



# Villa View



## Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • January 2018

## Notes from the Administrator

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2017 ended with a BANG!

Our residents traveled to Lansing to enjoy Christmas at the Capital with State Senator David Knezek. Redford residents were treated to a tour of the capital, lunch and tee shirts. Representative Knezek will be bringing legislative updates and providing lunch for our residents on Monday February 19<sup>th</sup> here at the Villa.

On December 15<sup>th</sup>, we enjoyed the annual Christmas Luncheon Gala for residents and family members. This year the event was held in the RCD room of Advantage Living Center which gave us more room to enjoy the melodious harmonies of the Madrigal Singers from Redford Schools. The photo booth was a really big hit this year. The pictures taken with friends and family will provide lasting memories of a wonderful afternoon. Lunch was catered by Events of Excellence and as always was beautifully presented and tasty.

The month ended with two trips to the Wayne County Lightfest and the little ones from Rainbow Daycare delighting us with their rendition of Christmas Carols. They also brought candy cane treats to hand out to the residents.

We look forward to 2018 and all the positive things that it will bring. We look forward to the great ideas the newly-formed Resident Council will bring to the campus. We are grateful for the assistance the council and floor captains give to our small office staff.



Look for PVM on:



The frigid temperatures have been unrelenting from the start of the year. If you must go out, please take every precaution to remain safe and warm. The snow removal service has been prompt in removing the accumulated snow, but there is always the possibility of hidden slippery patches. Should you encounter such an area, please call the office for maintenance assistance.

In this edition, please find photos of our security personnel. Their pictures will also be on the TV monitor located in the Villa hallway.

There will be annual inspections of each apartment and cottage unit this year. Residents will be notified in advance of the dates of inspection.





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## 10 TIPS FOR IMPROVING BRAIN HEALTH

This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

**1) BREAK A SWEAT.** Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.

**2) HIT THE BOOKS.** Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.

**3) BUTT OUT.** Quit smoking. Smoking increases your risk of cognitive decline.

**4) FOLLOW YOUR HEART.** Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.

**5) HEADS UP.** Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.

**6) FUEL UP RIGHT.** Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.

**7) CATCH SOME ZZZ'S.** Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.

**8) TAKE CARE OF YOUR MENTAL HEALTH.** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.

**9) BUDDY UP.** Pursue meaningful social activities. Staying socially engaged supports brain health.

**10) STUMP YOURSELF:** Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides short and long-term brain benefits.

# Baked Dijon Salmon

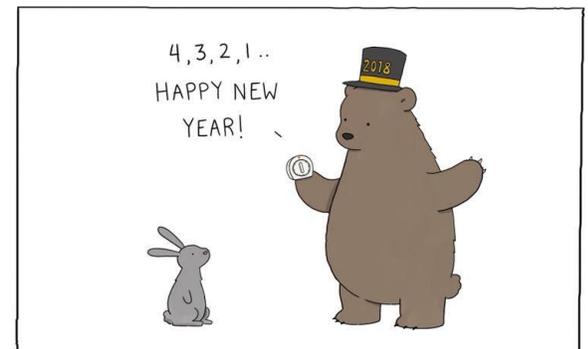


## Ingredients

- 1/4 cup butter, melted
- 3 tablespoons Dijon mustard
- 1 1/2 tablespoons honey
- 1/4 cup dry bread crumbs
- 1/4 cup finely chopped pecan
- 4 teaspoons chopped fresh parsley
- 4 (4 ounce) fillets salmon
- salt and pepper to taste
- 1 lemon, for garnish

## Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a small bowl, stir together butter, mustard, and honey. Set aside. In another bowl, mix together bread crumbs, pecans, and parsley.
3. Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the bread crumb mixture.
4. Bake salmon 12 to 15 minutes in the preheated oven, or until it flakes easily with a fork. Season with salt and pepper, and garnish with a wedge of lemon.



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lizclimo.tumblr.com

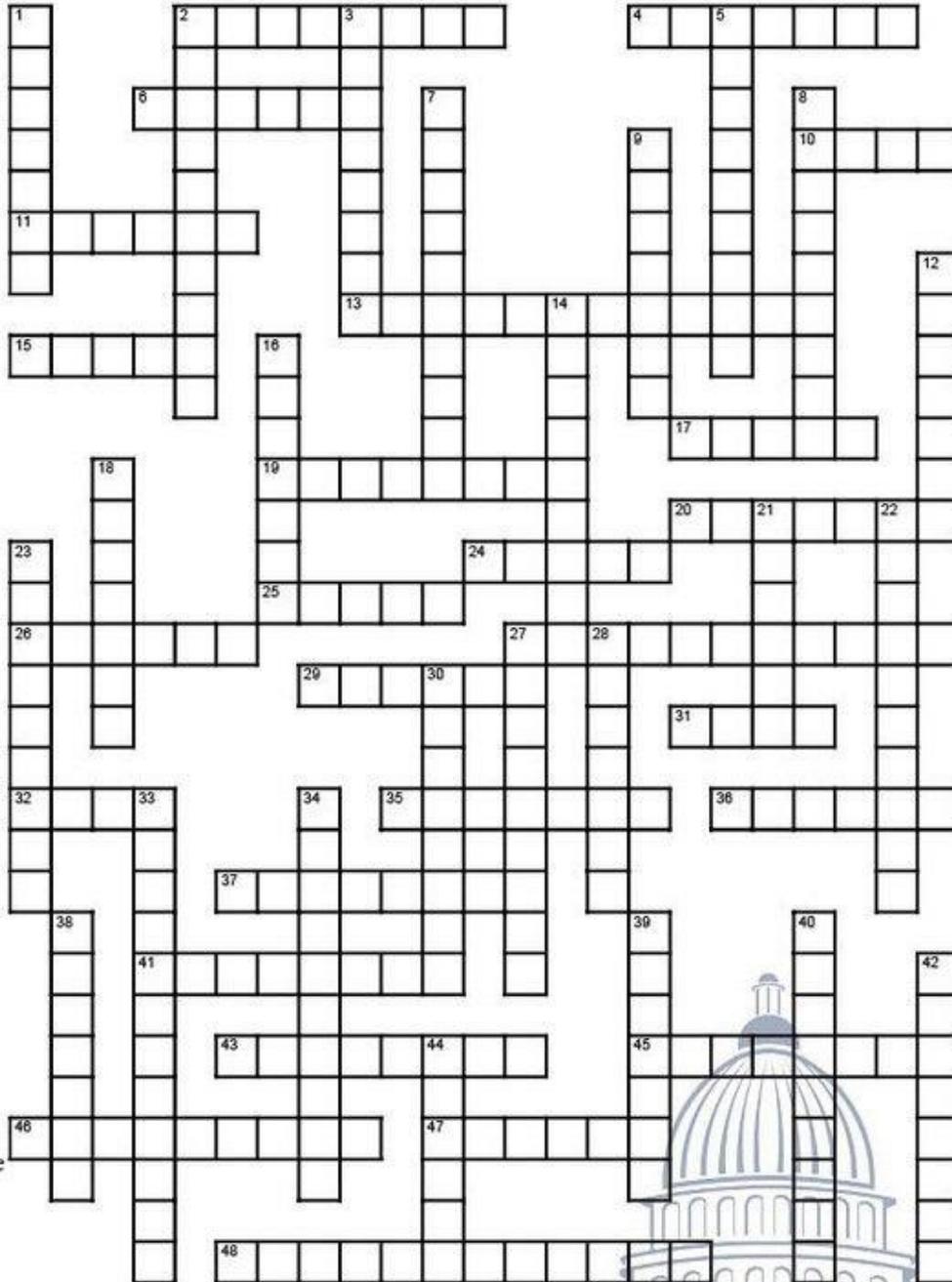
# STATE CAPITALS

**ACROSS**

- 2. South Carolina
- 4. Helena
- 6. Topeka
- 10. Des Moines
- 11. Colorado
- 13. Indiana
- 15. Boise
- 17. Austin
- 19. Wyoming
- 20. Nebraska
- 24. Augusta
- 25. Delaware
- 26. Juneau
- 27. Bismark
- 29. South Dakota
- 31. Salt Lake City
- 32. Columbus
- 35. Arizona
- 36. Salem
- 37. Springfield
- 41. Connecticut
- 43. Annapolis
- 45. Lansing
- 46. Madison
- 47. Massachusetts
- 48. Harrisburg

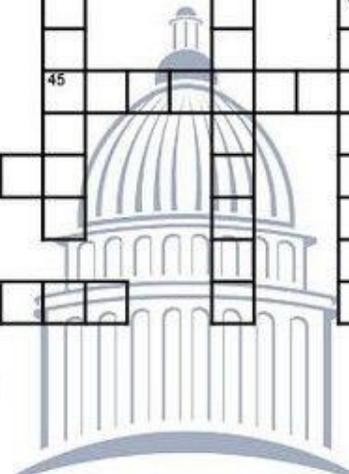
**DOWN**

- 1. Tallahassee
- 2. West Virginia
- 3. Jefferson City
- 5. Tennessee
- 7. Rhode Island
- 8. St. Paul
- 9. Washington
- 12. Mississippi
- 14. Santa Fe
- 16. New Hampshire
- 18. Montgomery
- 21. Carson City
- 22. Arkansas
- 23. Kentucky
- 27. Trenton
- 28. North Carolina
- 30. Virginia
- 33. Oklahoma



- 34. Sacramento
- 38. Atlanta
- 39. Montpelier

- 40. Baton Rouge
- 42. Hawaii
- 44. New York



# January 2018 Activities Calendar

# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	2 1 pm Pinochle 2 pm Movie "Bing Crosby Christmas"	3 10 am Kroger/\$Store 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	4 10 am Coffee Hour 10 am Pantry	5 1 pm Arts & Crafts 5 pm Keno/Bingo	6 1 pm Bingo (Game Room)
7 1:00 pm In His Presence Ministries Sunday Worship	8 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	9 2 pm Movie "Snatched"	10 10 am Value Center/Walgreens 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	11 10 am Coffee Hour 10 am Pantry	12 1 pm Arts & Crafts 5 pm Keno/Bingo	13 1 pm Bingo (Game Room)
14	15 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno	16 2 pm Movie "Beauty and the Beast"	17 10 am Kroger/\$Store 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	18 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings	19 1 pm Arts & Crafts 5 pm Keno/Bingo	20 1 pm Bingo (Game Room)
21	22 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	23 2 pm Movie "The Mountain Between Us."	24 10 am Value Center/Walgreens 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	25 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings	26 1 pm Arts & Crafts 5 pm Keno/Bingo	27 1 pm Bingo (Game Room)
28	29 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	30 2 pm Movie "Brimstone"	31 10 am Kroger/\$Store 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study			

In our commitment to be of service to others and our surrounding community, we sometimes offer our common spaces to different groups, such as the "Little Ladies Tea Society" or the retired Presbyterian ministers. We try to give as much notice as possible, which we will inform you. We thank you for your understanding in this matter.

Please note: On the fourth Wednesday of the month, both the dining room & craft room are utilized for the meeting of the Redford Board.



# Giving Matters.

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

## Older adults can THRIVE because of donors like YOU!

Going to the mall to return gifts today?...Or grocery shopping? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Michigan has moved from the **30<sup>th</sup> oldest state** in the USA to the **10<sup>th</sup> oldest**.

### **So what?**

More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

You strengthen the economy by keeping seniors active in their communities. **You're the reason that Michiganders can thrive as they age.**

Thank you for caring and THANK YOU FOR GIVING!!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE



This is what thriving looks like!  
*Whoo hoo!*

## THE BULLETIN BOARD

by Kay Eless

### CAREGIVING TIPS FOR YOU AND YOUR FAMILY – PART 2

Now that you have become responsible for a family member, let's look into those sudden trips to the ER. It took a few years before trips to the ER became more and more frequent, and it was usually because my mother was dehydrated. She hated water and didn't realize how important water was for heart health. During one trip, I became curious about hospital procedure so I started keeping a log of: admittance time to the ER; time waiting for a doctor (at least four hours before an ER doctor determined whether or not there was cause to admit my mother to the hospital); the time it took to find an available bed, get admitted to the hospital, and finally to get transported to that hospital bed. From start to finish, sometimes a stay in the ER took as long as eight hours. Also recorded were administered tests, their results, and whatever the staff had to say about the diagnosis, prognosis and treatment. Sometimes names and phone numbers were added in case of future consultation. It took a lot of notebooks to contain all this information over a six year period.

Eight hours are a long time and my mother and I always became hungry and thirsty. Junk found in food and drink machines was not acceptable, and we couldn't always count on the ER to provide a sandwich and juice for my mother. I was more concerned for her than for myself and eventually found a solution. One day, it wasn't until I got home from a doctor's appointment that I found out that my mother had been taken to the ER. She was already being cared for so there was time for me to eat something and to pack a bag with a plastic spoon, napkin and a pudding cup in case she needed something to tide her over until she was given a proper meal in the hospital. Waiting times in the ER were very uncomfortable because they seemed to happen an hour or two before lunch or dinner. It's bad enough being anxious about the emergency situation without also having to go hungry. So, the next day, I decided to find an "emergency" bag that would be kept ready to grab at a moment's notice. This emergency bag would contain: (1) a tote bag to hold a drink of some kind, non-perishable food, and baggies filled with napkins and plastic spoons; and, (2) another tote bag to hold my hand held electronic game, crossword puzzle book, crayons and coloring book, etc. (the second tote already had been used for my doctor's appointments so I decided it also would come in handy for visits to the ER). And, to make it handy for me, this second tote also held my log book so I could keep track of any information given by medical personnel in the ER, the hospital, and the nursing home (for rehab).

Disclaimer: Since my mother died in 2012, I would have no way of knowing if my hospital information has improved or stayed the same.



# January Birthdays!

- Joe Zerbini.....1/01
- Charline Attles.....1/01
- Brunetta Calvert.....1/04
- Jane Marsh.....1/08
- Caroline Jonah.....1/10
- Thelma Scott.....1/11
- Christine Rencher.....1/12
- Florence Morton.....1/17
- Margaret Irving.....1/17
- Nancy Painter.....1/18
- Tonna Brown.....1/19
- Pearlle Brown.....1/20
- Georgie Thompson.....1/21
- David Jonah.....1/22
- Frank Morris.....1/22
- Jerry Belcher.....1/23
- Robert Willis.....1/29
- Cheyney Thompson.....1/31



Redford Board of Directors

❖ Deanna Mitchell, Board Chairperson

❖ Reva Wujcik

❖ Joyce King

❖ Laura Scanlan

❖ Susan Hurst

❖ Catherine Esannason

❖ Kathryn Telck



# The Senior Advocate.

*By Lynn Alexander,  
Senior VP & Chief Marketing Officer*

This is very clever. I would probably fall for it if not warned. Give this wide distribution. This scam is actually very clever. Just when you thought you'd heard it all. Be very careful out there! Beware of people bearing gifts.

The following is a recounting of the incident from the victim:

Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: "Express Couriers," (The name could be any courier company). He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in roughly an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and a bottle of wine. I was very surprised since there was no special occasion or holiday, and I certainly didn't expect anything like it. Intrigued, I inquired as to who the sender was.

The courier replied, "I don't know, I'm only delivering the package."

Apparently, a greeting card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift.

He then went on to explain that because the gift contained alcohol, there was a \$3.50 "delivery/verification charge," providing proof that he had actually delivered the package to an adult (of legal drinking age), and not just left it on the doorstep where it could be stolen or taken by anyone, especially a minor.

This sounded logical and I offered to pay him cash. He then said that the delivery company required payment to be by credit or debit card only, so that everything is properly accounted for, and this would help in keeping a legal record of the transaction.

He added, "Couriers don't carry cash to avoid loss or likely targets for robbery."

My husband, who by this time was standing beside me, pulled out his credit card, and 'John,' the "delivery man," asked him to swipe the card on a small mobile card machine with a small screen and keypad. Frank, my husband, was asked to enter his PIN number and a receipt was printed out. He was given a copy of the transaction.

The guy said everything was in order, and wished us good day.

To our horrible surprise, between Thursday and the following Monday, \$4,000 had been charged/withdrawn from our credit/debit account at various ATM machines.

Apparently the "mobile credit card machine," which the deliveryman carried now had all the info necessary to create a "dummy" card with all our card details including the PIN number.

Upon finding out about the illegal transactions on our card, we immediately notified the bank which issued us a new card, and our credit/debit account was closed.

We also personally went to the Police, where it was confirmed that it is definitely a scam because several households had been similarly hit.

**WARNING:** Be wary of accepting any "surprise gift or package," which you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the gift or package. Also, never accept anything if you do not personally know or there is no proper identification of who the sender is.

Above all, the only time you should give out any personal credit/debit card information is when you yourself initiated the purchase or transaction!

## Classic Security



Sgt Tony Bolding

Officer  
James Finley

Officer James  
Stevens

## Coordinator Corner

Join us on Tuesday, January 9, 2018 @11:00am in the Villa dining room for a meet & greet with Danielle from Oral Health Solutions, NPO Oral care for seniors. Do you need dentures, partials, crowns? Low cost services available. Friday, January 12, 2018 @ 11:00-12:00 Home Care Connect Inc. will present an afternoon of learning and BINGO!



Topic: Diabetes Diet Management

Monthly Quote: “You can’t stop the future  
You can’t rewind the past  
The only way to learn the secret of life is....  
To press play.” ~ Jay Asher

**REMINDER:** The service coordinator’s office will be closed on Monday, January 15, 2018 in observance of Martin Luther King Jr. Day

Welcome to all our new residents! I look forward to meeting and serving you.

Anita L. Stephens  
Service Coordinator  
Villa & Cottages  
313-541-6450

## Movie Listings January 2018



**Snatched** Dumped by her boyfriend on the eve of their vacation, impetuous dreamer Emily Middleton persuades her cautious mother, Linda, to accompany her on an exotic getaway to South America. Polar opposites, Emily and Linda must soon work through their differences to escape from a wildly outrageous and dangerous jungle adventure.

**Beauty and the Beast** Belle (Emma Watson), a bright, beautiful and independent young woman, is taken prisoner by a beast (Dan Stevens) in its castle. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the beast's hideous exterior, allowing her to recognize the kind heart and soul of the true prince that hides on the inside.

**Mountain between Us** Stranded on a mountain after a tragic plane crash, two strangers must work together to endure the extreme elements of the remote, snow-covered terrain. Realizing that help is not on the way, they embark on a perilous journey across hundreds of miles of wilderness, pushing each other to survive and discovering their inner strength.

**Brimstone** A frontier woman turns fugitive when she is wrongly accused of a crime she didn't commit and is hunted by a vengeful preacher.

**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)

**MAIN OFFICE NUMBER**

**313-541-6000**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*

**(313) 541-6042**

**Hannah Micallef**  
*Senior Housing Administrative  
Assistant, TCS*

**(313) 541-5991**

**Steve Reardon**  
*Maintenance Technician*

**Mark Uzarek**  
*Maintenance Lead*

**Rhonda Harvey**  
*Housekeeper*

**Anita Stephens**  
*Service Coordinator*

**(313) 541-6450**

**EMERGENCY NUMBER (VILLA)**

**(313) 910-7027**

**EMERGENCY NUMBER (COTTAGES)**

**(313) 573-3572**

**NON EMERGENCY REDFORD PD**

**(313) 387-2500**

**CLASSIC SECURITY**

**(313) 662-4648**



**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 Cottages at  
**Redford**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



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**Redford**

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