



Village Voice



Embrace the possibilities

17275 15 Mile Road • Clinton Twp., Michigan 48035 • www.pvm.org

February 2014

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From The Village Administrator Greetings...

It is only February, and I think we are all looking forward to springtime, my favorite season. This winter certainly has been a brutal one, I don't think anyone expected all the snow and below zero temperatures this year.

At your request, I will have monthly resident meetings. The February meeting will be Friday, February 7th at 1:00 pm. I will follow my own agenda and then open it up to any questions, comments or concerns you may have.

Both emergency exit doors on either side of the building must NOT be used for anything other than an emergency situation. Please do not use these doors to enter or exit the building.

Thank you for your patience while we are in the process of hiring a

maintenance technician.

I apologize for not updating you about our fundraising efforts from our sales in our store. To this date we are just above \$1,000. I intend on updating you at our monthly resident's meetings about our earnings.

The Clinton Township Building Department has to do their bi-yearly inspection of the building and 12 apartments. They will be here the mornings of February 10th and February 11th. They are only able to inspect 6 apartments per day, so this will be a two day process. I will notify you a week in advance if your apartment is picked for an inspection.

Sincerely,

Melissa Riesterer
Administrator



The Village of
Peace Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Announcements

Maintenance Corner

Just a reminder that all garbage that does not fit down the garbage chutes on the second and third floors must be brought down to the maintenance shop. If you wish to dispose of boxes, they need to be broken down.

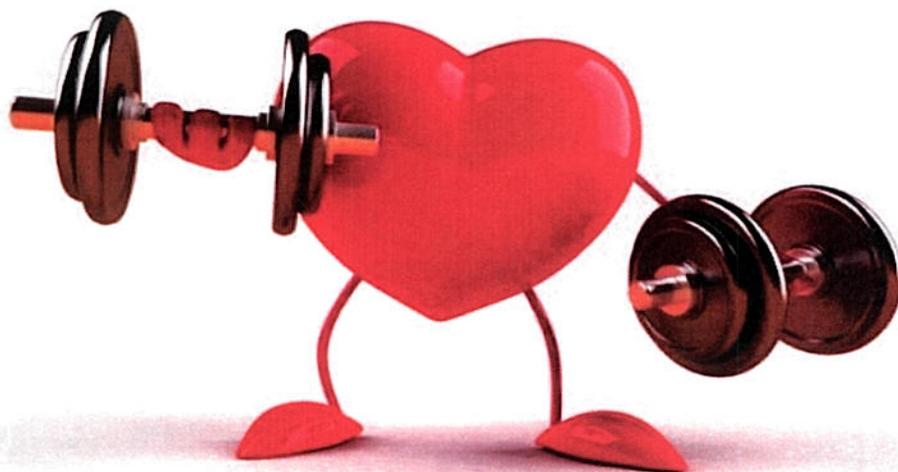
All maintenance requests must be reported to the office before any work can be completed. Until a maintenance tech is hired, Chuck from Warren Glenn is assisting us at Peace. Chuck takes his direction from the office.

Parking at Peace Manor

The front loop is for pick-up and drop-off only. Also, parking underneath the carports is for village residents only. Visitors to the building are to park behind the church.

For Your Safety

The emergency exit doors located of the stairwells must not be used. These doors are intended for exiting the building in the event of an emergency only.



February is Heart Month

February is the month of the Heart-Physically, Mentally and Spiritually. Good Health involves a healthy body, healthy mind and healthy spirit. Look at what a healthy heart contains:

H- Health Conscious

E-Eating Well

A-Appropriate Activity

R- Rest for Body, Mind and Spirit

T- Time with God

Poor health keeps our body from doing what our mind and spirit desire. Poor mental health like depression, anxiety and dementia prevents our body and spirit from being productive. Poor spiritual health that includes unforgiveness, bitterness and hatred keeps others always from us.

May this Heart month encourage you to be all you were created to be.

Sue Perkins, R.N.
Parish Nurse



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Prescription drug abuse is at epidemic proportions. Today, 2500 12 to 17 year olds will use prescription medication to get high for the first time. One in four high school seniors admit to abusing prescription drugs. Seventy percent say they get them from a friend or relative.

The non-medical use or abuse of prescription drugs is the fastest growing drug problem in the United States and has become a top priority for public health. Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults.

Because prescription drugs are legal, they are easily accessible, often from a home medicine cabinet. Further, some individuals who misuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional. Past year abuse of prescription pain killers now ranks second—only behind marijuana—as the Nation's most prevalent illegal drug problem.

The health risks associated with prescription drug abuse vary depending on the drug. For example, abuse of opioids, narcotics and pain relievers can slow or stop breathing. The abuse of depressants, including benzodiazepines and other tranquilizers, barbiturates and other sedatives, can result in seizure, respiratory depression and decreased heart rate. Stimulant abuse can lead

to high body temperature, irregular heart rate, cardiovascular system failure and seizure. Inappropriate use of prescription drugs, including use without a prescription or medical supervision, or using in a manner other than exactly as prescribed, can lead to addiction in some cases and even death.

It is important, therefore, that we talk to our kids about the dangers of misusing prescription drugs and to make sure they are not easily accessible. Leaving unused prescription drugs in your medicine cabinet can be very tempting for a young person. We encourage everyone to properly dispose of unused prescriptions and not leave them where they can be used for non-medical reasons by youth or get flushed into our waterways. Holly Woodlands in Holly, MI has partnered with the Village of Holly Police Department and the Holly Area Community Coalition to collect and properly dispose of outdated and unused prescription drugs. The Holly Police Department is one of the state's many community drop off sites, collecting over 300 pounds per year. Check with your local police department or pharmacy for a site near you.

Additional resources: Office of National Drug Control Policy (ONDCP) or NIDA for Teens.

Camille's Office Hours:

Monday 7:30am-2:30pm
Tuesday 7:30am-1:30pm
Thursday 7:30am-2:30pm

"A Service Coordinator Provides Information And Referrals In A Community Who Need Support Services To Maintain Self Sufficiency."

Parish Nurse Schedule

Sue Perkins is available every Wednesday from 1:00-3pm to take blood pressures. She is also available to counsel with regarding health advice.

Join her at 3pm in the library for Bible study.

Stop and Shop Hours

Mondays: 8am-1pm
A Mystery Breakfast treat and a cup of coffee \$1.25

Tuesdays: 12:30pm-3:30pm

Wednesdays: 8am-11:30am
Serving a doughnut and a cup of coffee for \$1.25

Thursdays: 12:30pm-3:30pm

Fridays: Closed

Come check the store out for yourself. Proceeds benefit The Village of Peace Manor Residents.



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Resident Satisfaction Survey Results

During the last quarter of 2013, over 1,394 residents and families made their voice heard by filling out the Presbyterian Villages of Michigan annual resident satisfaction survey. Many of you also left handwritten comments in the comment section. We have now received the results, along with a list of the comments. The survey is completely anonymous and we do not know who wrote what. We do know what Village and what level of care the survey and comments are from.

Demographic information, such as age, gender and length of residency are also part of the data we have access to. You may be asking, now that we have the results, what are the next steps?

The first step is for PVM leadership to dig into the data and understand what this information is telling us, the good, bad and ugly. What are our residents and families saying to us? Are we meeting their expectations? If not, in what areas? How can we improve?

The next step is to report the results to residents, families, staff, board members and other interested parties. This is done both at an individual and

organizational level. The results will be transparent to all.

The third step is to develop a plan to improve in areas that need improvement. Sometimes that means asking more questions to get clarification. Once the improvement plan is implemented, we can then measure how we are doing. Both the improvement plan and the results should be an ongoing conversation with our residents and families. Throughout the year you should hear how we are doing in newsletters and at resident meetings. If you don't hear, ask why!

Thank you to those who took the time to submit a survey. It is now our responsibility to take that information and use it to improve your experience with Presbyterian Villages of Michigan. We understand that this is your home and you deserve the best.

Sincerely,

Carrie L. Moon-Dupree
V.P. of Risk Management & Quality

Friends & Family Held in April This Year!

Save the date for this year's **Friends & Family Appeal**, which will be held from **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised *over \$800,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

The **\$1 for \$1 match** is back and, new this year, **any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1** by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

Stay tuned for more information next month! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Healing Power of Writing

Twenty years of research has revealed that writing about emotional experiences can positively impact health. Pioneered by Dr. James Pennebaker, Chair of the Psychology Department at the University of Texas at Austin, writing about past traumas can decrease anxiety, improve immune function, increase working memory, and improve sleep. When writing, Dr. Pennebaker recommends:

- Finding a place and time to write where you won't be disturbed.
- Writing about something you are over-worrying about, is affecting your life in an unhealthy way, or you have been avoiding.
- Writing continuously for 15-30 minutes (not worrying about spelling/grammar) for 3-4 consecutive days.
- Repeating what you've written if you run out of things to write about.
- Letting go and exploring your deepest emotions and thoughts.

During or shortly after you finish writing Pennebaker indicates it's common to feel sad or depressed, however, these feelings usually subside. If you start getting extremely upset, stop writing or change topics. Also, he recommends not writing too soon after a traumatic event.

Your writings are for you only. What you do with them is your decision. Some people save and periodically revisit them, some edit and turn them into stories, while others erase, burn, shred, flush, or tear them into tiny little pieces and cast them into the wind. Whatever you decide, the important thing is to write and be as honest with yourself as possible. You may be pleasantly surprised at how good you feel and how your outlook on life changes after you put pen to paper.

February Birthday Celebration

When: Thursday, February 20th

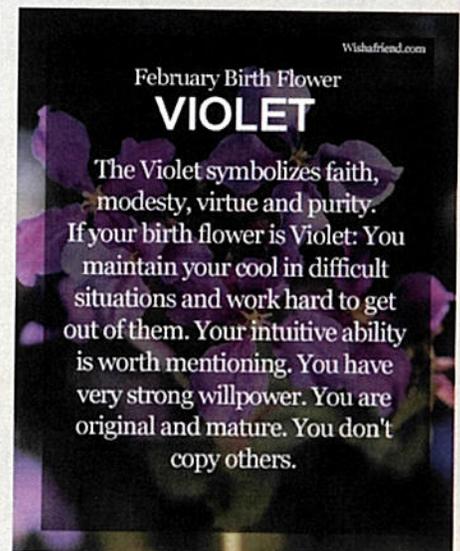
Where: Peace Manor Community Room

Time: 1:30pm

Come celebrate with your fellow residents who have birthdays in February!!

Happy Birthday to You

- Dominic Kuczborski.....2/4
- Betty Flutur.....2/15
- Arlene Simkins.....2/16
- Joann Cone.....2/19
- Lorraine Gies.....2/24





February 2014

Meijer Shopping Trip on Thursday Mornings at 9:30am



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 12pm- Bingo
2	3 Stop & Shop Open 8am-1pm	4 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman 6pm- Pokeno	5 Stop & Shop Open 8am-11:30am 10am-Communion 1pm-Sing-A-Long	6 Stop & Shop Open 12:30-3:30pm	7 1pm- Resident Meeting	8
9 1st Floor Community Room Reserved 12pm-6pm	10 Stop & Shop Open 8am-1pm	11 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman 6pm- Pokeno	12 Stop & Shop Open 8am-11:30am 10am-Communion 1pm- B.P. Checks	13 Stop & Shop Open 12:30-3:30pm 12:45pm- Chair Exercises	14	15
16	17 Stop & Shop Open 8am-1pm	18 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman	19 Stop & Shop Open 8am-11:30am 10am-Communion 1pm- B.P. Checks	20 Stop & Shop Open 12:30-3:30pm 1:30pm- Birthday Party	21	22
23	24 Stop & Shop Open 8am-1pm	25 Stop & Shop Open 12:30-3:30pm 1:30pm- Milkman 6pm- Pokeno	26 Stop & Shop Open 8am-11:30am 10am-Communion 1pm- B.P. Checks	27 Stop & Shop Open 12:30-3:30pm 12:45pm- Chair Exercises 6pm- Movie Night	28	

Comedy Movies 1 - Word Search

Find the words hidden in the grid of letters.

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

ALL OF ME

ANIMAL HOUSE

BANANAS

BIG

BLUES BROTHERS

CAT BALLOU

CLERKS

GET SMART

GROUNDHOG DAY

HAPPY GILMORE

HARVEY

HITCH

MANHATTAN

MASH

MIDNIGHT RUN

MOONSTRUCK

PATCH ADAMS

PLAZA SUITE

QUICK CHANGE

STRIPES

THE RUTLES

TOOTSIE

ZOMBIELAND

February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Chili Dog w/ Chili Con Carne, Potato Salad & Orange	4 Baked Ziti, Carrots, Garden Salad & Pear 	5 Hearty Beef Stew w/ Mixed Vegetables, Redskin Potatoes, Broccoli Raisin Salad & Fruited Gelatin	6 BBQ Chicken Legs, Scalloped Potatoes, Coleslaw & Oranges	7 Turkey a La King over Biscuit, Corn, Three Bean Salad & Apple
10 Potato Crunch Pollock w/ Squash, Key West Vegetable Blend & Apricots	11 Pasta Beef & Tomato Casserole w/ California Blend, Garden Salad & Orange	12 Turkey Tetrazzini w/ Rotini Pasta, Carrots, Pickled Beets & Onions & Vanilla Yogurt w/ Strawberries	13 Roast Pork w/ Gravy, Garlic Mashed Potatoes, Green Beans & Chilled Cherry Fruit Crisp	14 Chicken Patty Sandwich w/ Redskin Potatoes, Spinach Salad & Banana
17 Agency Closed 	18 Turkey Pot Roast w/ Gravy over Mashed Potatoes w/ Carrots & Oranges	19 Sausage Sandwich w/ Green Peppers & Onions, Mashed Redskin Potatoes, Sauerkraut & Vanilla Yogurt w/ Peaches	20 Crispy Chicken w/ Au Gratin Potatoes, Baked Beans & Strawberries w/ Whipped Cream	21 Cheesy Lasagna Roll w/ Green Beans, Garden Salad & Apple
24 Teriyaki Chicken Legs w/ Rice, Vegetable Blend, Coleslaw & Apricots	25 Tuna Salad Sandwich w/ Macaroni Salad, Twice Baked Potato Soup, Pear and Croissant	26 Stuffed Green Pepper w/ Mashed Potatoes, Garden Salad, Angel Food Cake w/ Strawberries	27 Turkey Tetrazzini w/ Rotini Noodles, Carrots, Pickled Beets & Onions	28 Sloppy Joe Sandwich w/ Redskin Potatoes, Vegetable Blend & Fruited Gelatin

**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



**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION

Office Numbers (586) 790-4500

Village Staff

Melissa Riesterer
Administrator

Sue Perkins
Parish Nurse

Stacey Klooster
Administrative Assistant

T.B.D.
Maintenance Tech

Camille DeBlaere
Service Coordinator

EMERGENCY NUMBER

(586) 291-8129

Fax Number

(586) 790-4501



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



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A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

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