



# Village View



## Embrace the possibilities

25330 West Six Mile Rd. Redford MI 48240 • [www.pvm.org](http://www.pvm.org)

August 2013

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### Executive Director News

Thank you to everyone who came to our open house for the Transitional Care Unit. It was a great success and we are proud to have this program in our village. After a hospital stay, we can transition people from the hospital back to their home (apartment, cottage, etc.) safely and with great results. Our quality scores are 5 out of 5 stars against industry peers. Please give me a call if you would like to know more about the program and how it can help you or a loved one.

Thom



The Village of  
**Redford**  
A SENIOR LIVING COMM

A Mission of Presbyterian Villages of

Look for PVM on:



# Transitional Care Unit

AT THE VILLAGE OF REDFORD

## Helping you from hospital to home!

If you have not had a chance to visit our newly renovated Transitional Care Unit, stop on in. If you or anyone you know is facing surgery, or a hospital stay we would love to accommodate you. We make it our job to prepare you to safely return home.

Call Patricia Daniels at 313-541-6026 for more information.

## Independent Living Project Residents

Dear Independent Living Residents & Family Members:

As the IL Renovation Project moves along, you need to be able to contact someone if you have questions. Normally that has been me. However, I will be on a medical leave beginning August 6<sup>th</sup>, therefore, if you have any questions during the month of August, please direct them to Denise Mazzetti, Marketing Manager, at ext. 33412, or call her direct at 313.533.3412. If she is not available, please contact the receptionist and she will take a message for you and give it to the appropriate person to get back with you. Always leave the number where you can be reached. You may continue to contact me thru July.

Thank you for your cooperation.

Sherry Prokes  
Executive Assistant/Office Manager

You may also contact Brian Carnaghi at 313-300-3878 or Thom Hosinski at 313-533-0146 with any questions.

## Announcements

### All Resident Monthly Meeting

The Resident Meeting is an informational meeting for all residents' campus wide. This meeting updates you on all that is happening in and around the village. This is a great time for you to share your questions and concerns that you may have and for you to meet the department managers.

[This month's Resident Meeting is scheduled for 2:00 pm on Wednesday, August 21 in the RCD.](#)

Please keep in mind the Resident Meeting is not the time to discuss personal problems you may be having, but rather a time to discuss things that would involve most of the campus. You may, however, meet with a manager after the meeting to discuss something personal. Please contact Sherry Prokes if you have any questions or concerns at Ext# 16183

### Location Abbreviations

FR= Fitness Room  
LEC= Life Enrichment Center  
RCD= Recreation Center  
with stage  
PDR= Patterson Dining Room  
BRD= Board Room on D Hall  
FPR=Fireplace Room on  
E Hall  
SDR= Sterling Dining Room  
CHPL= Chapel

# Birthday Celebration

The Birthday Party will be on Friday, August 16 at 2:00 pm in the RCD.

## Village Friends

Elizabeth Fowler	Mc Comber	8/02
Ruth Larrabee	Patterson	8/02
Charlene Bryant	Sylvan Terrace	8/05
Jessie Daniel	Mc Comber	8/07
Blanche Collins	Sylvan Terrace	8/08
Rosemary Seta	Mc Comber	8/15
Agnes Bachwansky	Patterson	8/17
Marguerita Richardson	Sylvan Terrace	8/18
Ed Krakowski	Mc Comber	8/19
Marian Murphy	Patterson	8/20
Dorothy Harvey	Mc Comber	8/24
George Harvey	Patterson	8/29



**Independent Living Residents**  
**Save the Date**

**Special informational meeting for the IL Project will be held on Thursday, August 29 at 6:00pm in the RCD room. If you live in Sylvan Terrace, Woodside or Village Green, please attend. Family members are welcome. Dinner will be provided.**

**Welcome  
 Our Newest  
 Residents**

**Jean Gruenwald-  
 Patterson**

**Betty Shovely-  
 Heritage Court**

**Helen Jakubus-  
 Mc Comber**

**Lillian Kmiecniak-  
 Patterson**



## ***Events for August 2013***

**Thursday August 1-** Shopping at **Value Center**. Please call to reserve your seat. Ext. 16047.

**Thursday August 1-** **Concert** in the RCD at 6:30. Michael Carluccio will be performing.

**Friday August 2-** Join us for a Watermelon Social at 2:00 in the RCD.

**Monday August 5-** Craft in the LEC at 2:00pm.

**Tuesday August 6-** If you need to go **Banking** call ext. 16047 to reserve your seat.

**Thursday August 8-** We will be having our first **Concert in the Courtyard** at 6:30 in the Main Courtyard. If weather doesn't permit us to be outside, we will be in the RCD. Join us for Dennis Sheridan..

**Friday August 9-** **Dynamo Show** with Paul Koniarz at 2:00 in the RCD.

**Monday August 12-** This is a **Transportation Day** for the Independent Living Residents. Please call Janet if you need to schedule a ride to the doctor. Ext 16047 or 313-549-0054.

**Thursday August 15-** "Keeping Cool In The Summer" **Cooking Demonstration** at 2:00 in LEC.

**Thursday August 15-** We will be having our first **Concert in the Courtyard** at 6:30 in the Main Courtyard. Bret Beaudry will be performing an Elvis Memories Show.

**Friday August 16-** **Luau Birthday party** with **Hawaiian dancers** at 2:00pm in the RCD.

**Tuesday August 20-** This is a **Transportation Day** for the Independent Living Residents. Please call Janet if you need to schedule a ride to the doctor. Ext 16047 or 313-549-0054.

**Wednesday August 21-** We will have our monthly **Resident Meeting** at 2:00pm in the RCD.

**Thursday August 22-** **Ice Cream Social** in the RCD at 2:00.

**Thursday August 22-** Concert in the Courtyard at 6:30. Performer TBD. This will be the last outdoor concert of the summer.

**Wednesday August 28-** Join us for **Art Class**. We will be making necklace pendants using Shrinky Dinks.

## Chaplain's News

### THE CHAPEL VIEW

Konrad Adenauer, the leader of West Germany in the 1950's, visited his personal physician because of fatigue. "I'm not a magician," said the doctor. "I can't make you young again." Adenauer replied, "I am not asking you to make me young. All I want is to continue getting older."

We can smile at this exchange. But Adenauer clearly had more work to accomplish – as a politician, as a senior statesman, as a family patriarch, as a servant. We all have purpose in life – purpose that continues each day. Have you thought about your purpose? Probably it does not include politics or statesman. But it certainly may be as the head of the family, and definitely is as a servant of those you contact every day.

Just today I heard about a blues musician who died at age 94. He had never picked up a guitar until he was 57. He wrote many songs and performed regularly until his mid-80's. Too often we concentrate on what we haven't/can't do; we should be focused on the talents and opportunities God gives us through his grace. What is it that you can do today to make life better, more enjoyable, more meaningful for yourself and for those you love? Think on the good things. Chaplain Kent

*Schedule of Special Events for August, 2013: Check the calendar in the Chapel Hallway for all events for August.*

**August 12, Monday, 10:00 a.m. - Sylvan Terrace Bible Study Group,** at the home of Willa Tye, ST-A2 for a lively discussion of a timely Bible topic.

**August, 17, Saturday, 10:00 a.m. – Catholic Mass in the Chapel with Fr. Socorro Fernandes of Our Lady of Loretto Catholic Church.**

## Village Services

### Transportation Concerns

**DEAR Village of Redford  
INDEPENDENT RESIDENTS:**

Transportation days will be the 2<sup>nd</sup> Monday and the 3<sup>rd</sup> Tuesday every month. Watch your calendars for these dates.

**August Transportation Dates:  
August 12<sup>th</sup> and August 20<sup>th</sup>**

**September Dates:  
September 9<sup>th</sup> and 17<sup>th</sup>**

**You will have to make sure your doctor is aware of the days that transportation is available to you and schedule your appointments accordingly.**

The hours will be 8:00 a.m. until 3:00 p.m. Please do not make your appointments for 8:00 a.m. or for 3:00 p.m.; you will need to give Janet at least 30 minutes to get you to your appointment, so no earlier than 8:30 a.m. and then back to the Village by 3:00 p.m.; so no later than 1:45 p.m.

If you have any questions or concerns please contact either Janet Frederick at 541-6047 or Karl Schillinger at 533-4783.

### Dining Services Information:

#### Meal Times

**Breakfast-8:00am-9:00am**

**Supper-12:00pm-1:00pm**

**Dinner-5:00pm-6:00pm**

### Huntington Bank is here from

**1:00-4:00 every Tuesday**

**(313)538-4406**

### **Apple Bistro Ext # 16015**

#### **Hours are:**

Monday, Tuesday, Thursday, Friday

11:00-1:00

**It is closed on Wednesday and**

**Holidays**

### **Beauty Salon Information:**

Our Salon is located in the TCU just off the TCU Dining Room .

We are open by appointment

**Tuesday thru Friday 9:00am-5:00pm**

**Beauty Salon Ext# 16942**

#### **Services that we provide include:**

Shampoo & Sets

Blow Dry

Press & Curl

Perms

Colors

#### **Manicurist Information**

Beverly charges \$19 for a full manicure and \$40 for a full pedicure. She can come to your room to do both if you like. Please call the Beauty shop to schedule your manicure needs.

## The Village of Redford Department Extensions

### Department Phone Numbers

#### ADMINISTRATION

Vice President & Executive Director Thomas Hosinski 533-0146

**VILLA** Administrator Gloria Robinson 541-6042

Executive Assistant/Office Manager Sherry Prokes 541-6183

Billing Lisa Hibbard 541-6073

Chaplain Kent Aughe 541-6061

#### MEDICAL

Director of Nursing Kafi Williams 541-6232

Social Worker Lynn Pietrzak 541-6062

Mc Comber 541-6010

Pratt 541-6012

**VILLA** Office Assistant Tomika Trice 541-5991

Maintenance Mark Uzarek 541-6029

**ASSISTED LIVING** Clinic 541-6018

Nurse Coordinator Joyce N Hamlin 541-6283

**MAINTENANCE** Manager 541-6471

Supervisor Jerry Jones 541-6458

#### MARKETING AND SALES

Manager Denise Mazzetti 533-3412

Admissions-SNF & Rehab Patricia Daniels 541-6026  
Tracy Lathan 541-6484

#### Dining Services

Director of Dining Services Randi Simko 541-6103

Executive Chef Joel Vassollo 533-5797

Hospitality Supervisor Nathan Jones 537-0062

Dietician Howard Hawkes 533-5975

Apple Bistro 541-6015

#### HUMAN RESOURCES

Manager Kenya Bragg 541-6420

Assistant Wenona Breazeale 541-6418

**REHAB/THERAPY** Erica Newby 541-6054

#### LIFE ENRICHMENT

Manager Karl Schillinger 533.4783

Transportation Janet Frederick 541-6047

#### BEAUTY SHOP

Rose, Diana and Beverly 531-6942

**VILLA BEAUTY SHOP** 541-6077

**EMERGENCY Number** (313) 402-4985  
**Night Guard Phone** (313) 402-4985



## A Different Way To Use Your IRA

By: Megan Keup

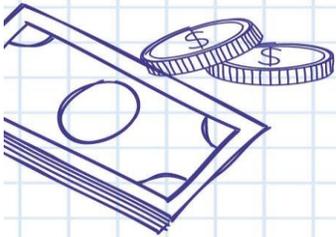
As summer is beginning to wind down and we enter into autumn, it is never too early to start thinking about the end of the year...it will come quickly!

In thinking of ways “outside the box” that people choose to support Presbyterian Villages of Michigan (PVM) and The Village of Redford, one is through a donation made through your IRA. If you are 70 ½ or older, your gift can be tax-free! Here is an example:

***“Mary, age 72 lives comfortably on her pension, savings and Social Security. She is also required to take minimum distributions from her IRA each year and is taxed on those funds. This distribution also results in more of his Social Security income being subject to tax.***

***By directing a portion of her mandatory IRA withdrawal directly to Presbyterian Villages of Michigan Foundation, she does not have to report that amount as income and avoids having to pay taxes on those funds. Mary also prevents additional tax on her Social Security benefits.”***

What a great way to support your fellow seniors as well as receive tax benefits for yourself. **This opportunity will expire at the end of 2013, so it is not too late to start thinking about it!** If you are interested in learning more about this type of giving opportunity, please contact me anytime at 248.281.2044 or [mkeup@pvm.org](mailto:mkeup@pvm.org)



### Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

**IMPROVE YOUR CASH FLOW!**

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation **248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.



## Leave Your Legacy: Support the PVM Mission During Your Lifetime and Beyond

Did you know that there are other ways you can support your PVM Village besides writing a check? You have the power to leave a legacy for future residents through a planned gift to the PVM Foundation, like Andy Lonyo did. Andy, a resident at The Village of East Harbor, passed away in May and we were blessed to be the recipient of his planned gift that will support the chapel at East Harbor.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a big difference. There are many planned giving options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **Gifts that pay you income, like a Charitable Gift Annuity** – an agreement between a donor and PVM where the donor makes a gift to PVM and, in exchange, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (\_\_\_\_ percent of the residue of my estate) or (the sum of \$\_\_\_\_), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*
- **Gifts you make today, like an IRA Charitable Rollover** – under the extended IRA legislation for 2013, donors age 70½ or better are eligible to make charitable gifts of up to \$100,000 from their IRAs directly to PVM without paying income taxes on the gift.

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

We are truly grateful for donors like Andy Lonyo, whose legacy is a testament to who he was and he will continue to make a lasting impact on future residents.

Warm regards,  
Paul J. Miller, CFRE



## For Your Safety.

By Carrie L. Moon-Dupree,  
Vice President of Risk Management & Quality

### Ambulation Aids

It's no secret that as we age, walking can sometimes become more difficult. This can be for a variety of reasons. Whether it is a medical condition or age, it is important for most of us to remain independent as long as possible. If after trying exercise or physical therapy and you find that you need to use an ambulation aid to stay safe, then that is the way to go. There is no shame in needing some assistance. It is certainly better than falling.

There are a number of ambulation aids that are available for your consideration. Keep in mind that these aids do not solve the underlying problem, just offer more support and mobility. A good first step is to speak with your doctor and or physical therapist to see which type of aid is the best for your needs. You should work together to select the most appropriate aid and to ensure that the device is properly fitted to you. Proper fit and assessment, along with education on how to use the device, are keys to making sure the ambulatory aid actually helps.

Some items to consider before purchasing:

- Weight Load: Different devices can hold different size people; be sure yours can hold your weight.
- Design of the device: Does it fit your lifestyle?
- Are adjustments offered as you change over time?
- Are the handgrips comfortable and contoured?
- Is it easy to use?

Once you have your device, work with it until you are familiar how to use it safely. Soon you will be ready to get out there and walk with a smile on your face. Happy walking and stay safe!



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

By Tom Wyllie,  
Director of Wellness

### The "Non-Nutrient" Nutrient

Here's a riddle: It can't be digested, yet it's an important part of a healthy diet. Here are a few hints:

- It comes in two varieties: soluble and insoluble.
- It helps prevent constipation, regulates bowel activity, and promotes digestive health.
- It helps control cholesterol and blood sugar levels and reduces the risk of heart disease, stroke, and type 2 diabetes.
- Women over age 50 need 21 grams daily; men over age 50 need 30 grams daily.
- It's found only in plants.

If you haven't yet guessed it, the answer is fiber.

Good sources include fruits, vegetables, whole grains, seeds, nuts, and legumes. Fortunately, you don't have to eat them raw to get the benefit. Because how you prepare them won't reduce their fiber content, let your imagination be your guide. Make an easy-to-swallow fruit smoothie by blending your favorite frozen fruit with some low-fat yogurt and skim milk. Make vegetables easier to chew by steaming them. You can also sauté them then puree them into a sauce that you can serve over whole wheat pasta. The possibilities are endless. Remember, however, suddenly adding fiber to your diet can cause abdominal distress, so it's best to add it gradually. Because fiber absorbs water, it is also important to drink up to 8 cups per day. And, because fiber can interact with certain medications, talk to your doctor before you change your diet. By taking these precautions, you will be able to safely enjoy the benefits of a diet rich in fiber.

## It's Puzzling



### Fourth of July

Find and circle all of the words that are hidden in the grid.  
The words may be hidden in any direction.

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

AMERICA	FIREWORKS	NATIONAL ANTHEM
BALLOONS	FLAG	PARADE
BARBECUE	FREEDOM	PATRIOTISM
BASEBALL	GREAT BRITAIN	PICNIC
CARNIVAL	HISTORY	RED WHITE BLUE
CELEBRATION	HOLIDAY	STREAMERS
DEMOCRACY	INDEPENDENCE	

## 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)

Author Unknown

## Bring On Fall

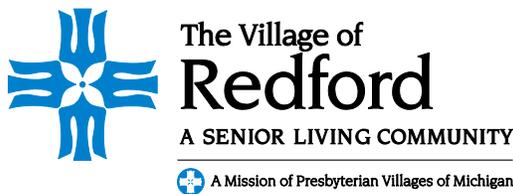
I am not sad  
to see Summer end  
After all, the humidity  
is not my friend

I am not sad  
to see Summer go  
I would much rather feel  
the cool wind blow

I am not sad  
and all in all  
I am happy  
Bring on Fall



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



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