

Woodbridge Life

Embrace the possibilities

1300 Martin Luther King Jr. Blvd., Detroit, MI 48201 • www.pvm.org

2020 | Issue III

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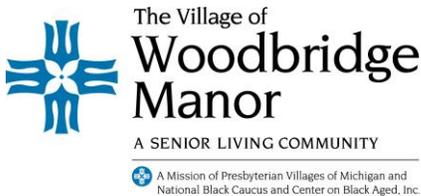
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The Administrator's Pen

Greetings VWM Residents, Family and Friends,

We are approaching our annual Friends and Family campaign fundraiser. This year, our goal is to raise \$4000.00. It's time for a few upgrades. With the funds, we are planning to purchase new furniture and upgrades to our patio. We want everyone to comfortably enjoy the warm days and cool nights that are to come. You deserve it!

Last year, Woodbridge was able to raise \$4,267.00, so I know that this year's goal is attainable. And I believe we will be exceed last year's amount. I want to encourage everyone to reach out to their family, friends, organization(s) and places of worship, and personally ask them to contribute to this worthwhile project campaign. Please keep in mind, that all donations are considered a tax deductible contribution. I believe we can do or have anything we desire, if we come together as a Village; esteeming one another greater than ourselves. So, on April 3rd, come down to the community room for the Friends and Family Kick Off and help us jump start this year's campaign! Donation envelopes will be available. Let's work together and accomplish our project goal!



GO PANTHERS!

Aaron E. Price
Administrator

Look for PVM on:





PANTHERS PRINT

Blessings Woodbridge Manor Residents,

On March 5th, there will be a Village Victory Cup (VVC) meeting in the community room. I hope that everyone will come down to get the information on this year's VVC. The VVC will be held on Friday, June 5th. at the Novi Showplace. This year is guaranteed to be one of the best!

Preparations are underway and we will began practicing for the various events beginning Tuesday, March 10th in the community room. The events this year will include:

Walking
 Balloon Volley Ball
 Hoop Shoots
 Puzzle
 Big Bag Toss
 Lip Sync
 PVM 75th Anniversary Banner

If you are interested in joining one of the teams, please come down and meet us for practice. We are excited and we plan to bring our A-game and VWM Panther Pride! So, please come and join us for fun and fellowship!



Go Panthers!

Upcoming Events and Outings:

- ❖ Annual Friends and Family Campaign Kick Off – Friday, April 3rd
- ❖ Detroit Zoo Senior Day – Wednesday, April 22nd.
- ❖ DIA Visit - Thursday, April 30th.
- ❖ Spring Birch Run Trip – Wednesday, May 13th
- ❖ C.H.W. African American Museum – Thursday, May 28th.
- ❖ Annual Funder Dome - at The Village of Oakman Manor – Friday, June 19th.
- ❖ Detroit Motown Lunch Cruise – Friday, July 10th.
- ❖ Chicago Overnight Trip – Tuesday, August 18th. – Wednesday, August 19th.
- ❖ Niagara Falls Overnight Trip–Tentatively Monday, Sept. 14th – Wednesday, Sept. 16th.
- ❖ Universoul Circus - TBD

Please remember to sign up for all trips.

Have a blessed and safe month!



Inspirational Moments

TBD

Resident Chaplain/Volunteer

Inspirational Prayer

(By a Resident)



Thank You Lord for waking me up and giving me a brand new day.

Thank You Lord for loving me in such a special way.

Thank You for taking fear away from me and showing me that you're always with me,
you'll never leave me, and I'm thankful I am saved.

I give you praise and glory each and every day.

I thank you for putting the desire in me to help someone today,
With a kind word or a hug or just to listen and to share my love for you with them,

I want everyone to know just how happy that I am, so thank you Lord for loving

And blessing me to care and love others, like your care and love me.

Thank You Lord!



Coordinator's Corner

By TBD
Service Coordinator

Enhance Driver's License / State Issued I.D.

Beginning Oct. 1, 2020, your driver's license or state ID card must be REAL ID compliant if you wish to use it to fly domestically in the U.S. or enter certain federal facilities, military bases and nuclear power plants.

The federal standards known as REAL ID were drafted by Congress in response to the Sept. 11, 2001 terrorist attacks based on recommendations from the 9/11 Commission. REAL ID sets document and security protocols for the production of driver's licenses and ID cards, including the use of features to prevent illegal copying or altering. The U.S. Department of Homeland Security is charged with enforcement of REAL ID. [More information about the REAL ID Act is available on the U.S. Department of Homeland Security website, including REAL ID FAQs.](#)

Applying for an Enhanced Driver's License (Over 18, Already Licensed)

The enhanced driver's license is a cost-effective and convenient document that meets driving, identification and border-crossing needs. It is a federally approved document that allows you to re-enter the U.S. when traveling by land or sea from Canada, Mexico, Bermuda and the Caribbean. While not required, the enhanced license is an excellent alternative to a standard license because it is especially handy for business travel, vacations or quick trips. Several states, in addition to Michigan, offer an enhanced license.

Applying for an Enhanced Driver's License

To upgrade your valid Michigan or out-of-state license to an enhanced Michigan license, follow these steps.

Eligibility:

1. You must be a U.S. citizen and a Michigan resident
2. You must have no violations, suspensions, revocations or denials on your driving record that would prevent you from legally operating a motor vehicle

Please note: When applying for an enhanced driver's license, your first and last name and date of birth on documents should match. If your current legal name is different from what is shown on your birth certificate, passport, or other citizenship document, you must present lawful proof of the name change, such as an original marriage license, divorce decree or court order.

Office Hours

Monday – Friday 9:00 am – 4:00 pm

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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Lyndsey Malkovich, a student intern from Oakland University's Wellness, Health Promotion & Injury Prevention program.

Taste the Rainbow!

If like me, you have “candy-aholic” tendencies, you may recognize the phrase, “Taste the Rainbow!” as being the tagline for the candy Skittles. Though snacking on Skittles might help satisfy your sweet tooth, it's not going to do much for your health. Rather than indulge in a rainbow of colorful candy, you'd be much better off if, when preparing your meals, you filled your plate with fruits, vegetables and other colorful whole foods. Doing so will help ensure you eat a variety of foods and thus get the nutrients your body needs to stay healthy and strong.



Below is a list of foods that match the colors of the rainbow along with some of their potential health benefits. If they aren't already a part of your diet, you might want to consider adding them.

- **Red** (may help reduce cancer risk) - apples, tomatoes, red peppers, raspberries, strawberries, watermelon, cranberries, cherries, red grapes, pomegranate, beets.
- **Orange/Yellow** (may help improve immune function) – oranges, grape fruit, mangoes, carrots, sweet potatoes, pineapple, peaches, winter squash, cantaloupe, corn.
- **Green** (may boost the immune system) - broccoli, spinach, peas, kale, arugula, avocado, edamame, asparagus, green beans, zucchini, kiwi fruit, romaine lettuce, Brussel sprouts.
- **Blue/Purple** (may help reduce inflammation) – blueberries, blackberries, eggplant, plums, prunes, figs, purple grapes, purple cabbage.
- **White/brown** (may help reduce cancer risk) – cauliflower, garlic, mushrooms, onions, potatoes, parsnips, jicama (Mexican turnip).

For more information on eating healthy visit <https://www.choosemyplate.gov/>.



NCBA believes older adults — regardless of race, ethnicity or status — are the fabric of our country and have earned the right to enjoy their golden years without fear or lack of resources.

The National Caucus & Center on Black Aging, Inc. was founded in 1970 to ensure that the particular concerns of elderly minorities would be addressed in the then-upcoming 1971 White House Conference on Aging.

Since then, NCBA has helped protect and improve the quality of life for elderly populations, making certain that legislators, policy makers, philanthropists, advocacy groups, service organizations, thought leaders and the public at-large include minority seniors in their programs, policy- and law-making, and giving.

NCBA is one of the country's oldest organizations dedicated to aging issues and the only national organization devoted to minority and low-income aging.

Employment Opportunities

As one of the largest minority focused organizations in the country, NCBA works to facilitate sharing resources, information and experiences across the spectrum of policy makers, legislators, advocacy and service organizations for aging professions to address issues to assist seniors with challenges in a changing and increasing senior population. NCBA provides programs and services including employment training through its Senior Environmental Employment (SEE) Program and its Senior Community Service Employment Program (SCSEP)

Health and Wellness

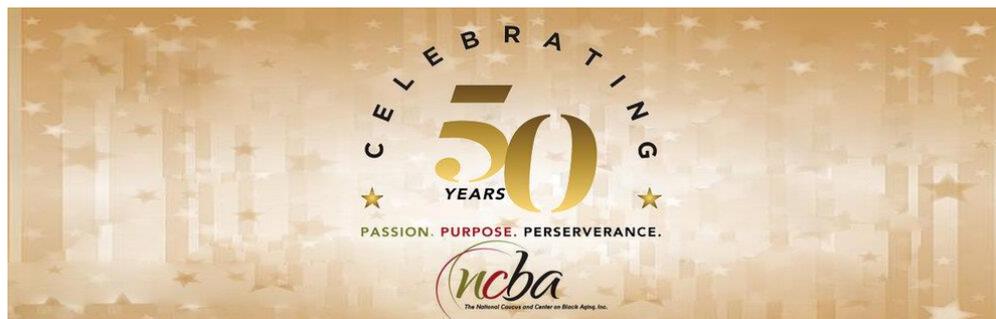
NCBA encourages and empowers seniors to make healthy lifestyle choices, offering a variety of direct services, counseling and resources on nutrition, physical activity, early detection and screening and behavior modification.

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.

Affordable Housing Overview

Established in 1977, the NCBA Housing Management Corporation (NCBA-HMC) is the organization's largest program and service to seniors. NCBA-HMC provides senior housing for over 500 low-income seniors with operations in Washington, DC, New Orleans, LA, Jackson, MS, Hernando, MS, Marks, MS, Mayersville, MS and Reidsville, NC.

The program is funded by a grant from the US Department of Housing and Urban Development.





Giving Matters.

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

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2020 FRIENDS & family CAMPAIGN

Now is the time to give to YOUR community!

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.



TO MAKE A GIFT:
See the front desk for a donation envelope or, call 248.281.2040 or visit pvmf.org



April 1 - 30

GIVE TO YOUR LOCAL VILLAGE TODAY!

To learn more about your Village's individual fundraising goal and project, attend your Village Kick-Off Party or look for flyers and posters. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, **every gift matters!**

To Make a Gift:

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Thank you!
Paul J. Miller, CFRE

Your Life. Your Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest... and leave a legacy.

For more information, call Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

VWM Board of Trustees

- E. Kern Tomlin, Board Chair
- John Gardner, Vice Chair
- James T. Bradford, Treasurer
- Elaine Hearn, Secretary
- Stacy Brackens, Member
- Ellen Childs, Member
- McCoy Hicks Jr., Member
- Lynda K. Jeffries, Member
- Paul Johnson, Member
- James Long, Member
- Donald J. McSwain, Member
- Michael Morrison, Member
- Gwendolyn Robertson, Member

Census is coming in March 2020

BE COUNTED AS A DETROITER!

If you count on free/reduced lunch, Head Start programs, Medicare/Medicaid, Bridge cards: Be Counted!

This letter will be sent to you in MARCH. It will contain either a paper form or an access code to take the Census online.



DISTRICT 6: NUMBERS TO KNOW



Raquel Castañeda-López, District 6 Councilmember
313-224-2450
councilmemberraqueled@detroitmi.gov

**Brenda Jones, City Council President
Councilmember at Large**
313-224-1245
bjones_mb@detroitmi.gov

Janeé Ayers, Councilmember at Large
313-224-4248
councilmemberayers@detroitmi.gov

Lisa Carter, Police Commissioner
313-596-2478
CarterL276@detroitmi.gov



Eva Torres, District Manager
313-236-3530
torrese@detroitmi.gov

Antonio Mora Mills, Deputy District Manager
313-236-3529
millsa@detroitmi.gov

District Business Liaison
313-963-2940



**Cesar DeArmas
District 6 BSEED Inspector**
313-643-9182
dearmasce@Detroitmi.gov



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

If You See Something Say Something

Elder abuse and exploitation is at an all time high. Daily we see reports and news about horrific physical abuse and neglect as well as scam artists stealing millions of dollars from unsuspecting seniors. Sadly many of the perpetrators are family members or other persons of trust.

Seniors need to count on the goodness of others at times to end abuse and bring the perpetrators to justice. Unlike children who attend school daily, seniors can be closeted away and hidden from others.

If you sense that abuse may be going on trust your instincts. To make a report about a vulnerable you believe is in need of protective intervention, contact the Michigan Department of Health and Human Services, Centralized Intake for Abuse and Neglect at (855) 444-3911. You can remain anonymous. Look out for your fellow seniors.

Respectfully,

Lynn Alexander

PVM TO CELEBRATE OUR 75TH DIAMOND ANNIVERSARY THROUGHOUT 2020





Maintenance Tips

Eric Thompson
Maintenance Technician

What are you putting down your drains?

Fats, Oils and Grease (FOG)

Grease in sewer pipes causes sewer maintenance problems for property owners and the city. When you use your toilet, shower, washing machine or dishwasher, wastewater leaves your home through pipes that connect to the city sewer system.

Many materials frequently flushed or poured down the drain can harm the pipes that connect to city sewers as well as the city sewer system. Every property owner connected to the city sewer system can be a potential contributor to sewer problems, and a potential victim of those problems.

Putting the wrong things down the drain can damage the sewer system, cause sewer backups in your home, and sewer releases to the environment. Anyone who uses the city sewer system should be responsible for what they flush or pour down drains. Never pour grease in your sink drain and try to use your garbage disposal less.

Don't Flush This

Basically, the only things you should ever flush down a toilet are human waste (urine and feces) and toilet paper. *Even though some products such as wipes and baby diapers claim to be flushable, they aren't.* Here is a list of some things to keep out of the toilet.

- disposable diapers
- sanitary napkins/wipes
- cotton balls and swabs
- feminine hygiene products
- cleaning wipes of any kind
- facial tissue
- bandages and bandage wrappings
- automotive fluids
- paint, solvents, sealants and thinners
- poisons and hazardous waste
- pet poop

A few reminders:

- *Please report all maintenance repairs to the office. (313-494-9000)*
- *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.*



Dial 313-319-2018

For after-hours maintenance emergencies.



Linson's Letter

By Jazzmene Linson,
Administrative Assistant

March is also known as "*Women's History Month*".

National Women's History Month was established by presidential proclamation in order to draw attention to and improve the focus on women in historical studies. It began in New York City on March 8, 1857, when female textile workers marched in protest of unfair working conditions and unequal rights for women. It was one of the first organized strikers by working women, during which they called for a shorter work day and decent wages.

On March 08, 1908 women workers in the needle trades marched through New York City's Lower East Side to protest child labor, sweatshop working conditions, and demand women's suffrage. In 1910, March 8th was observed as International Women's Day. Women's History Week was instituted in 1978 in an effort to begin adding women's history into educational curricula. In 1978, the National Women's History Project successfully petitioned Congress to include all of March as the Celebration for the economic, political, and social contributions of women.

March 10, 1903 – Claire Boothe Luce, politician & playwright, was born in New York City – She served in the House of Representatives 1943-1947. She later became the 1st woman appointed as U.S. Ambassador to a major country. (Italy)

March 12, 1994 – The Church of England ordained 32 women as its first female priests.

March 14, 1833 – Lucy Dobbs was born in New York City – she was the first female dentist. She received her degree in 1866 from the Ohio College of Dental Surgery and she was a women's rights advocate.

Sarah Breedlove – (12/23/1867 – 5/25/1919) Known as "Madame C.J. Walker – she was the first black woman self-made millionaire with her hair products. She had beauty schools in 3 states. She had the largest manufacturing company in the world.

2005 – Ellen Johnson Sirleaf became the first black woman to be elected President of an African State. She's a Politician and Economist, she studied at Harvard and became Minister of Finance on her return to Liberia.

2005 – Oprah Winfrey – The first black woman to become a Multi-millionaire according to Forbes Magazine.

2009 – Michelle Obama – The first black woman to become The First Lady of the United States.

Events for March 2020



Happy Birthday!



Selester Kirkwood – 3/3
Russel Williams – 3/7
Ernie Buchanan Jr. – 3/13
Mildred Wilson – 3/18
Julia Colbert – 3/21
Peggy Clark – 3/22
Mary Washington – 3/31

MARCH 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 3:00 PM Church 	02 10:00 AM Shopping 	03 7:00 PM Bible Study 	04 10:30 AM Movie with Detroit Police Department	05 12:00 PM Bingo with DPD 3:30 PM Bible Study 7:00 PM Keno 	06 12:00 PM Village Victory Cup Meeting 7:00 PM Keno	7 10:00 AM Mason's Brunch
08	09 10:00 AM Shopping 	10 7:00 PM Bible Study 	11 11:00 AM Administrator's Resident Meeting 	12 11:00 Cracker Barrel 3:30 PM Bible Study 7:00 PM Keno 	13 7:00 PM Keno	14 7:00 PM Keno
15	16 10:00 AM Shopping 	17 10:00 AM Movie and Lunch Buffet 7:00 PM Bible Study 	18 11:00 AM Focus Hope 	19 3:30 PM Bible Study 7:00 PM Keno 	20 7:00 PM Keno	21 7:00 PM Keno
22	23 10:00 AM Shopping 	24 7:00 PM Bible Study 	25 11:00 AM Resident Activity & Birthday Celebration 	26 11:00 AM Golden Coral 3:30 PM Bible Study 7:00 PM Keno 	27 12:00 PM Resident and Staff Lunch	28 7:00 PM Keno
29	30 10:00 AM Shopping 	31 7:00 PM Bible Study 				

March Recipe

Ingredients

- 1 (6 oz.) package fresh baby spinach chopped
- 1/3 cup refrigerated pesto sauce
- 1 (15 oz.) jar Alfredo sauce
- 1/4 cup chicken broth
- 12 ounces uncooked penne pasta, cooked according to package directions 2 1/2 cups chopped rotisserie chicken
- 4 ounces pre-shredded low-moisture part-skim mozzarella cheese (about 1 cup)
- 2 tablespoons thinly sliced fresh basil
- 1/4 teaspoon paprika



Directions

Step 1

Preheat oven to 375°F. Toss together spinach and pesto in a medium bowl.

Step 2

Stir together Alfredo sauce and chicken broth in another bowl. Spread one-third of Alfredo mixture (about 1/2 cup) into a lightly greased 11- x 7-inch baking dish. Top with half of spinach mixture.

Step 3

Stir together cooked pasta, chicken, and remaining Alfredo mixture; spoon half of chicken mixture over spinach mixture. Repeat layers once with remaining spinach mixture and chicken mixture.

Step 4

Bake in preheated oven 30 minutes. Remove from oven, and sprinkle with cheese. Return to oven, and bake until hot and bubbly, about 5 minutes. Top with basil and paprika

Monthly Word Search

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

AQUAMARINE
 FLOWERS
 MARY
 RUSSELL

CLOVERLEAF
 JAZZMENE
 MILDRED
 SELESTER

ERNIE
 JULIA
 PEGGY
 SPRING

March Observances & Fun Facts:

What is March Known For?

Women's History Month
Prostate Cancer Awareness Month
Ovarian Cancer Awareness Month
Aviation History Month
Child Safety Protection Month
National Adoption Awareness Month
National Caregivers Month
National Diabetes Awareness Month
National Model Railroad Month
National Novel Writing Month
Native American Heritage Month
Peanut Butter Lovers Month
National Sleep Comfort Month
Red Cross Month
March To Health

March Flower and Birthstone

Flower: Daffodil



Birthstone: Aquamarine





Become a Fan of VWM 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 Woodbridge Manor - VWM or go to facebook.com/The Village of Woodbridge Manor -VWM
- 3) Click on the "Like" button to become a fan of VWM

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

The Village of Woodbridge Manor - VWM



VWM Classifieds:



VWM 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 Goodfellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of VWM Gifted Hands.



VWM Compassionate Hearts:

If you have a heart for people, we're looking for volunteers to join VWM Compassionate Hearts. 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.



VWM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, VWM Growing Hands. This group of volunteers work-in and care for our garden and plants in the building. We're praying that VWM 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 come and part of these wonderful group of residents.



VWM Caring Hands:

We are in need of volunteers for our homeless project. 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.



VWM Fisherman:

Love to fish? This is the group for you! VWM Fisherman 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

Aaron E. Price
Administrator

Jazzmene Linson
Administrative Assistant

Dana Phelen
Director of Housing

Eric Thompson
Maintenance Tech

TBD
Housekeeper

TBD
Service Coordinator

Office Number

(313) 494-9000

Fax Number

(313) 832-7853

Emergency Number

(313) 319-2018

Service Coordinator

(313) 494-9000



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

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

**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