



# Village Voice



## Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

Apr 2018

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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

**Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.**



**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!**



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

By Tom Wyllie,  
Director of Wellness

### Alcohol: the Good, the Bad, & the Ugly

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits ( $\leq 2$  drinks/day for men,  $\leq 1$  drink/day for women), it's excessive drinking that you have to worry about. Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits. If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol.

For more information on the health effects of alcohol, visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov).

#### 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

**Pam Webert ~ 28953**  
Fitness Specialist

**Melissa Nestorovski ~ 28928**  
Marketing Manager

**Sam Wingerter ~ 28896**  
Sales and Leasing Specialist

**Lisa Hall ~ 28889**  
Beauty Shop



# The Senior Advocate.

*By Lynn Alexander,  
Senior VP & Chief Marketing Officer*

## **An Aging Well Attitude Can't Be Beat!**

I often speak about the importance of having an Aging Well Attitude as an important aspect of aging. Recently inspiration has arrived in the personhood of Sister Jean Schmidt, Loyola-Chicago's 98 year old chaplain. She has been their basketball team's good luck charm during their NCAA March Madness tournament journey. Sister Jean has a sense of humor and is talented when it comes to branding. During her team's Elite 8 game versus Kansas she was spotted wearing custom-made Nikes; and she is even the star of her own Bobblehead. She of course is not making any claim for profits but is simply supporting the team and university. She has become "the face of Loyola-Chicago".

Schmidt prays with the players before games and gives them scouting reports the next day, according to the Associated Press and Fox News. Her players consider her to be their not-so-secret weapon. They have proven themselves to be a team that can't be beat for now. Sister Jean has proven that having an Aging Well Attitude can't be beat. In fact, the qualities and assets inherent in this story match reports of studies as to what creates quality of life and even perhaps longevity: Having a passion, dedicating oneself to the pursuit of that passion, having a sense of belonging and being a part of something greater than oneself, to be engaged and engaging...

There's a lesson to be learned from this for us all. WHAT IS YOUR PASSION?

**After residents voted for each other in categories, the Oscar went to...**

**Best Dressed Nominees Included:**



Males:

- Tony Pakula
- Art Reinholz
- Charlie Olsen
- Mike Woodman
- Austin Patterson

**Winner: Art Reinholz**



Females:

- Jean McGill
- Jeri Adrian
- Motoko Huthwaite
- Jackie Korpi

**Winner: Jeri Adrian**



**Most Positive Nominees Included:**

Males:

- Ken Brooks
- Mike Woodman
- Vern Keunh
- Austin Patterson

**Winner: Mike Woodman**



Females:

- Wava Hanna
- Ruth Gradlund
- Faye Myers
- Norma Gierczak

**Winner: Ruth Gradlund**

**Best Smile Nominees Included:**

Males:

- Chet Parsell
- Ken Brooks
- Bill Pugh
- Austin Patterson

**Winner: Chet Parsell**



Females:

- Maggie Haack
- Romayne Rhodes
- Linda Klebba

**Winner: Maggie Haack**

**Funniest Nominees Included:**

Males:

- Bob Miller
- Tony Pakula
- Art Reinholz
- Austin Patterson

**Winner: Austin Patterson**



Females:

- Maggie Haack
- Suzanne Edwards
- Carol Thompson
- Doris Woodman
- Jean Smith
- Linda Klebba

**Winner: Maggie Hacck**

**Most Talented Nominees Included:**

Males:

- Bob Meads
- Tony Pakula
- Ken Brooks
- Austin Patterson

**Winner: Tony Pakula**



Females:

- Jeri Adrian
- Johanna Schoel
- Pat Boyington
- Susan Langham

**Winner: Pat Boyington**



# APRIL FACTS

The 4th month of the year brings us April Fools' Day, Earth Day, and the chance for some rain.

According to early Roman calendar, April was the second month but became fourth when they started to use January as the first month. The name originally came from Aprilis, meaning 'to open'. In April, small animals that were hibernating usually come out and the birds fly back northward to settle, bees and butterflies begin to gather nectar. In some parts of the world, April is planting time but in other parts, it's the harvest season. Because of the nice warm weather of April, amateur athletes begin to go outside while the professional baseball begins. People usually do huge spring cleaning and mowing. The first day of April begins with April fool's day.

Below are some fun facts about April:

- 1.The birthstone for April is the diamond.
  - 2.The zodiac signs for April are Aries (March 21 - April 19) and Taurus (April 20 - May 20).
  - 3.The birth flower of April is typically the Sweet Pea or the Daisy.
  - 4.Global Child Nutrition Month
  - 5.Humor Month
  - 6.Mathematics Awareness Month
  - 7.The Revolutionary War in America began on April 19, 1775.
  - 8.April 23rd is known as the Feast day of the Patron Saint of England.
  - 9.On April 30, 1975, General Duong Vanh Minh surrendered and the Communist forces captured Saigon which led to the end of the Vietnam War.
  10. On April 4, 1818, a flag that contained 1 star for each state and 13 stripes was adopted by Congress.
  11. In Fayette, N.Y. on April 6, 1830, the Church of Jesus Christ of Latter-day Saints was founded by Joseph Smith.
  12. On April 6, 1917 the United States declared war on Germany in World War I.
  13. On April 4, 1949, the North Atlantic Treaty was signed.
  14. On April 11, 1814, Napoleon Bonaparte was exiled to the island of Elba and he was abdicated as Emperor of the French.
  15. Good Friday - Friday before Easter Sunday
  16. April 1 - April Fools' Day
  17. April 5 - Arbor Day
  18. April 22 - Earth Day
  19. Thai New Year in Thailand
  20. Khmer New Year in Cambodia
-

# Welcome To The Village!

## Residents:

Marilyn Kimberlin

Peggy Brefka

Lois Bedder



A Special Thank You to the Saturday Knitting Ladies:

“Thanks to all the ladies in the Saturday Knitting Group who made baby hats. 100 hats were donated to the St. Mary’s Hospital Birthing Center. They were greatly appreciated. Thank you again.

~ Betty Hildebrant

## Biography of Ron and Joan Dugas

Edited by: Motoko Huthwaite

Told by: Joan Dugas



We met in 1949. I had all my books and was on the first landing on two flights of stairs at St. Mary High School in Wayne with some girlfriends. Ron was with some guys, his arm in a cast (football injury). We were all flirting and he nudged me just a little too hard and, trying to keep my balance, I ran down the stairs but fell and slid right into the Pastor. I wouldn't talk to Ron for days but we finally made up and we group dated through our school years.

After Ron graduated, he was drafted. We married on the fourth of July, 1953. He continued in the service in Germany. I work as a secretary for Wolverine Tube, Guardian Building, Detroit. Got an upstairs flat in East Dearborn and grew up a little since we married so young.

When Ron came home, he worked during the day and went to Lawrence Tech at night, studying to be an architect, but decided that was not for him. He went to school for journeyman carpentry and then worked for other companies. We moved to a new home in Livonia in 1959. We played cards and bowled with a group of friends and even went on vacations together. Good fun years! Ron finally decided to start his own business in residential renovation in 1969. I handled the paper work from an office in our home so I could be there to raise our five children.

Today our oldest, Gerard, 60, is married, works at Lear in Machinery and Factory Maintenance. His wife, Terry, takes care of a woman with Parkinson's disease and a man with Autism part time. Their son, Marc worked for Ford in India for two years and is now working in Brazil for Ford.

Gerylann, 58, married, until recently worked as a supervisor at St. Joseph in Mt. Clemens, in the Occupational Therapy and Counseling Department, and is now working part time for a new private company.

Christopher, 56, worked with us for 15 years as a carpenter, designer and installer for home renovation. He is also a very good salesman. He has two grown daughters, now has his own cabinet/counter business, and also drives a school bus for Wayne-Westland.

Rose, 55, is married with 2 sons in high school, and lives in Santa Barbara, California. She day cares 4 babies, ages newborn to 18 months, in her own home. Her husband is a cancer survivor and climbs, cuts, and cleans those tall palm trees.

Paul, 53, lives outside Minneapolis. He has a 5-year-old son who keeps him going. Paul is a cancer survivor of 21 years. He has much empathy for those who are ill. He is a systems analyst. He supervises planning and the installation of bar code systems. So if you lose your luggage, it MAY be his fault.

We were in a head on auto collision and Ron was injured enough that he had to retire. A few years later I fell and broke my back. After surgery, we decided to live here at the Village of Westland, a good choice for sure. I had the help of my sister-in-law, whose dad lived here years ago, and my two daughters, who checked out the Village confidentially, then brought me here to choose the apartment.

We are so fortunate to have the love and concern of our children. Gerald, Gerylann and her husband Blair do so much to make our lives easier. The "out of town" kids call and visit when they can. Both Ron and I love gardening and enjoy the landscaping here. We look forward to many good years in this place.

## Family and Friends Events



4/2-1PM

Final Four Kick Off Party



4/13-1PM

Ice Cream Social



4/13-1PM

Coins for a Cause



4/20-6:30PM

Fashion Show



4/25-6:30PM

Family Trivia Night

Attention all Friends and Family, come help us raise money for your loved one by participating in our Friends and Family Fundraisers. All proceeds are being raised to upgrade the community.

**\*\$5.00 Suggested donation for each event**

**Basket raffle tickets will be sold at the front desk for \$1.00 all of April**

For more information please contact 734-728-5222

## Village Events

### NCAA National Championship Party

Date: Monday, April 2<sup>nd</sup>

Time: 1:15 PM

Where: Private Dining Room/Village Inn



Enjoy some wings and dip while watching NCAA basketball highlights and competing for best dressed for your team and best prediction for the end of the game!

### Meet and Greet with Mike Mcdermott

Democratic Candidate for State Representative

Date: Monday, April 2<sup>nd</sup>

Time: 2:00 PM

Where: Private Dining Room/Village Inn



### Phone, Mail, and E-scams Presentation with Glenn Clark

Date: Friday, April 6<sup>th</sup>

Time: 1:00 PM

Where: Private Dining Room/Village Inn



### Senior Spring Craft Fair

Date: Wednesday, April 18<sup>th</sup>

Time: 10 AM ~ 2 PM

Where: 905 Craft Room



### Program for All Inclusive Care for the Elderly Presentation

Date: Wednesday, April 26<sup>th</sup>

Time: 11:00 AM

Where: PDR



# March's Craft was...

## Spring Basket Wreaths



# April's Craft is...

## Photo Coasters!



## ~ Transportation Services ~

### Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

### Tuesday's

- Shopping at Kroger at 10 AM

~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 (1<sup>st</sup>, 2<sup>nd</sup> & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

### 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, shopping in Taylor). There is no cost to the 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 April!

Bob Meads.....Apr 1 <sup>st</sup>	Ralph Hollis.....Apr 6 <sup>th</sup>	Carol Zuverinak.....Apr 18 <sup>th</sup>
Bev Wreford.....Apr 3 <sup>rd</sup>	Bertha Jones.....Apr 8 <sup>th</sup>	Edward Mitchell.....Apr 18 <sup>th</sup>
Ruth Kelley.....Apr 4 <sup>th</sup>	Marj Hansen.....Apr 9 <sup>th</sup>	Paul Holmes.....Apr 20 <sup>th</sup>
Lillie Bell-Rivers.....Apr 6 <sup>th</sup>	Tony Pakula.....Apr 13 <sup>th</sup>	Richard Jonik.....Apr 25 <sup>th</sup>
Bob Koch.....Apr 6 <sup>th</sup>	Florence Brighton.....Apr 14 <sup>th</sup>	Chet Parsell.....Apr 29 <sup>th</sup>
Bill Pugh.....Apr 6 <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 many 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*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Environmental Services Manager*

**Jan Smith**  
*Nurse Case Manager*

**Melissa Nestorovski**  
*Marketing Manager*

**Shana Brown**  
*Wellness Manager*

**Kara Otto**  
*Social Worker*

**Deborah Antal**  
*Dietary Services Director*

**Shari Thompson**  
*Billing*

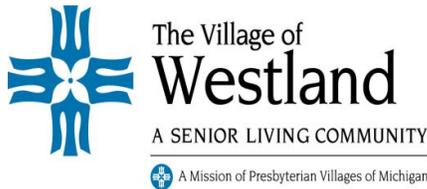
**Lisa Scott**  
*Housekeeping*

**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)



**32001 Cherry Hill Road  
Westland, MI 48186**



**Embrace the possibilities**