



Village Voice



Embrace the possibilities

2950 E. 12 Mile Road, Warren MI 48092

www.pvm.org

September 2014

From The Village Administrator



Greetings,

Summer is coming to an end, children going back to school. Now we can enjoy the cool breeze of fall and watch the tree's leaves turn color. What a beautiful site.

September is a busy month; we have a rummage sale on Sept. 6 from 9-5, September 7 Communion Service in the community room at 12:15 pm, Name that Tune Bingo on Sept. 25 at 6:00 pm, ice-cream social Sept. 19 from 2 to 4:00 pm, birthday celebrations Sept. 26 from 2 to 4 and flu shots on Sept. 30 from 2 to 3:30 with the Parish Nurse Sue Perkins.

We have had a few instances that mail has been put into the wrong mailbox. If by chance you get a piece of mail that does not belong to you please bring it down to the office so that we can give the mail to the resident. Prior to opening your mail please make sure that it is for you. We have had a few instances that residents have been receiving their mail opened by another resident.

September 8 we will be changing our sign-up sheet area to the mail room. We will have clip boards for the various functions that we have here at Warren Glenn.

Respectfully,
Natalka Melnyk
Administrator



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Announcements

Maintenance Corner

Please report all maintenance repair orders to the office. Complying with this request will not only serve as a record for the office, but for you as well.

Laundry Room Hours

Laundry room hours are from 7am-8pm. Please do not start a load of laundry after 8pm.

For an individual 1 person it is 2 machines or if you are a couple 2 people you can use 4 machines.

Resident Parking

This is just a friendly reminder to park your vehicle straight and only use one parking spot. Please also remind visitors that the handicap accessible ramps are not to be blocked at anytime.

CAR PORTS ARE FOR RESIDENTS ONLY NOT FOR FAMILY OR CARE GIVERS

For Your Safety

Please do not leave your apartment door propped open for extended periods. This advice was passed along to us from the Warren City Fire Marshall.

How healthy is your Diet?
Eat more fruits and vegetables!

This month I would like to address meal planning –how healthy is yours?

The next few months the grocery stores will be filled with many products grown here in Michigan. From what I am reading, our plates should be half full with fruits and vegetables. Some of us get filled up with starches and red meat paying little attention to the fruits and vegetables. I want to encourage all of you to consider increasing your diets to include more vegetables and fruits.

This week we have eaten some of the best peaches so sweet and delicious. I even prepared a huge bowl full of berries, melons, peaches. It was a very colorful mixture and so satisfying. It is these foods that contain vitamins, fiber, natural sweetness, flavor, and variety that we need. There are more vegetables beside corn, peas, and potatoes. Several years ago I tried a new kind of squash and now I am hooked. We need the starches for energy and the protein for new cell growth, but we also need what vegetables and fruit provide.

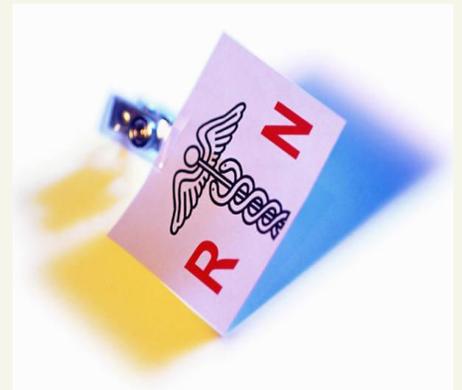
I hope you are enjoying your summer by eating together picnics, the lake, boating fellowship with friends, and gathering with God's children.

Blessings,
Sue Perkins
Parish Nurse

Parish Nurse Schedule

Sue Perkins is available every Tuesday from 1:00-3pm to take blood pressures. She is also available to counsel with regarding health advice.

Join her at 1 pm in the library for Bible study.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

“WHAT I DO MATTERS”

A recent experience reminded me of why I chose to entrust my career with Presbyterian Villages of Michigan. We are continuously engaged in an initiative titled Service Excellence which permeates our culture at PVM. The logo: “What I do matters” supports this commitment to excellence in customer service.

The four pillars of Service Excellence are:

Listening: Acutely paying attention and seeking to understand.

Relationships: Our way of forming a meaningful and genuine connection with our residents, each other, and the community.

Accountability: The willingness to accept responsibility and delivering upon expectations.

Respect: Treating all with dignity and worth.

As we are often told, we never know when we may be facing a tough caregiving situation. And such has been the case with me. Thus, I have had a chance to not only be involved with Service Excellence at a professional level, but also to experience it at a personal level as a consumer. All at once I had two parents hospitalized at once, a transfer to rehab Mom and the death of my dad. During that time, my mom had to bury her husband while transferring from independent living to a hospital setting, to rehab, and then back to independent living.

This was a very traumatic situation for my entire family. One of the few bright spots was the care and customer service given to us by the leadership and staffs of The Village of Oakland Woods and The Village of East Harbor. They were there for us minute by minute, responsive in every way, and compassionate in their interactions with us. In short, they exemplified all four pillars of Service Excellence; and I am indebted to them for life.

I am proud to say that I work for Presbyterian Villages of Michigan! Thank you all.



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Keeping Food Safe

One in six Americans will experience food poisoning each year according to the CDC (Center for disease Control) In its mild form food poisoning can cause stomach distress that is uncomfortable and nasty. In more serious forms it can cause hospitalization and in severe cases even death. The CDC has issued some simple guidelines to keep your food preparations safe. There are four simple steps:

- Clean: Wash hands and surfaces often
- Separate : Don't cross-contaminate
- Cook: Cook to the right temperature
- Chill: Refrigerate promptly

When washing your hands, be sure to wash with soap and running water. While you do not have to wash poultry, meat or eggs, you should wash fruits and vegetables- including the pre-cut packaged ones. Counter tops and cutting boards should also be washed with hot water and soap to prevent bacteria from forming on them after use.

You should always keep meat, poultry, eggs and seafood separate from your other food both in your shopping basket and in your refrigerator. This will prevent bacteria from spreading between packages

You cannot tell by looking at the food if it is cooked to the right temperature. Food is only safe if it is cooked to a high enough temperature to kill bacteria. Different foods have different temperatures where that occurs. Use a food thermometer for the most accurate way to tell if your food is done. These can be purchase very inexpensively. Once your food is cooked, keep it hot or chill it right away. Years ago we use to leave food out to cool, but it has been proven that while food is cooling, bacteria is growing. Perishable food should be refrigerated within two hours . When on a picnic in hot weather, that should be an hour or less.

Don't let poor food sanitation lead to illness or something more serious. A few simple steps in food preparation will keep you safe.

September Birthdays



September Birthday Celebration

Happy Birthday to You!

Marie Watkins	9/5
Alice Kelmar	9/5
Carolyn Richardson	9/8
Wiktor Orel	9/28
Margaret Moore	9/30

August Birthday Celebration in the
Community room
September 26, 2014
2:00 PM -4:00 PM



September Ice
Cream Social
9/19 2:00



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Managing Pain

Has the presence of persistent pain kept you from doing things you enjoy? Has it caused you difficulty sleeping? Has it caused you to withdraw from family and friends? Are you less active than you were before? If so, you're not alone. These are common occurrences among the estimated 50 million Americans who suffer from chronic pain.

Contrary to what many believe, chronic pain is not just "all in your head". There are physical reasons for it. It is also not an inevitable part of aging. You don't have to "grin and bear it". In fact, doing so could be harmful. Left unmanaged pain weakens the immune system, increases anxiety and depression, impairs cognition, and substantially reduces quality of life.

Though chronic pain by definition is not curable, there are many treatment options available that can help you better manage your pain and reduce the negative effects it has on your life. Along with various medications, they include relaxation techniques, pacing strategies, and regular exercise.

Because pain is a complex, subjective experience, there is no "one size fits all" solution. Your experience with pain is unique to you. According to the American Chronic Pain Association (ACPA), the most important thing you can do is to be active in your own care. Effectively managing pain requires a strong collaborative relationship between you, your doctor and the rest of your healthcare team. The more active you are, the better your long-term results will be. For tips, visit the ACPA's website at <http://theacpa.org>.



Giving Matters.

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

Ready, Set, "Get Your Motors Running!"

Do you want to impact the lives of PVM residents AND have fun doing it? Then join us on Friday, November 14th for the 11th Annual PVM Foundation Gala, presented by The Damone Group! Set against the beautiful backdrop of the Detroit River in the renovated COBO Center, this year's gala is a '50's-themed throwback to classic automotive history. We'll also be celebrating the rich history of our resident with stories and photos of their classic cars, so you won't want to miss it!

When: Friday, November 14, 2014

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:30 p.m. General Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: \$250 Individual Ticket* includes General Reception, Dinner & Program

\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating
at Dinner & Program

(*Estimated Fair Market Value: \$120/ticket)

Proceeds from the event will directly benefit the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services such as technology, wellness and transportation
- And many other life-enhancing programs

PVM employees can purchase tickets through payroll deduction or you can even donate PTO hours. For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org, or visit the "Events" page at www.pvmfoundation.org.

Thank you for supporting PVM residents and I hope to see you on November 14th!

Warm regards,
Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation

presents its 11th annual Gala

Get Your Motors Running!

Sponsorship Packages Available!

Patron Tickets \$375

Individual Tickets \$250

For more information, contact
PVM Foundation at 248.281.2040
or visit www.pvmfoundation.org



Friday, November 14, 2014

COBO Center, Detroit

5:30 p.m.

VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.

General Reception & Raffle

7:30 p.m.

Dinner, Program & Entertainment

September 25, 2014

6:00 pm

Name That Tune Bingo



**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 Numbers (586) 751-5090
Village Staff

Natalka Melnyk, Administrator
Clara King, Administrative Assistant
Charles Hurley, Maintenance Tech
Emmi Parada, Housekeeper
*Denise Giallombardo, Service
Coordinator*
Sue Perkins, Parish Nurse

EMERGENCY NUMBER

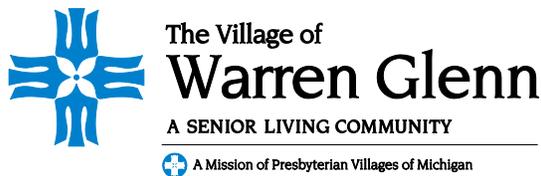
(586) 554-4008

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 Village of Warren Glenn Board

Janice Schulte Board Chair
Lesley Luft Secretary
Pamela Kalka
Malcolm McDougall
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Marijo Hackley
Kesha Akridge

Embrace the possibilities