



# Village Voice



Embrace the possibilities

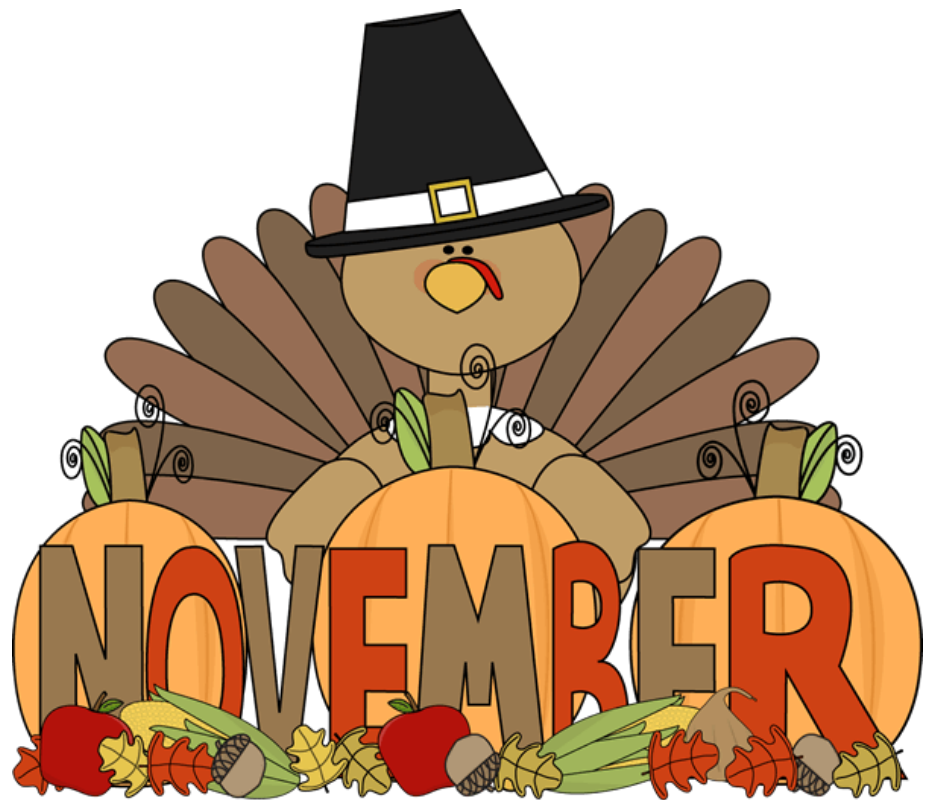
## Cottage Carrier

32001 Cherry Hill Rd. • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

November 2017

### Featured Articles

Fall Harvest Potluck	pg. 2
Wellness	pg. 3
November Facts	pg. 4
Activities	pg. 5
Birthday's	pg. 6
Senior Advocate	pg. 7
Crossword	pg. 8



The Village of  
**Westland**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



You're invited to a

# fall harvest Potluck

The cottages will be having a potluck dinner and would like to invite family! Since this dinner will be a potluck, families are encouraged to bring a dish to share. A sign-up sheet will be available in both Rose and Ivy cottage.

**Where:** Rose Cottage

**When:** November 16<sup>th</sup>

**Time:** 5:30 PM



## 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

**Pam & Mara ~ 28953**  
Wellness Instructors

**Rita/Sally ~ 28889**  
Beauty Shop

**India Douglas ~ 23179**  
Nurse Case Manager



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*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.*

## Have you laughed today?

There is something intrinsically human about laughing. Regardless of nationality, race, religion or creed, if someone in a crowd starts laughing, most of the crowd will end up laughing. It is built into us.

It is pretty straight forward to discuss how laughter brings joy and happiness to our lives, but thanks to research inspired by Norman Cousins, and his book *Anatomy of an Illness*, we now know that laughter can actually make you healthier. Laughter has been shown to reduce or prevent stress, improve immune function, reduce pain and can even improve your cholesterol! How often do you get to hear that something you already enjoy doing will make you healthier?

Unfortunately, laughter doesn't always come to us when we need it most, such as during stressful times or when we are in pain. However, you can use humor to create laughable moments in even the direst of times. The trick is to hone and master the skill of humor so that you can tap into it when you need a good laugh. Yes, humor can be taught and trained. The next time someone tells you a joke try and guess what the punch line will be. If you're watching a funny TV program try and figure out what will happen next. Here is training exercise for you to work on. Try and guess the missing punch line of the joke using just the hint.

**I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the \_\_\_\_\_ were there**

(Hint: What would a road worker steal from work?)

(Answer: Signs)

# Welcome November

November is the 11<sup>th</sup> month of the year according to the Georgian calendar. However, in the early Roman calendar November was originally the ninth month.

The birthstone for November is the topaz, topaz symbolizes friendship.

The birth flower is the chrysanthemum which comes from the Greek words chrys (meaning golden) and anthemum (meaning flower). The flower symbolizes optimism and joy.

The zodiac signs are Scorpio (October 23-November 21) and Sagittarius (November 22-December 21)

November is...

Aviation Month

Good Nutrition Month

National Model Railroad Month

Peanut Butter Lovers

Thanksgiving facts

The annual Macy's Thanksgiving Day Parade began a tradition in the 1920s. The state that consumes the largest amount of turkey is California! In 1863 Lincoln issues a Thanksgiving Proclamation, and officially made the last Thursday of November as the day for Thanksgiving.

The first Thanksgiving was celebrated in Plymouth, Massachusetts. The Plymouth pilgrims were the first to celebrate Thanksgiving.



# Happy Birthday to our Wonderful Residents...



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

**Jan Wharrie ~ 11/14/1920  
Eva Poynter ~ Rose 10 ~ 11/29/1926**

**New Residents:**

**Welcome Back Barb Olsen!**

**Victoria Brusinski**



## LET'S GET RID OF VOICEMAIL WEARINESS

### SIGNS OF SCAMS

The Office of the Michigan Attorney General has shared some signs that a call you receive is likely from someone attempting to scam you and/or steal your identity. They fall into 3 categories:

#### **URGENT/SECRET**

- Pressure to act immediately.
- Limited term: act now language.
- Told to keep the contact a secret.
- Designed to frighten you into action.

#### **BELIEVABLE**

- Claims to be from government or law enforcement.

- Claims to be calling to fix a problem with your account, computer, government benefits, or related to something in the news.

- The contact has some of your personal information already.

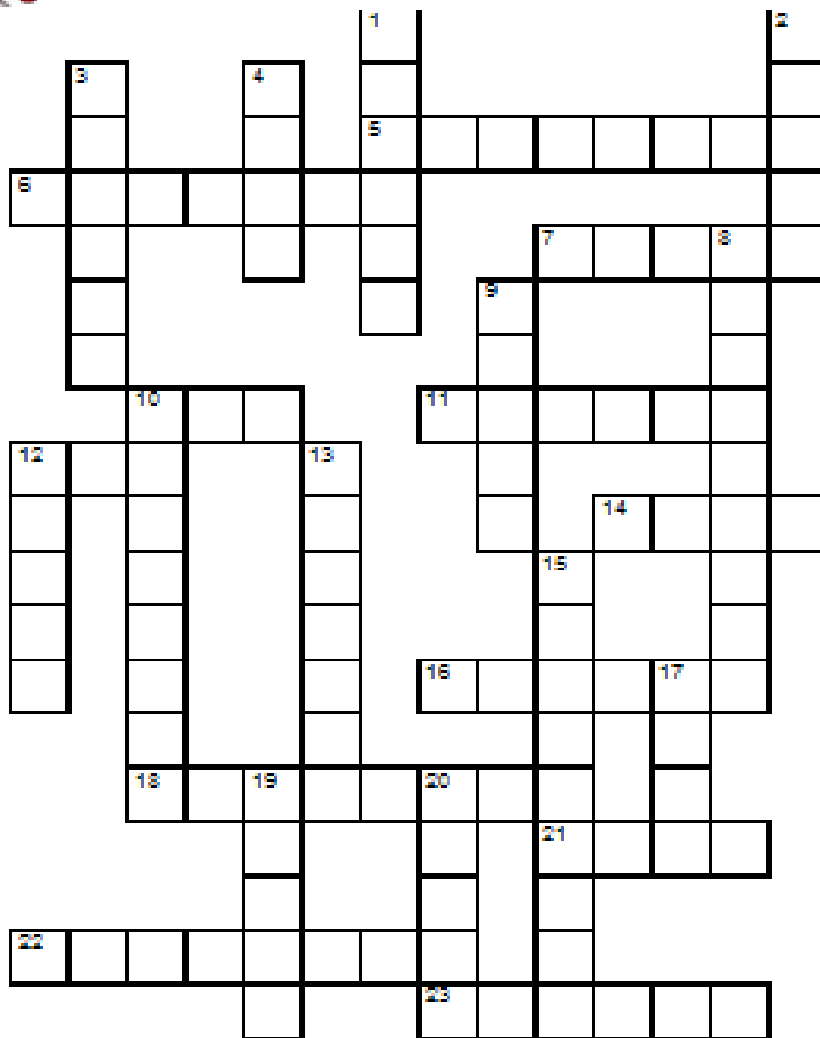
#### **MONEY/PERSONAL INFORMATION**

- Requires a wire transfer, prepaid credit card, or any personal information.

Remember - No need to be polite. Simply hang up the phone. Be a smart and savvy senior!



# Thanksgiving Crossword



### Across

- 5 The month of Thanksgiving.
- 6 A large orange vegetable.
- 7 Have a \_\_\_\_\_ of pumpkin pie for desert.
- 10 \_\_\_\_\_ the table before dinner.
- 11 A festival with bands, people wearing costumes, and floats marching down the street.
- 12 Families \_\_\_\_\_ together on Thanksgiving.
- 14 A yellow vegetable that was grown by Native Americans.
- 16 A long journey over the ocean.
- 18 Another way to say for thankful.
- 21 A place where things are baked.
- 22 The people on board the Mayflower.
- 23 A large bird eaten on Thanksgiving.

### Down

- 1 The evening meal.
- 2 Use a knife to \_\_\_\_\_ a turkey.
- 3 An odd shaped vegetable that resembles a pumpkin.
- 4 \_\_\_\_\_ a pie in the oven.
- 8 Americans \_\_\_\_\_ Thanksgiving in the Autumn.
- 9 \_\_\_\_\_ a turkey in the oven.
- 10 Something cooked inside the turkey and served at dinner.
- 12 A sauce that is poured over the turkey.
- 13 Gather the crops.
- 15 The ship that pilgrims came to America on.
- 17 \_\_\_\_\_ thanks for the food we eat.
- 19 The nut of an oak tree.
- 20 A large dinner celebration.





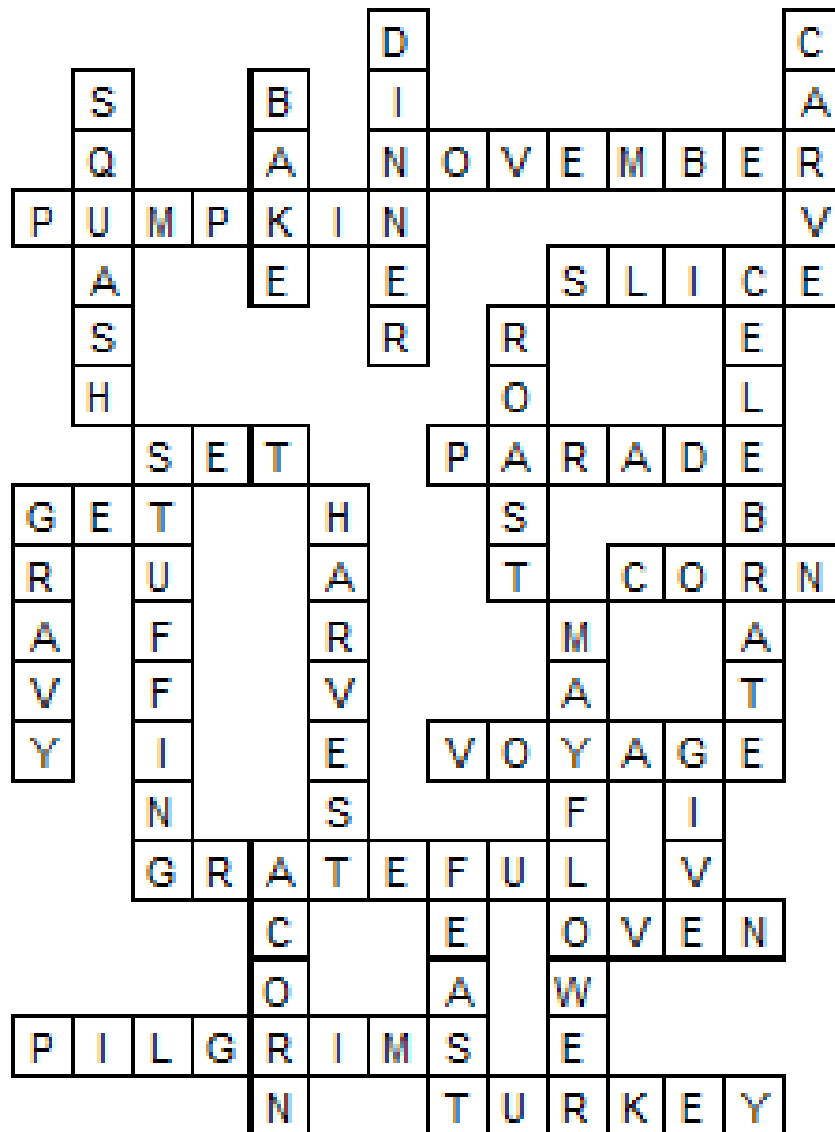


Like and Join the Village on Facebook!  
 We now have a Facebook page titled  
 Presbyterian Village of Westland!



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!

**Solution**



**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](http://www.pvm.org)

**Office Numbers (734) 728-5222**

**Village Staff**

**Michele White**  
*Executive Director*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Maintenance Manager*

**India Douglas**  
*Nurse Case Manager*

**Kerri Hill**  
*Sales and Leasing Specialist*

**Shana Brown**  
*Wellness Manager*

**Deborah Antal**  
*Dietary Services Director*

**Shari Thompson**  
*Billing*

**Kara Otto**  
*Social Worker*

**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](http://www.pvm.org)



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