



Manor Message



Embrace the possibilities

29495 Annapolis • Westland, Michigan 48186 • www.pvm.org

November 2014

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The Administrator's Pen

Greetings OSM Residents and Friends,

As we enter into the winter holiday season, statistics show that seniors are more susceptible to fraud and identity theft. I encourage everyone to be careful while you are out shopping. If you are able to, please partner with someone to be an extra pair of eyes. Nicole St. John, OSM Service Coordinator, will hold two educational classes at the beginning of December. One class will be taught on Senior Safety by the Westland Police Department. The other class will focus on Scams, Fraud and Identity Theft taught by the Senior Brigade. Please look for the posting of the date and time on these two important subjects.

Mr. Hooton and I are in the process of completing the semi-annual apartment inspections. If you have not received your notice, we will contact you with a date and approximate time. Thank you in advance for your cooperation.

I also want to thank everyone for your cooperation and participation during the semi-annual fire drill. Your fire drill participation is important. Everyone needs to know what to do in case there is a fire. Also, please refer back to the Fire Safety Plan brochure that is given out at move in and recertification. If you have any questions regarding the Safety Plan, please come to the office and I will be glad to offer clarification on the matter.

Thank you to Mrs. Betty Thomas and Mrs. Jackie Jones of the Top Ladies of Distinction for partnering with Ms. Martha Adams for a successful resident Halloween Party/Cider Sip. The residents always enjoy themselves when you've come in the past. This time was not an exception. They had a great time! (See page 11)

Thank you to Ms. Frankie Masterson of Westland for the donation of the Music Organ. Your generosity is much appreciated. I am sure our residents will enjoy it for many years to come.

I also want to thank our Major, William Wild, for contributing to our newsletter. Please be sure to read his article on page six as he highlights the awesome things that are taking place in our "All American City".

Happy Holidays!

Aaron E. Price
Administrator



The Village of
**Our Saviour's
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Look for PVM on:





Monarch Moments

Hello Our Saviour's Manor,

I would like to thank everyone that participated in the activities we've had at the Village. We had a joyous time together! This month we officially celebrate with Thanksgiving for our family and friends. OSM is without exception. I appreciate the gift of life and being able to serve you as your Program COordinator. Let's continue to come together and enjoy one another as we live as neighbors. Love thy neighbor; I strive to live by this biblical principle every day. I truly believe that our latter days should be the best, living in peace, joy and harmony. We've work most of our lives, now it's time to play and enjoy life! If you have not participated in any activity, I encourage you to come out and get to know your neighbors.

Happy Holidays!

Ms. Martha Adams
OSM Program Coordinator



Manor Maintenance



Greeting Residents

Recently, many of you have had to place work orders regarding your garbage disposal. Below are a couple of tips that will aide in keeping your garbage disposal in good working order.

Mike's Maintenance Tip of the Month

While running your garbage disposal, periodically placing ice cubs in the disposal have several benefits. It will help to keep the blades sharpen, clean the disposal (smells), and keep it from backing up. Do not pure bleach down the drain of the garbage disposal. Bleach is corrosive and will ruin the blades and eat a hole through the disposal. Please remember to not place hard items in your disposal. This includes, but is not limited to fruit and vegetable peels, stems from leafy green vegetables, coffee grounds, bones of any kind and the like. Follow these steps and it will add life to your garbage disposal.

Happy Thanksgiving

Michael Hooton
OSM Maintenance Tech





Coordinator's Corner

Happy Thanksgiving, already? This year seems to have gone by so fast. As a reminder to everyone, there will be a Bingo, health presentation and blood pressure clinic on Wednesday November 5th at 1 p.m. in the community room. The topic of discussion is Cold and Flu prevention. I hope to see many of you guys there. Also I have a new presentation coming up in November on Medicare and Medicaid Dual enrollment. A flyer will be coming around with the information.

I know there has been a little bit of discontent with my schedule but I am finally finished with the major part of my training. This means that a majority of my time will finally be here and but in a different location. I am sorry for any inconvenience it has caused any one and thank you for bearing with me at this time while I trained to be able to serve you guys better.

During the resident meeting on October 29th, I talked about some reasons why people may have seen a reduction in their food benefits. If you think that the reduction was a mistake please come see me and we can always reapply. I hope everyone has a great month.

"Life is like a mirror. Smile at it and it smiles back at you."
— Peace Pilgrim

Best Regards,

Nicole St. John
OSM Service Coordinator



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Tips for Making a Healthy Pie for the Holidays

Delicious pies can be sneaky with their calorie, salt, fat, and sugar content; however, healthy pies can be just as delicious by applying these simple and fun tips when you bake away for the holidays!



- 1. DIY** – Make your own crust out of simple ingredients: flour, fat, salt, sugar, water.
- 2. Sub in sour cream or yogurt** – Add a dollop of reduced-fat sour cream or Greek yogurt to pie crust in place of some of the butter.
- 3. Fill with fiber** – Substitute white flour with whole-wheat flour. Whole-wheat pastry flour is good for a finer crumb.
- 4. Go nuts** – Replace some of the flour with nuts to add in protein, vitamins, and fiber. Try using almond flour or grinding your own pecans.
- 5. Sweeten smart** – Reduce sugar by using fruits that are naturally sweet on their own. For extra flavor, spice up your pie with nutmeg (pairs well with berries), cinnamon (pairs well with apple pie), or ginger (pairs well with peaches).
- 6. Spread lightly** – Melt a teaspoon of butter then dab it on the pie pan with a paper towel, or use a light mist of cooking spray.
- 7. Experiment with different flours** – Quinoa flour is a unique option; it is nutrient-rich, packed with protein, and easy to digest.
- 8. Toss in tofu**- Use tofu as a filling base that is creamy and guilt-free! Tofu can adapt to whatever it is flavored with – like adapting to the chocolate flavor in a pumpkin chocolate mousse cake.

These tips were adapted from *greatist.com*

Foreign Language Classes

“I’m going to learn a foreign language someday?”

If this is something you’ve said that day has finally come. The Westland Library is offering free lessons online. Anyone interested in taking a class can sign up on the website.

www.westlandlibrary.org.

Go on obtain a library card, choose a language and you will be free to start taking the course. You can do it in the Computer Lab or on your personal computer, providing you have internet in your apartment. You will also need speakers in order to hear the instructor. If you have any questions computer related or concerning this class, please see Will on Tuesday from 10:30 a.m. to 12 noon in the OSM Library/Computer Lab.

Public Service Credit Union
will be here
Monday, November 3rd
at 3:00 p.m.

They will take care of all your banking needs, supply quarters, and stamps as well.





Giving Matters.

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

Help PVM Residents Who Need It Most

Did you know that PVM offers financial assistance to residents who have outlived their resources, so they are always able to call PVM their home? And did you also know that PVM also supports residents in an emergency financial need? This type of support is offered through the Benevolence Fund and positively impacts *each and every PVM Village*. **You can help support residents who need it most by making a donation to PVM's Benevolence Fund today!**

The residents using Benevolence funds today did not plan to be in dire financial circumstances. Savings may have disappeared due to an unexpected healthcare expense or simply because they lived to be over 100 years old! Other residents only need temporary help, perhaps with an unexpected expense such as expensive medical equipment for a resident who is nearly blind, food for a resident who was the victim of a phone scam and countless other examples.

Your gift supporting the Benevolence Fund during November and December is eligible to be matched, \$1.00 for \$1.00! Maximize your gift today by visiting the front desk, your Village Administrator or our website, www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match).

And, new this year, for any Benevolence gift received by the PVM Foundation office on **Tuesday, December 2nd**, or **"Giving Tuesday," we will double the match, \$2 for every \$1 donated!** For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you for supporting residents and for making a difference!

Warm regards,
Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation
presents its 11th annual Gala

Get Your Motors Running!

Sponsorship Packages Available!
Patron Tickets \$375
Individual Tickets \$250

For more information, contact
PVM Foundation at 248.281.2040
or visit www.pvmfoundation.org



Friday, November 14, 2014
COBO Center, Detroit

5:30 p.m.
VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.
General Reception & Raffle

7:30 p.m.
Dinner, Program & Entertainment



Greetings!

I want to thank the Village of Our Savior's Manor for allowing me to share all the great news happening around our Westland community of late. It's hard to believe that it is already November and Thanksgiving is just around the corner. I want to wish you and your families a safe and happy holiday.

If you haven't heard, I am proud to announce that the City of Westland earned a spot on the "America's 50 Best Cities to Live In" list by the publication 24/7 Wall St. This is an incredible recognition for our All-American City! I also want to thank our outstanding community groups, like yours, who helped our City earn this recognition. Our low cost for high quality living and our stable financial position were some of the other determining factors. Westland should be proud of earning a well-deserved spot on this list.

I also want to thank the residents and families who attended the Dedication Ceremony and Open House at the New City Hall last month, which included trick-or-treating while touring around the new facility. The new building is located at 36300 Warren Rd. All City Departments that were formerly at the Ford Road location have now moved to the new Warren Road location. I encourage everyone to stop by and see our new and improved home.

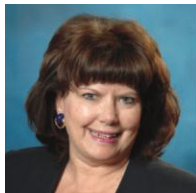
Westland residents who are missing the Farmers Market can now check out the new Winter Market, also being held (indoors) at the Westland Farmers & Artisans Marketplace located at 1901 Carlson. Thanks to great local vendors and dedicated market-goers, the 2014 Market Season was our best yet, and we are keeping that going with the Winter Market. The next Market Days are Thursday, November 13 and December 11, 2 – 6 pm. Stop by and buy local for some of your holiday shopping!

In closing, if you have any questions or concerns, please do not hesitate to contact my office. I am proud to continue to serve as your Mayor and want you to know that my door is always open. I want you to be proud of your City, so stay informed, get involved, and do your part to help us reach our goal to make Westland one of Michigan's "Most Livable Cities."

Be the first to learn about your City's latest achievements and recognitions by visiting our newly redesigned website at www.cityofwestland.com, liking us on Facebook, and following us on Twitter.

Sincerely,

William R. Wild
Mayor



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

THANKSGIVING – A TIME TO THANK OTHERS

The holidays are in full swing! Alongside the Halloween costumes are displays of Thanksgiving and (YES!) Christmas and Hanukah decorations. Thanksgiving is reportedly one of the most traveled holidays while airports and highways are clogged with people trying to return to their hometowns to reconnect with family and friends.

Let's also think about the folks who helped us get to where we are in life. Chances are there were many others in your life other than your parents who guided you along life's journey. It could be an aunt or uncle, [grandparents or a neighbor or teacher who was part of your growing up years. I was reminded recently of a former neighbor, "Uncle Pat", who used to pack his five children into their blue station wagon for a trip to the local swimming pond. As an only child it was always an adventure for me to be part of the gang. And they always seemed to find room for me to join in.

Recently my mom and I went to visit friends and relatives in my hometown located about five hours from here. We had a packed schedule which included relatives and friends from my parents' genealogy society. There was little time to spare. Yet, there were two visits which meant a great deal to my mom. They were stops to visit my aunt as well as a long-time friend of my parents. Both are presently in nursing homes. One visit involved driving a great distance into the countryside of Pennsylvania and was not very desirable geographically. I reminded myself that she had been a very good aunt to me and that her son has been wonderful to my parents by making a visit to them a top priority during the last days of my father's life.

Once we were deep into the countryside I noticed what a beautiful scene laid before us. It was truly spectacular scenery. "This is a good adventure!" I said to myself. However, nothing could compare to the look of joy on my Aunt Mary's face, as well as that of my mom's friend at the other nursing home, when they enjoyed our visits. So along with enjoying touch football, games on television, favorite recipes of family and catching up with family and friends, please remember those who can't join in the festivities with a visit and celebrate the important message inherent in Thanksgiving! I wish all of our readers a wonderful holiday.

Not Good-Bye But



Merriam-Webster defines farewell as a wish of well-being upon departure. It is with much sadness that I bid farewell to the residents and staff of Our Saviour's Manor and Presbyterian Villages of Michigan. I can hardly believe it's been five years; where did the time go? I have truly enjoyed my time here at Our Saviour's Manor. I remember being hesitant about applying for the position because I had just lost my mom.

However, an instant change occurred when I met Ms. Vivian Shelton and the late Ms. Mabel Duncan, two of the nicest women you ever want to meet. They encouraged me to be the best me I could be behind the desk and always remember because we are seniors doesn't mean we will always act like it. I will always treasure our conversations.

I have learned so much during my time with PVM. My most treasured moments were during my interim position with Service Excellence. I met so many interesting people and appreciated the respect and hospitality I received while visiting the various villages and working in the PVM Home Office.

Many people at PVM and OSM have been instrumental in preparing me for my next level experience and I will be forever grateful. Thank you for allowing me to pen inspirational thoughts, pray with and for you, and be a part of the PVM team providing excellent service to seniors, their families, and all those we encounter.

I will miss you all and I pray that I have made a Christ like impact on the lives that I've touched. To those wonderful ladies and gentlemen of OSM continue to work together in love. *Keep the atmosphere of **respect**, **accountability**, **listening** to one another, and building meaningful and genuine **relationships** as top priority.* God bless you all and I will always remember the Monarchs of OSM.



Much Love,

Daphne Green

Administrative Assistant



The Village of Our Saviour's Manor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan,
Wellspring Lutheran Services and
The Lutheran Church of Our Saviour

Schwan's Delivery Schedule

Wednesday,
November 12th
and 26th
at
10:30 a.m.



Events for November 2014

Happy Birthday

Mary Simmons

November 14th

Helen Phillips

November 22nd



<h1 style="text-align: center;">November 2014</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Celebrate a U.S. Veteran on November 11th 						1 9 am Coffee & Conversation
2	3 9:30-10:30 am Wellness Exercise 3:00 pm Public Service 	4 10:30 am Computer Assistance Session	5	6 9:30 am Wellness Exercise 1 pm Meijer's 	7 9 am Coffee & Conversation 	8 9 am Coffee & Conversation
9	10 9:30 am-10:30 am Wellness Exercise 11 am-1 pm Parish Nurse 	11 10:30 am Computer Assistance Session	12 10:30 am Schwan's Delivery 	13 9:30 am Wellness Exercise 1 pm Kroger 	14 9 am Coffee & Conversation 	15 9 am Coffee & Conversation
16	17 9:30 am-10:30 am Wellness Exercise 	18 10:30 am Computer Assistance Session	19	20 9:30 am Wellness Exercise 1 pm Wal-Mart 	21 9 am Coffee & Conversation 	22 9 am Coffee & Conversation
23	24 9:30 am-10:30 am Wellness Exercise 11 am-1 pm Parish Nurse 	25 10:30 am Computer Assistance Session	26 10:30 am Schwan's Delivery 	27 Office Closed	28 9 am Coffee & Conversation Office Closed 	29 9 am Coffee & Conversation
30						

Thanksgiving Recipes

Golden Potatoes



3/4 cup butter
4 pounds Yukon gold potatoes, peeled and cut into 2-inch pieces
1 tablespoon salt, divided
3/4 cup buttermilk
1/2 cup milk
1/4 teaspoon pepper
Garnishes: fresh parsley, rosemary, and thyme sprigs

Cook butter in a 2-qt. heavy saucepan over medium heat, stirring constantly, 6 to 8 minutes or just until butter begins to turn golden brown. Immediately remove pan from heat, and pour butter into a small bowl. (Butter will continue to darken if left in saucepan.) Remove and reserve 1 to 2 Tbsp. browned butter.

Bring potatoes, 2 tsp. salt, and water to cover to a boil in a large Dutch oven over medium-high heat; boil 20 minutes or until tender. Drain. Reduce heat to low. Return potatoes to Dutch oven, and cook, stirring occasionally, 3 to 5 minutes or until potatoes are dry. Mash potatoes with a potato masher to desired consistency. Stir in remaining browned butter, buttermilk, milk, pepper, and remaining 1 tsp. salt, stirring just until blended. Transfer to a serving dish. Drizzle with reserved 1 to 2 Tbsp. browned butter. Garnish, if desired.

Note: To make ahead, prepare recipe as directed through Step 3. Place in a lightly greased 2 1/2-qt. ovenproof serving dish; cover and chill up to 2 days. Let stand at room temperature 30 minutes. Bake, uncovered, at 350° for 35 to 40 minutes or until thoroughly heated. Drizzle with reserved brown butter, and garnish, if desired.

OSM 2014 Halloween Party/Cider Sip



Thanksgiving



Find and circle all of the items you might see when you look up.
The remaining 26 letters spell a popular Thanksgiving Day Event.

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

ANNUAL
AUTUMN
CELEBRATION
CORN
CRANBERRY
FAMILY
FEAST
FESTIVAL
FOOD
FOOTBALL
FRIENDS
GATHERING
GRAVY
HARVEST
HOLIDAY
LONG WEEKEND
MASHED
POTATOES
MEAL
NOVEMBER
PARADE
PILGRIMS
PLYMOUTH
PUMPKIN PIE
RELATIVES
REUNION
SQUASH
STUFFING
SWEET POTATO
THURSDAY
TRADITION
TRAVEL
TURKEY
WAMPANOAG
YAMS

**Join Anita and the Ladies of Fitness
every Monday and Thursday
morning 9:30 a.m.-10:30 a.m.
in the Community Room!!**

Men are Welcomed

**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 Number

(734) 595-4663

Village Staff

Aaron Price
Administrator

Kesha Akridge
Director of Housing

Daphne Green
Administrative Assistant

Ms. Martha Adams
*Resident Volunteer
Program Coordinator*

Nicole St. John
Service Coordinator

Michael Hooton
Maintenance Tech

EMERGENCY NUMBER

(734)740-4777

Fax Number

(734)595-2222

Service Coordinator

(734)722-9763




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**



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