



Village Voice



Embrace the possibilities

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

March 2020

Featured Articles

- Birthdays** p. 5
- Women’s History** p. 6
- Classifieds** p. 5
- Golden Frog** p. 3
- Service Coord.** p. 2
- Wellness** p. 10
- Word Search** p. 8

Dear Friend,

Now is the time to respond to suggestions and answer some questions.

We need new carpeting. Yes, we do and I hope we can get new carpeting this year, but I am not promising. The first priority is to finish the roof: new fascia boards (the wooden boards that join the roof with the brick walls), gutters and downspouts. After I get bids on the final roof project, I can decide if there is enough money for carpeting.

We need storage space in here. This is not in the cards. HUD-subsidized apartments do not include storage space like market-rate apartments do. Shared space is for small groups to gather and visit, play cards, read, use computers, have bible study, exercise and have larger scale activities like bingo, lunch and dinner parties.

Denise should have her office in the library. That would be a grand office! It cannot happen because HUD has a strict rule that the office has to be in a private area away from the office and front door.

(The administrator) will not appoint fire captains when management is not in the building. Fire captains are not part of the building’s fire policy. Each person is responsible for themselves in case of fire and must get out of the building or shelter in place. Residents can help each other informally, but we do not have a formal system. This is an example of a management decision; residents do not decide what system we have. We are not assisted living where staff assists residents out of the building or a co-operative where residents have authority to decide on policies and procedures.

Thank you for reading. I hope it helps to have issues explained. Most of the time there is a good reason for doing what we do. Enjoy the longer, sunnier days. Spring is coming!
Anne Lilla, Administrator



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



From the Service Coordinator

Denise Giallombardo, B.S., Human Services.

I am pleased to tell you that Michigan State University Extension is offering fantastic free seminars for six weeks, beginning Monday, March 2. The Wellness Initiative for Senior Education (WISE) program celebrates healthy aging and educates older adults on a variety of topics. The educational program offers six lessons that cover topics such as stress management, aging changes, medication management, healthy lifestyle and quality of life while aging.

Participants will have an opportunity to meet new people and:

- Learn about the aging process and making healthy lifestyle choices,
- Celebrate this exciting stage of life and the benefits that come with it,
- Discuss risk factors and behaviors you should avoid to stay healthy,
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems, and
- Learn how to use simple tools to help you feel more empowered about your health and healthcare.



WISE will be held in the Community Room, from Monday, March 2nd through Monday, April 13th from 1:30 p.m. to 3:30 p.m. (or earlier, depending on what time the class is finished).

There is a sign-up sheet in the Mail Room. I will put a new one up each week. You do not have to attend each class to benefit from the program. Come as often as you can. I hope that many residents attend and learn valuable knowledge that can help you lead a more fulfilled and healthy life!

Ask a friend (it doesn't have to be a resident) or relative to attend with you!

Come to the Service Coordinator Programs in March

MONDAY, MARCH 2, 1:30 PM – 3:30 PM	MSUE -WISE PROGRAM	COMMUNITY ROOM
THURSDAY, MARCH 5, AFTERNOON	DR. RUBIN, PODIATRIST	YOUR APARTMENT
MONDAY, MARCH 9, 1:30 PM – 3:30 PM	MSUE - WISE PROGRAM	COMMUNITY ROOM
TUESDAY, MARCH 10, 10:00 AM – NOON	DEB'S DOLLAR STORE	COMMUNITY ROOM
FRIDAY, MARCH 13, MORNING	FOCUS HOPE	MAIN OFFICE
MONDAY, MARCH 16, 1:30 PM – 3:30 PM	MSUE - WISE PROGRAM	COMMUNITY ROOM
FRIDAY, MARCH 20, 1:00 PM	ABE'S PHARMACY FREE HYPERTENSION SCREENING	COMMUNITY ROOM
MONDAY, MARCH 23, 2:00 PM	VILLAGE OF EAST HARBOR SHORT-TERM REHAB: WHAT IS IT?	COMMUNITY ROOM
MONDAY, MARCH 30, 1:30 PM	MSUE - WISE PROGRAM	COMMUNITY ROOM

First Presbyterian Church of Warren Inclusion Ministry

by Marijo Hockley

Communion Service, March 1, 1:00 p.m., Community Room

Bible Study, Thursdays in March, 1:00 p.m., Community Room.

Lenten Devotional 7-week Bible Study, "Wilderness"

Worship Service, March 15, 1:00 p.m., Wellness Room

Movie and Lunch, March 16, 2:00 p.m., Wellness Room

Bring a side, movie snacks, or a dessert to share. Main dish provided. Movie – *Jesus Christ Superstar* (1973)

Annie Jr., March 30, 9:15 a.m. Attend a play at Sterling Heights High School with Warren Glenn residents and Cousino High School Students at McDonald's. Bus will pick up from WG at 9:15 a.m.

Cost – Your lunch selection.



GOLDEN FROG WINNER **March 2020**

Sister Mary Fagan, #209, was chosen to win the March 2020 Golden Frog Award. A resident nominated her because she calls bingo on Tuesday nights.

The Activities Committee selected her for many reasons in addition to the bingo work. She sells 50/50 tickets at birthday parties and monthly dinners.

She works with students from Sterling Heights High School and Cousino High School through Marijo Hockley's inclusion ministry. She does not see it as work; she enjoys being with the students who have special needs.

Sister Mary lends her calm presence, avoidance of gossip and words of encouragement to people in the building.

She works to build a community where people support each other, set their burdens down and see all of the joy that can be had right here, right now.

Congratulations, Sister Mary.

Staying Safe Online Workshop & Light Lunch

*Whether you have a smart phone, a tablet,
a computer or all three, learn to:*

Prevent identity theft

Do group texting

Create good passwords & privacy

Spot scams, bots and hackers,

Block unwanted calls,

Take screen shots



*Speaker, Erin Bailey,
The Social Family*

March 16, 2020

10:30 a.m. – 11:30 a.m.

Light lunch follows.

1st Presbyterian Church of Warren

Shuttle provided. Sign-up in mailbox.

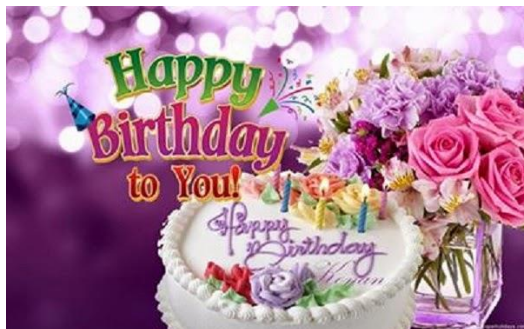
For more info: call Marijo Hockley at 586-219-9449

Ten Things the Irish Contributed to the World



- 1. Automobile:** Henry Ford, son of an Irish immigrant, transformed the world with his low price automobile which created modern life, suburbs, highways and increased mobility.
- 2. Submarine:** John Philip Holland, from County Clare, invented the submarine which was commissioned in 1900 by the US Navy.
- 3. Tractor:** Harry Ferguson, from Northern Ireland, a bicycle repair man invented the modern tractor as well as the first four wheel drive Formula One racing car.
- 4. Tank:** When Winston Churchill, in 1915, issued an all-points bulletin for the invention of a machine capable of withstanding rifle fire, flattening barbed wire fences, and rolling over no man's land, Irishman Walter Gordon Wilson obliged by inventing the modern tank.
- 5. Color photography:** John Joly, from County Down, was the first to invent the color photograph back in 1894, although it did not gain widespread acceptance until many years later.
- 6. Monorail:** Louis Brennan, from Mayo, was the inventor of the monorail. He did much of the work on a monorail locomotive kept upright by a gyrostat. In 1903 he patented a system that he designed for military use; he successfully demonstrated the system in 1909.
- 7. Nickel zinc battery:** The battery, developed by Irish chemist, Dr. James J. Drumm, was installed in four two-car railway sets in Ireland between 1932 and 1948. Today it powers cell phones.
- 8. Splitting the atom:** Ernest Thomas Sinton Walton, a physicist from County Waterford, won the Nobel Prize for his work with John Cockcroft. The two conducted "atom-smashing" experiments at Cambridge University.
- 9. Guinness:** Enough said.
- 10. Milk chocolate:** In the 18th century Sir Hans Sloane, from County Down, encountered cocoa while he was in Jamaica. The locals drank it mixed with water and he found it nauseating. However, he devised a means of mixing it with milk to make it more pleasant. When he returned to England, he brought his chocolate recipe back with him. By the 19th century, Cadburys was selling tins of Sloane's drinking chocolate.





Everyone is invited
March Birthday Party
March 5 @3 PM
in the Community Room.

Everyone is invited
Cake, ice cream and
a beverage will be served.

Celebrate the Golden Frog Winner.
Receive a gift for your birthday.
Birthday BINGO will follow.



RESIDENT BIRTHDAYS

1	Liz Barringer	211
3	Janice Kuchta	201
12	Sahina Choudhury	219
15	Chuck Cowan	230
18	Sylvia Guillemette	132
20	Peggy Piacentini	103
23	Gwen Scott	212
24	Theresa Smith	223
24	Laurie Tusly	108
25	Allan Thompson	110



Join us for a traditional
Corned Beef & Cabbage
Dinner

Saturday, March 14
5:00 p.m.
Community Room

Desserts needed.
 Please donate toward cost of food. \$3 suggested but not required.
 50/50 Raffle
 Bring refrigerator dish for leftovers.
 Sign-up in mailroom.

CLASSIFIEDS

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

AVON PRODUCTS - If you are looking for an Avon Lady, call **Pat Fillip** @ 248-515-7549.

MANICURES - Hand & arm massages and facials in your apartment or mine. Licensed with very reasonable prices. For more information, call Mickey at 313-728-1623.

WATCH BATTERY & WATCH BAND REPAIR - All work guaranteed one year. Low cost. Call Mac MacDougall at 586-484-0417.

SCHWAN'S FOOD - 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.



2020 Women's History Theme: *Valiant Women of the Vote*

The 2020 theme celebrates the women who have fought for woman's right to vote in the United States. In recognition of the centennial (100 years) of the 19th Amendment, women from the original suffrage movement are being honored.

SUSAN B. ANTHONY was a Quaker and outstanding women's rights leader with sharp political instincts. She began supporting suffrage (voting for women) in 1854, advocated equal pay for equal work and encouraged women to form unions. She worked in state suffrage campaigns from Kansas to California and spoke across country for 30 years supporting a constitutional amendment. She was convicted for voting in the 1872 election but won support for the cause of women's suffrage through her civil disobedience. Did not live to see voting rights for women.

CARRIE LANE CHAPMAN CATT reorganized the National American Woman Suffrage Association to be more political. Her secret "Winning Plan" combined state and federal work and a unified mainline movement. Lobbied President Woodrow Wilson, opposed militants, organized successful 14-month campaign for ratification, founded League of Women Voters, "It is to Mrs. Catt more than to any single figure besides Susan B. Anthony that American women owe their right to vote." (Eleanor Flexner, *Notable American Women*). Lived to see voting rights for women.

SOJOURNER TRUTH was born a slave and gave herself a new name in 1843. Preached throughout the east, encouraged brotherly love, spoke at women's rights meetings in 1850s, remembered for dramatic "Ain't I a Woman?" speech, settled in Battle Creek, MI. Did not live to see women get the vote.

ALICE PAUL was a Quaker strategist for the militant suffrage wing, founder of the Congressional Union for Woman Suffrage and the National Woman's Party, author of the Equal Rights Amendment, organizer of the 1913 parade in Washington DC, jailed 3 times in England and 3 times in the US, waged hunger strike in prison, hospitalized, force-fed and treated as insane. Lived to see voting rights for women.

LUCY STONE kept own name to protest restrictive marriage laws, spoke for abolition and women's rights, called for the first national woman's rights convention in Worcester, Massachusetts in 1850, converted Susan B. Anthony and Julia Ward Howe to suffrage, refused to pay taxes to protest lack of representation. Did not live to see voting rights for women.

IDA BELL WELLS-BARNETT refused to give up her seat and move to the colored section on the railroad in the 1880s, led a national campaign against lynching, her Memphis newspaper office was mobbed and destroyed 1892, founded Alpha Suffrage Club of Chicago with black suffragists, marched in Washington DC 1913 and Chicago 1916 suffrage parades. Lived to see voting rights for women.



**Spring begins on
Thursday, March 19.**

**Make sure you set your
clock ahead when you go
to bed on Wednesday,
March 18. (If you go to
bed at 10:00 p.m., change
the clock to 11:00 p.m.)**

How Should I Wash my Hands?

The Centers for Disease Control and Prevention recommends a four-step process:

1. Wet your hands with clean running water.
2. For at least 20 seconds, scrub your hands. That's about the amount of time it takes to sing "Happy Birthday" twice.
3. Make sure that you clean under your nails, a prime spot for germs.
4. Rinse your hands well.
5. Dry your hands using a clean towel.



Hand-Washing Myths

- You only need water to wash your hands. No, you need soap too.
- You must use hot water. No, hot water does not kill any more germs. People often don't wash long enough if they are using hot water.
- You should use antibacterial soap. No, there is no benefit for antibacterial soap.

Out-to-Lunch-Bunch Rides Again

Join us for late lunch / early dinner at Andrea's Restaurant on St. Patrick's Day, Tuesday, March 17. The bus leaves at 2:30 p.m. A sign-up sheet will be in the mailroom. Everyone is invited.

Join us for a *Baked Tater Fundraiser* at the Roseville Masonic Lodge on Sunday, March 15. The cost is \$5.00 and raises money for the Shriners' Clowns. The Village of Warren Glenn is putting on a *Loaded Baked Potato Bar* in April and some people had never heard of it. This trip will help the Shriners and show residents what a potato bar is. Leave at 1:00 p.m. Sign-up in the mailroom.

SERVICES

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.

Due to the rising cost of beauty products and the fact that prices have remained the same since 2011, a slight price increase will start on February 1, 2020.

A sign-up sheet on the salon window includes a list of services and the new prices.

Chiropractor

Dr. Jamie Beck comes to our building on Mondays, Wednesdays and Thursdays at 10:30 AM. If you need to see the chiropractor, go to the exercise room on the second floor. No appointment is necessary. First time patients must bring their identification and insurance cards. Most insurances cover this service.

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.

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.

MARCH IS WOMEN'S HISTORY MONTH



Can you find the famous females below?

American aviation pioneer Amelia Earhart was the first female pilot to fly solo across the Atlantic Ocean

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

Josephine Baker
 Clara Barton
 Amelia Earhart
 Joan of Arc

Mother Jones
 Billie Jean King
 Annie Oakley
 Georgia O'Keeffe

Sally Ride
 Sacagawea
 Sojourner Truth

J. PRITCHARD/MCT



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

PVM to Celebrate our 75th Diamond Anniversary in 2020

It is a very special year for Presbyterian Villages of Michigan (PVM) since it is our 75th Anniversary. PVM began in September of 1945 with the opening of our flagship location at The Village of Redford. It was quite innovative at a time when there were very few options available for senior housing. Thus began a 75-year journey of serving seniors and communities throughout Michigan.

From the Ambassador Bridge in Detroit to Harbor Springs *Up North* and from the west to the east side of the state, we provide quality senior living and services to Michigan seniors. As a resident or someone who cares about PVM, you are part of a vibrant community network dedicated to making Michigan a great place to age and live.

Throughout 2020 we will host many events to celebrate in a big way!

We will tell our story far-and-wide and hope that you will help us. The Village of Warren Glenn is celebrating its 20th Anniversary in September. We will host an event and invite residents and stakeholders to plan and attend it. The June 5 Village Victory Cup will have a special event tied to the celebration. And our annual PVM Gala held on November 13 at the Dearborn Inn will showcase our diamond theme of celebration.

Please join us in celebrating the remarkable work and leadership of PVM in Michigan over these past 75 years. We will be asking you to share any stories and anecdotes you may have about your experiences as a part of the PVM community. For further information, contact your administrator. Here is to a memorable 75th in 2020 – a new decade of promise and innovation for PVM.



Presbyterian
Villages

OF MICHIGAN
SERVING SENIORS & COMMUNITIES



We are looking for
volunteers to plan and
organize an outdoor event in
September to celebrate
Warren Glenn's 20th
Anniversary and PVM's 75th.
Stay tuned!

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.***



Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

For more information, call
Paul Miller at the PVM Foundation

248.281.2045
www.pvmgifts.org

This month we have a special guest columnist, Lyndsey Malkovich, a student intern from Oakland University's Wellness, Health Promotion & Injury Prevention program.

Taste the Rainbow!



If like me, you have “candy-aholic” tendencies, you may recognize the phrase, “Taste the Rainbow!” as being the tagline for the candy Skittles. Though snacking on Skittles might help satisfy your sweet tooth, it is not going to do much for your health.

Rather than indulge in a rainbow of colorful candy, you would be much better off if, when preparing your meals, you filled your plate with fruits, vegetables and other colorful whole foods. Doing so will help ensure you eat a variety of foods and thus get the nutrients your body needs to stay healthy and strong.

Below is a list of foods that match the colors of the rainbow along with some of their potential health benefits. If they are not already a part of your diet, you might want to consider adding them.

- **Red** (may help reduce cancer risk) - apples, tomatoes, red peppers, raspberries, strawberries, watermelon, cranberries, cherries, red grapes, pomegranate, beets.
- **Orange/Yellow** (may help improve immune function) – oranges, grape fruit, mangoes, carrots, sweet potatoes, pineapple, peaches, winter squash, cantaloupe, corn.
- **Green** (may boost the immune system) - broccoli, spinach, peas, kale, arugula, avocado, edamame, asparagus, green beans, zucchini, kiwi fruit, romaine lettuce, Brussel sprouts.
- **Blue/Purple** (may help reduce inflammation) – blueberries, blackberries, eggplant, plums, prunes, figs, purple grapes, purple cabbage.
- **White/brown** (may help reduce cancer risk) – cauliflower, garlic, mushrooms, onions, potatoes, parsnips, jicama (Mexican turnip).

For more information on eating healthy visit <https://www.choosemyplate.gov/>.



**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 Number (586) 751-5090

Village Staff

Anne Lilla
Administrator

Stacey Klooster
Administrative Assistant

Mark Benoit
Maintenance Tech

Emmi Parada
Housekeeper

WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President
Betty Challenger Sister Mary Fagan
Marijo Hockley Mary Blaszczak

Emergency / After Hours Number (586) 554-4008
Fax Number (586) 751-7876



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 Emergency / After Hours Number is on this page.
Look up the page and find it. (It is under the listing of Board members.)
It has been on the back page of the newsletter every month.

The number (586) 554-4008 is also on a white sheet of paper posted on the
bulletin board outside of the Community Room.

This number is for a maintenance emergency and is not for routine maintenance.
Another emergency number is 9-1-1 for police and fire emergencies.

There were comments in the resident survey that read:

“There are no posted emergency phone numbers.”

“She (the administrator) has failed to post the after-hour emergency numbers.”

Please feel free to keep the emergency maintenance number
anywhere in your apartment that works for you.

I am glad to clarify this matter for the people
who did not know the number. I hope that it helps others.
Remember: come to office if you do not know something and ask.

Embrace the possibilities