



# Villa View



## Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • February 2018

## Notes from the Administrator

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### Flu Season

Hopefully, most if not all residents have received the Flu shot this season.

The Centers for Disease Control (CDC) states that flu season often begins in October and November and peaks between December and February. However, it's not unusual for it to last until May. This flu season is already the most widespread on record since health officials began keeping records 13 years ago.

Symptoms vary from person to person and last about 2 weeks, but some people develop serious complications. There are some things that each person can do to minimize contamination.

- Avoid close contact with people who are sick
- Stay at home when you are sick
- Cover your mouth when coughing
- Wash hands frequently
- Disinfect doorknobs and railings and your remote
- Practice other good health habits.
- Seek medical attention if symptoms become worse over time.

 The Cottages at  
**Redford**  
A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

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Look for PVM on:



Senator David Knezek will provide legislative updates on **February 19<sup>th</sup> at noon.**

Please mark your calendars and plan to meet with the Senator and enjoy a delicious lunch in the Villa Dining room. For those who need transportation, please contact the office.

#### Inspections

An Inspector from Cinnaire will be conducting random apartment inspections on **Tuesday, February 27, 2018.** A number of Villa and Cottages units will be selected. If you have any maintenance issues that need to be addressed, please submit a maintenance request through the office. Your maintenance request cannot be given verbally to the maintenance staff. If your carpeting is in need of cleaning, please contact the office for the name and number of a reputable, reasonably priced carpet cleaning service.

#### Pathway to Healthier Michigan (for Seniors 55+)

Redford Leisure Services is proud to offer an exciting class. Sessions will be led by Bonnie; a certified Personal Trainer and Exercise Specialist along with her assistant, Brittany. Bonnie will hold a fun & informative walking group & exercise class. Participants must be able to walk 12-15 minutes continuously. Classes will run from February 15 through April 12<sup>th</sup>. Maintain your balance and independence by staying strong and becoming even stronger. Space is limited. See Anita Stephens if interested.



**“Common Courtesy or Respect should not be or feel like a grand gesture when you give it. When it’s a part of your value system and upbringing, it comes and flows from you naturally”**

**Ty Howard**



# 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? Though 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.

# Chicken Breasts with Mustard Cream Sauce



## Directions

**1 Heat the oven to 350F.** Place a [baking sheet](#) near the stove, ready for the chicken.

**2 Prepare the chicken:** Season the chicken breasts on both sides with salt and pepper.

Pour the flour onto a large plate and dredge the chicken breasts until well coated. Shake off the excess.

**3 Brown the chicken:** In a large skillet over medium high-heat, heat the butter and oil. When the butter has melted and looks foamy, add the chicken. (Work in batches if your pan isn't big enough so that you don't crowd the pan.)

Brown the chicken for 3 minutes per side, or until golden.

**4 Finish the chicken in the oven:** Transfer the chicken to the baking sheet and place in the oven for 5 minutes (longer if the chicken breasts are thick), or until a thermometer inserted into the thickest part of a breast registers 165 degrees.

If the chicken is done before the sauce, transfer it to a serving platter and tent it loosely with foil to keep warm.

**5 Make the sauce:** While the chicken finishes cooking, return the skillet to medium heat and add the wine. Be careful since the oil in the pan will sputter a little when you add the wine. Cook for 5 minutes, or until the wine is reduced by about half. Add the cream and simmer for 2 to 3 minutes, or until the sauce coats the back of a spoon. Stir in the mustard, capers and parsley, reserving a little parsley for sprinkling over top. Taste and add more salt and pepper, if you like.

**6 Serve the chicken:** Place each chicken breast on a plate, drizzle with the sauce, and sprinkle with the remaining parsley.

## INGREDIENTS

- 4 skinless, boneless chicken breasts (about 1 1/2 pounds total)
- Salt and pepper, to taste
- 1/4 cup all-purpose flour
- 1 1/2 tablespoons unsalted butter
  - 1 1/2 tablespoons oil
  - 1 cup white wine
  - 1 cup heavy cream
- 1 rounded teaspoon Dijon mustard
- 3 tablespoons capers, rinsed well
- 2 tablespoons chopped fresh parsley



lizclimo.tumblr.com

# Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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

## Redford Board of Directors

- ❖ Deanna Mitchell, Board Chairperson
  - ❖ Reva Wujcik
  - ❖ Laura Scanlan
  - ❖ Susan Hurst
  - ❖ Catherine Esannason
  - ❖ Kathryn Telck

# Activities Calendar

## February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10 am Coffee Hour 10 am Pantry	2 1 pm Arts & Crafts 5 pm Keno/Bingo	3 1 pm Bingo (Game Room)
4 1:00 pm In His Presence Ministries Sunday Worship	5 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	6 1 pm Pinochle 11 am Fall Prevention Seminar 2 pm Movie "Hidden Figures"	7 10 am Value Center/Walgreens 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	8 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings 2 PM VILLA RESIDENT FORUM	9 1 pm Arts & Crafts 5 pm Keno/Bingo 2 PM COTTAGE RESIDENT FORUM	10 1 pm Bingo (Game Room)
11	12 10 am Pantry 5 pm Bingo/Keno 6:30 pm Cards	13 1 pm Pinochle 2 pm Movie "Fences"	14 10 am Kroger/\$Store 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study	15 10 am Coffee Hour 10 am Pantry 5:30 pm Gala Volunteer Appreciation Dinner	16 1 pm Arts & Crafts 5 pm Keno/Bingo	17 1 pm Bingo (Game Room)
18 	19 10 am Pantry State Senator Kwozek Visit & Lunch 5 pm Bingo/Keno	20 1 pm Pinochle 2 pm Movie "Girls Trip"	21 10 am Value Center/Walgreens 1 pm Pinochle 2:30 Sing-A-Long	22 10 am Coffee Hour 10 am Pantry 11 am Hymn Sings	23 1 pm Arts & Crafts 5 pm Keno/Bingo	24 1 pm Bingo (Game Room)
25	26 10 am Pantry 1:30 pm B-Day Party 5 pm Bingo/Keno 6:30 pm Cards	27 1 pm Pinochle 2 pm Movie "Sleepless" CINNAIRE INSPECTION	28 10 am Kroger/\$Store 1 pm Pinochle 2:30 Sing-A-Long 6:15 pm Bible Study			

In our commitment to be of service to others and our surrounding community, we sometimes offer our common spaces to different groups, such as the "Little Ladies Tea Society" or the retired Presbyterian ministers. We try to give as much notice as possible, which we will inform you. We thank you for your understanding in this matter. Please note: On the fourth Wednesday of the month, both the dining room & craft room are utilized for the meeting of the Redford Board.



# 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.

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

♥ Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE



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...**

*Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller*

**248.281.2045**  
[mylegacy.pvmf.org](http://mylegacy.pvmf.org)



## THE BULLETIN BOARD

by Kay Eles

### CAREGIVING TIPS FOR YOU AND YOUR FAMILY – PART 3A

Continuing with the subject of my mother’s mini-strokes, she was fortunate that they didn’t impair her as strokes do to some people. I did wonder if my mother might have suffered worse complications if she hadn’t been a walker and active in social activities. As it was, a few tests showed heavily blocked arteries and a badly impaired heart. My mother’s lease car had to be returned to the dealer because her doctor didn’t think it was safe for her to drive anymore. At the time, it never occurred to me that being without a car would be a blow to her independence. Fortunately, she didn’t mind letting me manage her finances and medications.

The first time my mother went to the ER freaked me out because the only information about the 4 drugs she took was the names but not the dosages. Before she was transferred to a nursing home for rehab, the number of drugs increased to 10. My first step was to buy the large 7-day pill organizer with Morn, Noon, Eve, and Bed printed on each pill box. My second step was to find a way to keep track of 10 medications. I used Excel to create a document to list all necessary information as shown in the sample document below. The first 5 columns had all of the necessary information for EMS, hospital staff and family doctor; the 6<sup>th</sup> column was for me to keep track of changes. Drugs and Supplements were put in alphabetical order and separated according to type to make it easier to keep track of them. I made sure to bring a copy to every visit to the doctor, the ER, and to Rehab, especially whenever changes were made. The medical history was also kept current.

The following Sample Document has been re-created using Word with a Table format:

Revised 1-3-20\_\_ (my mother’s name) Drug Requirements and Medical History

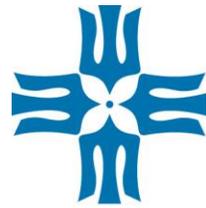
Pharm name and phone:

Hospital name and phone:

Dr. name and phone:

20__ Drugs					
Drug Name	Purpose	Dose	Qty / Time	Bought	Medical Comments
Coreg	Irreg heart rate	3.124mg	2x – M, E	4-23 – 180	Dose OK (6-29-10)
Lisinopril	Blood pressure	2.5mg	1x – M	2-7 – 30	2-6 – dose changed from 5 mg
Calcium	Bone health				

Insert medical history here or on next page.



The Village of  
**Redford**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

**TO: Villa & Cottage Residents**

**RE: Annual Apartment Inspection**

**Date: January 26<sup>th</sup>, 2018**

**PURPOSE:**

**It is the intention of Presbyterian Villages of Michigan to operate a safe and well maintained environment for the residents who choose to live in our communities.**

**Apartment inspections are conducted annually and this year the inspection will be performed on **Tuesday, February 27<sup>th</sup> 2018.****

**Your apartment may be selected and will be inspected by a representative from Cinnaire, accompanied by a Village staff member. You do not have to be present for this inspection.**

**We thank you in advance for your cooperation. If you have any questions, please feel free to contact the office.**

**Sincerely,**

**Gloria Robinson  
Senior Housing Administrator, the Villa & Cottages at Redford**

## Coordinator Corner

### The “LOVE” Month

Quote of the month: “There is only one happiness in life... to love and to be loved.” ~ Unknown



Happy Valentine’s Day!  
February 14<sup>th</sup> 2018

**Tuesday, Feb 6, 2018 @11:00-12:00** Sarah Hickey, BSN, RN, BS with Beaumont Hospital will present: “Balance your Life” A seminar on fall prevention. Falls are the leading cause of injury related death for adults, ages 65 and over. Please plan to join us to educate yourself on prevention. Location is in the Villa Ding Room. Light snacks will be provided.

**Wednesday, Feb 28, 2018 @ 11:00am** in the Villa dining Room. Ms. Althea Goodwin with Seasons Hospice & Palliative Care will present information about (5) wishes a detailed pamphlet, where you can document your last wishes for family members. It is so important to discuss and write down your wishes. Join us, the pamphlet is FREE!

- February is Black History Month, visit the local library and discover noted Black Americans.

If you need my services, please call me @313-541-6450 or stop by my office. Office hours are posted on the door.

Anita Stephens | Service Coordinator

## This Month at the Movies...



**Hidden Figures:** Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

**Fences:** Troy Maxson (Denzel Washington) makes his living as a sanitation worker in 1950s Pittsburgh. Maxson once dreamed of becoming a professional baseball player, but was deemed too old when the major leagues began admitting black athletes. Bitter over his missed opportunity, Troy creates further tension in his family when he squashes his son's (Jovan Adepo) chance to meet a college football recruiter.

**Girls Trip:** Best friends Ryan, Sasha, Lisa and Dina are in for the adventure of a lifetime when they travel to New Orleans for the annual Essence Festival. Along the way, they rekindle their sisterhood and rediscover their wild side by doing enough dancing, drinking, brawling and romancing to make the Big Easy blush.

**Sleepless:** Undercover Las Vegas police officer Vincent Downs (Jamie Foxx) finds himself caught in a high-stakes web of corrupt cops, internal affairs and murderous gangsters. When a failed heist leads to the kidnapping of his teenage son (Octavius J. Johnson), Downs must race against time during a wild and restless night to save him and bring the criminals to justice.

**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](http://www.pvm.org)

**MAIN OFFICE NUMBER**

**313-541-6000**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*

**(313) 541-6042**

**Hannah Micallef**  
*Senior Housing Administrative  
Assistant, TCS*

**(313) 541-5991**

**Steve Reardon**  
*Maintenance Technician*

**Mark Uzarek**  
*Maintenance Lead*

**Rhonda Harvey**  
*Housekeeper*

**Anita Stephens**  
*Service Coordinator*

**(313) 541-6450**

**EMERGENCY NUMBER (VILLA)**

**(313) 910-7027**

**EMERGENCY NUMBER (COTTAGES)**

**(313) 573-3572**

**NON EMERGENCY REDFORD PD**

**(313) 387-2500**

**CLASSIC SECURITY**

**(313) 662-4648**



**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](http://www.pvmfoundation.org)



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