

✦ Manor Message ✦

Embrace the possibilities

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

2023 | Issue XI

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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:



The Administrator's Pen



Wow oh Wow, This year is coming to an end very soon. We are now in the last two months of 2023. Sixty days from now, we will be saying Welcome to a brand New Year. Take a minute to think about all the good things that the good Lord has allowed you to be a part of and see come to past. The mere fact, that you made it this far is indeed a great testimony. If you want to see a miracle for 2023, take a look in the mirror, you are the miracle. Give HIM all the glory and praise.

Let us welcome our two new residents, Ms. Patrycia Weeks and Mr. Robert Harris to OSM, show them our OSM Monarch Love.

Please keep Ms. Rachel Finerson's family in your prayers. She will be truly missed. I am sure with the holiday season fast approaching us, this will be a difficult time for her family.

Please check your OSM calendar for all of our upcoming events. Also please refer to your OSM House Rules in reference to Fire Drills, Smoking, Parking, Bullying/Harassment, Dress code, visitors & having overnight guest. We do our best in making sure everyone follows policies and procedures. If you have any concerns, complaints or questions, please feel free to stop by the office so we may address your concerns. Your concerns are our concerns!

I wish and pray that you will have a blessed and prosperous Thanksgiving. Thanksgiving is a great way to connect or reconnect with family. What a great opportunity to share stories, testimonies and make lasting memories with your family. Reminder, our offices will be closed for the Thanksgiving Holiday, November 23rd and 24th.



Graziella Bruner
Housing Administrator



OSM Monarch Moments

Blessings Our Saviour's Manor,

Wishing everyone a Healthy, Happy, & Blessed November!



We hope everyone had a wonderful October and we welcome November! Fall is in full swing and Winter is quickly approaching! The holiday season is beginning!! Our OSM Administrator's Resident Activity Meeting and Birthday Celebration is November 8th @ 11:00 AM in the community room. **We will go over all our events for November & December along with the upcoming Christmas Tea for the Women of OSM at The Gathering Church with Pastor Lynn Johnson and our annual OSM Christmas Celebration in the community room.** Everyone is welcome! Please come and bring any ideas you have for OSM and what you would like to see happen!

We have many great shopping trips planned for this month. Along with Walmart, Kroger, and Meijer, Nankin will be taking residents to Mr. B's Soul Food, Volunteers of America, Ollies, Heartland, and Hobby Lobby. Please sign up on the bulletin board if you are interested in going any trips! Please see your OSM Calendar for what is scheduled and check the bulletin board for sign-up sheets. Lots of great celebrating happening this month! The office will be closed in observance of the Thanksgiving Holiday, November 23rd & 24th. ***Please remember that transportation for shopping trips are with Nankin. The bus has a schedule to keep and will not wait for you, so please be in the lobby at least ten minutes before the scheduled time of the trip. Nankin bus trips cost three dollars each way.***

Also, BINGO is every Thursday at 4:00 PM. Schwan's also now known as YELLOH is coming every other Friday. This month they will be here November 3rd & November 17th in the lobby.

STOP Pest control will be here for their monthly inspection and preventative treatments on November 28th for Apartments 217 – 232.

Laundry Room. If an Out of Order sign is posted on a machine, please do not use it. The sign means something is wrong and we are waiting for the WASH Company to come fix it. Please do not remove the sign from the washer. **The front loader tray is for Liquid soap only.** Do not put powder in the front load washer tray. It causes a buildup that can clog the machine. If you need to purchase a new laundry card, you can do so using the machine in the laundry room. It costs \$5.00. Laundry is open 24/7. **PLEASE remember to empty the lint from the dryer after every use!**

Please keep in mind any large items being delivered to your apartment must be between 8:00 AM-3:00 PM Monday – Friday. Please notify the office if you are getting a delivery so that we can have the back doors open for you!

Please be sure to return all grocery carts to the cart room after use! **DO NOT** leave carts in the hallways or the upstairs trash room. Thank you!

Be safe and stay healthy!

Have a blessed and safe month!





Inspirational Moments

By Jessie Clark,
Resident Volunteer

Life Is So Short

We spend so much time sweating the small stuff, worrying, complaining, gossiping, comparing, wishing, wanting, and waiting for something bigger and better instead of focusing on the simple blessings that surround us everyday.

Life is so fragile and all it takes is a simple moment to change everything you take for granted.

Focus on what is important and be grateful.

You are blessed! Believe it!

Live your life and leave no regrets!





Coordinator's Corner

Alisa Loveday
Service Coordinator

Greetings OSM,

It is time for Thanksgiving! This really is the most wonderful time of the year, a time to be thankful, and a time to give. I hope you all have plans to enjoy the season. I look forward to seeing all of you throughout the days ahead and at our special events. Please read through, as there are several very important announcements.

Please keep your calendar on your fridge and come out for these events:

Every Monday through November 20th, 3:00pm Zumba class

Zumba has been so FUN! You can move or sit in your chair. Just show up and see what it's all about.

Tuesday November 7th, 12:30pm Lunch with Wayne Co. Sheriff Candidate

While I do not publicly endorse any candidates running for office, those wishing to come and meet residents are welcome to do so. Please come and enjoy a free lunch where you can ask questions and stay informed about current issues.

Monday, November 13th, 1:30pm: United Healthcare Presentation

Valeres Bristol will be presenting for United Healthcare. Please come and enjoy!

Wednesday, November 15th, 11:00am: Monthly Blood Pressure Screening

Reliable Visiting Services will be here for free Blood Pressure screening. Did you know that Reliable Visiting Services also offers in-home physician visits? Even if you do not want a BP test, stop and talk with them about other services they offer.

Monday, November 20th, 12:30pm: Bingo with Zing Healthcare

Zing has been hosting Bingo at other PVM Villages and asked to come to OSM. Please support the event if you enjoy great prizes and fun!

Also, we are in **open enrollment season for Medicare**. Don't forget to reach out to MMAP (Medicare Medicaid Assistance Program) to ensure you are with the best insurance and taking advantage of all that is offered. MMAP 734-727-2067 or email MMAPVMAIL@thesenioralliance.org. I have just found out that Medicare is now covering chore services with some advantage plans. Call your agent and ASK!

Very important announcement:



As your Service Coordinator, I look for the best ways to meet the needs of our community. I have come to realize having different start and stop times throughout the week can be confusing. Starting November, my hours will be **Monday through Thursday 10am – 3pm**. There are times where there will be slight modifications, but I will post notices in advance unless there is an emergency.

In everything give thanks; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18

OSM EVENTS

Friday, November 3rd & 10th @ 12:00 PM

Craft Day



Bingo will be taking place on Thursdays @ 4:00 PM
in the Community Room



Zumba Classes Monday November 6th, 13th, 20th @ 3:00 PM



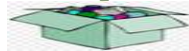
Tuesday, November 7th @ 12:30 PM

Wayne County Sheriff Candidate Meet & Lunch



Tuesday, November 7th @ 1:00 PM

Full Gospel Temple Item Pick Up



Wednesday, November 8th @ 11:00 AM

Administrator Resident Meeting & Birthday Celebration



Monday, November 13th @ 12:00 PM

United Healthcare Presentation



Wednesday, November 15th @ 11:00 AM

Blood Pressure Screening



Friday, November 17th @ 11:00 AM

Mr. B's Soul Food Restaurant



Monday, November 20th @ 12:30 PM

Bingo with Zing Healthcare



Wednesday, November 22nd @ 10:00 AM

Ollies/Heartland



Tuesday, November 28th @ 9:00 AM

Vol. of America



Tuesday, November 28th

Stop Pest Control Apts 217-232



Thursday, November 30th @ 10:00 AM

Hobby Lobby





It's Your Life. Live It Well.

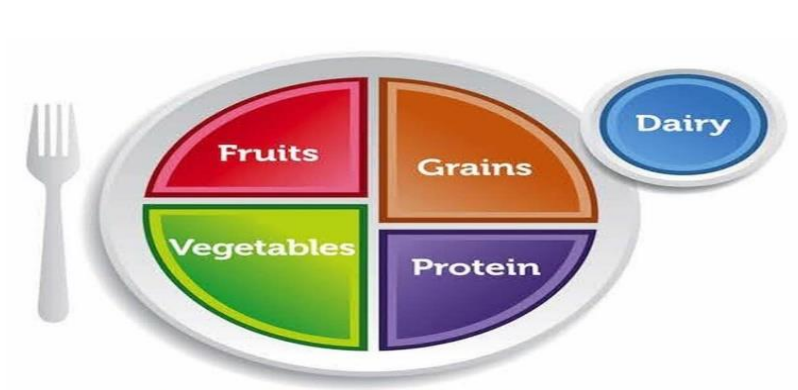
By Tom Wyllie,
Director of Wellness

Eat Better to Feel Better!

As we age, we often consider our daily aches and pains to be a sign that we are getting “old”. We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the “fact” that there’s nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body’s ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it’s best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit www.choosemyplate.gov/MyPlate





Mission, Vision & Values

Just as water from a wellspring is pure and clear, we want our Vision, Mission and Values to be rock solid and easily seen.

Vision

Changed Lives. Strong Families. Transformed Communities.

A ripple is caused by making a splash. Many of our clients believe they can make no positive impact at all. By engaging with the individual to build self-esteem and dip into their own God-given potential, a splash of hope ripples through the individual and the family. We believe this ripple cannot only reach distant shores, but its lasting effect can transform whole communities.

Mission

Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.

At the source is God's love. We seek to release and be a channel of the love that Jesus, by his example, poured out in abundance. It's a love that puts the good of neighbor above personal interests and engages those on the "outside," as he did with a woman he met at a well. Because of this meeting, her life, her family and community were transformed.

Values

Our values are the things we must live out — things we must not only believe but be. These values help direct our actions and drive our behavior.

- ❖ **Christ-centered**
- ❖ **Excellence**
- ❖ **Integrity**
- ❖ **Life**

Our Vision Changed lives. Strong families. Transformed communities.



Hope flows through us.



Giving Matters.

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

Congratulations to all of the winners
Of the Raffle Ticket drawing
for the PVM 2023 Gala.

Our next PVM Gala will be in 2025.
Make a plan to attend the next gala.
Start saving now so you can attend.

Thank you to everyone that purchased gala
tickets and or raffle tickets,
Your donations are helping
Seniors at PVM.

Your Life. Your Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...
and leave a legacy.**



For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



Mayor's Message

By Michael Londeau,
Mayor, City of Westland

Greetings OSM Residents,

The Public Library of Westland's Ribbon Cutting event will be held on Thursday, November 2nd at 3:30pm!! The staff of the library will be marking the end of their construction project with the celebration of cutting the ribbon and opening the doors to the public! Everyone is welcome to come and celebrate the new and improved Public Library of Westland and everything they have added to make it even better than it once was!

Save the date: The City of Westland presents... Pizza Palooza & quarter auction!!

This event will be held on November 14th at Westland City Hall from 6-8 pm! All-you-can-eat pizza and 2-quarter auction paddles, \$10 for adults & \$5 for children 7 and under! ALL proceeds benefit the American Cancer Society and the Relay for Life of Westland-Western Wayne County! Come support a good cause and have a fun night with your friends and family, eating pizza and possibly even leaving with many great prizes😊

If you have any questions or would like to be more involved, you may contact Jill Lezotte-Kates at jml4262@aol.com or (734) 732-7974!

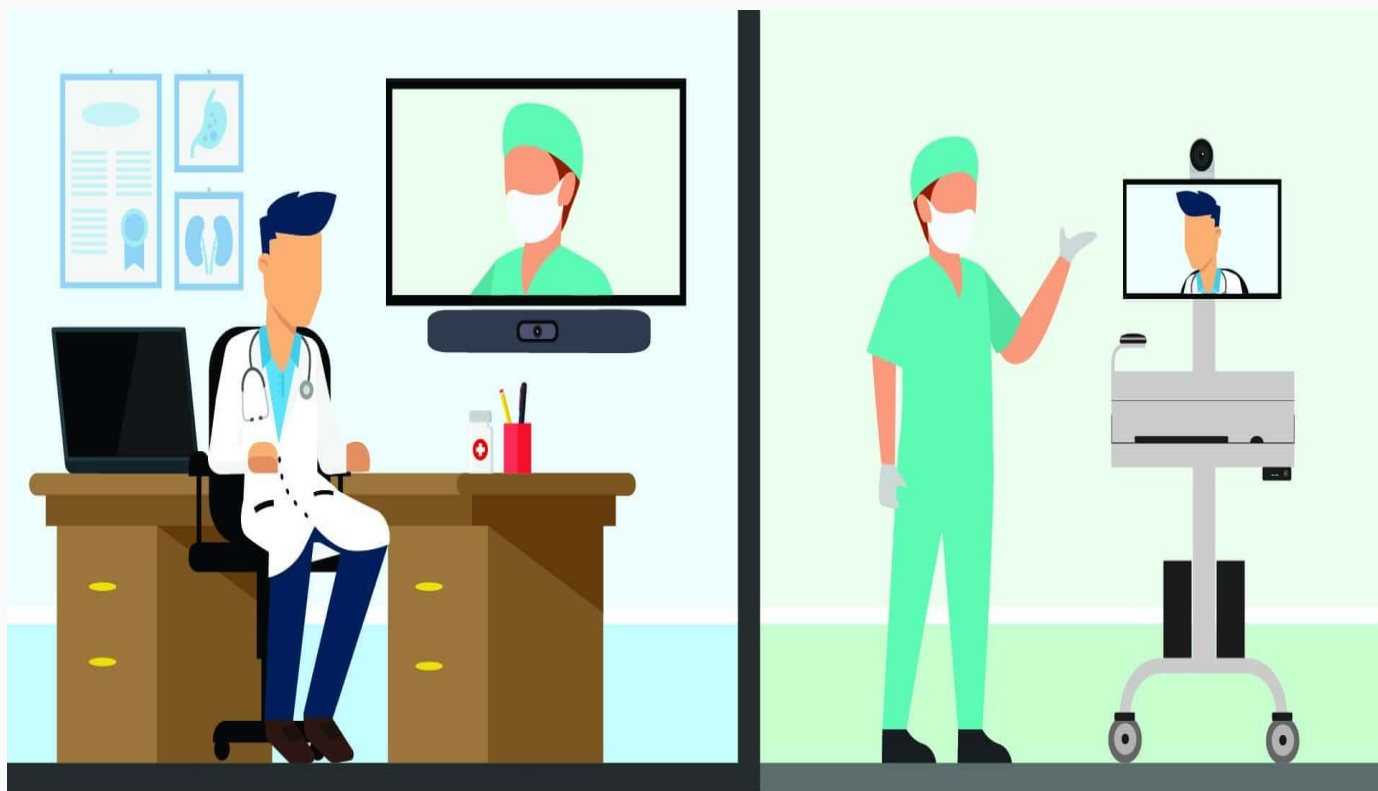
Join Mayor Michael P. Londeau, Mayor John P. Rhaesa, and Wayne Ford Civic League President Vic Barra in support of the 10th Annual Holiday Meals for Wayne-Westland Veterans, Surviving Spouses, and Families of Active Duty Service Members.

The meal is free. All you have to do is register using one of the following methods; Register and/or donate online or Contact Mayor Londeau's office @ 734-467-3200 or email: mayor@cityofwestland.com Contact Mayor Rhaesa's office @ 734-722-2000 or email: JRhaesa@cityofwayne.com or Pick Up a Registration Form at the Westland City Hall Greeter Station. Application must be submitted no later than noon on Wednesday, 11-15-2023 to receive a complete Holiday Meal for "Free" compliments of a grateful community.

Veterans and/or their families can pick up their Meal On Saturday, November 18th, 2023 between the hours of 10 am-1 pm at Wayne Ford Civic League 1645 N. Wayne Rd. Westland, @ 734-728-5010



**The new Telehealth Suite is almost complete!
Make your life easy and save a trip
By connecting with your doctor using our
New Telehealth Suite on the 1st floor
near the craft room across from Apt. 108
It is Free and Secure.**



TELEHEALTH

**PROVIDE CARE
FROM ANYWHERE**



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs



PVM is pleased to announce some new exciting offerings and features for making the most of life! Our new magazine, *Graceful Living*, will offer information on beautiful and entertaining sites around the state of Michigan, tips for gardeners, events and news about PVM communities, recipes, recommended books for your reading pleasure and more. The new look mirrors what you would find from the best magazines and replaces our Outlook newsletter. If you have not received this publication go to <https://www.pvm.org/sign-up-for-our-newsletter/> and sign up.

Another new feature is our library of podcasts with excellent information from experts in the field of aging. Go to the PVM website for further information at <https://pvm.org/pvm-blog>, or search for “Caregiver’s Best Friend Podcast” in your preferred podcast app.

We are dedicated to transforming aging and making Michigan a Best Place To Age.

We hope you enjoy these new features as much as we have in creating them.

Enjoy!





Mike's Maintenance Tips

By Michael Hooton,
Maintenance Technician

Cold Weather Reminders!

While it may not always feel like it outside, it is getting closer and closer to Winter. Because of the fluctuating temperatures, we are trying to keep the temperature in the building under control. Please know we are doing our best to make it as comfortable as we can inside. Thank you all for your patience.

If you are having issues with your heat or any work orders.
PLEASE call the office to make a work order.
Do not stop maintenance in the hallway.



A Few Reminders:

- ***Please call the office with all work orders.***
- ***Please return grocery carts to the cart room after each use!***
- ***Please make sure the dryer lint cleaner is being emptied after each use.***
- ***If an Out of Order sign is posted on any of the machines, please do not use them.***
- ***No Candles, Small Candles for oils, or Incense is to be burned in the apartments or building. If you have to use a match or a lighter it is NOT allowed.***



Dial 1 -734-740-4777

***For after-hours maintenance emergencies
For Medical Emergencies, please dial 9-1-1***



Katelyn's Column

By Katelyn DeHart,
Administrative Assistant

Smartphone Tips for Seniors

Start simple

Learning any new technology can be intimidating. Starting simply can help make using a new smartphone easier. As you go along, be patient with yourself as become familiar with the device and customize it for the own needs.

Customize the settings

Whether you are using an iPhone or Android device, there are several options available that allow you to customize settings such as font size, screen brightness, volume, and notification sounds. To navigate to these options, click on "Settings." No matter which device you use, a list of options will appear so you can set your phone in ways that are best for you.

Keep password information securely stored

Another smartphone tip for everyone is to store password information safely. While some websites you visit or even certain apps on your phone may require passwords, your phone itself may also need a passcode to unlock it. Consider writing down your passwords and securely storing them at home.

Set up home screen apps

The home screen is where you can give yourself easy access to the main apps and services you like to use on your phone like photos, camera, calendar, maps, a web browser, and a text messaging app. Reorganizing your apps on your home screen is easy – simply press and hold an app to drag it to another location or delete it if it is an app you no longer use.

Be aware of safety concerns and scams

Be wary of suspicious links, phone calls, or messages from people you don't know. Update your device whenever a new version is released to ensure you always have the latest security software installed. Lastly, consider setting up a passcode or using fingerprint scanning included in newer smartphones to ensure that others can't easily access your device without your permission.



November Birthdays 2023

Happy Birthday!!!

Mary Simmons – November 14th

Geraldine Crosby – November 19th



<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 15%; background-color: #f0e68c; padding: 5px;"> <p>Happy Thanksgiving to you and your family. May all the good things of life be yours throughout the coming year.</p> </div> <div style="width: 15%; background-color: #191970; color: white; padding: 5px;"> <p>VETERANS DAY THANK YOU HONORING ALL WHO SERVED</p> </div> <div style="width: 40%; text-align: center;"> <p>The Village of Our Saviour's Manor</p> <h1>November 2023</h1> </div> <div style="width: 15%; background-color: #0070c0; color: white; padding: 5px;"> <p>DIABETES AWARENESS MONTH</p> </div> <div style="width: 15%; background-color: #b22222; color: white; padding: 5px;"> <p>THANK YOU VETERANS Honoring all who served!</p> </div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p> <p>November Observations Aviation History Month Lung Cancer Awareness Month Nat'l Diabetes Awareness Month Nat'l Family Caregivers Appreciation Month</p>	<p>30</p> <p>Weekly Celebrations Week 1: Chemistry Week Week 2: Kindness Week Week 3: Game & Puzzle Week Week 4: Nat'l Family Week</p>	<p>31</p>	<p>01</p> <p>11:00 AM</p> <p>FOCUS: HOPE</p>	<p>02</p> <p>10:00 AM</p> <p>Walmart</p> <p>4:00 PM BINGO</p>	<p>03</p> <p>12:00 PM Craft Day</p> <p>2:00 PM Schwann's</p>	<p>04</p> <p>Set your clocks back an hour before bed time</p>
<p>05</p> <p>FALL BACK</p>	<p>06</p> <p>3:00-3:30 PM Zumba Class</p>	<p>07</p> <p>12:30 PM Wayne County Sheriff Candidate Meet & Lunch 1:00 PM Full Gospel Temple Item Pick up</p>	<p>08</p> <p>11:00 AM Administrator's Resident Meeting & Birthday Celebration</p>	<p>09</p> <p>10:00 AM</p> <p>Kroger</p> <p>4:00 PM BINGO</p>	<p>10</p> <p>12:00 PM Craft Day</p>	<p>11</p> <p>VETERANS DAY HONORING ALL THOSE WHO SERVED</p>
<p>12</p> <p>World Pneumonia Day 12 November https://stoppneumonia.org/</p>	<p>13</p> <p>12:00 PM United Health Care Presentation 3:00-3:30 PM Zumba Class</p>	<p>14</p> <p>WORLD DIABETES DAY Happy Birthday Mary Simmons!</p>	<p>15</p> <p>11:00 AM Blood Pressure Screening</p>	<p>16</p> <p>10:00 AM</p> <p>meijer</p> <p>4:00 PM BINGO</p>	<p>17</p> <p>11:00 AM Mr. B's Soul Food 2:00 PM Schwann's</p>	<p>18</p> <p>NATIONAL ADOPTION DAY Celebrating a Family for Every Child</p>
<p>19</p> <p>Happy Birthday Geraldine Crosby!</p>	<p>20</p> <p>12:30 PM Bingo w/Zing Healthcare 3:00 – 3:30 PM Zumba Class</p>	<p>21</p> <p>National Gingerbread Cookie Day</p>	<p>22</p> <p>10:00 AM</p> <p>OLLIE'S Bargain OUTLET Heartland MARKETPLACE</p>	<p>23</p> <p>Offices Closed</p> <p>Happy Thanksgiving</p>	<p>24</p> <p>Offices Closed</p>	<p>25</p> <p>SHOP SMALL SMALL BUSINESS SATURDAY NOVEMBER 25, 2023</p>
<p>26</p> <p>National Cake Day November 26</p>	<p>27</p> <p>CYBER Monday SALE</p>	<p>28</p> <p>9:00 AM Volunteers of America STOP Pest Control Apts. 217-232</p>	<p>29</p> <p>Square Dance Day</p>	<p>30</p> <p>10:00 AM HOBBY LOBBY 4:00 PM BINGO</p>	<p>December 01</p> <p>Schedule your bus ride with Nankin. Call 734-729-2710</p> <p>Schedule a Ride</p>	<p>December 02</p> <p>Weekend Rides Available with Black & White Cab 734-722-4114</p>

November Recipe

Silver Dollar Cheese Biscuits



INGREDIENTS

- 2 CUPS ALL-PURPOSE FLOUR
- 1 TABLESPOON SUGAR
- 2 TEASPOONS BAKING POWDER
- 1/2 TEASPOON BAKING SODA
- 1/2 TEASPOON SALT
- 5 TABLESPOONS COLD, UNSALTED BUTTER, CUT INTO 1/4-INCH PIECES
- 1-1/2 CUPS SHREDDED SHARP CHEDDAR CHEESE, DIVIDED
- 3/4 CUP BUTTERMILK

INSTRUCTIONS

1. COMBINE FLOUR, SUGAR, BAKING POWDER, BAKING SODA, AND SALT IN A LARGE BOWL AND WHISK TO BLEND.
2. ADD BUTTER AND CUT IT INTO THE DRY INGREDIENTS WITH A PASTRY BLENDER OR RUB IT WITH YOUR FINGERS.
3. REFRIGERATE FOR 10 MINUTES.
4. PREHEAT THE OVEN TO 400°F.
5. LIGHTLY BUTTER A LARGE BAKING SHEET OR LINE WITH PARCHMENT PAPER.
6. ADD 1 CUP OF THE CHEESE TO THE FLOUR MIXTURE AND TOSS LIGHTLY, TO COMBINE.
7. MAKE A WELL AND ADD THE BUTTERMILK. USING A LARGE FORK OR WOODEN SPOON, STIR UNTIL THE MIXTURE FORMS DOUGH THAT STICKS TOGETHER AND PULLS AWAY FROM THE SIDE OF THE BOWL.
8. LET IT REST FOR 1 MINUTE.
9. TURN THE DOUGH OUT ONTO A LIGHTLY FLOURED SURFACE. USING FLOURED HANDS, KNEAD THE DOUGH 2-3 TIMES.
10. PAT OR ROLL TO BE ABOUT 2/3 OF AN INCH THICK. PRESS A 1 1/4-INCH (OR SIMILAR) BISCUIT CUTTER INTO THE DOUGH.
11. PLACE THE ROUNDS ON THE BAKING SHEET, EVENLY SPACED AND CLOSE TOGETHER. GATHER, SHAPE, AND CUT THE SCRAPS.
12. SPRINKLE WITH THE REMAINING 1/2 CUP OF CHEESE. BAKE FOR 15 MINUTES, OR UNTIL GOLDEN BROWN AND CRUSTY. SERVE.

ENJOY

Servings: 18-20 Biscuits

Monthly Word Search

Thanksgiving WORD SEARCH



Solve the following puzzle by finding all the hidden words!

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

ACORN

FEAST

TRADITION

BAKE

FAMILY

BEANS

AUTUMN

CELEBRATE

GRATEFUL

DINNER

DESSERT

CORNBREAD

TURKEY

COOK

BREAD

VEGETABLES

November Observances & Fun Facts:

November Observations

Aviation History Month

Lung Cancer Awareness Month

Nat'l Diabetes Awareness Month

Nat'l Family Caregivers Appreciation Month

Weekly Celebration

Week 1: Chemistry Week

Week 2: Kindness Week

Week 3: Game & Puzzle Week

Week 4: Nat'l Family Week

November Flower and Birthstone



Flower = Chrysanthemum



Gem = Topaz



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

OSM BOARD MEMBERS

Johnnie Jackson, Board Chair

Dereka McClay, Vice Chair

Rev. David Huber, Treasurer

Carolyn Kimbrough, Member

Michelle Williams, Member

Myra Davenport, Member

Judy Piccininni, Member

OSM Local Sponsors:

313-671-5555



Paulette Styles

Helpful Resources

Transportation

Nankin Transit (Serving Wayne, Westland, Garden City, & Canton)
(734) 729-2710

Smart ADA (313) 223-2100

Black & White Cab (for your weekend trips)
(734) 722-4114

Senior Agencies

The Senior Alliance (Wayne/Westland) (734) 722-2830
PACE of Southeast Michigan (855) 445-4554

CareSync Solutions

Home Healthcare Services (248-773-4550)

Become a Fan of OSM on Facebook

How to Become a Fan:

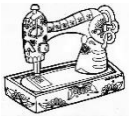
- 1) Visit www.facebook.com and log-in your account. If you do not have an account, click "Sign Up" button to create one.
- 2) In the Facebook search toolbar, type in "The Village of Our Saviour's Manor" or go to [facebook.com/The Village of Our Saviour's Manor](http://facebook.com/TheVillageofOurSaviour'sManor)
- 3) Click on the "Like" button to become a fan of OSM

Those already active on Facebook explore our new page and invite our friends and family to "Like" us!

The Village of Our Saviour's Manor



OSM Classifieds:



OSM Gifted Hands:

These wonderful volunteers use their sewing skills and talents to make items such as blankets, pillows, dolls and even giant teddy bears. All items are given away to organizations such as the Westland Good fellows, Salvation Army, Homeless Shelters and Covenant House. If you can use a sewing machine or stuff a pillow and would like to volunteer and be a part of OSM Gifted Hands, please see Ms. Alice Finley and Ms. Louise Rush.



OSM Compassionate Hearts:

If you have a heart for people, we're looking for volunteers to join OSM Compassionate Hearts. Compassionate Hearts are a group of residents that volunteer to visit their fellow neighbors while hospitalized or in rehab. You will be surprised what a friendly face, a warm hug, prayer and a loving smile and will do for someone.



OSM Growing Hands:

Do you like to garden and get your hands dirty? Well come and join are gardening volunteers, OSM Growing Hands. This group volunteers to work in and care for our new garden. We're praying that OSM Growing Hands garden will produce enough vegetables to help feed those in our community. If you have a green thumb and would like to volunteer please see Ms. Alice Finley



OSM Caring Hands:

We are in need of volunteers for our homeless project. This group volunteers to crochet blankets and create pillows using plastic grocery bags known as plarn. We are also in the process of raising funds to be able to purchase items to make toiletry bags to pass out to the homeless. Let's not forget our fellow man and reach out to those less fortunate than ourselves.



OSM Fisherman:

Love to fish? This is the group for you! OSM Fishermen is a group of residents that enjoy being at the lake and casting their rods. If you ever wanted to try your hands at fishing, please come and join this group.

Village Staff

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

Graziella Bruner
Housing Administrator

Katelyn DeHart
Administrative Assistant

Kesha Akridge
VP of Housing Operations

Office Number
Emergency Number
Fax Number
Service Coordinator

Michael Hooton
Maintenance Tech

Alisa Loveday
Service Coordinator

Jessie Clark
Resident Volunteer

(734) 595-4663
(734) 740-4777
(734) 595-2222
(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



A SENIOR LIVING COMMUNITY

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

29495 Annapolis Road
Westland, Michigan 48186

Congratulations!

You are being recognized because "What you did mattered!":

Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

** Please turn this card into Village Administrator for a chance to win a prize **

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT



Embrace the possibilities

Is there someone on staff that you would like to acknowledge for their work? Please complete this form and turn it into the office. They might win a prize!