



Village View



Embrace the possibilities

October 2018

Residents Enjoying the Spa Day presented by Homewatch Caregivers.

**Gloria's
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ACROSS

- 1 Twosome in the news
- 5 ___ California
- 9 "No drama" president
- 14 Simba's mate in "The Lion King"
- 15 Play to ___
- 16 Half of the Dynamic Duo
- 17 Serious injury for a firefighter
- 20 Part of a golf cup
- 21 Letter after kay
- 22 Gerund ender
- 23 Sri Lanka export
- 24 ___ roll
- 25 Mary's boss on "The Mary Tyler Moore Show"
- 26 Santa ___ (some winds)
- 28 "Pale" or "prairie" plant of the central U.S.
- 34 Fine distinction
- 35 Suze with financial advice
- 36 Good pace, informally
- 38 One of the Wayans brothers
- 41 Salinger heroine
- 42 Farmhand's material
- 44 Fancy neckwear
- 46 Indication that "That's how things are"
- 50 Collagist's supply
- 51 Bard's contraction
- 52 Do-over call
- 54 Temple University athlete
- 57 Figures at raves
- 58 LIII doubled
- 59 Outburst from Scrooge

- 60 Question answered by this puzzle's circled letters
- 64 French-speaking African land
- 65 Skeptic's reply
- 66 Tolerate
- 67 Conductors' announcements
- 68 Canadian fill-up choice
- 69 English Channel feeder

DOWN

- 1 Start of many course titles
- 2 Falafel sauce
- 3 2012 Super Bowl M.V.P. who hosted "S.N.L."
- 4 Deface
- 5 Banking problems
- 6 Had a midday meal
- 7 What may be up when the police arrive?
- 8 Kind of photography
- 9 Common pizza seasoning
- 10 Dole out in politics?
- 11 Border on
- 12 Bog
- 13 Actress Kendrick of "Pitch Perfect"
- 18 Novelist Ephron
- 19 Sicilian province
- 27 Shakespeare's Avon, for one
- 29 Fooling
- 30 Pastel shade
- 31 Import from Holland
- 32 Existential declaration

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17	○	○		18	○				19	○				○
20				21			22			23				
24				25			26			27				
	28	○	29				30	○				31	32	33
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36	37				38			39	40		41			
42				43			44			45				
46	○	○			47	48	○		○				49	
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54	55	56		57				58				59		
60				61				62			63			
64							65				66			
67							68					69		

- 33 Coastal hurricane dir.
- 36 Subjects of heightened interest, for short?
- 37 Luau necklace
- 39 Sad sorts
- 40 From
- 43 Rots slowly
- 45 Call on
- 47 It's big in Japan
- 48 Singer O'Shea who shared the stage with the Beatles on the 2/9/64 "Ed Sullivan Show"
- 49 Mariner
- 53 "Ta-da!"
- 54 Controls
- 55 Iota
- 56 Building block
- 61 Sales worker
- 62 USA competitor
- 63 "Game of Thrones" aier



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

So what's All the Fuss About Gluten?

If you are like me, you may have noticed an increase in foods labelled or promoted as being gluten-free. Restaurants too are offering an increasing number of gluten-free options. So what is going on? Is it a left-wing, communist conspiracy or a right-wing, fascist plot to change the way Americans eat? Will the “food police” soon be knocking on your door to check your pantry for gluten? While to some it might seem like it, it's actually a response by the food industry to an increasing number of people diagnosed with celiac disease or who are following a gluten-free diet.

Gluten is a naturally occurring protein found in wheat, rye, and barley. Unfortunately, for an estimated 1 in 100 people consuming foods containing gluten causes their immune system to go “haywire” and attack their small intestine causing substantial damage in the process, a disorder called celiac disease. There is no cure for celiac disease and the only effective treatment is to refrain from eating foods that contain gluten. Foods that commonly contain gluten, unless specifically labelled as gluten free, include breads, pastas, pastries (and other baked goods), cereals, soups, sauces, salad dressings, beer, and malt liquor.

Even the smallest amount of gluten can harm someone with celiac disease regardless of symptoms. Some people with celiac disease have no symptoms at all while others can have severe abdominal pain, joint pain, migraines and extreme fatigue. Most have symptoms that lie somewhere in between. If left untreated, other disorders can develop including diabetes, multiple sclerosis, anemia, intestinal cancer, osteoporosis and dementia.

So if you're like me, someone who has celiac disease, it's a good thing that the food industry is making more gluten-free foods available because it provides us with a little peace of mind and allows us to enjoy eating out with a little less worry. For more information about gluten and celiac disease, visit <https://celiac.org>.



Cheesy Brat Casserole



Ingredients

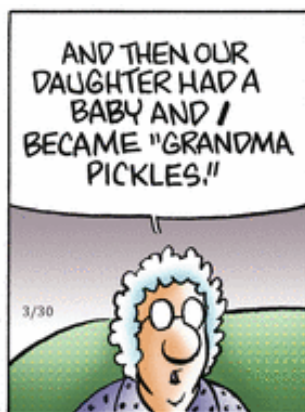
- 6 fully cooked Polish sausage or bratwurst, cut into 1/2-inch pieces
- 4 medium potatoes, cooked, peeled, and cubed (1 1/4 pounds)
- 1 16 - ounce package frozen cut green beans, thawed and drained
- 1 10 3/4 - ounce can cream of mushroom soup
- 1 cup shredded cheddar cheese
- 1/3 cup chopped onion

Directions

1. In a 3-quart casserole, stir together the sausage, potatoes, green beans, soup, cheddar cheese and onion.
2. Bake, covered, in a 350 degrees oven for about 45 minutes or until heated through.

HAPPY OCTOBER BIRTHDAYS!

- ☺ Bettye Walker
10/22
- ☺ Betty Washington
10/27
- ☺ Rosie Jones 10/18
- ☺ Sandra Moore
10/09
- ☺ Cynthia Morris
10/09
- ☺ Gerry Chennault
10/02
- ☺ Miriam Smith
10/24
- ☺ Delores Harris
10/17
- ☺ James Williams
10/30





Service Coordinator Corner



Monthly Quote: LISTEN! The wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves. ~ H. Wolfe (1885-1940)

Thursday, October 25, 2018 @ 2:00pm-4:00pm. Please come join us for a Senior Fair. Vendors with information on services to make your life easier. OPEN to all residents! Door prizes, light refreshments served. Location is the Villa Dining Room.

Wednesday, October 31, 2018 @11:00 am. Come participate in chair-exercises & BINGO. Sponsored by: Guardian Angel Home Health Care (Every Wednesday of the month) FREE to all residents! Light snacks & bingo prizes. Located in the Villa Dining Room.

If you're interested in participating in The 2019 Village Victory Cup, join us for a PEP RALLY on Monday, October 15, 2018@ 2:00pm. Location in the Villa Dining Room. This rally is important to the success of forming teams & scheduling practice dates. Please plan to attend.



HAPPY HALLOWEEN Wednesday, October 31st
Anita L. Stephens / Service Coordinator 313-541-6450

Tip from Housekeeping:

Dirty drip pans? Dawn dish soap does the trick. Submerge with warm water and Dawn, and watch the grease disappear.





Giving Matters.

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

PVMF Gala—November 8th!

Come to the best party around Thursday, November 8th at The Henry Ford Museum of American Innovation!



PVMF's 15th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for *Play Ball!*

The best part?! By attending, you become the real MVP for the

5500+ older adults served by PVM and you'll help make Michigan *the best* place to live at any age!

We hope to see you there!

**Join the Fun! Book your tickets:
All Tickets \$300!**

Learn more about how to attend at pvmf.org/Gala2018. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!
Paul J. Miller, CFRE

***P.S. Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!**



The Senior Advocate.

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

Be Prepared Takes on New Meaning

Over the years our Girl Scout and Boy Scout leaders as well as teachers and parents have told us to **BE PREPARED**. This advice takes on new meaning when we prepare others for the inevitable time when we will pass away and leave the responsibility of handling our affairs over to our loved ones. When we do not prepare we can inadvertently cause much consternation and difficulty for those left behind.

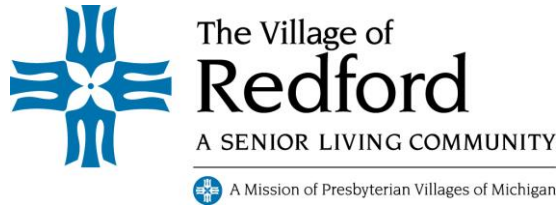
Recently this was highlighted with two celebrities who left no will behind, namely singers Prince and Aretha Franklin. Family relationships can be ruined; and heirs may spend years sorting things out legally. Here are some things to consider:

- Make sure your will is up to date and that you include new members of the family as you wish and remove deceased loved ones.
- Check all of your assets out. You may find that you are worth more than when the original will was created. And you may very likely be worth more than you realized!
- Keep all insurances and passwords handy and make sure your loved ones know how to access them.

I have heard of many bad situations which could have been averted with proper planning. In one instance a son with a brother in Australia had to deal with an emergency admission of both parents at a memory facility; and it took several days to track down the needed information. It all happened on the weekend of course so dealing with insurance companies and banks was not possible until that following Monday. In another instance the father was exceptionally well organized in almost every way. Having come from a field of finance, he had all of the financials and insurance information organized and readily available except for the fact that he had forgotten to give his family the computer password to access everything. When he passed away it took several days to get to the information. His grandson figured it out since his grandpa had taught him how to store and back up his own systems. He knew his *modus operandi*!

Both of these situations could have been avoided if total planning had occurred. So there is never a more important time to be prepared than planning for your family to assume control of your affairs.

Plan away!



TO: Cottage Residents

RE: Annual Apartment Inspection

Date: September 14, 2018

PURPOSE:

It is the intention of Presbyterian Villages of Michigan to operate a safe and well maintained environment for the residents who choose to live in our communities.

Apartment inspections are conducted several times annually and this year the MSHDA inspection will be performed on Tuesday, October 16th 2018.

Your apartment may be selected and will be inspected by a representative from MSHDA, accompanied by a Village staff member. You do not have to be present for this inspection.

We thank you in advance for your cooperation. If you have any questions, please feel free to contact the office.

Sincerely,

Gloria Robinson
Senior Housing Administrator, the Village of Redford

This Month at the Movies...



Murder on the Orient Express: A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective -- Hercule Poirot -- arrives to interrogate all passengers and search for clues before the killer can strike again.

Thunder Soul: Presented by Jamie Foxx, THUNDER SOUL follows the extraordinary alumni from Houston's storied Kashmere High School Stage Band, who return home after 35 years to play a tribute concert for the 92-year-old 'Prof', their beloved band leader who broke the colour barrier and transformed the school's struggling jazz band into a world-class funk powerhouse in the early 1970s. A remarkable, life affirming film, full to the brim with pure funk.

Home Again: Recently separated from her husband, Alice Kinney decides to start over by moving back to Los Angeles with her two daughters. While celebrating her 40th birthday, Alice meets Harry, George and Teddy, three young filmmakers who need a place to live. Complications soon arise when she agrees to let the men stay in her guesthouse temporarily. As Alice develops a budding romance with Harry, her newfound happiness comes crashing down when her ex shows up with a suitcase in his hand.

Boo! A Madea Halloween: Trying to win the approval of her friends, 17-year-old Tiffany sneaks out of the house to go to a Halloween bash at a fraternity. The fun soon ends when police and the cranky, fast-talking Madea (Tyler Perry) arrive to crash the party. Unhappy with this sudden turn of events, the vengeful collegians decide to scare Madea and her cronies with a series of pranks. She soon finds herself under attack and on the run from an assortment of ghosts, ghouls and zombies on the scariest night of the year.

Boo 2! A Madea Halloween: Tiffany travels to Derrick Lake to celebrate her 18th birthday at a Halloween frat party in the middle of the woods. Frantic and worried, Madea, Aunt Bam and Hattie hop in the car to save her from the same terrible fate that befell a group of teens there years earlier. Chaos soon strikes when the would-be heroes find themselves fighting for their lives against an array of spooky monsters, goblins and boogymen.



TRICK OR TREAT

October 31 at 10:15 am
Villa Dining Room

Please join us for our Annual
Trick or Treat with the
children from Rainbow
Village Daycare & Preschool.

Please bring candy appropriate for younger
children.

**NO HARD CANDY, MINTS,
OR GUM PLEASE.**

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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CLASSIC SECURITY

(313) 662-4648



Presbyterian
Villages
OF MICHIGAN

THE FOUNDATION

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

❖ Deanna Mitchell, Board Chairperson

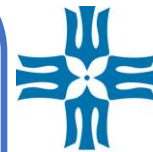
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The Cottages at
Redford

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



The Villa at
Redford

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

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

Embrace the possibilities





October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>7 1:00 pm In His Presence Ministries Sunday Worship</p> 	<p>1 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards</p>	<p>2 1 pm Pinochle 2 pm Movie "Murder on the Orient Express"</p>	<p>3 10 am Kroger 1 pm Pinochle 2:30 pm Sing-A-Long 6:45 pm Bible Study</p>	<p>4 10 am Coffee Hour 10 am Pantry</p>	<p>5 1 pm Arts & Crafts 5 pm Keno/Bingo</p>	<p>6 1 pm Bingo (Game Room)</p>
<p>14</p>	<p>8 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards</p>	<p>9 2 pm Movie "Thunder Soul"</p>	<p>10 10 am Value Center 1 pm Pinochle 2:30 pm Sing-A-Long 6:45 pm Bible Study</p>	<p>11 10 am Coffee Hour 10 am Pantry 11 am Hymn Sing</p>	<p>12 1 pm Arts & Crafts 5 pm Keno/Bingo</p>	<p>13 1 pm Bingo (Game Room)</p>
<p>21</p>	<p>15 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno 6:30 pm Cards</p>	<p>16 2 pm Movie "Home Again"</p>	<p>17 10 am Kroger 1 pm Pinochle 2:30 pm Sing-A-Long 6:45 pm Bible Study</p>	<p>18 10 am Coffee Hour 10 am Pantry</p>	<p>19 1 pm Arts & Crafts 5 pm Keno/Bingo</p>	<p>20 1 pm Bingo (Game Room)</p>
<p>28</p>	<p>22 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards</p>	<p>23 2 pm Movie "Boo: A Madea Halloween"</p>	<p>24 10 am Value Center 1 pm Pinochle 2:30 pm Sing-A-Long 6:45 pm Bible Study</p>	<p>25 10 am Coffee Hour 10 am Pantry 11 am Hymn Sing 2 pm Resident</p>	<p>26 1 pm Arts & Crafts 5 pm Keno/Bingo</p>	<p>27 1 pm Bingo (Game Room)</p>
<p>28</p>	<p>29 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards</p>	<p>30 10 am Kroger 2 pm Movie "Boo 2! A Madea Halloween"</p>	<p>31 10 am TRICK OR TREAT 1 pm Pinochle 2:30 pm Sing-A-Long 6:45 pm Bible Study</p>			