



Woodbridge Life



Embrace the possibilities

1300 Martin Luther King, Jr., Blvd. • Detroit, Michigan 48201 • www.pvm.org

December, 2014

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A Winter Wonderland of Activities In December

- Dec 4 & 18 (Thurs):** Meijers Market Trip.....
Bus will Depart at 9:30 am
- Dec 6 (Sat):** The Alphas and Masons Festive Holiday Brunch (ONLY \$3).....
Dining Rm at 10 am
- Dec 6 (Sat):** Holiday Bazaar.....
Community Rm at 11 am
- Dec 7 (Sun):** Praise & Worship Service.....
Community Rm at 3 pm
- Dec 10 (Wed):** Resident Council Meeting.....
Dining Rm at 1:30 pm
- Dec 12 (Fri):** Quarterly Birthday Celebration..
Dining Rm starting at 6 pm
- Dec 18 (Thurs):** Holiday Dinner Dance w/
Live Band.....
Dining Rm at 6 pm
- Dec (Tues):** Bible Study.....
Dining Rm at 7 pm
- Dec (Wed):** Bible Study... ..
Multi-Purpose Rm at 10 am
- Dec (Wed):** Dominos.....
Multi-Purpose Rm at 7 pm
- Dec (Thurs, Fri & Sat):** Pokeno.....
Community Rm at 7 pm
- Netflix (Anytime):** Mini-Theater Rm

Give the Gift of Love Every Season and Every Day

Woodbridge Manor Is Always Here For You Because A Healthy You Means A Healthy Me

This season Woodbridge Manor (WM) has decided to focus its 2015 charitable efforts towards the fight for wellness in the homeless community both domestically and abroad. WM has positioned itself with partners to spread the word about this all too forgotten group and do something about it. Together with your help someone in need will be fed and nourished, receive medical attention, keep warm, find work, or even find shelter.

WM resides in the heart of the city and it is with the love and devotion of Detroit's aging population that our residents and partners, like you, will make a difference and be a voice to those who often go unheard.

To make a donation to WM's "Committed Wills" Fund please donate to the WM office:

- Cases of Water
- Ensure/Boost/Generic Nutritional Drinks
- New/Gently Used Hats, Gloves, Scarves, Socks
- Bulk Items for Survival Kits (see Pg. 5)
- Recyclables for Deposits (Clean Plastic/Cans Only)
- Cash Donations for Bulk Items



The Village of
Woodbridge Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Seasons Greetings

TOGETHER WE **STAND**....

Working Together For Your Good

By Renee Venable, Resident Community & Social Worker Coordinator

Service Coordinator's Schedule Availability:

Monday 10am-4pm

Tuesday 10am-5pm

(Every 3rd Tues. of each month SC office will be CLOSED from 12:30pm-1:30pm)

Wednesday 10am-5pm

Thursday 9am-5pm

(Every 2nd Thurs. of each month SC office will be CLOSED)

Note: You can always call to schedule an appointment ahead of time
313. 494 9000 (ext. 4)

Good News for the Year

Lynn Alexander, PVM VP of Public Affairs

January is the time of year which we associate with something new... a new year, a fresh start, and new projects which we did not get around to during the busy holidays. I am pleased to report that 2015 will see a major initiative come to fruition for the State of Michigan. Some of our readers may recall that last year I was appointed by Governor Snyder to the Michigan Health Endowment Fund Board. The mission of the Michigan Health Endowment Fund is to improve the health of Michigan residents and reduce the cost of health care with special emphasis on the health and wellness of children and seniors.

As Vice Chair of this board, I am committed to responsible stewardship of these monies which will total \$1.56 billion over 18 years. This endowment will place the fund in the position of being the fourth largest foundation in Michigan. This past year we have set up the entire structure for the board while granting funds to statewide organizations, in addition to conducting a listening tour around the entire state to find out from professionals on the ground what is needed. Some of the major initiatives will include preventing falls

for seniors, wellness programs for parks and recreation teamed up with senior centers and support for food banks across the entire state.

In 2015 we will expand our reach to allow for all organizations in the state who work with seniors and children to apply for grants. Our listening tour affirmed for me that there are many wonderful programs going on right now or in the planning stages which can help us meet our mission if they had an increase in funding. What does this mean for you? It could mean better transportation to doctor appointments and more programs to keep you active and aging well. It may mean improved programs to help your grandchildren get on the road to success. It will also mean a better Michigan for us all. Look for updates as we continue this good work.

Finally, I would like to thank Governor Snyder and the Michigan Legislature for working with Blue Cross Blue Shield of Michigan to create this important fund. On to a good year in 2015 for the State of Michigan and its residents!

11 Great Wellness Gift Ideas for the Holiday

Morgan Nelson is an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Gift giving is a beautiful part of the holiday season and a time to have fun and be creative! Listed below are some great ideas for gifts that will benefit the health and well-being of your loved ones as well as your own:

1. Write a poem for your significant other
2. Mail a card to a long-distance friend
3. Paint a picture for a church or homeless shelter
4. Give a flower (the December flower is the Narcissus) to a passing stranger
5. Buy movie tickets for you and a friend
6. Bake cookies or a pie for your neighbor
7. Share your secret recipe with your best friend
8. your own gift basket of homemade jam and jelly for your children
9. Write a fun story about your life and read it to your grandchildren
10. Spend quality time with your family and friend
11. Give to a charity/volunteer on behalf of a loved one

Giving Matters

By Paul J. Miller, Presbyterian Villages of Michigan Foundation (PVMF) President

Support Village Residents In Need

PVM offers financial assistance to residents who need it most: those who have outlived their resources and those who have an emergency financial need. Called Benevolence, this type of support impacts each PVM Village. **Please support residents in need by making a donation to the PVM Benevolence Fund today!**

Your December gift supporting the Benevolence Fund is eligible to be matched, \$1.00 for \$1.00, and a special **\$2 for \$1 double-match** is being offered on **Tuesday, December 2nd, or "Giving Tuesday,"** for any Benevolence gift received by the PVM Foundation office! Please note that all gifts are on a first-come, first-matched basis until matching funds are exhausted.

Maximize your gift today by visiting the front desk, your Village Administrator or our website at www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match). You can also call the PVM Foundation at 248.281.2040.

In addition to offering resident financial assistance, the PVM Foundation awards grants to Village projects and programs to continually improve the lives of residents. I am pleased to share that this year, the PVM Foundation's **Grant Allocations Committee** awarded over \$300,000 to Villages. Some of the projects included:

- Upgraded security cameras at The Villages of Harmony Manor, Redford and Peace Manor
- Community room enhancements and additional outdoor landscaping at The Village of Hillside
- Improved outdoor lighting at The Villages of Oakman Manor and Peace Manor
- Paved service road at The Village of Sage Grove
- Park benches and automatic entrance doors at The Village of Spring Meadows

It's through the support of every Board member, employee, volunteer and donor that make projects and programs like these possible. To each of you, **thank you for making a difference** and best wishes for a wonderful holiday season!

Warm regards,
Paul J. Miller, CFRE

Help A Senior Who Needs It Most



Support a senior today who has outlived their resources or has an emergency financial need.

Your gift is eligible to be **matched \$1 for \$1** and a special double-match, **\$2 for every \$1 donated,** is being offered on **Giving Tuesday, Dec. 2nd!**

For more details, please see the front desk or your Village Administrator, or call PVM Foundation at 248.281.2040.

Match is on a first-come, first-matched basis until matching funds are exhausted.

Street Medicine Detroit is a Wayne State University's School of Medicine student run non-profit organization. SMD's mission is to ensure access to quality medical care for Detroit's unreached & service resistant homeless population. Through direct & regular outreach, SMD will bridge the gaps between the homeless & medical communities by building relationships & offering companionship & respect. In doing so, it is also SMD's goal to address their unique psychosocial & health care needs. For more info, go to: streetmedicinedetroit.org

FAWN (Fighting AIDS With Nutrition):

AIDS is a devastating disease that millions of innocent people suffer from & die. In addition, children are left without family; homeless & destined to rummage for food, child slavery or some other horrific tale. But AIDS is a battle in which YOU CAN MAKE A DIFFERENCE...one can at a time.

If you are interested in providing liquid nutrition to those (men, women & children) suffering from AIDS in Africa, please donate to the cause & learn more about how you can help at Woodbridge Manor. For more info, please fightingaids.org

PENNIES from HEAVEN

Woodbridge Manor (WM) has established its very own philanthropic endeavor to help those less fortunate for the betterment & empowerment of others for a more just environment for all. We give because we can & we continue because we must. With the collection of simple soda plastic/cans, bulk hygiene & warming items, WM is able to donate without putting the participant, both the recipient & donor, in a financial hardship.

White Bean & Roasted Chicken Salad

Cooking Light (A No Cook Recipe)

Creamy beans, sweet tomatoes and homemade vinaigrette elevate this chicken salad to new heights. Cannellini beans/white kidney beans, are smaller than Great Northern beans and add just the right texture. Great for lazy-day meals, this salad is ready in a flash and will fill you and guest up without breaking the bank. Whole food ingredients never tasted so good.

Ingredients

Salad

- 2 cups coarsely chopped skinless, boneless ready-made rotisserie chicken
- 1 cup chopped tomato
- 1/2 cup thinly sliced red onion
- 2 (16-ounce) cans cannellini beans or other white beans, rinsed and drained
- 1/3 cup sliced fresh basil (optional)

Dressing:

- 1/4 cup red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, minced

Directions: Place first 5 salad ingredients in a large bowl; stir gently to combine.

To prepare dressing, combine dressing ingredients, stirring with a whisk. Drizzle over salad, tossing gently to coat. Serve or refrigerate within two hours.

Tip: Cut, shred, or chop chicken, and store it, uncovered, in a shallow container in the refrigerator to help it cool quickly. Cover the container when the chicken has cooled. An average 2-pound rotisserie chicken yields approximately 3 - 3½ cups of meat.



TOP 10

- 1) **FOBS Are For Residents Only**
- 2) **Do Not Open the Door/Allow Strangers Into the Building**
- 3) **Wear Your Life Line Pendant & Keep Your Cell Phone With You**
- 4) **NO SMOKING, No Incense & No Candles in Apartments**
- 5) **Check On Your Neighbors**
- 6) **Report All Work Orders**
- 7) **Pick Up After Yourself & Remind Your Guests to Do the Same**
- 8) **Garbage Must Be In Tied Trash Bag & Tossed Down Trash Chute or Put In Refuge Room Trash Can; Boxes Broken Down & Laid Flat on the Refuge Room Floor**
- 9) **Go To Tenant Committee Meetings**
- 10) **Overnight Guests Are Allowed 21 Days Per Year & Must Register With Office**

Interested In Advertising In Woodbridge Life?

Be A Servant Leader In Your Industry: "But among you it will be different; whoever wants to be a leader among you must be your servant." Mathew 20:6



Call us at
313-494-9000

~ or ~

Visit us at
Woodbridge
Manor

1300 Martin Luther
King, Jr., Blvd.
Detroit MI 48201
For More Details

Woodbridge Manor Advocates

Village Board Members

E. Kern Tomlin.....Chair	John Gardner.....Vice Chair	
James Bradford....Treasurer	Elaine Hearn.....Secretary	
Stacy Brackens	Arthur Caldwell	Ellen Childs
Dakima Jackson	Paul Johnson, III	Lynda K. Jeffries
Dana McAllister Armenteros	Donald McSwain	
Michael Morrison		

Happy Birthday To You, You and You!

The Woodbridge Manor residents, board members and staff would like to wish each of our Woodbridge Manor neighbors celebrating a birthday, the happiest birthday yet. We love you and hope for many, many more birthdays with you. You are so very special to us.

DECEMBER BIRTHDAYS

Sagittarius
Nov. 22nd – Dec 21st

Capricorn
Dec 22nd – Jan 19th

Sandra McCarther.....12/01	Richard Pryor.....Comedian
Lucy Ligon12/05	Little Richard.....Singer
Jewel Edwards.....12/12	Dionne Warwick.....Singer
Johnnie Mae Williams.....12/14	Nostradamus.....French Prophet
Queen Esther Littmon12/19	Cicely Tyson.....Actress & Activist
Ruben Nesbitt.....12/20	Harvey Firestone.....Entrepreneur
Mary Austin.....12/22	Diane Sawyer.....Reporter

Woodbridge Welcomes Home:
Ms. Evelyn V. Nelson



Hygiene Kits Consist of:

Toothbrush/Toothpaste/Floss
Washcloth/Soap/Sanitizer/Toilet Paper/Feminine Hygiene Products*/ Comb/Deodorant/Lotion/Hat/Gloves/Scarves/Socks /Hand and Foot Warmers/First Aid Kit/Water/Granola Bars

COPING w/ HOLIDAY GRIEF

TIP # 1: The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry. Accept support wherever it comes from & don't grieve alone.

TIP # 2: When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after yourself will help you get through this difficult time.

TIP # 3: As time passes, sadness and anger should become less intense as you accept the loss & move forward. If you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

TIP # 4: Contact a grief counselor or professional therapist if you:

- Feel like life isn't worth living
- Blame yourself for the loss/for failing to prevent it
- Feel numb/disconnected from others for more than a few weeks
- Are having difficulty trusting others since your loss
- Unable to perform your normal daily activities

Woodbridge Manor's

THE **Shelby** TIMES

“ It's never too late to do what's right... **GIVE.** ”

Why Shelby Celebrates Woodbridge Manor and All That It Is

My name is Shelby and I give to Presbyterian Villages of Michigan (PVM), Presbyterian Villages of Michigan Foundation (PVMF) and Woodbridge Manor (WM) because they have given me so much. You see, when I was just a pup I was neglected and left all alone when the Almost Home Rescue Mission, a no kill animal haven, found me. Scared and lonely WM gave me a place to belong. They gave me a place to call home. They aren't just my neighbors, they are my family and I want to do everything that I can to give back to the ones I love. I no longer hunger and worry about tomorrow because I am always home at Woodbridge Manor.

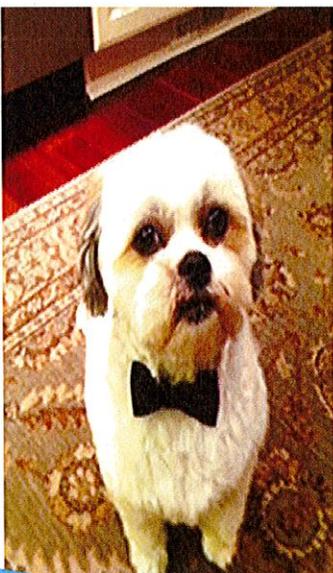
I am grateful to be so loved and wanted.

Most Humbly Yours,
Shelby D. Bradford
Servant Leader & Village Mascot

www.pvm.org



KINDNESS IS ALWAYS IN STYLE:



Our "Committed Wills" Are Dedicated To The Needs of Others.

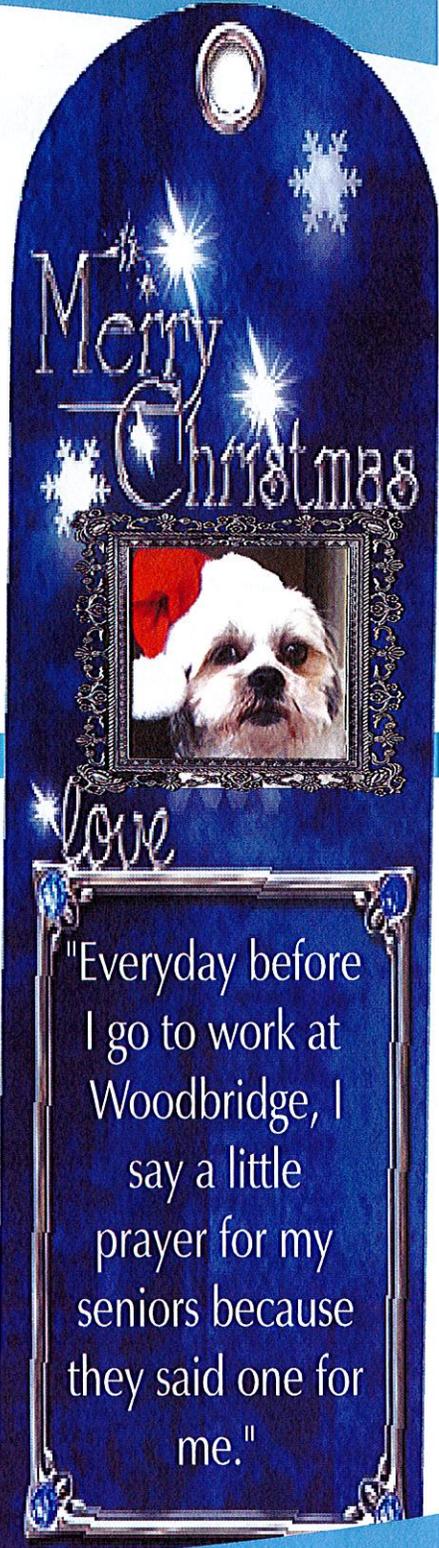
Committed Wills is the Woodbridge Manor Charitable Fund that Sponsors Both Local and International Charities For the Sake Of Doing Good In the World Because We Feel That It's the Right Thing To Do. If You Would Like To Be Part of Woodbridge Manor's Benevolent Process To Help the Homeless Community, Please Join Us By Donating:

Cases of Water

- Ensure/Boost/Generic Nutritional Drinks
- New/Gently Used Hats, Gloves, Scarves
- Bulk Items for Hygiene Kits for the Homeless
- Recyclables for Deposits (Clean Plastic/Cans Only)
- Cash Donations for Bulk Items

100% of YOUR Charitable Donations Will Go To:

- FAWN (Fighting AIDS With Nutrition)
- Street Medicine for Detroit
- Pennies From Heaven



For the

FUN OF IT



COLOR SUDOKU

To solve a **Sudoku** fill-in the numbers 1-9 so that each number appears once only in each **row** going across (\leftrightarrow), **column** going down (\updownarrow) and each **block of 9** small squares.

In this puzzle there are also **nine** different colors, each with **nine** squares and the numbers 1-9 must appear once only in each **color**.

To help, we have given you all the numbers you'll need around the outside of the puzzle. Cross them off as you fill them in.

1	8	7	3	2	5	2	1	6	4	8
7	5						6		1	9
9		3	1	8			9	5	4	3
4		7	6		5	4		8		5
2		6		3	7				9	9
7	4		7		1		8		2	2
9	3	1			2	8		6		4
5		2	8	6	9	1	3	4		8
8	1	4	3	5			7			1
6			5					2		3
3	5	7	9	6	2	7	4	9	6	

© Lovatts Puzzles

BI

12 25

3 30

7 2

1 2

10

MILTO

**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

Village Staff

Marla Bradford
Administrator

Shelia Cusic
Administrative Assistant

**Renee Venable, Hannan
Foundation**
*Resident Community & Social
Worker Coordinator*

Phone: (313) 494-9000

James Munn
Head, Maintenance

China Dew
Head, Housekeeping

Shelby D. Bradford
Village Mascot



EMERGENCY NUMBER

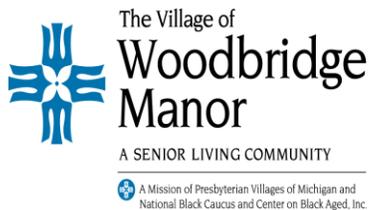
(313) 319-2018

Office Fax

(313) 832-7853



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



**1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201**

**“The time is always right to do what is right.”
Martin Luther King, Jr.**



Embrace the possibilities