



# Manor Message



## Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

January 2015

### Featured Articles

Monarch Moments	pg. 2
Coordinator's Corner	pg. 3
Wellness Life	pg. 4
Giving Matters	pg. 5
Mayor's Message	pg. 6
Senior Advocate	pg. 7
Maintenance Tips	pg. 8
G. Bruner's Bulletin	pg. 9
Word Search	pg. 10
Monthly Recipe	pg. 12
Event Pictures	pg. 13

## The Administrator's Pen

### Happy New Year OSM Family and Friends,

I would first like to welcome our newest resident to The Village of Our Saviour's Manor, Ms. Daviene Palmer. Welcome home Ms. Palmer, we're glad to have you as a resident.

I would like to thank everyone that contributed to a successful and joyous Resident's Christmas Dinner. We have received wonderful feedback from our residents; they enjoyed themselves. Also, thank you to Mr. George Millush, PVM Board Chair and to Ms. Johnnie Jackson, OSM Board Chair for attending and fellowshiping with us. *(Please see pages 13 and 14 for event pictures).*

I would also like to highlight OSM Gifted Hands. This group of residents made hand sewn animal pillows for the Westland Goodfellows. They continue to give back to the community using their gifts and talents. Thank you OSM Gifted Hands for caring! *(Please see page 15 for pictures).*

I am excited about the upcoming year and the possibilities it brings. We are looking to do it bigger and better than ever before; but this can only be accomplished with your support. From our Friends and Family campaign in April, the Village Victory Cup in June, the Foundation Gala in November, the 2015 Resident's Christmas Dinner, and all the other events in between; there will be many opportunities for you to show your unwavering support to OSM and PVM as we continue to make great strides for the senior population.

Let's make this a year to remember!

*Aaron E. Price*  
**Administrator**



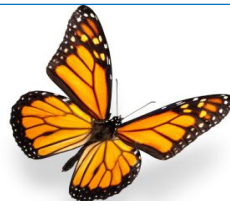
The Village of  
**Our Saviour's  
Manor**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan,  
Wespring Lutheran Services and  
The Lutheran Church of Our Saviour

Look for PVM on:



# Monarch Moments



Hello Our Saviour's Manor,

I would like to thank everyone that attended and participated in our 1st OSM Resident Christmas Dinner. We also want to send out a great big Thank You to the OSM Staff for putting on our Christmas Dinner and also Praise & Hayes for participating in giving us our entertainment for the event.

Another Great Big Thank You to all those that participated in the Porch Decorating Contest, the winners are as follows:

**The Winners:**


Thelma Saunders  
Mary Bennett  
Margo Taylor

We're looking forward to Wonderful and Prosperous New Year in 2015. We're excited about New Beginnings and more New Friends. Coming together unified as Friends and Family!


Please refer to the calendar for the other events that are scheduled to take place through-out the month.

Happy New Year!

Martha Adams  
OSM Program Coordinator



The Village of  
**Our Saviour's  
Manor**  
A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan,  
Wellspring Lutheran Services and  
The Lutheran Church of Our Saviour

## Schwan's Delivery Schedule

Wednesday,  
January 14<sup>th</sup> &  
January 28<sup>th</sup> at  
10:30 a.m.





# Coordinator's Corner

Happy New Year Our Saviour's Manor! I hope everyone's holiday season was great. We are now moving into a new year. This usually means promises are made to ourselves to enhance some particular part of that year. These promises or resolutions take their shape from wants, needs or desires we have to change something we didn't in the previous year. Whether it weight loss, increased exercise, eating healthy, enjoying the little things, or just not sweating the small stuff these resolutions are all part of us just being human. As the service coordinator of this wonderful building I am working on different projects to help you stick with some of those resolutions you may have made this year. This year will bring an increase in health and awareness that wasn't here before. So, in these next few months be looking out for many different programs and opportunities to enhance your life and help you stick to your goals.

On January 7, 2015 from 11am-2pm in the community room we will be discussing Advanced Directives, Funeral Preplanning and other related health topics with Gary Allen an Elder Law Attorney, Jeffery Grant from Cadillac Memorial Gardens, and Deanna Stith from Sterling Home Health with lunch included. Also sometime in January look out for information about touring the PACE site in Detroit. Then on February 4, 2015 in the community room we will be hearing from the education department at Garden City Hospital on Home Safety, Sterling Home Health about Fall Prevention with balance screening, and Larry Davis from Crystal Home Healthcare will be fixing wheelchairs, walkers, rolling walkers, and cane from 11am-2pm.

*"New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change."*

*~Sarah Ban Breathnach*

*Nicole St. John - Wingenfeld  
OSM Service Coordinator*



## The Village of Our Saviour's Manor

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan,  
Wellspring Lutheran Services and  
The Lutheran Church of Our Saviour

- Johnnie Jackson, Board Chair
- Rev. David Huber, Treasurer
- Diane Hicks-Walker, Secretary
- Natalie Brothers, Member
- Dereka Johnson, Member
- Carolyn Kimbrough, Member
- Michelle Williams, Member
- Myra Davenport, Member
- Judy Piccininni, Member



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program*

## Practice Mindful Eating



With the beginning of the New Year it is fun to bring new healthy habits into your lifestyle! Eating mindfully is a great way to enjoy your food while also experiencing the wonderful health benefits that it has to offer. Mindful eating can help you look and feel better, lose weight, improve your digestion, and appreciate even the smallest meal.

Here are some ways that *you* can practice mindful eating today:

1. **Eat *before* your belly grows:** You can maintain healthy blood sugar levels by eating every 3 to 4 hours.
2. **Avoid distractions:** Set aside your phone, turn off the T.V. or computer. Don't let distractions disturb *your* mealtime.
3. **Take five:** Take five breaths before you begin eating. This will help calm your mind and body.
4. **Tune into your body:** Notice how hungry you are. Are you bored, stressed out, satisfied, full, or empty?
5. **Be observant:** Observe the full spectrum of colors, aromas, tastes, textures, and temperatures of your food.
6. **Offer gratitude before your meal:** Thank whoever or whatever played a role in the creation of your meal.
7. **Go slow:** Chew slowly and savor your food.
8. **Eat with the intention of bringing yourself health:** Food is medicine. Think about the nutrients and energy you are bringing into your body and how it will affect your health.

## Foreign Language Classes

*"I'm going to learn a foreign language someday?"*

*If this is something you've said that day has finally come.* The Westland Library is offering free lessons online. Anyone interested in taking a class can sign up on the website.

[www.westlandlibrary.org](http://www.westlandlibrary.org).

Go on obtain a library card, choose a language and you will be free to start taking the course. You can do it in the Computer Lab or on your personal computer, providing you have internet in your apartment. You will also need speakers in order to hear the instructor. If you have any questions computer related or concerning this class, please see Will on Tuesday from 10:30 a.m. to 12 noon in the OSM Library/Computer Lab.

\*\*\*\*\*

Public Service Credit Union  
will be here Friday,  
January 2nd  
at 3:00 p.m.

They will take care of all your banking needs, supply quarters, and stamps as well.





# Giving Matters.

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

## PVM Foundation Raises Most in Its History to Benefit Seniors

I am proud to share that in 2014, the PVM Foundation raised **over \$7.4 million** to benefit Michigan seniors, the most ever raised in a single year in its history!

This milestone could only be achieved through the support of many generous donors like you.

The \$7.4 million raised includes a \$5 million gift from the **Edward N. and Della L. Thome Foundation, Bank of America, N.A., Trustee** to name and complete the expansion of the Rivertown Neighborhood. The *Edward N. and Della L. Thome Rivertown Neighborhood* in Detroit is an innovative senior living community that delivers a full range of health and wellness services as well as affordable housing options for low-income seniors on one campus. The grant is the largest, single philanthropic gift received in the nearly 70-year history of PVM.

A large portion of the funds raised will also support two other major, transformative projects:

- The Health & Wellness Center at The Village of East Harbor, which will expand and combine the current rehabilitation room and wellness center into an 11,000 square foot state-of-the art facility with the ultimate goal of reinventing healthy living.
- The Village of Hillside/Friendship Center Renewal Campaign, a project to rebuild and modernize the oldest buildings on the campus as well as to enlarge the community's senior center to serve more local seniors and keep local seniors living in the Harbor Springs area.

The remaining funds will support other, much-needed projects and programs across all the Villages including transportation, upgraded security cameras, landscaping enhancements, technology upgrades, patio furniture, fitness equipment, resident activities and more!

Thank you for making 2014 a resounding success and I look forward to what 2015 will bring to the residents and seniors we serve. If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Best wishes for a Happy New Year filled with good health, peace and joy!

Warm regards,  
Paul J. Miller, CFRE

*Make your money grow!*

**SUPPLEMENT OTHER RETIREMENT INCOME**

*...now or later!*

UP TO **9%** RETURN

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

 Presbyterian Villages OF MICHIGAN THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)



Greetings & Happy New Year!

Our Westland community had a fantastic 2014 with lots of accomplishments to celebrate, and I am looking forward to see what 2015 has in store for our All-American City.

First, I want to thank all the residents who celebrated the holidays with Westland and attended our Christmas Tree Lighting Ceremony at the original City Hall, followed by a meet-and-greet with Santa and Mrs. Claus at the New City Hall. The Tree Lighting Ceremony was a great way to kick-off Christmas and to honor the building that our proud City called home for almost 50 years.

The holidays and New Year are also a time to lend a helping hand to those in need, and I was excited to see so many people in our community get into the spirit of giving. We had great participation in the Westland Goodfellow's "No Child without a Christmas" initiative, a tremendous outreach of charitable giving to those affected by the Woodcrest Apartments fire in November, and the Westland Police and Fire Departments participated in "Shop with a Cop" and "Shop with a Hero" events that helped underprivileged families enjoy the holiday they deserve.

Looking to the year ahead, I want to remind everyone to save the date for the Martin Luther King, Jr. Day Celebration that will be held at City Hall, Monday, January 19 at 10:00 a.m. You can stay tuned for details on our City website, [www.CityofWestland.com](http://www.CityofWestland.com), and on our Facebook and Twitter. I would also like to remind residents that City offices will be closed for the MLK Day holiday.

Also, the annual Red Wings Alumni game against the Westland Wild Wings will be held on Friday, March 20. For the first time, tickets will be available for purchase online on the City website. Last year we set an attendance record for the game, and we are hoping to see another sell-out crowd this year for what has become a fantastic community event.

In closing, I wish you and your families a very Happy New Year! In 2014, Westland announced the Compassionate City initiative. One of the joys of living here is the broad diversity of faiths, cultures, ethnic backgrounds and the ideological perspectives our residents embody while still sharing core beliefs in democracy, civic responsibility and community service. It is my hope that we will live up to our highest ideals as a Compassionate City in this season of celebration and charity, as well as in the coming year.

If you have any questions or concerns, please do not hesitate to contact my office. I am proud to serve as your Mayor and want you to know that my door is always open. I want you to be proud of your City, so stay informed, get involved, and do your part to help us reach our goal to make Westland one of Michigan's "Most Livable Cities."

Be the first to learn about your City's latest achievements and recognitions by visiting our newly redesigned website at [www.CityofWestland.com](http://www.CityofWestland.com), liking us on Facebook, and following us on Twitter.

Sincerely,

William R. Wild  
Mayor



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## CONVERSATIONS TAKE US WHERE WE NEED TO GO

Throughout our lives conversations with trusted advisors have shaped our decisions and outcomes. Over the holidays we often have more time to engage in thoughtful discussions beyond the scope of who is doing the daycare pickup or what recipes will be a part of the tradition. Thus, many of us may have had conversations about the challenges of our health issues, whether for ourselves or a loved one. So I decided to refer to some basic principles from my book, *Caregiver Tsunami*. They cannot magically remove all challenges; but they can help us to deal with our situation more effectively and provide comfort and advice. Hope that you find them to be helpful:

**TAKE DECISIVE ACTION** - Don't wait until a loved one falls or is in dire straits. Act now!

**BE VIGILANT** - Watch out for worsening conditions or a domino effect with symptoms.

**HOLD PEOPLE ACCOUNTABLE** - Track practices and procedures of medical and other personnel.

**MANAGE FAMILY RELATIONSHIPS** – This is no time for sibling rivalry. Work together.

**PRACTICE STRESS MANAGEMENT** - Take care of you! Yoga and relaxation techniques can help.

**CALL IN THE PROFESSIONALS** – PVM staff, Area Agencies on Aging, Seniors Centers and other Professionals can provide resource information to assist.

**Join Anita Robinson for Senior Fitness  
every Monday & Thursday  
from 9:30 a.m. - 10:30 a.m.  
In the Community Room!!**



# Mike's Maintenance Tip

---

Happy New Year;

True to Michigan's weather, one day it's warm and the next day we're having freezing temperatures. With this in mind, I would like to highlight a few areas of the memo that was sent by management regarding the snow removal policy.

1. Snow removal from the parking areas will be as follows:
  - A. Residents **MUST** remove the snow from their vehicles and move their vehicles as directed by maintenance. This will allow the contractor ample space to maneuver equipment and efficiently clear away snow and spread salt.

Those vehicles parked in the open area need to be moved to visitor parking, and back carport area by **8:00 a.m.**

If the resident is unable to move his/her vehicle for **MAJOR** health reasons, he/she must make prior arrangements with someone to move his/her vehicle as required.

Maintenance is not responsible for removing snow from resident vehicles or for moving resident vehicles to another location during snow removal.
  - B. If a resident plans to be away from the property overnight or for a vacation and will be leaving his/her vehicle parked in front of their building, he/she must notify the office with the name and telephone number of the person who will be responsible in his/her absence in case of an emergency.
  - C. If after snow removal has been completed your parking area is still icy, please let management know. We can order additional salting for your safety.
  - D. Inoperable vehicles are not allowed on the property. If they are not removed, they will be towed at the car owner's expense.
  - E. A Container of salt will be provided at the front entrance. This container is for resident use when they notice a slippery spot on the sidewalk or at the entrance. This is for **SAFETY REASONS ONLY!!!** This salt is not to be used for any other reason than stated above. (Please notify the office when salt pails are less than ½ full).

Also, please remember to dress accordingly.

Michael Hooton  
OSM Maintenance Tech.





# *G. Bruner's Brief Bulletin*



Happy New Year and Blessings to you all!

I want to say it's an honor and a privilege to be here at OSM. We have an outstanding staff here at OSM and I'm so honored to be a part of a great Team.

I just wanted to give you a brief note about myself. I have over 30 years of Executive Administrative office skills. I'm a licensed Real Estate Broker, I've sold real estate for the last 18+ years and I've been married now for 14 years. There are 5 grown children and 8 grandchildren between my husband (James Bruner) and myself.

I moved to Michigan 30 years ago. We attend Detroit World Outreach Church, serve in the Helps Ministry and the 1<sup>st</sup> Time Guest Reception Team. I love to serve God and people. I grew up in France and moved to the United States at the age of 13. My dad was in the Air Force and he met my mom in France while he was stationed there. I love going to church and being with my grandchildren (My grand sugars – my favorite little people).

I'm looking forward to celebrating a brand New Year with each and every one of you. If there's anything I can do to help you or assist you, please do not hesitate to call the office. It will take time for me to get to know each and every one of you personally and your names, but I'm up for this new challenge. Again, wishing you all a very Happy and Prosperous New Year.

*Graziella Bruner*

Administrative Assistant

My motto: **GOOD, BETTER, BEST – NEVER REST UNTIL YOUR GOOD IS BETTER AND YOUR BETTER IS BEST!**



# Monthly Word Search

## Chocolate

Find and circle all of the words that are hidden in the grid.  
The remaining 55 letters spell a secret message.

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

ADDICTIVE	CONFECTIONERY	FILLING	PUDDING
BAKING	COOKIES	FONDUE	SEMISWEET
BARS	CREAM PIE	FOOD	SUGAR
BITTERSWEET	CUPCAKE	FUDGE	SWISS
BROWNIES	DARK	ICE CREAM	SYRUP
CAKES	DECADENT	ICING	TREAT
CANDY	DELICIOUS	INGREDIENT	TRUFFLES
CHIPS	DESSERT	MILK	UNSWEETENED
CHOCOLATIERS	DRINKS	MOUSSE	WHITE
COCOA			

# Events for January 2015

## Happy Birthday!!!



**Mary Edwards**  
January 14<sup>th</sup>

**Mary Ann Jenkins**  
January 25<sup>th</sup>

**Warnedie Cross**  
January 27<sup>th</sup>



Happy New Year!		January 2015					Happy New Year!	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
		TBA Tour of PACE Program at Rivertown		OFFICE CLOSED 1 2 0 1 5 HAPPY NEW YEAR	OFFICE CLOSED 2 9 am Coffee & Conversation	3 9 am Coffee & Conversation 2:00 pm Gift Store		
4	9:30-10:30 am Wellness Exercise 2:00 pm Movie Day	5 10:30 am Computer Assistance Session	6 11:00 am Focus Hope 11:00 am - 2:00PM Life Issue Presentation	7 9:30-10:30 am Wellness Exercise 1:00 pm Walmart	8 9 am Coffee & Conversation 1:00 pm Bingo	9 9 am Breakfast 4:00 pm Game Night		
11	9:30 am-10:30 am Wellness Exercise 11 am-1 pm Parish Nurse	12 10:30 am Computer Assistance Session 2:00—5 PM Wii Games	13 9 am Coffee & Conversation 10:30 am Schwan 11:00 am Activity Meeting 2:00 pm Sing Along	14 9:30-10:30 am Wellness Exercise 1:00 pm Kroger	15 9 am Coffee & Conversation 8 pm Karaoke	16 9 am Coffee & Conversation 3:00 pm Movie Day		
18	9:30 am-10:30 am Wellness Exercise	19 10:30 am Computer Assistance Session	20 9 am Coffee & Conversation 11:00 am Resident Meeting	21 9:30-10:30 am Wellness Exercise 1:00 pm Meijer	22 9 am Coffee & Conversation 1 pm Bingo 1 pm Movie Outing – MJR	23 9 am Breakfast 4:00 pm Game Night		
25	9:30 am-10:30 am Wellness Exercise 11 am-1 pm Parish Nurse	26 10:30 am Computer Assistance Session	27 9 am Coffee & Conversation 10:30 am Schwan 11:00 am Activity Meet 2:00 pm Sing Along	28 9:30-10:30 am Wellness Exercise 1:00 pm Cracker Barrel	29 9 am Coffee & Conversation	30 9 am Coffee & Conversation		
						31 9 am Coffee & Conversation		

# January's Recipe

## Potato Soup



### Ingredients

- 3 bacon slices
- 1 cup chopped onion
- 3 pounds baking potatoes, peeled and cut into 1/4-inch-thick slices
  - Cooking spray
  - 1/2 cup water
- 2 (14.5-ounce) cans fat-free, lower-sodium chicken broth
  - 1/2 teaspoon salt
  - 1/2 teaspoon freshly ground black pepper
  - 2 cups 1% low fat milk
- 4 ounces shredded reduced-fat sharp cheddar cheese (about 1 cup), divided
  - 1/2 cup light sour cream
  - 4 teaspoons chopped fresh chives

### Preparation

1. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 2 teaspoons drippings in pan; crumble bacon. Add onion to drippings in pan; sauté 3 minutes or until tender.
2. Place potato slices and onion in a 5-quart electric slow cooker coated with cooking spray. Combine 1/2 cup water and next 3 ingredients (through pepper); stir into mixture in slow cooker. Cover and cook on LOW for 8 hours or until potatoes are tender.
3. Mash mixture with a potato masher; stir in milk and 3/4 cup cheese. Increase heat to HIGH. Cover and cook on HIGH for 20 minutes or until mixture is thoroughly heated. Ladle soup into bowls. Top with sour cream and remaining 1/4 cup cheese. Sprinkle with bacon and chives.

ENJOY!

# *Our Saviour's Manor 2014 Christmas Dinner*



# *Our Saviour's Manor 2014 Christmas Dinner*



# *OSM Gifted Hands Westland Goodfellows Donation Hand Sewn Animal Pillows*



From left to right 1<sup>st</sup> row: Mary Edwards, Emelda Mullins, Mattie Smith  
2<sup>nd</sup> Row: Margo Taylor, Catherine McCauley, Margaret Roberts, Louise Rush.  
Not pictured: Gloria Jefferson, Mary Moore, Jewel Sessom, Alice Finley, and Thelma Saunders



**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](http://www.pvm.org)

## Office Number

**(734) 595-4663**

### Village Staff

**Aaron Price**  
*Administrator*

**Kesha Akridge**  
*Director of Housing*

**Graziella Bruner**  
*Administrative Assistant*

**Ms. Martha Adams**  
*Resident Volunteer  
Program Coordinator*

**Nicole Wingenfeld**  
*Service Coordinator*

**Michael Hooton**  
*Maintenance Tech*

### **EMERGENCY NUMBER**

**(734)740-4777**

### **Fax Number**

**(734)595-2222**

### **Service Coordinator**

**(734)722-9763**



**Presbyterian  
Villages**  
OF MICHIGAN

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 Foundation at **248-281-2040** or visit **[www.pvmfoundation.org](http://www.pvmfoundation.org)**



The Village of  
**Our Saviour's  
Manor**

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan,  
Wellspring Lutheran Services and  
The Lutheran Church of Our Saviour

**29495 Annapolis  
Westland, MI 48186**

## Embrace the possibilities