



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

February 2021

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The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Dear Friend,

The January 15th Vaccine Clinic was a success with 64% (43 out of 67) of Warren Glenn residents getting a first dose of Moderna vaccine.

Three pharmacists and two pharmacy techs set up shop in the community room and proceeded to vaccinate residents, staff and board members. Because people had to wait 15 minutes afterwards, there was a lot of joyful talking and friendly visiting – a taste of what life will be like after Covid-19.

In terms of other statistics, I looked at who took the vaccine:

- 40% of African Americans (6 out of 15),
- 71% of non-immigrant whites (30 out of 43) and
- 78% of immigrants (7 out of 9).

I asked a pharmacist his opinion about why immigrants had a higher vaccination rate. His idea was that immigrants often have a very good view of the health care system in the United States and are supportive of the guidance of health professionals. He spoke about his friend in pharmacy school from Guyana whose mother travelled to the United States to receive care for her heart.

It was a very good day. Thank you so much to CVS. Thank you to Denise Giallombardo who helped residents fill out their forms, to Rick Petrella for setting up and sanitizing the clinic space, and to Stacey Klooster who kept the office going while we were preparing for it.

The next clinic is February 15. You can get your first shot or your second one in the rotation. If you have not gotten your first shot, you still have time. Please consider this decision carefully. It is probably the most important decision you make in 2021.

Sincerely, Anne Lilla, Administrator

From the Service Coordinator

Denise Giallombardo, B.S.W., Presbyterian Villages of Michigan

Choose to be Heart Healthy!

February is National Heart Month. Staying heart healthy is doable: get a physical, improve your diet, and start a simple exercise program by walking indoors throughout our building and using the Wellness Room.

The Centers for Disease Control and Prevention (CDC) reports that the key risk factors for heart disease are high blood pressure, high cholesterol and smoking. About half of Americans (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease:

- Diabetes
- Overweight and Obesity
- Unhealthy Diet
- Physical Inactivity
- Excessive Alcohol



Take charge of your medical conditions. Talk with your doctor about medications, losing weight safely, exercise, quitting smoking and drinking alcohol, taking your diabetes medications faithfully, testing your blood sugar and eating the right foods can make a difference in your heart health! Do it for your children and grandchildren and most importantly, *for yourself!* Be around for years to come.

I have some great handouts and recipes that you can prepare at home! While we are still under COVID-19 restrictions, it is a good time to do more home cooking. The CDC has some terrific *Tip Sheets* which I have available for you in my office. Some people wear the color red for Heart Awareness during February. Choose to be heart healthy!

Friday, February 12	Focus Hope
Wednesday, February 24	Macomb County Emergency Food Boxes Delivered to residents

Volunteers Bring Food

Thank you to Mac MacDougall and the First Presbyterian Church Men's Group who filled a truck donated by Glenn McIntyre, Jr. with food at the Macomb County Emergency Food Bank. Rick and Jane Motta helped Mac deliver the boxes to grateful residents.

Residents Grocery Shop

Vicki Jackson, Sam Mahaffey and Annette Fabinski organized a food shopping experience in the community room for residents. Thank you for volunteering. We do not want anyone to go hungry.

Politics & Good Manners

The elections are over, but for some people, feelings are still running high. Please do not put down others who have a different point of view than you. Politics can cause conflict between people in a community. If you discuss politics with your neighbor who has opposing views, be polite. Embrace free speech by expressing your view in a civilized way and listen to your neighbor. Seek to understand them instead of seeking to win the argument.

First Presbyterian Church of Warren Inclusion Ministry *by Marijo Hockley*

Reflections – Tuesdays, 7 p.m., A time to listen to parables, poems and folk tales. Explore how these stories help us understand the world today. Find a comfy chair and relax with us while we share each other’s company and support.

Zoom Information:

<https://zoom.us/j/97529741258?pwd=b0hrZTI4OXgveHZmUEZGbKVuTmdBdz09> Meeting ID: 975 2974 1258 Passcode: JYTpj8

Bible Study – Wednesdays, 7 p.m. Studying Book of Acts

Zoom Information:

<https://us02web.zoom.us/j/576195493?pwd=cHEvbnR0MCsvOHkVMnhZNGx5Z3pPd09>

Meeting ID: 576 195 493 Passcode: 169978

Sunday Worship, 10 a.m.

Zoom Information

<https://us02web.zoom.us/j/88699476775?pwd=b3RHTFdTTnZBVVdyWUhlRzNQOGpUZz09> Meeting ID: 886 9947 6775 Passcode: 046633

Sign up the Week of February 7 in the Mail Room if you would like to receive a **Lenten devotional or prayer cards** delivered on Ash Wednesday.

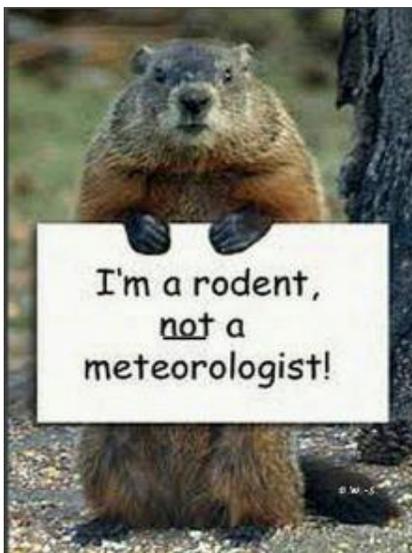
Try This Brain Puzzle

For each pair of words below, find a third word that is associated with both. It is challenging, but you can do it!

1. Lock – Piano _____
2. Ship – Card _____
3. Tree – Car _____
4. School – Eye _____
5. Pillow – Court _____
6. River – Money _____
7. Bed – Paper _____
8. Army – Water _____
9. Tennis – Noise _____
10. Smoker – Plumber _____

Answers on page 11.

On the Lighter Side of Life...



A man buys a parrot and brings him home.

But the parrot squawks with foul language, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. All of a sudden the parrot is quiet.

When the man opens the freezer door, the parrot walks out and says, “I apologize for offending you and I humbly ask your forgiveness.”

The parrot then says, “If you don’t mind my asking, what did the chicken do?”



Fitness Center Re-Opens!

We are delighted to announce that the Fitness Center is open for business. Feel free to use the equipment, exercise balls and weights in our sunny, spacious room on the second floor. Make sure that you follow the rules so that exercising is safe for all concerned.

Fitness Center Rules of Use

1. The Fitness Center is for RESIDENTS or STAFF only.
2. Use hand sanitizer when you enter and when you leave.
3. Wear a mask that covers your nose and mouth at all times including while exercising.
4. Sign-in and sign-out.
5. Remain at least 6 feet apart from others.
6. Wipe down the equipment before and after you use it.
7. If you are sick, do not exercise in the Fitness Center.

Moving makes you happier, stronger, better balanced and more alert. While we are still under restrictions, being able to use the Fitness Center is a good step in the right direction.

Dining Senior Style Lunch Program to Re-Open Soon

While we do not have a firm date, the Macomb County Department of Senior Citizens Services is planning to re-open our lunch site for take-out only at the end of February or beginning of March. We will let you know the date when we hear it. The food is good and someone else makes it! Two pluses.

Welcome New Neighbors!

Because the Village of Warren Glenn is in a good location, is well maintained and the price is right, we quickly filled recent vacancies.

Please welcome our new residents:

Sandra Hayes, #115

Darlene Huston, #219

Sami Tobia and Salim Nahlah, #220

Thank you to Stacey Klooster for preparing the complicated paperwork and to Rick Petrella for preparing the apartments for new tenants.

Goodbye, Friends

Alice Kelmar, #137, is moving to Holly Woodlands, a PVM village in Holly where she will be close to her son and grandchildren. Alice was a frequent shopper on the WG bus and volunteered at the bingo games. You will be missed, Alice.

Lois Eckhout, #124, has moved to Advantage Living Center, 25375 Kelly Road, Roseville, MI 48066. Lois attended the Bible Study led by Su Perkins and helped with the library. She would enjoy hearing from her friends.

Comcast Cancelled

Because of steep price increases and little use by residents, we cancelled cable television in the community room and wellness room. It is still possible to use the VCR and watch local stations.

Lost & Found

LOST: Carolyn Richardson, #237, lost her gold wedding ring somewhere between the mailroom and her apartment. Help!

FOUND: A shiny blue cane with a black handle.

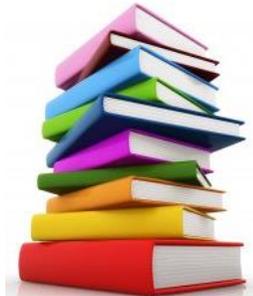
Congratulations, Frontliner!

Congratulations to Stacey Klooster, Administrative Assistant at the Village of Warren Glenn, who received a *Futures for Frontliners* scholarship through the Michigan Department of Labor and Economic Opportunity. She began attending Macomb Community College in January studying business.

The scholarship funded by the CARES Act is an initiative to thank essential workers by assisting them in pursuing higher education. 85,000 Michiganders, 8,341 in Macomb County, qualified and enrolled in school.

Stacey has two boys, Ethan, a freshman at the University of Northwestern Ohio and Blake, a senior at Stoney Creek High School. Now they all can discuss homework and cramming for exams.

Congratulations, Stacey, for receiving the scholarship. You are certainly essential to the Village of Warren Glenn.



BIRTHDAYS

Feb 3	Mark Hamama	#214
Feb 3	Dann Federico	#208
Feb 15	Etta Adams	#213
Feb 20	Sr. Mary Fagan	#209
Feb 22	Juanita Sellers	#206

HOLIDAYS

Feb 1	No Politics Day
Feb 2	Groundhog's Day
Feb 4	Thank a Mailman Day
Feb 5	National Shower with a Friend Day
Feb 7	Superbowl Sunday
Feb 11	Make a Friend Day
Feb 12	Chinese New Year
Feb 14	Valentine's Day
Feb 15	President's Day
Feb 16	Paczki Day
Feb 17	Ash Wednesday
Feb 20	Love Your Pet Day

FLOWERS

Violets or Iris

BIRTHSTONE

Amethyst

Let Rick Petrella Light Up Your Life: Put in a Work Order for Light Bulbs



During the inspection last year, we noticed that many people had light bulbs that were dim, fading or all the way out.

Please call and report light bulbs that need to be changed – fluorescent or incandescent or LED's, we want you illuminated properly!

This Day in History - February

- 3 Rock singer Buddy Holly died in a plane crash. (1959)
- 6 Astronaut Alan Shepard hits three golf balls on the moon. (1971)
- 7 The Beatles came to the U.S. for the first time. (1964)
- 8 The Boy Scout founded. (1910)
- 10 France cedes Canada to England, ending the French and Indian War. (1763)
- 11 The Yalta agreement signed by Roosevelt, Churchill and Stalin. (1945)
- 12 Women in the Utah Territory win the right to vote in some elections. (1870)
- 15 The Post Office uses adhesive postage stamps for the first time. (1842)
- 16 NBC TV begins its first nightly newscast. (1948)
- 18 Mark Twain's *The Adventures of Huckleberry Finn* published. (1885)
- 20 John Glenn became the first U.S. astronaut to orbit the earth. (1962)
- 22 Frank Woolworth opens the first "Five Cents Store" in Utica, N.Y. (1879)
- 23 The Tootsie Roll rolls into stores in America. (1896)
- 23 U.S. marines raise the American flag in Iwo Jima. (1945)
- 26 A bomb explodes at the World Trade Center killing 6 people. (1993)
- 28 The Salem Witch Hunt begins. (1692)
- 29 Yellowstone becomes the first National Park. (1872)



THE BLACK FAMILY

**Black
History
Bulletin**
VOL.83, No.2



Representation, Identity, Diversity

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. February is Black History Month because it is the birth month of abolitionist Frederick Douglass and President Abraham Lincoln and the month that the NAACP began.

The 2021 Black History Month theme is *The Black Family: Representation, Identity, Diversity*. Black families live across states, countries and continents as shown by family reunions and ancestry searches.

The black family is the foundation of African American life, but looking at its meaning from a historical point of view is difficult because of its complexity: slave or free, patriarchal or matriarchal, single-headed or dual-headed, extended or nuclear, fictive kin or blood lineage, legal or common law, and black or interracial. The family offers a rich tapestry of images for exploring the African American past and present.

Association for the Study of African American Life and History

SERVICES

Alterations and Mending

Shorten pants and sleeves. Take-in or let-out clothes. New elastic. Masks. Fast and reasonable, call Diane at 586-350-1751.

Beauty Salon

Beautician Gloria Blood is here every Thursday. She offers a variety of services in the beauty salon on the second floor across from the lobby elevator. A sign-up sheet on the salon window includes a list of services and the prices.

Podiatrist

Dr. William Rubin comes to the building approximately every six weeks. He will see you privately in your apartment. Watch for the sign-up sheet in the mailroom. After you sign-up, podiatry staff will contact you by phone to get your insurance information. Most insurance plans cover this service. The sign-up sheet in the mailroom.

Prescription Delivery

CVS pharmacy at 12 Mile and Ryan will deliver prescriptions free of charge to our residents. The telephone number is 586-756-8900. Other pharmacies in the area may deliver too.

Watch Battery and Band Repair

All work guaranteed one year. Low cost. Call Mac MacDougall at 586-484-0417.

Schwann's Food Delivery

A deliveryman comes to the lobby of our building every other Wednesday at 4:00 p.m. He takes orders and fills them from his truck.

Safari Animals

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

KUDU

LEOPARD

CROCODILE

BABOON

GIRAFFE

ELEPHANT

BUFFALO

HIPPO

RHINO

WARTHOG

GAZELLE

ZEBRA

CHEETAH

CIVET

HYENA

LION

ELAND

SPRINGBOK

HAND WASHING WORD SCRAMBLE

Unscramble the words below. Try not to use the hints.

	Hints	Answer:
MGSER	These are what make you sick.	_____
SVURI	This is one type of germ.	_____
DSNHA	What you should always wash.	_____
TRWAE	What you wash your hands with.	_____
SAPO	This helps to eliminate germs.	_____
SEAIDSE	What germs can cause.	_____
CIBAEATR	This is another type of germ.	_____
TLEHAHY	Washing your hands can keep you _____	_____

Answers on page 11.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Spread the Love not COVID!

What a difference a year makes. Like me, at this time last year you were most likely gearing up to celebrate Valentine's Day. You were looking forward to spending some quality time with family and friends or to spending the day snuggling up with that special someone. Little did either of us know that shortly thereafter a once-in-a-lifetime pandemic would hit that would keep us from being with our loved ones for months on end.

Fast forward to today. One year later. Valentine's Day is once again on the horizon and like me; you probably have plans to spend time with family and friends or with that special someone, but this time through Zoom rather than in person.

Also like me, you may have already received your first dose of one of the two COVID-19 vaccines authorized by the U.S. Food and Drug Administration and are looking forward to the day when you can receive your second dose and become fully vaccinated. This we hope, if enough of us do the same, will help end the pandemic and return us to the days when we can celebrate Valentine's Day with the people we love, in person, with hugs, rather than through screens.

Just because we've been vaccinated, however, doesn't mean we should do away with the measures we know have been helping slow the spread of COVID-19. According to the U.S. Centers for Disease Control, even after being vaccinated we need to continue using all the tools we have available to us to help stop this pandemic. They include covering our noses and mouths with a mask, frequently washing our hands, and staying at least 6 feet away from others.

So this Valentine's Day, spread the love, not COVID. Mask up. Wash your hands. Stay six feet apart. Indeed, if we all do our part, perhaps this Valentine's Day will be the last one we have to celebrate at a distance.





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

PVM Communities Deliver on Vaccines

We are hearing from residents, their caregivers and board members how pleased they are with the rollout of Covid vaccines. They are most appreciative. Tom Wyllie, PVM Director of Wellness and Innovation, and Katrina Summersett, Director of Risk Management and Corporate Compliance, along with home office staff and leadership at our communities, deserve our gratitude for making this happen. Tremendous advocacy and attention to detail played an important role.

Some folks are still a bit hesitant about receiving this vaccine. Yet many PVM residents have received vaccines in the past and are so pleased to receive it.

PVM President & CEO Roger Myers and our new PVM Board Chair Roshunda Price are paving the way to inspire others and showcasing their inoculations via video. They are joined by fellow board members and staff leadership to help allay fears. Check out the PVM website, Facebook and YouTube to view these.

Please keep in touch with your community's staff if you have not yet received your shot. Many of our fellow citizens are feeling desperate to receive this blessing. Join with us in taking advantage of a groundbreaking privilege. Take Care and Stay Safe!

Your Life. Your Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...
and leave a legacy.**

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

Brain Puzzles (p.3) Answers

1. Key
2. Deck
3. Trunk
4. Pupil, Exam or Private
5. Case
6. Bank or Flow
7. Sheet
8. Tank
9. Racket
10. Pipe

Word Scramble (p.9) Answers

Germes	Soap
Disease	Virus
Bacteria	Hands
Healthy	Water

