



Village Voice



Embrace the possibilities

Cottage Courier

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

March 2019

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The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



2019

St. Patrick's Day Word Search

S T P A T I R S H G D R T Y
 S L N C H B R W O R S N L E
 H K F C E F A I F A J K E S
 A I C K N C I E S R V E P B
 M D I U N F N O U H O D R W
 R R E Q R O B X J M P E E E
 O W H P O T O F G O L D C R
 C B A T M B W N D A M T H D
 K O Y E L K P O J I G D A I
 K J V S L E G D T Y R W U K
 P O T A T O W L P C E H N J
 A I R B R E Z O S L E O P I
 T M Y I R E L A N D N Z W E
 R X B O V O F G A E Y U R E
 I T A N P Q U I K X V V J K
 C B A T T R I P E T N Q M A
 K C I N T B R D S A I N T H

SHAMROCK
 LEPRECHAUN
 SAINT
 GREEN
 SNAKES
 IRELAND



IRISH
 POT OF GOLD
 POTATO
 RAINBOW
 PATRICK
 JIG

See Answers on Page 9

Staff Extensions

Michele White ~
28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Melissa Newton ~
28963
Wellness Coordinator

Shari Thompson ~
28952
Billing

Jason Lovelly ~ 28927
Human Resources

Melissa Nestorovski
~ 28928
Marketing Manager

Breana Wallace ~
28896
Sales and Leasing
Specialist

Diane Santo ~ 28889
Beauty Shop

Jennifer Wolf ~ 28953
Wellness Instructor



Marching into Spring



Month of March

Welcome to March, the first month of spring! Officially beginning between March 19-21. March is the time of the year when all the hibernating animals start to wake up and smell the roses.

Symbols of March

Birthstone: Aquamarine and Bloodstone

Flower: Daffodil (represents hope)

Zodiac Signs: Pisces and Aries

History of March

The name March is derived from the Roman god of war, Mars. In the past, for many years, March was considered the start of spring and the start of the New Year. A majority of Europe referred to march as the beginning of the New Year.

March Fun Facts

- In Chicago on St. Patrick's Day, the Chicago River is colored green to celebrate the day.
- There are four U.S. Presidents that were born in March; John Tyler, Andrew Jackson, Grover Cleveland, and James Madison
- There are three 'Saint Days' in March, Saint David's Day, Saint Patrick's Day, and Saint Joseph's Day
- There were eight countries that gained independence in March; Bangladesh, Ghana, Greece, Lithuania, Mauritius, Namibia, Tunisia, and Bosnia and Herzegovina.

March Holidays

Saint Patrick's Day- March 17, sometimes this day is moved by the Catholic Church to avoid the Easter Holiday. A Celebration of the Christian Saint Patrick, a missionary who helped bring Christianity to Ireland. Saint Patrick is the patron saint of Ireland.

Daylight Saving Day- Sunday March 10

Pi Day- March 14 celebrating the number pi, mostly celebrated by math people.

Read Across America Day- March 2, this day celebrates the joys of reading.

Mardi Gras/Fat Tuesday- Tuesday March 5

Women's History Month

American Red Cross Month

Fire Prevention Month





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The "Ins & Outs" of Shipt - Part 1

For the last few months, I have been writing about my experience living life without a car. As you might recall, to get groceries I used the app-based service Shipt. This month, in case you might want to try it for yourself, I am going to write in more detail about how it works.

The first thing you'll need is a smartphone or other portable smart device such as a tablet. You'll also need internet access either through Wi-Fi or a cellular data plan and you'll need to have an email address. You will also need a major U.S. credit card, debit card or reloadable gift card, which will be kept on file and used to pay for your Shipt membership, any groceries you order, any delivery fees you may encounter and any tip you might decide to give your shopper.

Lastly, once you have all the above you'll need to get the Shipt app, which is free and can be downloaded from the App Store for iOS devices (i.e., Apple products) and from the Google Play Store for Android devices. Because Shipt works on both iOS and Android platforms, it really doesn't matter what brand of device you choose to use. After downloading the app, the next step is to create an account.

Creating an account involves entering your name, cell phone number, and email address into the Shipt app; entering the address to which you want your groceries delivered; entering your credit/debit/gift card information; and selecting a membership plan, either month-to-month (currently priced at \$14 per month) or yearly (currently priced at \$99 per year). Once you've created your account and purchased a membership, you can finally begin shopping, which I will walk you through in more detail in next month's column.



Happy Birthday to our Wonderful Residents...



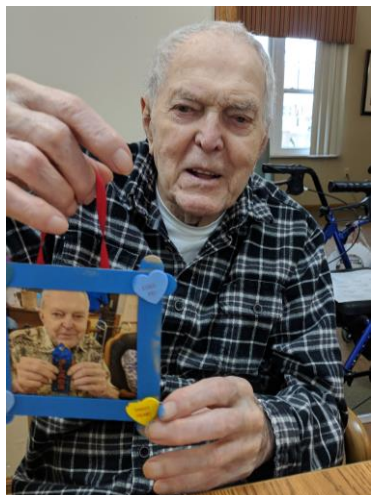
Florence Wallace 3/10/21
Susan Patton 3/12/1925



Welcome New Residents!
Leonard Zitnik
Camilla Seidel

Welcome New Employees!
Erica Skipp – Resident Assistant
Rickelle Brown – Resident Assistant

A Warm welcome, it is great to have you with us.



Activities in the Cottages

Celebrate Spring

1 2 **D**

3 4

5

6 7

8

9 10

11

12

13

14 **T**

15 **M**

E

Look for following things associated with Spring. They may be spelled forward, backward, downward, upward, or diagonally.

ACROSS

- 1. Pools of water that accumulate after it rains
- 3. Plants that usually have petals
- 6. Type of raincoat
- 10. Another name for a polliwog
- 11. To turn from ice into liquid
- 12. Planted underground and bud above ground
- 13. Portion of land where flowers, fruit, or vegetables are grown
- 14. Type of color that is light and soft rather than dark and bright
- 15. When flower buds open



DOWN

- 2. Easily recognized yellow flower with trumpet-shaped center
- 4. Arch of color seen in the sky after rain
- 5. The color of healthy grass
- 7. Toy that can be flown in the air
- 8. Insect with large often brightly colored wings
- 9. Brown bird with red in front
- 10. A spring-flowering plant that starts out as a bulb



See Answers on Page 9



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

AGING WELL ATTITUDE

Father time plays tricks on us. We look in the mirror and ask: “Where did the time go?” Over the years as director of the Michigan Office of Services to the Aging, an author, motivational speaker and now in my role with Presbyterian Villages of Michigan, I have been a long-time proponent of having an Aging Well Attitude. Just what is an Aging Well Attitude? In my definition it is a mindset which allows us to “Embrace the Possibilities” (our PVM motto) and look upon aging in a positive way. Yes, we will have some challenges as we age. However, it can be the best of times if we look for the positives. Now folks can live to see their grandchildren graduate and marry, and even experience the joy of welcoming great grandchildren into the world. They have a chance to take up interests and even second careers which allow them to follow their dreams and passions. Over the years I have observed several key components which many experts have noted. Simply utilizing the letters in the word AGE we can zero in on them:

A IS FOR ATTITUDE – Almost everyone I know who has aged well with longevity has displayed this trait. In other words, they do not let anything get them down. They look for the joy in life and help to create it for others no matter what may be going on in their lives. I remember from my motivational speaking days when a woman said she was getting very down due to some issues. Her husband told her to deal with what was going on but to look for the “blessing in disguise” and not let the situation zap the joy from her life. She replied that it was easy for him since that was always what he projected. To that he replied: “What makes you think it is easy for me? I work at it.”

G IS FOR GENETICS – Genetics does play a role. Chronic conditions and longevity which we inherit do impact our aging process. However, experts say that it only impacts 25-30% when it comes to the aging process. And no one gets dealt four aces in the deck. We all have issues to deal with. We can offset this impact by our life choices and engage in a Wellness lifestyle. I did get one ace in the deck since I have a paternal ancestor who lived to be 114 in the 1800’s! However, I also received a few lower cards just like everyone else.

E IS FOR EMBRACING AGING & EMBRACING LIFE – Sadly many people fear aging so much that they want to deny its existence. Many commercials tout: “Don’t give in to Aging. Defy It”. And many people do not want to tell anyone their age. I was once told by a dental assistant that there are thirty or forty somethings who get insulted if they ask them their age. This is not good news for them or for our society! I saw a good slogan: “Know your age and then forget it”. Do not dwell on it. First of all, it never works to try to deny any part of ourselves. It is not good for our self-esteem. Secondly, if we are truly engaged in life via volunteerism, enjoying our families and joining in with others we will have that Aging Well Attitude which can make these some of the best years of our lives.



Like and Join the Village on Facebook!
We now 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!

Across

- 1. Puddles
- 2. Flowers
- 6. Slicker
- 10. Tadpole
- 11. Melt
- 12. Bulbs
- 13. Garden
- 14. Pastel
- 15. Bloom

Down

- 2. Daffodil
- 4. Rainbow
- 5. Green
- 7. Kite
- 8. Butterfly
- 9. Robin
- 10. Tulip

St. Patrick's Day Word Search



PVM STORE FEATURED ITEM

Great Warmth at a Great Price and a Variety of Colors!

Fleece Vest for Men & Women

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PVM's New Blog

I am pleased to announce that we have launched a blog on the PVM website. Now you will be able to find very helpful information on everything from avoiding financial exploitation, housing and services, alternative transportation, on-line delivery services, family issues and fun topics such as creating memories with your grandchildren.

This blog is very simple to use. Simply go onto the PVM website at pvm.org. Right on the home page to the left of the Crain's logo there is a button which states PVM Blog. Just press it; and you will be taken right to it.

Just in a few short weeks over 1,200 viewers have been enjoying what we have to offer. Come join the fun and become one of the most knowledgeable members of your social set.

Read on and stay warm during the winter months!

**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

Melissa Nestorovski
Marketing Manager

Jan Smith
Nurse Manager

Shana Brown
Wellness Manager

Austin Jackson
Dietary Services Director

Shari Thompson
Billing

Kara Otto
Social Worker

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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