



Village Voice



Embrace the possibilities

2950 E. Twelve Mile Rd. • Warren, Michigan 48092 •

November 2018

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The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Dear Friend,

Endings and beginnings. We have had those in the building lately. No one moved out in the first four months of the year, but eight people left between May and October. Edward Thrash, Anna Mae Jezak and Fred Lowery passed away – may they rest in peace – and three people had health problems that required more care. It hurts to say goodbye.

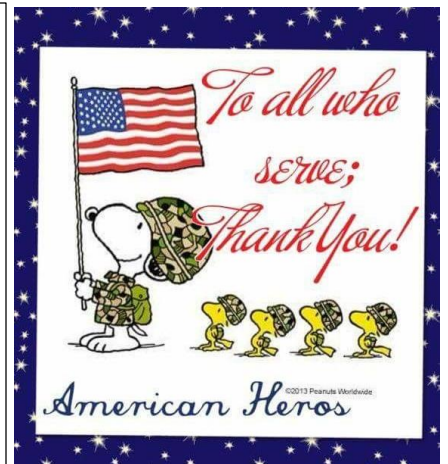
Endings and beginnings. Dann Frederico (thanks for the bulbs), Irna Crabtree, Gayle Styles, Irene Alex and Debra Bertolino recently moved in and are getting involved. It is good to meet new people.

Endings and beginnings. Recently Joyce Wilde decided to stop hosting the Saturday bingo games and November 3 will be her last game (come to cheer her on). It wasn't easy to make the decision and she is having second thoughts – it is very natural to have feelings of sorrow and regret when you stop doing something that is meaningful to you. But then Rosemarie Barnhart decided to step up and begin a game on Friday nights, so residents can play twice a week.

Endings and beginnings. You can't have one without the other. Being open to both is what allows us to be fully human and to live with confidence.

Take care.

Anne Lilla, Administrator



THIS MONTH (November) IN HISTORY

- 1848 Women admitted to medical school in Boston.
- 1860 President Lincoln elected as the 16th President of the U.S.
- 1924 The first Macy's Thanksgiving Day Parade held in NYC.
- 1928 Mickey Mouse appeared for the first time in *Steamboat Willie*.
- 1945 The Nuremburg Trials began.
- 1957 The Mackinac Bridge, a feat of engineering, opened.
- 1963 President John F. Kennedy assassinated.
- 1966 Catholic bishops end the *No Meat on Fridays* rule.
- 1969 Sesame Street makes its debut on PBS.
- 1979 Ninety hostages are taken at the U.S. embassy in Tehran.
- 1989 The Berlin Wall comes down.

Daylight Saving Time Ends FALL BACK Sunday, November 4, 2018

Get ready to gain an hour of sleep—daylight saving time is about to end. On Sunday, November 4 at 2:00 a.m., it is time to “fall back” and set the clocks back one hour to mark the end of daylight saving time. Actually, it is best to turn your clocks back on Saturday before going to bed. For example, if you go to bed at 11:00 p.m., turn your clock back to 10:00 p.m.

U.S. and Canadian railroad companies determined a time zone system in 1883 to stop confusion from the 100 conflicting locally-established “sun times” that were observed across the country. Four zones were established: Eastern, Central, Mountain, and Pacific time zones.

Daylight saving time was introduced in 1966. Hawaii, Arizona, Puerto Rico, Guam, American Samoa, and the Virgin Islands, do not observe daylight savings time so do not adjust their time in the fall.

Reasons to support daylight savings time include saving energy, preventing traffic injuries, preventing crime and assisting people with visual impairments. Debates will continue as to whether the benefits of daylight savings time outweigh the disadvantage of disturbing your internal clock and sleep-wake cycles twice a year. There is no clear winner but for now, we must turn our clocks back one hour and enjoy the extra sleep.

SERVICE COORDINATOR NEWS

Denise Giallombardo, B.S.W.

With many new residents, I would like to answer: *What is a Service Coordinator?* I am the building's service coordinator and serve as a problem-solver.

I can help you develop a payment plan for medical bills or advocate for you with the hospital business office.

I can assist you to apply for Medicaid, Focus Hope, Macomb Library for the Blind/Disabled, Medicare Savings Plan (where Medicare Part B is paid by the state), DTE Senior Plan (reduced cost for electricity), Medicare D Prescription Drug Plan and Food Stamps.

I can help you find a home health care company when you are discharged from the hospital or transportation resources or housekeeping.

I offer monthly Educational and Wellness Programs such as *Mindfulness, Eat Well, Senior Fraud and Legal Aid*.

A Service Coordinator makes sure that residents receive community services, support services, one-on-one visits and telephone reassurance.

Everything is confidential. Please do not hesitate to call or visit. I work part-time: office hours are posted on my door. My office is by the large elevator

COME TO THE RUMMAGE SALE

Our semi-annual Rummage Sale is on Saturday, November 10 from 9:00 a.m.- 4:00 p.m. in the lobby and Community Room.

You can participate in different ways:

- **Sign up to rent a table** for \$5. Sell your items and make money for yourself.
- **Donate baked goods.** Label and put in small packages. Bring the treats to the lobby at 8:30 a.m. on Saturday.
- **Donate your unneeded items** to the office beginning on Monday, November 5. Clothes, jewelry, knick-knacks, etc.
- **Volunteer to help** during the day. Contact Kay in #141 or Joyce in #242.
- **Buy, buy, buy.**

Money raised goes to the Resident's Fund and the Friends and Family Fund for the cost of monthly dinners, birthday candy, 50/50 prizes and the Christmas dinner.

Introducing New Residents

Deb Bertolino in #134 Deb was born in Danville Illinois and moved to Detroit when she was eight. She has been a Michigander for most of her life. Deb was married but not blessed with children of her own. She made up for it in other ways. Deb is "Aunt Deb" to a whole bunch of kids, both by blood and by friendship. Baking was a favorite past time of Deb's but now she is recovering from major heart surgery and does not bake much anymore. Visiting with sisters, going to bingo or just being "out and about" with family keeps her busy these days. Welcome, Deb, we are glad you are our newest new neighbor.

Gail Styles in #233 Gail was born in Detroit and grew up in Sandusky Michigan. With a family of two daughter and one son plus five grandchildren, she keeps busy. Gail likes to go out and play bingo with her sister and likes to vacation with her sister too. With a love for children, she used to work for Macomb County in Child Care. Gail says she loves it here are Warren Glenn and has met many other residents at lunch. We welcome Gail and are glad she loves her new home with us.

Irene Alex in #232 Irene is proud of her Polish heritage and was born in Hamtramck. She married her sweetheart just out of high school and together they had eight children (six boys and two girls). This large family has now grown to include eighteen grandchildren and five great-grandchildren. Irene was married to the love of her life for 57 years until he passed about a year and half ago. Her husband was a Deacon in the Catholic Church and they worked side by side doing the Lord's work. Irene also worked for eight years in prison ministry. These days Irene keeps busy not only with family but also she likes to swim and to bowl. We welcome Irene and look forward to seeing her around the building. PS: Irene was dressed as a geisha complete with white face makeup at the Halloween Party and won for best costume.

CHRISTMAS PARTY

Christmas is coming and we will celebrate with a special evening party for all residents. Each year we celebrate with a catered dinner and music. More details soon.

CHARITY DRIVE

Sister Mary Fagan and Carolyn Richardson will collect money for holiday gifts for a Warren family through 1st Presbyterian Church. Residents were generous last year. Let's do it again!

ANTON ART CENTER

Stop in the office and see the beautiful Christmas tree decorated by Diane Sexton. It will be donated on behalf of Warren Glenn to the Anton Art Center for their Holiday Market fundraiser.





APPLE PICKING

Warren Consolidated Schools Students and Staff

1st Presbyterian Church of Warren Leaders

Village of Warren Glenn Residents and Staff



NOVEMBER BIRTHDAYS

3	Lorraine Kelsch	#101
7	Teressine Marku	#224
19	Pam Shade	#241
21	Shirley Pietron	#203



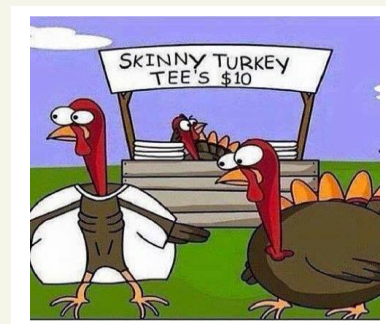
Residents Betty Challenger, Caroline Lannin, Sister Mary Fagan, Gail Styles, Liz Barringer, Evelyn Carver, Sylvia Guillemette, Bev Hooks and Allan Thompson and staf Stacey Klooster went to Westview Orchards to drink cider, enjoy doughnuts and pick apples with their high school friends from Warren Consolidated Schools. It was a beautiful day with the leaves starting to turn.



Thank you to Board members Mac McDougall for driving the bus and to Marijo Hockley for organizing the event with the school.

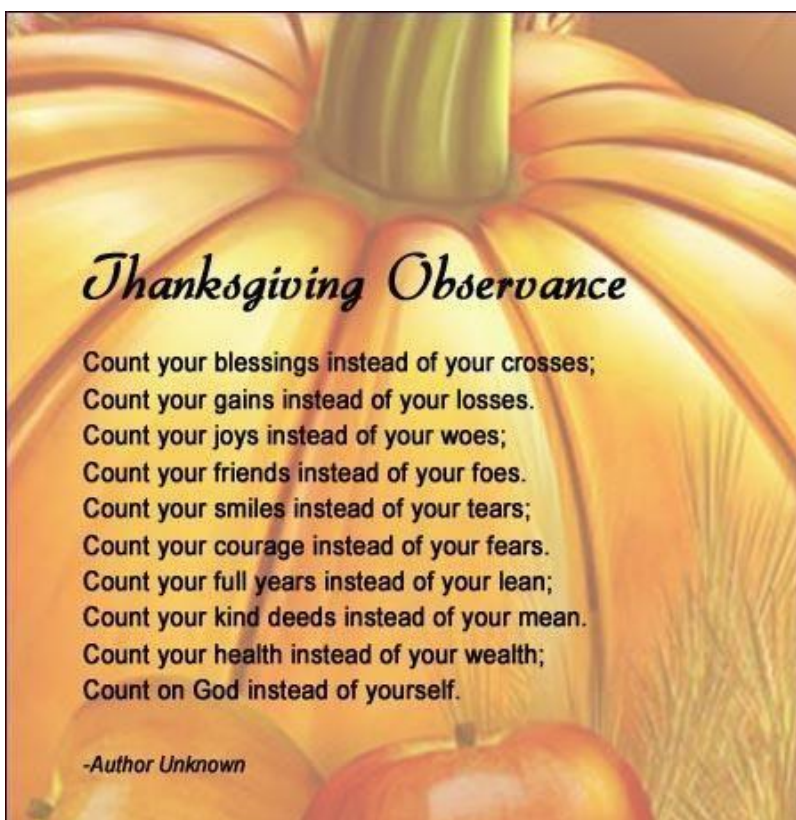
NOVEMBER HOLIDAYS

- 1 All Saint's Day
- 2 Deviled Egg Day
- 3 **TURN YOUR CLOCKS BACK ONE HOUR**
- 6 **ELECTION DAY**
- 11 **VETERAN'S DAY**
- 13 World Kindness Day
- 14 World Diabetes Day
- 15 Clean Your Refrigerator Day
- 16 International Tolerance Day
- 17 World Peace Day
- 22 **THANKSGIVING**



THANKSGIVING DINNER

A complete Thanksgiving dinner will be served on Thanksgiving Day, Thursday, November 22 at 3:00 PM in the Community Room. This free dinner paid for by the Residents Fund and lovingly prepared by Joyce Wilde and Betty Challenger is for any resident who is not going out with family or friends. Please sign-up in the mailroom in advance so that the right amount of food is prepared. Please join us as we give thanks and share friendship.



Big Boy Casper: Pet of the Month



Our *Pet of the Month* is a very large boy by the name of Casper. Casper is a long-haired white, peach and cream-colored kitty who is about 15 years old. He lives with Rosemary Barnhart, #202, and the best part of his day is when he is annoying Rosemary.

Casper is an independent cat who plays when he feels like it. One of his favorite things to do is to knock things off the table. It is a game to him but not necessarily to Rosemary but she loves his in spite of his antics.

DINING SENIOR STYLE

The Dining Senior Style program will serve a Thanksgiving meal on Tuesday, November 20 during the regular lunchtime in the Community Room. It is too late to sign up for a delivered meal on Thanksgiving Day but a homemade dinner is being served in the building at 3 p.m.

FOOD DRIVE

A Food Drive will be held on November 12-16. Please check your cupboards and donate your extras. A box will be in the lobby for your donations. All food will go to the Salvation Army Food Bank and then distributed to local pantries.

SUPPER CLUB

There will be no Supper Club gathering in November and December. We will resume in January, weather permitting. Enjoy the holiday season.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness



A few weeks ago I experienced - temporarily – what many of us will perhaps one day experience permanently: life without a car. Some of you may already be in that situation. I still had to go to work. I still had meetings to attend. I still had errands to run but I had no car.

It was in the shop for some minor repairs that of course took longer to fix than I was originally told so when all was said and done, I was without a car for a little over a week. I live alone and my kids have long since flown the coop to pursue adult lives of their own. Besides, they don't live nearby so asking them to cart me around wasn't really an option.

So what was I to do? I was in a bit of a bind until I remembered something my daughter's boyfriend recently told me, that he was living the "app life". So what does that mean? Well, if you own a smartphone and have access to the internet you have a lot of power in your pocket. There are thousands of computer applications, which are essentially small computer software programs commonly referred to as "apps" that you can place on your phone that allow you to do numerous things and provide you with easy access to a variety of innovative and useful services. Among them are apps that will link you to ridesharing services, two of the most popular being Lyft and Uber.

Over the course of the next few months, I will be sharing with you how I used "apps" to do what I needed to do and be where I needed to be without a car. In so doing, I discovered that giving up my car didn't mean I had to give up living my life. So stay tuned. Next month I will start by sharing how I used Lyft to get out and about.

WHAT GOES AROUND, COMES AROUND

By Lynn Alexander, Vice President, Presbyterian Villages of Michigan

Recently I experienced good karma in a way which affirms my belief in caring about others. My grandma was right when she used to say: "What goes around comes around." I have witnessed this phenomena in many ways over the years. In my recent experience I was attending an annual meeting with an organization still somewhat new to me; and more than several attendees reached out to me in an intentional manner to include me and make me feel welcome. I am usually that person that notices when a fellow human being needs to be welcomed so this was a gratifying experience for me.

Bringing this concept around to PVM, residents often talk about how they and their neighbors all look out for each other. This has created a sense of community which adds to their quality of life. Unfortunately I have heard stories with the opposite script. We all have had issues to deal with and problems to conquer. The longer we have been on this earth the more we have endured as well as enjoyed. Keep that in mind and lift another person's psyche. Offering a smile and welcoming a newcomer can pay great dividends. You may meet a new lifelong friend or may need a smile yourself on any given day. "What goes around comes around."

HALLOWEEN PARTY



It was a dark and stormy night, literally, during the Warren Glenn Halloween Party. Thirty people enjoyed a potluck dinner, games and a costume parade. Costumes varied: Janice was a blue M&M, Caroline was a penguin, Diane S. was dressed for bed, Diane C. was a tropical flower, Allan was a Red Wings fan, Marion a shedding scarecrow and LaWanda Christmas personified. Newcomer Irene took the prize with her *Geisha Girl* look. Liz won \$40 in a 50/50 drawing. while Joyce and Sarah won gifts. Thank you to Diane for organizing the event, LaWanda for rolling silverware, Allan for selling tickets, and Janice and Liz for clearing tables.

November Happenings with First Presbyterian Church

By Marijo Hockley, Inclusion Minister

Come share your talents with our brothers and sisters from Warren Consolidated Schools and the Village of Warren Glenn. There is something for everyone and every talent. The most important gift you can share is YOU! Everyone is welcome to attend Inclusion Ministry Events – *you don't have to be Presbyterian.*

Thursday Bible Study continues throughout November in the Warren Glenn Community Room. 1-2:00 p.m. Finishing Book of Acts. Advent Bible Study - November 29 - December 20. "Why We Sing the Christmas Songs We Sing." Study the origins of our traditional Christmas hymns and sing a few too!

Cousino Special Needs Students at First Church - Tuesdays, Noon -1:15 pm. Residents are invited to help students with their jobs. On November 13, *Scrapbooking with Kay Gawel* at First Church. Please come.

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| Saturday, November 3 | Movie Night and Dinner in the Warren Glenn Wellness Room. 4:30 p.m. (Please note, this is on Saturday in November due to a scheduling issue.) "Planes, Trains, and Automobiles!" |
| Sunday, November 4 | Communion in the Warren Glenn Community Room. 1:00 p.m. |
| Friday, November 16 | Trip to Great Lakes Crossing with Cousino High School students. Lunch, shopping and SeaLife Aquarium. |
| Sunday, November 18 | Worship Service and Potluck in the Warren Glenn Community Room. 1:30 p.m. |
| Thursday, November 22 | Thanksgiving Worship in the Warren Glenn Community Room. 10:00 a.m. |

HAPPY THANKSGIVING!

APPLE PIE
 BEANS
 BREAD
 CORN
 CRANBERRY SAUCE
 GRAVY
 HAM
 MASHED POTATOES
 MILK
 PUMPKIN PIE
 ROLLS
 SQUASH
 STUFFING
 SWEET POTATOES
 TURKEY



Chicken Scratch NY

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

DOUBLE WORD SCRAMBLE

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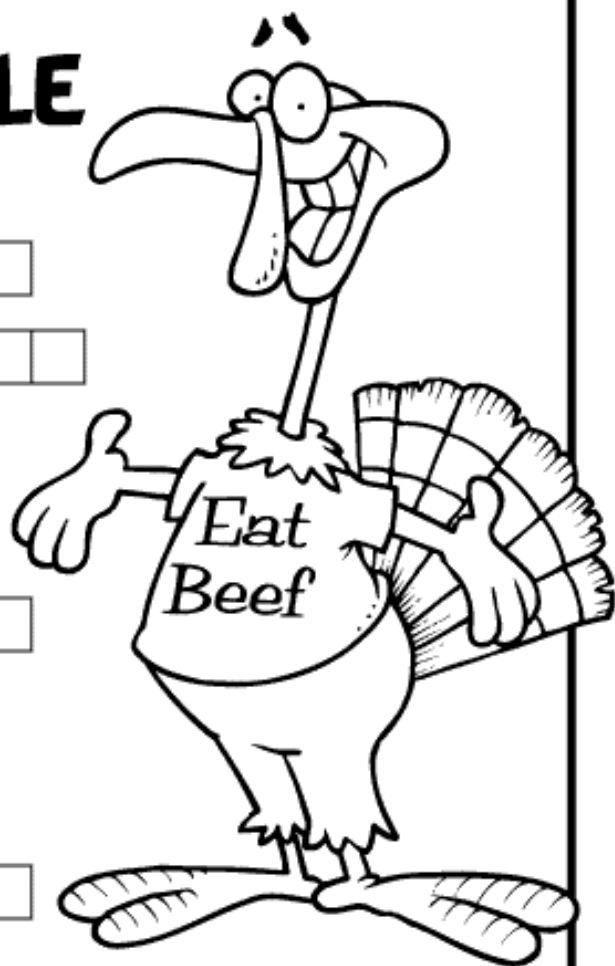
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**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our Christian heritage, we serve seniors of all faiths and create new possibilities for quality living.

www.pvm.org



Office Numbers (586) 751-5090

Village Staff

Anne Lilla
Director

Stacey Klooster
Administrative Assistant

Denise Giallombardo
Service Coordinator

Chris Lower
Maintenance Tech

Emmi Parada
Housekeeper

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Malcolm McDougall, President
Betty Challenger
Marijo Hockley

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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

The Village of
Warren Glenn
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan



MOVIE NIGHT

Join us for a funny movie on Sunday, November 18 at 6:00 p.m. in the Exercise -Wellness room on the second floor. Bring a snack to share and your funny bone. A beverage will be provided.

COMMUNION AVAILABLE

A Eucharistic Minister (Jackie Roda's sister) will provide communion on Wednesdays at 11 a.m. in the library. A short prayer will be recited. Everyone is invited.

Newsletter Team

Stacey Klooster
Anne Lilla
Diane Sexton

Embrace the possibilities