



Village View



Embrace the possibilities

25340 West Six Mile Rd Redford, MI · www.pvm.org

May 2020

Featured Articles

Administrator Notes	P. 1
Life—Live it Well	P. 2
The Senior Advocate	P. 3
Service Coordinator	P. 4
Resident Council	P. 5
Birthday	P. 6
Legacy	P. 7
Contacts	P. 8

Notes from the Administrator

Greetings to All,

Thank you for all you are doing to keep yourself and your neighbors safe as we continue to battle

the Covid-19 virus. There are not many who have not been effected by this virus in some way. Our thought and prayers are with those who have battled the virus or have lost loved ones. The Metro-Detroit area is beginning to see some improvements; however, we are not out of the woods yet. And because of that, Governor Gretchen Whitmer has extended the “Stay Home Stay Safe Order until May 15th. So let’s continue to follow the recommendations of the CDC.

Continue to restrict your non-essential visitors

Do not allow any visitors to visit you unless they are essential to your care

Insist that your essential visitors wear a mask when entering the building and when entering your apartment.

Continue to wash your hands frequently

Disinfect objects and surfaces in your apartment

Cover coughs and sneezes with a tissue

Stay home if you are sick except to seek medical care

Wear a cloth face covering when leaving your apartment (Governor’s Executive Order 2020-60)

Social Distancing does not mean Social Isolation. Call a neighbor; reach out to family members and friends. Avoid Covid-19 news “overload”. Read a book; listen to music and try to get at least 30 minutes of physical activity each day.

There are tons of puzzles available in the Recreation Room. Please call the office if you would like a puzzle or two. We would be more than happy to get them to you.



The Village of Redford

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Remaining Socially Connected While Staying Physically Distant

As I write this column, there is just about two weeks left in Governor Whitmer's "Stay Home. Stay Safe." order, issued based on what experts such as Dr. Fauci, Director of the National Institute of Allergy and Infectious Disease believe is the best way we know right now to reduce our exposure to the coronavirus. However, just because we need to be physically distant from each other, doesn't mean we can't remain socially connected with our family, friends, neighbors and loved ones.

I think it's safe to say that there's at least one piece of technology that we all share, and that's the telephone. I encourage you to use it and use it often. Just the other day, a volunteer that I work with at PVM called me out of the blue just to see how I was doing. It felt good to know she was thinking about me. A few days before that, a Village Board member called me and left a message on my voicemail. She said there was no need to call back. She had just called to say hi and make sure I was doing ok. Again, it felt good to know that somebody, particularly somebody who isn't a family member, was thinking about me during this crisis. So pull out your phonebook and make some calls and not just to your family, but to that person you've been meaning to call but until now just haven't gotten around to it.

If you happen to have some additional technology available to you such as a computer, smartphone or tablet and you have internet access then you have a window to the world through which you can connect with others more than you probably ever thought possible. And you can do so all without leaving the relative safety of your home.

Zoom, for example, is all the rage right now. It's a web-based video conferencing service that people across the globe are using to connect with each other in creative and inventive ways. My kids, who are grown, have been using it to play a weekly game of trivia with each other and their friends like they used to when the bars were open. This past Easter I know of people who used it to have Easter dinner with each other and I know of many families who used it for their Passover Seder. It's fairly easy to use and right now it's free, so if you'd like to check it out go to <https://zoom.us>.

Of course social media is also very popular. [Facebook](#), [Instagram](#), and [Twitter](#) seem to be the most popular. A lot of people are sharing stories, pictures and videos, some of which are very moving and sad; some are motivating and inspiring; and some are silly and entertaining. If you have an account of your own on any of these platforms, you can share your own stories, pictures, and videos and can share and exchange comments on what you see. One important thing to keep in mind, however, is that it's not very wise to believe everything you see, hear and read on the internet.

Being cooped up inside all day can start to drive you a little crazy even if you do regularly talk on the phone to your family and post to social media like a pro. Thanks to a few clever museums, aquariums and zoos, however, those of you with a computer, smartphone or tablet and internet access can 'leave your house' without leaving your house by going on a virtual tour or field trip.

For example, you can tour many of the exhibits at the Smithsonian Natural History Museum by going here: <https://naturalhistory.si.edu/visit/virtual-tour>. You can watch sharks swim around at the Aquarium of the Pacific here: http://www.aquariumofpacific.org/exhibits/webcams/webcam_shark_lagoon. And, you can check out the giraffes at the Houston zoo by going to: <https://www.houstonzoo.org/explore/webcams/giraffe-feeding-platform>.

One thing you'll need to at least initially bring with you when you take these tours is your patience. It may take you a little while to figure out what to click and how to maneuver through these virtual experiences. I know it did for me, but don't give up. It won't be too long before you'll master the necessary skills and open up hours of fun and wonder.

So as you can see, though we may currently need to stay physically distant from each other during this crisis, there's no need for us to socially disconnect from each other or from the world. Stay safe and stay well!



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

In the Shelter Of Each Other

“It is in the shelter of each other that the people live.” - Irish proverb

This quote is extremely appropriate for these times we are in. As we are all sheltering in place it becomes all the more apparent how important connection is for us as human beings. We miss our children, grandchildren and all loved ones and friends more than we could have even imagined before. They are the lifeblood of our lives. The PVM staff feels that way about all of you. Your cards of appreciation have inspired us all.

This all seems so counterintuitive as we have always encouraged you to be engaged, get involved, and come together for fun, wellness and connection. Now we are insisting that you shelter in place. You have been doing a great job of this; and it is working! We are flattening the curve of this terrible disease known as COVID-19 or the Coronavirus. Please remember that you are not only protecting yourself but everyone else as well. And also remember that your administrators and staff are available to help you when needed. Also, our Wellness teams have created some very creative ways to stay engaged remotely. Check in with them. They are just a phone call away.

We appreciate very much your cooperation and support. Once we get through this we will celebrate in a very big way. We are one day closer to having this behind us. Better days are ahead!



Service Coordinator Corner

May, 2020

Quote of the Month: “ Hope is seeing light in spite of being surrounded by darkness.” ~Unknown Author

A Message to all Residents: I'm sure you heard all about COVID-19. This coronavirus is dangerous and doesn't discriminate! Be safe and practice washing your hands for at least twenty seconds. Cover your mouth when you cough or sneeze. Social distancing is extremely important. Keep your distance from others, 6-ft apart. I know you can be mindful. (Thank you)

Please call me if your interested in signing up for Meals on Wheels or you need information on groceries home delivery services. Ex: Shipp & Instacart.

I am working remotely from home, but I am available to assist you during my posted office hours. Just call my office @313-541-6450 I will return you call promptly.

Anita Stephens Office Hours/ Mon-Wed 8:00am-4:30pm Thurs-8:00am-5:00pm
Fri-8:00-4:00pm.

Sunday, May 10th 2020



Monday, May 25, 2020 is Memorial Day. Offices are closed in observance.



Be Safe!

RESIDENT COUNCIL NEWS – MAY 2020

Members: Nadine Doolan, Chair, Caroline Jonah, Vice-Chair, Janice Rowe, Secretary, Gloria Whittington, Treasurer, Mary Dobson And Carolyn Lambreth, Board Liaisons, Thomasine Brantley, Juanita Johnson, Ernestine Peete, Geraldine Chennault-Ansley

PROGRESS REPORT: fire alarm procedures and reactions to the coronavirus will be on the next meeting's agenda.

This is a “rubber hit the road” time. It’s a time when we are invited to live our “best” beliefs and let go of our negativities. In that spirit, first we would like to say a word of gratitude to our staff, particularly to Mark, who is working so hard to sanitize our Villa and a word of sympathy to Rhonda, as she continues to grieve the loss of her daughter. To the rest of the staff, we miss you. But we understand. Be safe.

Next our sympathy goes to all who have lost loved ones. You are not alone. Our hugs are in our hearts. The day will come when we will hold you in our arms. And to all who are ill, whether with this corona virus or some other illness, may you be much better soon. May you know our care in your pain and weakness.

Lastly, for all of us: we have ended up here together, whether by choice or by happenstance. And we have the choice to live as our best selves or not. We can look down on and reject each other. Then fear and loneliness and anger will grow and drive us apart. Or we can consider each person here as a beloved sister or brother. Then we may find ourselves growing kinder, more understanding and more hope-filled. So let’s wear our masks and gloves when we are near each other, for the other’s sake.

May we see each other as a gift, even if annoying at times. When we do, we will discover we are surrounded by goodness and peace. We will be drawn together and find the strength to live with courage in the face of it all. Be at peace. Choose compassion.

By Caroline Jonah

Newsletter items of interest to residents may be submitted in writing to your Council Representative or placed in Villa Cubby #231 by the 15th of the month. Suggestions for Council that improve life for all residents may be given to your Council Rep. However, they cannot make maintenance requests or carry out requests for personal needs. Please call 248-425-2962 for information about how to reach your rep.

Birthday Celebration!

Will be held every 3rd Monday in the Dining Room @ 1:00 pm for Cake

Cancelled Until Further Notice!!!

“
Spring: a lovely
reminder of how
beautiful
change can truly be.



Nancy Stolt	5/1
Cheryl Goodwin	5/3
Mary Perry	5/4
Hattie Maw Warren	5/5
Victoria Humphrey	5/8
Marie Hurst	5/8
Frances Garrett	5/11
Doris Morgan-Lee	5/14
Vanessa Raglin-Webb	5/17
Wallace Wood	5/20
Doris Lee	5/21
Barbara Cobb	5/22
Jimmie Foster	5/23
Catherine Garrett	5/24
Carolyn Lambreth	5/27
Chester Latka	5/29
Gewndolyn Felton	5/30
Debra Montgomery	5/30
Glynn Waymer	5/31

GH

hello
spring





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.



Presbyterian
Villages

OF MICHIGAN

THE FOUNDATION

For more information, call
Paul Miller at the PVM Foundation

248.281.2045

www.pvmfgifts.org

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

MAIN OFFICE NUMBER 313-541-6000 #100

Village Staff

Gloria Robinson

Senior Housing Administrator

(313) 541-6042

Kristie Cabbil

Housing Administrative Assistant

(313) 541-5991

Mark Uzarek

Maintenance Lead

Rhonda Kuhn

Housekeeper

Anita Stephens

Service Coordinator

(313) 541-6450 #300

George Simmon IV

Sales & Leasing Specialist

(313) 541-6140 #200

Phyllis @ The Beauty Salon **(313) 541-6077**

EMERGENCY NUMBER (VILLA) **(313) 910-7027**

EMERGENCY NUMBER (COTTAGES) **(313) 573-3572**

NON-EMERGENCY REDFORD PD **(313) 387-2500**

CLASSIC SECURITY **(313) 662-4648**



Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

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

Redford Board of Directors

Reva Wujcik

Laura Scanlan

Susan Hurst, Vice Chair

Kathryn Telck

Mary Dobson

Carolyn Lambreth

Dean Rumsey



The Village of
Redford

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan

The Villa and Cottages at Redford - 25340 West Six Mile Rd. Redford, MI 48240

Embrace the possibilities

