

The Village of Redford



# Village View



Embrace the possibilities

July 2019

*Gloria's Updates...*



Welcome to the month of July! It's expected to be a hot one so make sure you plan to stay cool. As you can see, our renovations to the first floor are coming along very well. We still have a few more things to add so please continue to be patient, however, we hope you all are enjoying the new look of the Villa. Be mindful to not eat or drink in the lobby, we would like for it to remain nice and neat.

We are currently preparing for our 15<sup>th</sup> Anniversary celebration which is tentatively scheduled for September 12<sup>th</sup>. We encourage you to invite friends and family as this is going to be a celebration to remember.

**Annual Inspection** – You should have received notice that MSHDA will be conducting their annual inspections on July 25<sup>th</sup> for the Villa. As in the past, the Inspector selects apartments randomly. Please call the office and request maintenance for any loose doorknobs, leaky faucets and garbage disposals that do not work properly. All carpet must be cleaned and free of any and all stains. Remove any clutter and all items that may block windows and doorways. Porches and patios should never be cluttered.

**Shining Star** – If you haven't already, please take the time to complete a Shining Star nomination sheet to let the wonderful staff of Redford know how they are doing. This is a wonderful form of recognition for each staff member. Forms are available in the main office.

## VILLAGE SHARKS

We could not be more proud of our 2019 Victory Cup participants. Due to your hard work and dedication, the Village Sharks came home with several medals and lots of recognition. This year's team is surely one that will be remembered.



## Service Coordinator Corner



### July Flower/ Water Lily

**Quote of the month:** "The best part of life is when your family becomes your friends, and your friends become your family." ~Robin Roberts

**Wednesday, July 10, 2019** @ 11:00am-1:00 in the villa dining room. Everyday Inspirations/ Unique gift items for sale. Come shop, until you drop!

**Wednesday, July 24, 2019** @ 12:00 Banker's Life Insurance Seminar presented by Ms. Jaquel Morton, in the villa dining room. Light refreshments served. (Rescheduled from June) FREE to all residents.

**Monday, July 29, 2019** @ 2:00pm Elite Medical & Rehabilitation Group presented by Ms. Simone Cayce. FREE to all residents.

DID YOU KNOW?? July 26<sup>th</sup> 2019, is the 26<sup>th</sup> Anniversary of The Americans with Disabilities Act was passed. ADA 1-800-514-0301.



July is National Ice Cream Month!  
Service Coordinator/Anita Stephens/313-541-6450





# It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

## Stay Cool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided.

To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages.\*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body temperature and increases water loss).
- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

*\*If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.*





# The Senior Advocate.

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

## **Creating A Dementia Capable Michigan**

Have you had concerns about dementia either for yourself or a loved one? You are not alone. An estimated 190,000 Michiganders age 65 and older have Alzheimer's or other dementias. That means that more than a half million family members in Michigan are caring for these loved ones.

In 2016 a committed group of individuals and organizations formed the Michigan Dementia Coalition. Their vision is to make Michigan a dementia capable state. They have created a roadmap to achieve this goal by 2022 via promoting the well-being and safety of people living with dementia at all ages and stages; mobilizing partnerships to strengthen the service network; recognizing and promoting dementia as a public health priority; and enacting policies that strengthen families, communities and the economy.

The Alzheimer's Association along with a total of 65 organizations is working to take action on this very important public health issue. For further information go to [alz.org](http://alz.org).



## Villages Resident Council News July 2019

### **Officers:**

Nadine Doolan, President  
Caroline Jonah, Vice President  
Janice Rowe, Secretary  
Gloria Whittington, Treasurer

### **Reps on Villages Board of Directors:**

Mary Dobson – (Villages)  
Carolyn Lambreth (Cottages)

### **Council Reps apt. # and assignments to following resident addresses**

Nadine Doolan 1<sup>st</sup> floor north- apt. 231  
Thomasine Brantley 2<sup>nd</sup> floor north-apt 226  
Gloria Whittington 3<sup>rd</sup> floor north-apt. 312  
Caroline Jonah - Cottages - Village Green  
Juanita Johnson -Cottages – Sylvan Terrace

Ernestine Peete 1st floor south - apt 326  
Mary Dobson 2<sup>nd</sup> floor south apt 255  
Janice Rowe 3rd floor south - apt 314  
Carolyn Lambreth – Cottages – Heatherwood

Please know we are looking for a rep from the cottages to fill a vacancy. Contact Nadine (734-624-4451) if you are interested)

### **Council Progress Report**

The Resident Council has been working hard to address the concerns of residents brought to their attention. Yet it is a slow process and we ask for your patience. Please know that if a concern hasn't been taken care of, it doesn't mean it's being ignored. The concerns that are currently being addressed with administration are: (1) distribution of Welcome packets to new residents (2) Signs at east entrance to cottages on Garfield St. that identify cottage addresses to avoid confusion by delivery and transportation services (3) planting hedges between cottages and library to resolve security issues (4) replacement of street lights (5) scheduling more resident forums. Council would also like to be informed of any more street lights being out.

Please remember the suggestion box by the mailboxes is there for you to submit your concerns that affect all residents, however, maintenance requests should be submitted to the office.

On behalf of the council we want to recognize the contribution of Janice Rowe for putting in the beautiful flowers outside the main entrance. Everyone enjoy them and give her a big thank you!

The Victory Cup has been over for a week. The members who participated are finally able to catch up on their sleep (smile). Thank you to those who participated and congratulations to our medal winners; William Holloway, Vanessa Raglin-Webb, Kelly Graves, Estelle Willis, Mary Glenn and Thomasine Brantley.

## Maintenance Matters

In order to make sure our Village and Cottages are maintain properly, please be mindful of the following:

**ONLY** call the emergency maintenance numbers for emergencies that occur after hours. After hour emergencies would consist of:

**ELECTRICAL** – Any major electrical problem or power outage.

**NO POWER** – No power to your stove or refrigerator.

**WATER LEAKS** – Any water that cannot be contained in a bucket until the next business morning OR any water that is causing structural damage.

**SEWER** – Any major sewer back-up OR a non-working toilet.

**NO AIR/NO HEAT** – No air when the outside temperature is over 80 degrees. No heat when the outside temperature is less than 50 degrees.

Notify the main office for work orders and **NON** emergency related issues.

Trash pickup is **MONDAY** and **THURSDAY**. If you place your trash out before then, it will NOT be picked up until the day specified above. Remember to tie your trash bags **BEFORE** discarding them and use the appropriate trash bags which are sold in the Villa Pantry.

**FIRE ALARMS** – If your fire alarm goes off during business hours, call the office to let them know that no emergency assistance is needed. If it's after hours, please call the emergency number so your alarm can be disarmed.

Be mindful of your fellow residents when driving. Make sure you are not speeding through and your music is not so loud it is annoying other residents. Please let your visitors and family know this as well.

**LIGHT BULB REPLACEMENT** – Maintenance provides the long light bulbs only for the kitchen and the bathrooms. If you need a light bulb replace, you would be required to purchase the bulb and maintenance will put it in for you.

## Housekeeping Helpful Hints

For high dusting, it's helpful to put an old rag over your broom. Hold it with a rubber band and you will be able to clean those places that are hard to reach.



## 14<sup>th</sup> Annual Victory Cup Village Sharks Team!



Village Sharks Participants (Mary Dobson, Thelma McCoy, Gloria Whittington, Sandy Moore, Dorothy Mae Anderson, Vanessa Raglin-Webb, Bill Holloway, Anita Hartsfield, Donna Owens, Thomasine Brantley, Kelly Graves, Carolyn Lambreth, Nadine Doolan, Mary Glenn Coach-Anita Stephens, Estelle Willis, Tamela Waymer)



### Medal Winners

#### Silver in Balloon Volleyball

Bill Holloway  
Thomasine Brantley  
Estelle Willis

Mary Glenn  
Kelly Graves

#### Gold in Wellness Walk

Bill Holloway

#### Gold in Hoop Shoot

Vanessa Raglin-Webb



## Italian Pasta Salad



### Ingredients

3 cups cooked, drained rotini pasta, (1 ½ cubs/375 ml dry)

1 cup Kraft Zesty Italian Dressing

1 cup Kraft 100% Parmesan Grated Cheese

1 cup cucumber, half slices

1 fresh diced tomato

1/2 cup chopped red pepper

1/2 cup chopped green pepper

1/2 cup chopped yellow pepper

1/2 cup slivered red onion

1/4 cup sliced black olives

### Directions

Cook and drain rotini pasta as directions stated on the box. You can also use tri-color rotini pasta to give it a little more color. Once you have chopped, sliced and slivered all your vegetables, add them in a large box. Rinsed your cooked noodles and drain before adding them to the vegetables. Mix in Italian Dressing and Parmesan Cheese. Stir everything together and set in the refrigerator for 45 minutes. Stir before serving. Serves 8-10 people.

HAPPY  
JULY

BIRTHDAYS!

- Debra Liberman 07/06
- O'Neal Shaw 07/29
- Mary Flynt 07/27
- Nadine Doolan 07/27
- Estelle Willis 07/14
- Rosetta Hardin 07/06
- Larry Walker 7/07
- Lessie McGill 07/04
- Carolyn Matthews 07/18
- Myrna Mitchell 07/05
- Mary Partlow 07/03
- Norveil Calhoun 07/19
- Joan Brewer 07/25
- Regina Edwards 07/16
- Agnes Ford 07/03
- Darlene Reynolds 07/18
- Marilyn Firtha 07/11
- Deborah Pitts 07/12



## This Month at the Movies....



**July 2, 2pm** – **Green Book** (Viggo Mortensen, Mahershala Ali) When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on “The Green Book” to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humor—they are forced to set aside differences to survive and thrive on the journey of a lifetime.

**July 9, 2pm** – **Aquaman** (Jason Momoa, Amber Heard) An action-packed adventure that spans the vast, visually breathtaking underwater world of the seven seas, “Aquaman” reveals the origin story of half-human, half-Atlantean Anthur Curry and takes him on the journey of his lifetime—one that will not only force him to face who he really is, but to discover if he is worthy of who he was born to be...a king.

**July 16, 2pm** – **Grumpy Old Men** (Jack Lemmon, Walter Mattau) For decades, next-door neighbors and former friends John and Max have feuded, trading insults and wicked pranks. When an attractive widow moves in nearby, their bad blood erupts into an high stakes rivalry full of naughty jokes and adolescent hijinks. Will this love triangle destroy the two old grumps? Or will the geriatric odd couple overcome their differences and rediscover their friendship?

**July 23, 2pm** – **The Star** (Steven Yeun, Gina Rodriguez) A small but brave donkey named Bo yearns for a life beyond his daily grind at the village mill. One day he finds the courage to break free and teams up with Ruth the loveable sheep and Dave the hilarious dove with lofty aspirations. Along with three wisecracking camels and some eccentric stable animals, Bo and his new friends follow the Star on the adventure of their dreams, filled with lots of laughter – and become part of the greatest story ever told.

**July 30, 2pm** – **The Hero** (Sam Elliott, Laura Prepon) Now in the sunset of his long film career as a Western cowboy, Lee Hayden earns a living doing voice-overs while spending his spare time in a marijuana haze. But a cancer diagnosis leads him to reassess his past and mend his fractured relationships.



# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10am Pantry 6pm Keno/Bingo	2 11am Chorus 1pm Pinchole 2pm <b>Green Book</b>	3 6:15pm Bible Study	4 <b>HAPPY 4TH OF JULY!</b>	5 1pm Arts and Crafts 6pm Keno/Bingo	6 1pm Bingo (Game Room)
7 1pm In His Presence Ministries Sunday Worship	8 10am Pantry 6pm Keno/Bingo	9 11am Chorus 1pm Pinchole 2pm <b>Aqua Man</b>	10 11am Inspirations / <i>Unique gift sale</i> 6:15pm Bible Study	11 10am Coffee Hour 10am Pantry 11am Hymn Sing 2pm Voices of Joy	12 1pm Arts and Crafts 6pm Keno/Bingo	13 1pm Bingo (Game Room) 3pm <b>Ice Cream Social</b> (dinning room)
14 <b>MAIN DINING ROOM CLOSED!</b>	15 10am Pantry 6pm Keno/Bingo <i>(Game Room)</i>	16 1pm Pinchole 2pm <b>Gumpy Old Men</b>	17 2pm <b>Free Food Distribution - Arts and Crafts Room</b> 6:15pm Bible Study <i>(Movie Theater)</i>	18 10am Pantry 2pm <b>Voices of Joy</b>	19 1pm Arts and Crafts 6pm Keno/Bingo <i>(Game Room)</i>	20 1pm Bingo (Game Room)
21	22 10am Pantry 6pm Keno/Bingo	23 11am Chorus 1pm Pinchole 2pm <b>Star</b>	24 12pm <b>Life Insurance Seminar/light refreshments</b> 6:15pm Bible Study	25 10am Coffee Hour 10am Pantry 11am <b>Hymn Sing</b> 2pm <b>Voices of Joy</b>	26 1pm Arts and Crafts 6pm Keno/Bingo	27 1pm Bingo (Game Room)
	29 10am Pantry 2pm <b>Elite Medical &amp; Rehabilitation Group</b> 6pm Keno/Bingo	30 11am Chorus 1pm Pinchole 2pm <b>The Hero</b>	31 6:15pm Bible Study			



## Village Staff

### 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)

**Gloria Robinson**  
*Senior Housing Administrator*

**(313) 541-6042**

**Tia Clark**  
*Housing Administrative  
Assistant*

**(313) 541-5991**

**Steve Reardon**  
*Maintenance Technician*

**Phyllis @ the Beauty Salon**  
**(313)541-6077**

**Mark Uzarek**  
*Maintenance Lead*

**Rhonda Kuhn**  
*Housekeeper*

**Anita Stephens**  
*Service Coordinator*

**(313) 541-6450** #300

**George Simmon IV**  
*Sales & Leasing Specialist*

**(313) 541-6140** #200

EMERGENCY NUMBER (VILLA)

**(313) 910-7027**

EMERGENCY NUMBER (COTTAGES)

**(313) 573-3572**

NON-EMERGENCY REDFORD PD

**(313) 387-2500**

CLASSIC SECURITY

**(313) 662-4648**



**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)

### Redford Board of Directors

❖ Deanna Mitchell, Board Chairperson

❖ Reva Wujcik

❖ Laura Scanlan

❖ Susan Hurst, Vice Chair


❖ Kathryn Telck

❖ Mary Dobson

❖ Carolyn Lambreth




The Cottages at  
**Redford**  
A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



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

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