



# Village Voice



## Embrace the possibilities

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

Nov 2017

### Featured Articles

- Updates/Reminders      pg. 2
- PVM Wellness            pg. 3
- Village Events            pg. 4
- Physical Activity  
Benefits                    pg. 5
- Resident Biography      pg. 6
- November Facts            pg. 7
- New Residents/Staff     pg. 8
- Crafts                      pg. 9
- Transportation            pg. 10
- Birthdays                 pg. 11



The Village of  
**Westland**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



## UPDATES AND REMINDERS

**Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.**



**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.**



**Like and Join the Village on Facebook!**

**We 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!**





## 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?)

(Answers: Signs)

### 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

**Shari Thompson ~28952**  
Billing

**Jason Lovelly ~ 28927**  
Human Resources

**Kara Otto ~ 28810**  
Social Worker

**Kerri Hill ~ 28896**  
Sales & Leasing  
Specialist

**Pam Webert &  
Mara Valdmanis ~  
28953**  
Fitness Specialists

**Rita/Sally ~ 28889**  
Beauty Shop

## Village Events

### Village of Westland Chorus Fall Concert

Date: Friday, November 3<sup>rd</sup>  
Time: 1:15 PM  
Where: PD



Come here some Halloween, Thanksgiving, and Patriotic music from our Singing Seniors and Hand Chime Chorus!

### Cider Mill Outing

Date: Wednesday, November 8<sup>th</sup>  
Time: Leaving at 1:15 PM  
Where: Parmenter's Northville Cider Mill

Enjoy some cider and donuts at this fall tradition! Sign-up in the mailroom.



### Veterans Day Party

Date: Friday, November 10<sup>th</sup>  
Time: 1:15 PM  
Where: PDR

Help us to celebrate and thank our veteran residents!



### Festi-fall Harvest Craft and Vendor Show

Date: Saturday, November 11<sup>th</sup>  
Time: 11 AM – 2 PM  
Where: PDR/VI

Crafters Needed! Please see or call Kerri Hill in Marketing at 28896 for details



### Falling for Fashion

Date: Saturday, November 18<sup>th</sup>  
Time: 11 AM – 2 PM  
Where: PDR/VI



Light Luncheon & Fashion Show 11am-12pm  
Social Hour & Boutique 1pm-2pm

### Hines Park Outings

Date: Tuesday, November 28<sup>th</sup>  
Time: Leave at 6:30 PM  
Where: Hines Drive

Enjoy a drive through the Hines Drive Christmas Light show! Sign-up in the mail-room.



If you have any questions about any of these events, please call Shana Brown in Wellness at 28886.

# Day by Day: Immediate Benefits to Older Adults from Physical Activity

By Roscoe Nicholson, Apr 28, 2017Jun 26, 2017Categories: Aging & Wellness

Although much evidence suggests that physical activity has physical and psychological benefits for older adults, less is known about how types of activity and time spent being active might be associated with day-to-day well-being benefits such as positive emotions, sleep quality, and stress. A recent study looked into how purposeful activity such as an exercise class compares to non-exercise physical activity (for example, housework, gardening, or non-exercise walking) in terms of daily well-being, and at whether the amount of time spent in these activities matters.

The study's 127 participants ranged from 60 to 96 years old (average age of 79) and filled out daily surveys for two weeks about their physical activity, positive and negative emotions, stress, health, and sleep quality.

When the researchers examined the participants' purposeful exercise, they found that more time spent in this kind of activity was associated with more positive emotions, fewer negative emotions, and better health ratings on the day the exercise was done. Purposeful exercise was also associated with less reported stress, but here the amount of exercise was not important. The researchers also found that the proportion of days with exercise was associated with higher levels of positive emotions overall.

When the researchers looked more closely at the amount of time spent exercising, they found that exercising 60 minutes or more per day was associated with significantly more positive emotion, but also that exercising for any period of time was better for positive emotions than not exercising at all. In terms of negative emotions, exercising more than 30 minutes had more benefit than less than 30 minutes.

For non-exercise activity, simply doing an activity was associated with more positive emotions on the day the activity was done. Additionally, a greater proportion of days in which a non-exercise activity was done (regardless of time spent) was associated with better sleep quality.

This research suggests that for older adults, physical activity, whether or not it's purposeful exercise, is associated with a number of day-to-day benefits for well-being. While non-exercise activity does confer some benefits that exercise does not, this research suggests that exercise confers greater benefits for older adults. Since both have unique benefits, both should be encouraged.

Source:

Whitehead BR and Blaxton JM. Daily well-being benefits of physical activity in older adults: does time or type matter? *The Gerontologist*. (2017). DOI: <https://doi.org/10.1093/geront/gnw250>

**Donald F. Andrus**  
**Written by: Motoko Huthwaite**

Born in Keppel, Pa., in 1925, Don had three sisters and two brothers, but he is the only one still alive. Don's father owned a chicken farm. He also had a cow and a goat. He was employed by a company that made gas lines for airplanes and tanks. Don started first grade in 1933. He was never sick, but always healthy. However, one day he suddenly fainted in class. It was his first attack of epilepsy!

In 1943, Don was drafted for military service. Although his health was fine, his height and weight were perfect, and his epilepsy seizures had stopped when he was ten, he learned he had flat feet! He was assigned to the Construction Battalion (CB) to help build things. Thanks to the GI Bill of Rights, he went to college when he was eighteen or nineteen. He attended John Hopkins College in San Francisco, CA. One day the dean called him into his office to tell him of a job possibility. Don worked for the Army, teaching eight girls at a time how to key punch, use the Tabulator, the Verifier, and the Sorter. Then he worked at the Air Force Base in San Francisco, where he taught seven to eight girls how to key punch for seven years until he was laid off.

From San Francisco, he came to Michigan, first to Jefferson, then to Melvindale, where he worked at the warehouse on Schaeffer Road that had ninety-four truck drivers and ninety trucks. In the 70s, he attended night school in Lansing while he worked at a job in downtown.

Don returned to Pennsylvania for a position with IBM. He got a job in New Castle, PA. He took Saturday morning classes. From there he went to a military base in Ohio, went to school for two years, and then found a job with an Air Force factory until the unions came in and he was laid off.

Don eventually met and married Leana. They had two girls, although Don had hoped for boys. He then divorced his first wife and one of his daughters went to live with her mother. The second daughter is the apple of his eye. He named her Yannie Sue.

Don has lived and worked in several different states. Now he has a grandson named Nick for Don's father. Although hard of hearing, Don loves music and has a handsome keyboard in his apartment that enables him to play not only the sounds of a piano but other instruments as well. He also loves movies, which is how we first met. It was the Fourth of July and I was all alone in the PDR when he asked if he could join me. I was delighted to have company. The movie was "The Patriot", starring Mel Gibson, an outstanding film about the Revolutionary War in the South. We both felt it was the best film we had ever seen about this period in history and were delighted to have enjoyed it together.

# NOVEMBER FACTS

The 11th month of the year brings us Thanksgiving, Veterans Day, and every 4 years, the US Presidential Election. In the Georgian calendar, the calendar that most of the world uses, November is the eleventh month of the year. However, in the early Roman calendar, it was originally the ninth month. Later, the Roman senate elected to name the eleventh month for Caesar. November is right between fall and winter. Almost all leaves are gone from the tree and lost their colors. The month is referred as the wind month and the bloom month by Anglo-Saxons. It is because November is the month where they killed their animals for food. Those have been harvested in the previous months are either put inside the storage or sent to processing plants or mills. In this month, the farmers will know whether that particular year was successful or not. Because of its beautiful weather, football is the main sport of the month.

Below are some fun facts about November:

1. The birthstone for November is the topaz.
2. The zodiac signs for November are Scorpio (October 23 - November 21) and Sagittarius (November 22 - December 21)
3. The birth flower for November is the chrysanthemum.
4. On November 2, 1769, a Spanish expedition reached San Francisco Bay.
5. On November 2, 1889, North Dakota became the 39th state of the United States.
6. On November 2, 1889, South Dakota became the 40th state of the United States.
7. On November 2, 1917, Arthur Balfour proposed settlement of Jewish people in Palestine.
8. On November 4, 1979, the U.S. Embassy was taken over by Iranian revolutionaries in Teheran and a group of U.S. citizens were seized as hostages.
9. On November 6, 1869, the first intercollegiate football game was played in the United States between Rutgers and Princeton.
10. On November 8, 1889, Montana became the 41st state of the United States.
11. On November 15, 1935, Manuel Quezon was inaugurated as the first president of the Philippines.
12. On November 18, 1883, standard time began in the United States.
13. Peanut Butter Lovers Month
14. National Good Nutrition Month
15. National Pepper Month
16. National Sleep Comfort Month
17. Aviation History Month
18. Election Day - first Tuesday after the first Monday in November
19. Thanksgiving Day - fourth Thursday of November
20. November 11 - Veteran's Day



# Welcome To The Village!



## Residents:

Lucille Kollar  
Rosie Basle  
Jackie Korpi  
Charlie Olsen

Beverly Schmansky  
Rachel Scott-Lewis  
  
(Welcome Back!)

## Staff:

Jesson Belser, Dietary Assistant



### Beauty Shop Services and Hours

Sally the Manicurist:

Tuesdays 10AM-4PM  
Manicures - \$11 Pedicures - \$18  
Nail Clippings - \$6  
Call ext. 28889 to make an appointment

Rita the Beautician:

Thursdays and Fridays 9AM-Last Appointment  
Shampoo and Set - \$17 Hair Cut - \$12 Perm - \$45  
Color - \$30 Wash and Cut - \$16  
Call ext. 28889 to make an appointment

Joe the Barber:

First Monday of the Month 12pm-3pm Hair Cut - \$12  
Sign-up in the mailroom for a time slot



## October's Craft was... Halloween/Monster Hangers!



## November's Craft is... Thankful Trees



## The costume contest winners are...



**Johanna Schoel & Betty Hildebrandt**

Trick or Treating                      Halloween Party

They both win a \$10 coupon to the  
village store!



## ~ Transportation Services ~

### Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

### Tuesday's

- Shopping at Kroger at 10 AM
  - ~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 (1<sup>st</sup>, 2<sup>nd</sup> & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

### Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall, shopping in Taylor). There is no cost to the 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 Activities 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 November!**

Jerome Marentette.....	Nov 4 <sup>th</sup>	Ken Jameyfield.....	Nov 15 <sup>th</sup>
Sylvia McKenzie.....	Nov 4 <sup>th</sup>	Gladys Wilson.....	Nov 16 <sup>th</sup>
Beatrice Rutkowski.....	Nov 6 <sup>th</sup>	Ken Brooks.....	Nov 20 <sup>th</sup>
Carl Pritchard.....	Nov 7 <sup>th</sup>	Calvin Smiley.....	Nov 21 <sup>st</sup>
Joe Terrell.....	Nov 8 <sup>th</sup>	Marie Eldred.....	Nov 23 <sup>rd</sup>
Kathy Roos.....	Nov 9 <sup>th</sup>		

### 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 many positions available in choose from.

We currently need your help with:

-The Village Store    -Bingo

See Shana or Toni to get more information.

**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 Supervisor*

**India Douglas**  
*Nurse Case Manager*

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

**Shana Brown**  
*Wellness Manager*

**Kara Otto**  
*Social Worker*

**Deborah Antal**  
*Dietary Services Director*

**Shari Thompson**  
*Billing*

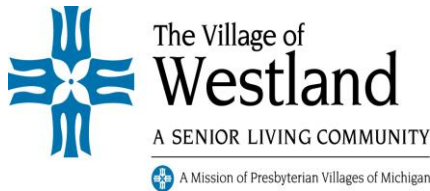
**Lisa Scott**  
*Housekeeping*

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



**32001 Cherry Hill Road  
Westland, MI 48186**



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