



Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

July 2019

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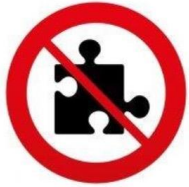


The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

UPDATES AND REMINDERS



**As of right now,
we are not accepting
any donations
of books or puzzles.**



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!

**14th Annual Village Victory Cup Results:
WITH 403.25 POINTS,
WE GOT 3RD PLACE OUT OF 22 TEAMS!**

Puzzler:

**4th Place: Pat Boyington, Don North, Bob Savage,
Carol Wasilewski, & Stan Wickman**

Hoop Shoot:

**3rd Place (64 and Under): Chris Savage
Top Ten (64 and Under): Susan Langham, Debra Sanderson,
Mike Woodman, & David Gonzales
Top Ten (75-84): Frank Steykal**

Wellness Walk:

**1st Place (64 and Under) : Susan Langham
2nd Place (64 and Under): Chris Savage
Top Ten (64 and Under): Debra Sanderson
Top Ten (75-84): Jack Langham**

Balloon Volleyball:

**3rd Place: Frank Steyskal, Mike Woodman, Johanna Schoel,
Susan Langham, and David Gonzales**

GREAT JOB WESTLAND STARS!

**Come and celebrate our victory with our Village
Victory Cup Ice Cream Social on Monday, August 5th
at 1:30 PM in the Private Dining Room.**



We are now Eversound connected!

All residents will have access to our Eversound wireless group listening system. Eversound is designed to improve engagement and participation by offering the highest audio quality at all activities - including presentations, outings, music, exercise, movie nights, and more!

About Eversound:

Eversound is a leading provider of wireless headphone technology and engagement solutions designed for senior living communities to facilitate better hearing and increased participation.

**Like to play cards?
Trying to find a group to play with?
Come down to Pinochle in the PDR on Thursday nights at 7 PM and Euchre in the Village Inn on Saturday afternoons at 1 PM.
Would you like to add a different card game to the activities schedule? Talk or call Shana at ~28886.**



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Creating A Dementia Capable Michigan

Have you had concerns about dementia either for yourself or a loved one? You are not alone. An estimated 190,000 Michiganders age 65 and older have Alzheimer's or other dementias. That means that more than a half million family members in Michigan are caring for these loved ones.

In 2016 a committed group of individuals and organizations formed the Michigan Dementia Coalition. Their vision is to make Michigan a dementia capable state. They have created a roadmap to achieve this goal by 2022 via promoting the well-being and safety of people living with dementia at all ages and stages; mobilizing partnerships to strengthen the service network; recognizing and promoting dementia as a public health priority; and enacting policies that strengthen families, communities and the economy.

The Alzheimer's Association along with a total of 65 organizations is working to take action on this very important public health issue. For further information go to alz.org.

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Shana Brown ~ 28886
Wellness Manager

Shari Thompson
~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

Jennifer Wolf ~ 28953
Fitness Specialist

Melissa Nestorovski ~ 28928
Marketing Manager

Breana Wallace ~ 28896
Sales and Leasing
Specialist

Diane Santo ~ 28889
Beauty Shop



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Stay Cool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided.

To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages.*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body temperature and increases water loss).
- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

**If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.*

JULY FACTS

The 7th month of the year brings us Independence Day and Canada Day.

In the Georgian calendar, the calendar that most of the world uses, July is the seventh month. However, on the Roman calendar, it was actually the fifth month and was called Quintilis, which meant fifth. Later in 46 B.C., Caesar gave 31 days and the Roman Senates named the month Julius in honor of Caesar. In northern hemisphere, July is usually the hottest month of the year when it is actually a winter time in southern hemisphere. It gets very cold in Antarctica and cold and rainy in South America. Because there isn't much rain in July, the grass loses its greenness. Moreover, the abundance of flowers and insects occur in July.

Below are some fun facts about July:

1. The birthstone for July is the Ruby.
2. The zodiac signs for July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)
3. The birth flower for July is the water lily.
4. The month of July was named after Julius Caesar.
5. On July 1, 1867, the Dominion of Canada was established due to the British North America Act.
6. On July 1, 1898, the San Juan Hill was occupied by the American troops during the Spanish-American War.
7. During World War I on July 1, 1916, the Battle of Somme began.
8. On July 2, 1881, President James Garfield was killed by Charles Guiteau.
9. On July 2, 1890, the Sherman Antitrust Act (an Act to prohibit trusts) was passed by the United States Congress.
10. On July 5, 1971, Amendment 26 was proclaimed which set the voting age at 18 in the United States.
11. On July 6, 1854, the Republican Party held its first state convention at Jackson, Michigan.
12. On July 11, 1804, during a duel between Aaron Burr and Alexander Hamilton, Hamilton was killed.
13. The 38th President of the United States, Gerald R. Ford, was born on July 1, 1913.
14. On July 16, 1790, District of Columbia was established.
15. The first atomic bomb was set off by scientists in Alamogordo, New Mexico on July 16, 1945.
16. National Blueberry Month
17. National Ice Cream Month
18. National Hot Dog Month
19. July 1 - Canada Day
20. July 4 - Independence Day



Welcome To The Village!



Residents:

Hope VanTiem
Marion Walker
Janice Wilson

Adele Gniewek
Shirley Brown
Audrey Conner

Nancy Wolfe
Maryanne Christian



Staff:



Helen Wilson
Dining Services
Assistant

Deiona Streeter
Dining Services
Assistant



June's Craft were Flip Flops Wreaths and Patriotic Bandana Wreaths!



July's Craft is... Water Gun Art!



~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, and Walgreens (all off of Merriman Road))

Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) at 10 AM
- All Shopping trips load/unload a maximum of four bags per resident
~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 at 11 AM

- Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

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). There is no cost to the resident.
- All Shopping trips load/unload a maximum of four bags per 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 July!

Sandy Taylor.....	July 1 st	Janice Wilson.....	July 9 th	Beverly Benjamin...July 16 th
Margaret Etherington...	July 2 nd	Geri Hnidy.....	July 9 th	Esther Doletsky..... July 25 th
Kathryn Pugh.....	July 3 rd	Sue Kurginski...	July 10 th	Dorothy Smiley... July 25 th
Evelyn Sprague.....	July 3 rd	Peggy Sokolowski...	July 14 th	Johanna Schoel... July 28 th
		Austin Patterson...	July 16 th	

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 multiple positions available in choose from.

**We currently need your help with:
-Library**

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

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

Shari Thompson
Billing

Austin Jackson
Dietary Manager

Brenda Seifert
Housekeeping Lead

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



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Westland, MI 48186**



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