



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

June 2018

Featured Articles

- Birthdays** **pg. 4**
- Calendar** **pg. 9**
- History** **pg. 3**
- Pet of Month** **pg. 6**
- Recipe** **pg. 5**
- Wellness** **pg. 4**

Repairing Building and Grounds

May was a wild ride with the lighting strike and power outage that took down computers, phones, televisions, automatic doors and the fire panel.

Our building is a complex system with inter-related parts and it took a good two weeks to fix everything. We added extra protection to the fire panel so that in the event of another bad storm, we will have another way to get power to the fire panel.

We will be doing serious work on the building and grounds this summer: repairing concrete and removing dead trees among other things.

We have submitted a request to HUD to replace the asphalt as we did in 2016 and twice in 2017. Let us hope that the *fourth* request is a charm because we have money in the bank to pay for it, bids from three reputable contractors, and an obvious need for a new asphalt parking lot and road.

Maintenance Department Staffed

Chris Lower (pronounced Lauer) joined us as the new maintenance tech on May 1st. Prior to coming to Warren Glenn, Chris was a maintenance tech at Kindred Hospital (located in the former Holy Cross Hospital) before it closed. Chris has an engineering degree from Lawrence Tech, worked as an auto mechanic and loves cars.

Chris lives in Shelby Township with his wife of 34 years and two dogs. Chris' favorite pastime is writing poetry. He is looking forward to meeting the residents and getting to know everyone. When you see him, please introduce yourself and make him feel welcome.

From the Director

June will be a fun and busy month with the Village Victory Cup on June 22 – a daylong completion between Presbyterian Villages of Michigan with modified bowling, basketball, bean bag toss and a Fifties music and dance video. Contact Micki, #207 or Diane #111, if you want to star in the video!

We will also have candidates for public office coming to ask for your vote. Democrat Ellen Lipton is running for Congress in this district. She will be here on June 7th at 1:30 p.m. Come meet her and let her know what seniors need.

Anne Lilla



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Flag Day Trivia

- Congress adopted the *Stars and Stripes* as the American flag on June 14, 1777.
- For a while, the U.S. added stripes and stars to the flag when welcoming new states. At one point, it had 15 stripes and 15 stars. But as the country continued to add new states, we went back to 13 stripes representing the original 13 colonies.
- The colors of the flag have important meanings. Red symbolizes hardiness and valor, white symbolizes purity and innocence and blue represents vigilance, perseverance and justice.
- In 1949, President Truman signed an Act of Congress that designated June 14th as National Flag Day.
- If dirty or soiled, an American flag may be washed and dry cleaned.
- When the flag cannot be repaired, it must be destroyed in a dignified way. If it touches the ground, it does not have to be destroyed.



Summer Reading Fun

By Lynn Alexander, Vice President, Public Affairs, Presbyterian Villages of Michigan

Recently I experienced the joy of being able to read to my grandchildren while on vacation with them. I think I read the book about a dog named Biscuit at least forty times! What joy to be a part of their enthusiasm for reading. It flashed me right back to reading every night to my son and even being read to myself by my parents. I can even recall the excitement I felt as an elementary student when I brought the book *Fun With Dick and Jane* home to proudly show my mom. Reading is one of many ways that we can open up new worlds to our grandchildren.

Now that summer vacation is coming check out your local library. You can help your grandchildren select some of their favorite books and borrow them. Another thought is to create a contest to see how many books you can read together by the end of the summer. For advanced grades there will often be a recommended reading list sent home by teachers. Some libraries ask for volunteer readers so that you can help other children learn the joy of reading. Remember to recapture the joy of reading for yourself. Enjoy the summer and read on!

This Month in History

June 4, 1989 - The Chinese government ordered its troops to open fire on unarmed protesters in Tiananmen Square in Beijing. The Chinese government later claimed only 300 died in the attack. U.S. estimates put the toll at over 3,000.

June 5, 1968 - Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles.

June 6, 1872 - Pioneering feminist Susan B. Anthony was fined for voting in a presidential election at Rochester, New York.

June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy. The invasion involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft.

June 11, 1994 - After 49 years, the Soviet military occupation of East Germany ended.

June 17, 1972 - Following a seemingly routine burglary, five men were arrested at the National Democratic Headquarters in the Watergate complex in Washington, D.C.

June 18, 1983 - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space, beginning a six-day mission aboard the space.

June 25, 1950 - The Korean War began as North Korean troops, led by Russian-built tanks, crossed the 38th parallel and launched a full-scale invasion of South Korea.

June 30, 1971 - The 26th Amendment to the U.S. Constitution was enacted, changing the voting age from 21 to 18.



We will celebrate on July 4th at 3:00 p.m. with a dinner of hamburgers, cole slaw, baked beans, macaroni salad, corn on the cob, watermelon and cake. Wear red, white and blue!

As always, sign-up in the mail room so we can have a good count.

What is a Dad?

A Dad is a person
Who is loving and kind,
And often he knows
What you have on your mind.
He's someone who listens,
suggests, and defends
A dad can be one
of your very best friends;
He's proud of your triumphs,
but when things go wrong,
A dad can be patient
and helpful and strong.
In all that you do,
a dad's love plays a part
There's always a place for him
deep in your heart
And each year that passes,
you're even more glad,
More grateful and proud
just to call him your dad!
Thank you Dad...
for listening and caring,
for giving and sharing,
but, especially, for just being you.

Author Unknown

A Memorable Dinner

The Memorial Day dinner was a success thanks to the hard work of Diane Sexton and a crew of volunteers.

Janice Kuchta won \$38 in the 50/50 drawing. Allan Thompson, Adly Saad and Betty Challenger were the lucky winners of other prizes.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Drink Up!

As we get older, our need to stay hydrated increases. If you lead an active lifestyle, your need is even higher. And now that the weather has warmed up, if you are active outdoors your need is even higher still.

So why is it important to stay hydrated? For one, water helps our brains function properly. When we are dehydrated our capacity to think is diminished. We can get confused, become dizzy, get disoriented and as a result suffer a fall that could have disastrous consequences. If we don't drink enough water our ability to eliminate waste is also impacted. Our kidneys won't function properly, which in turn can lead to a host of serious health problems.

In general, the average healthy adult needs 64 ounces of water daily (eight 8 ounce glasses). However, the amount you need may differ depending on how active you are, on whether you have a chronic health condition, and on the amount and types of medications you take.

As a result, it's best to have a conversation with your health care provider about your personal hydration needs. During that conversation, if you are someone who happens to also be dealing with incontinence and you haven't mentioned it to your doctor before; it's time to do so. A common but potentially dangerous practice some of us employ to deal with incontinence is to substantially reduce our fluid intake. Your doctor should be able to provide you with some tips, advice, and a treatment plan to deal with your incontinence in a much safer and healthier way.

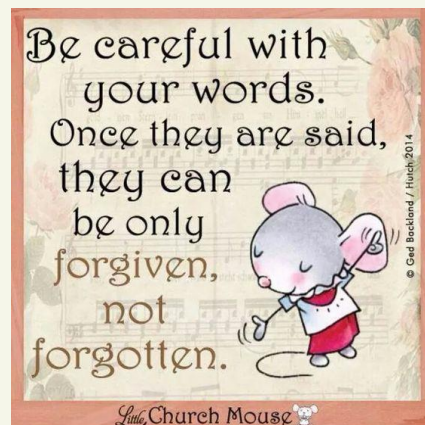


JUNE BIRTHDAYS

June 3	Rosemarie Barnhart	# 202
June 24	Nora Katsgiannis	#135
June 29	Pjeter Marku	#224

JUNE SPECIAL DAYS

- 1st National Doughnut Day
- 4th Hug Your Cat Day
- 6th National Yo-Yo Day
- 8th Best Friends Day
- 14th **Flag Day**
- 15th Smile Power Day
- 16th Fresh Veggies Day
- 17th **Father's Day**
- 19th National Kissing Day
- 20th Ice Cream Soda Day
- 21st Summer Solstice
- 26th Forgiveness Day



Get Me to the Church on Time!

With June being a traditional month for weddings and because of the Royal Wedding, we thought it might be fun to have a wedding quiz. Enjoy!

- How many brides actually marry the first man they fall in love with?
(a) 75% (b) 50% (c) 40%
- How many American couples say "I do" in a year?
(a) 5 million (b) 2.4 million (c) 1.5 million
- Today, the average U.S. bride is how old?
(a) 18.5 years old (b) 24.5 years old (c) 29.5 years old
- In 2016, the average cost of a U.S. wedding was _____?
(a) \$25,000 (b) \$30,000 (c) \$35,000
- "Get Me To The Church On Time" is a song from what musical?
(a) My Fair Lady (b) Hello Dolly (c) Kiss Me Kate
- How old is the average groom in the U.S. ?
(a) 25.5 yrs. old (b) 26.5 yrs. old (c) 29.5 yrs. old
- Because of rationing during WWII, some brides made wedding gowns out of what material?
(a) Parachute nylon (b) White sheets (c) Linen tablecloths
- The average wedding gown in the U.S. costs how much?
(a) \$10,000 (b) \$7,000 (c) \$1,000

Answers on page 6.



Tomato Pie *Recipe contributed by Vicki Jackson*

- 6 Roma tomatoes, peeled and sliced
- 1 baked pie shell
- Salt and pepper to taste
- $\frac{3}{4}$ cup of mayonnaise
- $\frac{3}{4}$ cup grated cheddar cheese
- $\frac{3}{4}$ cup mozzarella cheese
- $\frac{1}{2}$ cup green onions
- 2 teaspoons dried basil



Preheat oven to 350 degrees. Layer tomatoes in baked pie shell. Season with salt and pepper.

In a separate bowl, combine mayonnaise, cheeses, onions and basil. Spread mixture over tomatoes and bake for 30 minutes or until lightly brown. Cut into slices and serve warm.

June Happenings with Marijo

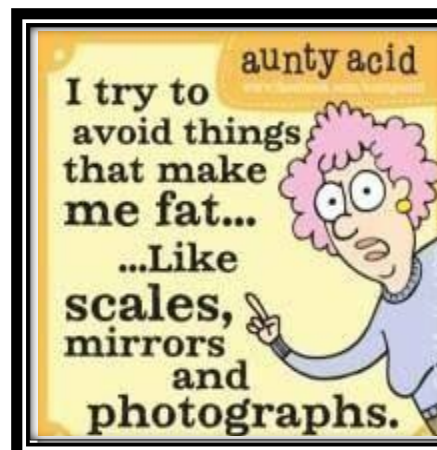
- June 3 - Communion and Worship Service in the Warren Glenn Community Room, 12:15 p.m.
- June 7 - Inclusion Ministry Dinner and Worship at First Presbyterian Church, "Peace!" 5 - 7 p.m.
- June 8 - Village of Warren Glenn Movie Night in the Warren Glenn Wellness Room, 2nd Floor, "Planes, Trains, and Automobiles!" 4:30 p.m., dinner provided.
- Village of Warren Glenn Bible Study continues throughout May on Thursdays, 1 - 2 p.m. Studying the Book of Acts.
- June 10 - Outdoor Worship at First Presbyterian Church, 10:00 a.m. Lunch provided after service.
- June 17 - Worship Service in the Warren Glenn Community Room, 1:00 pm.

The Cat with Many Names – Pet of the Month

Our June pet of the month, an orange, short-haired tabby named *Garfield*, lives with Laurie Tusly in Apt. 109. When he first moved into Warren Glenn he was very shy but now is an outgoing, cuddly (when he wants to be), playful three-year old cat.

But that's not all that changed. *Garfield's* name has changed...many times! To *Devil Cat* when he wakes Laurie at 4 a.m. and demands she play with him (p.s., this is NOT Laurie's favorite thing to do at that time of day!). To *Fur Ball* when he has shed all over, to *Morty* for no reason at all, and to *Sweetie*, because he is so sweet and so loved.

Being true to his nature, however, this cat of many names usually refuses to answer to anything!



Get Me to the Church Quiz Answers

1. (c) 40%
2. (b) 2.4 million
3. (b) 24.5 years old
4. (c) \$35,000
5. (a) My Fair Lady
6. (b) 26.5 years old
7. (a) Parachute nylon
8. (c) \$1,000



Resident Life

Allan Thompson recently attended a retirement party at the Gazebo for a colleague of his at the U.S. Army Tank Plant. They worked together for years.

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 (586) 751-5090

Village Staff

Anne Lilla
Director

Stacey Klooster
Administrative Assistant

Denise Giallombardo
Service Coordinator

Chris Lower
Maintenance Tech

Emmi Parada
Housekeeper

WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President
Betty Challenger
Marijo Hockley

EMERGENCY NUMBER

(586) 554-4008

Fax Number

(586) 751-7876



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



The Village of Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Newsletter Committee

Diane Sexton
Stacey Klooster
Anne Lilla

– HELP SUPPORT THE PVM MISSION –

Is your Will up to date?

*Have you moved?
Have your beneficiaries changed?*

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.



For more information, call
Paul Miller at the PVM Foundation
248.281.2045
MyLegacy.pvmf.org

Embrace the possibilities

Father's Day Word Search



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

DADDY
 GRANDPA
 PROVIDER
 LOVE



PARENT
 JUNE
 WISDOM
 SPORTS



FATHER
 PROTECT
 FAMILY
 FUN

