



Village Voice



Embrace the possibilities

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

May 2020

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Dear Friend,

It has been a wild ride since March 10 when COVID -19 was first diagnosed in Michigan.

Thank you for following the rules about social distancing, wearing masks and staying in your apartment instead of having group activities. Keep washing your hands with soap and using hand sanitizer throughout the day.

Let's together keep the dreaded virus out of Warren Glenn.

Other villages have not been as fortunate. I was on a recent PVM conference call and learned that sixteen villages have had cases of COVID-19. Sixteen villages including Warren Glenn have not.

There have been 37 deaths of residents within the PVM system. Nineteen were from the Village of East Harbor, a large complex with nursing care, assisted living, memory care and apartments. Many of their residents are older, sicker and vulnerable to infections and viruses.

However, eighteen residents who died lived in apartments like ours, so please don't think that it can't happen here. We have to outsmart the virus by avoiding it and not getting it in the first place. Visit on the phone and on Facebook. Write letters. Take walks outside, but stay six feet apart. Sanitize, sanitize, sanitize.

PVM employees (none at Warren Glenn) also have gotten the virus: 24 people have it now, twelve have recovered and one person, a Service Coordinator, has died.

Please read the *Motion of Gratitude to Staff Members* on page 2. I echo what the PVM Board wrote. Stacey, Mark, Denise and Emmi are giving their all to keep the village running and to keep you safe. I appreciate their work as essential employees in these challenging times.

Try some of the ideas and puzzles in the newsletter. Keep your spirits up. We can do this!

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.

Senior Shopping Days and Hours

Kroger, Target, Walmart and Meijer have *Preferred Shopping Days and Hours* for seniors (60 years of age and older) and people with disabilities.

By shopping early, you have first choice of items that have been restocked during the night and fewer people shopping means less exposure to the virus!



KROGER Mondays, Wednesdays and Fridays from 7:00 a.m. – 8:00 a.m.

TARGET Tuesday and Wednesday from 8:00 a.m. – 9:00 a.m.

WALMART Tuesdays from 7:00 a.m. – 8:00 a.m.

MEIJER Tuesdays and Thursdays from 7:00 a.m. – 8:00 a.m.

ALDI Regular hours: Monday – Saturday from 9:00 a.m. – 7:00 p.m.

Please remember: Wear your mask and if possible, wear latex gloves on your hands while shopping.

Presbyterian Villages of Michigan – Board of Directors

MOTION OF GRATITUDE TO STAFF MEMBERS

We express our most heartfelt gratitude and deep appreciation to all staff members serving PVM's 75-year mission across the State during these unprecedented and challenging conditions due to the worldwide COVID-19 pandemic. Your unwavering dedication and daily commitment to meeting the needs of residents, clients, family members and the broader community is making a positive difference in the lives of so many. We are humbled by your selflessness and generous service during these extraordinary times. We are also appreciative of your family members, loved ones and others personally close to you who stand behind you, supporting you, on the COVID-19 front lines. Thank you so much and may God bless your ongoing service, health and safety.

Approved the 26th day of March, 2020.

Bill Ball, Chair
PVM Board of Directors

Carolyn Hastings, Chair
PVM Board of Directors

Roshunda Price, Secretary
PVM Board of Directors

Roger Myers, President & CEO
PVM

Time on Your Hands? De-Clutter Your Apartment

Wondering how to use the extra time on your hands during the quarantine? One suggestion is to de-clutter your space. You will feel good when your apartment shines and you will feel lighter as your things fit your space.

1. Start Small — Clean One Room at a Time

As with any new habit, you may want to start small if your approach is going to stick. Pick one room (or drawer or closet) to tackle and one new proactive measure to implement each week, and you will be on track in no time.

2. Divide and Conquer the Existing Clutter

Before you use new organization techniques, take stock of what you have. Gather like items in one area (example: cleaning supplies from kitchen, bathroom and closets), then toss empties, take note of your total inventory and make decisions about duplicates. Continue this process with other items like clothes, crafts or decorations, separating everything into piles to keep, donate or throw away.

3. Take a Second Look at What's Left

Once you've cleared out stuff, take a second look at what remains and the available space. Why are you're holding onto those items? Do they serve a purpose? Ask yourself a core question from Marie Kondo's book *The Life-Changing Magic of Tidying Up*: Does this item spark joy? Give yourself permission to let go of things that no longer serve a purpose or bring happiness into your home.

4. Reconsider Sentimental Storage

We all have that one box of our children's report cards and art projects. Free up some storage space by taking photos or digitally scanning them into your computer and disposing of the originals, perhaps keeping a prized item or two.

5. Decide Where Everything Should Go

Now that you've narrowed down your belongings, it's time to pick a place for everything. This looks different for everyone, but keep like items in one place or where you use them. For example, put bills on your filing cabinet, so you can file them as soon as they've been paid. Repeat so it becomes a habit.

6. Get Organized with Storage Containers

Once you've decided where everything goes, decide if you need storage containers. Just because your hair products and makeup share a drawer doesn't mean it's organized. Separate them with clear plastic boxes to make sure you can grab exactly what you're looking for each time you reach into the drawer.



Article continues on pg.4

De-Clutter Your Apartment (continued)

7. Prevent Future Clutter

Prevent clutter from creeping back in by making organization part of your daily routine. Schedule recurring chores on your calendar or phone app. Reminders may include:

- Every Monday, clean out one drawer.
- Every Tuesday and Friday, walk around your apartment and return stray items to their proper places.
- Every Wednesday, tackle your paperwork.
- Every Sunday, tidy up your pantry.
- Once a month, straighten out your dresser and bedroom closet.
- Every two weeks, clean out and reorganize the refrigerator and freezer.
- Once every season, look at what you haven't worn and donate it.

8. Create More Storage Space

Think about storage potential when picking out new furniture. Drawers and cabinets are your friends. Keeping surfaces clear and miscellaneous items out of sight allows your mind to rest without visual clutter. If you have open shelving, consider using baskets to corral smaller items, helping keep them out of sight but within reach for everyday use.

9. Put More Thought Behind New Purchases

A simple decluttering principle to live by is the "one in, one out" rule. Once you have assigned a space for every item, don't add extra stuff to the equation. Every time you bring something new home, get rid of an existing item. Think systematically about new purchases and whether or not they're worthy of the space they require.

You will be on your way to a tidier apartment with these tips. Enjoy your home sweet home.

Serious Idea for \$1,200 Stimulus Check

Every person who receives Social Security will be getting a \$1,200 check from the U.S. government deposited in the bank account where your Social Security goes.

I am bringing up a difficult subject when I ask you to consider putting the \$1,200 towards your final expenses. We had a sad and complex situation earlier in the year when a resident died without any instructions or money for burial. If you are in the same situation, this gift of money is an opportunity to get your affairs in order.

At a bare minimum, you need to name a person to take charge after you die. Who will it be? Do they accept the responsibility? Put it in writing. You need to have written instructions of what kind of service and burial you want. You have to fund your plan.

After the present crisis is over, visit a licensed funeral director and decide what to do. At the very least, \$1,200 can get you started on paying for a funeral and burial. You will be relieved to settle things.



Eid al-Fitr

Eid al-Fitr begins at sundown on Saturday, May 23 and marks the end of Ramadam, a time of sacred fasting and prayers that began this year on April 23. Fasting is one of the pillars of Islam. Fasting boosts the morale of the poor by knowing that even kings have to go hungry for a while. Fasting makes the rich realize and understand what the poor go through day after day. Fasting is a method of self-purification, self-restraint and focusing on God. Eid al-Fitr is a joyous end to a serious holiday with three days of gifts, sharing food, socializing and taking a holiday. To our Muslim neighbors, we say “Ramadan Mubarak” which means “Blessed Ramadan”.



MAY BIRTHDAYS

May 3	Joyce Wilde	242
May 5	Lawanda Alexander	115
May 5	Sherita Babridge	238
May 6	Gloria Blood, Beautician	
May 9	Ruby Hamilton	140
May 22	Diane Clevinger	215

OTHER MAY DATES

May 1	May Day
May 2	Kentucky Derby
May 4	National Candied Orange Peel Day
May 5	Cinco De Mayo
May 6	National Nurses Day
May 10	Mother's Day
May 13	Frog Jumping Day
May 23	Eid al-Fitr
May 25	Memorial Day

Mother's Day Word Scramble

1. IFTG _____
2. WFOSRLE _____
3. HSKNAT _____
4. NDSAUY _____
5. MTHERO _____
6. NOIIAECDDT _____
7. YMA _____
8. RTCEPIPAAE _____
9. IBHRT _____
10. FMLAYI _____
11. EROCTTP _____
12. UDLDEC _____
13. OELV _____
14. AICGNR _____
15. KSSEIS _____
16. UHGS _____

Answers on pg. 7



MAY MEANINGS

Named for the Roman goddess Maia who oversaw the growth of plants. Also from the Latin word maiores, “elders” who were celebrated during this month.



Love from Around the Corner

Thank you to Diane Sexton, Laurie Tusly and Lawanda Alexander who were responsible for every resident and staff member getting a hand-sown mask. The fabric was lovely, the workmanship fine and the directions complete.

Thank you to Linda Westphal who made fabric masks for residents and staff as well. Let's wear the masks with pride, knowing that we are doing our part to reduce the rate of infection in the community.

Love from the Heart

Sarah Clarke, a former resident of Warren Glenn, called the building last week and said that she is praying for the staff and for the residents of Warren Glenn every day. Once a minister's wife, always a minister's wife...thinking and praying for others.

Love from Afar

Joyce Wilde's grandchildren Candice, Brandon, Marissa and Troy came to Warren Glenn to say, "We Love You Grandma" from afar. They held up a sign so that Joyce could see it from the window. What good kids! What a kind thing to do!

Simple Smoothie

Ingredients – Use at least one frozen fruit to chill your smoothie.

- 2 cups spinach
- 2 cups water
- 1 cup mango
- 1 cup pineapple
- 2 bananas

Nutrition Info

Calories	203
Vitamin A	77%
Vitamin C	107%
Calcium	6%
Iron	8%

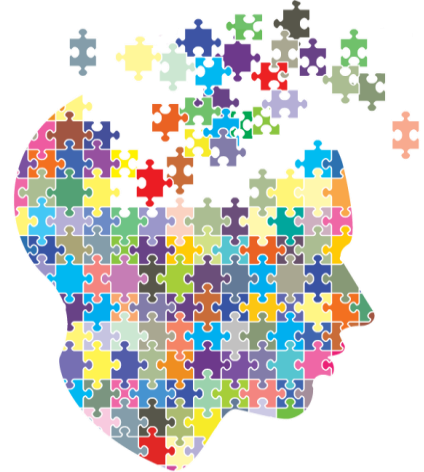
Instructions

- Tightly pack 2 cups of leafy greens in a measuring cup and then toss into blender.
- Add water and blend until all leafy chunks are gone.
- Add mango, pineapple and bananas and blend again until smooth.
- Pour into a cup of your choice. Makes two.



It's Puzzling...Can You Solve These?

1. Often we are covered with wisdom and wit and oft with a cloth where the dinner guests sit; in beauty around you and over your head, we are countless, though numbered when bound to be read. Who are we?
2. Who is bigger: Mr. Bigger, Mrs. Bigger, or their baby?
3. There are three houses. One is red, one is blue and one is white. If the red house is to the left of the house in the middle and the blue house is to the right of the house in the middle, where is the white house?
4. You are in a cabin and it is pitch black. You have one match on you. Which do you light first, the newspaper, the lamp, the candle or the fire?



Answers on page 9.



Groaners: Animal Jokes

"No, YOU are a drama queen," said the fainting goat to the opossum.

The laminator is a device that sounds a lot more dangerous to baby sheep than it actually is.

Whoever named the ewe really didn't like female sheep.

Do other animals have signature tranquilizers or are horses just especially stressed out?

A chicken just told me her top-three favorite composers of all time: BACH, BACH, BACH.



Word Scramble Answers

- | | |
|---------------|-------------|
| 1. Gift | 9. Birth |
| 2. Flowers | 10. Family |
| 3. Thanks | 11. Protect |
| 4. Sunday | 12. Cuddle |
| 5. Mother | 13. Love |
| 6. Dedication | 14. Caring |
| 7. May | 15. Kisses |
| 8. Appreciate | 16. Huas |

Socially Connected While Physically Distant

by Tom Wylie, PVM

Just because we need to be physically distant from each other does not mean we cannot remain socially connected with our family, friends, neighbors and loved ones.

One piece of technology that we all share is the telephone. I encourage you to use it and use it often. Just the other day, a PVM volunteer called me out-of-the-blue to see how I was doing. It felt good to know she was thinking about me. A few days before that, a Village Board member called and left a message on my voicemail. She said there was no need to call back but had called to say hi and make sure I was doing ok. Again, it felt good to know that somebody was thinking about me during this crisis. So pull out your phonebook and make some calls. Not just to your family, but call that person you've been meaning to call but until now just haven't gotten around to it.

If you happen to have some additional technology available to you such as a computer, smartphone or tablet and you have internet access then you have a window to the wider world. And you can do so all without leaving the safety of your home.

Zoom is all the rage right now. It is a web-based video conferencing service that people are using to connect with each other in creative and inventive ways. My grown kids use it to play a weekly game of trivia with each other and their friends like they used to when the bars were open. People used it to have Easter dinner with each other and I know of many families who used it for their Passover Seder. It is fairly easy to use and right now it's free, so if you'd like to check it out go to <https://zoom.us>.

[Facebook](#), [Instagram](#), and [Twitter](#) are popular. You can share your own stories, pictures, and videos and exchange comments on what you see. One important thing to keep in mind, however, is that it's not very wise to believe everything you see, hear and read on the internet.

Being cooped up inside all day can drive you a little crazy even if you do regularly talk on the phone to family and friends and post on social media like a pro. Thanks to a few clever museums, aquariums and zoos, however, those of you with a computer, smartphone or tablet and internet access can 'leave your house' without leaving your house by going on a virtual tour or field trip.

Tour exhibits at the Smithsonian Natural History Museum: <https://naturalhistory.si.edu/visit/virtual-tour>.

Watch sharks at the Aquarium of the Pacific:

http://www.aquariumofpacific.org/exhibits/webcams/webcam_shark_lagoon

Check out the Houston Zoo: <https://www.houstonzoo.org/explore/webcams/giraffe-feeding-platform>.

Bring your patience with you when you take these tours. It may take you a little while to figure out what to click and how to maneuver through these virtual experiences. It did for me, but don't give up. Before long you'll master the necessary skills and open up hours of fun and wonder.

As you can see, although we may currently need to stay physically distant from each other during this crisis, there is no need for us to socially disconnect from each other or from the world. Stay safe and stav well!



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Look Out For the Bad Guys

I have always said that for every dollar we own there are a million bad guys lurking in the wings trying to steal it from us. As a state aging director I used to tell seniors that if someone is really a prince from a foreign land he did not need their money. Now with the internet and social media these disgusting scam artists have many more ways to steal not just our money but our future.

The Better Business Bureau reports: Even in these challenging times, the bad guys are after your money and doing it in a very coy way - through texts and e-mails as well as phone calls. They are even exploiting the coronavirus to do their dirty deeds. Several of these ploys include offering to send a COVID-19 test to you for a fee and claiming fast results. They offer to do this on-line which is impossible to do. Always go through your physician to inquire about a test.

Another dangerous scam is a form which is being sent out via text messaging saying that it must be filled out and take a test to receive a stimulus check. Be aware that the government does not communicate with others in this fashion. Use trusted sources for gaining information. Do not reply to unsolicited calls, e-mails or texts. Be smart and savvy! Look out for the bad guys!

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

Answers for Brain Puzzles on p. 7:

1. Leaves
2. The baby because he is a little bigger.
3. In Washington, D.C.
4. You light the match first.

Kitchen Items

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

- MICROWAVE
- CUTLERY
- SPONGE
- BRUSH
- FRIDGE
- MOP
- BREADMAKER
- TOASTER
- BLENDER
- COFFEE MAKER
- PLATES
- DISHWASHER
- RADIO
- OVEN
- STOVE
- SINK



**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 Blaszak

Emergency / After Hours Number (586) 554-4008
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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



**Happy
Mother's Day**

Embrace the possibilities