



Villa View



Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • www.pvm.org

MAY 2022

NOTES FROM THE ADMINISTRATOR

FEATURED ARTICLES

- Administrator Notes...P. 1
- Senior Advocate.....P. 2
- Service Coordinator...P. 3
- Resident Spotlight.....P. 4
- Movie List.....P. 5
- Rhonda's Corner.....P. 6
- Maintenance.....P. 7
- Library News.....p. 8
- Food Truck.....p. 9
- May Word Game.....p. 10
- May Birthday's.....p.11
- Event Photo'sp. 12
- Events.....p. 13
- May Calendar.....p. 14

Notes from the Administrator

Welcome to our new residents.

To all who participated in and donated towards this years' Friends & Family campaign....we say "Thank You". All proceeds have been turned in to the PVM Foundation last week and a final total will be published shortly.

We're excited about the new evening meal program beginning Monday May 2nd. Please contact the office if you are interested in receiving a weekly menu and have questions about the program.

Redford Village has been selected to participate in a 12-week program sponsored by Wayne State University. The program called FAM (Functional Aging & Mindfulness for seniors) will provide Free Yoga classes, physical activity sessions, Mindfulness training and nutrition programming. The benefits of participating in the physical activities include improved mobility, increased endurance and improved strength. The mindfulness sessions will improve mental clarity, enhance quality of life and provide social support and interaction. Please join your neighbors in the Villa Dining Room on Thursday May 5th at 2:00 p.m. to receive information about this exciting program.



Look for PVM on:



Happy Mother's Day to all and Best Wishes for the Memorial Day Holiday.



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

OLDER AMERICANS MONTH 2022

It is that time of year once again. Although spring seems to be slow in coming, senior providers are ready to go with our annual tribute to Older Americans Month in May and the chance to highlight the accomplishments and needs of our aging population. Seniors saved our country from tyranny and supported our schools, libraries, emergency responders and our communities in general. They still volunteer to help our society in so many ways as citizens, parents and grandparents.

The theme at the national level is AGE MY WAY 2022. Indeed, as we have many more older adults living their best life possible it has become apparent that there are many ways to do so. Although many are running marathons and reinventing their careers, others may have challenges which we can assist in conquering.

In Michigan there are several ways in which we will celebrate:

PACE DAY AT THE CAPITOL (LAWN) will be an in-person event to highlight the great success of PACE in Michigan and to advocate for support of these life enhancing programs. Legislators will be in attendance so there will be an opportunity to share policy recommendations with influencers. For information go to their website at www.pacemichigan.com

OLDER MICHIGANIANS DAY will be held May 11th virtually which will also have a Senior Action Week. Once again, this is an important venue for making known the importance of supporting our senior population. The host for this event is the Michigan Association of Area Agencies on Aging. For information go to their website at www.4ami.org

These organizations are also asking all of us to contact legislators to ask that they continue to address these issues. Members of Congress and Michigan legislators have been supportive. Let's further that work as a state and a society.



Service Coordinator Corner

By Anita Stephens
May 2022

Quote of the Month: “The smallest act of kindness is worth more than the greatest intention.” ~ Kahlil Gibran

Tuesday, May 3, 2022 @ 12 noon. Plan to attend a presentation on The Tuskegee Airmen. Dr. Smith from The Tuskegee Airmen Museum will tell the history of the first all-African American Air Force squad.

Thursday, May 5, 2022 @2:00pm. Join us for a meet & greet with Wayne State University staff. Offering senior’s healthy aging by providing free physical activity sessions, nutrition programming and mindfulness training. FREE to all residents. Open to questions & answers after presentation. Light refreshment will be served. Sign-up sheet on hallway table.

Thursday, May 26, 2022 @ 1:00pm FIT-FLEXIBLE chair based exercise with Guardian Angel Home Health Care in the Villa Dining room. FREE to all residents.

GOOD NEWS! Farm on The Move, a food program launching in June. Sharkar Farm has teamed up with Humana to offer food bags for \$20.00 on a bi-weekly schedule. Seniors are encourage to get fresh produce. The market accepts EBT, Cash, Credit/Debit cards and SNAP benefits. All you need to do is commit to shopping. Coming soon.



On Sunday, May 8th



On Monday,

May 30th (Office Closed)

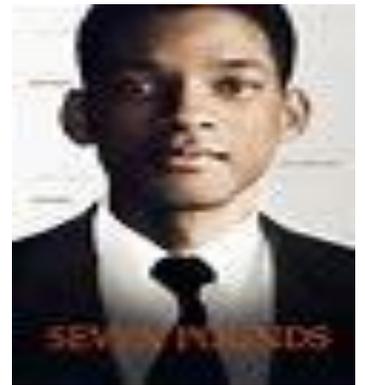
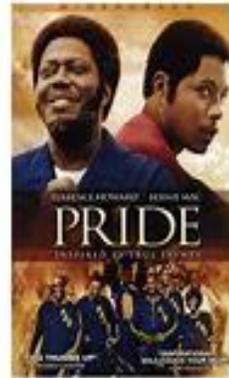
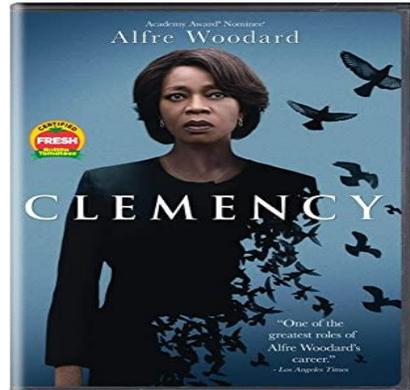
The Village Of Redford
Resident Spotlight / May 2022
Resident of the Month

Ms. Ernestine Peete

Ms. Peete has been a Villa resident since 2013. After her children became of age, Ms. Peete attended college and worked for the Detroit Board of Education.

A career in Early Childhood Development, which she truly relished.

Family is what Ms. Peete describe as her greatest achievement. She was married for 38 years, before her beloved husband passed. They raised seven wonderful children together. Her philosophy is worshipping God and serving humankind. Now in retirement, traveling, playing games, creating greeting cards, and reading books are her favorite past times. You can also find her volunteering around the building. A true treasure to our community.



ONE NIGHT IN MIAMI

A fictional account of one incredible night where icons Muhammad Ali, Malcom X, Sam Cooke and Jim Brown gathered discussing their roles in the Civil Rights Movement and cultural upheaval of the 60's.

CLEMENCY

Years of carrying out death row executions have taken a toll on prison warden Bernadine Williams. As she prepares to execute another inmate, Bernadine must confront the psychological and emotional demons her job creates, ultimately connecting her to the man she is sanctioned to kill.

PRIDE

In 1984 20 yr. old closet gay Joe arrives in London from Bromley for his 1st Gay Pride march, he's taken under wing of a group of gay men and Lesbian Steph, who meet a flamboyant Jonathan and his Welsh partner. Not only are gays being threatened, the miners are on strike and Northern Irish activist Mark Ashton believes gays and miners should show solidarity.

SEVEN POUNDS

Haunted by a secret, Ben Thomas looks for redemption by radically transforming the lives of seven people he doesn't know. Once his plan is set, nothing will be able to stop him. At least that's what he thinks. But Ben hadn't planned on falling in love with one of these people and she's the one who will end up transforming him.

Rhonda's Corner

Greetings Village residents,

I hope you all had a happy Easter!

**Our friends and family activities are in full swing.
Thank You all for your help, don't forget this is for all residents.**

Please keep in mind that your support helps fund building activities for you.

Friendly Reminder

When you leave your carts in the lobby, please DON'T leave carts against the furniture. There is plenty of wall space.

Sincerely,

Rhonda Kuhn

Hospitality Specialist

Maintenance Musings Reminders

- No food or drinks are allowed in the common area, **ONLY** in the dining room. When using the dining area please be sure to clean your area of any food and/or debris before leaving.
- When you've placed a maintenance order please be appropriately dressed for their arrival.
- Follow up by maintenance on your orders can begin as early as 9:00a.m., if you're not available they'll return as soon as they can which may not be the same day.
- Be conscious when cooking, if you set your smoke alarm off it must be reset, please be patient, maintenance is required to stop what they're doing and respond immediately. Grills, fire pits, etc. are **prohibited** and should not be placed on your balconies/porches. If the fire department responds there could be a charge. Keep in mind the alarm is designed to send an alert regardless of how little the smoke or steam may be.
- Do not turn your heat off, it can be adjusted to a lower temperature if needed.
- Do not block cold air return (the vent on the floor near the patio door).
- Do not place food garbage in outside large dumpster outside of shipping and receiving, please break down card board boxes also.
- Refrain from storing non-patio items on porches. They should be free of yard tools/clutter/debris etc.

Cottages

Please use 30 gallon tall kitchen garbage bags for your trash. Sticks, leaves, dirt etc. should be placed in lawn bags.

Mark Uzarek, Maintenance Lead

The Redford Township District Library

Newsletter

May 2022

- Food Truck
- Events
- Home Delivery

 (313) 531-5960

 rtdl.org

 25320 W. Six Mile
Redford, MI

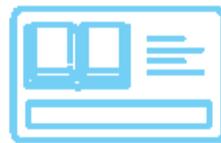
Monday - Thursday
10:00 a.m. - 8:30 p.m.

Friday - Saturday
10:00 a.m. - 5:00 p.m.

Sunday
12:00 p.m. - 5:00 p.m.
(Closed on Sundays
Memorial Day-Labor Day)

Redford Township
RIDI
District Library

Getting a library card is easy!



Call (313) 531-5960 or visit rtdl.org/signup and apply for a library card today!



MOVIE NIGHT

Wednesday, May 25th
6:00-8:00 PM



Join us at the library for a free movie & free popcorn! Call (313) 531-5960 or visit rtdl.org/events to sign up.

Join a Book Club!

Redford Recreational Readers
May 11, 2022, 7:00pm - 8:00pm

Future Reads Book Discussion Group
May 19, 2022, 6:30pm - 7:30pm



Call (313) 531-5960 or visit rtdl.org/events to sign up.

HOME DELIVERY

Call (313) 531-5960 if you're interested in having your books, CDs, DVDs, and audiobooks delivered to your door via our Homebound Delivery Service.





Shimmy Shack®

FOOD TRUCK

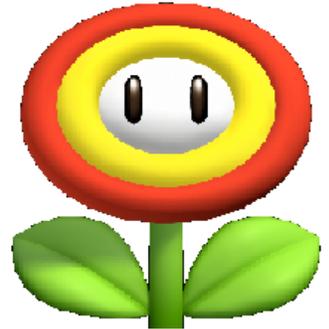


THURSDAY, MAY 19TH
12:00-3:00 PM
25320 W. SIX MILE RD
#LUNCHATTHELIBRARY

MAY WORD GAME



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



AMAZY DAYZEE
 COPY FLOWER
 FIRE FLOWER
 KING CROACUS
 PETUNIA

BLOOMSDAY
 DIZZY DANDY
 FLORO SAPIEN
 PANSER
 TOLIELIP

BUBULB
 EGGO DIL
 KA BLOOM
 PETEY PIRANHA
 TURBO TULIP

May Birthday's

Alma Richard	05/01
Nancy Stolt	05/01
Cheryl Goodwin	05/03
Hattie Mae Warren	05/05
Victoria Humphrey	05/08
Marie Hurst	05/08
Frances J. Garrett	05/11
Doris Morgan-Lee	05/14
Anthony Tucker Sr.	05/17
Deborah Cade	05/17
Vanessa Raglin-Webb	05/17
Doris Lee	05/21
Jimmie L. Foster	05/23
Carolyn Lambreth	05/27
Charlie Mae Berry	05/29
Debra Montgomery	05/30
Glynn Waymer	05/31



FUN! WITH FAMILY AND FRIENDS

EVENTS TO REMEMBER IN MAY 2022

May 3	12:00 pm	Dr. Smith from Tuskegee Airmen Museum
May 5	2:00pm	Healthy Aging, Meet & Greet-Wayne State
May 8	ALLDAY	Mother's Day
May 15	1:00pm	Worship Service
May 19	2:00pm	Village of Redford Book Club Meeting
May 26	1:00pm	Fit & Flex Chair Exercise
May 27	12:00pm	Book Club Meeting
May 30	ALLDAY	MEMORIAL DAY, Office closed

VILLA/COTTAGES

May 2022

Picture Caption

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Older American Month	2 10am Villa Pantry	3 12pm-1:30 pm Tuskegee Airmen 2pm Movie	4 10am Value Ctr. 2pm Bid Whist 6pm Bible Study	5 2pm Healthy Aging Cinco de Mayo	6 6pm BINGO	7 1PM BINGO
8 Mother's Day 	9 10am Villa Store Pantry	10 2pm Movie	11 10am Value Ctr. 2pm Bid Whist 6pm Bible Study	12	13 6pm BINGO	14 1pm BINGO
15 1pm Worship Service	16 10am Villa Store Pantry	17 2pm Movie	18 10am Value Ctr. 2pm Bid Whist 6pm Bible Study	19 2pm Village of Redford Book Club	20 6pm BINGO	21 1pm BINGO
22	23 10am Villa Store Pantry	24 2pm Movie	25 10am Value Ctr. 2pm Bid Whist 6pm Bible Study	26 1pm Fit & Flex Chair Exercise	27 12pm Book Club Meeting 6 pm BINGO	28 1pm BINGO
29	30 Memorial Day 10am Villa Store Pantry	31 2pm Movie				

**A special acknowledgement to our Veterans on
Memorial Day**



Main Office Number**(313) 541-6000****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**Village Staff**

Gloria Robinson
Senior Housing Administrator
(313)541-6042

Angela Hooks
Administrative Assistant
(313)541-5991

Gina Herron
Receptionist
(313)541-6126

Anita Stephens
Service Coordinator
(313)541-6450

Mark Uzarek
Maintenance Lead

Freddie Graham
Maintenance Technician

Rhonda Kuhn
Hospitality Specialist
Housekeeping



EMERGENCY NUMBER (VILLA)	(313) 910-7027
EMERGENCY NUMBER (COTTAGES)	(313) 573-3572
NON-EMERGENCY REDFORD PD	(313)387-2500
CLASSIC SECURITY	(313)662-4648
Phyllis @ the beauty salon	(313)541-6077



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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The Villa and Cottages at Redford • 25340 West Six Mile Road Redford, MI 48240

Embrace the possibilities