

✠ Manor Message ✠

Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

2018 | Issue V

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The Administrator's Pen

Greetings OSM Residents, Family and Friends,

I would like to thank everyone for contributing to our Annual Family and Friends fund raising campaign. With your generous support, the residents of OSM will have funds available to various Resident Activities through-out the year. Thank you to the resident's, board members, neighborhood associations, family, friends, patrons and staff of Our Saviour's Manor. You help us to continue to defy the odds. Words cannot express my gratitude to you for all

We are looking forward to the 2018 PVM Foundation Village Victory Cup. On Friday, June 22, 2018 at 12:00 pm the Villages are coming together to compete in a spirited completion with our senior residents. The event will be casted live through the PVM Facebook page. Please tell your friends and neighbors to tune in and route on their favorite team...**Go Monarchs!!!** If you are planning on attending the VVC, please be sure to come to the meeting on Wednesday, May 9th @ 11:00am. OSM has previously won the Spirit Award for three consecutive years. Unfortunately, The Redford Sharks won last year. But we are determined to bring the Spirit award home to where it belongs!

And lastly, We are very excited to announce that OSM along with our sister villages are planning two overnight excursions; The Arc Encounter in Williamsburg, KY. (July 3rd – 5th) and Niagara Falls, ON, CA. (September 24th – 26th). For further information, please stop by the office and speak to either Mrs. Bruner or myself.



GO MONARCHS!

Aaron E. Price
Administrator



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Look for PVM on:





Monarch Moments

Blessings Our Saviour's Manor Residents,

Reminder our May Resident Activity meeting is Wednesday, 05/09/2018 @ 12 PM. We will celebrate all of our May Birthdays.

Please bring your suggestions and ideas for any activities you may want to see or places you would like to go.

Upcoming Events:

- ❖ Monday Bible Study is now every other Monday (1st & 3rd Mondays)
- ❖ OSM Board Meeting is this Month on 5/08/18 – the Community Room will be in use from 2 PM – 8 PM.
- ❖ Sing-A-Long is now the 3rd Fridays of each month starting at 2 PM.
- ❖ Restaurant Lunch Outing to Olive Garden is Thursday, 5/24/18 at 12 Noon
- ❖ Movies at MJR is Thursday, 5/31/18 @ 11 AM – Check listings for correct times)
- ❖ Mother's Day – Sunday, May 13th
- ❖ Administrator's Resident Meeting – May 16th at 12 PM
- ❖ Memorial Day – Monday, May 28th – **OFFICES WILL BE CLOSED.**



Please remember to sign up for all trips.

Please check the calendar for all of our upcoming activities and events.

Have a blessed and safe month!



Schwan's Delivery Schedule

May 2018
Friday's

05/11

&

05/25

2:00 p.m.





Inspirational Moments

By Warnedie Cross,
Resident Chaplain/Volunteer

A Letter From GOD

Dear Friend;

I heard you were considering a new manager for your life. I would like to apply for the job. I believe I am the most qualified candidate. I am the only One that has ever done this job successfully. I was the first manager of human beings. In fact, I made them, so naturally I know how humanity works, and what is best to get people back into proper working condition. It will be like having the manufacturer as your personal mechanic.

If this is your first time considering Me, I would just like to point out that my salary has already been paid by the blood of my son, Jesus on the cross of Calvary. What I need from you is the acknowledgment that the price is sufficient to pay for all of your sins and your independence from me. I need you to believe this in your heart and to tell somebody else about your decision with your mouth.

The next thing I ask is the right to change and fix your life so you learn how to stay close to me. I will make some major changes and revisions. They are not for you to worry about. I need your permission to execute these changes my way and in my time. I will change your desires and give you the strength to make the changes. Please keep your hands out of the way. Don't try to help me and don't resist me. I really do need your full commitment and cooperation. If you give me those, the process can go smoothly and without delays.

Yours sincerely,

GOD

PS. I AM – I created the heavens and the earth. I CAN



Coordinator's Corner

By Carolyn Hubbard,
Service Coordinator

May Is National Blood Pressure Month

Health Risks Of High Blood Pressure

Also known as hypertension, high blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. In the US, heart disease is the most common form of death whilst stroke is the third leading cause. Other risk factors of high blood pressure include congestive heart failure & kidney disease.

High blood pressure can have a huge impact on a person's life. During 2007, over 46 million people in the US visited a health care provider about this condition.

Overall, the incidence of high blood pressure is about the same in men and women. However, there are gender differences between age groups. In people under the age of 45, the incidence of high blood pressure is higher in men while in the over 65 year age category it is higher in women. There are also race differences; it is more common among African Americans than Caucasians and less likely to occur in Mexican-Americans.

In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms.

Reducing High Blood Pressure

High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult.

Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African American people. It is also recommended that people eat potassium rich foods which help lower blood pressure. Potassium rich foods include fish, green leafy vegetables, bananas, citrus fruits and potatoes.

Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet rich in fruit and vegetables. There are many affordable blood pressure monitors available for the consumer making it convenient to monitor your blood pressure at home.

For more information visit, the CDC [High Blood Pressure Education Month webpage](#)

My Office Hours are as follows:

Wednesday and Thursday from 9 – 5 PM

Friday's are from 9 – 1 PM.

Remember you're fearfully and wonderfully made. - Psalm 139:14



The Village of Our Saviour's Manor

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

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It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

It's Déjà Vu All Over Again

Yes indeed. It's that time of year again. Time to get ready for the annual Village Victory Cup scheduled for Friday, June 22nd! This year's event will feature some of the same exciting tried and true games as years past such as the Beanbag Toss, the Hoop Shoot, the Wellness Walk, the Puzzler, and the Balloon Volleyball Tournament, and the Kick-a-Roo will be returning for the second consecutive year, but with a slight modification. And based on a barrage of requests from residents, new this year there will be a group dance competition. Also, because the event continues to grow, this year the Village Victory Cup will be held at a new location, the Suburban Collection Showplace Diamond Ballroom in Novi.

For the past 3 years, at the end of this fun-filled day of camaraderie and friendly competition the Village of Westland has emerged victorious. Can anyone dethrone these perennial champions? Does your Village have what it takes? Can you put together a winning team? Will your Village take home the cup? I suppose only time will tell and we will have our answers on June 22nd.

For more information about the Village Victory Cup and how you can register to represent your Village at this year's games, contact your Administrator. For Villages located 100 miles or more from the PVM Home Office (in Southfield), you have the opportunity to participate in the Virtual Village Victory Cup, which you can also learn more about from your Administrator.

Good luck Villages and may the odds be always in your favor!



Mission, Vision & Values

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

Vision

Changed Lives. Strong Families. Transformed Communities.

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

Mission

Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Values

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- ❖ Christ-centered
- ❖ Excellence
- ❖ Integrity
- ❖ Life

Our Vision Changed lives. Strong families. Transformed communities.




Hope flows through us.



Giving Matters.

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

Engage to make Michigan the best place to live—at any age!

You're a rock star!

PVM is so lucky to have you reading this right now! You're out in your community doing great things. You're volunteering, giving, advocating and so much more!

There is a place for your kind of engagement at PVM. You're needed by your community—you're needed by older adults.

Engage in any way, at ***any age!*** You are key to a healthy, happy Michigan!

Here are some ideas:

- Make a gift to your local PVM Village
- Volunteer for a project or event at your Village
- Call your elected representative to tell them to keep fighting for older adults

May is "Older Adults Month" and this year's theme is "Engage at Any Age!"

What are some of the ways you're currently engaged and what will you do in the future? Please contact us at 248-281-2040 or pvmfoundation@pvm.org – we want to know!

Thank you!

Paul J. Miller, CFRE



- HELP SUPPORT THE PVM MISSION -

Is your Will up to date?

*Have you moved?
Have your beneficiaries changed?*

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.

For more information, call Paul Miller at the PVM Foundation
248.281.2045
MyLegacy.pvmf.org


Presbyterian Villages
OF MICHIGAN
THE FOUNDATION



Mayor's Message

By William Wild,
Mayor, City of Westland

Greetings Residents;

Summer will soon be upon us and all of us at City Hall are busy preparing for another successful summer season at the Farmers & Artisans Marketplace opening on Thursday, May 17. There will be raffles and prizes to celebrate the start of the season! Be sure to check it out as the new Lions Pavilion will be an excellent addition to the marketplace this year, giving vendors and shoppers more space to buy and sell fresh produce and handmade goods.

To help you to get rid of gently used items and make a little money at the same time, the City of Westland is offering a Permit Free Garage Sale Weekend the weekend of May 4 - 6. On those days, residents can host a garage/yard sale and avoid the normal \$5 permit fee. As an added bonus incentive to participate and to help your sale be successful, the City will help promote your sale for FREE on our website. You can visit www.cityofwestland.com to learn more and to register your sale to send buyers right to your door. If you have other large items to get rid of, but don't want to sell them, the City will be holding a Free Bulk Drop Off Day on Saturday, May 19 at the DPS Yard, located at 37137 Marquette. Just bring your items, along with proof of residency between the hours of 8am through 2pm. If any resident needs assistance to participate in this program due to age or physical disability, please contact my office at (734)467-3200 to make special arrangements. You can find a complete list of acceptable items on our website.

City crews have begun to continue last year's Neighborhood Makeover efforts by going through each of the city's neighborhoods, street by street to complete work from a comprehensive 50 point checklist for revitalizing each neighborhood. Items on the list include street sweeping, tree trimming, replacing and straightening street signs, fixing streetlight outages, surveying road conditions for immediate or future repairs, jetting and cleaning sewers and catch basins, replacing damaged trash or recycling bins and much more. This list of services to be performed can be found on the city's website and residents can track the progress of the program and see what work was completed in their neighborhood.

On Friday, April 20 the City of Westland hosted its Annual Earth Day Celebration at Wildwood Elementary School. The event signified the kick off of Westland's tree planting program, in line with the city's Mission: Green Initiative. The tree planting program is aimed at replacing the many residential trees that were killed by the invasive Emerald Ash Borer insect. For a nominal fee, the city will plant a new, beautiful and healthy tree that is resistant to this insect. Each new tree is warranted for one year (with proper care and maintenance). Trees ordered via this program will be planted in the city's right of way space between the sidewalk and the curb.

(Mayor's Message Continued Next Page)



Mayor's Message - Continued

By William Wild,
Mayor, City of Westland

The final planting location in this space will be determined by the professional installer to ensure healthy clearances from any objects or obstructions. For more information or to order a tree, residential property owners can visit <https://squareup.com/store/westlandtree>

My annual Wild About Youth Works! summer employment program kicks off on Thursday, May 11 at 2:10 p.m. when members of Westland's City Administration will visit John Glenn High School and Wayne Memorial High School to meet with interested students. The event will include an overview of the program, a dress for success workshop, application and interview skill building, financial literacy training and work permit assistance. On Monday, May 14, program participants will put their new skills to the test at the Job Fair at Westland City Hall. Business owners and managers are encouraged to sign up to participate in the job fair for a chance to meet a large pool of talented young applicants. Businesses will benefit from participating in the program by attaining young, tech savvy employees who have had initial general training and education. All that is required is a commitment to interviewing and hiring at least one student and providing them with at least 16 hours of work per week for six weeks or more at the minimum wage rate or higher. Student participants will have the opportunity to interview on-site. If you know a young person looking for summer employment please encourage them to sign up on www.cityofwestland.com by the deadline of Wednesday, May 10. For more information, please contact Economic Development Director, Charles House at (734)793-9300.

I hope you will have the opportunity to join us for the WYAA Opening Day event that will take place on Saturday, May 5 at 11:45 a.m. at Jaycee Park, located at [6200 N. Wildwood](#). Approximately 125 children between the ages of 3 and 10 will kick off their 2018 baseball season with multiple games being played throughout the day. The event will also feature police and fire vehicles, a DJ, the Michigan National Guard and their blow up obstacle course as well as food and drinks. This event is part of the United States Conference of Mayors (USCM) continued support of Major League Baseball's (MLB) "Play Ball Summer" initiative, which focuses on the fun nature of baseball and encourages an active lifestyle for kids in all communities. During the Summer of 2018 Mayors are implementing the initiative throughout cities with the goal of strengthening the connection of communities with the National Pastime.

And as always, remember to visit the City's website www.cityofwestland.com and the City's Facebook and Twitter as well as our cable station, WLND for the latest on news, services and events happening in our All American City!





Notes From The Parish Nurse



By Carolyn Kimbrough,

Parish Nurse, Lutheran Church of Our Saviour|The Village of Our Saviour's Manor

Hello Residents!

Well we finally got our wish. Spring is here and Summer is fast approaching. We've had many weather challenges: "brown outs", power outages, flooding, causing severe damage." These are the environmental challenges we face in our daily lives. But let us not forget, the steady force we have available in our lives, who is reliable and dependable.

He is the almighty GOD, and he has an open line that we can communicate to, which is by prayer. Simply by bowing our knees, or just putting our hands together in solemn prayer, we can reach him, beyond the environment and universe.

When we are DOWN to nothing...GOD is up to something! Thank GOD for our physical and spiritual strength and nourishment! Not only what we need and yearn for each day, but for allowing us one more day on His earth.

This is the month we recognize Heart Disease and Physical Fitness/Sports month. Heart disease is the #1 killer among women over 25. Men are no longer in this category by themselves. The percentages of women who die suddenly is rising, and have no previous symptoms. That is the reason education is so important.

It is important that women as well as men, watch what they eat, exercise at least 3 days per week, for 20 minutes. Walking is an excellent way to start, getting your heart rate up and being a little winded, lets you know you are doing targeted exercise.

NOTE: If you have not exercised in the past year, be sure to speak with your doctor before you start your program.

On the 3rd. Monday, I will provide some literature on high blood pressure and exercise.

"The Second 10 Commandments"

Commandment #3 Exercise they Spirit.

Be sure there's balance in your life. 1) time alone, 2) time with one other person, 3) time with two or more other people (group activities).



"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you, discern what is the will of God, what is good and acceptable and perfect".

Romans 12:2 (ESV)



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Older Michiganian's Day

Spring is a time of celebration in most cultures. And what better experience to celebrate than that of being an Older Michiganian! Here is information on Older Michiganians Day coming up in Lansing along with registration information. You will enjoy the day if you decide to attend. PVM will be on hand and will post the event on our Facebook page if you would like to join in from a distance:

Save the Date

[Older Michiganian's Day](#) to be held on May 16, 2018 on the East Lawn of the Capitol Building in Lansing, MI.

Presented by the Area Agencies on Aging Association of Michigan and our Partners

Older Michiganian's Day (OMD) is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

Interested individuals are invited to join this event to show their support for policies that support older adults. This free event provides the opportunity to speak with a unified voice to the Legislature expressing the concerns, challenges, and opportunities for older adults by the experts, older adults themselves and aging service providers.

This Event Features:

- A Rally on the East Lawn of the Capitol Building
- Keynote Speakers
- Group and Individual Meetings with your State Legislators

Older Michiganian's Day is planned by a group of organizations committed to advocating on behalf of the needs and interests of older adults across the state of Michigan. The steering committee is responsible for planning the annual event in Lansing, producing the advocacy platform which outlines legislative priorities, and developing an annual report card that states the achievements of the Governor and the Legislature in accomplishing recommended actions.

To learn more about Older Michiganian's Day, or to plan your trip to Lansing, please visit the "[Plan your Trip](#)" page for more information regarding how to register for this event. For more information contact Linda Burghardt, Michigan Association of Area Agencies on Aging at (517) 886-1029 or by email at OMD@4ami.org. You may also contact your local Area Agency on Aging office by calling (231) 947-8920 or by email at info@aanm.org.

Foreign Language Classes

"I'm going to learn a foreign language someday?"

If this is something you've said that day has finally come. The Westland Library is offering free lessons online. Anyone interested in taking a class can sign up on the website.

www.westlandlibrary.org.

Go on obtain a library card, choose a language and you will be free to start taking the course.

You can do it in the Computer Lab or on your personal computer, providing you have internet in your apartment. You will also need speakers in order to hear the instructor.



Mike's Maintenance Tips

By Michael Hooton,
Maintenance Technician

What are you putting down your drains?

Fats, Oils and Grease (FOG)

Grease in sewer pipes causes sewer maintenance problems for property owners and the city. When you use your toilet, shower, washing machine or dishwasher, wastewater leaves your home through pipes that connect to the city sewer system.

Many materials frequently flushed or poured down the drain can harm the pipes that connect to city sewers as well as the city sewer system. Every property owner connected to the city sewer system can be a potential contributor to sewer problems, and a potential victim of those problems.

Putting the wrong things down the drain can damage the sewer system, cause sewer backups in your home, and sewer releases to the environment. Anyone who uses the city sewer system should be responsible for what they flush or pour down drains. Never pour grease in your sink drain and try to use your garbage disposal less.

Don't Flush This

Basically, the only things you should ever flush down a toilet are human waste (urine and feces) and toilet paper. *Even though some products such as wipes and baby diapers claim to be flushable, they aren't.* Here is a list of some things to keep out of the toilet.

- disposable diapers
- sanitary napkins/wipes
- cotton balls and swabs
- feminine hygiene products
- cleaning wipes of any kind
- facial tissue
- bandages and bandage wrappings
- automotive fluids
- paint, solvents, sealants and thinners
- poisons and hazardous waste
- pet poop

A few reminders:

- *Please report all maintenance repairs to the office. (734-595-4663)*
- *Please make sure your garbage bags are sealed and tied before placing in garbage chute.*
- *No Candles or Incense to be burned in apartment or building.*
- *Please make sure the dryer lint cleaner is being emptied after each use.*
- *Tis the season for our Tornado and Fire drills – All residents must participate*



Dial 1 -734-740-4777

For after-hours maintenance emergencies.



Bruner's Brief Bulletin

By Graziella Bruner,
Administrative Assistant

Love is an Action Word!

(John 3:16 – For God so Loved the World that **He GAVE** His only begotten Son and that whomever believes in Him should not perish but have everlasting life)

Telling someone you love them is one thing, but when you actually show them you love them, that's a whole other thing. How much weight you add behind this four letter word gives meaning to what you say, simply because the fundamental fact remains that actions do speak louder than words. So instead of saying it, **SHOW** it! Show someone you love them before it's too late.

Here are 9 ways to **SHOW** someone you Love them without Words:

- 1) **Actively Listen** – The simplest of gestures to show your love can make someone melt like butter on a stack of hot pancakes. Listen to every word that they're saying and try not to interrupt while they're talking, it may get boring but at least you're listening. Don't get distracted by others or even a phone call. Listen until they're finished with their story.
- 2) **Random Surprises** – You will learn a lot about a person when you really listen to what they say, even in casual conversation. I remember once a friend of mine, mentioned how much she loves miniature shoes or anything that was the shaped of a shoe, so one day while at the store, I say this tape dispenser that was in the shape of a high heel shoe, so I bought it and surprised her with it. When she said, "OMG" Oh My God – You remembered I like shoe stuff" – that's when you're letting them know even the slightest detail about them is worth remembering. It's those small little surprises that let someone know you love them.
- 3) **Time** – Always make time for people you love. Set aside time to show your love even if it is picking up the phone to call them. "When you give someone your time, you are giving them a portion of your life you'll never get back." ~ Rick Warren
- 4) **Don't Say I Told You** – To error is human nature, and sometimes regardless of their better judgment, they still make the mistake. We've all been told not to do something and do it anyway. "I told you so" Is not going to make them feel better. The mistake is done and they too know they should have listened to you, so just forgive them if it was something towards you, comfort them, and remind them that everyone messes up, it's so important to learn from our mistakes instead of dwelling on them.
- 5) **Don't wait to be Asked** – Part of loving someone is making their life easier. If you know someone is having trouble taking their trash out, when you take yours out, make the suggestion to get theirs as well. Don't wait to be asked if you can help, sometimes, people may be afraid to just ask, because of past rejection.
- 6) **Cook Your Heart Out** – The saying, "a way to a man's (woman's) heart is through their stomach. Well, that is quite true. Most people cook for special holidays or birthdays, but pick a random day a cook a meal for someone or invite them over for lunch or dinner. Find out what their favorite dishes/food may be and give them a random surprise meal. Nothing says, "I love You" like a home cooked meal labored in love.
- 7) **Forgive and Forget** – It's easier said than done! But sometimes the very people we love the most can hurt you or you hurt them, but love does come with forgiveness. We can't say, "I forgive you" and keep throwing their mistake in their face when you're having a disagreement. It is hard to forgive and forget because once you are hurt your defense mechanism goes up and stays up because you don't want to be hurt again. When you say you forgive and you hold on to that grievance, that's not really forgiving or forgetting. Remember, no one is perfect and it is worth it when it comes to forgiving and forgetting that slip up or mistake of someone you love. Jesus had NO sin yet he died on the cross because of our sins. He truly forgave and loves us!
- 8) **Care Package** – Seal and show your love in a care package. Send it to someone you love dearly that may live in another state, remember there's no distance to far for you love. Things you may want to add in a care package may consist of something small they really like or need. It could be their favorite bar of soap, candy, cards, even a picture.
- 9) **Hugs and Kisses** – The warmth of hugs and kisses are the best when it comes to showing someone you love them without words. In France, we always greet family and friends with a hug and kiss (cheek to cheek). Express yourself with a good morning hug or a kiss. Remember Actions do speak louder than words! Give someone a smile, a hug, or a kiss.

Events for May 2018

Happy Birthday!



Samuel Warren - 05/02
 Jessie Clark - 05/16
 Mary Bennett - 05/23
 Phyllis Johnson - 05/26
 Shirley Bargaen - 05/31

Mother's Day		MAY 2018					Happy Memorial Day	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
		01 12:00 PM War Room Prayer	02 11:00 AM Focus Hope 1:00 pm Healthy Living NKF National Kidney Foundation of Michigan	03 1:00 PM Walmart Save money. Live better.	04 12:00 PM War Room Prayer	05 Cinco De Mayo 9:00 AM Coffee and Conversation		
06 World Laughter Day Let's LAUGH Today LAUGHTER YOGA	07 12:00 PM War Room Prayer 6:00 PM Bible Study	08 National Teacher Day 12:00 PM War Room Prayer 2:00 PM—8:00 PM OSM Board Meeting.	09 12:00 PM Resident Activity & Birthday Celebrations PUT THIS ON YOUR CALENDAR!	10 1:00 PM Kroger 6-8 PM SWHA (Et O Association Meeting)	11 12:00 PM War Room Prayer 1:00 PM Bingo 2:00 PM Schwan's	12 9:00 AM Coffee and Conversation		
13 Happy Mothers Day	14 12:00 PM War Room Prayer	15 10:30 AM Re-Sale Shopping RE-SALE shopping 12:00 PM War Room Prayer	16 12:00 PM Administrator's Resident Meeting	17 1:00 PM meijer 6-7 PM SWHA (Et O Association Meeting)	18 12:00 PM War Room Prayer 2:00 PM Sing - A-Long w/Pastor John Smith going	19 Armed Forces Day		
20	21 11:00 AM Parish Nurse 12:00 PM War Room Prayer 6:00 PM Bible Study	22 12:00 PM War Room Prayer	23 12:00 PM War Room Prayer 1:00 PM Crochet Class	24 12:00 PM Olive Garden Restaurant Olive Garden ITALIAN KITCHEN 7-8 PM SWHA (Et O Association Meeting)	25 12:00 PM War Room Prayer 1:00 PM Bingo 2:00 PM Schwan's	26 9:00 AM Coffee and Conversation		
27	28 Memorial Holiday OFFICES CLOSED Happy Memorial Day	29 12:00 PM War Room Prayer 1:00 PM Crochet Class Blanket Day	30 12:00 PM War Room Prayer 1:00 PM Crochet Class	31 11:30 AM Movies at MJR MJR DIGITAL CINEMAS It's More Fun @ MJR				

May Recipe

Pasta Salad with Homemade Dressing



Ingredients

- 1 (8 ounce) package uncooked tri-color rotini pasta
- 6 ounces pepperoni sausage, diced
- 6 ounces provolone cheese, cubed, ¼ grated parmesan cheese
- 1 red onion, thinly sliced
- 1 small cucumber, thinly sliced
- ¾ cup chopped green bell pepper
- ¾ cup chopped red bell pepper
- 1 (6 ounce) can pitted black olives
- ¼ cup minced fresh parsley, 1 teaspoon dried basil, 1 teaspoon dried oregano
- ½ cup olive oil
- ¼ cup red wine vinegar
- 2 cloves garlic, minced
- ½ teaspoon ground mustard seed, ¼ teaspoon salt, 1/8 teaspoon ground pepper

Directions

1. Bring a large pot of lightly salted water to a boil. Add rotini pasta, and cook for 8 to 10 minutes. Drain, and rinse with cold water.
2. In a large bowl, mix the cooled pasta, pepperoni, provolone cheese, red onion, cucumber, green bell pepper, red bell pepper, olives, parsley, and parmesan cheese.
3. In a jar with a lid, mix the olive oil, vinegar, garlic, basil, oregano, ground mustard, salt, and pepper. Seal jar and shake well.
4. Pour the dressing mixture over the pasta salad and toss to coat. Cover, and chill 6-8 hours in the refrigerator.

ENJOY!

Monthly Word Search

Mother's Day

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



CARING	FRIEND	KIND	MOTHER
CHILDREN	FUNNY	LAUGH	PARENT
DAUGHTER	GIVING	LOVE	READ
FAMILY	HAPPY	MAY	SON
FLOWERS	HUGS	MOM	SPECIAL

May Observances & Fun Facts:

May is observed as:

- National Bike Month
- National BBQ Month
- National Blood Pressure Month
- National Physical Fitness & Sports
- National Mental Health Awareness
- National Foster Care Month
- Lupus Awareness Month
- Lyme Disease Awareness Month

Weekly Celebrations

- Week 1 – Nurse’s Week
- Week 1 – Family Week
- Week 2 – Wildflower Week
- Week 3 – National Bike Week
- Week 3 – National Police Week
- Week 4 – Emergency Medical Services Week

May Flower and Birthstone



Flower = Lilly of the Valley Gem = Emerald

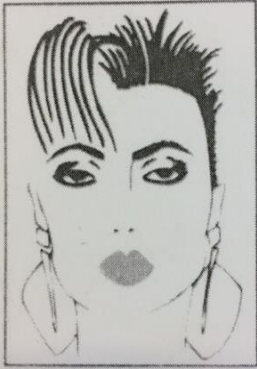


**FREE
NOTARY
Services**
Provided
To All of Our
OSM Residents

Please Visit The Office
And See
Mrs. Graziella Bruner
For More Details.

OSM Local Sponsors:

313-671-5555



Paulette Styles

Helpful Resources

Transportation

Nankin Transit (Serving Westland) (734) 729-2710
Smart ADA (313) 223-2100

Senior Agencies

The Senior Alliance (Wayne/Westland) (734) 722-2830

CareSync Solutions

Home Healthcare Services (248-773-4550)



Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit www.facebook.com and log-in your account. If you don't have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor" or go to [facebook.com/The Village of Our Saviour's Manor](http://facebook.com/TheVillageofOurSaviour'sManor)
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook, explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



OSM Classifieds:



OSM Gifted Hands:

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Westland Goodfellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Louis Rush or Ms. Alice Finley.



OSM Compassionate Hearts:

If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Headed by Ms. Warnedie Cross, Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



OSM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please see Ms. Gloria Jefferson.



OSM Caring Hands:

We are in need of volunteers for our homeless project. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



OSM Fisherman:

Love to fish? This is the group for you! Headed by Mr. David Brown, OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

**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

Village Staff

Aaron E. Price
Administrator

Michael Hooton
Maintenance Tech

Graziella Bruner
Administrative Assistant

Carolyn Hubbard
Service Coordinator

Kesha Akridge
Director of Housing

Carolyn Kimbrough
Parish Nurse

Warnedie Cross
Resident Chaplain/Volunteer

Office Number
Emergency Number
Fax Number
Service Coordinator

(734) 595-4663
(734) 740-4777
(734) 595-2222
(734) 722-9763



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



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

29495 Annapolis Road
Westland, Michigan 48186

Congratulations!

You are being recognized because
"What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

** Please turn this card into Village Administrator for a chance to win a prize **

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT



Presbyterian Villages
OF MICHIGAN
SERVING SENIORS & COMMUNITIES

Is there someone on staff that you would like to acknowledge for their work?
Please complete this form and turn it into the office.
They might win a prize!

Embrace the possibilities