



Village Voice



Embrace the possibilities

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

September 2020

Featured Articles

Updates/Reminders	Pg. 2
The Senior Advocate	Pg. 4
Village Victory Cup	Pg. 5
Home Instead	Pg. 6
Assisted Living Facts	Pg. 7
Dietary Note	Pg. 8
August Activities	Pg. 9
New Residents	Pg. 10
Birthdays	Pg. 11



Look for PVM on:



The Village of
Westland

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Updates and Reminders

Resident Council Meetings

We will have an outdoor Resident Council Meeting in the gazebo courtyard this month. This will take place on Monday, September 21st at 1:30 PM.

Farmer's Market

September 16th between 11 AM – 2 PM in the front parking lot (weather permitting)

Dietary Chats

Starting in September, all our lead Chefs (Chris, Walter, and Natasha) will have chats that entail getting to know the residents, getting the resident's input on the dietary program, and food tastings. These will be by invitation only, but our Chefs will invite all residents to all three chats personally!

Remember to not leave wheelchairs and walkers outside of your apartment in the hallway.

Updates and Reminders

Summer Special

If you refer a resident who ends up living here for at least 90 days, you will receive a month of free rent!

Moving of Offices and Rooms

To make room for more residents in our community and create better opportunities for social distancing, we have started moving around some offices and rooms around the village. These moves will continue during the month of September including our model, billing office, social work office, wellness office, and our smaller chapel in the 100 hallway transitioning into a larger village store. Details to come when all these moves are finalized.

Village Westland Communication

An email address is the best way for us to send regular updates. Please call Shari Thompson at extension 28952 or call direct at 734.762.8952 to have a loved one's email address added to our list. You may also send her an email at sthompson@pvm.org



The Senior Advocate.

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

Exercise Your Right to Vote!

The election will be here very soon! Remember that voting is a right folks have fought and died for. Many citizens around the world do not have this right. So please exercise your right to vote. Take action now! Request an absentee ballot as soon as possible to make sure it reaches your clerk's office in time to cast your ballot via mail.

Once you have completed your ballot you can also utilize the more than 700 ballot drop box locations which are around the state. Although others are prohibited from telling you how to vote, they can drop off your ballot for you. Get some Return On Investment from your children and grandchildren! You can check with your local clerk's office to find a location near you.

Vote not only for yourself but to honor all those who sacrificed for this right!



Village Victory Cup COVID Edition September and October 2020

We still have room for participants in the following Events:

- **Banner Contest (New to 2020!)**
- **Hoop Shoot (Up to 15 participants)**
- **Wellness Walk (Up to 15 participants)**
- **Kick-a-Roo (Up to 15 participants)**

Village Victory Cup will take place at the Village of Westland. We will take the entire month of September and October to compete in these events, meaning we will have no more than two games per day.

If you have any questions and/or are interested in participating this year, please call Shana Brown at 734-762-8886 or Ext. 28886.



The Home Instead Senior Care family network of locally owned franchise offices was developed in 1994 with a passionate desire to be your trusted source in helping your family keep your aging mother, father, grandparents or friends in their home/Senior Community as they grow older.

In the Western Wayne County area you will find a locally owned and operated, growing home care business that began in 2002 with the desire to serve the needs of our community's elderly adults. Our goal is to provide seniors with the opportunity to age with dignity and pride in the comfort of their own home, wherever "home" may be.

It's that simple. This is what we do 24 hours a day, 365 days a year. The home care services your loved one or friend needs must come from someone you trust locally. The Livonia Home Instead Senior Care office is passionate about exceeding the needs of the elderly in our community. We're a community-based, friendly and responsive office right here in Livonia and now on site at the Village of Westland.

No matter where seniors live, in their home, in assisted living facilities or even nursing homes, Home Instead Senior Care is currently providing thousands of hours of senior home care services annually to the Wayne County area.

Our senior home care services include assistance with reminders to take the right medication at the right time, meal preparation, light housekeeping, errands, shopping, shower assistance, personal care, hygiene, incontinence care, and even Alzheimer's care. The result is companionship allowing seniors to feel safe and independent while they age in place in their home and/or Apartment.

We believe that your schedule and type of services needed are as individual and unique as the special senior we will be caring for. It is this uniqueness that requires compatibility matching of our caregivers' personalities and talents to our clients. Matching skills, hobbies, and personalities is the success behind lasting relationships between our caregivers and clients.

We look forward to getting to know each and everyone of the amazing residents at the Village of Westland, building an amazing relationship and providing exceptional care.

Little-Known Facts About Assisted Living

By Danny Szlauderbach

May 30, 2020

What is assisted living?

Assisted living communities provide some types of long-term care for seniors, but they don't offer full-time, skilled care. Generally, assisted living includes more care services than independent living but less than nursing homes or memory care facilities.

1. Assisted living provides different levels of care

There's no nationwide definition for assisted living. Instead, states license and regulate assisted living facilities. Levels of care vary from one community to the next — even if they're in the same state.

Some communities are able to offer many of the same services available in skilled nursing, either by employing home health agencies or full-time staff members. Some even provide care to residents who are bedridden or need help eating. It often depends on the community's licensing.

2. Each community is unique

Besides care differences, the look and feel of communities varies as well. Some communities have a more formal, traditional design, while others may have a more homelike ambiance. Some facilities may have art deco decor, while others are firmly grounded in mid-century modern design.

There's also no standard size for assisted living communities. They can be towering apartment buildings in city centers or sprawling complexes in the suburbs.

3. Some assisted living costs are lower than you think

Assisted living may be less expensive than maintaining a home and employing a full-time home care aide. Talk to your loved one's doctor or a geriatric health manager to help assess your senior family member's needs, then compare elder care costs in your area. There are many ways to spend less on assisted living:

- Compare all-inclusive pricing versus à la carte costs
- Check into VA benefits if you're a wartime veteran or spouse to help offset the costs of long-term care
- Consider selling or surrendering a life insurance policy

If you're planning ahead for senior living, you may want to invest in long-term care insurance.

While Medicare only covers short-term care, Medicaid may help cover the cost of assisted living.

4. Assisted living facilities aren't the same as nursing homes

Over the past 30 years, the terms "senior living" and "nursing home" have come to represent quite different concepts. While many families think a nursing home is the best choice for their elderly loved one, assisted living often turns out to be the most appropriate option. These are some of the main differences between assisted living and nursing homes:

- Assisted living residents are largely independent but may need help with ADLs such as bathing and dressing. Nursing home residents tend to need 24-hour assistance
- Assisted living residents are mobile, while those who are bedridden typically require nursing homes
- Nursing home residents generally have a single or semi-private room. Assisted living residents typically live in a studio or one-bedroom apartment
- Nursing home residents require fully staffed, skilled nursing medical attention on a daily basis. Assisted living residents don't need ongoing medical attention

Continued on Page 7

5. There are culturally diverse options

More and more assisted living communities are designed to meet the unique cultural, dietary, linguistic, and religious-based needs of local populations.

6. Specialized memory care may be offered in assisted living

More than 5 million Americans have Alzheimer's disease, according to the Alzheimer's Association.

Many assisted living facilities offer dedicated memory care programs for residents with Alzheimer's or other forms of dementia. Seniors with early stage Alzheimer's or dementia often can live among the regular population of assisted living residents. As the condition advances, residents transition to the memory care section of the community with specially trained staff members and extra safety precautions.

Memory care programs are designed to decrease agitation and improve quality of life. Some facilities feature unique layouts to promote familiarity and reduce confusion, which helps increase safety and prevent wandering.

7. Communities work to keep couples together

Does one of your parents needs more assistance than the other? Are you worried they won't be able to live together in an assisted living community?

This is a common issue for couples in assisted living. Fortunately, many communities have plans to help accommodate couples with different needs. This could mean a regular visiting routine if one parent needs memory care in a separate wing of the community.

Couples with similar needs who want to continue living together often can get a two-person suite, but this option can be more expensive and have a long waiting list. Some communities offer discounted rates for couples who prefer separate rooms but still want to live close to each other.

<https://www.aplaceformom.com/caregiver-resources/articles/assisted-living-facts>

Note from the New Dietary Director, Chris Spurbeck

Hello Village of Westland!

My name is Chris Spurbeck and I will be bringing you a whole new experience! I am extremely excited to join the team here at Village of Westland, and cannot wait to give you the Dining experiences you desire! With our Executive Chef and BBQ Pit Master Chef Walter, we will be exciting you with new flavors and recipes that will knock your socks off. I have been in the restaurant business for quite a few years and will be bringing you an authentic restaurant feel, mixed with a deep feeling of community, as you dine with your friends and family. My office is always open, especially to hear ideas that Chef Walter and I can use to perfect the future of your Dining experience.

I am recently engaged and have a teenage son, so if you have any advice, I will take that too! I am a huge sports fan, especially football. If you want to talk sports, I'm your guy. I grew up in Ferndale, and now live right around the corner here in Westland. Most recently I worked for Jim Brady's Detroit, my goal is to give you the same type of feel that worked for them since 1954. I am a big fan of a cup of coffee and stories. When everything gets back to normal, sit me down and tell me some stories and share a cup of Joe! I can't wait to meet all of you, have an amazing Month!

-Chris



Welcome To The Village!



Residents:

Jerry Hopkins
Carol Ounanian
Sandra Thomas
Betty Zonk

Phyllis Burns
John Cox
Charles Eauer
Terry Edwards

Staff:



Brandi Pinard
Dining Services
Assistant



Nick Schreiber
Maintenance
Technician



Chris Spurbeck
Director of
Dining Services

August Activities



Happy Birthday to our Wonderful Residents...

Residents with September Birthdays

Carol Dotson.....	Sept 3 rd
Rick Volante.....	Sept 7 th
Carol Compagnoni....	Sept 7 th
Helen Wilson.....	Sept 7 th
Alberta Schuler.....	Sept 8 th
Marilyn Pritchard.....	Sept 9 th
Bob Savage.....	Sept 12 th
Barb Kerr.....	Sept 13 th
Linda Ginsberg.....	Sept 14 th
John Makowiec.....	Sept 20 th
Ron Jakary.....	Sept 21 st
Freda Mauney.....	Sept 22 nd
Jean McGill.....	Sept 26 th
Brian Pisarski.....	Sept 26 th
Beverly Spieser.....	Sept 27 th
Richard Utley.....	Sept 30 th

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 – Ext. 28885
Executive Director

Kara Otto – Ext. 28810
Social Worker

Jason Lovelly – Ext. 28927
Human Resources

Shari Thompson – Ext. 28952
Billing

Jan Smith – Ext. 23179
Nurse Case Manager

Brenda Seifert – Ext. 28893
Housekeeping Lead

Breana Wallace – Ext. 28896
Marketing Manager

Ed Fletcher – Ext. 28890
Environmental Service Manager

Shana Brown – Ext. 28886
Wellness Manager

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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