

# Manor Message

## Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

Issue 1 2016

### Featured Articles

Monarch Moments	pg. 02
Inspirational Moments	pg. 05
Coord. Corner	pg. 06
Wellness Info.	pg. 07
Foundation	pg. 08
Giving Matters	pg. 09
Mayor's Message	pg. 10
Parish Nurse Notes	pg. 13
Senior Advocate	pg. 14
Maintenance Tips	pg. 15
G.Bruner's Bulletin	pg. 16
Local Sponsors	pg. 17

## The Administrator's Pen



Happy New Year OSM Family and Friends,

I would like to thank everyone that contributed to a successful and joyous Resident's Christmas Dinner. We have received wonderful feedback from you, our residents. I also would like to thank you Mr. George Millush, PVM Board Chair, Mr. Paul Miller, PVM Foundation President, Ms. Johnnie Jackson, OSM Board Chair, Ms. Carolyn Kimbrough, Board Member, and Pastor John Smith for attending and helping us to celebrate the season. And above all, thank you to you the residents of Our Saviour's Manor. We accomplished a lot in 2015 and are looking forward to a prosperous new year. *(see pictures pg. 3 & 4)*

I would also like to highlight OSM Gifted Hands. This group of residents made hand sewn animal pillows for the Salvation Army. They continue to give back to the community using their gifts and talents. Thank you OSM Gifted Hands for caring! *(see pictures pg. 10)*

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 2016 Resident's Christmas Dinner, and all the other events and projects 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 2016 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,  
Wellspring Lutheran Services and  
The Lutheran Church of Our Saviour

Look for PVM on:





# Monarch Moments

Blessings Our Saviour's Manor,

Caring Hands delivered crocheted plarn blankets, coats, gloves, and socks to the Wayne Metro Community Action Agency (WMCAA). We appreciate everyone for their donations. Every month, we will deliver acquired donations to WMCAA. So, please keep them coming and thank you for your generous support!

We would like to thank the birthday committee for their efforts in wanting to acknowledge and celebrate each resident's birthday. Every month, these ladies make sure the table is decorated, there cake and punch, and even a gift for the birthday attendees. A big "Thank You" to Louise Rush, Margaret Roberts, Charlotte Matthews and Gloria Jefferson. You guys are awesome!

The Birch Run Shopping Trip for January has been postponed until April 2016.

Remember you have a voice and your opinion does count. We would like to know what activities you may be interested in or the different events you would like to attend. Please make sure to use our sign-up sheets for all of our outdoor activities that are taking place every month.

Reminder the offices will be closed on Monday, January 18<sup>th</sup> honoring:  
Reverend Dr. Martin Luther King, Jr.



**Our next Resident Activity Meeting will be on January 13<sup>th</sup> at 11 AM.  
Immediately following will be the celebrating the January birthdays!**

Please check the calendar for all of our January activities.

## Schwan's Delivery Schedule

Friday  
January 8<sup>th</sup>

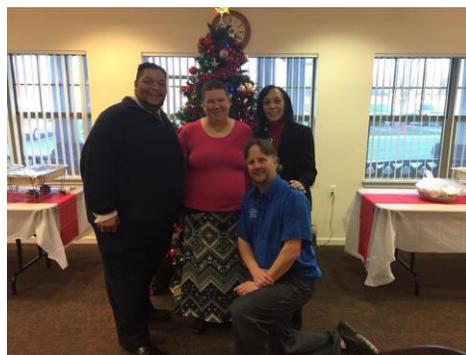
January 22<sup>nd</sup>

at  
1:45 p.m.



The Village of Our Saviour's Manor Events

# 2016 Resident Christmas Dinner



The Village of Our Saviour's Manor Events

## 2016 Resident Christmas Dinner



The Village of Our Saviour's Manor 2016 Resident Volunteer of the Year!

### Ms. Warnedie J. Cross

Congratulation Ms. Cross! Ms. Cross charitable contributions to Our Saviour's Manor includes: serving as the driver for resident outings including weekly shopping trips, she leads OSM Compassionate Hearts group visiting sick residents in the hospital, rehab centers and home visits, she serves and conducts the resident Bible Study once a week in the community room, she leads the prayer group in the OSM War Room Chapel three times a week, and she writes an article for our monthly newsletter. Chosen by the residents, Ms. Cross truly exemplifies giving back to the community with her selfless acts of kindness and love. Thank you Ms. Cross for all you do!





# Inspirational Moments

By Warnedie Cross,  
Resident Volunteer

## The Bear



Not long ago on the Discovery Channel. They showed a movie called “The Bear” it’s a story about a little baby bear whose mother died in an accident right at the beginning of the movie. It held your attention and since the mama bear dies at the beginning of the movie you immediately begin to wonder what’s going to happen to the little baby bear. When out of the woods comes a huge Kodiak bear. One of those Alaskan grizzly bears and he kind of adopts the little baby bear and they do live together. The big bear teaches the baby bear how to live, how to grub for insects, how to fish in the stream and how to scratch himself against the trees.

The baby bear does everything he sees the big bear do, but as the movie continues, they get separated from each other. All of a sudden the baby bear is out on his own, he didn’t know – that since the day that his mother had died a mountain lion had been tracking him, waiting for a moment like this – an unwittingly, as the movie continues they meet face to face across from each other standing on opposite sides of the road. The mountain lion is then ready to pounce, when all of a sudden the baby bear did what the big bear would have done in a moment like this. He got up on hind paws and he put up his little paws and he tried to roar but nothing came out but a little squeak. He didn’t have his whole voice yet and the camera panned back so you could see the lion who had a look now of absolute terror in his eyes and began to slink backwards and run away. The camera then goes back to the little baby bear who is standing there surprised that his little squeak had been so effective. But at the moment the camera backs up further so you can see the bigger picture, and what you see – is what the baby bear could not see was that just a couple of feet behind him was the big Kodiak bear standing on his hind legs with his paws up. The reason that the lion ran away is that the baby was never by himself, and that the big bear was always a couple of steps behind him. He couldn’t hear him, he couldn’t feel him, he couldn’t smell him but the big bear was there all the time. Can I talk to somebody here? Because you don’t have to be afraid baby bear, because there’s a big bear standing behind you and nothing can separate you from HIS love. We don’t have to be fearful or dismayed because Jesus will never leave us along.



## Coordinator's Corner

By Nicole Wingenfeld,  
Service Coordinator

### Americans Still Consume Too Much Salt: CDC

Most of it comes from processed or restaurant food, not salt shaker, experts say

THURSDAY, Jan. 7, 2016 (Health Day News) -- Most Americans eat too much salt on a daily basis, potentially putting their health at risk, federal health officials reported Thursday.

More than 90 percent of children and 89 percent of adults consume more sodium than is recommended in the new 2015-2020 Dietary Guidelines for Americans, according to the U.S. Centers for Disease Control and Prevention. The new guidelines advise no more than 2,300 milligrams (mg) of salt a day -- about a teaspoon -- for most adults. "Nearly all Americans, regardless of age, race or gender, consume more salt than is recommended for a healthy diet," said lead study author Sandra Jackson, an epidemiologist in the CDC's division for heart disease and stroke prevention.

The CDC report was published in the Jan. 8 issue of the Morbidity and Mortality Weekly Report.

Too much salt can lead to high blood pressure, which can increase the risk for heart disease and stroke. "Reducing salt can lower blood pressure and also lower the risk of heart disease," Jackson said. Jackson said that about 70 million American adults have high blood pressure and only half have it under control. Heart disease, stroke and other heart-related diseases kill more than 800,000 Americans each year and cost nearly \$320 billion a year in health care and lost productivity, she added. The latest federal Dietary Guidelines for Americans -- released Thursday -- emphasize cutting back on salt, sugar and saturated fats. The recommendations also advise increasing amounts of fruits, vegetables and whole grains in the diet. Despite long-standing advice to cut back on salt, Americans' consumption of salt has stayed mostly the same during the past decade, Jackson said.

That's likely because more than three-quarters of the salt (sodium) that people eat comes from processed or packaged foods, and restaurant food. This hidden salt makes it hard for people to reduce the amount of salt they consume, she said. To see a big impact on salt intake, restaurants and food manufacturers would need to cut the amount of salt they put in food, Jackson said. "That's the most powerful public health tool for reducing salt for the American population," she said. Some companies have started to reduce salt in their products voluntarily and others are being urged to do the same, Jackson pointed out. Samantha Heller is senior clinical nutritionist at New York University Medical Center in New York City. She noted that reducing salt consumption can be confusing for consumers because many foods high in salt don't necessarily taste salty. "For example, a commercially baked chocolate crumb-cake donut has 490 mg of salt, and the salt in bagels can run over 1,000 mg per bagel," Heller said. "Chain-restaurant pasta dishes can contain well over 2,000 mg of salt per dish," she said. "One of the easiest ways to reduce our salt intake is to eat more home-cooked foods using less-processed products," she added. The latest dietary information on salt comes from nearly 15,000 people who took part in the 2009-2012 National Health and Nutrition Examination Surveys. Although too much salt is a problem for all men and women and all races, the new report noted some differences in salt consumption: More men (98 percent) than women (80 percent) consume too much salt. More whites (90 percent) eat too much salt, compared with blacks (85 percent). Salt and calorie consumption peaks between ages 19 and 50. Among those at increased risk for heart disease or stroke -- people 51 and older, blacks and people with high blood pressure -- more than three out of four eat more than 2,300 mg of salt a day. Adults with high blood pressure eat slightly less salt than other adults, but 86 percent of them still eat too much salt. Jackson suggested that consumers can cut the salt in their diet by reading food labels and choosing foods low in salt. "Looking at the label is a powerful tool," she said. In addition, people can adopt a healthy eating plan, such as the one recommended in the new guidelines, Jackson advised. "Also, people can adopt the Dietary Approaches to Stop Hypertension (DASH diet), which is an eating plan that is simple and heart healthy," she said. "It's high in fruits, vegetables, fiber, potassium and low-fat dairy products."

SOURCES: Sandra Jackson, Ph.D., epidemiologist, division for heart disease and stroke prevention, U.S. Centers for Disease Control and Prevention; Samantha Heller, M.S., R.D., senior clinical nutritionist, New York University Medical Center, New York City; Jan. 8, 2016, Morbidity and Mortality Weekly Report



## 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

### OSM Board of Trustees

Johnnie Jackson, Board Chair

Dereka Johnson, Vice Chair

Rev. David Huber, Treasurer

Diane Hicks-Walker, Secretary

Natalie Brothers, 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

### Train Your Brain to be More Positive – Take the 21 Day Challenge!



Harvard educated psychologist Shawn Achor has found that positive people lead healthier and happier lives and that in just 21 days you can train yourself to be more positive. Here's what to do:

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. Instead of writing "I am grateful for my family", write "I am grateful for my son Bob because he calls me every Friday and makes me laugh".
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Record as much detail as you can. It will cause your brain to "relive" the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. Consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day send a letter/email to someone in your social circle thanking them. Be specific. For example, "I want you to know how thankful I am to have you as a friend. Whenever I feel down, you know just the right thing to say to cheer me up".

# **Mission, Vision & Values**

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

## *Vision*

**Changed Lives. Strong Families. Transformed Communities.**

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

## *Mission*

**Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.**

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

## *Values*

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- ❖ **Christ-centered**
- ❖ **Excellence**
- ❖ **Integrity**
- ❖ **Life**

*Our Vision* Changed lives. Strong families. Transformed communities.





*Hope flows through us.*



# Giving Matters.

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

Presbyterian Villages of Michigan (PVM) Foundation exists to support the PVM Mission of serving seniors of all faiths and creates new possibilities for quality living. The PVM Foundation is a 501(c)(3) nonprofit organization that raises funds to support PVM, Villages, senior residents and community seniors in a variety of ways.

PVM is inviting people and organizations to share their passion, commitment and resources so that in partnership, we will make Michigan the best place to age by 2022. The PVM Foundation is contributing to this effort by focusing our fundraising on four key areas/projects:

## [Benevolence \(Resident Assistance\)](#)

[The Village of East Harbor Health & Wellness Center](#)

[The Thome Rivertown Neighborhood](#)

[The Village of Hillside/Friendship Center Renewal Project](#)

The PVM Foundation has expanded our fundraising goals to raise \$27.4 Million by the end of 2017. Here is where we stand:

Goal by 2017: \$27,400,000

Amount Raised through August 31, 2015: \$23,501,917

**Left to Raise: \$3,898,083**

There are many ways to support the PVM Foundation and Michigan seniors. [Click here](#) to learn about our variety of giving options for one that would best fit your needs.

If you have questions, or would like to learn more about the PVM Foundation, please contact us at 248.281.2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

**Maybe money CAN grow on trees...**

**WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM!**

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

UP TO **9.0%** RETURN

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller  
**248.281.2045** [www.pvmgifts.org](http://www.pvmgifts.org)

**Presbyterian Villages OF MICHIGAN THE FOUNDATION**





# Mayor's Message

By William Wild,  
Mayor, City of Westland

Greetings!

Happy New Year!

2016 is going to be a historic and memorable year as our proud city celebrates its golden 50 year anniversary. There will be plenty of exciting events planned to celebrate so stay tuned to the city's website , Facebook and of course, WLND for all the details.

As a reminder, On January 18, I will host our annual Martin Luther King, Jr. celebration. We will begin at 9 a.m. at John Glenn High School. A Freedom Walk will take place from John Glenn High School to the Friendship Center on Newburgh Rd. at which time, we will host a Prayer Breakfast. At 10:00 a.m., our formal presentation begins which will include a presentation from this year's key note speaker Mildred Gaddis as well as well as local church leaders. Mildred Gaddis, a 30 year radio veteran, has been described by the Detroit Free Press as one of ten African Americans to watch in Detroit. Her sometimes no-nonsense, but warm and inspiring style has made her a force to be reckoned with and admired by politicians and residents through Metro Detroit. Please join us as we celebrate the life and legacy of one of America's most extraordinary men!

My February Mornings with the Mayor will begin at 9:00 a.m. on Tuesday, February 9 and will be held at the new Ralph Savini Fire Station #1 on Central City Parkway. I hope you'll consider joining me for a cup of coffee and to share ideas and information.

I also extend to you an invitation to join me as I deliver my eighth State of the City Address at noon on Tuesday, February 23, 2016. This year's Address will take place at the Hellenic Center on Joy Road and will include a luncheon. I intend to share with you our many successes over the past year and my vision for the future of our All American City. For more information, please contact Westland Chamber of Commerce at (734)326-7222.

(Mayor Messaged continued on page 12)

## Mayor's Message Continued...

In March, the Westland Police Department will earn prestigious accreditation from the Commission on Accreditation for Law Enforcement Agencies (CALEA) becoming only the sixth agency in the State to earn this distinction. Look for the Department to also begin Text to 9-1-1 later in the year, made possible with a \$400K FEMA grant, to make it easier for people to contact emergency responders in their time of need. Likewise, the Department will continue its efforts to stop crime before it occurs with violent crimes dropping in 2015 in several areas from robbery, down 21%, to burglaries that are down by 54% to larcenies that are down by 30%! Our goal is for that downward trend to continue.

With regard to the Fire Department, we have expanded upon the number of ordinance and animal control personnel to address the 7,000 calls for these services received each year. A recent federal grant enabled hiring 13 additional fire personnel to ensure the over 25,000 calls the Department annually responds to receive the lowest response times possible.

2016 will also see improvements to various City roads, among them Newburgh Road between Ford and Warren Roads, and Cherry Hill from Wayne Rd. east to Merriman. In the dpring, we will also begin the reconstruction of Central City Parkway between Ford and Warren Roads.

Please help us make sure you can easily and safely travel throughout your neighborhood during the snowy months of winter. Parking is prohibited on City roads when snow emergencies are declared. The City snow plows need to be able to clear snow so that everyone and especially emergency vehicles can easily maneuver in our neighborhoods. Your help in complying with the parking restrictions during snow emergencies is critical in our ability to clear your roads.

And as always, remember to visit the City's website [www.cityofwestland.com](http://www.cityofwestland.com) and the City's *Facebook* site for the latest on news, services and events happening in our All American City!

In closing, it is my hope and the focus of my attention that 2016 is Westland's best year yet!





# Notes From The Parish Nurse

By Carolyn Kimbrough,  
Parish Nurse, Lutheran Church of Our Saviour|The Village of Our Saviour's Manor

During this holiday season we were awed by the beautiful renditions of HIS birth and entertained by the many stories of PEACE, LOVE and JOY. But it has been made simple for us, if we take time and focus on what it is HE has done. HE has given HIS all for us, we just need to glorify HIM in all that we do, and we will be blessed.

The remainder of the year will be focused on nationally recognized health topics each month. I hope to address these topics in the month they are relevant to.

*Read Psalm 111:10 “The Fear of the Lord is the beginning of Wisdom”*

- ❖ **February:** American Heart Month – Heart-healthy tips and BP screening.
- ❖ **March:** National Nutrition and National Physical Fitness month.
- ❖ **May:** Hypertension – Health risk tips and BP Screening
- ❖ **September:** National Cholesterol Education month – Tips on selecting foods.
- ❖ **October:** Family Health month & Breast CA awareness – Information sharing
- ❖ **November:** Quit smoking month – “Great American Smoke out” day (3<sup>rd</sup>.Thur.)
- ❖ **December:** Holiday Safety – Fire and electricity tips.

*“The second 10 Commandments” – Commandment # 8*

*Give up Guilt, Regret and Depression*

Let go of the past, and move on! Decide what's wrong (not who's wrong) and take action.



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## 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.

## THE LATEST ON THE AGING OF AMERICA

NEW FLASH! Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is:

[www.iog.wayne.edu](http://www.iog.wayne.edu). Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.



# Mike's Maintenance Tips

By Michael Hooton,  
Maintenance Technician



*Just a few reminders about the 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).



*Dial 1 -734-740-4777 for after hour maintenance emergencies.*



# Bruner's Brief Bulletin

By Graziella Bruner,  
Administrative Assistant

COUNT YOUR  
**BLESSINGS.**  
NAME THEM **ONE BY ONE.**  
COUNT YOUR  
**MANY BLESSINGS**  
SEE WHAT **GOD** HAS DONE.

Most people only see the “what they feel”, so if you're feeling bad, sad, or mad; then, of course that's what you're going to see. My parents use to say, to check your feelings before you put your foot on the floor, first thing in the morning. They use to say, think about it, you woke up, you can move and you were able to place your feet on the floor, so everything is good, then you should have a good attitude. Everyone that went to bed last night, did not get up this morning! So thank the good Lord, that you're still here!

We have to really count our blessings and not concentrate on the things that don't look good and don't feel good!

Think on those things that good, pure, and true! When any situation arises, try to find the good in it. It's so easy to point out flaws and faults of others or situations. When we see a flaw or fault, we should try to be the solution to the problem instead of enhancing the problem and making it worse.

If more people would just take the time to always find the good in everything, I believe there would be happier people in this world. When you're in a good mood and feeling good about yourself, it will cause you to want to do “good” to others.

So really do think before you speak, take a moment to check your feelings, what is your attitude like? Do you really need to say what you're about to say? Take the time to really count your blessings. The Sun is always shining somewhere and on someone.

I'm wishing you all a very Prosperous and Joyous New Year!



Have an awesome month.

# Events for January 2016

# Happy Birthday!!!



**Cornel Gulatt - 01/11**  
**Mary Edwards - 01/14**  
**Mary Jenkins - 01/25**  
**Warnedie Cross - 01/27**



 <h2 style="font-size: 2em; color: blue;">January 2016</h2> 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 <b>OFFICES CLOSED</b> <b>Happy New Year!</b>	02 9:00 am Coffee and Conversation 
03	04  12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study 	05  12:00 pm War Room Prayer 1:00 pm Compassionate Hearts Visitations 	06 11:30 am Focus Hope 1:00 pm Healthy Living NKF 3:00 pm Pharmore Pharmacy 	07 1:00 pm Walmart 	08 12:00 pm War Room Prayer 1:00 pm Bingo 1:45 pm Schwan's 	09 9:00 am Coffee and Conversation 
10	11 11:00 am Parish Nurse 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study  	12 12:00 pm War Room Prayer 	13 11 am Resident Activity Meeting & Birthday Celebrations  3:00 pm Movie Day 	14 1:00 pm Kroger  4-5 pm SWHA (Home Owners Association Meeting)	15 12:00 pm War Room Prayer 	16 9:00 am Coffee and Conversation 
17	18 <b>Martin Luther King Day</b> 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study  	19 12:00 pm War Room Prayer 2:00 pm Sing - A - Long  	20 11 am Administrator's Resident Meeting 3:00 pm Game Day 	21 1:00 pm—Meijer 	22 12:00 pm War Room Prayer 1:00 pm Bingo 1:45 pm Schwan's 	23 9:00 am Coffee and Conversation 
24	25 11:00 am Parish Nurse 12:00 pm War Room Prayer 1:00 pm Blanket Day 6:00 pm Bible Study  	26 12:00 pm War Room Prayer 	27 1:00 pm Take Blankets & Socks to WMCC	28 12:00 pm Golden Corral  4:30 pm PVM/OSM Reception & Board Meeting	29 12:00 pm War Room Prayer 1:00 pm Movies @ Wayne Theater 	30 9:00 am Coffee and Conversation 
31						

# January Recipe

## Lasagna Soup



### Ingredients

- 1 pound lean ground beef or turkey
- 1 large green pepper-chopped, 1 medium onion - chopped
- 2 garlic cloves - minced
- 2 cans (14 ½ oz) diced tomatoes, undrained
- 2 cans (14 ½ oz) reduced-sodium beef broth
- 1 can (8 oz) tomato sauce, ¼ cup tomato paste, 1 cup frozen corn
- 2 teaspoons Italian seasoning, ¼ teaspoon pepper
- 2 ½ cups uncooked spiral pasta
- ½ cup shredded Parmesan cheese

### Directions

1. In a large saucepan, cook beef, green pepper and onion over medium heat 6 – 8 minutes or until meat is no longer pink, breaking up beef into crumbles. Add garlic; cook 1 minute longer. Drain.
2. Stir in tomatoes, broth, tomato sauce, corn, tomato paste, Italian seasoning and pepper. Bring to a boil. Stir in pasta. Return to a boil. Reduce heat; simmer, covered, 10 – 12 minutes or until pasta is tender. Sprinkle with cheese.

**ENJOY!**

# Monthly Word Search

## January Puzzle

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

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF	HOLIDAY	PARTY
BALLOONS	DECEMBER	HORNS	PUNCH
BANNERS	EVENTS	KISS	RESOLUTIONS
BUFFET	FAMILY	MIDNIGHT	SINGING
CELEBRATE	FATHER TIME	MUSIC	STREAMERS
CHAMPAGNE	FEAST	NEW YEARS	THIRTY FIRST
CONFETTI	FESTIVITIES	DAY	TIARAS
DANCE	FIREWORKS	NEW YEARS	WINE
DAY ONE	FIRST OF	EVE	YEAR IN
	JANUARY	NOISEMAKERS	REVIEW
	FRIENDS	OCCASION	

## January Observances & Fun Facts:

### January is observed as:

National Bath Safety Month  
 National Blood Donor Month  
 National Hobby Month  
 National Novel Writing Month  
 Hot Tea Month  
 National Soup Month

### Weekly Celebrations

Week 1 – Festival Week  
 Week 2 – Bubble Bath Week  
 Week 3 – Hat Week, Dress Up Your Pet  
 Week 4 – Hugging Week

### January Flower and Birthstone



Carnation



Garnet

### On Site Banking



Public Service Credit Union will be here, **February 3rd at 2:30 PM**

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



**FREE NOTARY Services**  
 Provided To All of Our OSM Residents

Please Visit The Office And See Mrs. Graziella Bruner For More Details.

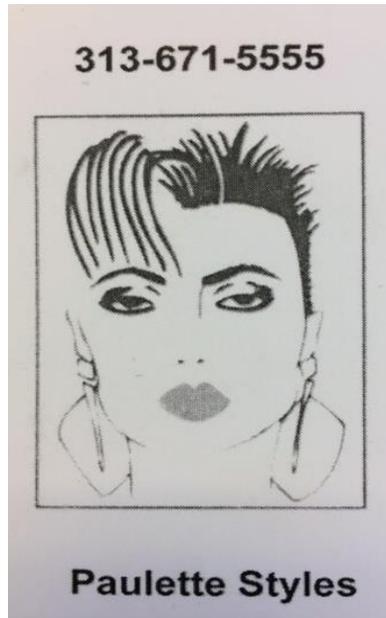
# *OSM Gifted Hands Westland Salvation Army Hand Sewn Animal Pillows*



Furthest Row Back L to R: Louise Rush and Alice Finely  
2<sup>nd</sup> Row: Mattie Smith and Margaret Roberts  
Centered: Emelda Mullins  
Not pictured: Marcella Cline



## OSM Local Sponsors:



### Become a Fan of OSM on Facebook

How to Become a Fan:

- 1) Visit [www.facebook.com](http://www.facebook.com) and log-in your account. If you don't have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor" or go to [facebook.com/The Village of Our Saviour's Manor](http://facebook.com/TheVillageofOurSaviour'sManor)
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook, explore our new page and invite our friends and family to "Like" us!

### The Village of Our Saviour's Manor



## OSM Classifieds:



### **OSM Gifted Hands:**

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Westland Goodfellows. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Louis Rush or Ms. Alice Finley.



### **OSM Compassionate Hearts:**

If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Headed by Ms. Warnedie Cross, Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



### **OSM Growing Hands:**

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please see Ms. Gloria Jefferson.



### **OSM Caring Hands:**

We are in need of volunteers for our homeless project. Please see Ms. Margo Taylor if you're looking to join OSM Caring Hands. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



### **OSM Fisherman:**

Love to fish? This is the group for you! Headed by Mr. David Brown, OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

**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)

# Village Staff

**Aaron E. Price**  
*Administrator*

**Michael Hooton**  
*Maintenance Tech*

**Graziella Bruner**  
*Administrative Assistant*

**Nicole Wingefeld**  
*Service Coordinator*

**Kesha Akridge**  
*Director of Housing*

**Carolyn Kimbrough**  
*Parish Nurse*

**Eschelle Chatman**  
*Volunteer Program Coordinator*

**Warnedie Cross**  
*Volunteer Driver*

**Office Number**  
**Emergency Number**  
**Fax Number**  
**Service Coordinator**

**(734) 595-4663**  
**(734) 740-4777**  
**(734) 595-2222**  
**(734) 722-9763**



**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 Road**  
**Westland, Michigan 48186**

## Congratulations!

You are being recognized because  
"What you did mattered!":



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Thank you for what you did!*

Employee Name: \_\_\_\_\_

Person Recognizing Employee: \_\_\_\_\_

Date: \_\_\_\_\_

\*\* Please turn this card into Village Administrator for a chance to win a prize \*\*  
ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT

**70<sup>th</sup> Anniversary**  
**Presbyterian Villages**  
OF MICHIGAN  
SERVING SENIORS & COMMUNITIES

**Is there someone on the staff that you would like to recognize for their work?**  
**Fill this out this form and turn it into the office.**  
**They might win a prize!**