



Village Voice



Embrace the possibilities

Cottage Courier

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

September 2017

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The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Giving Matters.

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

Goodbye Summer; Hello Fall!
Seeds sewn years before are bearing fruit.

Almost nothing is more satisfying than seeing hard work and preparation pay off. This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—***it's cider mill season!***

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer 😊... become so very worth it.

The season is also a great metaphor for a planned gift, **such as a gift in your will.** Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

By doing the hard work now—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—**you can create a bountiful harvest** which will survive long into the next “season.”

Learn how you can leave a gift in your will and start planning at MyLegacy.pvmf.org. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S. Want to volunteer with the PVM Foundation? Call us at 248-281-2043!**

Staff Extensions

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Josh Kephart ~ 28890
Maintenance Manager

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Melissa Newton ~ 28963
Wellness Coordinator

Shari Thompson ~ 28952
Billing

Kara Otto ~ 28810
Social Workier

Jason Lovelly ~ 28927
Human Resources

Teresa Davis ~ 28928
Marketing Manager

Pam & Mara ~ 28953
Wellness Instructors

Rita/Sally ~ 28889
Beauty Shop



Ladies High Tea Party

26th Day of September, 2017

At 2:30 pm in Rose Cottage
Finger sandwiches and cookies
Will be served along with your tea

If you have hat and gloves please do
dress to impress!

If you have a tea cup please bring it with you

Aging Well Is In!

How exciting it is to report that a major magazine is echoing my message of many years. The term anti-aging is out, and the notion of aging well is in! Allure Magazine has announced in its latest issue that they are making a resolution to stop using the term anti-aging. They state, "Changing the way we think about aging starts with changing the way we talk about aging."

I have said that embracing aging is the way to go. Denying anything about ourselves is a futile task. Ponce de Leon never found that Fountain of Youth, and never will we.

Of course we want to be our best, but obsessing over age robs us of the joy in life. And as they say, it beats the alternative! Now is the time to enjoy every moment and rejoice in our longevity as well as second chances, creating a legacy and appreciating all that has been given to us. Enjoy life!



**LEAVE A
Legacy**

*Help support
the PVM
Mission during
your lifetime
and beyond.*

**CONTACT
US TO
LEARN MORE**

 **Presbyterian
Villages
OF MICHIGAN**
THE FOUNDATION

For more information,
call Paul Miller at the
PVM Foundation
248.281.2045
MyLegacy.pvmf.org

WAYS TO MAKE A PLANNED GIFT

- › **Bequest in your will** _____
- › **Charitable Gift Annuity** _____
- › **Life Insurance** _____

Please join
us for
**Sing Along
and S'mores**

**Thursday
September
28th**

At 6:00 pm

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Fall is in the Air

As the weather starts to change we are reminded that fall is in the air. To some, fall reminds us of crisp cool air, warm delicious drinks and the color change. To others the word fall might mean something entirely different. According to the National Council on Aging (NCOA), every 11 seconds an older adult is seen in an emergency department for a fall-related injury. As we begin to age a fear of falling can become a part of our everyday lives, dictating the things we do and places we go. Luckily there are easy ways to manage your risk for falling!

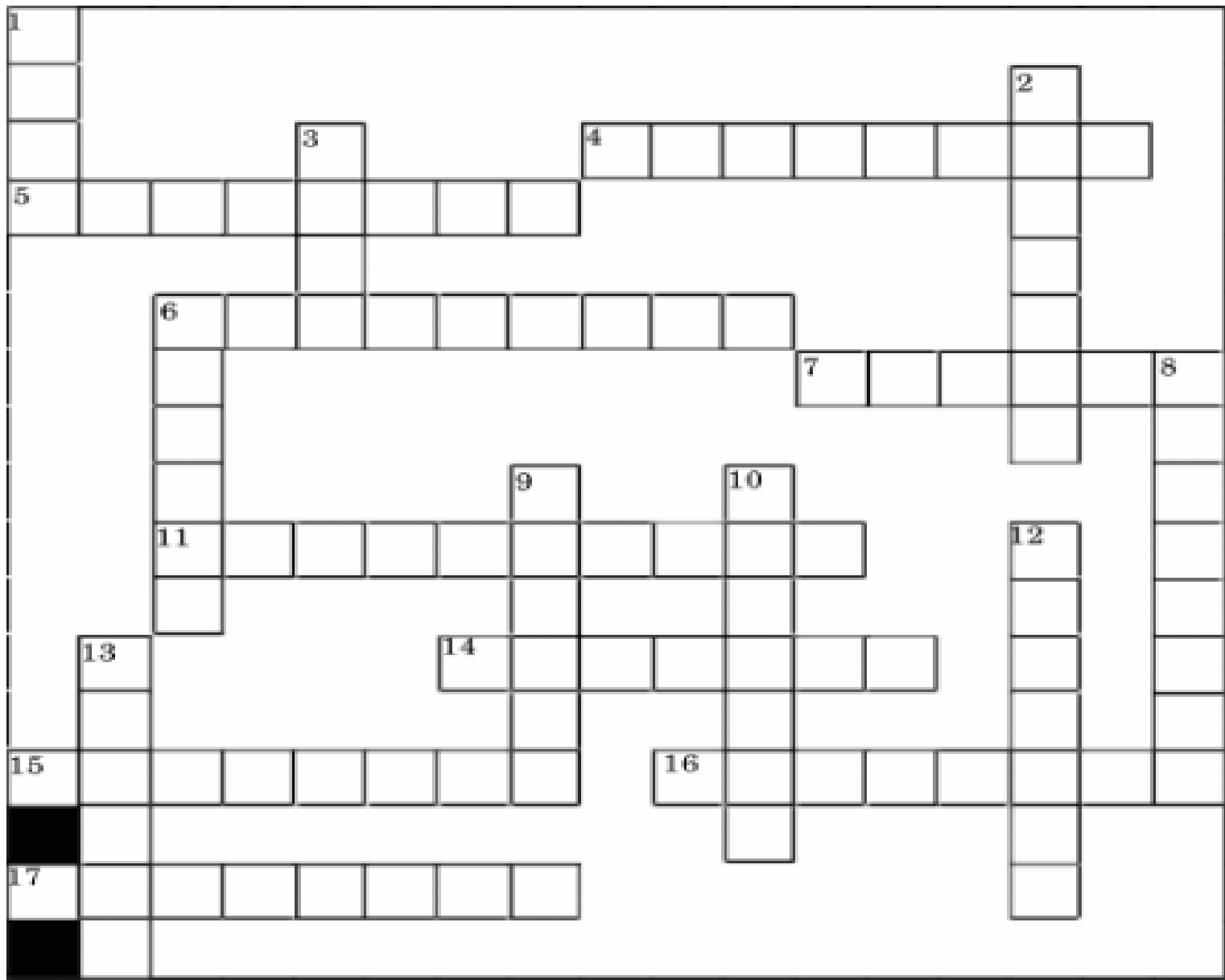
The NCOA has six tips to help reduce your risk for falling:

- Find a good balance and exercise program
- Ask your health care provider for an assessment of your risk of falling
- Regularly review your medications with your doctor or pharmacist to make sure the side effects aren't increasing your risk of falling
- Get your vision and hearing checked annually and update your eye glasses
- Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars in key areas
- Enlist the support of your family members and PVM staff in taking simple steps to stay safe

By implementing some or all of these tips you can help reduce your risk of falling. Instead of worrying about **A** fall, you can instead enjoy **THE** fall!

More information on how to reduce your risk of falling is available on the NCOA website: <https://www.ncoa.org/healthy-aging/falls-prevention/>

Labor Day Crossword



ACROSS

- 4 Monday through Friday
- 5 Worker holiday
- 6 Holiday month
- 7 Outside lunch
- 11 Profession
- 14 Do with a tent
- 15 Branch of production
- 16 Workers
- 17 Cookout

DOWN

- 1 Autumn
- 2 Saturday and Sunday
- 3 Travel
- 6 Kids go after Labor Day
- 8 Cooked over fire
- 9 Amount earned
- 10 Special day off
- 12 Laborers
- 13 Holiday day of week

See pg. 9
For
answers

August Activities

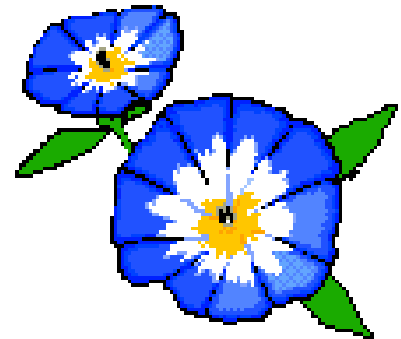


September Facts

- September is the first month of the Fall season, is the 9th month of the year and has 30 days
- September was the seventh month of the Original Roman calendar
- Flower is Aster/Morning Glory, symbolizing daintiness, love, and magic
- Zodiac signs are Virgo (August 23- September 22) and Libra (September 23- October 22)
- Septembers birthstone is the sapphire which symbolizes clear thinking
- On September 2, 1789, the United States Department of Treasury was established
- September is the only month with the same number of letters in its name in English as the number of the month (9th)
- In any year, no other month ends on the same day as September
- The Autumn Equinox is September 22nd
- More people are born in September than any other month!
- September is one of the warmest months in the Southern United States, it is also harvest time for many crops
- September starts on the same day of the week as December every year, but does not end on the same day of the week as any other month in the year

Holidays in September

- Labor Day- First Monday of September
- Grandparents Day
- Patriot Day
- Constitution Day and Week
- National Potato Month
- National Chicken Month
- National Piano Month
- National Biscuit Month



Happy Birthday to our Wonderful Residents...

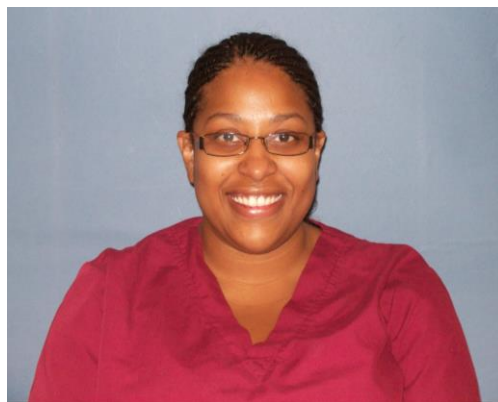
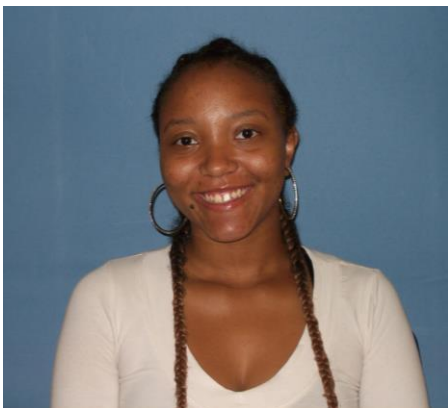


Following are the residents who celebrate a birthday in September!

Louise Borg ~ Ivy ~ 9/11/1928

New Staff:

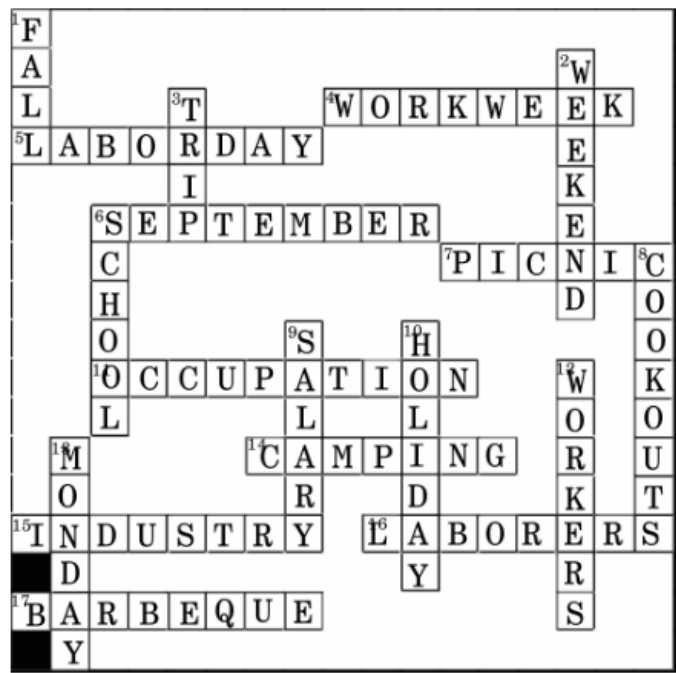
**Kayla Ayers – Resident Assistant
Tania Grove – Dietary Assistant
Aaliyah Coe – Dietary Assistant**



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.

Crossword Solution



Like and Join the Village on Facebook!
 We now have a Facebook page titled
 Presbyterian Village of Westland!



You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!



Featured Resident Florence Wallace

Florence Wallace was born in Detroit on March 10, 1921 to parents Ernest and Jeanette Lyons. Florence and her four siblings Earl, Bob, Jim, and Margaret all grew up in East Dearborn.

During her school years, Florence enjoyed playing basketball and volleyball. She also had many great times getting together with her group of girlfriends.

After finishing high school, Florence worked in the office for Ford Motor.

Florence met a great man, Melvin Clinton Wallace. He went off to the war and they wrote letters to each other every day. Shortly after Melvin returned from the service, the two got married.

Shortly after, Florence and Melvin started their family and raised them in West Dearborn. They were blessed with three children, Suzanne, Janet, and Mel.

Florence enjoyed going up north with her family, and getting together with them whenever they could. She enjoys all of her grandchildren and great grandchildren.

**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

Jason Lovelly

Human Resources

Josh Kephart

Maintenance Manager

Teresa Davis

Marketing Manager

Shana Brown

Wellness Manager

Deborah Antale

Dietary Services Director

Shari Thompson

Billing

Kara Otto

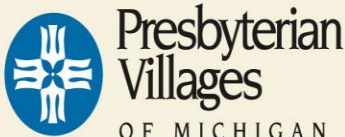
Social Worker

Lisa Scott

Housekeeping

EMERGENCY NUMBER

(734) 728-5222



THE FOUNDATION

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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Westland, MI 48186**



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