



Village View



Embrace the possibilities



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2018 Annual Christmas Luncheon- Save the Date!

The leaves have only just started to turn colors, but we have Christmas on the mind already! Our Annual Christmas Luncheon will be held on **Friday, December 14th at Advantage Living's RCD Room** (the same place it was held last year). Please keep your calendars open for this event filled with festivities, fellowship and fun. More information will be coming shortly.

Goodfellows Dolls

A big thank you to all of those who dressed a doll for the Goodfellows. Your combined generosity and creativity will make a special gift for a child this Christmas season.



Floor Captain Refresher Meeting

We are requesting that all Floor Captains attend the refresher meeting on **Friday, September 21st at 2:00 pm** in the Villa Dining Room. All new captains will be introduced, and concerns and suggestions shared.

2018 PVM Foundation Gala

The PVM Foundation's 15th Annual Gala is soon approaching! This year's theme is.....Play Ball!
 The gala will once again be held at The Henry Ford Museum of American Innovation on Thursday, November 8, 2018. \$300/ticket. Ticket includes a strolling dinner & program. To purchase a ticket, please contact the Foundation at 248-281-2042

ACROSS

- 1. Jungle vine
- 6. ERA or RBI
- 10. Wife's place, in Chaucer tale
- 14. Montezuma subject
- 15. Play by oneself
- 16. Switch add-on
- 17. Horatio Hornblower's horrible hangovers?
- 20. Medication for "Wall Street Journal" founder Charles?
- 21. Gliding dance step
- 24. Pompous fools
- 25. C, to Pythagoras: Abbr.
- 26. Bad-mouths
- 31. Ike's opponent in 1952 and 1956
- 33. "The Wind in the Willows" character
- 34. III * XIX
- 38. What some NASCAR races might end in?

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| 25 | | | | 26 | | 27 | 28 | 29 | 30 | | | | | | |
| 31 | | | 32 | | | 33 | | | | | | 34 | 35 | 36 | 37 |
| 38 | | | | | | 39 | | | | | 40 | | | | |
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| 47 | 48 | 49 | 50 | | | | | | | 51 | | 52 | | | |
| 53 | | | | | | 54 | 55 | 56 | 57 | | | | | | |
| 58 | | | | | | | | | | | | 59 | 60 | 61 | |
| 62 | | | | | | | 63 | | | | | 64 | | | |
| 65 | | | | | | | 66 | | | | | 67 | | | |

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- 41. Here, in a way
- 42. Prod
- 43. Pull on
- 44. Hall of Fame Dodgers manager
- 46. "Evil Woman" gp.
- 47. Dishwasher brand
- 51. Verdi opera based on a Shakespeare play
- 53. Coach's lament after a blowout?
- 58. Zugzwang and Catch-22 ... or what 17-, 20-, 38-, and 53-Across represent
- 62. Carrier whose name literally means "skyward"
- 63. One-name model whose real name is Melissa Miller
- 64. Composer Bruckner or Dvorak
- 65. Armed conflicts
- 66. Conger and moray
- 67. Knife brand

DOWN

- 1. ___ Vegas
- 2. Real ending?
- 3. Off-road transportation: Abbr.
- 4. They are often basic, but never acidic
- 5. Word puzzle enjoyed by Queen Victoria
- 6. Mil. rank
- 7. 1/760th of an atmosphere
- 8. Plant used widely in pharmaceutical preparations
- 9. "Animal House" party wear
- 10. Grins from ear to ear
- 11. Buenos ___
- 12. Heavy weight, in France
- 13. Leno and Letterman
- 18. Decorative pitcher
- 19. Orgs. with class-y agendas

- 21. "Hanging" problems in the 2000 election
- 22. Many-headed monster slain by Hercules
- 23. "Sounds like ___!"
- 27. 7 for N, 8 for O, etc.
- 28. Extremely successful, in slang
- 29. More vigorous
- 30. Part of a college e-mail address
- 32. Gray, in a way
- 34. "Charlie's Angels" costar Lucy
- 35. Catch for Papageno, in "Die Zauberflöte"
- 36. Counting everything
- 37. Playground retort
- 39. W.W. II agcy.
- 40. It helps pay for roads and schools
- 44. Wimbledon surface
- 45. Qatar capital
- 47. Ford succeeded him

- 48. Cabbage
- 49. He shared Nobel Peace Prize with Menachem
- 50. Simon and Diamond
- 52. Site of first enclosed shopping mall (Twin Cities suburb)
- 54. "___ dead people" (famous line from "The Sixth Sense")
- 55. "Newsweek" rival
- 56. WWW code
- 57. Calendar abbr.
- 59. Like some drugs: Abbr.
- 60. "Death Be ___ Proud"
- 61. ___-cone



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Hope Wheeler. Hope recently graduated from Oakland University and is interning with PVM this summer.

If it's "Organic" is it "Healthier"?

Think back to the last time you were in a grocery store. Did you see any food labels with the word "organic" on them? When it comes to food, the word organic refers to the way in which food is produced. Organic foods are produced without using man-made pesticides, man-made fertilizers, human waste, radiation, genetic modification, antibiotics or hormones. Unfortunately, foods that aren't produced organically may contain some of these potentially harmful substances.

Though buying organic foods can be pricey, from a health standpoint limiting your exposure to harmful substances is generally a good idea. Because certain types of produce contain little to no pesticide residue without being produced organically, you can limit your pesticide exposure and save money by purchasing conventionally grown versions of these foods. Each year the Environmental Working Group, a non-profit, non-partisan organization dedicated to empowering people to live healthier lives in a healthier environment publishes two lists: the "Dirty Dozen" and the "Clean Fifteen" to help consumers decide which produce to buy organic and which to not. For more information, visit <https://www.ewg.org/foodnews>.



Whether you buy organic produce or not, to get the most "bang for your buck" shop at farmers markets, buy fruits and vegetables that are in season, and freeze any extra produce you may have. Also, remember to wash, trim, and peel your produce to reduce your pesticide exposure and to increase the health benefits, eat a wide variety. The more colors on your plate the better!

When it comes to our bodies, we invest a lot of time and money taking care of the outside (clothes, hair, shoes, makeup, etc.), shouldn't we do the same for the inside? To learn more about organic foods and their potential impact on your health, visit <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>.

Chicken Cordon Bleu II



Ingredients

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 6 slices ham
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 6 tablespoons butter
- 1/2 cup dry white wine
- 1 teaspoon chicken bouillon granules
- 1 tablespoon cornstarch
- 1 cup heavy whipping

Directions

1. Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour and paprika in a small bowl, and coat the chicken pieces.
2. Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.
3. Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.

HAPPY SEPTEMBER BIRTHDAYS!

- ☺ Barbara Horton 9/12
- ☺ Thomasine Brantley 9/29
- ☺ Paula Walters 9/21
- ☺ Minnetta Thomas 9/27
- ☺ Mae Anderson 9/13
- ☺ Deloris Nance 9/5
- ☺ Phyllis White 9/9
- ☺ Betty Schwesinger 9/9
- ☺ Aloysius Hanson 9/26
- ☺ Charlie Miller 9/11
- ☺ Delois Wilson 9/27
- ☺ Dianne Burton 9/23
- ☺ Dennis Elrod 9/8
- ☺ Melba Hawk 9/8
- ☺ Arene Jones 9/24
- ☺ Sheila Lofton 9/6



Service Coordinator Corner

Quote of the month: "Life is what happens to you while you're busy making other plans."
- Allen Saunders



Wednesday, September 12, 2018 @ 1:30-3:30pm "SPA DAY" Come join us for an afternoon of pampering. Sponsored by: Heather Peche with "Home Watch Care Givers" & Melissa with "The Mindful Body Massage" **FREE** to all residents! Chair Massages, Facials, Manicures & Foot Soak Baths.

Tuesday, September 25, 2018 @ 11:00 am Fall Prevention & Fire Safety in your home seminar. Presented by: Sarah Hickey, RN with Beaumont Hospital. **FREE** to all residents.



Monday, September 3, 2018 All offices are closed.

Sunday, September 9, 2018 is

Happy
Grandparents
Day

Anita Stephens
313-541-6450

Tip from Housekeeping:



Running low on all-purpose cleaner? Take a ½ bottle of Windex and fill other ½ with Ammonia. You can use this solution to clean countertops, in addition to glass.



Giving Matters.

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

Retired teacher, Betty did a wonderful thing. She honored her happy home, friends and family by leaving a gift in her will.

Betty left a gift in her will that helped build The Karl and Frieda Kleemann Chapel at The Village of East Harbor and provide stained-glass windows. Before her passing, Betty said she always believed in the PVM mission to serve older adults. She was delighted to honor her parents and a dear friend through the gift in her will.

Betty wanted to give back to her “happy home for these many years.” She wanted to make sure her gift would help future residents—people she’d never know! And she did! Today the chapel is a place where seniors of all faiths can gather, and Betty’s legacy shines!



LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy



**Presbyterian
Villages**
OF MICHIGAN
THE FOUNDATION

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller
248.281.2045 www.pvmfgifts.org

Anyone can leave a bequest. You have the power to answer future prayers today!

Contact us at 248-281-2040 or pvmfoundation@pvm.org to learn more, or visit mylegacy.pvmf.org.



The Senior Advocate.

*By Lynn Alexander,
Senior VP & Chief Marketing Officer*

It's Time For a Flu Shot

The summer is saying goodbye to us. Boaters are taking their last cruises. Others are getting ready to place their patio furniture in storage. Our children and grandchildren are headed back to school. Even years after we graduate from school we sense invigoration and new beginnings in the air.



It is also that time of year to get a flu shot. I know. It is not something we look forward to like we do for cider mills, apple picking and football games. However, we can be grateful that we have the chance to prevent serious illness. Not everyone believes that flu vaccine works. However, according to the Canadian Medical Association Journal: "Repeated vaccination for influenza was highly effective in preventing severe and fatal infection caused by influenza in older adults. "

There are many locations which help to make it convenient to get a flu shot. County health departments, senior centers and some of our PVM villages offer access to flu vaccine clinics. Check with our PVM staff members for more information. Be smart and savvy. Go for it!

This Month at the Movies...



Roman J Israel, Esq: Roman J. Israel, Esq. is set in the underbelly of the overburdened Los Angeles criminal court system. Denzel Washington stars as a driven, idealistic defense attorney whose life is upended when his mentor, a civil rights icon, dies. When he is recruited to join a firm led by one of the legendary man's former students – the ambitious lawyer George Pierce (Colin Farrell) – and begins a friendship with a young champion of equal rights (Carmen Ejogo), a turbulent series of events ensue that will put the activism that has defined Roman's career to the test.

The Awful Truth: Jerry (Cary Grant) and Lucy (Irene Dunne) are a married couple who doubt each other's fidelity: Jerry suspects Lucy and her music teacher (Alexander D'Arcy) of spending an evening together, and Lucy is convinced Jerry lied about a business trip. When the jealous pair file for divorce, both rush into new relationships, but quickly realize their love never died. The soon-to-be-divorced husband and wife then both scramble to spoil each other's chances for newfound romance.

The Forgiven: During his life sentence in post-apartheid South Africa, brutal murderer Piet Blomfield seeks redemption through meetings with Archbishop Desmond Tutu.

Jumanji: Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji - you must survive it. To beat the game and return to the real world, they'll have to go on the most dangerous adventure of their lives, discover what Alan Parrish left 20 years ago, and change the way they think about themselves - or they'll be stuck in the game forever.

MAIN OFFICE NUMBER 313-541-6000 | #100

Village Staff

**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

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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

Redford Board of Directors

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The Cottages at
Redford
A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



The Villa at
Redford
A SENIOR LIVING COMMUNITY

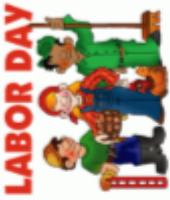
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**The Villa and Cottages at Redford • 25340 West Six Mile Road •
Redford, Michigan 48240**

Embrace the possibilities



September 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|--|---------------------------|
| 2 1:00 pm In His Presence Ministries Sunday Worship | 3 LABOR DAY  | 4 1 pm Pinochle 2 pm Movie "Roman J Israel, Esq" | 5 10 am Kroger 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study | 6 10 am Coffee Hour 10 am Pantry | 7 1 pm Arts & Crafts 5 pm Keno/Bingo | 8 1 pm Bingo (Game Room) |
| 9 | 10 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards | 11 2 pm Movie "The Awful Truth" | 12 10 am Value Center 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study | 13 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings | 14 1 pm Arts & Crafts 5 pm Keno/Bingo | 15 1 pm Bingo (Game Room) |
| 16  | 17 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno | 18 2 pm Movie "The Forgiven" | 19 10 am Kroger 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study | 20 10 am Coffee Hour 10 am Pantry | 21 1 pm Arts & Crafts 5 pm Keno/Bingo | 22 1 pm Bingo (Game Room) |
| 23 | 24 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards | 25 2 pm Movie "Jumanji: Welcome to the Jungle" | 26 10 am Value Center 1 pm Pinochle 2:30 pm Sing-A-Long 6:15 pm Bible Study | 27 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings | 28 1 pm Arts & Crafts 5 pm Keno/Bingo | 29 1 pm Bingo (Game Room) |
| 30  | | | | | | |