something about the spirit of courage and responsibility that abides in residents here. When Theresa Smith heard someone crying out for help one cold, dark night, she looked outside and saw a resident laying on the ground by the back entrance. She went into action, telling her neighbor Joann Duane and going downstairs and outside where she pulled David Haran into the building – *that's right* – pulled him inside to safety. The cameras show that David was outside for 40 minutes in -30 degrees. Theresa saved David's life.

Meanwhile, Joann called 911 and Lawanda Alexander spoke to dispatch and directed the fire fighters to the back of the building. Joann joined Theresa and David to wait for the men.

While David passed away two weeks later and will be missed, the way that Theresa, Joann and Lawanda conducted themselves was exemplary and I am proud that they are residents of Warren Glenn.

Anne Lilla, Director

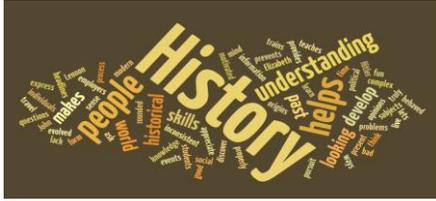
NAME THE LEPRECHAUN CONTEST

We have a new resident – this lovely leprechaun seated in the lobby – who needs a name.

Write your suggestion on any piece of paper and place in the office or in the rent box by Thursday, March 14. Make sure you put your name along with the leprechaun's name on your entry. Judges will be Anne, Emmi, Stacy, Mark and Denise.

The winner will be announced at the St. Patrick's Day Dinner and will receive bragging rights and a beautiful wreath.





ON THIS DAY IN HISTORY

- March 1 1936 The Hoover Dam is completed.
- 1961 President Kennedy establishes the Peace Corps.
- March 5 1956 US Supreme Court upholds a ban on racial segregation in state schools and colleges.
- 2004 Martha Stewart convicted of obstructing justice.
- March 7 1876 Alexander Graham Bell receives a patent for his new invention, the telephone.
- March 10 1959 Barbie doll makes debut in New York.
- 1974 Work on the Alaska Oil pipeline begins.
- March 12 1912 Girl Scouts of America founded.
- 1964 Elizabeth Taylor and Richard Burton marry.
- March 17 1931 Nevada legalizes gambling.
- March 18 1965 Soviet cosmonaut Alexei Leonov walks in space.
- March 19 1953 The Academy Awards hosted by Bob Hope was televised for the first time.

International Women's Day

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women - while also encouraging gender balance and equality.

The first International Women's Day occurred in 1911, supported by over one million people. Today, IWD belongs to all groups, countries, and organizations.

Gloria Steinem, world-renowned feminist, journalist and activist *once explained* "The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."

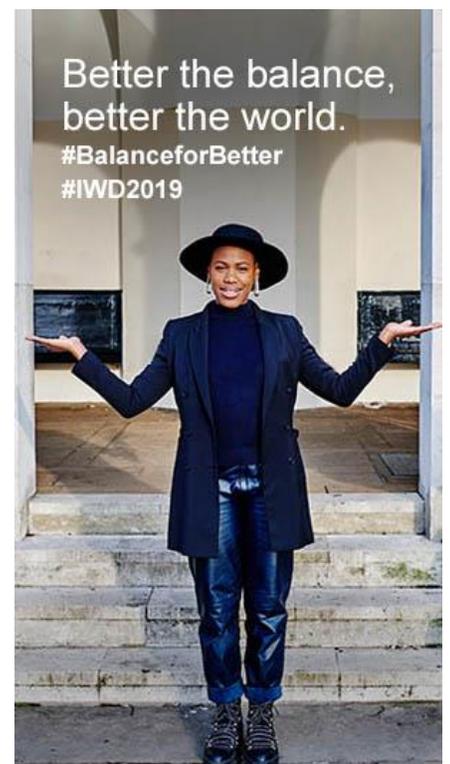
MEET YOUR NEW NEIGHBORS

Walter Toepfer in #133

Walter is a life-long resident of Michigan having graduated from Hazel Park High School. He was "lucky" enough to have spent time in Japan and the Hawaiian Islands, when not at sea courtesy of the U. S. Navy. Before retirement, Walter worked in a chemical plant. These days Walter keeps busy with bowling and golfing, both of which he loves. Another bit of information about Walter: he is Peggy Piacentini's (#103) brother. We look forward to getting to know you.

Delores Marks in #136

Delores is a native Detroitter and the mother of two children, a daughter and a son who recently passed. She hasn't been blessed with grandchildren yet but who knows what the future holds? Delores loves gardening and is looking forward to spring. You might find her drawing or painting in her spare time. Her area of interest is abstract art and she sits quietly and lets her inner being speak to her. Her daughter says her mother is quite good. We look forward to Delores joining us in some of the activities soon. Welcome to your new home.





Sharing Faith at Any Age

Marijo Hockley, Inclusion Minister, 1st Presbyterian Church of Warren

Lenten Bible Study begins on March 7 – April 18 at the Village of Warren Glenn at 1:00pm - Warren Glenn Community Room. The topic is *Every Day Jesus* and is based on the book, *An Altar in the World: A Geography of Faith* by Barbara Brown Taylor. Taylor reveals meaningful ways to discover the sacred in the small things we do and see, from simple practices such as walking, working, and prayer. Something as ordinary as hanging clothes on a clothesline becomes an act of meditation if we pay attention to what we are doing and take time to notice the sights, smells, and sounds around us. You may purchase a copy of the book through Amazon or see Marijo Hockley

- March 6 - Paul Mitchell's School of Beauty. Be papered by a service of your choice for FREE!!! (See Flyer). Then lunch at National Coney Island. Bus leaves at 10:00 am. (We WILL be back in time for the Ash Wednesday Worship and Communion Service at 2 pm).
- March 6 - Ash Wednesday Communion and Worship Service at 2:00 pm., Community Room.
- March 17 - Village of Warren Glenn Worship at 1:30 pm – Warren Glenn Wellness Room.

What's your LEPRECHAUN name?



The first letter of your name:

A - Adorable	H - Helpful	O - Outgoing	V - Vibrant
B - Bubbly	I - Itchy	P - Playful	W - Witty
C - Cheerful	J - Jolly	Q - Quiet	X - X-tra Special
D - Dreamy	K - Kind	R - Restless	Y - Youthful
E - Eager	L - Lucky	S - Silly	Z - Zany
F - Fussy	M - Musical	T - Timid	
G - Grouchy	N - Noisy	U - Useful	

The month you were born:

Jan. - McCheesy	May - McWiggles	Sept. - McBlarney
Feb. - O'Gratin	June - O'Lucky	Oct. - O'Doodles
March - McMuffin	July - McNoodles	Nov. - McWobbles
April - O'Really	Aug. - O'Wacky	Dec. - O'Goofy

St. Patrick's Day

word scramble

ITRHS _____	LDOG _____
OABIRWN _____	KAPCIRT _____
ADIELRN _____	NEEPHEARCU _____
MHSOKCRA _____	HRCMA _____
YKLCU _____	ENRAGE _____
BACBAEG _____	ORLECV _____
NETESENEV _____	
TISNA _____	
ARDEAP _____	
ACDNE _____	

St. Patrick's Day Word Search

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

CELTIC
 CHARM
 GOLD
 GREEN
 IRELAND
 IRISH
 JIG
 LEGEND

LEPRECHAUN
 LUCKY
 PATRICK
 POT
 RAINBOW
 SHAMROCK
 SNAKES



From the Service Coordinator

Denise Giallombardo, BSW, National Church Residencies

During a recent Isolation/Depression Screening Educational Event sponsored by the Hannan House, this question was asked: "How many of you stay in your apartment to avoid confrontation, rumors, or having a feeling of "not belonging?" Several residents raised their hands.

I've been thinking about this a lot and have decided to start a small group, **How Do We Build Community?**, in April that everyone is invited to attend. We can choose to make Warren Glenn a positive and beautiful place to live, worship, have meaningful activities and the best thing, **to belong here** and welcome others! The community is us and we have the power to create it to be a certain way.

M. Scott Peck, a famous writer of *The Road Less Traveled*, wrote an article about the definition of community. I made copies if you would like one. Here is a brief synopsis:

- Community does not come easily or naturally. It takes hard work and learning rules of living together.
- Honest communication is necessary to REJOICE TOGETHER, to MOURN TOGETHER, to DELIGHT IN ONE ANOTHER and to TRULY WALK IN SOMEONE ELSE'S FOOTSTEPS.
- Having just one person thinking through an issue/challenge cannot succeed. It takes communication and community.
- Communities are not always healthy, but we can learn to recognize this and take action to correct it.
- One person **IS NOT** in charge! To be successful, the Community must commit to a process of making decisions together.
- Communities learn to be humble and grateful. There is no room for arrogance, rejection or judgment.

These are a few ideas of how to build Community and in our upcoming group we will explore more ideas. The Community of Warren Glenn can thrive and shine and be a place where everyone feels welcome ... if we build it that way.

Lovely Lacey: Pet of the Month

This little scamp, Tootsie, is a energetic, busy four month old kitten owned by Peggy Piantentini, #103. She is an all-black American short hair cat with the longest tail you've ever seen. Tootsie (short for tootsie roll) is a rescue cat and was a gift from her three sons. This very friendly baby is a ball of mischief and Peggy has to crate her when she leaves the apartment or goes to bed or her apartment would be destroyed! She is a very loveable kitten and a great companion for Peggy.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

For the last few months, I have been writing about my experience living life without a car. As you might recall, to get groceries I used the app-based service Shipt. This month, in case you might want to try it for yourself, I am going to write in more detail about how it works.

The first thing you'll need is a smartphone or other portable smart device such as a tablet. You'll also need internet access either through Wi-Fi or a cellular data plan and you'll need to have an email address. You will also need a major U.S. credit card, debit card or reloadable gift card, which will be kept on file and used to pay for your Shipt membership, any groceries you order, any delivery fees you may encounter and any tip you might decide to give your shopper.

Lastly, once you have all the above you'll need to get the Shipt app, which is free and can be downloaded from the App Store for iOS devices (i.e., Apple products) and from the Google Play Store for Android devices. Because Shipt works on both iOS and Android platforms, it really doesn't matter what brand of device you choose to use. After downloading the app, the next step is to create an account.

Creating an account involves entering your name, cell phone number, and email address into the Shipt app; entering the address to which you want your groceries delivered; entering your credit/debit/gift card information; and selecting a membership plan, either month-to-month (currently priced at \$14 per month) or yearly (currently priced at \$99 per year).

Once you've created your account and purchased a membership, you can finally begin shopping, which I will walk you through in more detail in next month's column.



IMPORTANT MESSAGE

Every resident should have at least one working flashlight in their apartment so that in case of a power outage, you will have a light source. Keep your flashlight or lantern near your bed. A second one could go where you sit in the living room.

It is also important to have extra batteries on hand and to check your flashlight on the first of each month to be sure it works.

Hopefully flashlights and batteries won't be needed but it is better to be safe than sorry.

SAFETY FIRST



MARCH DINNERS



Sunday, March 17 at 5:00 PM
50/50 Raffle will be held

Enjoy a menu of
 Corned Beef & Cabbage
 Boiled Potatoes & Carrots
 Plus nice hot bread and yummy dessert.

Please sign up early, so we can
 get an accurate count for food purchasing.

We will need 4 or 5 desserts.
 If you can bring a treat, please sign up.

SPECIAL ENTERTAINMENT THIS EVENING

Remember – Everyone is Irish on St. Patrick's Day

So wear something green!

VOLUNTEER OPPORTUNITIES

Resident Dann Federico is asking residents to help him on two projects. His church, St. Luke's Episcopal Church in Ferndale, is collecting:

EGG CARTONS to send to a local food pantry. The pantry buys eggs in bulk and use the cartons so the clients can get the eggs home safely.

PLASTIC MEDICINE BOTTLES go to World Medical Relief and Doctors Without Borders to be used locally and overseas. Bottles are cleaned and reused. Remove the labels to insure privacy.

Please leave the cartons and bottles at his door, apartment 208. Thank you very much.

MARCH BIRTHDAYS

1	Liz Barringer	#211
13	Janice Kuchta	#201
18	Sylvia Guillemette	#132
20	Peggy Piacentini	#103
24	Laurie Tusly	#108
24	Theresa Smith	#223
25	Allan Thompson	#210



MARCH HOLIDAYS

- 6 Ash Wednesday
- 8 International Women's Day
- 10 Daylight Savings Time
- 14 Pi Day
- 17 St. Patrick's Day
- 18 Awkward Moments Day
- 19 Swallows Return to Capistrano Day
- 20 Spring begins
- 21 World Down's Syndrome Day
- 22 As Young As You Feel Day



MARCH BIRTHDAY PARTY

Thursday, March 14, 3:00 p.m.

Community Room

**CAKE, ICE CREAM & POP
 FOR EVERYONE**

**Sweet treats for our
 birthday people!**



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

WHAT IS AN AGING WELL ATTITUDE?

Father Time plays tricks on us. We look in the mirror and ask: “Where did the time go?” Over the years as director of the Michigan Office of Services to the Aging, an author, motivational speaker and now in my role with Presbyterian Villages of Michigan, I have been a long-time proponent of having an *Aging Well Attitude*.

Just what is an *Aging Well Attitude*? In my definition it is a mindset which allows us to “Embrace the Possibilities” (our PVM motto) and look upon aging in a positive way. Yes, we will have some challenges as we age. However, it can be the best of times if we look for the positives. Now folks can live to see their grandchildren graduate and marry, and even experience the joy of welcoming great grandchildren into the world. They have a chance to take up interests and even second careers that allow them to follow their dreams and passions. Over the years, I have observed several key components which many experts have noted. Simply utilizing the letters in the word AGE we can zero in on them:

A IS FOR ATTITUDE – Almost everyone I know who has aged well has displayed this trait. In other words, they do not let anything get them down. They look for the joy in life and help to create it for others no matter what may be going on in their lives. I remember from my motivational speaking days when a woman said she was getting very down due to some issues. Her husband told her to deal with what was going on but to look for the “blessing in disguise” and not let the situation zap the joy from her life. She replied that it was easy for him since that was always what he projected. To that he replied: “What makes you think it is easy for me? I work at it.”

G IS FOR GENETICS – Genetics does play a role. Chronic conditions and inherited longevity impacts our aging process. However, experts say that it only impacts 25-30% when it comes to the aging process. And no one gets dealt four aces in the deck. We all have issues to deal with. We can offset this impact by our life choices and engage in a wellness lifestyle. I did get one ace in the deck since I have a paternal ancestor who lived to be 114 in the 1800’s! However, I also received a few lower cards just like everyone else.

E IS FOR EMBRACING AGING & EMBRACING LIFE – Sadly many people fear aging so much that they want to deny its existence. Many commercials tout: “Don’t give in to aging. Defy It”. And many people do not want to tell anyone their age. A dental assistant once told me that she knew people in their thirties and forties who get insulted if they ask them their age. This is not good news for them or for our society! I saw a good slogan: “Know your age and then forget it”. Do not dwell on it. First of all, it never works to try to deny any part of ourselves. It is not good for our self-esteem. Secondly, if we are truly engaged in life via volunteerism, enjoying our families and joining in with others we will have that *Aging Well Attitude* which can make these some of the best years of our lives.

Spring Quotes to Make You Smile

In many cultures, spring symbolizes rebirth and new beginnings. Below are some quotes that welcome spring or describe the beauty of the season in just a few words.

"Spring is the time of the year when it is summer in the sun and winter in the shade."
Charles Dickens

"A little madness in the spring is wholesome even for a king".
Emily Dickinson

"The day the Lord made hope was probably the same day He created spring."
Bern Williams

"Walk lightly in the spring, Mother Earth is pregnant."
Indian Proverb

"Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day."
W. Earl Hall

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."
Anne Bradstreet

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."
Rogers Hornsby

"An optimist is the human personification of spring."
Susan Bissonette

"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!"
Mark Twain

"Spring is nature's way of saying, Let's party!"
Robin Williams



Spring makes the world a happy place
You see a smile on every face.
Flowers come out and birds arrive,
Oh, isn't it grand to be alive?

Anonymous



FOR SALE: Microwave Mainstays, 7 cubic feet, 700 watts. Purchased 7 months ago for \$53; selling for \$30. Barely used. Free delivery. See Dann Federico, #108.

FEBRUARY IN REVIEW

Our first monthly birthday party held on February 14 had 25 residents attending. People enjoyed cake, ice cream & pop. Birthday celebrants chose a treat from the candy bucket & residents played Birthday Bingo.

The Annual Soul Food Dinner on February 24 was a resounding success with 34 residents enjoying a fantastic meal. Thank you to Vicky Jackson who cooked for two weeks, Juanita Sellers, Mignon Jennings, Etta Adams, Sam Mahaffey and Sherita Babridge. *WELL DONE!*

SHOPPING NEWS

Mac has agreed to take people shopping on Thursdays if the bus is too crowded on Wednesday. Use a pen to sign-up in the mailroom. Thank you Mac.



Annual Friends & Family –TBA
Birthday Party – April 11
Indoor Picnic – April 7
Supper Club resumes

Catalytic Convertor Theft Part of a Ring of Thieves

Mayor Jim Fouts was concerned and attentive about the recent brazen theft of a catalytic convertor from the Village of Warren Glenn's resident bus. He directed Deputy Police Commissioner Bob Ahrens to contact me. Three other police officers came to the village to get evidence: a statement, the saw, photographs and a CD of our camera footage. Detectives Gifford, Reed and Pickett were respectful.

A shout-out to Maintenance Tech Mark Beniot for running to the bad guys' vehicle to get the license plate number. There wasn't one – the bad guys planned ahead, but Mark showed gumption to try to protect our property. Thank you to Stacey Klooster for the CD and pictures, to Mac McDougall for getting the bus repaired and to Ron's Auto Service for quick work.

Resident Survey Results

The Holleran Resident Survey results are in! Warren Glenn was one of 14 villages that showed an increase from last year in the key question: *Would you recommend living at the village to some else?* Most people value the village and are glad to live here. Here are some quick responses to written comments:

- I hear you loud and clear about the washing machines. I will contact WASH and have a face-to-face meeting with them.
- We did not get the windows washed last year because of the asphalt and roof projects. Remember: you can wash both sides of the bottom windows and the inside of the top windows by yourself. See Anne, Stacey or Mark for a demo if you need one.
- The front door is timed for people in wheelchairs or walkers. It shuts slowly on purpose in order to be compliant with the Americans with Disabilities Act.

Welcome to the Board of Directors

The Presbyterian Villages of Michigan Board of Directors recently voted to accept the nominations of Mary Blaszczak, #217, and Sister Mary Fagan, #209, to the Village of Warren Glenn's Board of Directors joining Marijo Hockley, Betty Challenger and Board President Mac McDougall.

Both women bring unique skills to the positions. Ms. Blaszczak worked as a head teller, a customer service representative of a major oil company and a store manager. She is active at First Presbyterian Church of Warren. Sister Mary Fagan was an administrator of a Catholic elementary school, a parish volunteer coordinator and a teacher. She has financial, organizational and planning skills.

The board "establishes policies for the Village operations including those that promote sound planning and fiscal responsibility." In addition, board members assist with fundraising and monitor the stewardship of the property so that it lasts.

At every meeting, the board examines:

Financial Reports – What money came in and what money went out, spending by categories and projections for year-end.

Service Coordinator Reports – What were the health and welfare needs of residents and what was done to meet those needs.

Reports on Building and Grounds – What broke down in the last month and how much it cost to fix and long-range plans for expensive building projects.

Vacancies – How many people moved out? How long did it take to turnover the apartment? How many people are waiting to move in?

Activities – What social, recreational and educational activities took place to enrich the lives of residents?

Meetings are six times a year on the second Thursday of alternate months.

Senior Health Line: Nutrition and Bone Health

Robin Danto, Home Economist, MSU Extension – Oakland County

Your bones are living tissue. They need nutrients to grow, heal and maintain their strength. The nutrients bones need come from a well-balanced diet throughout a lifetime.

Calcium is crucial to bone health. Minerals make bones strong, prevent bone loss and reduce broken bones. The recommended daily intake of calcium for adults is 1,200 milligrams. Unfortunately, most adults do not get this amount through their diet. Milk and other dairy products are the best dietary sources of calcium. Calcium is in broccoli, kale and calcium fortified foods like cereals. Calcium supplements taken with Vitamin D and magnesium can reduce the rate of bone loss. Vitamin D is necessary to absorb calcium and magnesium keeps calcium from being deposited in soft tissue.

Fruits and vegetables can also improve bone health. Produce is low in calories and fat. They provide fiber along with vitamins and minerals. Fruits and vegetables contain phytochemicals that help fight off different diseases and protect against osteoporosis or the loss of bone. It is important to eat 3 1/2 cups of fruits and vegetables every day in a variety of colors. They are good sources of minerals such as magnesium and potassium and vitamins A, C and K. All these nutrients are important for your bones. Grains provide magnesium and fiber to the diet. Whole grains add more nutrients than refined grains.

Dietary protein is also important for bone health. Protein is a major source of bone tissue. It is important to maintain and repair bone tissue. Choose high quality protein such as eggs, skinless poultry, fish, lean meats, beans, nuts and seeds. Low fat dairy products also provide protein along with calcium to keep bones healthy. About 30% of your daily calorie intake should come from protein.

Fat is necessary for your body to function properly. Saturated fats that come from red meats are not good for bone health. Eat in small quantities. Better choices are the fats found in nuts, seeds and plant sources. Cold-water fish contain healthy omega 3 fatty acids. Remember; however, that fats contain twice as many calories as protein and carbohydrates, so limit the amount of fat consumed.

An excess of salt in the diet raise blood pressure and leads to the loss of calcium from bones. The recommended dietary allowance for sodium is not to exceed 2,300 milligrams a day. That is about one teaspoon of salt. This includes all sources of sodium including sodium in processed foods.

Phosphorus is a food additive found in many processed foods. Too much phosphorus can interfere with the absorption of calcium from the diet. Evaluate phosphorus ingestion by reading food labels.

Alcohol consumption can lead to bone loss along with reducing the body's ability to absorb calcium. Limit alcohol consumption to no more than one drink per day for women of all ages and for men over the age of 65. While caffeine does not harm bone health, the concern caffeine is that there is a risk of substituting caffeinated beverages for milk.

Nutrition plays a large factor in the health of our bones and the prevention of osteoporosis. As we age, it is important to reduce the loss of bone mass and calcium as osteoporosis can cause bone fractures and loss of independence. Through a healthy diet, with adequate calcium, vitamins and minerals and limits on unhealthy fats, sodium and alcohol, bone health can be maintained as we age.

**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

(586) 751-5090

Village Staff

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Director

Stacey Klooster
Administrative Assistant

Denise Giallombardo
Service Coordinator

Mark Benoit
Maintenance Tech

Emmi Parada
Housekeeper

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Malcolm McDougall, President
Mary Blaszczak Betty Challenger
Sr. Mary Fagan Marijo Hockley

EMERGENCY NUMBER

(586) 544-4008

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

Newsletter Committee

Stacey Klooster

Anne Lilla

Diane Sexton



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Embrace the possibilities