



Villa View



Embrace the possibilities

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Look for PVM on:



Dear Residents,

Spring has finally sprung and there will be a flurry of activities for everyone to participate in this month. April 1st. is the official start of our annual Friends & Family Campaign.

For our new residents, Friends & Family is our time to raise funds for a project that will improve and enhance the lives of those who live at the Village of Redford. This year, our goal is to raise \$2500.00 towards upgrading our technology. We would like to purchase a new (and larger) TV for the theater room and a smaller TV/DVD to facilitate chair exercises.

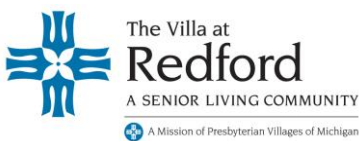
Our kick-off event was Monday April 3rd. We started our campaign on a sweet note with many delicious baked goods that we sold for a total of \$160.00. Thank you to all who donated their time and talent for this event!

Please see monthly calendar for dates and times of the 50/50 raffle, Tiger Baseball Opening and Hot Dog Sale, Popcorn Day. We will end the month with a Fashion Show and luncheon.

We're asking residents to submit an interesting recipe, poem or short story for future newsletters. Please see Hannah Micallef for details.

Keep your eyes peeled as Shining Star Nominations are coming out soon. Staff who are eligible to be nominated include Myself (Gloria Robinson), Hannah Micallef, Crystal Davis, Mark Uzarek, Steve Reardon, Rhonda Harvey & Melissa Nestorvoski.

Happy Easter to All!



What are our residents up to?



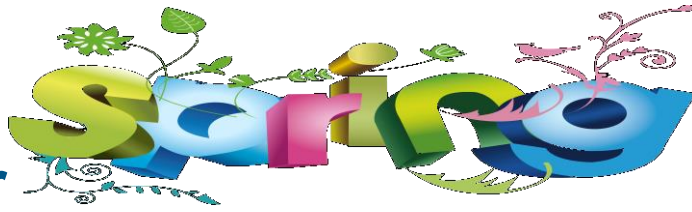
April 4th, 2017: Residents stopped by the library to utilize the three new computers at our “Computer Lab Grand Opening



April 4th, 2017: The “Sharks” are working hard to bring home the gold at the upcoming Village Victory Cup in June. GOOO SHARKS!



Coordinator Corner



“April showers bring May flowers”



Interesting facts for the month of April:

- April is National kite month
 - The famous ship “Titanic” sunk on April 15, 1912
 - The Vietnam War ended on April 30, 1975, when South Vietnam surrendered.
- ✓ All residents are invited to sign up to participate in the Annual Village Victory Cup on Friday, June 23, 2017 in Dearborn. Practice dates & times are every Mon, Tues & Thurs 11:00-12:30 in the dining room.
- ✓ Podiatrist (Foot specialist) Dr. Sheryl Bentzley will be at the Villa on Monday, April 17, 2017 from 9:00-12pm in the theatre room. All residents are welcome to attend. Light refreshments will be served.
- ✓ The Pathway to Healthier Michigan for Seniors exercise classes with Bonnie will continue. New sessions begins on April 27- June 15th No class May 11th you must sign up before 4/17/17 space is limited! THIS IS **FREE!**
- ✓ Please plan to attend the transportation Seminar on Friday, April 28, 2017 at 4:00pm for information on buses, taxi and other options for getting around the area.

Quote of the month:
 “April cold with dropping rain”
 willows and lilacs bring again,
 The whistle of returning birds.
 And trumpet- lowing of the herds.
 ~ Ralph Waldo Emerson ~

HAPPY EASTER

Your Service Coordinator, Anita Stephens

HAPPY EASTER



Why does Friends & Family campaign matter? *Giving to your local Village = residents' power to choose.*

Friends and Family is a time when residents can look around and say, “What is the number one thing we need?”

Sometimes it's funds for *combating isolation*.

Sometimes it's *tools to stay connected*.

Always, it's something important to the residents that can't be done by the Village alone. Residents can't do it without you. Below are the PVM residents' wish lists:

Resident Activities

- The Village of Hampton Meadows
- The Village of Harmony Manor
- The Village of Holly Woodlands*
- The Village of Mill Creek
- The Village of Oakman Manor
- The Village of Sage Grove
- The Village of St. Martha's
- The Village of Warren Glenn

Technology Upgrades

- The Village of Our Saviour's Manor
- The Village of Peace Manor

- The Village of Redford
- The Village of Westland

Exercise Equipment for the Health & Wellness Center

- The Village of East Harbor

Rainy Day Fund

- The Village of Rosebush

Outdoor Furniture or Enhancements

- The Village of Oakland Woods
- Perry Farm Village
- The Village of Spring Meadows

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

Warm regards,

Paul J. Miller, CFRE

** and Community Space Enhancements*



Spring Flowers word Search Puzzle

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

- | | | | | |
|------------|----------|-----------|----------|----------|
| Azalea | Daffodil | Hyacinth | Lily | Poppy |
| Anemone | Dogwood | Impatiens | Marigold | Rose |
| Begonia | Fresia | Iris | Magnolia | Snowdrop |
| Bluebell | Gardenia | Jasmine | Orchid | Spirea |
| Cornflower | Geranium | Jonquil | Pansy | Tulip |
| Crocus | Hawthorn | Lilac | Petunia | Zinnia |

**Phyllis at Shear
Perfection Salon**
 Days of Operation:
 Wed thru Sat.

Hours: 11 am- 4pm.

313-541-6077
 Call to make an
 appointment!

Redford Board of Directors

- Deanna Mitchell,
Board Chairperson
- Reva Wujcik
- Carrie Hays McElrye
- Joyce King
- Laura Scanlan
- Susan Hurst
- Catherine Esannason
- Kathryn Telck



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“H” stands for Heal

In December I introduced you to MESH, which is an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. It was coined by renowned geriatrician Dr. Bill Thomas and is what he considers to be the key to healthy aging. This month I will focus on the last letter: “H” (Heal).

Contrary to what he was taught to believe in medical school, Dr. Thomas’ vast experience working with older adults has led him to conclude that healing does not come from doctors, rather it comes from patients themselves. Dr. Thomas acknowledges that doctors prescribe medicine, provide compassionate care, and give good counsel (all of which are helpful) but they don’t actually heal. Instead, he believes healing comes from within. It happens when after suffering a serious injury or illness we move forward and define a new normal for ourselves. It happens when we reject the “tragedy narrative” with its paralyzing and debilitating focus on loss and begin to create and tell a new story; a story of love, growth, and possibility. And it happens when we return to living life with meaning and purpose; when there is something in our lives that matters more than our own problems or physical ailments.*

In sum, if we weave these four things (move, eat, sleep, heal) into the fabric of our lives, Dr. Thomas believes we will create a structure that supports our desire to live a full, productive, and meaningful life; in essence to live life well.

**To learn more about how purpose and meaning impact our health and wellbeing visit www.dungbeetle.org.*



Spring Pasta Salad



1. Make the pasta: Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs, adding the asparagus pieces 2 minutes before the pasta is done. Drain the pasta and asparagus; rinse under cold running water to stop the cooking. Toss the pasta and asparagus with the peas, roasted peppers, tomatoes, shallot and dill.
2. Make the dressing: In a small bowl, whisk together the olive oil, mustard, honey, garlic and lemon zest and juice. Season with salt and pepper.
3. Pour the dressing over the pasta salad, tossing to coat. Let the salad hang out for a bit to soak up the entire flavor.
4. When ready to serve, bowl it up. Then shave some ricotta salata over the top, drizzle with a little olive oil and sprinkle with pepper.

INGREDIENTS:

For the pasta:

- Kosher salt
- 12 ounces cavatappi pasta
- 4 ounces asparagus, trim at the ends
- 1 10-ounce box frozen peas, thawed
- 1 12-ounce jar roasted yellow peppers, chopped
- 1 pint grape tomatoes, halved
- 1 shallot, minced
- 1/2 cup fresh dill, chopped
- Ricotta salata cheese, for garnish

For the dressing

- 1/3 cup extra-virgin olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1 clove garlic, grated
- Grated zest and juice of 1 lemon
- Kosher salt and freshly cracked pepper

Happy Birthday to You!

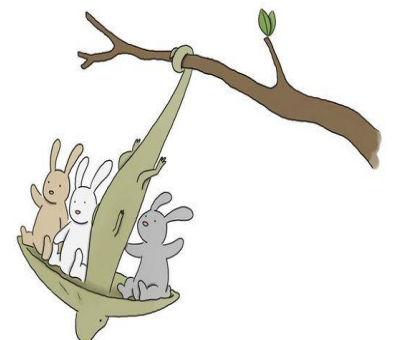
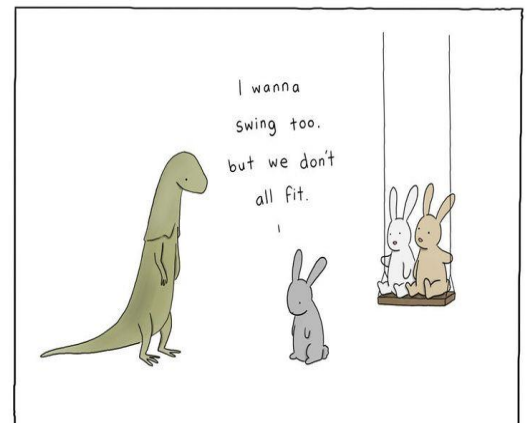
The Birthday Party will be held on 04/17, at 1:30 PM in the Villa Dining Room.

Villa Friends

- Alpha Boylston04/02
- Marvin Jones.....04/05
- Catherine Essanson.....04/13
- Barbara Seberry.....04/14
- Donna Owens.....04/14
- Geri-Adams Jones.....04/16
- Jean Smith04/18
- Luberta Brown.....04/25
- Allie Brooks.....04-27
- Nancy Kelly.....04-27

Cottage Friends

- Jane Bolender.....04/03
- Teresa Kimble.....04/03
- Ruth Dean.....04/05
- Agnes Medina.....04/20
- Louise McPhee.....04/25
- Eddie Buckanes.....04/27



Welcome New Residents!

Charline Attles, Cottages
Nellie Love, Villa

Anita Hartsfield, Cottages
Janet Franczek, Villa

April 2017 Activities Calendar

April 2017

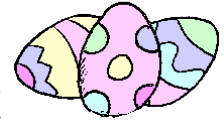
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						7 1 pm Bingo (Game Room)
2	3 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	4 2 pm Movie "Difert"	5 10 am Kroger/ \$Store 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	6 1 0 am Coffee Hour 10 am Pantry 11 am Hymns	7 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	8 1 pm Bingo (Game Room)
9	10 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	11 2pm Movie "Risen"	12 10 am Value Center/Walgreens 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	13 10 am Coffee Hour 10 am Pantry 11 am EGG HUNT 	14 	15 1 pm Bingo (Game Room)
16 	17 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno 6:30 pm Cards	18 2pm Movie "Gospel Hill"	19 10 am Kroger/ \$Store 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	20 1 0 am Coffee Hour 10 am Pantry 11 am Hymns	21 12:45 Milkman 1 pm Arts & Crafts 5 pm Keno/Bingo	22 1 pm Bingo (Game Room)
23	24 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	25 2pm Movie "The Race"	26 10 am Value Center/Walgreens 2 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	27 10 am Coffee Hour 10 am Pantry	28 12:45 Milkman 1 pm Arts & Crafts 4 pm Transportation Seminar 5 pm Keno/Bingo	29 1 pm Bingo (Game Room)
30	Village Victory Cup Practices on Monday, Tuesday, and Thursday. See your practice schedule for exact times and location. Friends & Family 2017: See the "Save the Date" Flyers with all F&F Info!					

The Redford Board of Directors meets the fourth Thursday of each month. Depending on the amount of members in attendance, the dining room may need to be utilized for the meeting. We appreciate your flexibility in this matter.

Announcements & Reminders



EASTER EGG HUNT WITH RAINBOW VILLAGE



WHEN: Thursday, April 13th at 10:00 am

WHERE: Villa Dining Room

We need all hands on deck at 10:00 am to help hide eggs! The children will be arriving at 11 am, where we will help them find their eggs. We are accepting plastic egg donations up until the day of the event.

✓ Have you picked up the **“Emergency Preparedness”** Memo & reviewed it yet? If not, please stop by the office and pick up a copy.



- We have many awesome events this month to look forward to, please review your Friends and Family “Save the Dates” to check on event times.
- The office will be **closed on Friday, April 14th** in Observance of Good Friday. We will resume business on Monday, April 17th.
- Please put in work orders through the office, and as they are noticed. The sooner they are reported, the sooner they can be completed. If you need to review what an “Emergency Maintenance Request” is, feel free to stop by the office to grab an extra copy of the memo.



The Senior Advocate.

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

SCHEMES, SCAMS & SWINDLES

I have said for many years that for every dollar you make there are thousands of swindlers lining up to steal it from you! If only people used their cleverness for good, the world would be a better place. However, since that is not likely to happen, we need to protect ourselves and out-manuever these scoundrels. Here are some of the latest issues and what to do about them:

CAN YOU HEAR ME? - In this gambit, when you answer the phone a voice on the other end will ask: "Can you hear me?" Do not answer. **HANG UP IMMEDIATELY!** What they will do if you answer "Yes" is tape record your voice and use it to scam you by acting as if you are saying yes to a number of false transactions. Some savvy consumers have gotten to the point (me included) where we monitor calls on Caller ID and don't pick up for any number we do not recognize. If the call is important enough and legit, the person can leave a message for you.

FamilyTree.Now - This is a search site that gives information about you and your family members. Although the original intent of this site was most likely innocent and helpful in nature, it has been reported that it is being used for nefarious purposes by bad people. There is an opt out. Go to the site, get your information and then go to the privacy section. They will tell you how to opt out. Don't let these scoundrels ruin you financially. Be clever in a good way to offset their cleverness for evil. **PROTECT YOURSELF!**

Movie Listings April 2017



Difret A crusading attorney (Meron Getnet) defends a 14-year-old Ethiopian (Tizita Hagere) who stands trial for killing the man who abducted and raped her.

Risen Roman military tribune Clavius (Joseph Fiennes) remains set in his ways after serving 25 years in the army. He arrives at a crossroad when he's tasked to investigate the mystery of what happened to Jesus (Cliff Curtis) following the Crucifixion. Accompanied by trusted aide Lucius (Tom Felton), his quest to disprove rumors of a risen Messiah makes him question his own beliefs and spirituality. As his journey takes him to places never dreamed of, Clavius discovers the truth that he's been seeking.

Gospel Hill Jack Herrod (Tom Bower), the racist former sheriff of a South Carolina town, is dying of cancer. Decades ago, when a civil rights activist (Samuel L. Jackson) was murdered on Herrod's streets, he neglected to investigate the case. The activist's brother (Danny Glover), now retired, has retreated into solitude and bitterness. His wife (Angela Bassett), however, is prepared to take on the greedy land developers who want to destroy their neighborhood in order to build a golf course.

Race Young Jesse Owens (Stephan James) becomes a track and field sensation while attending the Ohio State University in the early 1930s. With guidance from coach Larry Snyder (Jason Sudeikis), Owens gains national recognition for breaking numerous records. After heated debates, the United States decides not to boycott the Olympics in Nazi Germany. Overcoming racism at home and abroad, Owens seizes the opportunity to show Berlin and the the world that he's the fastest man alive.

SEE YOUR MONTHLY CALENDAR FOR SHOWING DATES!

**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 Phone Number:

(313) 541-6000

Village Staff

Gloria Robinson
Senior Housing Administrator

Hannah Micallef
*Cottages Administrative
Assistant, TCS*

Steve Reardon
*Cottages Maintenance
Technician*

Crystal Davis
Villa Administrative Assistant

Mark Uzarek
Maintenance Lead, Villa

Rhonda Harvey
Housekeeper, Villa

Anita Stephens
*Service Coordinator, Villa &
Cottages*

Melissa Nestorovski
Leasing and Marketing Specialist

EMERGENCY NUMBER (VILLA)

(313) 910-7027

EMERGENCY NUMBER (COTTAGES)

(313) 573-3572

NON-EMERGENCY REDFORD POLICE

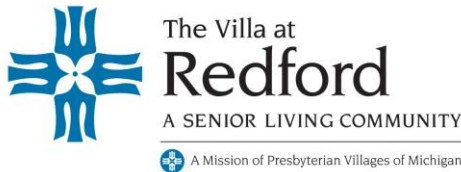
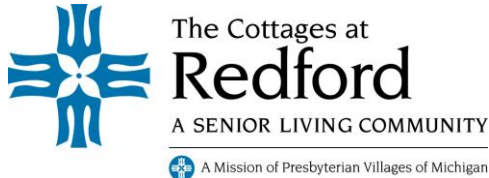
(313) 387-2500

CLASSIC SECURITY:

(313) 662-4648



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



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

Embrace the possibilities