

# ✦ Manor Message ✦

## Embrace the possibilities

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

2016 | Issue III

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## The Administrator's Pen

Greetings OSM Family and Friends,

I would first like to welcome our newest resident, Mr. Phil Middlebrook. Welcome Mr. Middlebrook, we're glad that you have decided to make OSM your new home!

Thank you to everyone that generously contributed to the water donation for Flint senior residents living at Court Street Commons community. OSM received over \$100.00 in donations towards the purchase of water and along with People's Community Baptist Church; we were able to deliver 212 cases of water. But as we all know, this is an ongoing problem for Flint residents. So, OSM has committed to continuing to assist the resident of Court Street Commons by delivering water each month until the Flint water crisis has been resolved. We have termed this endeavor; From one senior community to another. On Wednesday, March 16<sup>th</sup> at 10:00am, OSM will be making its second trip to Flint. Our goal is to deliver 165 cases of water, one case for each apartment. With your continued support, we can help make life a little easier for those in need. If you would like to donate a case of water or give a monetary donation, please come to the office and speak to Mrs. Bruner or myself. And as you donate, please sign the encouragement card that we will deliver along with the water donation. Thank you again for your generous support. (see pictures pg. 3)

*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

By: Eschelle M. Chatman,  
Volunteer Program Coordinator

Blessings Our Saviour's Manor,

Reminder our March Resident Activity meeting is Wednesday, 3/9/16 at 11 AM and we will also be celebrating all of our March Birthdays.

Our Administrator's Resident Meeting has been moved to Thursday, March 17<sup>th</sup> at 11 AM before your Meijer Shopping Time. Meeting was moved so we can take more Water to the Senior Community in Flint. So don't forget to let your loved ones know they can bring water to OSM or drop off their donation.

Please bring your suggestions and ideas for any activities you may want to have.

Our next few trips are as follows:

- Fabric and Craft Shopping – Friday, March 11<sup>th</sup> at 9:15 AM
- MJR Theater – Friday, March 25<sup>th</sup> at 11:30 AM
- Thrift Store Shopping – Tuesday, March 29<sup>th</sup> at 9:30 AM

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

Friday

March 4<sup>th</sup>  
&  
March 18<sup>th</sup>  
at  
1:45 p.m.



The Village of Our Saviour's Manor Events

# 2016 Water Donation to Flint





# Inspirational Moments

By Warnedie Cross,  
Resident Volunteer

## Inspirational Prayer

(By an OSM Resident)



Thank You Lord for waking me up and giving me a brand new day.

Thank You Lord for loving me in such a special way.

Thank You for taking fear away from me and showing me that you're always with me,  
you'll never leave me, and I'm thankful I am saved.

I give you praise and glory each and every day.

I thank you for putting the desire in me to help someone today,  
With a kind word or a hug or just to listen and to share my love for you with them,

I want everyone to know just how happy that I am, so thank you Lord for loving

And bless me to be, to care and love others, like your care and love me.

Thank You Lord!





## Coordinator's Corner

By Carolyn Hubbard,  
Service Coordinator

### Preventing Falls

### Among Older Adults

Each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. And the risk of falling increases with each decade of life. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries (TBI), can impact the health and independence of older adults. Thankfully, falls are not an inevitable part of aging. In fact, many falls can be prevented. Everyone can take actions to protect the older adults they care about.

#### Prevention Tips:

- **Get some exercise.** Lack of exercise can lead to weak legs and this increases the chances of falling. Exercise programs such as Tai Chi can increase strength and improve balance, making falls much less likely.
- **Be mindful of medications.** Some medicines—or combinations of medicines—can have side effects such as dizziness or drowsiness. This can make falling more likely. Having a doctor or pharmacist review all medications can help reduce the chance of risky side effects and drug interactions.
- **Keep their vision sharp.** Poor vision can make it harder to get around safely. Older adults should have their eyes checked every year and wear glasses or contact lenses with the right prescription strength to ensure they are seeing clearly.
- **Eliminate hazards at home.** About half of all falls happen at home. A home safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting.

#### Steps for Home Safety

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Install handrails and lights on all staircases.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Put grab bars inside and next to the tub or shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang lightweight curtains or shades to reduce glare.

Sources: National Center for Injury Prevention and Control



## 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

### OSM Board of Trustees

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## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Eat Better to Feel Better!



As we age, we often consider our daily aches and pains to be a sign that we are getting “old”. We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the “fact” that there’s nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body’s ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it’s best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit [www.choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate).

# **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

## Friends & Family Kicks Off April 1<sup>st</sup>!

Join us in the annual **Friends & Family** fundraising campaign! Friends & Family is an opportunity for residents to raise funds for projects that will enhance and enrich their lives. The 2016 goal is to raise \$150,000 cumulatively across all participating PVM Villages.

### Match Opportunity

**Your gift received by April 30<sup>th</sup> during Friends & Family (F&F) is eligible to be matched!**

Matching funds will be awarded at the end of the campaign to every Village, based on the percentage they raised toward the total F&F amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

*Example: If your Village raises 10% of the total F&F amount raised (across all Villages), then your Village will receive 10% of the matching funds available.*

### Want to Learn More?

Attend your Village Kick-Off Party or look for flyers and posters to learn more about your Village's individual fundraising goal and project. You can also visit [pvmfoundation.org/FF2016](http://pvmfoundation.org/FF2016). Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, *every gift matters!*

### To Make a Gift

- See the front desk or your Administrator for a donation envelope and mail it to PVM Foundation, 26200 Lahser Road, Suite 300, Southfield, MI 48033.
- Go online at [pvmfoundation.org](http://pvmfoundation.org) and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

April 1-30

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.

*Your gift today will change the lives of seniors for years to come!*

**TO MAKE A GIFT:** See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at **248.281.2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org).

Your gift can be **MATCHED!**  
Match guidelines apply.



## The Gift of Giving: One Senior Community To Another



### 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



The Village of Our Saviour's Manor have partnered with  
People's Community to assist  
Commons Court Senior Community in Flint, Michigan  
*(One Senior Community to Another)*

If you would like to donate a case water or a monetary gift  
please stop by the office:

Office Hours: Monday thru Friday, 9:00 AM to 4:00 PM

Office number: 734-595-4663

We will be taking water to Commons Court Senior Community in Flint, MI

**On Wednesday, March 16th @ 10 AM**

*Our goal is to distribute 165 cases of water*

Thank you for your cooperation and donations!



# Mayor's Message

By William Wild,  
Mayor, City of Westland

Greetings!

Last month I delivered my 2016 State of the City Address and spoke about what the City of Westland has in store for this 50<sup>th</sup> anniversary year. If you missed it, you can catch it on WLND or at [www.cityofwestland.com](http://www.cityofwestland.com).

March is a busy month in our All American City with events and other activities. Tuesday, March 8, 2016 is the Michigan Presidential Primary Election. In order to cast your ballot, you must declare a party and you will only be able to vote for one of the candidates in that party or you may choose “uncommitted.” Remember, the purpose of the Presidential *Primary* Election is to narrow down the candidates in the Republican and Democratic parties who seek to become the next President of the United States. For more information, please visit [www.cityofwestland.com](http://www.cityofwestland.com). Please keep in mind that City Offices will be closed for the Primary Election, but the William P. Faust Westland Public Library and the 18<sup>th</sup> District Court will remain open and trash and recycling service will not be affected.

As Michigan's first Compassionate City, we are helping the good people of Flint. If you've been to City Hall over the last few weeks, you couldn't miss the considerable donations of bottled water we have collected in our lobby. I'm sure you'll agree that Westland residents are among the most generous and caring people to be found anywhere, and your selfless donations to help Flint residents is proof of that. Thank you for your generosity; we will continue to accept bottled water throughout the month of February.

(Mayor Message continued on page 11)

## Mayor's Message Continued...

On March 15 at 9 a.m. I will host my *Mornings with the Mayor* at the Westland Police Department. Please join me over a cup of coffee and share with me your concerns and ideas regarding City services and programs. Following our discussion, tours will be given to see the renovations that have been made to the Department's administrative offices, lock-up facilities, restrooms and other areas. These improvements are the first the Department has seen since the building was constructed in 1975.

The annual Wild's Wings versus Red Wings Alumni Hockey Game will take place on Friday, March 18, 2016 at the Mike Modano Ice Arena at 7:00 p.m. with the proceeds benefiting the Mike Modano Ice Arena. On March 19, we will commence with renovations to the Ice Arena that include new locker facilities, a community event room, storage area, and improvements to existing facilities. Tickets are \$10 for adults and \$5 for kids and can be purchased at Westland City Hall, the Mike Modano Ice Arena, North Brothers Ford or online at [www.cityofwestland.com](http://www.cityofwestland.com). As part of our Compassionate City Initiative, I am also asking that event attendees continue to help out the fine residents of Flint by bringing a water donation to the hockey game or a monetary donation in the form of a check made out to the City of Westland. Anyone who brings a donation will receive a ticket for a special raffle of a \$50 visa card, sponsored by Parkside Dental.

And as always, remember to visit the City's website [www.cityofwestland.com](http://www.cityofwestland.com) and the City's *Facebook* site 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

## Happy March!

Spring will soon be arriving, at least calendar-wise. Spring brings new birth, much like the season that it falls in; Lent. Although Lent started early this year, those observing this 40 days of Lent, may commit to give up something, but I say take on something! Take on the Joy of Jesus, and as HE did, love your neighbor and your fellow man.

For forty days and beyond, read the “good book”, and enjoy some of greatest stories ever told. As the buds on the trees begin to flourish and the flowers pull their heads above the earth, thank God for the wonders that he gives to us each day. How small our aches and pains become, when we focus on others.

It is also important to take time out to re-evaluate ourselves. Our health and well-being is important in order that we can devote some time to others.

This month is National Nutrition Month and Physical Activity Month. These two important health issues help us to frame our position for better health. Eating and making healthy choices will help keep weight in check and keep the blood pressure and cholesterol levels in normal range.

Physical activity of any sort is good and helps keep the heart strong while maintaining muscle tone, and keeping the digestive system, intact. Being overweight is associated with more cardiovascular disease risk factors in men and women, even when they are considered healthy and fit.

You each have an opportunity to seek rebirth, through your faith and life changes. Eating healthy can be as easy as baking rather than frying. Using low fat products or no fat products during cooking and then get moving! Walking, climbing the stairs or just keep moving can be a start.

I'm continuing to come to the Manor every 2<sup>nd</sup>. and 4<sup>th</sup>. Mondays.

Read Proverbs 13:25 – The righteous have enough to eat, but the wicked is always hungry”.





# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## THE LATEST ON THE AGING OF AMERICA

**NEW FLASH!** Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is:

[www.iog.wayne.edu](http://www.iog.wayne.edu). Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.

### 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](http://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. If you have any questions computer related or concerning this class, please see Will on Tuesday from 10:30 a.m. to 12 noon in the OSM Library/Computer Lab.



# Mike's Maintenance Tips

By Michael Hooton,  
Maintenance Technician

## CHANGE OF SEASONS

With the change of seasons comes different storms and bad weather, please remember to have your emergency kits ready at all times. Please refer to [www.ready.gov](http://www.ready.gov) for more information on how to build your Emergency kits.



Please make sure you have a flash light with batteries at all times. With these storms, we have had a few power outages, so the next time you go shopping pick up a flashlight or two for your home.



A few reminders:

- *Please report all maintenance repairs to the office. (734-595-4663)*
- *Please make sure the dryer lint cleaner is being emptied after each use.*
- *Salt Container is near the main entrance of the building for your use.*



*Dial 1 -734-740-4777 for after hour maintenance emergencies.*



# Bruner's Brief Bulletin

By Graziella Bruner,  
Administrative Assistant

## What is True Compassion?

This year Easter falls at the end of March. When I think about Easter, I think about the greatest gift given to us all by our Heavenly Father. His gift was and is and will always be that real and true compassion. John 3:16,17 NIV – “For GOD so LOVED the world that He GAVE His only Son, that whoever believes in Him shall not perish but have eternal life. For GOD did not send His Son into the world to condemn the world, but to save the world through Him.”

In spite of our sinful lives – God wanted us to be reconciled to Him and in order for that to happen He sent HIS son to die for all mankind.

So compassion starts with Unconditional acceptance – no matter what condition the person may be in, just knowing that there is good in everyone. Let the good you do never be destroyed by evil sayings or acts and must therefore be sought at all times, which leads to Endurance – that the people for whom you have compassion towards may stop suffering. Never stop loving those who don't love themselves. Christ was our example and the ultimate sacrifice. We're to love the unlovable at all times. Christ died for all. For we have all sinned and come short of HIS glory. (Romans 3:23).

Compassion is neither empathy nor sympathy, but requires both! Empathy involves in responding to another person's emotions with emotions that are similar. Sympathy entails feeling regret for another person's suffering. Compassion on the other hand, is caring about another person's happiness as if it were your own. Being Compassionate is thinking benevolently about a person despite their flaws. Compassion comes from the heart, not the mouth. Your actions will speak louder than your words. What are you saying? What are you doing? Because what's in you, will come out. (Luke 6:45)

### For Your Reference:

#### Webster Dictionary describes Compassion as:

*A deep awareness of another's suffering; the humane quality of understanding the suffering of others and wanting to do something about it.*

#### Dictionary.com describes Compassion as:

*A feeling of deep sympathy and empathy for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.*




































# Events for February 2016

# Happy Birthday!



**Daviene Palmer - 03/18**  
**Marsha McCloud – 03/25**  
**Mattie Smith – 03/29**

## March 2016

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|---|---|---|--|---|--|--|
|   |   | 01<br>12:00 pm War Room Prayer<br>1:00 pm Compassionate Hearts Visitations<br>   | 02<br>11:30 am Focus Hope<br>12:00 pm Sterling Home HC<br>1:00 pm Healthy Living NKF<br>  | 03<br>1:00 pm Walmart<br>2:30 pm Public Service C.U.<br><br>                           | 04<br>12:00 pm War Room Prayer<br>1:45 pm Schwan's<br>  | 05<br>9:00 am Coffee and Conversation<br> |
| 06  | 07<br>12:00 pm War Room Prayer<br>1:00 pm Blanket Day<br>6:00 pm Bible Study<br>   | 08<br>12:00 pm War Room Prayer<br>   | 09<br>11 am Resident Activity Meeting & Birthday Celebrations<br>3:00 pm Movie Day<br>  | 10<br>1:00 pm Kroger<br><br>4:5 pm SWHA (Home Owners Association Meeting)<br>            | 11<br>9:15 am JoAnn Fabric Shopping<br>12:00 pm War Room Prayer<br>1:00 pm Bingo<br><br> | 12<br>9:00 am Coffee and Conversation<br> |
| 13  | 14<br>11:00 am Parish Nurse<br>12:00 pm War Room Prayer<br>1:00 pm Blanket Day<br>6:00 pm Bible Study<br>                                    | 15<br>12:00 pm War Room Prayer<br>2:30 pm Sing - A - Long<br>  | 16<br>9:30 am Water to Flint<br><br>2:30 pm Crescent Senior Services<br>3:00 pm Game Day<br> | 17<br>11 am Administrator's Resident Meeting<br>1:00 pm—Meijer<br>  | 18<br>12:00 pm War Room Prayer<br>1:45 pm Schwan's<br>  | 19<br>9:00 am Coffee and Conversation<br> |
| 20  | 21<br>12:00 pm War Room Prayer<br>1:00 pm Blanket Day<br>6:00 pm Bible Study<br>   | 22<br>12:00 pm War Room Prayer<br>   | 23<br>10:00 am Coffee and Conversation<br>1:00 pm Blanket Day<br>   | 24<br>12:00 pm L. Georges Coney<br><br>4:5 pm SWHA (Home Owners Association Meeting)<br> | 25<br>12:00 pm War Room Prayer<br>11:30 am Movies MJR Theater<br>1:00 pm Bingo<br><br>   | 26<br>9:00 am Coffee and Conversation<br> |
| 27<br>EASTER SUNDAY<br>Resurrection Sunday<br> | 28<br>Offices Closed<br>Easter Monday<br>11:00 am Parish Nurse<br>12:00 pm War Room Prayer<br>1:00 pm Blanket Day<br>6:00 pm Bible Study<br> | 29<br>9:30 am Thrift Store Shopping<br><br>12:00 pm War Room Prayer<br> | 30<br>10:00 am Coffee and Conversation<br>1:00 pm Blanket Day<br>   | 31<br>1:00 PM –Super K-Mart<br>   |  |  |



# March Recipe

## Country Chicken & Pasta Bake



### Ingredients

- 2 cups uncooked radiator (Nuggets pasta (6 oz)
  - 3 cups cubed cooked chicken
  - 2 jars (12 oz each) chicken gravy
- 1 bag (1lb) frozen broccoli, carrots, cauliflower
  - ¼ teaspoon dried thyme leaves
  - ¼ teaspoon salt
  - ½ cup herb-seasoned stuffing crumbs
- 2 tablespoons butter or margarine, melted

### Directions

- Heat oven to 375 degrees. Cook and drain pasta as directed on package using minimum cook time.
- In ungreased 2 ½ quart casserole, mix pasta and remaining ingredients except stuffing and butter.
- Cover casserole; bake 20 minutes. Uncover and stir casserole. In a small bowl, mix stuffing and butter; sprinkle on top. Bake uncovered about 10 minutes longer or until hot and topping is brown.

**ENJOY!**

# Monthly Word Search

## March Puzzle



# Word Search

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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2013

- |            |             |           |                |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN    | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT   | 6. SHAMROCK | 10. LUCK  | 14. RAINBOW    |
| 3. PATRICK | 7. FOUR     | 11. POT   | 15. MARCH      |
| 4. IRISH   | 8. LEAF     | 12. GOLD  | 16. SEVENTEEN  |

## March Observances & Fun Facts:

### March is observed as:

- National Craft Month
- National Foreign Language Month
- Irish American Heritage Month
- Honor Society Awareness Month
- Deaf History Month
- Women's History Month

### Weekly Celebrations

- Week 1 – Celebrate Your Name Week
- Week 2 – National Bubble Week
- Week 3 – Act Happy Week
- Week 4 – Tales and Fables Week

### March Flower and Birthstone



Daffodil



Aquamarine

### On Site Banking



Public Service Credit Union will be here,  
**March 3rd**  
**at 2:00 PM**

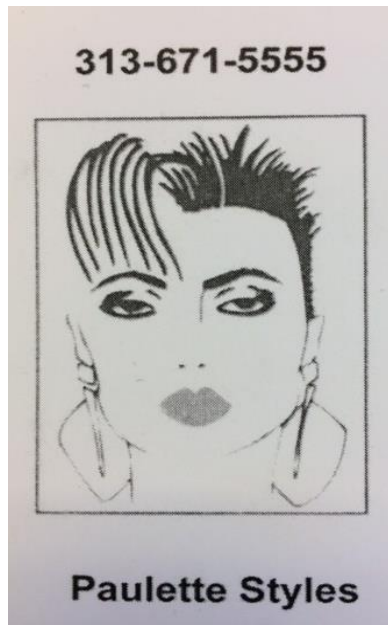
They will take care of all your banking needs, supply quarters, and stamps as well.



**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:



### Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit [www.facebook.com](http://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/The Village of Our Saviour's Manor)
- 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](http://www.pvm.org)

# Village Staff

**Aaron E. Price**  
*Administrator*

**Graziella Bruner**  
*Administrative Assistant*

**Kesha Akridge**  
*Director of Housing*

**Eschelle Chatman**  
*Volunteer Program Coordinator*

**Office Number**  
**Emergency Number**  
**Fax Number**  
**Service Coordinator**

**Michael Hooton**  
*Maintenance Tech*

**Carolyn Hubbard**  
*Service Coordinator*

**Carolyn Kimbrough**  
*Parish Nurse*

**Warnedie Cross**  
*Resident Volunteer*

**(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](http://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



**Embrace the possibilities**

**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!**