



# Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

Mar 2019

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Look for PVM on:

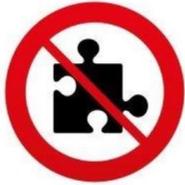


The Village of  
**Westland**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

## UPDATES AND REMINDERS



**As of right now,  
we are not accepting  
any donations  
of books or puzzles.**



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

**Smoking in the apartments is forbidden. Residents violating this policy could be evicted**



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



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



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

**Love living at the Village of Westland?!?!**

**What to live near your friends and get money for it?!?!**

**Here's How!**

**If you refer a resident who ends up living here for at least 90 days, you will receive a \$500 bonus!**



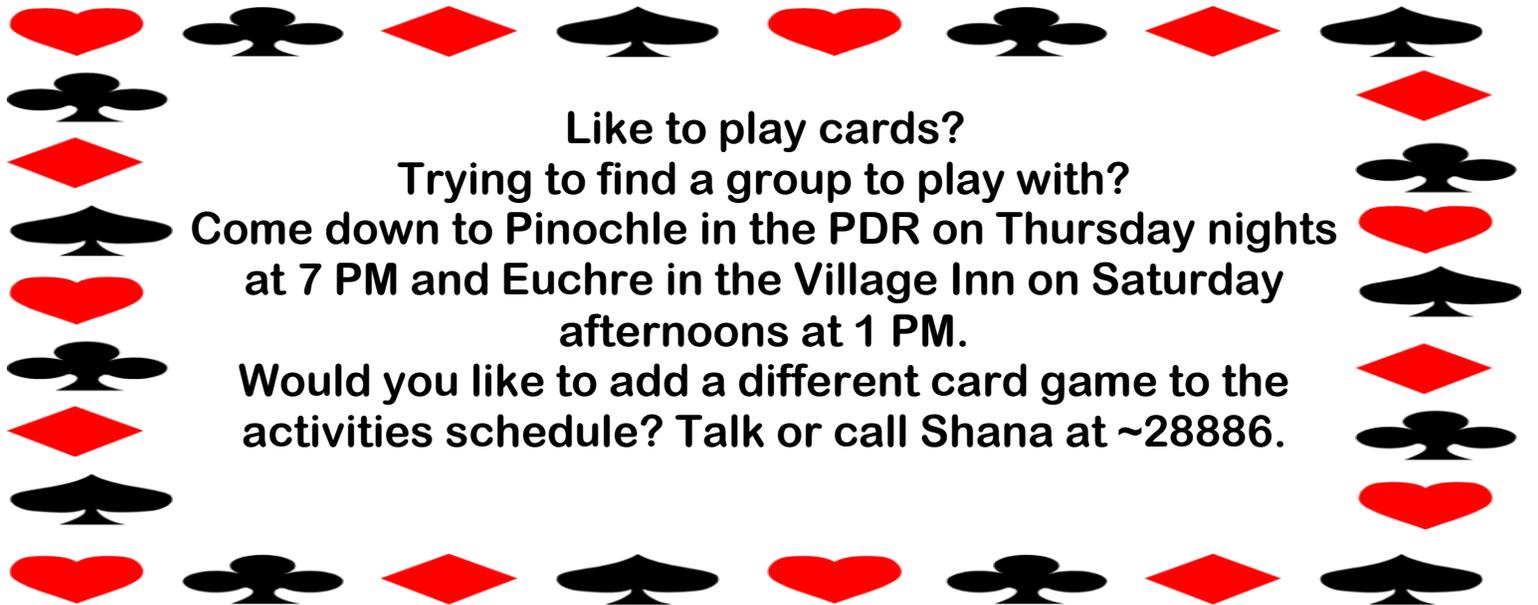
## We are now Eversound connected!

All residents will have access to our Eversound wireless group listening system. Eversound is designed to improve engagement and participation by offering the highest audio quality at all activities - including presentations, outings, music, exercise, movie nights, and more!



**About Eversound:**

*Eversound is a leading provider of wireless headphone technology and engagement solutions designed for senior living communities to facilitate better hearing and increased participation.*



**Like to play cards?  
Trying to find a group to play with?  
Come down to Pinochle in the PDR on Thursday nights at 7 PM and Euchre in the Village Inn on Saturday afternoons at 1 PM.  
Would you like to add a different card game to the activities schedule? Talk or call Shana at ~28886.**



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

By Tom Wyllie,  
Director of Wellness

### The "Ins & Outs" of Shipt - Part 1

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.

#### Staff Extensions...

**Michele White ~ 28885**  
Executive Director

**Mary Saffian ~ 0**  
Lead Receptionist

**Lisa Scott ~ 28893**  
Housekeeping Lead

**Shana Brown ~ 28886**  
Wellness Manager

**Shari Thompson**  
~28952  
Billing

**Jason Lovelly ~ 28927**  
Human Resources

**Kara Otto ~ 28810**  
Social Worker

**Jennifer Wolf ~ 28953**  
Fitness Specialist

**Melissa Nestorovski ~ 28928**  
Marketing Manager

**Breana Wallace ~ 28896**  
Sales and Leasing  
Specialist

**Diane Santo ~ 28889**  
Beauty Shop



# The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

## 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 which 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 with longevity 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 longevity which we inherit do impact 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. I was once told by a dental assistant that there are thirty or forty somethings 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.

# MARCH FACTS

The 3rd month of the year brings us Palm Sunday, St. Patrick's Day, and the start of Spring.

In the Georgian calendar, the calendar that most of the world uses, March is the third month of the year. However, it was the first month and named Martius in the early Roman calendar. Later, the ancient Romans made January to be the first month so March became the third month, which always had 31 days. The name Mars was named after the Roman god of war. In March, the winter ends and spring begins. In the northern half of the world, spring begins in March 19-21, which is the day when the sun is directly over the equator. At this time, the animals end hibernation and begin to show up.

Below are some fun facts about March:

1. The birthstone for March is the aquamarine.
2. The zodiac signs for March are Aries (March 21 - April 19) and Pisces (February 19 - March 20)
3. The birth flower for March is daffodil.
4. American Red Cross Month
5. Fire Prevention Month
6. Women's History Month
7. National Reading Day
8. Saint David's Day
9. World Math's Day - the first Wednesday in March
10. March 1 is the date the Nebraskans celebrate the admission of their state to the union.
11. March 2nd is celebrated by Texas as the anniversary of its independence from Mexico.
12. On March 4, 1681, William Penn was granted Pennsylvania's royal charter.
13. March 25th is celebrated by people in Maryland to commemorate the arrival of the first Maryland colonists in 1634.
14. Purim, a Jewish festival usually occurs in March. It is held on the day corresponding to the 14th day of Adar on the Hebrew calendar.
15. March 8 - International Women's Day
16. March 14 - Pi Day
17. March 19 - Saint Joseph's Day
18. March 22 - World Water Day
19. March 23 - Pakistan Day
20. March 26 - Bangladeshi Independence Day

## Special Events in March

### **Village Victory Cup Informational Meeting**

When: Monday, March 4<sup>th</sup> at 1:30 PM  
Where: Private Dining Room

### **Mardi Gras Party**

When: Tuesday, March 5<sup>th</sup> at 1:30 PM  
Where: Village Inn  
What: Celebrate Mardi Gras/Fat Tuesday with Paczkis and entertainment from Kenny Lang

### **Shopping 102**

When: Friday, March 8<sup>th</sup> at 1:30 PM  
Where: Private Dining Room  
What: As a follow-up to Shopping 101 where we discussed shopping services inside and outside the village, this presentation will show residents how to order through Shipt, Instacart, and Doordash step by step.

### **Irish Silent Disco**

When: Wednesday, March 13<sup>th</sup> at 7:00 PM  
Where: Wellness Center  
What: Using our new eversound system, we will dance the night away! Refreshments will be provided.

### **St. Patrick's Day Party**

When: Friday, March 15<sup>th</sup> at 1:30 PM  
Where: Village Inn  
What: Come celebrate St. Patrick's Day with green beer and Irish themed desserts with entertainment from James Kochans. There will be a costume/outfit contest for the best dressed leprechaun!

### **CNS Hospice Presents: Dealing with Loss and Grief**

When: Friday, March 22<sup>nd</sup> at 1:30 PM  
Where: Private Dining Room  
What: Chaplin Christella will be speaking. Snacks will be provided.

### **Madonna University Presents: "Springing Out of the Winter Blues"**

When: Monday, March 25<sup>th</sup> at 1:30 PM  
Where: Private Dining Room  
Bring friends and family from outside the Village to be entered for a prize. Snacks will be provided.

# Welcome To The Village!



## Residents:

Evelyn Williams  
Judith Lindley  
Walter Johnson  
Richard Calleja

Marjorie Housley  
Josephine Flores  
Margaret Ethrington



## Staff:



Micah Orr  
Dietary Assistant

# February's Craft was... Green Flower Wreaths!



# March's Craft is... Sock Bunnies!



## ~ Transportation Services ~

### Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, and Walgreens (all off of Merriman Road))

### Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) at 10 AM
- All Shopping trips load/unload a maximum of four bags per resident  
~Electronic scooters are given based on the order of the sign-up sheet.  
This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

### Wednesday's – Banking Day at 11 AM

- Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

### Thursday's and Friday's

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

### Appointment Outings

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

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

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

## Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in March!

Beverly Abraham.....	Mar 2 <sup>nd</sup>	Josephine Flores.....	Mar 19 <sup>th</sup>
Shirley DeKarsky.....	Mar 7 <sup>th</sup>	Carol Wasilewski.....	Mar 24 <sup>th</sup>
Madis Maynor.....	Mar 8 <sup>th</sup>	Art Reinholz.....	Mar 18 <sup>th</sup>
Barb Miller.....	Mar 11 <sup>th</sup>	Elaine Lompra.....	Mar 27 <sup>th</sup>
Cleo Walling.....	Mar 12 <sup>th</sup>	Leonard Lewandowski.....	Mar 28 <sup>th</sup>
Pat Murray.....	Mar 12 <sup>th</sup>	Marlene Hobyak.....	Mar 31 <sup>st</sup>
Mary Jo Davis.....	Mar 16 <sup>th</sup>		

### Have an e-mail address?

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

#### We need your help!

Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers. There are multiple positions available in choose from.

We currently need your help with:

-Bingo

See Shana or Toni to get more information.

**Presbyterian Villages  
of Michigan  
Mission Statement**

Guided by our  
Christian heritage,  
we serve seniors of  
all faiths and create  
new possibilities for  
quality living.

[www.pvm.org](http://www.pvm.org)

**Office Numbers**

**(734) 728-5222**

**Village Staff**

**Michele White**  
*Executive Director*

**Shana Brown**  
*Wellness Manager*

**Jason Lovelly**  
*Human Resources*

**Kara Otto**  
*Social Worker*

**Josh Kephart**  
*Environmental Services Manager*

**Shari Thompson**  
*Billing*

**Jan Smith**  
*Nurse Case Manager*

**Austin Jackson**  
*Dietary Manager*

**Melissa Nestorovski**  
*Marketing Manager*

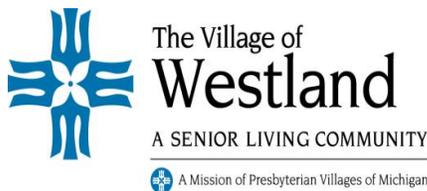
**Lisa Scott**  
*Housekeeping*

**EMERGENCY NUMBER**

**(734) 728-5222**



**Presbyterian Villages of Michigan Foundation** serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan at **248-281-2040** or visit [www.pvm.org](http://www.pvm.org)



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Westland, MI 48186**



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