



Village Voice



Embrace the possibilities

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

January 2019

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Holidays at Warren Glenn

We are very thankful for First Presbyterian Church of Warren. From Advent to Christmas Day to the Winter Solstice, residents were treated to musical performances, ornament making, Christmas cookies and potluck dinners as well as worship services and Longest Day services. Members of the Warren Community Church performed Christmas songs for residents thanks to Sylvia Guillemette whose daughter Suzette attends the church. Also, we must thank Parish Nurse Sue Perkins who led residents in bible study during Advent and in packing gift boxes for children in other countries. And Tina and Jill from the Macomb County *Dining Senior Style* program for providing special holiday meals and celebrations for residents.

Decorating the Village was fun and this year the building looked beautiful. We now have three large trees, five small ones and seven wreaths. Thank you to Josephine Danowski's son, Marty, who donated fresh wreaths and poinsettias. Thank you to the decorators: Diane Sexton, Bev Hooks, Theresa Smith, Kaye Gawel, Janice Kuchta, Rosemarie Barnhart, Dann Federico and Liz Barringer. Thank you to everyone who decorated their own entrance and hallway. It looked *good!*

Forty-four residents enjoyed dinner, a visit by Santa Claus and *The Soundz of Music*. Residents set the tables, Stacey and Alison plated food and Emmie's granddaughters, Arriyanna and Alisa, and Stacey's sons Ethan and Blake served it. Thank you to board members Mac McDougall, Marijo Hockley and Betty Challenger and PVM Board member George Millush for attending. Everyone agreed that Santa and Emmie's little grandson, Aidan, were the hits of the evening!

Then on New Year's Eve, 21 people enjoyed a pizza party complete with a 50/50 raffle, a special bingo and card games. Thanks to everyone who worked to make the evening a success.



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Sharing Faith at Any Age

Marijo Hockley
Inclusion Minister
First Presbyterian Church of Warren

Come share your talents with our brothers and sisters from First Church, Warren Consolidated Schools, and the Village of Warren Glenn. There's something for everyone and every talent. The most important gift you can share is YOU!!! Everyone is welcome to attend Inclusion Ministry Events!!!

Every week:

- Thursdays, January 10, 17, 24, 31
Bible Study, 1:00 p.m., Warren Glenn, Community Room
"Won't You Be My Neighbor?" Being a good neighbor means sharing our stories with one another, finding things in common and learning about differences...what makes us unique! Learn about each another and what God calls "neighbors". 8 weeks

January:

- Sunday, January 6
Communion, 1:00 p.m., Warren Glenn Community Room
- Sunday, January 20
Worship, 1:30 p.m., Warren Glenn Wellness Room (upstairs)
Afternoon at the Movies and Early Dinner, 2:30 p.m., Warren Glenn Wellness Room. Bring movie snacks or a dessert to share. Pizza and pop provided.
- Friday, January 25
MJR Movies and McDonald's Lunch with Cousino High School Students. Bus sign up will be in the mailroom January 20. Bus leaves at 9:45 a.m. and returns at 1:15 p.m.

Pastoral Care – available by contacting Marijo Hockley at (248) 219-9449, calling the First Presbyterian Church of Warren office at (586) 751-1721, or contacting your VWG Spiritual Care Liaisons: Sister Mary Fagan or Donna Smith.

Prayer Cards are available in the Flint Room and are collected each week to be added to the prayer concerns at First Presbyterian Church.

SERVICES

Beauty Salon

Beautician Gloria Blood is here every Thursday. She offers a variety of services in the beauty salon on the second floor across from the lobby elevator. A sign-up sheet on the salon window includes a list of services and fees.

Chiropractor

Dr. Jamie Beck comes to our building on Mondays, Wednesdays and Thursdays at 10:30 AM. If you need to see the chiropractor, go to the exercise room on the second floor. No appointment is necessary. First time patients must bring their identification and insurance cards. Most insurances cover this service.

Podiatrist

Dr. William Rubin comes to the building approximately every six weeks. He will see you privately in your apartment. Watch for the sign-up sheet in the mailroom. After you sign-up, podiatry staff will contact you by phone to get your insurance information. Most insurance plans cover this service.

Prescription Delivery

CVS pharmacy at 12 Mile and Ryan will deliver prescriptions free of charge to our residents. The telephone number is 586-756-8900. Other pharmacies in the area may deliver too.

Schwan's Food - A deliveryman comes to the lobby of our building every other Wednesday at 4:00 p.m. He takes orders and fills them from his truck

7 THINGS YOU MAY NOT KNOW ABOUT MARTIN LUTHER KING JR.

King's birth name was Michael, not Martin. In 1934 his father traveled to Germany and became inspired by the leader of the Protestant Reformation, Martin Luther. As a result, King Sr. changed his own name as well as that of his 5-year-old son.

King entered college at the age of 15. King was such a gifted student that he skipped grades nine and 12 before enrolling in 1944 at Morehouse College

King received his doctorate in systematic theology. King attended graduate school at Boston University, where he received his Ph.D. degree in 1955.

King's "I Have a Dream" speech was not his first at the Lincoln Memorial. Six years before, King was among the civil rights leaders who spoke during the *Prayer Pilgrimage for Freed* in 1957.

King was imprisoned nearly 30 times. He was arrested for acts of civil disobedience and on trumped-up charges, such as when he was jailed in Montgomery, Alabama in 1956 for driving 30 miles per hour in a 25-mile-per-hour zone.

King narrowly escaped an assassination attempt a decade before his death. An attempt was made on his life while he was in Harlem for a book signing in 1958.

King's mother was also slain by a bullet. On June 30, 1974, as 69-year-old Alberta Williams King played the organ at a Sunday service inside Ebenezer Baptist Church, a man rose from the front pew, drew two pistols and began to fire shots. One of the bullets struck and killed Mrs. King.

Introducing...New Resident Barbara Holland

Please say hello to our newest resident, Barbara Holland in apt. 131.

Barbara was born and raised in Detroit and graduated from Kettering High School. She enjoys her large family with three daughters and six grandchildren. Barbara is retired from having worked for many years as a housekeeper in a nursing center.

She really likes the building and location and is sure that she will be happy here. Barbara likes to plant and grow things and looks forward to spring when she can help with planting flowers. For which we will be very thankful!

JANUARY WORD SEARCH

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

January
 snow
 Martin
 Luther
 King
 Jr
 penguin
 snowman
 cold
 mitten
 snowball
 snowflake
 frost
 hibernate
 winter
 white

From the Service Coordinator

Denise Giallombardo, National Church Residencies



This Year ---

(Think about what you want this year, fill in the blanks and just do it!)

A **habit** I am going to break: _____

A **new skill** I would like to learn: _____

A **good deed** I am going to do: _____

A **place** I would like to visit: _____

A **book** I would like to read: _____

A **new food** I would like to try: _____

A **person** I would like to get to know better: _____

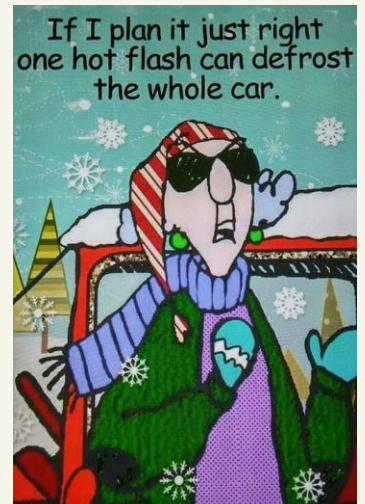
An **old friend** I will contact: _____

Someone who hurt me, I am going to forgive: _____

I am going to have a great year!

Ten Steps to a Happier New Year

1. Go to sleep when you are tired and wake when you are refreshed.
2. Turn off the TV for an hour or two and read.
3. Cry when your need to but don't dwell.
4. Spend more time outside.
5. Celebrate your small victories.
6. Count your blessings.
7. Learn to let go.
8. Make lists---organize your life.
9. Smile at your reflection in the mirror.
10. Remember you are in charge of your happiness.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Life Without a Car – Part 3

This article is a third in a series about living life without a car. Last month I shared my experience using Lyft for transportation. This month I am going to introduce you to Shipt.

I first learned about Shipt a couple of years ago when visiting my sister in Florida. Because I have unique dietary needs, the day I arrived she said we needed to go grocery shopping. That's when she pulled out her phone and said, "What should we get?" We weren't going to the grocery store to shop, we were going to "shop" with her phone using Shipt. Shipt is a grocery shopping service that you access using an app on a smartphone. You select what you want, place an order, someone on the other end claims it, goes to the store and does the actual shopping for you, and when done brings the groceries to you.

I watched and was utterly amazed. After we filled our online shopping cart, my sister placed the order and selected a delivery time. Within an hour of the delivery time, she received a notification on her phone that someone had claimed her order and would be shopping.

When that person began shopping, she sent a text directly to my sister and asked her if she wanted to add anything else. If the store didn't have an item my sister would get a text from the shopper with a recommended substitute that my sister could accept or reject. She even received a photo of the bananas the shopper planned to buy so we could make sure they were as ripe as we had requested.

It took the shopper about an hour to finish. Before she left the store, she sent one last text letting us know her estimated time of arrival. When she arrived, my sister invited her in. The shopper placed the groceries on the counter then quickly went on her way. I could hardly believe it. We went grocery shopping without leaving my sister's house.

Flash forward a couple years. I am without a car and as luck would have it, I am out of food. That's when I remembered my experience at my sister's. Time to fire up Shipt so that I could go grocery shopping without a car. Next month, I'll let you know how it went.



ACTIVITIES COMMITTEE

A diverse group of residents: Sherita Babridge, Liz Barringer, Betty Challenger, Sister Mary Fagan, Dann Federico and Diane Sexton, met to plan a year's worth of activities for Warren Glenn. Stay tuned for a flyer that lists dinners and parties designed to celebrate a holiday, help people get to know each other or just to have some fun.

GAMES PEOPLE PLAY

We have Tuesday and Friday bingo, Thursday pokeno and Monday penny cards or pinochle. Games are open to everyone. Board games are in the Committee Room and puzzles are in the Computer Room. Feel free to use.

SUPPER CLUB

The supper club will not brave the weather until March at the earliest. The next outing will take place when the snow disappears!

MOVIE NIGHT

Sherita (#238) hopes to have a February movie. If you have a DVR that you can loan or a movie suggestion, please contact her.

JANUARY DINNER



Potluck Dinner

Join Us on
Saturday, January 19 at 5:00 p.m.

Roast Beef and Fancy Potatoes provided.
Cooking by Joyce and Betty.

Bring a dish or dessert to pass.
(But if you aren't able to cook, make a donation.
If you aren't able to make a donation,
come any way and join the group for dinner!)

50/50

Sign-up in the mailroom.



JANUARY BIRTHDAYS

5	Gail Styles	#233
13	Jan Carwan	#105
20	Joann Duane	#222



SILLY JANUARY HOLIDAYS

- 6 Feast of the Epiphany
- 8 Bubble Bath Day
- 14 Dress Up Your Pet Day
- 16 National Nothing Day
- 20 Cheese Lovers Day
- 21 **Martin Luther King Jr. Day**
- 29 National Puzzle Day

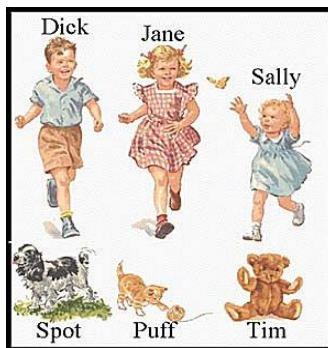
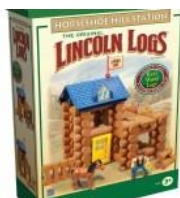


HOT LUNCH AVAILABLE

Dining Senior Style serves a hot lunch Monday-Friday in the community room. The meals include a beverage and dessert. You do not have to sign up in advance, just be in the community room at 11:15 a.m. The suggested donation is \$3 per meal if you are 60 or older and \$6.50 for younger guests.

Do You Remember?

- Nylons with seams up the back
- Dagwood sandwiches
- Toni home permanents
- *Dick and Jane* books
- Ricky Nelson
- *The Weekly Reader*
- Lincoln Logs



TECH TALK: SMART HOME SET-UP

Mark Kronner, Director of Technology, Presbyterian Villages of Michigan

The *Internet of Things* is a category of new technologies that have experienced significant growth in the consumer market over the last several. They are generally small, intelligent, and networked devices that integrate with otherwise non-digital items. Smart watches, IP security cameras, and self-driving cars all fall under this general category, as they bring everyday objects “online”. Smart home technology is the application of devices to improving the comfort, convenience, and safety of the user’s home. The smart home configuration outlined below is an example of a simple setup that will demonstrate the uses of these technologies in apartment and senior living.

Devices

- Amazon Echo Show (\$180): voice and touch controlled smart home hub with a tablet-like screen that serves as the command center of the smart home
- Amazon Echo Dot (\$40): small voice controlled home assistant, and can be used in conjunction with the Echo Show
- Amazon Fire TV Stick (\$40): turns any TV into a Smart TV, allowing the user to play videos and music from the internet through their TV
- Amazon Cloud Cam (\$100): cloud-based security camera that can be used to check in on one’s home from anywhere with an internet connection
- Lixf Mini Light Bulb (\$30): smart light bulb that can turn, turn off, or be dimmed through voice control

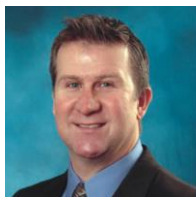
Practical Uses

While smart home technology can be used for a wide range of tasks, the lists below highlight a few of the most common, and in particular those that will be most useful in a senior living setting.

- Voice control from anywhere in the home
- Cast Netflix, Hulu, Spotify or other streaming music and video services to home TV
- Set lighting schedules to suite time of day (e.g. lights on in the morning, dimmed lights at night)
- Easily set timers, make list, or set recurring alarms
- On demand news and weather, delivered by the home assistant
- Hands free, voice-activated video and voice calling
- Monitor home remotely with access to IP security camera

Conclusion

The Internet of Things technology is modular by design, so any initial setups could easily be scaled up or down to meeting future needs.



Giving Matters.

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

You help your fellow residents THRIVE. Thank 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 someone from your Village or another older adult.

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

So what?

Older adults need **the services YOU help provide and you're more important than ever.**

Being a donor to your Village really helps your fellow residents in their time of need. Help your Village with fun field trip activities or going to the **Village Victory Cup.**

Thank you for caring—and THANK YOU FOR CARING ABOUT YOUR FELLOW RESIDENTS!!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Happy New Year!
Paul J. Miller, CFRE



ALTERATIONS & MENDING - Shorten pants and sleeves. Take-in or let-out clothes. New elastic and more. Fast and reasonable, call Diane at 586-350-1751.

AVON PRODUCTS - If you are looking for an Avon Lady, call **Pat Fillip** @ 248-515-7549. **Special Offer:** For new customers a free gift with any \$20 order!

MANICURES - Hand & arm massages and facials in your apartment or mine. Licensed with very reasonable prices. For more information, call Mickey at 313-728-1623.

WATCH BATTERY & WATCH BAND REPAIR - All work guaranteed one year. Low cost and all profits go to First Presbyterian Church. Call Mac MacDougall 586-484-0417

FREE USED ELECTRIC WHEEL CHAIR – Needs new battery but runs well. Call Lois at 586-565-1015. **FREE!**



February is Black History Month. To celebrate, we will have a soul food dinner prepared by African American residents. Mark your calendars and save Sunday, February 17 at 5:00 p.m.

**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



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Emmi Parada
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Malcolm McDougall, President
Betty Challenger
Marijo Hockley

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Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org

Newsletter Committee

Stacey Klooster

Anne Lilla

Diane Sexton



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan



Embrace the possibilities