



# Village Voice



## Embrace the possibilities

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

June 2019

### Featured Articles

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### ***Administrator Responds to Resident Survey***

Residents had good questions and concerns during the survey; here is the latest batch of my answers.

#### **Help button only works inside the building.**

That is true, but the help button does work inside the building and everyone should be thankful for it, especially since there is no cost to residents. Not all senior buildings provide devices. As technology improves and prices drop, perhaps in time we can get GPS technology on the help button. And remember: the help button only works if you wear it especially in the shower where many falls occur.

#### **Apartments are not equipped with fire extinguishers.**

Each apartment has a smoke alarm, two fire cans under the stove hood, multiple sprinklers and a fire-rated front door. Many people would not be able to use fire extinguishers so in buildings such as ours, having the automatic sprinklers in the apartments is safer.

The public areas (hallways, stairways, etc.) have hard-wired smoke alarms, automatic lights, sprinklers, automatic fire doors, fire extinguishers and a sophisticated fire alarm system. We contract with Erlich Protection Systems, Fire Systems of Michigan and Fire Extinguisher Sales and Service for yearly equipment and system inspections. The City of Warren Fire Marshall visits yearly and makes sure that these inspections have taken place. Residents can feel secure because of the care put into the building's fire safety plan. Our next Fire Drill will be on Thursday, June 20 at 10:30 a.m. We will have a mandatory Fire Safety meeting on Monday, June 17 at 2:00 p.m.

*(continued on pg. 2)*



The Village of  
**Warren Glenn**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## Sharing Faith at Any Age

Marijo Hockley, Inclusion Minister  
First Presbyterian Church of Warren

### June Activities

June 6-27 Bible Study, WG Community Room, 1:00 p.m. Gospel of Paul.

June 2 Communion, WG Community Room, 1:00 p.m.

June 16 Worship Service, WG Wellness Room, 1:00 p.m.

June 16 Movie, *Wonder*, and Lunch, WG Wellness Room, 2:00 p.m.  
Bring a side, movie snacks, or a dessert to share. Submarine sandwiches provided.

Pastoral Care is available by contacting Marijo Hockley, (248) 219-9449, First Presbyterian Church of Warren, (586) 751-1721, or your VWG Spiritual Care Liaisons Sister Mary Fagan or Donna Smith.

Prayer Cards are available in the Flint Room and are collected each week to be added to the prayer concerns at First Presbyterian Church.

### Administrator Responds to Survey (cont. pg. 1)

#### Money spent on decorating!

New residents, people applying to live here, family members and long-standing residents express appreciation that the interior of the building looks so pretty.

We used HUD money for the new lobby chairs purchased in 2016, on community room blinds in 2019 and occasional decorations. Most holiday decorations are here through donations, loans and using money raised by us and saved within the PVM foundation.

Let's take lobby decorations for St. Patrick's Day as an example. We made dollar store purchases for the shamrock wall decorations, purchased fabric, bought two decorations from a resale shop and the charming mice from a home store.

A resident made the table coverings and Anne brought in her collection of Beleek china. The stuffed leprechaun appeared out of nowhere. Costs were paid for by a Warren Glenn account at the PVM Foundation. And there you have it!

**Enjoy the coming summer!**

**Anne Lilla, Administrator**

### SERVICES

#### Beauty Salon

Beautician Gloria Blood is here every Thursday. She offers a variety of services in the beauty salon on the second floor across from the lobby elevator. A sign-up sheet on the salon window includes a list of services and fees.

#### Chiropractor

Dr. Jamie Beck comes to our building on Mondays, Wednesdays and Thursdays at 10:30 AM. If you need to see the chiropractor, go to the exercise room on the second floor. No appointment is necessary. First time patients must bring their identification and insurance cards. Most insurances cover this service.

#### Podiatrist

Dr. William Rubin comes to the building approximately every six weeks. He will see you privately in your apartment. Watch for the sign-up sheet in the mailroom. After you sign-up, podiatry staff will contact you by phone to get your insurance information. Most insurance plans cover this service.

#### Prescription Delivery

CVS pharmacy at 12 Mile and Ryan will deliver prescriptions free of charge to our residents. The telephone number is 586-756-8900. Other pharmacies in the area may deliver too.

**Schwan's Food** - A deliveryman comes to the lobby of our building every other Wednesday at 4:00 p.m. He takes orders and fills them from his truck.

## **Introducing... New Resident Gwen Henderson**

Gwendolyn Henderson in #123 is our newest resident. She has become a very active participant in many of the activities here at Warren Glenn. Outgoing and friendly, she brings a happy smile wherever she goes. Gwen was born in North Carolina but moved to Michigan when her parents came seeking work. She has a large family of five children, nineteen grandchildren, thirty-six great-grandchildren AND----two great great-grandchildren. I think that is a record for our community!

Gwen wrote the following: "A special thanks to the staff of Village of Warren Glenn and all the residents for making me feel so welcome. Also, thank you for all the activities and events for the residents." We are glad to have Gwen as part of our family.

## **Mark's Remarks: Tips for Garbage Disposals**

To keep your garbage disposal working well:

- Only use for small amounts of scraps.
- All prep scraps should be placed in your trash can.
- Never put bones, celery, onion skins, or corn husks in the disposal
- Keep clean by grinding several ice cubes in disposal every other week.
- Also clean the inside of the rubber flange every other week. This eliminates germs and drain flies (similar to fruit flies)
- Keep smelling fresh by grinding orange or lemon peels.

NOTE: If your disposal is not running, making a funny noise or has another problem, report it to the office ASAP. **Do NOT** try to fix it yourself.

## **What Makes a Dad**

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle's flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities,  
When there was nothing more to add,  
He knew His masterpiece was complete,  
And so, He called it... Dad.

- Author Unknown

SOME  
Super Heroes  
Don't have  
CAPES...  
They are  
called  
DAD

© 2012 www.thatswhatchesaid.net

## Why Whole Grains?

**Robin Danto, Home Economist, MSU Extension**

Whole grains provide many healthy nutrients and are low in fat. Whole grains are unrefined and have not had the bran or germ removed through processing of the grain. Because of this, all the nutrients are still available with whole grains. At least half of the grains we eat each day should be whole grains. Whole grains are higher in fiber than are refined grains. Most Americans do not get an adequate amount of fiber in their diet. There are also B vitamins and minerals like selenium, magnesium and potassium which may be lost through refining the grain.

Whole grains can be single ingredient foods such as popcorn or a whole grain can be an ingredient in a food product. An example of this is whole grain wheat flour used to make whole grain wheat bread. Examples of refined grains include white rice and white flour. There are also products made with these refined grains such as white bread, cakes and cookies.

Here are some tips to getting more whole grains into your diet:

- Eat whole grain cereals for breakfast.
- Swap out bran muffins for breakfast pastries, whole grain toast for white toast.
- Replace white rice with wild rice or brown rice.
- Try a different grain like quinoa, bulgur, barley or farro.
- Use crushed whole grain cereal like bran cereal in place of bread crumbs in recipes like meatloaf or breaded chicken.

Nutrition per serving: Calories 210, Protein 8 grams, Carbohydrate 29 grams, Fiber 5 grams, Sodium 420 milligrams Fat 7 grams

## Quinoa with Vegetables

2 cups cooked quinoa (cooked according to package)

2 eggs

1 teaspoon butter

1 tablespoon vegetable oil

4 cloves minced garlic

1 cup fresh or frozen peas

½ cup diced carrots

½ cup chopped onions

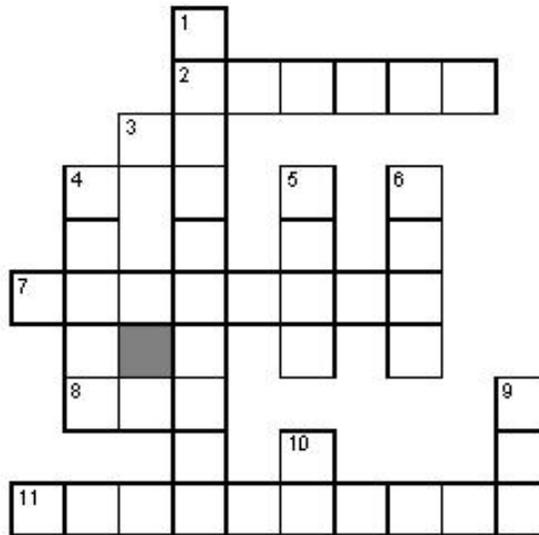
¼ cup dried currants

¼ cup low sodium soy sauce

In a large fry pan, melt the butter over medium heat. Break the eggs into the melted butter. Cook and stir until cooked throughout. Remove from pan and mix with cooked quinoa. Add the vegetable oil to the fry pan and when hot, add the garlic. Cook over medium heat for about 2 minutes. Add the vegetables and cook, stirring occasionally, for another 4 minutes. Mix the quinoa/egg mixture into the vegetables and then the currants and reduced sodium soy sauce. Continue cooking for another 2 minutes. Serve hot. Makes 6 servings.



# Summer Words



bogglesworld.com

## Across

- 2. The month at the end of summer.
- 3. The book is \_\_\_ the table.
- 7. The time when you don't go to school.
- 8. How's the weather in summer?
- 11. A big fruit you eat in summer.

## Down

- 1. What do you make at the beach?
- 4. You go to the \_\_\_\_\_ in summer.
- 5. What do you do at the beach?
- 6. The month at the beginning of summer.
- 9. A machine that makes you cool?
- 10. I \_\_ swimming.



www.bogglesworldesl.com

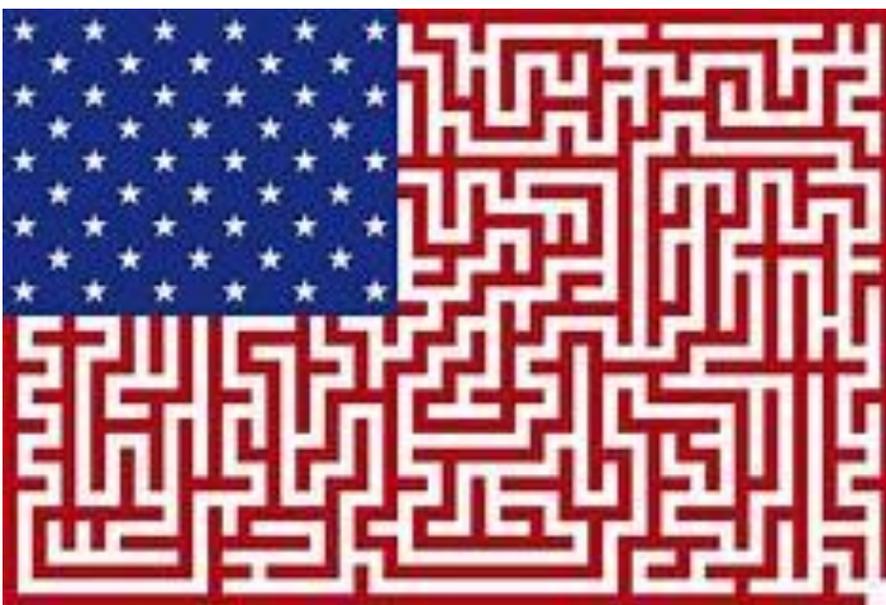
## ***Give & Take Table Etiquette***

The **give and take table** in the community room is for community members to share their extra bounty and for others to enjoy choosing items that are new to them.

About the “**give**” guidelines---You can leave unwanted items (in good condition) on this table for others to use. Suggestions include food, clothing, misc. household items, decorations, etc. If you have larger items, such as furniture, let the office know before bringing it to the community room. Larger items may need to be handled differently. Please do not give broken items or stained or ripped clothing. Bag broken, stained and ripped items and put in the dumpster.

About the “**take**” guidelines—This table is **primarily for residents**, but other community members such as guests, visitors and employees may also take items. If you personally can use an item, you are free to take it, **BUT** please do not take items to be resold in the rummage sale or to be given to your own family and please do not take items that you “might” use someday. Be considerate of the needs and wants of others. Do not be greedy.

Once an item is placed in the community room on the give and take table, please share with an open heart and open hands.



*Make your way to the stars!*

## ***WEDDING TRADITIONS ACROSS THE GLOBE***

In Mexico, the groom presents the bride with 13 gold coins to represent his ability to support the bride.

In Chile, only the parents stand at the altar with the couple.

In Denmark, brides and grooms used to cross-dress to confuse evil spirits.

In Egypt, the bride’s family does all the cooking for a week after the wedding, so the couple can ... relax.

In Morocco, women take a milk bath to purify themselves before their wedding ceremony.

In South Africa, parents of both the bride and groom traditionally carried fire from their hearths to light a new fire in the newlywed’s hearth.

In India, the groom’s brother sprinkles flower petals over the couple at the end of the ceremony to ward off evil.

In China, the color of love and joy is red. So, during the ceremony the couple drink wine and honey from goblets tied together with red string.

## Did you know there's a PVM Foundation?

The PVM Foundation raises money to support your well-being. Last year, PVMF raised funds for Village Victory Cup, resident activities and emergency resident assistance.

A few examples:

	<p><i>I'm so thankful to you for the money you gave me to get my glasses. It is so wonderful to be able to see again. I have a new lease on life, the glasses are terrific, nicest pair I ever had and with the eye problems I have, now thanks to you I can see everything</i></p>	<p>providing a new pair of glasses for an older adult who otherwise wouldn't be able to afford them</p>
	<p>Residents from the Village of Oakland Woods at a Detroit Tiger's game</p>	<p>a trip to the ballpark or zoo for seniors at risk of isolation</p>
	<p>Residents at Thome Rivertown Senior Apartments share a holiday meal</p>	<p>dinner (and crucial socialization) to residents who may not be able to celebrate with family</p>

But the need doesn't end there. We can't make these life-sustaining gifts without your help! Over 300 of your fellow residents gave from the heart last year to help all of us. Won't you join them?

Make your contribution today. It's the gift that keeps on giving...right back to you.

Questions, comments or concerns? Contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

If you are in need of a grant from the PVM Foundation, please see Denise Giallombardo. People can receive up to \$500 per year in assistance. At Warren Glenn, people have had past due insurance or car notes paid, had vital dental work done and purchased hearing aids.

### WORD PLAY

If lawyers are disbarred and clergy are defrocked, doesn't it fit that:

- Electricians would be delighted,
- Musicians denoted,
- Cowboys deranged,
- Models deposed,
- Baseball players debased,
- Bulldozer operators degraded and won't all composers someday decompose?

On a more positive note, perhaps we can hope that all politicians will someday be devoted.



### SUPPER CLUB

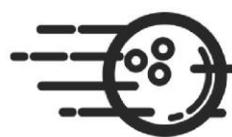
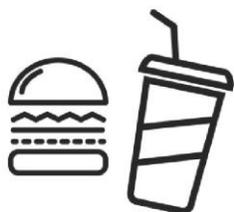
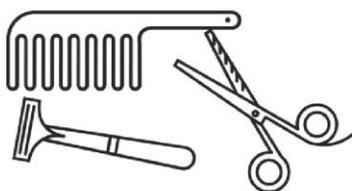
Join the group at Andrea's Garden Restaurant on Wednesday, June 19. The bus will leave at 4:00 p.m. Please sign-up in the mail room and note if you are driving yourself. The restaurant is at 14300 E. Twelve Mile Rd., east of Schoenherr. Everyone is welcome to attend.

# Happy FATHERS Day!



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

- TOOLS
- JOKES
- SPORTS
- HOME
- BBQ
- CARING
- FAMILY
- PROTECTIVE
- RESPECT
- LOVE
- DADDY
- TIE
- SPECIAL
- GIFTS
- HONOR
- HUGS
- FUNNY
- THOUGHTFUL
- MEMORIES
- STRONG



**JUNE DINNER**



**EVERYONE INVITED**

**Thursday, July 4 at 5 pm**

Hamburgers, Baked Beans,  
Cole Slaw, Macaroni Salad  
Mac & Cheese, Watermelon  
Lemonade

Desserts Needed

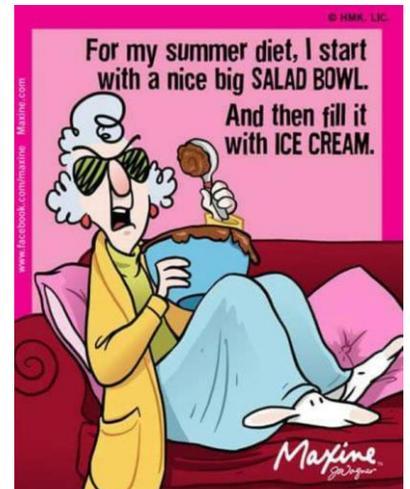
**Also: 50/50 Raffle  
Donations Accepted.**

**Please sign-up in the mail room.**



**JUNE BIRTHDAYS**

3	Rosemarie Barnhart	202
20	Joann Duane	222
29	Deb Bertolino	134
29	Pjeter Marku	224



**JUNE HOLIDAYS**

- 6 National Yo-Yo Day
- 8 Best Friends Day
- 9 Donald Duck Day
- 10 Iced Tea Day
- 11 Corn on the Cob Day
- 12 Red Rose Day
- 14 **Flag Day**
- 14 Monkey Around Day
- 16 **Father's Day**
- 19 National Kissing Day
- 21 **Summer Solstice**
- 23 National Pink Day
- 26 Beautician's Day
- 26 Forgiveness Day
- 28 Body Piercing Day



**June Birthday Party  
Thursday, June 6th @ 3 PM  
in the Community Room.**

**Everyone invited**

**Cake, Ice Cream  
and beverage will be served.  
Birthday BINGO will follow.**

## ***This Month in History***

**June 4, 1989** - Chinese government troops opened fire on unarmed protesters seeking democracy in Tiananmen Square in Beijing.

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

**June 6, 1944** - D-Day. Allied forces landed in Normandy on the northern coast of France. The operation involved 1,527,000 soldiers 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 13, 1966** - The U.S. Supreme Court ruled in the case of *Miranda v. Arizona* that an accused person must be apprised of certain rights before police questioning.

**June 17, 1972** - The Watergate break-in which eventually lead to the resignation of President Nixon on August 9, 1974.

**June 18, 1983** - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space.

**June 19, 1953** - Julius and Ethel Rosenberg were executed at Sing Sing Prison in New York. They were the first U.S. civilians to be sentenced to death for espionage.

**June 25, 1876** - General George A. Custer, leading 250 men, were attacked on the Little Bighorn by 2,000 Indian braves. Only one scout and a single horse survived.

**June 25, 1950** - The Korean War began as North Korean troops launched a full scale invasion of South Korea.

**June 28, 1914** - Archduke Francis Ferdinand, Crown Prince of Austria and his wife were assassinated at Sarajevo, touching off a conflict between the Austro-Hungarian government and Serbia that escalated into World War I.

**June 28, 1919** - The signing of the Treaty of Versailles formally ended World War I.

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



## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### Flag Day on June 14th

The U.S. Flag Day is coming up soon on June 14th. It commemorates the adoption of the flag of the United States on June 14, 1777 by resolution of the Second Continental Congress. President Woodrow Wilson issued a proclamation that officially established June 14th as Flag Day. Congress joined in with an Act of Congress in 1946.

The entire week of June 14th is designated as "National Flag Week." This provides an opportunity to proudly display the flag if not done year round. It is also a chance to share part of the legacy of our country with our grandchildren.

Why is it important to share our history as a country? I believe this quote sums it up beautifully: "We study history not to be clever in another time, but to be wise always." - Marcus Tullius Cicero



### ***YOU WILL BE MISSED, TINY***

It is with sadness to learn about the passing of a much loved pet. Tiny, a Chihuahua that shared her home with Penny McKeller #236, was a friend of many Warren Glenn residents. She was Penny's dog for seventeen years.

### ***FOR SALE***

Brand new, in package, red recliner cover, \$10. Window seat for cat. \$10. Call Lois at 586-565-1015.

### ***EGG CARTONS & MEDICINE BOTTLES***

Thank you to my friends and neighbors at the Village of Warren Glenn for their generous contributions of egg cartons and medicine bottles. Since February 17, 2019, we have provided OVER 145 egg cartons and 320 medicine bottles. I thank you, my church thanks you and of course, the needy recipients thank you.

For those who are not familiar with this on-going project, my church, St. Luke's Episcopal in Ferndale, uses egg cartons for a food pantry. We buy eggs in bulk and give the eggs to the poor in donated cartons. And the medicine bottles (please remove your labels!), go to World Medical Relief and Doctors without Borders for use locally and worldwide. Please continue leave cartons and bottles at my door, #208. Thank you again.

*Dann Federico*

**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

**(586) 751-5090**

## Village Staff

**Anne Lilla**  
*Director*

**Stacey Klooster**  
*Administrative Assistant*

**Denise Giallombardo**  
*Service Coordinator*

**Maintenance Tech**  
*Mark Benoit*

**Emmi Parada**  
*Housekeeper*

## WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President  
Mary Blasczaak Betty Challenger  
Sr. Mary Fagan 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](http://www.pvmfoundation.org)

### **Newsletter Committee**

Stacey Klooster

Anne Lilla

Diane Sexton



The Village of  
**Warren Glenn**

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan



# Embrace the possibilities