



# Villa View



## Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • March 2017

## Notes from the Administrator

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Don't forget to advance your clocks and "spring forward" on March 12<sup>th</sup>. Even though our weather has felt a lot like "spring", it doesn't officially begin until Sunday, March 12, 2:00 am

On Friday March 17, mark your calendar for our St. Patricks' Day fundraising event.

For a mere \$5.00 you can enjoy 2 slices of pizza, a bag of popcorn, a cookie and St. Patty Day Punch.



With the approval of the Redford Board of Directors, we were able to request and receive a grant for new computers. Come and join us for cookies and punch to celebrate the grand "re-opening" of the Computer Lab and see the three new computers and printer. The date is Friday March 10<sup>th</sup> at 3:00 pm. near the library.

Calling all competitors.....we need aspiring gold medal contenders to compete in categories such as balloon volleyball, chair basketball, airplane toss, bean bag toss, and more. Anita Stephens our Service Coordinator is coordinating this years' efforts for Village Victory Cup.

### Look for PVM on:



**Please cast your vote for this years' Friends & Family fundraising goal. Will it be a new state of the art TV for the movie theater or TV for chair exercises in the dining room? Your vote matters.**

**The residents are planning an overnight trip to Four Winds Casino on May 7<sup>th</sup> – May 8<sup>th</sup>. For details and further information, please contact Renee Killins at (313)215-6111.**



**If you enjoy singing, please join us in hymn-singing, led by Pastor Ron every other Thursday from 11:00 – 11:45 am in the Villa Dining Room beginning March 9<sup>th</sup>.**

**We are collecting donations of plastic easter eggs and candy for an easter egg hunt with the children at Rainbow Village Daycare and Preschool next month! If you would like to donate eggs or candy, please see Hannah or Rhonda**



## Coordinator Corner

“March comes in like a lion and goes out like a lamb.” “THINK SPRING” 


Calling all residents! We're launching our 2017 Village Victory Cup Team. If you participated last year or would like to join us this year, it's fun, games, and competition. Please attend our first meeting to organize and plan: **Tuesday, March 14<sup>th</sup> @11:00am** in the dining room.

The location this year is held at:

The Ford Community & Performing Arts Center  
15801 Michigan Avenue Dearborn, MI 48126  
Friday, June 23, 2017



Happy St. Patrick's Day! **March 17, 2017**

- Remember to set your clocks ahead 1 hour Sunday, March 12, 2:00 am for day light savings time. We lose 1 hour of sleep! 

Please plan to attend a seminar on Veteran's Benefits with Mr. Douglas Marble from Unforgotten Heroes. He will discuss Veteran services for both Vet's & surviving spouses. Tuesday, March 21, 2017 @ 10:00am in the dining room.

**March Quote:** *Let go of the things you can't change, Focus on things you can.*

**Your Service Coordinator** Anita Stephens  
313-541-6450



# Giving Matters.

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

**Saving More Than Daylight**  
*Your legacy can change a life.*

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, *it's a gift.*

The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization.

The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service.

***Spring forward—and into action this March.*** The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you.

Visit [mylegacy.pvmf.org](http://mylegacy.pvmf.org) for more information.

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

A GIFT IN  
YOUR WILL


*can change  
the lives  
of seniors.*

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...**

*Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller*

**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION





**Phyllis at Shear Perfection Salon**  
**Days of Operation:**  
**Wed thru Sat.**

**Hours: 11 am- 4pm.**

**313-541-6077**  
**Call to make an appointment!**

## St. Patrick's Day Word Search

O	E	E	A	R	P	P	S	M	L	C
G	A	E	E	L	A	H	A	E	N	D
R	E	A	U	T	A	G	P	K	T	N
E	P	C	R	M	I	R	O	R	D	A
E	K	I	R	C	E	I	A	A	L	L
N	C	O	H	C	R	A	M	I	A	E
K	C	T	H	R	I	I	I	N	R	R
K	O	A	A	R	H	O	R	B	E	I
P	U	H	S	I	W	I	I	O	M	T
N	C	L	O	V	E	R	S	W	E	N
V	O	D	L	O	G	H	H	T	K	N

GOLD	GREEN	SHAMROCK	MARCH	RAINBOW
LEPRECHAUN	POT	LUCK	EMERALD	IRELAND
PATRICK	CLOVER	IRISH	WISH	MAGIC

thejennyevolution.com

### Redford Board of Directors

- Deanna Mitchell, Board Chairperson
- Reva Wujcik
- Carrie Hays McElrye
- Joyce King
- Laura Scanlon
- Susan Hurst
- Catherine Esannason
- Kathryn Telck



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## “S” stands for Sleep

In December, I introduced you to MESH. It's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the “S” (sleep).

According to Dr. Thomas, we shouldn't accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it's not. Everyone needs sleep. Sleep is nature's way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won't adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it's time for sleep;
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.

For more tips and other information on sleep, visit [www.sleepfoundation.org](http://www.sleepfoundation.org).



# Cheesy Ham and Hash Brown Casserole



## INGREDIENTS:

- 1 (32 ounce) package frozen hash brown potatoes
- 8 ounces cooked, diced ham
- 2 (10.75 ounce) cans condensed cream of potato soup
- 1 (16 ounce) container sour cream
- 2 cups shredded sharp Cheddar cheese
- 1 1/2 cups grated Parmesan cheese ounces)

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a large bowl, mix hash browns, ham, cream of potato soup, sour cream, and Cheddar cheese. Spread evenly into prepared dish. Sprinkle with Parmesan cheese.
3. Bake 1 hour in the preheated oven, or until bubbly and lightly brown. Serve immediately.

*Happy Birthday to You!*

The Birthday Party will be held on 03/20, at 1:30 PM in the Villa Dining Room.

### Villa Friends

Patricia Hall.....	03/02	Ann White .....	03/04
McKay Harris.....	03/04	Sammie Abrams .....	03/11
Douglas Cooper.....	03/06	Ida Walker .....	03/11
Dora Simmons....	03/11	Ed Bedell .....	03/17
Dorothy Anderson.....	03/16	Helen Payne .....	03/24
Shirley Thomas.....	03/19		
Romes Hall .....	03/27		
Mildred Kennedy.....	03/31		

### Cottage Friends



**Welcome New Residents!**

Phyllis White, Cottages  
 Rita I. Green, Villa  
 Betty Washington, Villa



# March 2017 Activities Calendar



## March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10am Value Center/ Walgreens 2pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>2</b> 10 am Coffee Hour 10 am Pantry	<b>3</b> 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	<b>4</b> 1 pm Bingo (Game Room)
<b>5</b>	<b>6</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>7</b> 1 pm Chair Exercise 2 pm Movie <i>"The Magnificent 7"</i>	<b>8</b> 10am Kroger/\$Store 2pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>9</b> 10 am Coffee Hour 10 am Pantry 11 am Hymns	<b>10</b> 12:45 Milkman 1 pm Arts & Crafts <b>3 pm Computer Lab Grand Opening</b> 5 pm Keno/Bingo	<b>11</b> 1 pm Bingo (Game Room)
<b>12</b>	<b>13</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>14</b> 1 pm Chair Exercise 2 pm Movie <i>"Free State of Jones"</i>	<b>15</b> 10 am Value Center/ Walgreens 2pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>16</b> 10 am Coffee Hour 10 am Pantry	<b>17</b> 12:45 Milkman 1 pm Arts & Crafts <b>2 pm St. Patty's Party</b> 5 pm Keno/Bingo 	<b>18</b> 1 pm Bingo (Game Room)
<b>19</b>	<b>20</b> 10 am Pantry <b>1:30 pm Birthday Party</b> 5 pm Bingo/Keno 6:30 pm Cards	<b>21</b> 1 pm Chair Exercise 2 pm Movie <i>"Hell or High Water"</i>	<b>22</b> 10 am Kroger/ \$Store 2pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>23</b> 10 am Coffee Hour 10 am Pantry 11 am Hymns	<b>24</b> 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	<b>25</b> 1 pm Bingo (Game Room)
<b>26</b> 	<b>27</b> 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	<b>28</b> 1 pm Chair Exercise 2 pm Movie <i>"Legend of Tarzan"</i>	<b>29</b> 10 am Value Center/ Walgreens 2pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	<b>30</b> 10 am Coffee Hour 10 am Pantry	<b>31</b> 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	

**Please note: The Redford Board of Directors meets the fourth Thursday of each month. Depending on the amount of members in attendance, the dining room may need to be utilized for the meeting. We appreciate your flexibility in this matter.**



## Announcements & Reminders

**Crafters:** There are many unclaimed projects in the craft closet. Please take a look and take anything that may be yours. Unclaimed projects will be disposed of at the end of the month.

We are currently in the process of reorganizing the craft room, we would love volunteers to help organize our bins and boxes. If you are interested, Please see Rhonda/

### 2017 Friends and Family Suggestion Ballot!

**Do you have a suggestion on what you would like us to raise funds for this year? Let your voice be heard! Make your choice and tear this page out and return it back to the office before Friday, March 17<sup>th</sup>! REMEMBER: OUR PROJECTS HAS TO BENEFIT BOTH VILLA AND COTTAGES RESIDENTS!**

**I think we should raise money for..... (CIRCLE ONE!)**

- A new TV for the Theater
- TV Set up in the Dining Room for Exercise
- Other:

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# The Senior Advocate.

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

## HERITAGE AND LEGACY

With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!

Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michiganians do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications, conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at [www.michigan.gov/library](http://www.michigan.gov/library) or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday – Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy. Enjoy!

## Movie Listings March 2017



**The Magnificent Seven** is a 2016 American Western action film directed by Antoine Fuqua and written by Nic Pizzolatto and Richard Wenk. It is a remake of the 1960 western film of the same name, which in turn was a reimagination of the 1954 Japanese film *Seven Samurai*. The film stars Denzel Washington, Chris Pratt, Ethan Hawke, Vincent D'Onofrio.

**Free State of Jones** Free State of Jones is a 2016 American historical period war film inspired by the life of Newton Knight and his armed revolt against the Confederacy in Jones County, Mississippi, throughout the American Civil War.

**Hell or High Water** Two brothers -- Toby, a straight-living, divorced father trying to make a better life for his son; and Tanner, a short-tempered ex-con with a loose trigger finger -- come together to rob branch after branch of the bank that is foreclosing on their family land. The hold-ups are part of a last-ditch scheme to take back a future that powerful forces beyond their control have stolen from under their feet. Vengeance seems to be theirs until they find themselves in the crosshairs of a relentless, foul-mouthed Texas Ranger looking for one last triumph on the eve of his retirement. As the brothers plot a final bank heist to complete their plan, a showdown looms at the crossroads where the last honest law man and a pair of brothers with nothing to live for except family collide.

**The Legend of Tarzan** It has been years since the man once known as Tarzan left the jungles of Africa behind for a gentrified life as John Clayton, Lord Greystoke, with his beloved wife, Jane at his side. Now, he has been invited back to the Congo to serve as a trade emissary of Parliament, unaware that he is a pawn in a deadly convergence of greed and revenge, masterminded by the Belgian, Leon Rom. But those behind the murderous plot have no idea what they are about to unleash.

**SEE YOUR MONTHLY CALENDAR FOR SHOWING DATES!**

**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](http://www.pvm.org)

**Villa Office Number**  
**Cottage Office Number**

**(313) 541-5991**  
**(313) 541-6300**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*

**Hannah Micallef**  
*Cottages Administrative  
Assistant, TCS*

**Steve Reardon**  
*Cottages Maintenance  
Technician*

**Crystal Davis**  
*Villa Administrative Assistant*

**Mark Uzarek**  
*Maintenance Lead, Villa*

**Rhonda Harvey**  
*Housekeeper, Villa*

**Anita Stephens**  
*Service Coordinator, Villa &  
Cottages (313) 541-6450*

**Melissa Nestorovski**  
*Leasing and Marketing Specialist*  
**(313) 541-6140**

**EMERGENCY NUMBER (VILLA)**

**(313) 910-7027**

**EMERGENCY NUMBER (COTTAGES)**

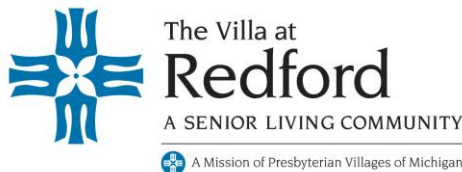
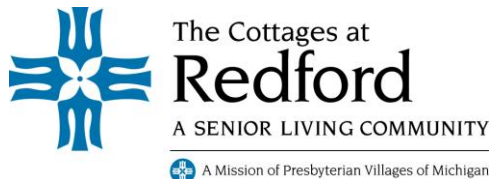
**(313) 573-3572**

**NON-EMERGENCY REDFORD POLICE**

**(313) 387-2500**



**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](http://www.pvmfoundation.org)



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

**Embrace the possibilities**