



Village Voice



Embrace the possibilities

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

Dec 2017

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The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



UPDATES AND REMINDERS

Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.



No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the covered parking.

Smoking in the apartments is forbidden. Residents violating this policy could be evicted.



Like and Join the Village on Facebook!

**We have a Facebook page titled
Presbyterian Village of Westland!**

You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A Caroling We Should Go

Whether you can carry a tune or not, it turns out that not only is singing good for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.

If done in a group, singing can improve our social lives and widen our circle of friends. And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow. To learn more about the health benefits of singing visit <http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Josh Kephart ~ 28890
Maintenance Manager

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Shari Thompson
~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

**Pam Webert &
Mara Valdmanis ~**
28953
Fitness Specialists

Sally ~ 28889
Beauty Shop



Giving Matters.

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

Will you remember your peers in your year-end giving?

Until no seniors need us, we need *you*.



Picture this.

You're a healthy, working older adult close to retirement. Then one of your worst fears comes true. A car accident leaves you unable to work and you're forced to retire early. You now need an affordable home with your new, limited income.

Where do you turn?

It happened to Brenda. It may have even happened to you or someone you know.

Without faithful donors, Brenda would've had nowhere to turn.

But, because donors made quality housing possible, Brenda's now thriving at a PVM community. She's living out the retirement she always hoped for but didn't think existed. Her schedule is filled with fitness classes, movies, arts and crafts, picnics and cultural trips—all the things she needs to age actively.

Please be a hero for someone like Brenda and make your gift today. You are needed now, more than ever!

Thank you for being a hero!

Paul J. Miller, CFRE

Village Events

Wayne Senior Chorus Christmas Concert

Date: Monday, December 4th

Time: 1:30 PM

Where: PDR/VI

Hines Park Christmas Lights Outing

Date: Thursday, December 7th

Time: Leaving at 6:30 PM

Where: Hines Park Drive

Craft Room Open House and Sale

Date: Friday, December 8th

Time: 10 AM-2 PM

Where: 905 Craft Room



Village of Westland Singing and Ringing Seniors Christmas Concert

Date: Friday, December 15th

Time: 1:30 PM

Where: PDR/VI



Violin and Piano Studio Christmas Program (Johanna Bate's Studio)

Date: Friday, December 15th

Time: 7:30 PM

Where: PDR/VI



Women's Holiday High Tea

Date: Tuesday, December 19th

Time: 1:15 PM

Where: PDR/VI

Fancy Christmas Dinner

Date: Wednesday, December 20th

Time: 4 PM – 6 PM

Where: All Dining Rooms

Piano Studio Christmas Program (Melinda Montego's Studio)

Date: Thursday, December 21st

Time: 7:00 PM

Where: PDR/VI



Men's Movie Day

Date: Tuesday, December 26th

Time: 1:15 PM

Where: WC

New Year's Eve Party

Date: Friday, December 29th

Time: 11 AM

Where: PDR/VI

If you have any questions about any of these events, please call Shana Brown in Wellness at 28886.

Sylvia McKenzie

Written by Motoko Huthwaite



Born November 4th, 1933, in Lincoln Park, MI, Sylvia grew up with two brothers, one older and one younger than she, the only girl. Both brothers became osteopathic doctors, educated at Michigan Tech and both graduated with a D.O. degree in Kirksville, Missouri.

In 1941, Sylvia's family moved to Wyandotte where she attended McCann Elementary School, Lincoln Junior High, and Roosevelt High School. She worked as a physician's assistant at Lynn Hospital in Lincoln Park. After her father died, Sylvia's mother remarried when Sylvia was 16. Sylvia met her husband at a wedding. After they were married, they lived in Wyandotte and then moved to Naples, Florida. Her husband worked for Ford Motor Company for 38 years.

Sylvia attended Highland Park Junior College where she majored in medicine until she became pregnant. She and her husband had three children, two boys named Keith (now 61) and Tom (now 60), and one girl named Annette (now 54).

After her children were grown, Sylvia enjoyed selling jewelry and American greeting cards. Then she and her husband bought a small trailer and traveled around the states staying in Naples, Florida, in the winter. They lived in Lewiston near Gaylord, MI, where they bought some land and built a home. They also got a speedboat they enjoyed on the lake.

In the late 1980s, she used to enjoy needlework and reading. She also developed some health issues, including Parkinson's. Her husband, in the meantime, discovered the joy of wood working. He built all new furniture for their new home, including tables, chairs, cabinets and also many toys for the grandchildren.

Today, Sylvia has 6 grandchildren: 4 girls and 2 boys. They all have good jobs. Kelsey, an occupational therapist, is now 27, Allison is 27, Leah is 25, Nicole, a dental hygienist, is in her 20s, Nat, a dental assistant, is 24, and Nathaniel is 23.

It was her three children who got together and found the Village of Westland for her. She moved here in July 2017. She is happy here and has made many friends.

DECEMBER FACTS

The 12th month of the year brings us Christmas, Chanukah, and New Years Eve.

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter. December provides the longest days in Southern Hemisphere, as it is the beginning of summer. December is a month home to many religious holidays.

Below are some fun facts about December:

1. The birthstone of December is turquoise.
2. Zodiac signs for December are Sagittarius (November 22 - December 21) and Capricorn (December 22 - January 19).
3. The birth flower of December is the narcissus.
4. World's AIDS Day is celebrated on December 1st.
5. December 3 - International Day of the Disabled Person
6. Universal Human Rights Month
7. National Read a New Book Month
8. In December, Nobel Prizes are awarded.
9. On December 4, 1791, The Observer newspaper (the first Sunday newspaper) was first published in Britain.
10. Christmas Day is celebrated on December 25th.
11. On December 7, 1941, The United States Naval Base at Pearl Harbor was attacked by Japanese planes which killed more than 2,300 Americans.
12. On December 20, 1803, the Louisiana Purchase was completed.
13. Kwanzaa is celebrated on December 26 - January 1 every year.
14. National Stress Free Family Holiday Month
15. December 27th is National Chocolate Day
16. On December 29, 1862, the bowling bowl was invented.
17. Poinsettia Day is on December 12th.
18. On December 3, 1967, the first heart transplant was completed.
19. On December 17, 1903, the Wright Brothers made their first flight.
20. On December 14, 1791, the Bill of Rights was passed.

Village of Westland December Contests

Elves on Shelves:

- Elves will be hidden in different places in the village Monday through Friday
- Starts on Thursday, December 7th and Ends on Tuesday, December 26th
- Winner(s) get to keep an elf and win coupons for the bistro, bingo, or the village store.
- Official rules will be given at the Contest meeting



Door Decoration Contest:

- Decorate your apartment door for the season
- Official judging will occur the week before Christmas (the week of December 18th)
- Official rules will be given at the Contest meeting



Spirit of Christmas Week:

- Dress to impress according to the theme of the day
- Daily contests and weekly contests
- Days include:
 - Merry Morning Monday- Wear your Christmas PJs (Pant/Shirt Combo only)
 - Santa's Workshop Tuesday- Dress like Santa, Elves, Reindeers etc.
 - Winter wonderland Wednesday- Bring winter indoors, wear your favorite outdoor apparel (Jackets, sleeves, leg warmers, scarfs etc.)
 - Color Block Thursday- Wear your favorite Christmas colors (red, green, black or combination)
 - Festive Friday- Bring out the Tacky Sweaters/Skirts
- Official rules will be given at the Contest meeting

Welcome To The Village!

Residents:

Chris Walter

Staff:

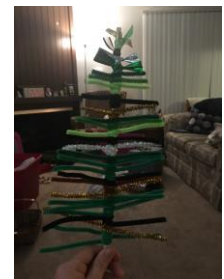
Richard Vitale, Security Guard



November's Craft was... Thankful Trees



December's Craft is... Pipe/Ribbon Christmas Trees



~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

Tuesday's

- Shopping at Kroger at 10 AM
 - ~Electronic scooters are given based on the order of the sign-up sheet. This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

Wednesday's – Banking Day (1st, 2nd & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall, shopping in Taylor). There is no cost to the resident.
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

Appointment Outings

- Bus is available for residents to be driven to doctor appointments; must call the Activities Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

If there is ever a charge for an outing, it will be written on the sign-up sheet.

*****Residents must sign up for all outings. Sign-up sheets are located in the mail room*****

Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in December!

Patricia North.....	Dec 4 th	Catherine Williams.....	Dec 19 th
Frank Johnson.....	Dec 5 th	Mike Woodman.....	Dec 23 rd
Dan Hiltz.....	Dec 10 th	Anne DeAguiar.....	Dec 25 th
Jean Beaupre.....	Dec 10 th	Betty Hildebrandt.....	Dec 25 th
Christine Anderson.....	Dec 13 th	Vern Kuehn.....	Dec 25 th
Ray Leddy.....	Dec 15 th	Faye Myers.....	Dec 29 th
Jeanne Prokes.....	Dec 17 th	Cheryl Robinson.....	Dec 30 th
Carmel Borg.....	Dec 19 th		

Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too. When we have your email on file you can receive newsletters and other building information electronically.

We need your help!

Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers. There are many positions available in choose from.

We currently need your help with:

-The Village Store -Bingo

See Shana or Toni to get more information.

**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 Numbers (734) 728-5222

Village Staff

Michele White
Executive Director

Jason Lovelly
Human Resources

Josh Kephart
Maintenance Supervisor

India Douglas
Nurse Case Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Deborah Antal
Dietary Services Director

Shari Thompson
Billing

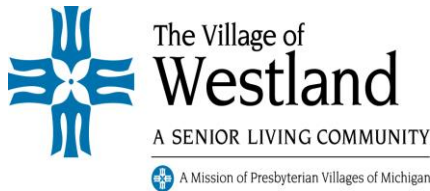
Lisa Scott
Housekeeping

EMERGENCY NUMBER

(734) 728-5222



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



**32001 Cherry Hill Road
Westland, MI 48186**



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