



# Village Voice



## Embrace the possibilities

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

March 2018

### Featured Articles

- Birthdays**      pg. 5
- Calendar**      pg.11
- Earth Day**      pg. 2
- Recipe**      pg. 3
- Service Coordinator's Update**      pg. 4
- Wellness**      pg. 5
- Word Search**      pg. 9

### *Don't Worry: Be Happy!*

The internet is a marvelous thing – you can type in a question and usually get an answer.

In this case, I wondered what a one-bedroom apartment in Macomb County costs in the open market. It turns out that the least expensive apartment is \$550 and the most expensive is \$1,765. The average cost of electricity is \$60 and heat is \$47 for a one-bedroom apartment.

Then I looked at what Warren Glenn residents pay in rent:

2 people	\$600-699
0 people	\$500-599
8 people	\$400-499
15 people	\$300-399
27 people	\$200-299
14 people	\$100-199
2 people	<\$100

97% pay less than the least expensive market rate apartment in Macomb County. 85% of the residents pay less than \$400. 63% pay less than \$300– what a blessing. And no one pays for heat and the rent is reduced by \$31 dollars a month through an electric allowance.

I mention this for a few reasons. When fellow residents or minor inconveniences irritate you, don't dwell on it. Be glad that you are in safe, affordable housing. If you are depressed because of tight finances, shake it off. Recognize that your main expense – housing – is supported every month.

You are safe and secure and you have what you need. Nothing is perfect, but your housing situation could be a lot worse. Live in gratefulness and feel your worry and fear fall away.

*Anne Lilla, Administrator  
Village of Warren Glenn*



The Village of  
**Warren Glenn**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Easter Trivia



- Easter is the celebration of the resurrection of Christ. It is the oldest Christian holiday, one of the most important days of the year, and always falls between March 22 and April 25.
- In the U.S., only 12 of the 50 states recognize Good Friday as a holiday.
- The giving of eggs dates back to before Easter and is actually considered a symbol of rebirth in many cultures and religions.
- The idea of the Easter bunny giving candies and eggs originated in Germany during the Middle Ages.
- During the holiday, more than 90 million chocolate bunnies and 91.4 billion chocolate eggs are produced each year in the United States alone.
- Peep peep... did you know Americans buy more than 700 million marshmallow Peeps during Easter? Peeps are the most popular non-chocolate Easter candy.
- Americans consume more than 16 million jelly beans during this holiday. That is enough jelly beans to circle the globe not once, not twice, but three times.
- Are you an ears, arms or tail person? 76% of people eat the ears on the chocolate bunny first, 5% go for the feet and 4% for the tail.
- The White House Easter Egg Roll tradition started in 1878, with President Rutherford B. Hayes!
- Workers who make the famous Cadbury Creme Egg, produce more than 1.5 million egg delights a year.

## Earth Day 2018 Campaign

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, plastic is threatening the survival of our planet.

In response, Earth Day April 22, 2018 will focus on changing attitudes and behavior about plastics and reducing plastic pollution.

Help end plastic pollution:

- Reuse shopping bags and don't buy plastic water bottles. Cloth bags and metal or glass reusable bottles are available locally at great prices.
- Refuse single-serving packaging, excess packaging, straws and other "disposable" plastics. Carry reusable utensils in your purse, backpack or car.
- Bring a to-go mug with you to the coffee shop, smoothie shop or restaurants that let you use them, which is a great way to reduce lids, plastic cups and/or plastic-lined cups.
- Recycle. If you must use plastic, try to choose #1 (PETE) or #2 (HDPE), which are the most commonly recycled plastics.
- Support plastic bag bans, polystyrene foam bans and bottle recycling legislation.



## Missy Wilde: Pet of the Month

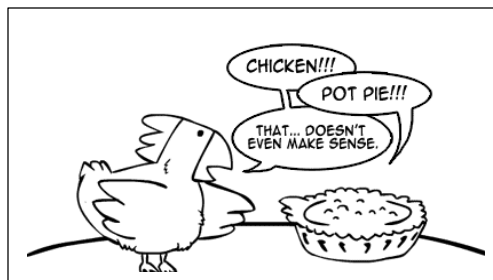


Missy is a very big, long-haired yellow cat who has been the companion of Joyce Wilde, #242, for the past six years. When her first owner passed, Missy came to live with Joyce and they are best friends. Missy is 16 years old and is a loving kitty with a big purr. She likes to sleep with Joyce.

## Bon Appetit! Mini Chicken Pot Pies

### Ingredients

- 1 cup cut up chicken or turkey
- 1 cup mixed vegetables
- 1 can cream of chicken soup
- 1 tablespoon of chopped onion
- 1 cup cheddar cheese
- Salt & pepper to taste
- 1 can refrigerated biscuits



### Directions

1. Preheat oven to 350 degrees.
2. Mix first five ingredients together.
3. Grease or spray eight muffin cups.
4. Place one biscuit in each cup and press biscuits along the sides of the cups to form a crust.
5. Spoon mixture into each cup
6. Bake for 20 minutes or until biscuits are brown. Cool for 5 minutes.

### The Alphabet of Living Right

- Appreciate yourself
- Bounce on the bed
- Create a poem
- Declare world peace
- Explode a myth
- Flabbergast a neighbor
- Get up late
- Help yourself to seconds
- Imagine it and do it
- Jump at the chance
- Kindle a flame
- Leave your troubles behind
- Meet someone new
- Nourish your soul
- Opt for ice cream
- Play all day
- Quench your desires
- Revel at random
- Sing loudly, smile widely
- Touch the sky
- Uncork the champagne
- Vamoose
- Watch whatever you want
- X-ercise your rights
- Yearn for the best
- Zip, zap, zing, and zone out

Contributed by Carol Oliver  
#104





## From the Parish Nurse

Sue Perkins, R.N.

If anyone is unable to get rid of their outdated or unneeded medications, prescription or over the counter, I will be glad to take care of them for you. Empty the bottle of the pills into a plastic bag and bring the plastic bags of pills to my office on Tuesday afternoons. I will take them to the Shelby Township police department. Remove labels from the pill bottles then discard bottles in the trash.

Medications in liquids or paste form can be mixed into coffee grounds or kitty litter and thrown into the garbage. Because traces of meds have been found in drinking water, it is no longer safe to dispose of them into our water system such as the sink or the toilet.

If you have any questions I will be glad to answer them on Tuesdays.

## From the Service Coordinator

Denise Giallombardo, B.S.W., National Church Residencies

### Take the PATH: A Personal Action Toward Health

Macomb Community Action with support from the Area Agency on Aging is holding a six-week class at Warren Glenn for residents who want to learn more about managing conditions like arthritis, depression, diabetes, high blood pressure and heart disease. It is not easy to deal with pain or with limits from a disease.

In this class you will learn to make an action plan based on your goals, manage symptoms like pain and fatigue, exercise safely at a pace that works for you.

Because this class was based on research, people have had good results from it. Past participants say that they:

- Have more energy and less pain,
- Get more exercise, and
- Are more confident in managing their health.



The class will run on Mondays, April 16, 23, 30 and May 7, 14, & 21 from 1:00 p.m. – 3:30 p.m. A certificate and gift will be awarded upon completion of 4 or more classes.

**Don't pass up a chance to feel better! Take the PATH.**



All told, there was some mighty fine eating at the Warren Glenn St. Patrick's Day dinner! Residents loved the corned beef from Eastern Market, potatoes and cabbage.

Thanks to Diane Sexton, Sherita Babridge, Penny McKeller, Etta Adams, Alice Kelmar and Liz Barringer for making the dinner happen. And to all the residents who brought dessert. Lots of people set up and cleaned up. Allan Thompson and Carolyn Richardson sold raffle tickets. Theresa Smith was the winner of \$62. Irish eyes were smiling.



- May 6**  
Cinco de Mayo Dinner
- May 19**  
Spring Garden Clean-up with Michigan Collegiate High School
- May 28**  
Summer Potluck



**It's Your Life. Live It Well.**  
 By Tom Wyllie,  
 Director of Wellness

## Alcohol: The Good, the Bad, & the Ugly

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits ( $\leq 2$  drinks/day for men,  $\leq 1$  drink/day for women), it's excessive drinking that you have to worry about.

Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits.

If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol.



- 5 Christine Bashawaty #231
- 5 Donna Smith #122
- 14 Vicki Jackson #112
- 17 Diane Sexton #111
- 21 Penny McKeller #236
- 27 Elizabeth Johnson #115

### April Movie Night

"The Nutty Professor" with Eddie Murphy will be shown in April. Watch for the date and time posted in the mail room.

### Supper Club

It's not really a club, but is a chance to go to a local restaurant with people from Warren Glenn. Transportation is provided. In March we went to the Red Lobster. Watch for the place, date and time for the May trip which will be posted in the mail room.



**FRIENDS AND FAMILY KICK-OFF**

**Wednesday, April 4      4:00 p.m.– 5:00 p.m.**

**ROSCO'S  
MAKING MEMORIES,  
MAKING A DIFFERENCE**

Join us to begin the  
FRIENDS & FAMILY campaign  
to raise money for activities at the  
Village of Warren Glenn.

**Entertainment, Food, 50/50 Raffle**

\$5.00 Donation



**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 Fillip** @ 248-515-7549.

*Special Offer:* For new customers a free gift with any \$20 order!

**MANICURES** - Hand & arm massages, and facials in your apartment or mine. Check outside of apartment #207 for fees and sign-up sheet. Licensed and very reasonable prices. For more information, call Mickey at 313-728-1623.

**SCHWAN'S FOOD** - The deliveryman comes to the lobby of our building every other Wednesday at 4:00 p.m. He takes orders and fills them from his truck.

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





## Residents Tell... All!

Did you know that **Donna Smith**, #122, has a collection of pigs? All shapes and sizes, she collects them all. **Sylvia Guillemette** #132 is a collector of old, decorative evening purses and she also loves to collect Christmas tree pins. She is always on the look-out for more. When you are a collector, there is always room for one more! Do you collect something? Let us know about it.

**Denise Giallombardo** is about to become a grandmother for the first time! Her daughter and son-in-law are expecting a little boy in a few more months. Denise will be called Nona.

**Diane Sexton** #111 is making 42 sets of animal costumes for performances of an opera of Noah's Ark at the Royal Oak United Methodist church.

**Stacey Klooster's** son, Blake, made the freshman baseball team at Stoney Creek High School in the Rochester school district. Congratulations, Blake! He is a pitcher and shortstop.



## THIS MONTH IN

- 1865 John Wilkes Booth fatally shot President Lincoln.
- 1897 The first Boston Marathon was held.
- 1902 James C. Penny opened his first store.
- 1912 The Titanic hit an iceberg killing 1,514 people.
- 1923 Insulin became available for people with diabetes.
- 1955 The polio vaccine, developed by Jonas Salk, was declared safe and effective.
- 1956 Elvis Presley sang "heartbreak Hotel" on the Milton Berle Show, with 25% of Americans watching.
- 1963 ABC premiered General Hospital, the longest running soap opera in television.
- 1968 Martin Luther King, Jr. was assassinated in Memphis.

## 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.

## ***An Aging Well Attitude Can't Be Beat!***

**Lynn Alexander, Senior Vice President & Chief Marketing Officer**

I often speak about the importance of having an *Aging Well Attitude* as an important aspect of aging. Recently inspiration has arrived in the personhood of Sister Jean Schmidt, Loyola-Chicago's 98 year-old chaplain. She has been their basketball team's good luck charm during their NCAA March Madness tournament journey. Sister Jean has a sense of humor and is talented when it comes to branding. During her team's Elite 8 game versus Kansas she was spotted wearing custom-made Nikes; and she is even the star of her own Bobblehead. She of course is not making any claim for profits but is supporting the team and university. She has become "the face of Loyola-Chicago".

Schmidt prays with the players before games and gives them scouting reports the next day, according to the Associated Press and Fox News. Her players consider her to be their not-so-secret weapon. They have proven themselves to be a team that can't be beat for now. Sister Jean has proven that having an *Aging Well Attitude* can't be beat. In fact, the qualities and assets inherent in this story match reports of studies as to what creates quality of life and even perhaps longevity: Having a passion, dedicating oneself to the pursuit of that passion, having a sense of belonging and being a part of something greater than oneself, to be engaged and engaging...

There's a lesson to be learned from this for us all. WHAT IS YOUR PASSION?



### Sunny Side

Always look at the sunny side of life  
 The ups and the downs  
 The truth of a beginning  
 We need seeds to sow  
 We need water to grow  
 What we see today is bringing us more for tomorrow  
 Even if we can't tell as they say  
 April showers bring May flowers.



By Thomas Tusser



# Word Search Puzzle

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

APHRODITE  
 APRIL FOOL'S DAY  
 ARBOR DAY  
 ARIES  
 BASEBALL BEGINS  
 BIRDS MIGRATE  
 BLOOM  
 DAISY  
 DIAMOND  
 EASTER

FLOWERS  
 FOURTH MONTH  
 GOOD FRIDAY  
 PALM SUNDAY  
 PASSOVER  
 PLANTING  
 SPRING  
 SWEET PEA  
 TAURUS  
 WARMING UP





**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)



**Office Number**  
**Village Staff**

**(586) 751-5090**

**Anne Lilla**  
*Director*

**Stacey Klooster**  
*Administrative Assistant*

**Denise Giallombardo**  
*Service Coordinator*

**Office Hours:**  
*8:30 a.m. – 1:30 p.m.*  
*3:30 p.m. – 5:00 p.m.*

**Open Position**  
*Maintenance Tech*

**Emmi Parada**  
*Housekeeper*

**WARREN GLENN BOARD MEMBERS**

Malcolm McDougall, President

Betty Challenger

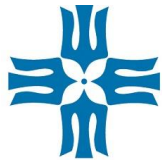
Marijo Hockley

Pam Kalka

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



The Village of  
**Warren Glenn**

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

The Village Voice is written  
and produced by Diane  
Sexton, Stacey Klooster and  
Anne Lilla.

**Embrace the possibilities**