



Village Voice



Embrace the possibilities

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

Feb 2017

Featured Articles

Wellness at Westland	pg. 2
PVM Wellness	pg. 3
Foundation	pg. 4
February Facts	pg.5
Resident Biography	pg.6
Themes	pg. 7
Transportation	pg.8
Birthdays	pg.9



The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Wellness Happens at the Village of Westland!

It's Your Life. Live it Well!

Why Wellness? Wellness is more than a buzz word. Wellness is a lifestyle. The Village of Westland strives to help residents achieve Wellness through its Wellness programs. We are promoting a lifestyle of wellness and staying active, to the fullest extent possible, within all areas of life. The Village of Westland is committed to providing a holistic, evidence-based approach to wellness – mind, body, and spirit. Check out some of the Wellness Programs that will be happening this month and keep an eye out for new programs.

Evening Fitness Classes held in the Fitness Center:

- Zumba Tuesday evenings at 5:30 p.m.
- Pilates Thursday evenings at 5:30 p.m.

Classes are open to everyone. Residents, Employees, Families, Friends, and the Community!

Biggest Loser Contest

Do you want to lose a little weight? Join us for the Biggest Loser Contest. See Kara Otto in 603 for more information. The Biggest Loser Contest is open to all residents, employees, families and friends. There is no charge to join.

Nutrition Education – Discussion with a Dietician

- **February 3rd, 2017 at 1:15 p.m.**

Is your medication causing Medicine Mouth? Come to our Dietician Discussion and learn how your medication changes your taste buds. You will also learn other great dietary facts like the importance of hydration and good food choices.

We need your help!

Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers. There are many positions available in choose from. We currently need your help with:

-The Village Store -Bingo -Resident Council -Resident Ambassadors

See Shana or Toni to get more information.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

"E" stands for Eat

In December I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on the "E" (eat).

In the words of Dr. Thomas, "In order to be well, we need to eat well." So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but have since changed their minds and now claim it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say "whatever" and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit www.choosemyplate.gov.

**To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Josh Kephart ~ 28890
Maintenance Mgr

Lisa Scott ~ 28893
Housekeeping Lead

Kara Otto ~ 28810
Social Worker

Shana Brown ~ 28886
Activities

Shari Thompson ~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Teresa Davis ~ 28928
Marketing Manager

Ashleigh Doletzky ~28896
Leasing Specialist

Pam & Mara ~ 28953
Wellness Instructors

Rita/Sally ~ 28889
Beauty Shop



Giving Matters.

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

ALL YOU NEED IS LOVE ♥

...and amazing donors LIKE YOU.

Really!

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

♥Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

Beauty Shop Services and Hours

Sally the Manicurist:

Tuesdays 10AM-4PM

Manicures - \$11 Pedicures - \$18 Nail Clippings - \$6

Call ext. 28889 to make an appointment

Rita the Beautician:

Thursdays and Fridays 9AM-Last Appointment

Shampoo and Set - \$17 Hair Cut - \$12 Perm - \$45

Color - \$30 Wash and Cut - \$16 Wig Styling - \$5

Call ext. 28889 to make an appointment

Joe the Barber:

First Monday of the Month 12pm-3pm Hair Cut - \$12

Sign-up in the mailroom or call the activities office (ext. 28886) for a time slot

February Facts

The 2nd month of the year brings us George Washington's Birthday, Valentine's Day, and the shortest month of the year.

In the Gregorian calendar, the calendar that most of the world uses, February is the second month of the year. Most of the months have 30 or 31 days in a month but February is shorter. February has 28 days until Julius Caesar gave it 29 and 30 days every four years. This is because the Roman emperor Augustus took one day from February and added that to August because August was a month that was named after him. February is a very cold month followed by January in the northern half of the world. However, there are sunny days in February that indicates that spring is almost here. Different from the northern half, the southern hemisphere usually enjoys midsummer weather.

Below are some fun facts about February:

1. The birthstone for February is Amethyst.
2. Two zodiac signs for February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
3. The month has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
4. Viola (plant) and the Primrose are the birth flowers.
5. Black History Month is celebrated in Canada and United States.
6. National Day of the Sun is celebrated in Argentina.
7. In order to complete the Soviet Union's victory in Stalingrad during World War II, the last German troops surrendered in the Stalingrad pocket.
8. On February 4, 1861, a temporary committee met at Montgomery, Alabama where they organized a Confederate States of America.
9. On February 6, 1933, Amendment 20 to the United States was proclaimed which moved the Inauguration Day to January 20th.
10. In February 1910, the Boy Scouts of America was incorporated,
11. On February 6, 1899. The U.S. Senate ratified the peace treaty that led to the end of the Spanish-American War.
12. On February 6, 1952, Princess Elizabeth became Queen Elizabeth II of Great Britain.
13. February 11 - National Foundation Day in Japan
14. February 12 - Abraham Lincoln's Birthday
15. February 14 - Valentine's Day
16. February 21 - International Mother Language Day
17. February 22 - Independence Day in Saint Lucia
18. February 22 - George Washington's Birthday
19. February 24 - Flag Day of Mexico
20. February 25 - People Power Revolution (Phillippines)

Biography of Paul Edward Holmes

Written By: Motoko Huthwaite



Born and raised in Sheffield, Massachusetts, in the southwest corner of the state near New York and Connecticut, Paul remembers growing up in a large red brick house with his older sister, Sylvia, and going to a one room school house from first to sixth grade. His home was on a farm where they had chickens and cows, and he helped collect the eggs and milk the cows. He also helped build a tractor to do the plowing.

Later he became an automotive mechanic and worked for a Chevrolet dealership in Sheffield.

One summer he, with two of his friends, went to Florida and worked for a Ford dealership in West Palm Beach.

Then in 1951 he was drafted! It was the time of the Korean War. He spent some time in Wurzburg, Germany. He was promoted rapidly from a Private to a Sergeant to a Noncommissioned Officer in the Army. He was honorably discharged in 1953, but remained in the Inactive Reserves.

Paul married Norma, a telegraph operator, while he was working for Ford in Dearborn. Altogether, he worked for Ford for 44 years. He and Norma found a house in Wayne, Michigan, and had two children, a boy and a girl. Bryan was born in 1960 and Lisa was born in 1961.

Bryan grew up and married Christy. They have three children and Lisa has one son. Today Paul has four grandchildren.

It was in June 2016 that Paul moved to the Village of Westland. He enjoys the Strength Training class in the Wellness Center and karaoke in the Private Dining Room. He always attends the Sunday night worship services. He began attending the Congregational Church in Massachusetts, but later started attending the Methodist church. Here at the Village, our Protestant services serve all denominations in the Chapel of all Faiths and he is perfectly comfortable with that. He always looks happiest when daughter Lisa joins him.

January's Theme was...

Staying warm! Some of the residents made scarves to help keep them warm this winter. Here of some of the residents with their beautiful creations.



February's Theme is...

Finding love. This will be a scavenger hunt where hearts of different sizes and point values will be hidden throughout the village. Your job is to find as many as you can, grab them, and then bring them to Toni or Shana. During the theme activity in your hallway, your score thus far in the competition will be compared to other residents. This is to give you an idea of how you are doing. Complete rules will be given out at the meeting on Monday, Feb. 6th in the PDR at 11:00 AM.

Have you seen a Shining Star?

The Shining Star award recognizes Presbyterian Villages of Michigan employees who exhibit The PVM Service Standards of Excellence. Employees, Residents, Families, and Board Members are eligible to nominate a PVM Employee for the Shining Star Award.

The Service Standards of Excellence are built on four core values: **Listening, Relationships, Accountability, and Respect**. These values serve as a standard against which every action and thought can be measured and support a culture where team members share their best work, gifts and talents. If you know an employee who exhibits the standards of Excellence please nominate them for the Shining Star Award. Nomination forms can be obtained at the front desk.

~ Transportation Services ~

Monday's

- Van Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

Tuesday's

- Shopping at Kroger at 10 AM

~Electronic scooters are given based on the order of the sign-up sheet. This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

Wednesday's – Banking Day (1st, 2nd & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

Thursday's

- Library concerts (3rd Thursday of the month) at 11:15 AM – free concerts

Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall, shopping in Taylor). There is no cost to the resident.
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

Appointment Outings

- Van is available for residents to be driven to doctor appointments; must call the Activities Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

If there is ever a charge for an outing, it will be written on the sign-up sheet.

*****Residents must sign up for all outings. Sign-up sheets are located in the mail room*****

Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in February!

Shirley Stevens.....Feb 1 st	Linda Klebba.....Jan 3 rd	Shirley Johnson.....Feb 10 th
Bill Allen.....Feb 16 th	Frankie Masterson...Feb 19 th	Irene Lennie.....Feb 22 nd
Frank Hnidy.....Feb 27 th	Mary Steed.....Feb 29 th	

Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too. When we have your email on file you can receive newsletters and other building information electronically.

Pick Your Neighbor Special!

If you refer a friend who moves into the village and remains at the Village of Westland for a least 3 months, you will receive a month rent free.*



***New resident must accept possession of the unit by February 28th, 2017**

**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

Executive Director

Kara Otto

Social Worker

Jason Lovelly

Human Resources

Josh Kephart

Maintenance Supervisor

Teresa Davis

Marketing Manager

Shana Brown

Activities Supervisor

Deborah Antale

Dietary Services Director

Shari Thompson

Billing

Lisa Scott

Housekeeping

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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