



Village Voice



Embrace the possibilities

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

March 2021

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Winners: It is Your Turn to Shine! 2020 Village Victory Cup Medal Results

The results of the Village Victory Cup competition are in.

Hope Dawayen won 2nd place in the Hoop Shoot for the 65-74 age group. The Warren Glenn Wordsmith team made up by Miriam Napolitano, Sister Mary Fagan, Liz Barringer, Janice Kuchta and Araina Adams won 2nd place.

Congratulations, winners. You have done your village proud! Please come to the office to receive your stunning medal.

The Victory Cup took place on a beautiful day in October and it seems like yesterday. Thanks to all of the people who attended as participants, fans, and organizers.



The Village of
Warren Glenn
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:



From the Service Coordinator

Denise Giallombardo, B.S.W., Presbyterian Villages of Michigan

Prescription Delivery, Health Clinics and Dental Services

Using these community resources may make your life easier. Please cut out this list and put it somewhere where you can find it such as on your refrigerator or in a journal, file folder or address book.

Prescription delivery services do not charge you anything to deliver your prescriptions. All you have to do is have a credit card or debit card on file. Why worry about asking someone for a ride or waiting for your son or daughter to pick up your prescriptions? Have the pharmacy deliver your medications to you.

ABE'S PHARMACY (586) 362-8404

CVS PHARMACY (586) 558-5560

Health Clinics

MYCARE HEALTH CENTER is in Center Line, (586) 756-7777.

- Transportation to and from your appointment
- Well visits, physicals and vaccinations
- Treating sinus infections, flu, headaches and minor illness
- Managing chronic health conditions such as diabetes, high blood pressure, and arthritis
- Podiatry
- Behavioral health treatment through counseling and/or medication
- Dental care includes checkups, cleaning and filling cavities **PLEASE NOTE:** It is hard to find a dentist that accepts Medicaid. This resource does which is fantastic! And they provide transportation.
- Insurances accepted: Medicaid, Molina, Blue Cross/Shield, Blue Care Network, Meridian, HAP, Omni Care, Priority Health, Total Health Care, United Health Care, McLaren

OAK STREET HEALTH is in Hazel Park, 1-877-204-6586.

- Transportation to and from your appointment
- Geriatric Doctors
- Well visits, physicals and vaccinations
- Treats sinus infections, flu, headaches and minor illness
- Manages chronic health conditions such as high blood pressure and arthritis
- Podiatry
- Telehealth – Speak to a doctor on your phone or computer
- Insurances accepted: Accepts Medicare and Medicare Advantage only. Call for insurance verification.

Dates to Remember:

Dr. Rubin, Foot Doctor	Thursday, March 11	Sign up in mailroom.
Focus Hope	Friday, March 12	
Emergency Food Boxes	Distribution date to be determined	

Celebrating Residents with Flowers



Macomb Angels were just that when they gave Warren Glenn residents flowers for Valentine's Day.

The 250 red, white and pink carnations were just the thing to brighten up people's days in the midst of a cold February. The carnations were particularly enjoyable because they had an old-fashioned, beautiful smell.

Macomb Angels is a chapter of the charitable organization Woman's Life. The women who arranged for the flowers were truly angels. Thank you very much.



Starting at upper left: Prince Ealy, Liz Barringer, Eunice Stevens, Josephine Danowski, Vicki Jackson, Gail Styles and Lawanda Alexander.



Dining Senior Style Lunch Program Re-Opens

You are invited to take part in *Dining Senior Style*. Take-out lunches are served five days a week in our building. The meal is hot; see the attached March menu to view the variety of food served.

Please don't worry about the no-cash policy. Keep a rough idea of how many meals you eat in March and write one check at the end of the month. The suggested donation is \$3.00 per meal.

The most important thing is for you to have a well-balanced diet and enjoy your food. Try the lunch program and see if you like it.

Lost & Found

LOST: We have two pairs of eye glasses and a mailroom key in the office. Any one missing these items?

FOUND: Carolyn Richardson, #237, found her gold wedding ring. Hooray!



Not Cool ...Alcohol Bottle Found in Carport After Super Bowl

This liquor bottle was found in one of the carports closest to the building after the Super Bowl. I know it was a good game with cause for celebration if you like Tom Brady, but residents and their guests are responsible "to keep the premises in a clean and sanitary condition." (Lease, pg. 6, 13c)

We have a clean building and it takes everyone working together to keep it that way. It is tacky to leave a liquor bottle outside in plain view. If your friend or relative did this, talk to them. Don't let this happen again.

NOTE: The bottle is no longer ½ full. Ha, ha.

Welcome New Neighbors!

Please welcome our new residents:

George Hoig #137 Mike Blanton #124

Visiting in the Age of Covid

The building has two policies governing visitors.

The temporary Covid policy is that residents cannot have visitors unless those visitors are providing you with daily-living assistance that you need in order to live independently. A friend or relative can come to the building if they are helping you with grocery shopping or cleaning or a shower or preparing a meal. A friend or relative cannot come to the building just to visit or play cards. This state rule governs nursing homes, assisted living and independent living buildings. The purpose is to lower the threat of Covid-19 coming into the building from guests. Even though many people in the building are vaccinated, the rule still stands until the governor lifts it.

Our House Rules define a visitor as anyone other than the person who signed the apartment lease. Residents are allowed to have overnight visitors (just not during covid). However visitors should not stay more than two weeks. Total number of overnight stays should not be more than 21 days per year. All visitors staying more than 48 hours are to register with management.

First Presbyterian Church of Warren

Inclusion Ministry: March *by Marijo Hockley*

Reflections – Every Tuesday evening at 7 p.m. on Zoom, a time to listen to parables, poems, and folk tales. We will explore how these stories help us understand the world today. So, find a comfy chair and come and relax with us while we share each other's company and support.

- In March, we will look at Irish Folktales
- Zoom Information:
 - <https://zoom.us/j/97529741258?pwd=b0hrZTI4OXgveHZmUEZGbkVuTmdBdz09> Meeting ID: 975 2974 1258 Passcode: JYTpj8

Bible Study – Every Wednesday at 7 p.m. Studying the Book of Acts

- Zoom Information:
 - <https://us02web.zoom.us/j/576195493?pwd=cHEvbnR0MCSvOHkvMnhZNGx5Z3pPdZ09> Meeting ID: 576 195 493 Passcode: 169978

Sunday Worship at 10 a.m.

- Zoom Information:
 - <https://us02web.zoom.us/j/83134960513?pwd=dDVLlEQwYnZaRHVkcjhGbnpybFN5UT09>
 - Meeting ID: 831 3496 0513 Passcode: 913012
 - Call in number: (646) 558-8656
 - Dial the number
 - Enter Meeting ID, then #
 - Enter Password, then #
- If you would like to watch worship in the First Church Sanctuary on Zoom, projected on the large screen, please let the office know by Thursday at noon so arrangements can be made. (586-751-1721, office@firstofwarren.com)

****If you are interested in attending any of the Zoom activities and need help connecting, please contact Marijo via email at marijo@firstofwarren.com or call 248-219-9449 to schedule a one-on-one help session.

If you would like pastoral care please contact Marijo at (248) 219-9449 or the church office at (586) 751-1721.



BIRTHDAYS

- 3/13 Janice Kuchta
- 3/13 Eunice Stevens
- 3/15 Chuck Cowan
- 3/18 Sylvia Guillemette
- 3/23 Gwendolyn Scott
- 3/24 Theresa Smith
- 3/24 Laurie Tusly
- 3/25 Allan Thompson

HOLIDAYS

- 3/3 World Wildlife Day
- 3/14 Daylight Savings begins.
- 3/17 St. Patrick's Day
- 3/20 March Equinox
- 3/28 Palm Sunday
- 3/28 Passover begins.
- 3/29 National Vietnam War Veterans Day

FLOWER

Daffodil

BIRTHSTONE

Aquamarine



Juanita Sellers, A Long-time Resident Shares her Story of Growing Up in the Civil Rights Movement

Juanita Sellers grew up in Birmingham, Alabama during the 1960's and took part in Civil Rights youth demonstrations during 1962-1963. "I don't understand how people would take your life for no other reason than you were Black", she said.

Juanita, recruited by the Southern Christian Leadership Conference, participated in youth demonstrations. Youth demonstrations began because many adult protesters were already in jail, other adults were too frightened to participate and it channeled the energy and anger of the young into something constructive. Although Juanita was not a member of the 16th Street Baptist Church, she was part of a group of young people that met and planned there. Most of the group went to high school together. It was dangerous. There were times when police officers would drive through the neighborhood with their guns hanging out the windows telling everyone to get in the house.

"We had dogs charging at us, and they used firehoses on us," Juanita recalled. "We didn't know if they would kill us or if they would show up and turn the dogs loose on us. All we could do was run. If they caught us, they would have beat us. You know, it was just crazy. All we wanted was to be treated like human beings, that's it. Nothing special. Just human!", Juanita concluded.

She participated in marches before the bombing of *the church*, the 16th Street Baptist Church that was bombed in September 1963 and where four young girls were killed – Addie Mae Collins, Carole Robertson, Cynthia Wesley and Denise McNair.

"The day of the bombing, I was in the house. My house shook. We didn't really know what it was. We always heard bombs. They were always bombing the local NAACP/SCLC lawyer's house. He never got hurt, but they bombed his house so many times they call that street that he stayed on *Dynamite Hill*. It was always a scary moment when we heard that phone ring", Juanita stated.



Later in her life, Juanita moved to Michigan in 1969 and to Warren Glenn in 2014.

Juanita's fighting spirit helped her in other ways during her lifetime like when she faced kidney disease in the 1980's. "I was there on the (kidney dialysis) machine for up to 4 hours every other day. I had a transplant in 2001 and I'm so happy I got it! This year it will be 20 years", Juanita declared.

Juanita has gone through many changes and obstacles. She is able now to sit and reflect on these life moments. Juanita enjoys her community and is healthy, safe and comfortable at Warren Glenn.

Synopsis of a blog post by Yalanda Jackson, <https://pvmfoundation.org/2021/02/17>

Technology: Internet / Network Speeds

Some residents have talked with me about changes in their internet experience (phones, tablets, television) since 1st Presbyterian Church of Warren made free internet available to Warren Glenn residents. I asked Mark Kronner, Director of Information Technology, at Presbyterian Villages of Michigan about the problem of weak or slow internet. He said that the white devices on the hallway walls will not interfere with your internet speed.

He suggested that you analyze your problem in this way:

1. Is your computer, tablet or phone old? Older devices cannot handle modern content.
2. Do you have an old or slow network “card” in your wired computer?
3. Do you have a slow wireless device in your computer or older tablets? You can purchase faster Wireless USB devices to breathe new life into an older computer or tablet.
4. Do you have a slow internet service? Try to get 50 MB or better for download speeds. Check your speeds from this link: <https://www.speakeasy.net/speedtest/>
5. Many upgrade their network service from their providers (i.e. Comcast) and are told they have 100 plus download speeds. Test to see if you do. Test wired connection vs. wireless connection. You can use the same “speakeasy link” above.
6. Sometimes you need to replace your Router or Wireless Access Points. Many times we bring in faster speeds from our internet provider but don’t upgrade other necessary technology and so don’t experience the faster speeds.

I understand some of this, but not enough to be a resource to you. If you can’t do this work and are having trouble with your internet speed, my suggestion is to ask a computer guru in your family or in the building or at a store to analyze your machine(s) and your internet provider to make sure that both are running in sync.

Anne Lilla, Administrator

SERVICES

Alterations and Mending

Shorten pants and sleeves. Take-in or let-out clothes. New elastic. Masks. Fast and reasonable, call Diane at 586-350-1751.

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 the prices.

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. The sign-up sheet in the mailroom.

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.

Watch Battery and Band Repair

All work guaranteed one year. Low cost. Call Mac MacDougall at 586-484-0417.

Schwann’s Food Delivery

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.



Congratulations, We Did It!

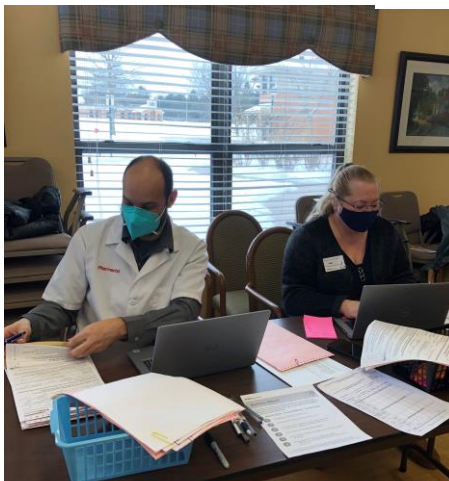
The Village of Warren Glenn and CVS Pharmacy sponsored the second Covid-19 Vaccine Clinic on Monday, February 15. It was wildly successful with 49 residents getting their second dose and 12 residents getting their first dose. **76% of residents were vaccinated.** **Thank you for hitting it out of the park!**

Thank you to CVS. Thank you to the Warren Glenn staff who organized the clinic.



3rd Vaccine Clinic Monday, March 15

- For people who need the 2nd shot.
- You will get your appointment time a few days beforehand.





2nd CVS



Vaccine Clinic



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

How 'bout Lunch? Watch It! Learn It! Eat It!

March is national nutrition month and to help celebrate the occasion, Village of Oakland Woods Wellness Coordinator Joelle Baughman has created a unique program called "How 'bout Lunch?". Every two weeks, starting March 11 through April 8, Joelle invites you to join her for lunch. But there's a catch! For each lunch date, there is a specific dish (and beverage) Joelle would like you to make.

To learn what each dish and beverage are visit the "How 'bout Lunch?" website: <https://howboutlunch.weebly.com>. There you will find cooking videos featuring Joelle that not only show you how to make each dish and beverage, but also show you the ingredients and utensils you will need to make them. You can also download and print a list of the ingredients to use as a shopping list. Each dish is budget friendly, easy to make and of course healthy.

Ideally, for each date you plan to join Joelle for lunch, in the comfort & convenience of your own kitchen you will make the dish and beverage scheduled for that date, then via Zoom join Joelle for lunch and eat what you made. During lunch, you can share how easy or hard you thought it was to make and whether or not you actually liked it. You can also make suggestions for future videos.

Signing up is easy. Go to the "How 'bout Lunch?" website, click the "Sign Up for Lunch" tab then enter the requested contact info for each lunch date you plan to attend. You will then receive an email with the Zoom link you will need to join that day's lunch.

Whether or not you make each planned dish or beverage, Joelle would still like you to join her for lunch. There are plenty of things to talk about in addition to that day's dish/beverage combo. She is looking forward to meeting new people and engaging in some hearty conversation. If you have any questions, please call her at (248) 334-4379 or send her an email at jbaughman@pvm.org.





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Stay Safe and Warm

With the terrible cold and storms gripping our nation, I thought it is a good time to remind everyone of tips for surviving through the rest of winter:

- In case of power outages keep a supply of water and canned food along with a non-electric can opener.
- Have flashlights handy and check to make sure they have good batteries.
- If you receive a weather alert regarding power outages fill your tub with water for washing up and to flush the toilet.
- Make sure your cell phone is fully charged.
- Faithfully wear your emergency pendant so you can get help even if your phone is not working.
- Be sure to keep your room temperature no lower than 65 degrees. There have been many stories of folks trying to save money by turning their furnace down and ending up with hypothermia.
- Ask for help. Do not try to shovel snow yourself. Ask family and friends to deliver groceries to you. In some cases it may make sense to stay with family if we are in the midst of a major winter storm.

Wishing all a safe end to winter. Spring will be here soon!



Your Life. Your Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...
and leave a legacy.**

 Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

Let Rick Petrella Light Up Your Life: Put in a Work Order for Light Bulbs

Please call and report light bulbs that need to be changed – fluorescent or incandescent or LED's.

We want you
illuminated properly!



**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 Number (586) 751-5090

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Stacey Klooster
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Rick Petrella
Maintenance Tech

Vacant
Housekeeper

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Emergency / After Hours Number (586) 554-4008
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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



Embrace the possibilities