



Village Voice



Embrace the possibilities

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

July 2018

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V-I-C-T-O-R-Y: That's the All-Americans' Battle Cry!

Our small but mighty team of seven All-Americans joined 300 residents of Presbyterian Villages of Michigan for the Victory Cup competition on June 22. Warren Glenn came in 9th out of 24 villages. Rumor has it that the team was hot in the Hoop Shoot.

Team members were Allan Thompson, Pearlie Asheford, Betty Challenger, Sammale Mahaffey, Rosemarie Barnhart, Caroline Schultz and Mickey Jennings with Coach Denise Giallombardo.

The new location, the Suburban Collection Showplace in Novi, proved to be roomy and



attractive. The lunch was delicious and snacks and beverages kept the group going while competing at kick-a-roo, bean bag toss, balloon volleyball (much harder than it sounds), hoop shoot and walk racing.

Thank you to everyone who went and to everyone who helped make it a success!



The Village of
Warren Glenn

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





We, the People, ...



The Second Continental Congress approved the *Declaration of Independence* on July 4, 1776.

The Liberty Bell rang out from Independence Hall in Philadelphia on July 8, 1776 to bring people out to the first public reading of the *Declaration of Independence*.

On July 4, 1777, independence was celebrated in Philadelphia with an official dinner for the Continental Congress, parades, prayers, music, fireworks, speeches and a 13 gun salute.

General George Washington celebrated on July 4, 1778 by giving his soldiers a double ration of rum and having an artillery salute. Benjamin Franklin and John Adams were in France at the time and held a dinner for other Americans in Paris.

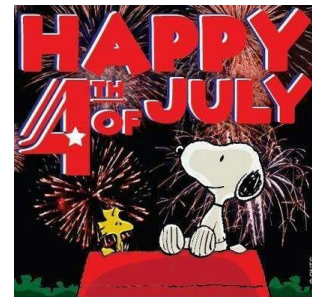
Massachusetts established July 4th as a state celebration in 1781.

The title of "Independence Day" was used for the first time in 1791.

The first July 4th party in the White House was held in 1801.

Lewis and Clark held the first July 4th celebration west of the Mississippi at Independence Creek in 1805.

Congress declared July 4th a federal holiday In 1941.



Democrat Ellen Lipton, Candidate Visits

Ellen Lipton, candidate for Congress, visited Warren Glenn and spoke about her concerns about health care and drug costs. She was a state representative and patent attorney. Residents asked good questions about Social Security and the roads and spoke about the challenges of living on modest incomes.

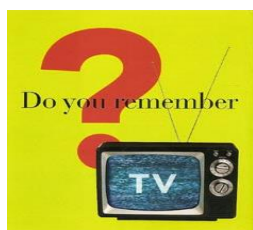


Ethan and Blake, Stacey Klooster's sons, weeded and laid down mulch and crushed stone on a hot, hot day. Thanks guys, for your great help.

COMING SOON



ALL-YOU-CAN-EAT ICE CREAM SOCIAL IN AUGUST



Playing dodge ball and kick ball until the streetlights came on

Jump rope

Kick the Can

Getting an ice cream from the Good Humor Man

Cereal boxes and Cracker Jacks with prizes at the bottom

Parents stood on the porch and whistled or yelled for you to come home

No air conditioning



THIS MONTH IN HISTORY

July 4, 1776 - The Continental Congress approved the *Declaration of Independence*.

July 2, 1788 – Nine states ratified the United States Constitution.

July 6, 1885 - Louis Pasteur gave the first successful anti-rabies inoculation to a boy bitten by an infected dog.

July 19-20, 1848 - A women's rights convention is held at Seneca Falls, New York with topics such as voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.

July 22, 1934 - FBI agents shot bank robber John Dillinger.

July 16, 1945 – Scientists set off an experimental atomic bomb in a New Mexico desert, creating a mushroom cloud.

July 26, 1948 – President Harry Truman signed an official order integrating the armed forces.

July 27, 1953 - The Korean War ended after three years with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea.

July 2, 1964 - President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting racial discrimination in public accommodations, publicly owned or operated facilities, employment and union membership and in voter registration.

July 20, 1969 - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon and proclaimed, "One small step for man, one giant leap for mankind."

July 30, 1975 - Former Teamsters Union leader James Hoffa was last seen outside a restaurant near Detroit, Michigan.

July 16, 1999 - A small plane piloted by John F. Kennedy Jr. crashed on Martha's Vineyard killing him, his wife, Carolyn, and her sister Lauren.

MAKE YOUR LIFE EASIER WITH SERVICES IN WARREN GLENN

Beauty Salon

Gloria Blood, our beautician, is here every Thursday and offers a variety of services. The beauty salon is on the second floor across from the lobby elevator. A sign-up sheet is on the salon window along with a list of services and fees.

Blood Pressure Checks

Sue Perkins, our parish nurse is available on Monday afternoons in the Service Coordinator's office on the first floor at 12:30 PM to check your blood pressure. Sue also has a wonderful Bible Study at 1:30 PM in the library.

Chiropractor

Dr. Jamie Beck, comes to our building on Monday, Wednesday and Thursday at about 10:30 AM. If you need to see the chiropractor, come to the exercise room; no appointment is necessary. First time patients, please bring your I.D. and insurance cards. This service is covered by many insurances.

Podiatrist

Dr. William Rubin comes to the building every six week. He will see you in the privacy of your apartment. Watch for the sign-up sheet in the mail room. Most insurances 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. Other pharmacies in the area may deliver. Talk with your pharmacy and inquire about their services.

Double Chocolate Brownie in a Mug

1/2 cup powdered brownie mix from a box

1/4 cup water

1 T chocolate chips

Stir together the brownie mix and water in a mug until there aren't any dry clumps. Microwave for 1 minute (play with the cook time to suit your microwave because microwaves tend to vary.) Immediately sprinkle with chocolate chips; they will become gooey from the heat of the brownie. Enjoy!

Tip: If you under-cook it a little, it tastes a lot like a chocolate lava cake.



SHOPPING TRIPS GALORE

Our bus leaves every Wednesday at 12:30 p.m. for food shopping. The destination changes every week and there a fee of \$2 payable in the office. Sign up in mailroom. Every resident is welcome.

Helpful Household Tips

USES FOR RUBBING ALCOHOL

Laundry Stains – Soak the spot for a few minutes before washing. Great for ink and marker.

Permanent Marker Remover (on hard surfaces) – Saturate ink and wipe away.

Degreaser – Use on appliances, countertops and cupboards.

Cell Phone Cleaner – Put on a soft rag to clean and disinfect. (A telephone is one of the dirtiest surfaces in your home.)

Eyeglass Cleaner – Put a little on a soft cloth and wipe away all greasy smudges.

Clean Jewelry – Soak jewelry for one minute and rinse in warm water for a like new sparkle.

This month we have a special guest columnist, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!

It's Strawberry Season!

Strawberries are delicious and nutritious and pair perfectly with any meal! Strawberries may improve your health as they are full of potassium, magnesium, folate, and vitamins C and K. Strawberries are a great snack, but can also be added to many other foods. Add strawberries to your salad, yogurt, muffins, salsa, tea, and more!

In Michigan, strawberries are in season from June – August. A fun way to add more physical activity in to your day is to go strawberry picking! Walk around a local farm and pick fresh strawberries! Here is a link to find your nearest strawberry farm. <http://www.pickyourown.org/MI.htm>

When picking your strawberries, choose the bright red ones. This means that they are ripe and ready to eat! Make sure that they are not too soft or bruised! If you have an abundance of strawberries, you can freeze them for up to 10 – 12 months! In order to keep them fresh, strawberries should be refrigerated daily. Rinse your strawberries before you cut them to keep them fresh longer!



JULY BIRTHDAYS

1	Mickey Jennings	#207
3	Tom Geml	#107
13	Bev Hooks	#240
27	Jackie Roda	#123

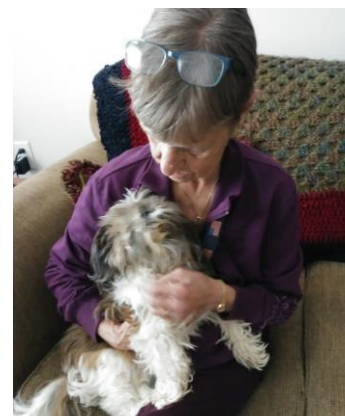


JULY HOLIDAYS

4	Independence Day
5	Bikini Day
7	Global Forgiveness Day
10	Don't Step On A Bee Day
13	National French Fry Day
23	Gorgeous Grandma Day
30	Friendship Day
31	National Mutt Day

Loving TINKER – Pet of the Month

Peggy Piacentini, #103, was the proud owner of our Pet of the Month. Tinker was a seventeen year old, brown and white Shih Tzu with long, soft fur. Peggy and her husband adopted Tinker when he was tiny enough to fit in the palm of their hands. His favorite snuggle toy was a brown teddy bear. While he is resting, Peggy would set a singing, twirling stuffed doggie near Tinker and he would watch it. Tinker had cancer of the throat and slept most of the time; after a long and beautiful life, he was put down on Friday. Rest well Tinker. Peggy, your special friend, loved you very much.



JULY DINNERS



Come to a Picnic!
 July 4th
 5:00 p.m.
 Community Room



ALL FOOD PROVIDED

Hamburgers & Hot Dogs
 Macaroni Salad, Potato Salad and Pistachio Salad

Baked Beans	Chips & Dip
Watermelon	Cake
Flavored Tea	Lemonade

Sign Up in the Mail Room

Everyone Invited

50/50 Drawing

DONATIONS TOWARDS THE FOOD COSTS ARE WELCOME.

FREE CLASSIFIEDS

ALTERATIONS & MENDING

Shorten pants and sleeves. Take-in clothes, put in new elastic, mending & more. Fast & reasonable. Call Diane at 586-350-1751.

AVON PRODUCTS If you are looking for an Avon Lady, call Pat Phillip at 248-515-7549.

SCHWAN'S FOODS The delivery man comes to the lobby of our building every other Wednesday at 4 PM. He takes your order then fills them on the spot from his truck.

WATCH BATTERY & WATCH

BAND REPAIR Work is guaranteed for one year. Low cost and all profits go to First Church. Call Mac MacDougall at 586-4840417

If you have a service to offer, something you want to sell, or are looking for a game partner, you can place a free notice in the newsletter.



The "Supper Club" is a group of residents (and everyone is invited!) who go out to dinner each month. Transportation on the Warren Glenn bus is provided or you can drive yourself. This month's trip is to the Texas Road House on July 12th. Sign-up in the mail room. Please come!

Finding Joy

A sharing group for people who have lost a special loved one and are grieving.

Tuesdays
2:30 p.m. - 3:30 p.m.
in the Library



Led by Sue Perkins, R.N.

The Senior Advocate

STOMP OUT ELDER ABUSE! *By Lynn Alexandar, Vice President, PVM*

June 15th was World Elder Abuse Awareness Day. Elder abuse and exploitation is a rapidly growing problem in America. Lance Robertson of the Administration for Community Living, formerly the Administration on Aging at the federal level, stated that we must:

BREAK DOWN ISOLATION

Elders without strong social networks are at greater risk. Support community efforts to fight isolation. Volunteer to deliver meals or volunteer as a long-term care ombudsman who works to report abuse.

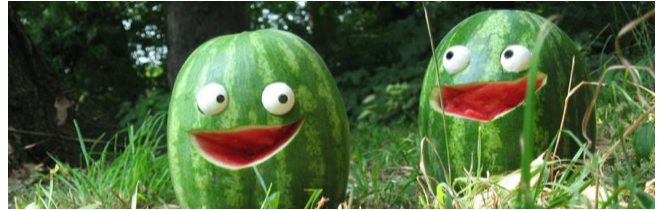
LEARN TO SPOT RED FLAGS

There are a number of “red flags”: Isolation, unpaid bills or turned-off utilities; unusual or quick changes in a will or other financial documents; missing medications; bruises or welts.

WHAT YOU CAN DO

Elder abuse is difficult to recognize. Bank tellers, nurses and physicians, senior services providers, hair stylists and others with front line access to seniors can make a difference. Report any red flags to the proper authorities. The statewide hotline in Michigan is (855) 444-3911. Let’s look out for others who may not be able to protect themselves from harm.

For the Love of Watermelon...



- Watermelons have been cultivated in Egypt for more than 5,000 years. Egyptians depicted watermelon in drawings on the walls of tombs and left watermelon with their dead.
- Watermelons spread from Africa to China in the 10th century. Today, China grows more watermelon than any other country. The U.S. ranks fourth in the world for watermelon production.
- We think of watermelon as a fruit because of its sweet flavor, but watermelon is actually a vegetable and related to pumpkins, cucumbers and squash.
- Old-timers like to sprinkle watermelon with a dash of salt. In Egypt and Africa, people often pair watermelon with salty feta cheese. The salt brings out the juice and flavor of watermelon.
- The Japanese grow square watermelon. How? They place square glass boxes around a growing fruit so it becomes square as it grows. They are small, don’t roll around and fit neatly in a refrigerator. The downside? These watermelons cost about \$82!
- Americans eat more watermelon by weight than any other fruit. Watermelon producers in America grow more than 4 billion pounds of watermelon annually.

From the Service Coordinator

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

ABSENTEE VOTING RULES

We recently had a candidate who is running for the federal House of Representatives, 9th District of Michigan, come in to speak to the residents. She brought up a very important point: **You MUST register every year for an Absentee Voting Ballot.** It will not renew itself every year. In this wonderful country that we love so dearly, voting is considered a right, a right that should be exercised in every local, state, and U.S. election.

This year, the Primary Election is August 7 and the General Election is November 6. We will vote for a new Governor, a new County Clerk and in this district, a new U.S. Representative because Sandy Levin is retiring from Congress. The primary and general elections are very important. In order to register for this year and be able to vote by Absentee Ballot, you must act soon.

I have copies of the absentee ballot application. It must be filled out and returned to the Warren City Clerk's Office, by mail or in person. Please come to my office to fill out an application.



Giving Matters.

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

One of my favorite events of all time, *the Village Victory Cup* was held on June 22nd at Suburban Collection Showplace in Novi!

I love the event because it brings donors, volunteers, residents and staff members together under one roof! **It's a fun day of friendly, athletic-style competition—and a testament to the work that's being done for older adults.**

It's one way that donors, residents, staff and volunteers at PVM are making Michigan the best place to age! It was exciting to see the bean bags fly and the balls falling through hoops!

***Did you enjoy the most exciting event of 2018?
Make sure that you come next year! And keep practicing!***

Warm Regards,
Paul J. Miller, CFRE



Fourth of July



Find and circle all of the words that are hidden in the grid.
The words may be hidden in any direction.

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

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|-------------|---------------|-----------------|
| AMERICA | FIREWORKS | NATIONAL ANTHEM |
| BALLOONS | FLAG | PARADE |
| BARBECUE | FREEDOM | PATRIOTISM |
| BASEBALL | GREAT BRITAIN | PICNIC |
| CARNIVAL | HISTORY | RED WHITE BLUE |
| CELEBRATION | HOLIDAY | STREAMERS |
| DEMOCRACY | INDEPENDENCE | |

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**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 Number
Village Staff

(586) 751-5090

Anne Lilla
Director

Chris Lower
Maintenance Tech

Stacey Klooster
Administrative Assistant

Emmi Parada
Housekeeper

Office Hours:

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

WARREN GLENN BOARD MEMBERS

Malcolm McDougall, President
Betty Challenger
Marijo Hockley

Denise Giallombardo
Service Coordinator

Emergency / After Hours Number (586) 554-4008
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**



The Village of
Warren Glenn
A SENIOR LIVING COMMUNITY
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July Happenings for Warren Glenn
Provided by Marijo Hockley, Inclusion Minister,
First Presbyterian Church

July 1 - Communion and Worship Service in the Warren Glenn Community Room, 12:15 p.m.

July 6 - Village of Warren Glenn Movie Night at First Presbyterian Church "Yankee Doodle Dandy" 4:30 p.m., dinner provided.

Village of Warren Glenn Bible Study continues throughout July on Thursdays, 1 - 2 pm. We are studying the Book of Acts.

July 15 - Worship Service in the Warren Glenn Community Room, 1:00 pm.

Embrace the possibilities