



Village Voice



Embrace the possibilities

Cottage Courier

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

January 2020

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The Village of
Westland
 A SENIOR LIVING COMMUNITY
 Managed by Presbyterian Villages of Michigan

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Welcome to the Month of January

January was originally the eleventh month—not the first—until at least 153 B.C. The month was named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, the other into the future.

January's birthstone, the garnet, is thought to keep the wearer safe during travel.

January's birth flowers are the carnation and snowdrop. January's Zodiac signs are:

Capricorn: December 22–January 19

Aquarius: January 20–February 18

FOLKLORE FOR THE SEASON

Fog in January brings a wet spring.

A favorable January brings us a good year.

If grass grows in January, it will grow badly the whole year.

A summerish January, a winterish spring.

Have a lovely January and a wonderful start to 2020!

January Trivia

#1 Named by the Romans, the month of January was named after the Roman god Janus. Janus is the god of what?

#2 The birthstone for January is the?

#3 Which American president was born in January?

#4 January has 31 days. How many other months also have 31 days?

#5 The Japanese New Year's is celebrated on what days that fall in January?

*See answers on page 9

Staff Extensions

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Shana Brown ~ 28886
Wellness Manager

Shari Thompson ~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

Jennifer Wolf ~ 28953
Fitness Specialist

Breana Wallace ~ 28896
Marketing Manager

Amber Tomkinson ~ 28896
Sales and Leasing Specialist

Diane Santo ~ 28889
Beauty Shop

January History

January 1 New Year's Day - The most celebrated holiday around the world.

January 1, 1776 - During the American Revolution, George Washington unveiled the Grand Union Flag, the first national flag in America.

January 3, 1959 - Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.

January 3, 1924 - British Egyptologist Howard Carter found the sarcophagus of Tutankhamen in the Valley of the Kings near Luxor after several years of searching.

January 4, 1790 - President George Washington delivered the first State of the Union address.

January 7, 1782 - The first U.S. commercial bank opened as the Bank of North America in Philadelphia.

January 10, 1863 - The world's first underground railway service opened in London, the Metropolitan line between Paddington and Farringdon.

January 11, 1964 - The U.S. Surgeon General declared cigarettes may be hazardous to health, the first such official government report.

January 13, 1990 - Douglas Wilder of Virginia became the first African American governor in the U.S. as he took the oath of office in Richmond.

January 17, 1945 - During World War II, Warsaw, Poland, was liberated by Soviet Russian troops.

January 20, 1981 - Ronald Reagan became president of the United States at the age of 69, the oldest president to take office.

January 25, 1961 - President John F. Kennedy conducted the first live televised presidential news conference, five days after taking office.

January 25, 1947 - Gangster Al Capone, who once controlled organized crime in Chicago, died in Miami at age 48 from syphilis.

January 30, 1973 - During the Watergate scandal, Gordon Liddy and James McCord were convicted of burglary, wire-tapping and attempted bugging of the Democratic headquarters inside the Watergate building in Washington, D.C.



Happy Birthday Wishes



Stella Lalomia

Welcome New Residents!

**John Banks
Ed Tice**

Welcome New Employees!



Simone Fikes
Resident Assistant



Adenike Olaoluwa
Resident Assistant

A Warm welcome, it is great to have you with us!



The Senior Advocate.

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

Honoring our Veterans

Finally our veterans appear to be receiving even greater recognition. I was pleased to see so many veterans' ceremonies on this recent Veterans Day. As a daughter of two Navy veterans it warms my heart.

The Oakland County Veterans Affairs Department and their department of Economic Development have teamed up to launch an intensive media campaign honoring veterans and encouraging others to come to them for assistance. Although still relatively new, this campaign has already seen a dramatic upward trend in referrals. You may have noticed their billboards with veterans' photos or heard them on the radio. They have even been showcased on national news outlets.

As part of this campaign Oakland County held a heartfelt reception to launch the new photo gallery exhibit of veterans' photos. It is beautifully done and worth a visit. The photos will be on display at the Oakland County Executive Office Conference Center until December 20th. Go to www.oakgov.gov for details. Most Michigan counties have referral services for veterans. You can locate them through the county offices.

I am proud to say that PVM also has a Veterans Preference Program which allows veterans to move to the top of waiting lists at select locations. Contact our home office at (248) 281-2020 if you have a friend or relative who can benefit.

Our veterans protected all of us and our country and deserve the best from us.



A New Year's Resolution Solution

With the arrival of the New Year, like 100 million other Americans, you have probably made at least one New Year's resolution. Unfortunately, however, like most everyone else, by mid-April you will probably find that your resolutions are nothing but distant memories. So, why is it that as easy as resolutions are to make, they seem to be even easier to break?

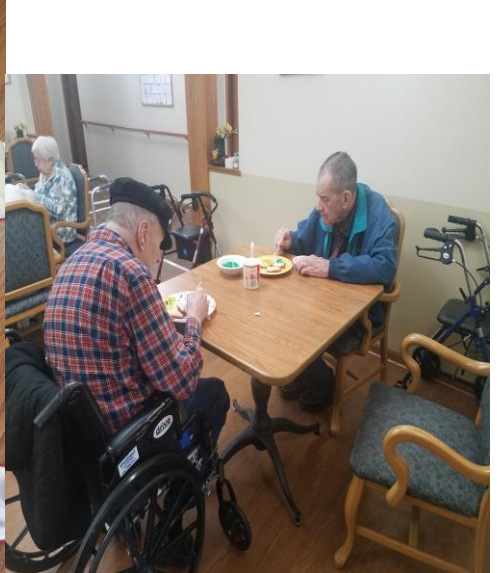
Ask almost anyone that has made – *and broken* – a resolution and they will tell you that lack of will power was their downfall. But is failing at our resolutions really a matter of will power? Could it be that the problem isn't that we aren't mentally tough enough, but that we really haven't yet learned how to set realistic goals?

When it comes to learning how to set goals, behavioral experts recommend:

- Starting with something you **WANT** to do rather than something you think you should/need to do (e.g., being more physically active vs. eating less salt).
- Choosing something **ACTION** oriented rather than outcome oriented (e.g., walking vs. losing weight).
- Selecting something **MEASUREABLE** (e.g., walking a certain distance or for a certain amount of time vs. just walking).
- Selecting something **ACHIEVABLE** (e.g., walking 10 minutes/day, 3 times/week vs. walking 2 miles/day, 7 days/week).

As with any new skill, the more you practice it the better you will get at it. Before you know it, you will be setting and achieving goals with ease.

Fun Times at Rose Cottage



Fun Times at Ivy Cottage



January Trivia Answers

- #1 *Beginnings*
- #2 *Garnets*
- #3 *Richard Nixon*
- #4 *Seven*
- #5 *1st to the 3rd*

Like and Join the Village on Facebook!



You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!

A Note from Tracey
- Wellness Coordinator

*January is here,
With eyes that keenly glow—
A frost-mailed warrior striding
A shadowy steed of snow.*
—Edgar Fawcett, American poet (1847-1904)

January is National Hot Tea Month and National Clean Up Your Computer Month. Put on the kettle and start sorting through those old files!

January 1 is New Year's Day. While you're still recuperating from the prior night's parties, read up on some other new year's traditions you might not know about and celebrate with some Hoppin' John for good luck.

January 5 brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the wassail bowl.

January 17 is Benjamin Franklin's birthday. He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture. Here at the *Old Farmer's Almanac*, we consider him the father of almanacs! How much do you know about Ben?

January 20 is Martin Luther King Jr. Day (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.



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Blouse

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**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 (734) 728-5222

Village Staff

Michele White
Executive Director

Jason Lovelly
Human Resources

Breana Wallace
Marketing Manager

Jan Smith
Nurse Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Candace Forte
Dietary Manager

Brenda Seifert
Housekeeping Lead

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**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 at **248-281-2040** or visit www.pvm.org



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A Mission of Presbyterian Villages of Michigan

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