

# ✠ Manor Message ✠

## Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2017 | Issue V

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## The Administrator's Pen

Greetings OSM Family and Friends,

I would like to thank everyone for contributing to our Annual Family and Friends fund raising campaign. With your generous support, we are closer to reaching our goal for building upgrades; having WI-FI installed for all residents and guests to enjoy. Thank you to the resident's, board members, neighborhood association, family, friends, patrons and staff of Our Saviour's Manor. You help us to continue to defy the odds. Words cannot express my gratitude to you for all that you do. Thank you for your support!

As you have continued to notice, we have been working diligently on completing our Friends and Family Campaign project for 2016 – Court Yard Upgrades. It is all coming together and looking beautiful. We look forward to seeing many of you have lunch, meditate and just enjoy the scenery. We will announce an official opening and will have a small reception for all the residents to attend once we have completed the project.

And lastly, we are looking forward to the 2017 PVM Foundation Village Victory Cup. On Tuesday, May 10, 2017 at 12:00 pm there will be a meeting in the community room specifically for the Village Victory Cup. If you are planning on attending the VVC, please be sure to come to the meeting. OSM has won the Spirit Award for three consecutive years. We plan to make this number four!

If you need to order a Monarch T-Shirt for you or a family member that plans to attend, please come to the office and see Mrs. Bruner. The deadline to place your order is Friday, May 05, 2017. We are looking forward to an awesome time of fun, fellowship and team spirit.



**GO MONARCHS!**

*Aaron E. Price*  
Administrator



The Village of  
**Our Saviour's  
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,  
Wellspring Lutheran Services and  
The Lutheran Church of Our Saviour

Look for PVM on:





# Monarch Moments

Blessings Our Saviour's Manor,

Wishing Everyone a Very Blessed and Wonderful Mother's Day



Reminder our May Resident Activity meeting is Wednesday, May 10<sup>th</sup> at 12:00 PM. We will be celebrating all of our May Birthdays. Please bring your suggestions and ideas for any activities you may want to see or places you would like to go.

Our Administrator's Resident Meeting, which will be the following Wednesday, May 17<sup>th</sup> at 11 AM.

### Upcoming Events:

OSM DIA Trip is Thursday, May 4<sup>th</sup> at 12 Noon – Please be in the lobby by 11:45 AM.

OSM Resident Fishing trip is Wednesday, May 10<sup>th</sup> – We're leaving OSM at 5 AM – Please be in the lobby at 4:50 AM

Remember to sign up for the following OSM trips:

DIA Trip – Thursday, May 4<sup>th</sup> at 12 Noon

Fishing Bait Store – Monday, May 8<sup>th</sup> at 10 AM

Fishing at Elizabeth Park – Wednesday, May 10<sup>th</sup> at 5:00 AM

The Red Apple Restaurant – May 25<sup>th</sup> at 12 NOON

*Please remember to sign up for all trips.*

Please check the calendar for all of our upcoming activities and events.

**Have a blessed and safe month!**

## Schwan's Delivery Schedule

Fridays

05/12/17

&

05/19/17

2:00 p.m.





# Inspirational Moments

By Warnedie Cross,  
Resident Chaplain/Volunteer

## I Can Do All Things Through Christ Who Strenghtens Me.

(Philippians 4:13)

The Road to success is not straight.

There is a curve called *Failure*,

A loop called *Confusion*,

Speed bumps called *Friends*,

Red lights called *Enemies*,

Caution lights called *Family*,

You will have flats called *Jobs*.

But if you have a spare called *Determination*,

An engine called *Perseverance*,

Insurance called *Faith*,

A driver called *Jesus*,

You will make it to a place called *Success*.





## Coordinator's Corner

By Carolyn Hubbard,  
Service Coordinator

### May Is National Blood Pressure Month

#### Health Risks Of High Blood Pressure

Also known as hypertension, high blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. In the US, heart disease is the most common form of death whilst stroke is the third leading cause. Other risk factors of high blood pressure include congestive heart failure & kidney disease.

High blood pressure can have a huge impact on a person's life. During 2007, over 46 million people in the US visited a health care provider about this condition.

Overall, the incidence of high blood pressure is about the same in men and women. However, there are gender differences between age groups. In people under the age of 45, the incidence of high blood pressure is higher in men while in the over 65 year age category it is higher in women. There are also race differences; it is more common among African Americans than Caucasians and less likely to occur in Mexican-Americans.

In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms.

#### Reducing High Blood Pressure

High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult.

Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African American people. It is also recommended that people eat potassium rich foods which help lower blood pressure. Potassium rich foods include fish, green leafy vegetables, bananas, citrus fruits and potatoes.

Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet rich in fruit and vegetables. There are many affordable blood pressure monitors available for the consumer making it convenient to monitor your blood pressure at home.

For more information visit, the CDC [High Blood Pressure Education Month webpage](#).

#### My Office Hours are as follows:

Wednesday and Thursday from 9 – 5 PM

Friday's are from 9 – 1 PM.

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



## The Village of Our Saviour's Manor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan,  
Wellspring Lutheran Services and  
The Lutheran Church of Our Saviour

### OSM Board of Trustees

Johnnie Jackson, Board Chair

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Carolyn Kimbrough, Member

Michelle Williams, Member

Myra Davenport, Member

Judy Piccininni, Member



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

By Tom Wyllie,  
Director of Wellness

### MARK YOUR CALENDARS!



*“Vee Eye See Tee Oh Are Why”*\* is that your Village’s battle cry? If you’re having a challenge deciphering the battle cry, try reading it again but this time read it out loud. So, is it your Village’s battle cry? Is your Village ready for this year’s Village Victory Cup?



Scheduled for Friday, June 23<sup>rd</sup> this year’s event is being held at the Ford Community and Performing Arts Center in Dearborn. At 11:00 am sharp, PVM Villages from across Southeast Michigan will gather together at this location to compete for the coveted Village Victory Cup travelling trophy. To ensure everyone has the energy they need to compete, lunch will be served from 11:15 – 11:45 am. The games themselves will begin promptly at noon.

If you’re not familiar with the Village Victory Cup, it consists of a series of competitive events that include a puzzle building competition, a walking race, a lip sync battle, a photo contest, a beanbag toss, a timed basketball shoot and more. You earn points for your Village by simply coming to the event and cheering them on. You earn more points if you compete in the events and you earn even more points if you finish first, second, or third in an event. At the end of the day, the Village that scores the most points wins.

To learn how you can join your Village’s team, contact your Administrator.

**\*battle cry = Victory**



# **Mission, Vision & Values**

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

## *Vision*

**Changed Lives. Strong Families. Transformed Communities.**

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

## *Mission*

**Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.**

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.

## *Values*

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- ❖ **Christ-centered**
- ❖ **Excellence**
- ❖ **Integrity**
- ❖ **Life**

*Our Vision* Changed lives. Strong families. Transformed communities.





*Hope flows through us.*



# Giving Matters.

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

## AGE OUT LOUD!

### *Michigan's Everyone's aging, but who is listening?*

**Be the wake-up call!** Your backing and your voice = a variety of services, safe housing for a wide range of older adults and putting veterans first.

YOU and PVM: we're up against a cultural indifference to the elderly. It sounds harsh, but it's true.

#### *Think about it:*

***“Over the hill.” “Senior moment.” “Past your prime.”***

Those are pretty rough words about older adults—and we hear them, or even say them without batting an eye.

**You have the power to change that indifference and make this state a great place to live at any age.** Every time you introduce someone new to PVM, or you make a gift, you're bringing aging out of the shadows. You're making it possible for you and your peers of all income levels, backgrounds and needs to **AGE OUT LOUD**. This month is Older American's Month, so **raise your voices and spread the word.**

#### *World: listen up!*

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

**\*P.S. YOUR IMPACT:** *In 33 Michigan counties, there are now more older adults than school-aged children. HUGE when you consider that those older adults will stay as many kids grow up and move away.\**

\* *“The Age Wave: A Call to Action” Thomas B. Jankowski*

LEAVE A  
*Legacy*

Support PVM during your lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

Ways to make a Planned Gift

**CONTACT US TO LEARN MORE**

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller  
248.281.2045 [www.pvmgifts.org](http://www.pvmgifts.org)

Presbyterian Villages OF MICHIGAN THE FOUNDATION



# Mayor's Message

By William Wild,  
Mayor, City of Westland

Greetings;

Summer will soon be upon us and all of us at City Hall are busy in preparation for another successful summer season as we prepare for the Farmers & Artisans Marketplace opening on Thursday, May 11. This year's opening day is "celebrate mom" themed and is the perfect opportunity to get your mother something special for Mother's Day on May 14 as they offer the finest locally grown produce, flowers and other handmade goods.

Last month I delivered my Annual State of the City Address and had the opportunity to highlight many of our successes over the past year as well as make some exciting announcements for the future. If you missed the event, you can view the entire State of the City on the Mayor's Office page on [www.cityofwestland.com](http://www.cityofwestland.com). I announced the kick off of an ambitious neighborhood makeover plan that will start in the upcoming weeks. City crews will soon begin the process of going through each of the city's neighborhoods, street by street, beginning with the P.D. Graham Elementary School neighborhood on the city's Western boundary. Crews will have a comprehensive 50 point checklist for revitalizing each neighborhood including street sweeping, tree trimming, replacing and straightening street signs, fixing streetlight outages, surveying road conditions for immediate or future repairs, jetting and cleaning sewers and catch basins, and replacing damaged trash or recycling bins and much more. This list of services to be performed can soon be found on the city's website and residents will be able to track the progress of the program online and see what work was completed in their neighborhood.

An additional portion of this program is an ambitious tree planting program, in line with the city's *Mission: Green* Initiative. The tree planting program is aimed at replacing the many residential trees that were killed by the invasive Emerald Ash Borer insect. For a nominal fee, the city will plant a new, beautiful and healthy tree that is resistant to this insect. Each new tree is warranted for one year. Homeowners who lost a tree to the Emerald Ash Borer Disease will receive priority first-round planting while those who have not will be placed on a wait list for future rounds of beautification planting. Trees ordered via this program will be planted in the city's right of way space between the sidewalk and the curb. The final planting location in this space will be determined by the professional installer to ensure healthy clearances from any objects or obstructions. For more information or to order a tree, residential property owners can visit <https://squareup.com/store/westlandtree>

*(Mayor's Message Continued Next Page)*



# Mayor's Message - Continued

By William Wild,  
Mayor, City of Westland

I was also pleased to announce a new premier destination restaurant, Anna's House. Anna's House is a successful restaurant with locations on the West side of Michigan, including Kalamazoo and Holland and Westland will be its first Metro-Detroit location. The restaurant will be renovating the 5,600 square foot building which was the former Max and Erma's, located at 6601 N. Newburgh Rd. and closed in January 2016. Anna's House is a retro diner style restaurant that will specialize in providing all natural, fresh, unique dishes and has a passion for meeting the dietary preferences of the community. They offer gluten-free, dairy-free and vegetarian options to accommodate all lifestyles. They also offer all-natural, chemical free meats and provide house-made items that are made fresh every day.

*My annual Wild About Youth Works!* Summer employment program kicks off at 6:00 p.m. on Wednesday, May 17 here at City Hall. If you know of a young adult seeking summer employment, encourage them to join us that evening

I hope you will have the opportunity to join us for your Splash Bash Community Gathering on Thursday, June 15. The event will take place at Tattan Park and will begin at 5:00 p.m. As in years past, we will be showing an outdoor movie on a giant screen. This year's movie is, "The Secret Life of Pets." We will also have other fun outdoor activities for the whole family to enjoy.

And as always, remember to visit the City's website [www.cityofwestland.com](http://www.cityofwestland.com) and the City's *Facebook* site for the latest on news, services and events happening in our All American City!





# Notes From The Parish Nurse



By Carolyn Kimbrough,

Parish Nurse, Lutheran Church of Our Saviour|The Village of Our Saviour's Manor

April showers bring May flowers. As you go through the neighborhoods and byways, you will see the blooming of the dreaded dandelions. But once past all of that, there will be decorations of beautiful flowers. Yes this is month to be thankful for another day, as we bask in the beautiful sunlight that God gives us. It is also the commemoration and recognition of National Blood Pressure Month. In the month of May I will be providing informational literature during my visits between 11:00 – 1:00 PM. All visitors will receive a small gift of appreciation.

This is also the month we clean out our medicine cabinets as the annual disposal programs are now available. Turn in your unused or expired prescription medication for safe disposal. There is a government website available at [www.dea.gov](http://www.dea.gov) or call 800- 882-9539 for a collection site near you.

Based on Federal Guidelines, some tips are listed below:

If a drug take-back or collection program is not available,

- Take your prescription drugs out of their original containers,
- Mix drugs with an undesirable substance, such as cat litter or used coffee grounds,
- Put this mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag,
- Conceal or remove any personal information, including Rx number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off,
- Place the sealed container with the mixture, and the empty drug containers, in the trash.

*“Now faith is confidence in what we hope for and assurance about what we do not see”*

*Hebrews 11:1*



*“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you, discern what is the will of God, what is good and acceptable and perfect”.*

Romans 12:2 (ESV)



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## SCHEMES, SCAMS & SWINDLES

**WARNING**  
**SCAM**  
**AHEAD**

I have said for many years that for every dollar you make there are thousands of swindlers lining up to steal it from you! If only people used their cleverness for good, the world would be a better place. However, since that is not likely to happen, we need to protect ourselves and out-manuever these scoundrels. Here are some of the latest issues and what to do about them:



**CAN YOU HEAR ME?** - In this gambit, when you answer the phone a voice on the other end will ask: “**Can you hear me?**” Do not answer. **HANG UP IMMEDIATELY!** What they will do if you answer “**Yes**” is tape record your voice and use it to scam you by acting as if you are saying yes to a number of false transactions. Some savvy consumers have gotten to the point (me included) where we monitor calls on Caller ID and don’t pick up for any number we do not recognize. If the call is important enough and legit, the person can leave a message for you.

**FamilyTree.Now** - This is a search site that gives information about you and your family members. Although the original intent of this site was most likely innocent and helpful in nature, it has been reported that it is being used for nefarious purposes by bad people. There is an opt out. Go to the site, get your information and then go to the privacy section. They will tell you how to opt out. Don’t let these scoundrels ruin you financially. Be clever in a good way to offset their cleverness for evil.

## PROTECT YOURSELF!



## Foreign Language Classes

*“I’m going to learn a foreign language someday?”*

*If this is something you’ve said that day has finally come. The Westland Library is offering free lessons online. Anyone interested in taking a class can sign up on the website.*

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

Go on obtain a library card, choose a language and you will be free to start taking the course.

You can do it in the Computer Lab or on your personal computer, providing you have internet in your apartment. You will also need speakers in order to hear the instructor. If you have any questions computer related or concerning this class, please see Will on Tuesday from 10:30 a.m. to 12 noon in the OSM Library/Computer Lab.



# Mike's Maintenance Tips

By Michael Hooton,  
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. (734-595-4663)*
- *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.*
- *Tis the season for our Tornado and Fire drills – All residents must participate*



***Dial 1 -734-740-4777 for after hours maintenance emergencies.***



# Bruner's Brief Bulletin

By Graziella Bruner,  
Administrative Assistant

## Love is an Action Word!

(John 3:16 – For God so Loved the World that **He GAVE** His only begotten Son  
and that whomever believes in Him should not perish but have everlasting life)

Telling someone you love them is one thing, but when you actually show them you love them, that's a whole other thing. How much weight you add behind this four letter word gives meaning to what you say, simply because the fundamental fact remains that actions do speak louder than words. So instead of saying it, **SHOW** it! Show someone you love them before it's too late.

Here are 9 ways to **SHOW** someone you Love them without Words:

- 1) **Actively Listen** – The simplest of gestures to show your love can make someone melt like butter on a stack of hot pancakes. Listen to every word that they're saying and try not to interrupt while they're talking, it may get boring but at least you're listening. Don't get distracted by others or even a phone call. Listen until they're finished with their story.
- 2) **Random Surprises** – You will learn a lot about a person when you really listen to what they say, even in casual conversation. I remember once a friend of mine, mentioned how much she loves miniature shoes or anything that was the shaped of a shoe, so one day while at the store, I say this tape dispenser that was in the shape of a high heel shoe, so I bought it and surprised her with it. When she said, "OMG" Oh My God – You remembered I like shoe stuff" – that's when you're letting them know even the slightest detail about them is worth remembering. It's those small little surprises that let someone know you love them.
- 3) **Time** – Always make time for people you love. Set aside time to show your love even if it is picking up the phone to call them. "When you give someone your time, you are giving them a portion of your life you'll never get back." ~ Rick Warren
- 4) **Don't Say I Told You** – To error is human nature, and sometimes regardless of their better judgment, they still make the mistake. We've all been told not to do something and do it anyway. "I told you so" Is not going to make them feel better. The mistake is done and they too know they should have listened to you, so just forgive them if it was something towards you, comfort them, and remind them that everyone messes up, it's so important to learn from our mistakes instead of dwelling on them.
- 5) **Don't wait to be Asked** – Part of loving someone is making their life easier. If you know someone is having trouble taking their trash out, when you take yours out, make the suggestion to get theirs as well. Don't wait to be asked if you can help, sometimes, people may be afraid to just ask, because of past rejection.
- 6) **Cook Your Heart Out** – The saying, "a way to a man's (woman's) heart is through their stomach. Well, that is quite true. Most people cook for special holidays or birthdays, but pick a random day a cook a meal for someone or invite them over for lunch or dinner. Find out what their favorite dishes/food may be and give them a random surprise meal. Nothing says, "I love You" like a home cooked meal labored in love.
- 7) **Forgive and Forget** – It's easier said than done! But sometimes the very people we love the most can hurt you or you hurt them, but love does come with forgiveness. We can't say, "I forgive you" and keep throwing their mistake in their face when you're having a disagreement. It is hard to forgive and forget because once you are hurt your defense mechanism goes up and stays up because you don't want to be hurt again. When you say you forgive and you hold on to that grievance, that's not really forgiving or forgetting. Remember, no one is perfect and it is worth it when it comes to forgiving and forgetting that slip up or mistake of someone you love. Jesus had NO sin yet he died on the cross because of our sins. He truly forgave and loves us!
- 8) **Care Package** – Seal and show your love in a care package. Send it to someone you love dearly that may live in another state, remember there's no distance to far for you love. Things you may want to add in a care package may consist of something small they really like or need. It could be their favorite bar of soap, candy, cards, even a picture.
- 9) **Hugs and Kisses** – The warmth of hugs and kisses are the best when it comes to showing someone you love them without words. In France, we always greet family and friends with a hug and kiss (cheek to cheek). Express yourself with a good morning hug or a kiss. Remember Actions do speak louder than words! Give someone a smile, a hug, or a kiss.

# Events for May 2017

# Happy Birthday!!!

Samuel Warren - 05/02

Jessie Clark - 05/16

Mary Bennett - 05/23

Phyllis Johnson - 05/26

Shirley Bargaen - 05/31



		<h2>MAY 2017</h2>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	<b>01</b> 12:00 PM War Room Prayer 6:00 PM Bible Study 	<b>National Teacher Day 02</b> 12:00 PM War Room Prayer 1:00 PM Crochet Class Blanket Day 	<b>03</b> 11:00 AM Focus Hope  1:00 PM Healthy Living w/NKF 	<b>National Day of Prayer 04</b> 12:00 Noon Detroit Institute of Arts Trip 	<b>Cinco De Mayo 05</b> 1:00 PM Walmart  Save money. Live better. 1:00 PM Bingo 	<b>06</b> 9:00 AM Coffee and Conversation 		
<b>07</b> 10:00 AM Fishing Bait Store 11:00 AM Parish Nurse 12:00 PM War Room Prayer 6:00 PM Bible Study 	<b>08</b> 12:00 PM War Room Prayer 1:00 PM Crochet Class Blanket Day	<b>09</b> 12:00 PM War Room Prayer 1:00 PM Crochet Class Blanket Day	<b>10</b> 5:00 AM Fishing Elizabeth Park 12:00 PM Resident Activity Meeting & Birthday Celebrations 	<b>11</b> 1:00 PM 	<b>12</b> 12:00 PM War Room Prayer 2:00 PM 	<b>13</b> 9:00 AM Coffee and Conversation 		
<b>14</b> 	<b>15</b> 12:00 PM War Room Prayer 1:00 PM Blanket Day 6:00 PM Bible Study 	<b>16</b> 12:00 PM War Room Prayer 1:00 PM Crochet Class Blanket Day	<b>17</b> 11 AM Administrator's Resident Meeting 3:00 PM Movie Day 	<b>18</b> 1:00 PM  Higher Standards. Lower Prices. 7-8 PM SWHA (El. O. Association Meeting)	<b>19</b> 12:00 PM War Room Prayer 1:00 PM Bingo 	<b>Armed Forces Day 20</b> 		
<b>21</b> 11:00 AM Parish Nurse 12:00 PM War Room Prayer 6:00 PM Bible Study 	<b>22</b> 12:00 PM War Room Prayer 1:00 PM Crochet Class/ Blanket Day	<b>23</b> 12:00 PM War Room Prayer 1:00 PM Crochet Class/ Blanket Day	<b>National Brother Day 24</b> 1:00 PM Crochet Class/ Blanket Day	<b>25</b> 12:00 PM Red Apple  7-8 PM SWHA (El. O. Association Meeting)	<b>26</b> 12:00 PM War Room Prayer 2:00 PM Schwan's 	<b>27</b> 9:00 AM Coffee and Conversation 		
<b>28</b>	<b>OFFICES CLOSED 29</b> 	<b>30</b> 12:00 PM War Room Prayer 1:00 PM Crochet Class Blanket Day	<b>31</b> 11:00 AM Seminar 1:00 PM Crochet Class/ Blanket Day					

# May Recipe

## Sweet Potato Casserole



### Ingredients

1 large (29 ounce) can sweet potatoes

6 tablespoons butter, melted

1 cup sugar

½ teaspoon cinnamon

½ teaspoon nutmeg

2 eggs

Topping:

¾ cup cornflake crumbs

½ cup chopped pecans

½ cup brown sugar

6 tablespoons butter, melted

### Directions

1. Preheat oven to 400 degrees F.
2. Spray a 2-quart baking dish with cooking spray and set aside.
3. Place potatoes (with the syrup from the can) in a large bowl. Warm in the microwave for about 30 seconds – 1 minute. Use a blender or food processor to mash the potatoes until smooth.
4. Add the melted butter, sugar, cinnamon, nutmeg, and eggs to the blender and mix well.
5. Place potato mixture into prepared baking dish and bake, uncovered, for 20-30 minutes, or until almost set.
6. Meanwhile, in a bowl, combine the topping ingredients.
7. Spread topping onto potatoes and brown for another 10 minutes. Serve warm.

***ENJOY!***

# Monthly Word Search

## Mother's Day

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



CARING  
 CHILDREN  
 DAUGHTER  
 FAMILY  
 FLOWERS

FRIEND  
 FUNNY  
 GIVING  
 HAPPY  
 HUGS

KIND  
 LAUGH  
 LOVE  
 MAY  
 MOM

MOTHER  
 PARENT  
 READ  
 SON  
 SPECIAL

## May Observances & Fun Facts:

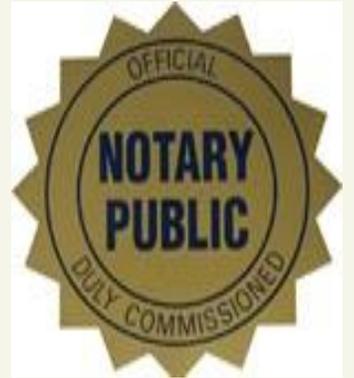
### May is observed as:

- Date Your Mate Month
- Foster Care Month
- National BBQ Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Humor Month
- National Photograph Month
- National Recommitment Month
- National Salad Month
- Older Americans Month

### Weekly Celebrations

- Week 1 – Nurse’s Week
- Week 2 – Wildflower Week
- Week 3 –National Bike
- Week 3 – National Police Week
- Week 4 – Emergency Medical Services Week

### May Flower and Birthstone



**FREE  
 NOTARY  
 Services**  
 Provided  
 To All of Our  
 OSM Residents

Please Visit The Office  
 And See  
 Mrs. Graziella Bruner  
 For More Details.

## OSM Local Sponsors:

313-671-5555



**Paulette Styles**

### Helpful Resources

#### Transportation

Nankin Transit (Serving Westland) (734) 729-2710  
Smart ADA (313) 223-2100

#### Senior Agencies

The Senior Alliance (Wayne/Westland) (734) 722-2830

#### CareSync Solutions

Home Healthcare Services (248-773-4550)



## Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit [www.facebook.com](http://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 Our Saviour's Manor" or go to [facebook.com/The Village of Our Saviour's Manor](http://facebook.com/TheVillageofOurSaviour'sManor)
- 3) Click on the "Like" button to become a fan of OSM

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

## The Village of Our Saviour's Manor



## OSM Classifieds:



### **OSM 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 Westland Goodfellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Louis Rush or Ms. Alice Finley.



### **OSM Compassionate Hearts:**

If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Headed by Ms. Warnedie Cross, 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.



### **OSM Growing Hands:**

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM 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 see Ms. Gloria Jefferson.



### **OSM Caring Hands:**

We are in need of volunteers for our homeless project. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. 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.



### **OSM Fisherman:**

Love to fish? This is the group for you! Headed by Mr. David Brown, OSM Fishermen 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](http://www.pvm.org)

## Village Staff

**Aaron E. Price**  
*Administrator*

**Michael Hooton**  
*Maintenance Tech*

**Graziella Bruner**  
*Administrative Assistant*

**Carolyn Hubbard**  
*Service Coordinator*

**Kesha Akridge**  
*Director of Housing*

**Carolyn Kimbrough**  
*Parish Nurse*

**Warnedie Cross**  
*Resident Chaplain/Volunteer*

**Office Number**  
**Emergency Number**  
**Fax Number**  
**Service Coordinator**

**(734) 595-4663**  
**(734) 740-4777**  
**(734) 595-2222**  
**(734) 722-9763**



**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](http://www.pvmfoundation.org)



**29495 Annapolis Road**  
**Westland, Michigan 48186**

## 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



**Embrace the possibilities**

**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!**