



Village Voice



Embrace the possibilities

Cottage Carrier

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

October 2017

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The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



October is National Cookbook Month!

If any families would like to participate in

Contributing to a cookbook you may send

Your recipe(s) to mnewton@pvm.org

Upcoming cottages potluck in November

Halloween Party on October 31st!

Costumes are encouraged.

Staff Extensions

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Josh Kephart ~ 28890
Maintenance Manager

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Melissa Newton ~ 28963
Wellness Coordinator

Shari Thompson ~ 28952
Billing

Jason Lovelly ~ 28927
Human Resources

Teresa Davis ~ 28928
Marketing Manager

Pam & Mara ~ 28953
Wellness Instructors

Rita/Sally ~ 28889
Beauty Shop

PUT YOUR MONEY TO WORK FOR YOU!

With a Charitable Gift Annuity from PVM!

Key Features

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 MyLegacy.pvmf.org



Giving Matters.

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

PVMF Gala—November 17th!

**Come join the fun Friday, November 17th at
The Henry Ford Museum of American Innovation!**



PVMF's 14th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

The best part?! By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan ~~a better~~ **the best** place to live at any age!

We hope to see you there!

Join the Fun! Book your Sponsorships & Tickets:

\$375 Patron Ticket* Strolling Dinner & Program, Name recognition in event program

\$250 Individual Ticket* includes Strolling Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Learn more about how to attend at pvmf.org/Gala2017. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S. Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!**

Welcome October

History of October

Originally, October was the eighth month of the Roman calendar. October comes from the Latin word “octo” which means eight. October did not become the 10th month of the year until January and February were added to the calendar.

Fun Facts

October is the second autumn month; leaves on the trees begin to change colors during this month as well

Major League Baseball and the National Hockey League begin their seasons in October

October is the 10th month of the year and has 31 days

October’s birthstone is Opal and pink tourmaline

The Calendula is the flower of October

Zodiac signs: Libra and Scorpio

Holidays & Celebrations

Cookie Month

National Diabetes Month

Breast Cancer Awareness Month

National Cookbook Month

Halloween (October 31st)

National Bake and Decorate Month

National Apple Month

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

National Check Your Meds Day

This year on **October 21st** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21st** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21st** don't worry, this is a service that most major pharmacies will perform any day.



September Activities



**Happy Birthday to our
Wonderful Residents...**

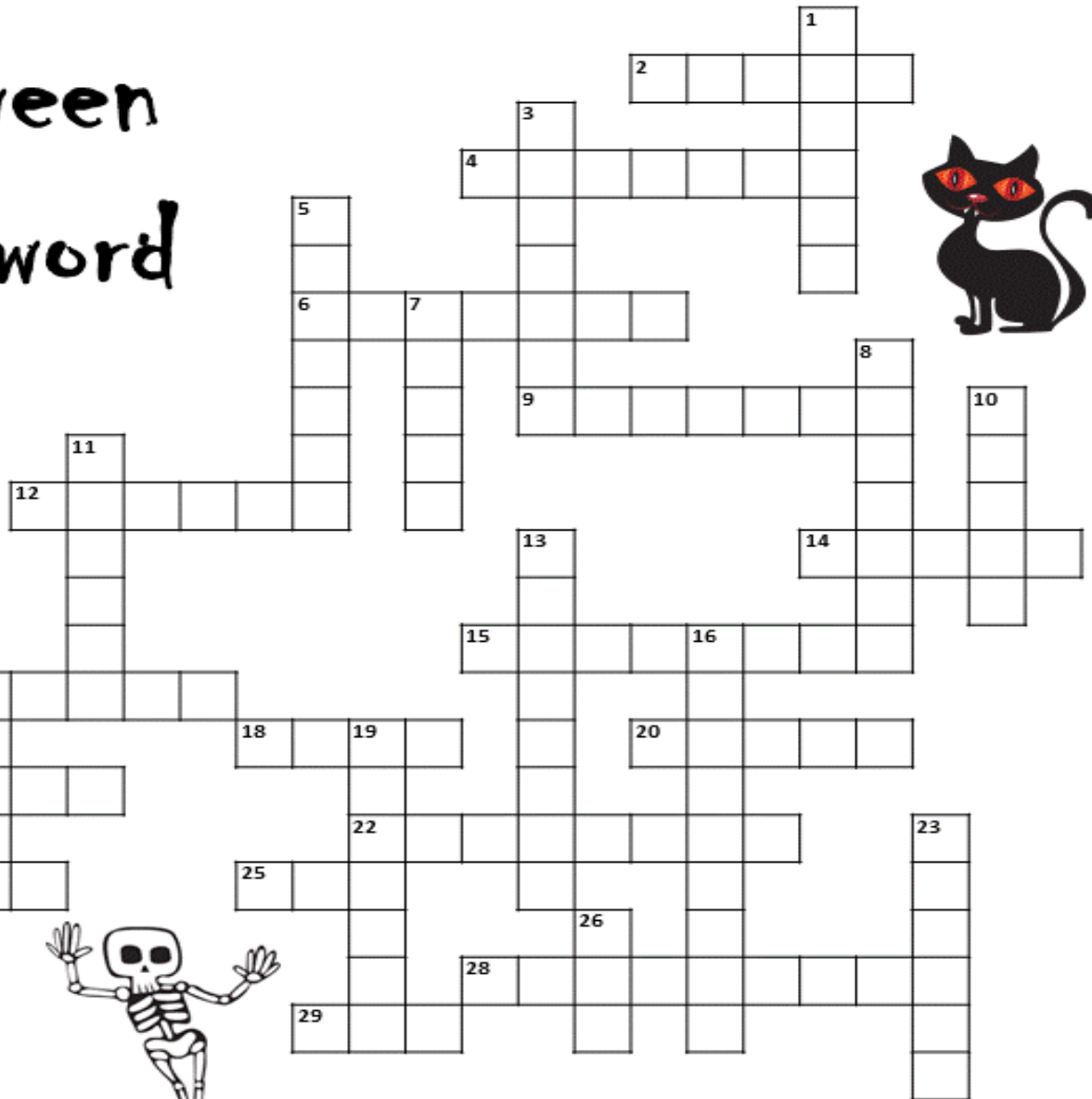


**Following are the residents who
celebrate a birthday in October!**

Mildred Reska ~ 10-26-1926

Margaret Rose ~ 10/25/1913

Halloween Crossword



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Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. ____ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern
- 20. What the pot might call the kettle
- 21. ____ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 28. Playground for ghosts
- 29. What a spider spins

Down

- 1. When something makes our skin crawl, it's this
- 3. ____ house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and ____ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature
- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary

**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

Josh Kephart
Maintenance Supervisor

Teresa Davis
Marketing Manager

Kerri Hill
Sales and Leasing Specialist

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Deborah Antale
Dietary Services Director

Shari Thompson
Billing

Lisa Scott
Housekeeping

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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