



# Villa View



## Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • September 2017

### Notes from the Administrator

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Hello September and thanks for the reminder that change can be beautiful. Hopefully, the summer months were spent enjoying cook-outs and visiting with family and friends.

With the unofficial beginning of fall, the passing days will swiftly lead us to the scary masks of Halloween, right through the Thanksgiving turkey and on to Christmas. Before you know it, we'll be saying "good-bye" to 2017 and welcoming in a new year. There will be more pleasant days ahead of us, so get out and enjoy them as much as possible.

#### Look for PVM on:



Speaking of enjoyment, our residents had a fun-filled day recently at the Funderdome, sponsored by The Village of Woodbridge Manor. It was a day of food, fun and fellowship that included hustle demonstrations and participation, hula-hoops, dominos, jenga and more. Residents had an opportunity to meet and fellowship with residents from other villages. The weather was great and the hot dogs were fantastic. Our own Jacqueline Abdul-Waalee showed off her skills with the Hula-Hoop and managed to out Hula all the other participants.

Our residents have had an exciting summer of activities that included a visit to the DIA, a day at Lake Erie Metro Park, a Billiards competition, a Murder Mystery Dinner-Theatre, the PVM Village Victory Cup held in Dearborn and an Alzheimer's Walk in Westland. The Saturday morning Breakfast Club had their first outing at I-Hop. Some residents attended the live performance of "Earth Angels" in the ALC Courtyard.



In September, Reva Wujcik will be assisting with the reorganization of the Resident Council. Ms. Wujcik, a member of the Redford Board of Directors was instrumental in the development and implementation of the first council organized to serve the Villa of Redford. Since the inception of the original board, there have been many changes to the campus.

We will be looking to elect one resident representative from each floor of the Villa and one resident from each cottage location (Village Green, Heatherwoods and Sylvan Terrace). Nominations will also be accepted for the various council officers; president, vice and secretary. A meeting will be held on **September 14<sup>th</sup> at 1:00 pm** in the Dining Room with Redford Board Member Reva Wujcik to discuss the details on the Village of Redford's Resident Council, and what being a Resident Council member entails. All residents interested are invited to attend.



*Village of Redford Residents & Staff enjoying the summer festivities!*



# Fall Word Search



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING



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## Redford Board of Directors

- Deanna Mitchell,  
Board Chairperson
- Reva Wujcik
- Carrie Hays McElrye
- Joyce King
- Laura Scanlan
- Susan Hurst
- Catherine Esannason
- Kathryn Telck



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.*

## Fall is in the Air

As the weather starts to change we are reminded that fall is in the air. To some, fall reminds us of crisp cool air, warm delicious drinks and the color change. To others the word fall might mean something entirely different. According to the National Council on Aging (NCOA), every 11 seconds an older adult is seen in an emergency department for a fall-related injury. As we begin to age a fear of falling can become a part of our everyday lives, dictating the things we do and places we go. Luckily there are easy ways to manage your risk for falling!

The NCOA has six tips to help reduce your risk for falling:

- Find a good balance and exercise program
- Ask your health care provider for an assessment of your risk of falling
- Regularly review your medications with your doctor or pharmacist to make sure the side effects aren't increasing your risk of falling
- Get your vision and hearing checked annually and update your eye glasses
- Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars in key areas
- Enlist the support of your family members and PVM staff in taking simple steps to stay safe

By implementing some or all of these tips you can help reduce your risk of falling. Instead of worrying about **A** fall, you can instead enjoy **THE** fall!

*More information on how to reduce your risk of falling is available on the NCOA website: <https://www.ncoa.org/healthy-aging/falls-prevention/>*



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

# The Best Ham & Bean Soup



## Directions

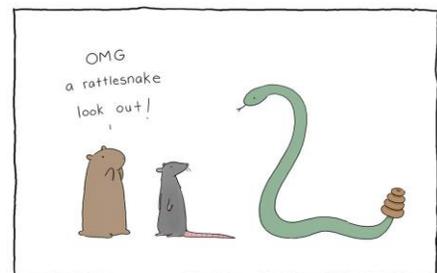
1. Place the soaked beans into a large pot and fill with enough water to cover by about 1 inch. Bring to a boil, then simmer over low for 30 minutes. Drain. Add the ham bone, ham, onion, celery, carrots, tomatoes, vegetable juice, and vegetable broth. Season with Worcestershire sauce, Dijon mustard, chili powder, bay leaves, pepper, parsley and lemon juice. Pour in enough of the chicken broth to cover the ingredients.
2. Simmer over low heat, stirring occasionally, for about 8 hours. Add more chicken broth as needed throughout the day. Remove the ham bone and season with salt if needed. Continue to simmer for a couple more hours. Remove bay leaves before serving.

## INGREDIENTS:

- 1 (20 ounce) package 15 bean mixture, soaked overnight
- 1 ham bone
- 2 1/2 cups cubed ham
- 1 large onion, chopped
- 3 stalks celery, chopped
- 5 large carrots, chopped
- 1 (14.5 ounce) can diced tomatoes, with liquid
- 1 (12 fluid ounce) can low-sodium vegetable juice
- 3 cups vegetable broth
- Worcestershire sauce
- 2 tablespoons Dijon mustard
- 1 tablespoon chili powder
- 3 bay leaves
- 1 teaspoon ground black pepper
- 1 tablespoon dried parsley
- 3 tablespoons lemon juice
- 7 cups low fat, low sodium chicken broth
- 1 teaspoon kosher salt

*Happy Birthday to all those born in September! Please join us on September 18<sup>th</sup> at 1:30 pm in the Villa Dining Room for the Birthday Party!*

- Deloris Nance.....9/5
- Dennis Elrod.....9/8
- Alice Brown.....9/8
- Phyllis White.....9/9
- Betty Schwesinger.....9/9
- Ella Jones.....9/10
- Charlie Miller.....9/11
- Barbara Horton.....9/12
- Mae Anderson.....9/13
- Debra Melton.....9/14
- Dianne Burton.....9/23
- Arene Jones.....9/24
- Minetta Thomas.....9/27
- Delois Wilson.....9/27
- Thomasine Brantley....9/29



lizclimo.tumblr.com

# September 2017 Activities Calendar



## September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wednesday, September 20th: Home watch Presentation @ 2:15 pm in the Dining Room</p> <p>Thursday, September 21st: Medicare Open Enrollment Presentation @ 11:00 am in the Dining Room</p>					<p>1 12:45 Milkman</p> <p>1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>2 1 pm Bingo (Game Room)</p>
<p>3 1:00 pm In His Presence Ministries Sunday Worship</p>	<p>4 <b>LABOR DAY</b></p>	<p>5 2 pm Movie "La La Land"</p>	<p>6 10 am Value Center/Walgreens</p> <p>2 pm Pinochle</p> <p>2:30 Sing-A-Long</p> <p>6:15 pm Bible Study</p>	<p>7 10 am Coffee Hour</p> <p>10 am Pantry</p> <p>1 pm Chair Exercise</p>	<p>8 12:45 Milkman</p> <p>1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>9 1 pm Bingo (Game Room)</p>
<p>10 1:00 pm In His Presence Ministries Sunday Worship</p>	<p>11 10 am Pantry</p> <p>5 pm Bingo/Keno</p> <p>6:30 pm Cards</p>	<p>12 2 pm Movie "A Monster Calls"</p>	<p>13 10 am Kroger/\$Store</p> <p>2 pm Pinochle</p> <p>2:30 Sing-A-Long</p> <p>6:15 pm Bible Study</p>	<p>14 10 am Coffee Hour</p> <p>10 am Pantry</p> <p>11 am Hymn Sings</p> <p>1 pm Chair Exercise</p>	<p>15 12:45 Milkman</p> <p>1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>16 1 pm Bingo (Game Room)</p>
<p>17 1:00 pm In His Presence Ministries Sunday Worship</p>	<p>18 10 am Pantry</p> <p>1:30 pm B-Day Party</p> <p>5 pm Bingo/Keno</p> <p>6:30 pm Cards</p>	<p>19 2 pm Movie "Hidden Figures"</p>	<p>20 10 am Value Center/Walgreens</p> <p>2 pm Pinochle</p> <p>2:30 Sing-A-Long</p> <p>6:15 pm Bible Study</p>	<p>21 10 am Coffee Hour</p> <p>10 am Pantry</p> <p>1 pm Chair Exercise</p>	<p>22 12:45 Milkman</p> <p>1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>23 1 pm Bingo (Game Room)</p>
<p>24 1:00 pm In His Presence Ministries Sunday Worship</p>	<p>25 10 am Pantry</p> <p>5 pm Bingo/Keno</p> <p>6:30 pm Cards</p>	<p>26 2 pm Movie "Going in Style"</p>	<p>27 10 am Kroger/\$Store</p> <p>2 pm Pinochle</p> <p>2:30 Sing-A-Long</p> <p>6:15 pm Bible Study</p>	<p>28 10 am Coffee Hour</p> <p>10 am Pantry</p> <p>11 am Hymn Sings</p> <p>1 pm Chair Exercise</p>	<p>29 12:45 Milkman</p> <p>1 pm Arts &amp; Crafts</p> <p>5 pm Keno/Bingo</p>	<p>30 1 pm Bingo (Game Room)</p> <p>10 am—2 pm VINTAGE CAR SHOW</p>

**Reminder:** The Redford Board of Directors meets the fourth Wednesday of each month. Depending on the amount of members in attendance, the dining room may need to be utilized for the meeting. We appreciate your flexibility in this matter.



# Giving Matters.

By Paul J. Miller, CFRE,  
President, PVM Foundation

## Goodbye Summer; Hello Fall! Seeds sewn years before are bearing fruit.



**Almost nothing is more satisfying than seeing hard work and preparation pay off. This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—*it's cider mill season!***

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer 😊... become so very worth it.

The season is also a great metaphor for a planned gift, such as a gift in your will. Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

**By doing the hard work now—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—you can create a bountiful harvest which will survive long into the next “season.”**

Learn how you can leave a gift in your will and start planning at [MyLegacy.pvmf.org](https://www.pvmf.org). If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!  
Paul J. Miller, CFRE

## THE BULLETIN BOARD

by Kay Eless

I've been a people watcher since childhood. What people do and why has always fascinated me. It's like solving a mystery. Once in a while I overthink to find the solution to a problem but usually the answer comes once I'm satisfied all the facts are in. And this leads me to my topic.

Recently I walked into the kitchen to get an allergy pill and saw two pots that needed to be filled with hot, soapy water. After the pots were taken care of, I was walking out of the kitchen when it came to me that the reason to be in the kitchen in the first place was to get an allergy pill. My mother used to worry that forgetting things might mean that she was getting senile. My reply was that it was normal to forget but I don't think she believed me even though she lived to be 91 and was sharp as a tack.

Early in life, I heard many things that later turned out to be untrue, such as "if you talk to yourself, you're crazy", and "if you forget things, you're getting senile". I was about twelve when my mother and I were shopping and I chanced upon a woman who was talking to herself. She saw me and was so embarrassed that I decided never to be embarrassed if caught in the act. In fact, I have always enjoyed talking to myself. If anyone asked if I was talking to myself, I had two answers: (1) I might as well since I know at least someone is listening to me, or (2) no, my angel is listening.

I think a little forgetfulness is normal. When a person raises a family and has a job, or just raises a family, or just has a job, there is a steady, daily routine that keeps the brain focused on all the tasks at hand. The brain is so constructed that it doesn't matter if the daily routine is interrupted by some outside influence/interference. My mother told me that she couldn't understand why she forgot things. When she worked, she used to handle many different tasks and didn't forget anything.

Looking back, it's my opinion that my mother had hit on the answer. There is a time in life when the brain could be kept so busy with everyday activity that lists may be made to keep from forgetting anything. After retirement, for many people there may be less to focus on and there is no need to keep reminder lists. Even though I continue to keep a daily activity list, still there are less important things that can easily sidetrack me from the original task at hand, just as I mentioned in the second paragraph. Fortunately, the original task does surface again and this has finally made me realize that I need not be disturbed or dismayed by the 'forgetting'. I also decided to accept that now is a time in my life that sidetracking will occur, and that it is very normal and not a sign of senility. As for senility, that concern belongs to the medical profession.

**Welcome New Residents!**

James and Gloria Harper, Villa  
Willie Brooks, Villa

## Coordinator Corner

Why is Labor Day celebrated? The first Monday in September since 1882, honors the American labor movement and the contributions that workers have made in this country.

- **Pathways for a Healthier Michigan for Seniors** Fall exercise sessions begin on Thursday, Sept 14- Thursday, Nov 2, 2017 Limited space, only (5) spaces left! Please sign up in the service coordinators office. It's FREE to all residents.
- **September 20, 2017 Home watch Caregivers** will be present with seminar offering services to residents @ 2:15 pm in the Villa Dining Room.



- **September 21, 2017** Humana representative Scott Lewis will be here with information on **Medicare Open enrollment** changes that may affect you. Please join us @ 11:00am in the Villa Dining Room. Light refreshments will be served.
- **September 22, 2017** is Fall Prevention Awareness Day, stop by the service coordinator office for a handout on steps to prevent falls.

Monthly Quote: "I don't regret the things I've done; I regret the things I didn't do when I had the chance." ~ Unknown

- **September 30<sup>th</sup>** Our Vintage Car Show  On the Village grounds  
10:00am -2:00pm See you there!!

Anita Stephens / 313-541-6450

## Movie Listings September 2017



**LaLa Land** Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

**A Monster Calls** Conor (Lewis MacDougall) is dealing with far more than other boys his age. His beloved and devoted mother (Felicity Jones) is ill. He has little in common with his imperious grandmother. His father has resettled thousands of miles away. But Conor finds a most unlikely ally when the Monster (Liam Neeson) appears at his bedroom window one night. Ancient, wild, and relentless, the Monster guides Conor on a journey of courage, faith, and truth that powerfully fuses imagination and reality.

**Hidden Figures** Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

**Going in Style** Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

**SEE YOUR MONTHLY CALENDAR FOR SHOWING DATES!**

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**Villa Office Number  
Cottage Office Number**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*

**Hannah Micallef**  
*Housing Administrative Assistant,  
TCS*

**Steve Reardon**  
*Cottages Maintenance  
Technician*

**(313) 541-5991  
(313) 541-6300**

**Mark Uzarek**  
*Maintenance Lead, Villa*

**Rhonda Harvey**  
*Housekeeper, Villa*

**Anita Stephens**  
*Service Coordinator, Villa &  
Cottages (313) 541-6450*

**Melissa Nestorovski**  
*Leasing and Marketing Specialist  
(313) 541-6140*

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**EMERGENCY NUMBER (COTTAGES)**

**NON EMERGENCY REDFORD PD**

**CLASSIC SECURITY**

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**(313) 573-3572**

**(313) 387-2500**

**(313) 662-4648**



**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)



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