



Village Voice



Embrace the possibilities

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

February 2018

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New Activity Committee Meets

Sherita Babridge, Liz Barringer, Betty Challenger, Bev Hooks and Diane Sexton volunteered at the last residents' meeting to serve on a newly formed Activity Committee. Everyone was eligible to volunteer and a nice cross-section of people resulted. The committee met in December and January. Its purpose is to plan dinner activities for our community, support other activities (bingo, movie nights, etc.) and oversee the Residents' Fund.

Betty Challenger has been the treasurer of the Residents Fund for years and agreed to continue in that role. Diane Sexton was chosen as chairperson for the Activity Committee. Both women are on the bank account and Sam's Club Membership. The committee decided that paper supplies should be available for all resident's activities, not just for dinners. See Betty (#239) or Diane (#111) for access to the supply closet or kitchen as they have keys to these two areas. No resident has a master key.

A wonderful 2018 schedule of activities was planned by the committee and posted throughout the building. The group decided to have more prepared dinners and fewer pot lucks. Suggestions are always welcome.

Resident Satisfaction Results

The resident satisfaction survey was answered by 43 people. 84% ranked their overall satisfaction with Warren Glenn as excellent or good.

The top five highest ranking for specific qualities were:

- | | |
|--|------------------------|
| 1. Quality of maintenance repairs | 92% excellent or good |
| 2. Opportunity to engage in activities | 88% excellent or good |
| 3. Availability of Service Coordinator | 83% excellent or good |
| 4. Responsiveness to work orders | 80% excellent or good |
| 5. Cleanliness of common areas | 79% excellent or good. |

The lowest ranking was management's fairness implementing house rules (65% excellent or good). Many residents wrote comments that emphasized the need for new carpeting and asphalt. Thank you to all who responded to the survey. We will use it to improve our building.



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Groundhog's Day, Groundhog's Day – Love and Joy Abound

My brother had a friend who wrote silly songs about groundhogs. Here is one. Enjoy! Sing out! *Anne Lilla*



Wise Groundhog

Sung to *We Three Kings of Orient Are*

Wise Groundhog, so chubby and sleek,
You possess a talent unique.
Leave your chateau,
Seek your shadow,
Give us your psychic squeak.

O-oh,
Little furry worry wart,
Give to us your dire report.
Racy rodent, fuzzy friend,
Tell us when the snow will end.

Health Alert: Stay Safe and Healthy During Flu Season

This year is really bad for the flu and as you know, the flu is very dangerous for seniors. We have had a reported case of the flu as well as pneumonia, serious sinus infections and bad colds.

Stay healthy or get better more quickly by following these suggestions:

1. If you are sick, please do not attend group activities.
2. If you have friends or family who are sick, please ask them not to visit until they are better.
3. Avoid frequent trips to public places and stay clear of anyone who is clearly sick. You may want to wear a mask in the hallways and lobby.
4. Wash your hands frequently throughout the day with soap and warm water or use sanitizer. Try not to touch surfaces in public places.
5. Plan ahead. Ask a neighbor or friend to be a “buddy” and check on you if you are not doing your usual activities. Don’t keep your illness a secret, it’s not safe. If you get the flu, ask your buddy to report it to the office and your family.
6. If you are feeling seriously sick, don’t wait! Call your doctor or go to the hospital right away. This flu is a killer.



SERVICES

Beauty Salon

Beautician Gloria Blood is here every Thursday. She offers a variety of services in the beauty salon on the second floor across from the lobby elevator. A sign-up sheet on the salon window includes a list of services and fees.

Chiropractor

Dr. Jamie Beck comes to our building on Mondays, Wednesdays and Thursdays at 10:30 AM. If you need to see the chiropractor, go to the exercise room on the second floor. No appointment is necessary. First time patients must bring their identification and insurance cards. Most insurances cover this service.

Podiatrist

Dr. William Rubin comes to the building approximately every six weeks. He will see you privately in your apartment. Watch for the sign-up sheet in the mail room. After you sign-up, podiatry staff will contact you by phone to get your insurance information. Most insurance plans cover this service.

Prescription Delivery

CVS pharmacy at 12 Mile and Ryan will deliver prescriptions free of charge to our residents. Their telephone number is 586-756-8900. There may be other pharmacies in the area that deliver.



Black History Month is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

The story of Black History Month begins in 1915, half a century after the 13th Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History, the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass.

The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures. In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in part to the Civil Rights Movement and a growing awareness of black identity, Negro History Week had evolved into Black History Month on many college campuses.

President Gerald R. Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Since then, every American president has designated February as Black History Month.

Introducing New Residents



Adly Saad and Sonjia Awad - Apartment 142

This married couple emigrated from Egypt two years ago to join their two grown children here in the United States. Adly has his Ph.D. in material technology from a university in France and Sonjia has a bachelor’s degree in petroleum engineering. Now both retired, they enjoy visiting and sitting for their three granddaughters. They belong to St. Mark, St. Mary & St. Philopater Coptic Orthodox churches in Troy. They hope to become U.S. citizens in three years. Welcome to Warren Glenn. We are glad you are here.

Mark Hamama – Apartment 114

Mark is originally from Iraq and moved to the United States 35 years ago. He comes from a large, Catholic family of twelve children. Mark has three sons, a daughter and an adorable granddaughter. In two months Mark will retire and have more time for his family. We are happy to welcome Mark and wish him a happy retirement.

The Village of Warren Glenn is filled to capacity! Hurrah!



Valentine's Day Fun Facts

1. England's King Henry VII officially declared February 14 as St. Valentine's Day in 1537.
2. Valentine's Day is the second most popular day of the year for sending cards - one billion cards are sent each year.
3. Twenty-seven percent of those who buy flowers on Valentine's Day are women. 73% are men. 110 million roses, the majority red, are sold and delivered within a three-day period.
4. Cupid, a symbol of Valentine's Day, was the son of Venus, the Roman goddess of love and beauty. Another symbol is the heart because it used to be considered the source of all human emotions.
5. The average number of wedding proposals made on Valentine's Day each year is 220,000.
6. Girls of medieval times ate bizarre foods on St. Valentine's Day to make them dream of their future husbands.
7. Richard Cadbury invented the first Valentine's Day candy box in the late 1800's. Now 35 million heart-shaped boxes of chocolate are sold each Valentine's Day.
8. Conversation hearts were first made in 1866 when a machine was invented that could use food dye to print the messages on candy.
9. At least 9 million people buy their pets a gift on Valentine's Day.



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WOW, what a fun way to start the New Year. A wonderful pot luck dinner was enjoyed by 40 residents. The ham and cheesy potatoes supplied from the Residents' Fund, were a hit with everyone. Prizes were awarded to these who spent the month of December elf hunting. Diane Sexton sewed fabric bags and cases as gifts and everyone received at least one prize. The 50/50 prize was \$41. Residents stayed after dinner to play games and visit. The New Year was welcomed at midnight with a prayer by Sherita Babridge. Thanks to everyone who made this a successful event.



Warren Glenn residents shop every Wednesday at different grocery stores. The van leaves from the lobby at 12:30 p.m. and store pick-up is at 2:30 p.m. If you are interested, sign up in the mail room several days in advance. The \$2.00 cost is paid in the office. Thank you to volunteer Mac McDougall for driving the van and to resident Betty Challenger for organizing trips.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Exercise as a Spiritual Practice

We've all heard about the physical benefits of exercise, but did you know it can also be good for our souls? Although spirituality means different things to different people, at its core is a sense of connection to something greater than ourselves that fills us with awe and provides us with meaning and purpose. Cultivating that sense of connection requires practice, and one way to practice is through exercise.

As Dr. Stephanie Ludwig, Director of Spiritual Wellness for Canyon Ranch Wellness Resort so aptly put it, "to exercise is to move, and to move is to be alive. The more intentionally we move and experience the connection that is available through it, the more alive we become." The key is to move with intention.

Any form of movement (i.e., exercise) will do. The goal is to stay in the moment, to be and remain in the here and now. When you first start exercising you might notice a myriad of thoughts pop into your head. You might start thinking about all the things you still need to do or all the things you didn't do that you should have done. Rather than be in the present, you find yourself either dwelling on the past or planning for the future. When this begins to happen, shift your focus from your thoughts to the rhythmic movements of your body.

Focus on your breathing. Notice the rise and fall of your chest and abdomen as you breathe. Listen to the sound of the air as it enters and leaves your body. Feel the beating of your heart in your chest. Attend to the movement of your arms and legs and the placement of your hands and feet. Notice your surroundings. Hear the sounds. Smell the smells. See the sights. Know that because you are breathing and moving you are alive and well.

Over time, with regular practice you will begin to attain a heightened sense of awareness and achieve an unwavering connection to that which is greater than yourself whether for you it is nature, the universe, the sublime, the divine or God. Through exercise it is possible to experience a spiritual awakening. All it takes is a little practice.



FEBRUARY BIRTHDAYS

1 st	Sarah Clark	#208
3 rd	Mark Hamama	#214
13 th	Evie Carver	#133
15 th	Etta Adams	#213
20 th	Mary Fagan	#209
22 nd	Juanita Sellers	#206



FEBRUARY HOLIDAYS

1 st	National Freedom Day
2 nd	Ground Hog Day
2 nd	National Wear Red Day
4 th	World Cancer Day
13 th	Mardi Gras
14 th	Ash Wednesday
14 th	Valentine's Day
16 th	Chinese New Year
19 th	President's Day



Diet Tip: Eat a chocolate bar before each meal and it will take the edge off of your appetite!

FEBRUARY DINNER

SOUL FOOD* DINNER IN HONOR OF BLACK HISTORY MONTH

Prepared by African American residents.

Sunday, February 11 @ 5:00 p.m.

Bring Your Appetite & Be Prepared To Enjoy Yourself.

EVERYTHING PROVIDED.

Donations gratefully accepted. 50/50 Raffle



What is soul food? Food cooked with love!

Baked and barbequed chicken, barbequed ribs, crab salad, macaroni and cheese, crowder of peas, pinto beans, green beans, okra, candied yams, potato salad and corn bread – a feast!

Walkin' Rascal Ramos – Pet of the Month



February's *Pet of the Month* is Rascal, Donna Ramos' black and white short hair cat who lives in Apt. 210. Rascal is a 3-year old, very bright cat.

She is unusual in that she is leash-trained and can be walked safely outside. She loves her walks and loves to roll in the grass, climb trees and chase squirrels. She sleeps wherever she wants and is more of a playful kitty than a cuddler.



© Can Stock Photo

Break down cardboard boxes and take to the dumpster.

Take pop cans and bottles to the community room and place under the sink. Money goes to the Residents' Fund.

Our computer room is open to residents daily from 8:00 a.m. to 11:00 p.m. The computers have free internet access.

If you have something you no longer need, leave it on the "Give & Take Table" in the Community Room. If you see something that you want, please take it. BUT if you see something in another area in the lobby or other rooms, it is NOT there for the taking. It belongs to someone else. Leave it alone because the owner will be back for it.



Join the fun at a movie night on Sunday, February 20 at 6:00 p.m. in the Exercise Room. View a humorous film and share refreshments. If you have any suggestions for a movie to watch or if you are willing to bring refreshments please tell Sherita in Apt. 238.



Giving Matters.

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

Love, Love, Love! ❤️ ...and incredible donors like YOU.

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.



❤️ Happy Valentine's Day!

Thank you for your commitment to Michigan's older adults.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

From the Service Coordinator

Denise Giallombardo, National Church Residencies

Beginning April 2018, new Medicare cards will be issued to all Medicare beneficiaries. It will still be the same familiar *Red, White and Blue card*; however, there will be NO Social Security numbers on the card.

This cuts down on identity theft and helps to safeguard taxpayer dollars.

The new cards will use a unique, randomly-assigned number called a Medicare Beneficiary Identifier (MBI) to replace the Social Security based Health Insurance Claim Number currently used on the Medicare card.

The Centers for Medicare Services will begin mailing new cards in April 2018 and will meet the congressional deadline for replacing all Medicare cards by April 2019. Please be patient while the new cards are being mailed. **There are millions of people who receive Medicare across the United States and it may take up to one year to receive your new Medicare card.**

Speaking of Medicare: I have written a "Tip Sheet" describing the different parts and coverage of Medicare, Medicaid, the Medicare Savings Program / Part B, and the Extra Help / Low-Income Subsidy Program. Please come to the Service Coordinator's office for a copy.





How to Find Happiness

You have an opportunity to invest in your own happiness or to make yourself miserable. If you choose the former, you will make others happy as well. If you choose the latter...well, you know.

- **Focus on what you have.** Count your blessings. Get out a legal pad and write down all the good things in your life. Unhappiness sneaks in when we lose sight of all the good things in our life and focus on difficult things.
- **Be generous.** Study after study reach the same conclusion: selfish people are miserable. Happy people give some of their time and resources to others. Contribute to your community.
- **If you don't like your life, change it.** Take control of your own life. Do want to learn to play the piano? Take lessons! Do you want to improve your spiritual life? Start going to church. No one holding you back but you.
- **Think significance.** Leave the world better than you found it through raising a wonderful child, growing beautiful flowers or changing the world. The happiest people are those who feel their lives really matter.
- **Forgive.** When you forgive those who have hurt you, it breaks their power over you. When you forgive yourself for your failures, it frees you for future success. Ask God to forgive you. Ask those whom you have hurt to forgive you. Make restitution and move on.
- **Speak positively.** Choose words that uplift, encourage and bring positive energy to a situation. Mom was right. If you don't have something nice to say, don't say anything at all. Choose to have a good attitude.

Safety Now

Just a reminder: do not open the door for strangers. Even a resident's child should ring the bell and wait to get buzzed in. You never know – maybe the resident does not want a visit from this person. Use common sense. Of course you can let in the mailman, the chiropractor, police, etc. We have not had any problems but it is wise to be cautious.



ALTERATIONS & MENDING
Shorten pants and sleeves. Take-in or let-out clothes. New elastic and more. Fast and reasonable, call Diane at 586-350-1751.

AVON PRODUCTS If you are looking for an Avon Lady, call **Pat Phillip** @ 248-515-7549.
Special Offer: For new customers a free gift with any \$20 order!

WATCH BATTERY & WATCH BAND REPAIR All work guaranteed one year. Low cost and all profits go to First Presbyterian Church. Call Mac McDougall 586-484-0417

WINDOW SHELF FOR CAT
Easy to install. Rarely used (my cat prefers the back of my chair). Asking \$10 (was \$30 new). Call Lois at 586-565-1015



In March we will celebrate St. Patrick's Day with a Corned Beef and Cabbage dinner on Saturday, March 17 at 5:00 p.m. Plan to attend and wear green.

The Supper Club will be going out to dinner. Open to all residents. More details coming soon.

**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

Open Position
Maintenance Tech

Emmi Parada
Housekeeper

WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President
Lesley Luft, Secretary
Betty Challenger
Marijo Hockley
Pam Kalka

EMERGENCY NUMBER

(586) 544-4008

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(586) 751-7876



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

Embrace the possibilities