

✠ Manor Message ✠

Embrace the possibilities

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

2016 | Issue IV

Featured Articles

Monarch Moments	pg. 02
Inspirational Moments	pg. 04
Coord. Corner	pg. 05
Wellness Info.	pg. 06
Giving Matters	pg. 08
Mayor's Message	pg. 10
Parish Nurse Notes	pg. 11
Senior Advocate	pg. 12
Maintenance Tips	pg. 13
G.Bruner's Bulletin	pg. 14
Local Sponsors	pg. 19
OSM Classifieds	pg. 20

The Administrator's Pen

Greetings OSM Family and Friends,

The month of April is our annual Friends and Family campaign. On April 1st, management will be hosting a kick-off party for our Friends and Family campaign fund raiser. This year, our designated project is for Court Yard Upgrade (Le Café de Monarch). The PVM Foundation has set a percentage match for every monetary contribution, and it is also tax deductible. I want to encourage everyone to reach out to their family, friends, organization(s), places of worship, and personally ask them to donate towards our campaign.

Please keep in mind, we are non-profit and all the events and up-grades to the building are in large part due to the donations that are given to Our Saviour's Manor. In the past, we have been able to add the Stair Lift, Gazebo, complete the Theatre Room, and so much more! I believe we can do or have anything we desire, if we as a village come and work together and help one another; esteeming each other greater than ourselves. With your continued support, we can help make life more enjoyable. Let's work together to accomplish our project goal. **Go Monarchs!!!**

And lastly, it's time for our annual Shining Star nominations. If you would like to recognize someone on staff for their continued hard work and dedication, you can come to the office and complete the Shining Star nomination form. The form can be submitted by anyone that has interacted with the staff person; from the resident to a family member. We appreciate your thoughtfulness and kind words.

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 April Resident Activity meeting is Wednesday, 4/13/16 at 11 AM. Please bring your suggestions and ideas for any activities you may want to have.

Our Administrator's Resident Meeting will be Wednesday, May 20th at 11 AM

Our next few trips are as follows:

- Laurel Park Mall on 4/12/16 Tuesday at 9:30 AM
- MJR Theater – Friday, 4/15/16 Friday at 11:30 AM
- JoAnn Fabric Shopping – 4/26/16 Tuesday at 9:30 AM
- Cracker Barrel Lunch – 4/28/16 Thursday at 12 Noon
- Thrift Store Shopping – 4/29/16 Friday 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

April 1st, 15th
&
April 29th
@
1:45 p.m.



The Village of Our Saviour's Manor Events

2016 Friends and Family

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2016 FRIENDS & family

April 1 - 30

Help The Village of Our Saviour's Manor raise funds for courtyard improvements to help residents enjoy their outdoor space more comfortably.

Thanks to the generosity of donors for last year's Friends & Family Campaign, over \$3,440 was raised to provide residents with a stairlift, giving them peace of mind that they can safely move during a power outage or emergency.

**Our 2016 Goal:
\$4,000**

Your gift today will impact the lives of OSM seniors for years to come!

Your gift can be MATCHED!
Match guidelines apply.

TO MAKE A GIFT:

See the front desk for a donation envelope or

ONLINE:
www.pvmfoundation.org/OSM

CALL:
248.281.2040

MAIL:
PVM Foundation
26200 Lahser Road
Suite 300
Southfield, MI 48033



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

A SENIORS LIVING COMMUNITY

Presbyterian Villages of Michigan Foundation is a 501(c)(3) nonprofit organization. Michigan Charitable Solicitation Registration #MICS 35871.

Association of Independent, Village Villages, including Oakwood, Parkside and The Village of Our Saviour's Manor





Inspirational Moments

By Warnedie Cross,
Resident Volunteer

Renewed Health

Faith wanted to get up out of bed but she just couldn't do it. She had come down with a fever that seemed to get worse by the minute. This definitely was not the time to be sick. She had already missed too many days at work and was in danger of being fired. The thought of being fired caused her more pain than the sickness. She was a single mother and could not afford to be out of work. With no savings and nothing to fall back on, she couldn't imagine what she would do.

Suddenly the phone rang. It was her friend Shante. Shante had moved to Atlanta from Cleveland and they hadn't talked to each other in years. Faith told Shante all about her situation. By the time she finished talking, her face was covered in tears. After consoling Faith, Shante began to pray out loud and to ask God for healing. As Shante prayed, Faith felt a surge of energy in her body. For a moment she just thought it was from being too hot, but she knew this was different. Right after Shane said, "Amen," Faith began to praise God, believing that her prayer went through. She soon began to get up and put on her work clothes. She couldn't believe it. She wasn't going to miss work today. In fact, she was going there to let everyone know about the power of prayer and how good God is.

God has the power to heal us of any sickness or disease. Have your experienced healing as a result of our faith in God?



Coordinator's Corner

By Carolyn Hubbard,
Service Coordinator

Telephone Scams

WASHINGTON — The Internal Revenue Service issued a consumer alert today providing taxpayers with additional tips to protect themselves from telephone scam artists calling and pretending to be with the IRS.

These callers may demand money or may say you have a refund due and try to trick you into sharing private information. These con artists can sound convincing when they call. They may know a lot about you, and they usually alter the caller ID to make it look like the IRS is calling. They use fake names and bogus IRS identification badge numbers. If you don't answer, they often leave an "urgent" callback request.

"These telephone scams are being seen in every part of the country, and we urge people not to be deceived by these threatening phone calls," IRS Commissioner John Koskinen said. "We have formal processes in place for people with tax issues. The IRS respects taxpayer rights, and these angry, shake-down calls are not how we do business."

The IRS reminds people that they can know pretty easily when a supposed IRS caller is a fake. Here are five things the scammers often do but the IRS will not do. Any one of these five things is a tell-tale sign of a scam. The IRS will never:

1. Call to demand immediate payment, nor will we call about taxes owed without first having mailed you a bill.
2. Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
3. Require you to use a specific payment method for your taxes, such as a prepaid debit card.
4. Ask for credit or debit card numbers over the phone.
5. Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, here's what you should do:

- If you know you owe taxes or think you might owe, call the IRS at 1.800.829.1040. The IRS workers can help you with a payment issue.
- If you know you don't owe taxes or have no reason to believe that you do, report the incident to the Treasury Inspector General for Tax Administration (TIGTA) at 1.800.366.4484 or at www.tigta.gov.
- You can file a complaint using the [FTC Complaint Assistant](#); choose "Other" and then "Imposter Scams." If the complaint involves someone impersonating the IRS, include the words "IRS Telephone Scam" in the notes.

Remember, too, the IRS does not use unsolicited email, text messages or any social media to discuss your personal tax issue. For more information on reporting tax scams, go to www.irs.gov and type "scam" in the search box.

Additional information about tax scams are available on IRS social media sites, including [YouTube](#) and [Tumblr](#) where people can search "scam" to find all the scam-related posts.

Source: [IRS.GOV/Newsroom/Telephone Scams](http://IRS.GOV/Newsroom/Telephone%20Scams)



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

Johnnie Jackson, Board Chair

Dereka Johnson, Vice Chair

Rev. David Huber, Treasurer

Diane Hicks-Walker, Secretary

Natalie Brothers, Member

Carolyn Kimbrough, Member

Michelle Williams, Member

Myra Davenport, Member

Judy Piccininni, Member



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

April is Alcohol Awareness Month

This April during Alcohol Awareness Month, I encourage you to educate yourself and your loved ones about the dangers of drinking too much. In 2014 there were more than 9,300 drunk-driving accidents in Michigan. Of the 806 fatal car accidents that occurred in Michigan in 2014, nearly 30% involved alcohol and/or drugs. Excessive alcohol consumption also increases your risk of non-auto related injuries, violence, drowning, liver disease, and some types of cancer. If you are concerned that you or a loved one may be drinking too much, here are some strategies you can use to help you cut back or quit drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Choose a day each week when you will not drink.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

For more information visit the National Council on Alcoholism and Drug Dependence website at www.ncadd.org or call 1-800-622-2255.



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 1st!

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 30th 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. 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 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.

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

Presbyterian Villages OF MICHIGAN THE FOUNDATION

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 Monday, April 25th @ 10 AM

Our goal is to distribute 150 cases of water

Thank you for your cooperation and donations!



Mayor's Message

By William Wild,
Mayor, City of Westland

Greetings;

Last month I was excited to lace up my skates with the Westland Wild Wings to take on Darren McCarty, John Ogradnik and other members of the Red Wings Alumni Team. The battle between the two teams was hard fought and all for the great cause of raising funds for improvements to the Mike Modano Ice Arena.

As Michigan's first Compassionate City, I asked the residents, business community and employees of the City of Westland to step up to the plate and help out the fine people in the City of Flint. The community's reaction was truly humbling and I am proud to say that together we collected nearly 100,000 bottles of water, 800 gallons and over \$1,000 in cash donations. From the bottom of my heart, I cannot thank you all enough for participating in this vital cause.

If you are doing some spring cleaning and find some old household batteries, there are collection boxes at the William P. Faust Public Library, the Friendship Center, at our DPS yard on Marquette, the Jefferson Barns Community Vitality Center and at City Hall outside near the U.S. Postal drop box. We also have a new company which has provided clothing recycling boxes for resident's convenience at City Hall and other city buildings. The boxes can be used to recycle shoes, clothing and textiles.

On April 12th at 9 a.m. I will host my *Mornings with the Mayor* at Inspire Theatre. 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 new location of Westland's Center for the Arts.

We hope you will join us for the Memorial Day Parade on Sunday, May 29 at 1:00 p.m. We will begin at the Wayne Ford Civic League located at 1661 N. Wayne Rd. and will end at the Veterans Memorial Garden located behind the Library on Central City Parkway.

As always, there is much happening in the City of Westland and this summer has many great events in store as the city celebrates its 50th anniversary. The first will be a 50th Anniversary Homecoming Celebrations where we will bring back the former Mayors, open the time capsule that was buried 50 years ago and pay tribute to how far we have come as a city. This will all take place on Monday, May 16 and I hope you can join us.

Please remember to visit the City's website 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 April!

Hello Residents, well we finally got our wish. Spring is here and Summer is soon to follow. We've had many weather challenges: "brown outs, black outs, flooding and severe weather damage". These are the environmental challenges we face in our daily lives. But there is a steady force, available in our lives, who is always reliable and dependable.

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

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

I continue to be available each 2nd and 4th Mondays of the month, from 11:00 – 1:00 PM in the Community Room. My main focus is monitoring blood pressure and Medicines. I can also help with meal planning, and diabetic questions. I have many resources and would be happy to share them with you, no appointments necessary.

"Prayer is to religion, what original research is to science." P.T. Forsythe. Prayer has been a research topic for years. The research stems from actual clients/patients having faith in God and the healing powers clinician have witnessed, due to this. I typically state that use of prayer is personal and should be used as one talking to a confidant. God is not scary, He is your friend and speaking to Him should be comfortable and with ease.

God bless all of you.

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

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. 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.

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. 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.



Mike's Maintenance Tips

By Michael Hooton,
Maintenance Technician

We Welcome Spring and the Change of Weather

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 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.*



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



Bruner's Brief Bulletin

By Graziella Bruner,
Administrative Assistant

How different would your life be if you cut out complaining?

Is it even possible to not complain? The goal here is to create a more positive life by eliminating negative statements. Some just can't simply stop complaining and some people would even say what's so bad about complaining? Gripping comes natural for most people. According to research, there's a social reason for it. "Nothing unites people more strongly than a common dislike" says Trevor Blake, Author of *Three Simple Steps*. "The easiest way to build friendship and communicate is through something negative."

Whining comes with a cost. When we complain, our brains release stress hormones that harm neural connections in areas used for problem solving and other cognitive functions. This also happens when we listen to someone else moan and groan. According to Jon Gordon, Author of *The No Complaining Rule* "It's as bad as secondhand smoke".

If you ever thought about complaining less, here are a few realistic tips for success:

- 1) Start Defining What a Complaint is – If you point out that it's cold outside, is that a complaint? No, that's an observation. A Complaint would be: It's cold outside and I don't like living here.
- 2) Track How Often you Complain and what are you complaining about – Change starts with awareness – Start counting how many times you're saying or even feeling negative.
- 3) Separate Yourself From Chronic Complainers – if you must lend an ear, try to respond with something positive rather than joining on the rant session. You will need to be brave and have the courage not to need the good opinion of another person. You will find over time those people who complain constantly will start to leave you alone because their brains are not getting the stimulus they're looking for.
- 4) Turn Complaints into Solutions – This is called positive complaining or effective complaining. Don't just sit around and admire the problem – Do something about it!
- 5) Use The "But-Positive" Technique – If you ever find yourself griping, add a "But" and say something positive. For example: I don't like driving to the grocery store, but I'm thankful at least I can drive, I do have a car and I even have money to go to the grocery store.
- 6) Change "Have To" to "Get To" – Example: "I have to pick up my grandkids" becomes "I get to pick up my grandkids" You will change a complaining voice to an appreciative heart, just by changing a word or two and viewing it differently. You're going to feel so much better the more you focus on the positive over time. At first, it may seem awkward but the more you get used to it, it becomes your natural state.

A few key reminders to do instead of complaining: (The 3 P's)

Practice Gratitude – Two thoughts can't occupy our mind at the same time. So if you're focusing on gratitude, then you can't be negative.

Praise Others – Instead of complaining about what others are doing or not doing. Praise them and give them a hand if you see a need or if they're in trouble.

Pray – Scientific research shows that these daily practices reduce stress; boost positive energy; and promote health, vitality, and longevity. When you're faced with the urge to complain or you're feeling stressed to the max, stop, be still and pray.

Events for April 2016

Happy Birthday!



APRIL 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 12:00 pm War Room Prayer 12:30 pm Friends & Family Kick Off Luncheon 1:45 pm Schwan's 	02 9:00 am Coffee and Conversation 
03	04  12:00 pm War Room Prayer 2:30 pm Public Service C.U. 1:00 pm Blanket Day 6:00 pm Bible Study 	05 12:00 pm War Room Prayer 1:00 pm Compassionate Hearts Visitations 	06 11:30 am Focus Hope 1:00 pm Healthy Living NKF 	07 1:00 pm Walmart 	08 12:00 pm War Room Prayer 1:00 pm Bingo 	09 9:00 am Coffee and Conversation 
10 11:00 am Parish Nurse 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study 	11  12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study 	12 9:30 am Laurel Park Mall 12:00 pm War Room Prayer 	13 11 am Resident Activity Meeting & Birthday Celebrations 3:00 pm Movie Day  <i>Happy Birthday!</i>	14 1:00 pm Kroger  4-5 pm SWHA (Home Owners Association Meeting)	15 11:30 am Movies MJR Theater 12:00 pm War Room Prayer 1:45 pm Schwan's 	16 9:00 am Coffee and Conversation 
17 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study 	18 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study 	19 12:00 pm War Room Prayer 2:30 pm Sing - A - Long 	20 11 am Administrator's Resident Meeting 3:00 pm Game Day 	21 1:00 pm—Meijer 	22 12:00 pm War Room Prayer 1:00 pm Bingo 	23 9:00 am Coffee and Conversation 
24 10:00 am Water to Flint 11:00 am Parish Nurse  12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study 	25  10:00 am Water to Flint 11:00 am Parish Nurse  12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study 	26 9:30 am JoAnn Fabric Shopping  12:00 pm War Room Prayer 	27  10:00 am Coffee and Conversation 1:00 pm Blanket Day	28 12:00 pm Cracker Barrel  4-5 pm SWHA (Home Owners Association Meeting)	29 9:30 am Thrift Store Shopping  1:45 pm Schwan's 	30

April Recipe

Smokey Chicken & Rice Skillet



Ingredients

- PAM® Original No-Stick Cooking Spray
- 1 pound boneless skinless chicken breasts, cut into bite-size pieces
- 3 Hebrew National® Beef Franks (from 12-oz pkg), sliced 1/2-inch thick
 - 1/2 cup frozen chopped onion
 - 1/2 cup frozen chopped green bell pepper
 - 2 cups instant white rice, uncooked
- 1 can (14.5 oz each) Hunt's® Fire Roasted Diced Tomatoes with Garlic, undrained
 - 1 can (14 oz each) reduced-sodium chicken broth

Directions

1. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Add chicken, franks, onion and pepper; cook until chicken is no longer pink, stirring occasionally.
2. Add all remaining ingredients; bring to a boil. Cover; reduce heat to low and cook 5 to 7 minutes or until mixture is of desired consistency.

ENJOY!

Monthly Word Search

April Puzzle – Weather Words

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

Alto
 Anticyclone
 Arctic Screamer
 Autumn
 Barometer
 Blizzard
 Cirrus
 Cloud
 Cumulus
 Diamond Dust
 Downbursts
 Equinox
 Foehn Winds
 Fog

Frost
 Glaze
 Gust Front
 Halo
 Hoar Frost
 Humidity
 Hurricane
 Hygrometer
 Ice Crystals
 Isobar
 Jet Stream
 Khamsin
 Lightning
 Mesoscale

Midnight Sun
 Millibar
 Monsoon
 Nimbus
 Outflow
 Parheliion
 Psychrometer
 Rain Shadow
 Ridge
 Rime
 Saturation
 Sleet
 Snow
 Snowbelt

Squal
 Thermal
 Thunder
 Tornado
 Troposphere
 Trough
 Uva
 Vernal
 Virga
 Wind
 Winter
 Zephyr
 Zonal Flow

April Observances & Fun Facts:

April is observed as:

National Humor Month
 Keep America Beautiful Month
 National Minority Health Month
 National Poetry Month
 National Garden Month
 National Kite Month
 National Pecan Month
 Stress Awareness Month
 Fair Housing Month
 Stress Awareness Month
 Sexual Assault Awareness Month

Weekly Celebrations

Week 1 – Library Week/Read a Road Map
 Week 2 – Garden Week
 Week 3 –Organize Your Files/Medical Labs Week
 Week 4 – Administrative Assistants Week
 Week 4 – National Karaoke Week

April Flower and Birthstone



On Site Banking



Public Service Credit Union will be here,
April 5th
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:

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
- 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

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



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!**