



Village Voice



Embrace the possibilities

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

March 2020

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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

For the month of March, the tax runs and banking will coincide on Wednesday mornings. Leave time for those outings are 9:30 AM

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



What your groceries delivered? Need help ordering online? Please contact Shana at 734-762-8886 to schedule an appointment if you need assistance.

Love living at the Village of Westland?!?!

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

Here's How!

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



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/>.

Staff Extensions...

**Michele White ~
28885
Executive Director**

**Mary Saffian ~ 0
Lead Receptionist**

**Shana Brown ~ 28886
Wellness Manager**

**Shari Thompson
~28952
Billing**

**Jason Lovelly ~ 28927
Human Resources**

**Kara Otto ~ 28810
Social Worker**

**Jennifer Wolf ~ 28953
Fitness Specialist**

**Breana Wallace ~
28896
Marketing Manager**

**Amber Tomkinson ~
28896
Sales and Leasing
Specialist**

**Diane Santo ~ 28889
Beauty Shop**



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

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.



Dietary Digest



Engaging residents, garnering feedback, and incorporating those suggestions into your menu is just as important as proper execution in the kitchen. Chef Walter and I regularly meet with you all tableside to create an open dialogue about what our culinary team is trying to accomplish, get your opinions, and foster relationships. Doing so not only builds mutual trust and understanding, it gives our residents a say in their dining experience.

Part of our menu design comes directly from our tableside visits. Another part of us designing our menu happens during the Food and Nutrition meeting on Monday's at 12:30 and our Menu Chat, Wednesdays at 12:30. Our crowd at these meetings has been over 20 for three consecutive meetings, which is outstanding. Some of the changes that have come to our menu because of these meets are; switching back to cod on Friday's instead of other varieties of fish, new dinner rolls and muffins to put into our breadbaskets, banana splits for desert, a lighter batter on our Friday fish fry and Taco Tuesday.

Your feedback and our execution is the key to our success. We love speaking with you all and look forward to hearing more feedback at our table visits and our weekly meetings in the Private Dining Room.

Andrew Cousins, Dietary Manager

MARCH FACTS

- March is the third month of the year in the Gregorian Calendar, it was the first month in the early Roman calendar with March 1 designated as the new year
- It is was named Martius after Mars, the Roman god of war
- Great Britain and her Colonies continued to use March as their beginning month until 1752
- March's birthstone is aquamarine and bloodstone
- Its birth flower is the Daffodil (Narcissus)
- The Anglo-Saxons called the month Hlyd monath which means Stormy month, or Hraed monath which means Rugged month
- In the USA March is National Nutrition Month, National Peanut Month, National Women's History Month and American Red Cross Month
- March starts on the same day of the week as November every year
- Four U.S. Presidents. Andrew Jackson, James Madison, Grover Cleveland and John Tyler where born in this month
- When the Anglo-Saxons converted to Christianity, they held their chief season of fasting at this time the month 'fast of lenet monet' which in time became 'Lent'

**15th Annual Village Victory Cup
Friday, June 5, 2020
Suburban Collection Showplace
Novi, Michigan**

Events:

- **Sing-a-long (New to 2020!)***
- **Banner Art (New to 2020!)***
 - **Beanbag Toss**
 - **Hoop Shoot**
 - **Wellness Walk**
 - **Puzzler**
 - **Balloon Volleyball**
 - **Kick-a-Roo**

This is an all-day event. We leave the Village About 9:45am and return by 5:30pm. Lunch is included.

If you are interested in participating this year, please go to the Information Meeting on Friday, March 6th at 1 PM in the PDR and/or see Wellness staff. Our final roster has to be turned in by Thursday, May 14th.

***need not be present to enter**

Brunch Buddies

Bring a Buddy to Brunch you may receive a **FREE** month of rent on us!

You're Invited

March 10, 2020 @ 11:00AM



The Village of
Westland
A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

We want you to invite your friends to come along with you.

We want your friends to become your new neighbors.

Take a tour with us, enjoy good food, and after your buddy moves in to The Village of Westland and has lived here for 90 days you will receive 1 month free.

*Your friend must not be a current resident of The Village of Westland.

*Your friend must be an adult

*Your friend must not have attended a brunch buddies event previously

RSVP with Breana or Amber in the Marketing department

Village of Westland March Events

Tax Run (every Wednesday in March)

At 9:30 AM

***Sign-up in the mailroom**

**Village Victory Cup Informational Meeting
Private Dining Room at 1 PM on Friday, March 6th**

Buddy Brunch

Private Dining Room at 10 AM on Tuesday, March 10th

***Bring a buddy from outside the Village for a free brunch**

Voting Run

1:30 PM on Tuesday, March 10th



**Lent Services in the
Chapel of All Faiths at 1:30 PM
on Wednesdays starting on March 11th**

St. Patrick's Day Party

Private Dining Room/Village Inn at 1:30 PM on Tuesday, March 17th

Tiger's Opening Day/Friend and Family Kick-off Party

Private Dining Room/Village Inn at 1 PM on Monday, March 30th

***Best Dressed Tiger and Closet Score Prediction contests**



Welcome To The Village!



Residents:

Marilyn Amann
Roy Williams
Naomi Buffington
Patricia and Alan Thomas



Staff:



Abe Shannek
*Maintenance
Technician*



Davita Jones
*Dining Services
Assistant*



Breonna Robinson
*Dining Services
Assistant*



Josh Hulet
Cook



Jermaine Prince
Cook

February's Craft was... Pots of Gold!



March's Craft is... Spring Vases!



~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, 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 1:30 PM

- Banks within 5 miles such as Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

Thursday's and Friday's

- 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!

Madis Maynor.....	Mar 8th	Sylvia Miller.....	Mar 21st
Barbara Miller.....	Mar 11th	Carol Wasilewski.....	Mar 24th
Cleo Walling.....	Mar 12th	Frederick Adams.....	Mar 24th
Clara Huffman.....	Mar 12th	Art Reinholz.....	Mar 27th
Josephine Flores.....	Mar 11th	Maryann Christian.....	Mar 28th
Evelyn Boucher.....	Mar 21st	Donna Cole.....	Mar 29th

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:

- “I’M OKAY” Program
- Resident Ambassadors

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

Office Numbers

(734) 728-5222

Village Staff

Michele White
Executive Director

Jason Lovelly
Human Resources

Jan Smith
Nurse Case Manager

Breana Wallace
Marketing Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Andrew Cousins
Dietary Manager

Brenda Seifert
Housekeeping Lead

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



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Westland, MI 48186**



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