



Village Voice



Embrace the possibilities

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

February 2020

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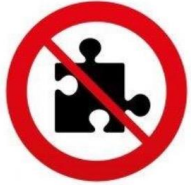


The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

UPDATES AND REMINDERS



**As of right now, we are not accepting
any donations
of books or puzzles.**



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



The location of the Brian Fitness and Arthritis Fitness classes have changed to the Private Dining Room per request of residents. These classes will be at the same time as before, 12:00 PM on Thursdays.

Love living at the Village of Westland?!?!

What to live near your friends and get money for it?!?!

Here's How!

If you refer a resident who ends up living here for at least 90 days, you will receive a \$500 bonus!

Health Reminders

In this flu/cold season, please remember to wash hands frequently and stay in when you are not feeling your best. Here are some reminders to help you and others stay healthy.

Proper Hand Washing:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

*Hand washing is always preferred over sanitizer



If you are feeling sick, please know that we do offer sick trays at the Village of Westland free of delivery charge to your room. This way, you can get better, still have nourishment, and not get anyone else sick in the process. The “sick” tray includes that following items:

- Chicken Broth -Clear Jello -Ginger ale -Crackers - Applesauce

If you do get sick with flu, please wait to leave your room until **24 hours** after your last symptom has passed, so as not get anyone sick. Thank you!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Did You Know?

If you are among the 500,000 plus Americans who undergo open-heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.



Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open-heart surgery considered to be an automatic death sentence.



In addition to being the first physician to successfully perform open-heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Shana Brown ~ 28886
Wellness Manager

Shari Thompson ~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

Jennifer Wolf ~ 28953
Fitness Specialist

Breana Wallace ~ 28896
Marketing Manager

Amber Tomkinson ~ 28896
Sales and Leasing Specialist

Diane Santo ~ 28889
Beauty Shop



The Senior Advocate.

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

PVM TO CELEBRATE OUR 75TH DIAMOND ANNIVERSARY THROUGHOUT 2020

To All of Our Readers: Welcome to 2020! We wish you a wonderful year full of promise and vitality. It is a very special year for Presbyterian Villages of Michigan (PVM) since it is our 75th Anniversary.

PVM began in September of 1945 with the opening of our flagship location at The Village of Redford. At the time it was considered quite innovative to do so since there were very few options available for senior housing. Thus began a 75 year journey of serving seniors and communities throughout Michigan and being known as an innovative organization. From the Ambassador Bridge in Detroit to Harbor Springs Up North and from the west to the east side of the state we provide quality senior living and services to Michigan seniors. As a resident or PVM stakeholder you are part of a vibrant community network dedicated to making Michigan a great place to age and live.

Throughout 2020 we will host many events to celebrate in a big way! Every PVM Village will host an event and invite all of our residents and stakeholders to participate in planning and attending. We will tell our story far and wide. On June 5th the Village Victory Cup will have a special event tied to the celebration. In our anniversary month of September The Village of Redford will be front and center with a large community event. And our annual PVM Gala will be showcase our theme of celebration.

Please join us in celebrating the remarkable work and leadership which has served PVM and Michigan over these past 75 years. We will be asking you to share any stories and anecdotes you may have about your experiences with being a part of the PVM community. For further information contact your administrator or wellness coordinator. Here's to a memorable 75th in 2020 – a new decade of promise and innovation for PVM.



Your Giving Matters.

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

When we give, cheerfully and accept gratefully,
everyone is
blessed – Maya Angelou



Starting May 2019, Presbyterian Village Foundation Corporate Office rolled out a new program, 'Blue Jean Friday.' Employees paid to wear jeans on Friday.

Dollars that contributed went to the Resident Benevolent Fund. Because Employees wore, blue jeans residents received **\$1,521** worth of support in 2019.

February Facts

The 2nd month of the year brings us George Washington's Birthday, Valentine's Day, and the shortest month of the year. In the Gregorian calendar, the calendar that most of the world uses, February is the second month of the year. Most of the months have 30 or 31 days in a month but February is shorter. February has 28 days until Julius Caesar gave it 29 and 30 days every four years. This is because the Roman emperor Augustus took one day from February and added that to August because August was a month that was named after him. February is a very cold month followed by January in the northern half of the world. However, there are sunny days in February that indicates that spring is almost here. Different from the northern half, the southern hemisphere usually enjoys midsummer weather.

Below are some fun facts about February:

1. The birthstone for February is Amethyst.
2. Two zodiac signs for February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
3. The month has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
4. Viola (plant) and the Primrose are the birth flowers.
5. Black History Month is celebrated in Canada and United States.
6. National Day of the Sun is celebrated in Argentina.
7. In order to complete the Soviet Union's victory in Stalingrad during World War II, the last German troops surrendered in the Stalingrad pocket.
8. On February 4, 1861, a temporary committee met at Montgomery, Alabama where they organized a Confederate States of America.
9. On February 6, 1933, Amendment 20 to the United States was proclaimed which moved the Inauguration Day to January 20th.
10. In February 1910, the Boy Scouts of America was incorporated.
11. On February 6, 1899. The U.S. Senate ratified the peace treaty that led to the end of the Spanish-American War.
12. On February 6, 1952, Princess Elizabeth became Queen Elizabeth II of Great Britain.
13. February 11 - National Foundation Day in Japan
14. February 12 - Abraham Lincoln's Birthday
15. February 14 - Valentine's Day
16. February 21 - International Mother Language Day
17. February 22 - Independence Day in Saint Lucia
18. February 22 - George Washington's Birthday
19. February 24 - Flag Day of Mexico
20. February 25 - People Power Revolution (Phillippines)

Village of Westland February Events

Valentine's Party in the Private Dining Room/Village Inn

1:30 PM on Friday, 2/14

***This is a voting event for the Valentine's King and Queen**



Valentine's Silent Disco in the Wellness Center

7:00 PM on Wednesday, 2/19

Shriners Circus Outing

1:00 PM on Friday, 2/21

***\$50 per person for handicap accessible/close seating**

***Must sign-up in mailroom with cash payment to Shana (~28886) on Thursday, 2/13**



Winter Bean Bag Toss Tournament in the Wellness Center

1:00 PM on Monday, 2/24

***Sign-up in the mailroom**



Mardi Gras/Fat Tuesday Party in the Private Dining Room/Village Inn

1:30 PM on Tuesday, 2/25

Tax Run (first of five)

9:30 AM on Wednesday, 2/26

***Sign-up in the mailroom**



Ash Wednesday Service in the Chapel of All Faiths

1:30 PM on Wednesday, 2/26



Firekeepers Casino Trip with Angel Care

Leaving at 9:30 AM on Thursday, 2/27

***\$40 cash up front, will get \$30 back in play and food**

***Must sign-up in mailroom with cash payment to Shana (~28886) on Friday, 2/14**



Etch & Wine Down in the Wellness Center

7:00 PM on Friday, 2/27

Etch wine glasses while drinking wine!



***RSVP to Breana (~28928) or Amber (~28896) no later than Friday, 2/21**



Welcome To The Village!



Residents:

Matrue Smith

Helen Patton

Bonnie Shust



Staff:



Walter Grantham
*Executive
Chef*

Natasha Pettis
*Lead
Cook*

Tyesha Currie
*Dining Services
Assistant*

Melvin Mann
*Dining Services
Assistant*



Chartenay Anderson
*Dining Services
Assistant*

Aarin Zielinski
Cook

Destiny Thomason
*Dining Services
Assistant*

**Cooks Kevin Wellday & Christy Jones started as PVM employees in January*

January's Craft was... Valentine's Scarf Wreaths!



February's Craft is... Pots of Gold!

~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, CVS, Post Office, and Walgreens (all off of Merriman Road))

Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) at 10 AM
- All Shopping trips load/unload a maximum of four bags per resident
~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 at 1:30 PM

- Banks within 5 miles such as Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

Thursday's and Friday's

- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall). There is no cost to the resident.
- All Shopping trips load/unload a maximum of four bags per 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 Wellness 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 February!

Bonnie Shust.....	Feb 1 st	Bill Allen.....	Feb 16 th
Dorothy Henderson.....	Feb 2 nd	Marion O'Hara.....	Feb 18 th
David Jones.....	Feb 3 rd	Frankie Masterson.....	Feb 19 th
Ruth Smith.....	Feb 4 th	Kelli Richardson.....	Feb 19 th
Debra Sanderson.....	Feb 4 th	Frank Hnidy.....	Feb 27 th
Carmen Caruso.....	Feb 5 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 multiple positions available in choose from.

We currently need your help with:

- “I’M OKAY” Program
- Resident Ambassadors

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

Jan Smith
Nurse Case Manager

Breana Wallace
Marketing Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Andrew Cousins
Dietary Manager

Brenda Seifert
Housekeeping Lead

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



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Westland, MI 48186**



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