



Village Voice



Embrace the possibilities

Cottage Courier

32001 Cherry Hill Rd. • Westland, Michigan 48186 • www.pvm.org

March 2020

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The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



2020



Welcome to the Month of March

The month of **March** was named for the Roman god of war, Mars. Traditionally, this was the time of year to resume military campaigns that had been interrupted by winter.

March's Birthstone is Aquamarine

March's Flower is Daffodil

March's Astrological Symbol is Pisces & Aries

Month-long Observances

Sunday, March 8 is the start of **Daylight Saving Time**, which begins at 2:00 A.M. that night. Don't forget to "spring forward" and set your clocks ahead one hour! We prefer to do this before bedtime on Saturday night, just so there's no existential confusion the next morning.

March 8 is also **International Women's Day**, which is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.

Tuesday, March 17 is **St. Patrick's Day**. According to folklore, St. Patrick used the three-leaved clover (shamrock) in his teachings about the Holy Trinity.

Thursday, March 19 brings about the **March equinox**—also called the **vernal** or **spring equinox**—marking the beginning of spring in the Northern Hemisphere. On this day, the Sun stands directly over Earth's equator. In the Southern Hemisphere, this date marks the **autumnal equinox** and the beginning of fall.

March Trivia

#1 The Ides of March is a famous day. What day is it?

#2 Which historical figure was killed on the Ides of March?

#3 Which US President was born on the 29th of March?

#4 Which sport has a tournament named March Madness?

#5 Prince Kuhio is recognized in March. Which culture celebrates this man?

*See answers on page 9

Staff Extensions

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Shana Brown ~ 28886
Wellness Manager

Shari Thompson ~ 28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

Jennifer Wolf ~ 28953
Fitness Specialist

Breana Wallace ~ 28896
Marketing Manager

Amber Tomkinson ~ 28896
Sales and Leasing Specialist

Diane Santo ~ 28889
Beauty Shop

March History

March 1, 1932 - The 20-month-old son of aviation pioneer Charles A. Lindbergh was kidnapped from his home in Hopewell, New Jersey. The Lindberghs then paid a \$50,000 ransom. However, on May 12, the boy's body was found in a wooded area a few miles from the house.

March 1, 1961 - President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

March 3, 1913 - A women's suffrage march in Washington D.C. was attacked by angry onlookers while police stood by. The march occurred the day before Woodrow Wilson's inauguration. Many of the 5,000 women participating were spat upon and struck in the face as a near riot ensued. Secretary of War Henry Stimson then ordered soldiers from Fort Myer to restore order.

March 5, 1868 - The U.S. Senate convened as a court to hear charges against President Andrew Johnson during impeachment proceedings. The House of Representatives had already voted to impeach the President. The vote followed bitter opposition by the Radical Republicans in Congress to Johnson's reconstruction policies in the South. However, the effort to remove him failed in the Senate by just one vote and he remained in office.

March 10, 1862 - The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.

March 12, 1888 - The Great Blizzard of '88 struck the northeastern U.S. The storm lasted 36 hours with snowfall totaling over 40 inches in New York City where over 400 persons died from the surprise storm.

March 15, 44 B.C. - Julius Caesar was assassinated in the Senate chamber in Rome by Brutus and fellow conspirators. After first trying to defend himself against the murderous onslaught, Caesar saw Brutus with a knife and asked "Et tu, Brute?" (You too, Brutus?) Caesar then gave up the struggle and was stabbed to death.

March 25, 1807 - The British Parliament abolished the slave trade following a long campaign against it by Quakers and others.

March 27, 1977 - The worst accident in the history of civil aviation occurred as two Boeing 747 jets collided on the ground in the Canary Islands, resulting in 570 deaths.

March 29, 1979 - In the U.S. Congress, the House Select Committee on Assassinations released its final report regarding the killings of John F. Kennedy, Martin Luther King, and Robert Kennedy.



Happy Birthday Wishes



Rolando Castillo
Shirley DeKarskey
Susan Patton
John Banks

Welcome New Residents!

Benedict Rosinski
Martha Chavez

Welcome New Employees!



Wanda Morgan
Resident Assistant



Rashida Zimmerman
Resident Assistant

A Warm welcome, it is great to have you with us!



The Senior Advocate.

*By Lynn Alexander,
Senior VP & Chief Marketing Officer*

Honoring our Veterans

Finally our veterans appear to be receiving even greater recognition. I was pleased to see so many veterans' ceremonies on this recent Veterans Day. As a daughter of two Navy veterans it warms my heart.

The Oakland County Veterans Affairs Department and their department of Economic Development have teamed up to launch an intensive media campaign honoring veterans and encouraging others to come to them for assistance. Although still relatively new, this campaign has already seen a dramatic upward trend in referrals. You may have noticed their billboards with veterans' photos or heard them on the radio. They have even been showcased on national news outlets.

As part of this campaign Oakland County held a heartfelt reception to launch the new photo gallery exhibit of veterans' photos. It is beautifully done and worth a visit. The photos will be on display at the Oakland County Executive Office Conference Center until December 20th. Go to www.oakgov.gov for details. Most Michigan counties have referral services for veterans. You can locate them through the county offices.

I am proud to say that PVM also has a Veterans Preference Program which allows veterans to move to the top of waiting lists at select locations. Contact our home office at (248) 281-2020 if you have a friend or relative who can benefit.

Our veterans protected all of us and our country and deserve the best from us.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Lyndsey Malkovich, a student intern from Oakland University's Wellness, Health Promotion & Injury Prevention program.

Taste the Rainbow!

If like me, you have “candy-aholic” tendencies, you may recognize the phrase, “Taste the Rainbow!” as being the tagline for the candy Skittles. Though snacking on Skittles might help satisfy your sweet tooth, it’s not going to do much for your health.

Rather than indulge in a rainbow of colorful candy, you’d be much better off if, when preparing your meals, you filled your plate with fruits, vegetables and other colorful whole foods. Doing so will help ensure you eat a variety of foods and thus get the nutrients your body needs to stay healthy and strong. Below is a list of foods that match the colors of the rainbow along with some of their potential health benefits. If they aren’t already a part of your diet, you might want to consider adding them.



- **Red** (may help reduce cancer risk) - apples, tomatoes, red peppers, raspberries, strawberries, watermelon, cranberries, cherries, red grapes, pomegranate, beets.
- **Orange/Yellow** (may help improve immune function) – oranges, grape fruit, mangoes, carrots, sweet potatoes, pineapple, peaches, winter squash, cantaloupe, corn.
- **Green** (may boost the immune system) - broccoli, spinach, peas, kale, arugula, avocado, edamame, asparagus, green beans, zucchini, kiwi fruit, romaine lettuce, Brussel sprouts.
- **Blue/Purple** (may help reduce inflammation) – blueberries, blackberries, eggplant, plums, prunes, figs, purple grapes, purple cabbage.
- **White/brown** (may help reduce cancer risk) – cauliflower, garlic, mushrooms, onions, potatoes, parsnips, jicama (Mexican turnip).

For more information on eating healthy visit <https://www.choosemyplate.gov/>.

Fun Times at Rose Cottage



2020 COTTAGES
KING & QUEEN

KING GEORGE
&
QUEEN MOTOKO

THANK YOU FOR
ALL YOUR VOTES!

Fun Times at Ivy Cottage



THANK YOU FOR ALL YOUR
HELP WITH THE PICTURES
FOR THE SWEETHEART TREE
PROJECT!

KEEP A LOOK OUT AT THE
SIGN IN DESK FOR UPCOMING
COTTAGE PROJECTS
-TRACEY-



March Trivia Answers

- #1 March 15th
- #2 Julius Caesar
- #3 John Tyler
- #4 College Basketball
- #5 Hawaii

Like and Join the Village on Facebook!
 We now have a Facebook page titled
 Presbyterian Village of Westland!

You can see our monthly newsletters, monthly calendars, weekly updates, flyers, and photos from the many activities at the village on the Facebook page! This is also a great way to let your family and friends know what is going on at the Village!

A Note from Tracey
 - Wellness Coordinator

FOLKLORE FOR THE SEASON

A wet spring, a dry harvest.

On St. Patrick's Day, the warm side of a stone turns up, and the broad-back goose begins to lay.

March comes in with adders' heads and goes out with peacocks' tails.

Thunder in spring, Cold will bring.

So many mists in March you see, So many frosts in May will be.

In beginning or in end, March its gifts will send.

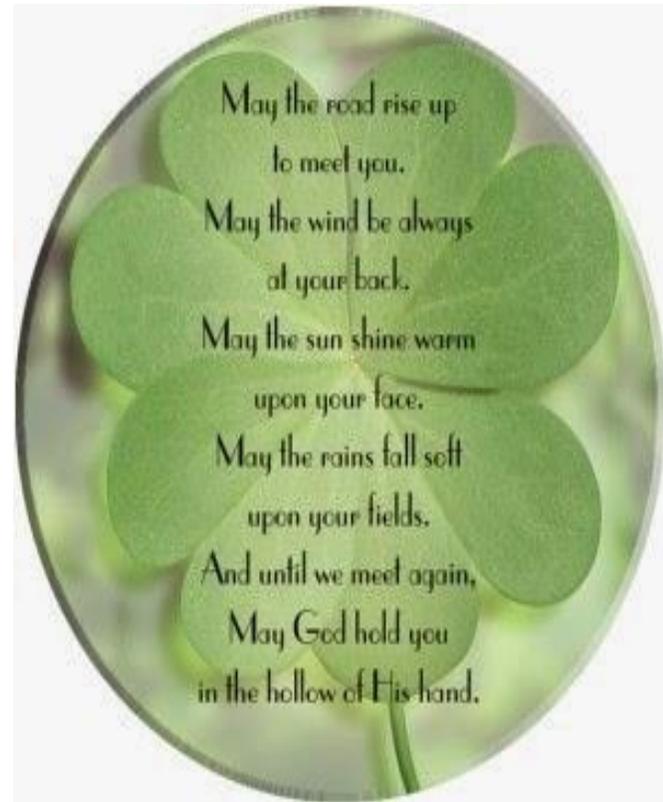
Bleak winds assault us all around;

Dances aloft, or skims the ground:

See the school-boy—his hat in hand,

While on the path he scarce can stand

-Farmer's Almanac March 2020



PVM STORE FEATURED ITEM

Now Available
 in New Colors!



Ladies
 3/4 Sleeve
 Blouse

VISIT WWW.PVMSTORE.ORG



**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 (734) 728-5222

Village Staff

Michele White
Executive Director

Jason Lovelly
Human Resources

Breana Wallace
Marketing Manager

Jan Smith
Nurse Manager

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Shari Thompson
Billing

Andrew Cousins
Dietary Manager

Brenda Seifert
Housekeeping Lead

EMERGENCY NUMBER (734) 728-5222



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 at **248-281-2040** or visit www.pvm.org



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Westland, MI 48186**



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