



Village Voice



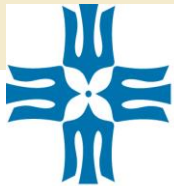
Embrace the possibilities

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

January 2020

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The Village of
Westland

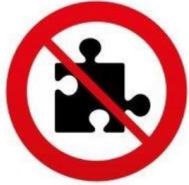
A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



UPDATES AND REMINDERS



**As of right now, we are not accepting
any donations
of books or puzzles.**



No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the covered parking.

Smoking in the apartments is forbidden. Residents violating this policy could be evicted



The location of the Brian Fitness and Arthritis Fitness classes have changed to the Private Dining Room per request of residents. These classes will be at the same time as before, 12:00 PM on Thursdays.

Love living at the Village of Westland?!?!

What to live near your friends and get money for it?!?!

Here's How!

If you refer a resident who ends up living here for at least 90 days, you will receive a \$500 bonus!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

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.

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**



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

THE 2020 US CENSUS

Once every ten years, the US Census Bureau does a complete population count, surveying every resident in the US. This count is mandated by the Constitution and requires reaching millions of households. Everyone who has established a residence in the US is counted, including individuals with work visas, international students, and unauthorized immigrants, but excluding temporary visitors such as tourists.

The 2020 Census will be the first time you can take the survey online. Most households will be contacted by mail with a unique code to fill out the survey online. The goal of the Census Bureau is to have these distributed between March 12-20th. Be sure to look for this document since it is very important that you respond. For every resident not counted thousands of dollars are lost to your geographic area. If you are not handy with internet usage ask a family member or friend to assist you. Make sure you are responding to the official document since scammers will try to send fake ones to access your information.

Just as every vote counts at election time, every survey counts?

(Information was provided by USA Facts)

JANUARY FACTS

The 1st month of the year brings us New Year's Day, MLK day, and the excitement of new beginnings. In the Georgian calendar, the calendar that most of the world uses, January is the very first month of the year. The name January came from a Roman god Janus. According to the Roman legend, in 700 B.C., the ruler Numa Pompilius added January to the end of the 10-month Roman calendar. When it was added, Pompilius gave 30 days to January. However, Romans later made January the first month of the year. Moreover, in 46 B.C. Julius Caesar added a one more day to January and that's why there are 31 in January today. January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food. It is the coldest month in the northern half of the world, nature is quiet and the birds travel less. Also, the bears and woodchucks go into hibernation. However, in southern half of the world, January is the warmest month. During this time, unlike the northern half of the world, animals are active and plants are growing.

Below are some fun facts about January:

1. January's gem is garnet which represents constancy.
2. The zodiac signs for January is Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
3. The Common Sense by Thomas Paine was published on January 10, 1776.
4. On January 10, 1920 the League of Nations was established.
5. National Blood Donor Month
6. National Braille Literacy Month
7. National Hobby Month
8. National Soup Month
9. National Staying Healthy Month
10. On January 8, 1798, Amendment 11 to Constitution was proclaimed which modified the Supreme Court's power.
11. On January 4, 1896, Utah became the 45th state.
12. On January 6, 1912. New Mexico became the 47th state.
13. January 8 - Elvis Presley's birthday
14. January 11 - National Human Trafficking Awareness Day in the United States
15. Martin Luther King, Jr. Day in the United States - Third Monday
16. On January 2, 1788, Georgia ratified the Constitution.
17. January 26 - Republic Day in India
18. On January 1, 1863, the Emancipation Proclamation was issued by Abraham Lincoln.
19. On the first Monday of January, Handsel Monday is celebrated in Scotland and northern England.

Village of Westland December Doings

Elves on Shelves Winners Include:

1st Place: Sue Langham

2nd Place: Johanna Schoel

3rd Place: Pat Boyington



All winners received elves to keep

All participants will receive stickers for their participation

Here is a poem from the winner, Sue Langham, about the elf scavenger hunt:

“Where art thou elf?

Are you peering through the decoration on the door of apart 914?

Or selling yourself on the marketing door decoration?

Are you trying to nap under the library’s thermostat?

Where art thou elf?

The last one I hear is quite well hidden

Aha, I just found you in the Wellness tree sittin’!

Adopt-A-Family Program

This year was the first time we adopted two families (five children total) and we went above and beyond with our gift giving to these kids! We had enough money to get extra gifts for the kids and their parents! Thank you so much again for supporting local families this Christmas season!



Welcome To The Village!



Resident:

Karin Lee
Raymond Best



Staff:



Andrew Cousins
Director of Dining Services



Alonte Durrah
Dining Services Assistant



Chatera Reeves
Dining Services Assistant

December's Craft was... Pine Cone Christmas Trees!



January's Craft is... Valentine's Scarf Wreaths!

New Year's Eve Trivia



1. The first ball to be dropped in New York's Times Square happened in what year?
a. 1908 b. 1925 c. 1938 d. 1962
2. The first time that January 1st was celebrated as the beginning of a new year was in 153 B.C. when the Romans moved the first month of their calendar back to January. For what reason did the Romans do this?
a. To coincide with elections of the two highest ranking Republic positions.
b. To honor the god, Janus, god of beginnings and transitions.
c. More sacred sheep were born in January than in February.
d. To honor Tobasco, god of hangover relief.
3. In 567 A.D., the Council of Tours prohibited the recognition of an official New Year. Why did they do this?
a. They believed the end of the world would happen soon.
b. They disliked that the date was originated with pagans.
c. To move the date to August 9 in order to replace the Frankish holiday of Stickball Day with a less athletic-themed celebration.
d. Because they were just a bunch of grumpy old geezers who hated celebrating anything.
4. What famous Frank was born in Bayonne, New Jersey, on January 1, 1938?
a. Entertainer Frank Sinatra, Jr. b. Actor Frank Langella
c. Football player and coach, Frank Beamer
d. Head of the barley cereal syndicate crime family, Frankenberry
5. In 1583, what event returned January 1st as the observation of the New Year in Europe?
a. A severe earthquake in Portugal on that date that miraculously took no human victims.
b. Papal fear surrounding a dire prediction by seer John Dee.
c. The institution of the Gregorian Calendar. d. The 67-year-old Queen of Spain took her first bath.
6. On January 1, 1788, the Pennsylvanian Quakers did what?
a. Disavowed Quakerism. b. Emancipated their slaves.
c. Officially denounced the Amish as heretics. d. Opened the Quaker Oats company.
7. The lyrics of the now-traditional New Years song "Auld Lang Syne" began as a poem set to the tune of a much older Scot folk ballad. Who wrote the poem?
a. John Keats b. Robert Burns c. Lord Byron d. Dr. Seuss
8. On January 1, 1877, what happened to Queen Victoria of Britain?
a. She got married. b. She celebrated her 50th birthday. c. She was proclaimed Empress of India.
d. She got stuck in her throne, requiring three hours of manpower and twenty pounds of butter to get her out.

**Answers on Page 11*

~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, CVS, Post Office, and Walgreens (all off of Merriman Road))

Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) at 10 AM
- All Shopping trips load/unload a maximum of four bags per resident
~Electronic scooters are given based on the order of the sign-up sheet. This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

Wednesday's – Banking Day at 1:30 PM

- Banks within 5 miles such as Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall). There is no cost to the resident.
- All Shopping trips load/unload a maximum of four bags per resident
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

Appointment Outings

- Bus is available for residents to be driven to doctor appointments; must call the Wellness Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.
If there is ever a charge for an outing, it will be written on the sign-up sheet.
*****Residents must sign up for all outings. Sign-up sheets are located in the mail room*****

Happy Birthday to our Wonderful Residents...

Following are the residents who celebrate a birthday in January!

Wanda Balckerry.....	Jan 3 rd	Pat Smith.....	Jan 14 th
Don O'neil.....	Jan 6 th	Rachel Scott-Lewis.....	Jan 15 th
Rosalie Baisa.....	Jan 8 th	Lorraine Haeger.....	Jan 19 th
Hope Van Tiem.....	Jan 8 th	Stan Wickman.....	Jan 19 th
Allen Wallace.....	Jan 10 th	Marj Bergman.....	Jan 23 rd
Michael King.....	Jan 12 th	Donald McAdam.....	Jan 27 th
Frieda Andres.....	Jan 11 th	Kevin Mulvhill.....	Jan 28 th

Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too.

When we have your email on file you can receive newsletters and other building information electronically.

We need your help!

Do you have some extra time to spare?
Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers. There are multiple positions available in choose from.

We currently need your help with:
-Library -"I'M OKAY" Program
-Resident Ambassadors

See Shana or Toni to get more information.

New Year's Eve Trivia Answers

1. a. 1908
2. a. To coincide with elections of the two highest ranking Republic positions.
3. b. They disliked that the date was originated with pagans.
4. b. Actor Frank Langella
5. c. The institution of the Gregorian Calendar.
6. b. Emancipated their slaves.
7. b. Robert Burns
8. c. She was proclaimed Empress of India

**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

Jan Smith
Nurse Case Manager

Breana Wallace
Marketing Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Candace Forte
Dietary Manager

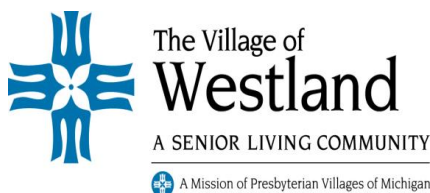
Brenda Seifert
Housekeeping Lead

EMERGENCY NUMBER

(734) 728-5222



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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Westland, MI 48186**



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