



Villa View



Embrace the possibilities

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

Administrator's Notes

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VILLAGE VICTORY CUP 2018



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



The Villa at
Redford
A SENIOR LIVING COMMUNITY
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Look for PVM on:







It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

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!

Strawberry Fun Facts*

- Every state in the U.S grows strawberries.
- An average strawberry has 200 seeds.
- Americans eat 3.4 pounds of strawberries on average each year.

*Source: <https://www.countryliving.com/food-drinks/a35552/facts-about-strawberries/>

Strawberry Pretzel Salad



- 1 1/2 cups crushed pretzels
- 4 1/2 tablespoons white sugar
- 3/4 cup butter, melted
- 1 cup white sugar
- 2 (8 ounce) packages cream cheese
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 (6 ounce) package strawberry flavored Jell-O(R)
- 2 cups boiling water

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Mix together the pretzels, 4 1/2 tablespoons sugar and melted butter. Press into the bottom of a 9x13 inch pan. Bake for 10 minutes, or until lightly toasted. Set aside to cool completely.
2. In a medium bowl, beat the sugar and cream cheese until smooth. Fold in whipped topping. Spread evenly over the cooled crust. Refrigerate until set, about 30 minutes.
3. In a medium bowl, stir together the gelatin mix and boiling water. Mix in frozen strawberries, and stir until thawed. Pour over cream cheese mixture in pan. Refrigerate until completely chilled, at least 1 hour.

HAPPY JULY BIRTHDAYS!

- ☺ Leona Johnson 7/9
- ☺ Nadine Doolan 7/27
- ☺ Oneal Shaw 7/29
- ☺ Mary Flynt 7/27
- ☺ Penelope Crummie 7/22
- ☺ Estelle Willis 7/14
- ☺ Rosetta Hardin 7/6
- ☺ Larry Walker 7/7
- ☺ Lessie McGill 7/4
- ☺ Carolyn Matthews 7/18
- ☺ Ephriom Calvert 7/31
- ☺ Mary Partlow 7/3
- ☺ Joan Brewer 7/25
- ☺ Alicia DeLoach 7/2
- ☺ Agnes Ford 7/3
- ☺ Darlene Reynolds 7/18
- ☺ Marilyn Firtha 7/11
- ☺ Deborah Pitts 7/12
- ☺ George Simmon IV 7/4



Multiple Choice

Robert Stockton (© 2008)

Across

- 1. Disputed strip in the mideast
- 5. Olympic skater Cohen
- 10. Minute meadow mammal
- 14. Offs
- 15. Transparent
- 16. Foley on film
- 17. Sunday speeches: Abbr.
- 18. Flared fashion
- 20. Woes
- 22. Washer cycle
- 23. Lesser cinematic fare
- 26. Count follower
- 27. Dedicatory dip
- 31. Kinda
- 34. Meat in a can
- 36. Ketch's kin
- 37. Modern form of address?
- 38. Vice-like devices
- 41. Bad beginning?
- 42. Prefix with "-syncratic"
- 44. Opera set in Egypt
- 45. Word with library or tomato
- 47. Taoist principle
- 49. Dad's daughter
- 50. Gold, Juno, Omaha, Sword and Utah, historically
- 55. Seawall
- 58. Surfer's haven
- 60. Online answer
- 63. Melody at the Met
- 64. Agfa product
- 65. Slander
- 66. Member of an order
- 67. Like open-source software
- 68. A8s and TTs

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21							22			
	23							24	25					
			26					27				28	29	30
31	32	33				34	35				36			
37				38	39					40		41		
42			43		44					45	46			
47				48					49					
			50					51	52				53	54
55	56	57						58						59
60					61	62					63			
64					65						66			
67					68						69			

69. "I drew my snicker-
_____" -- Mikado, Act 2

Down

- 1. Crux
- 2. Bitter tasting
- 3. Weightless state
- 4. Guarantee
- 5. Attacks with boiling oil
- 6. Aachen avenue
- 7. Temblor
- 8. Solo in space?
- 9. Exist
- 10. "The spice of life"
- 11. They can take a yoke
- 12. Dieter's portion
- 13. Ultimatum word
- 19. Cofee maker's method
- 21. Kind of training

24. He served in the Illinois Senate from 1997 to 2004

- 25. Siren
- 28. Hill's competitor
- 29. Babe Ruth's "sultanate"
- 30. Fr. miss
- 31. ____ pro quo
- 32. Pakistani language
- 33. Others in the forum
- 34. Slug-like
- 35. Something to do with a budget or a bra
- 39. Diego's dwelling
- 40. Dune's "melange"
- 43. Traditional
- 46. Hindu hermitages
- 48. Pastoral poem
- 49. Hooved partiers, in myth

51. Chimp or chicken, but not cheetah

- 52. China' Zhou _____
- 53. Kenneth Lay's company
- 54. Vertical fishnet
- 55. Comedian Foxworthy
- 56. Kuwaiti chief
- 57. It may be tall and short at the same time
- 59. The house's receipts
- 61. Cape Town country: Abbr.
- 62. Ostrich's Aussie auntie?



Presbyterian
Villages

OF MICHIGAN

SENIOR LIVING COMMUNITIES

Shining Star

Hello PVM Residents, Families, Board Members and Employees,

The Shining Star Committee has revised the attached Shining Star nomination form with the intention of making it more user-friendly and adding more opportunities for recognition. A Shining Star is someone who works at PVM and has been **nominated by you** - a resident, family member, coworker or board member- for exhibiting one or more of the Service Standards of Excellence. One of the best things about this is that everyone can nominate a staff person as a Shining Star!

PVM is committed to providing excellent services to the residents we serve, their families and to each other. The vision of Service Excellence includes four core values: Respect, Relationships, Listening and Accountability. These values serve as a standard against which every action and thought can be measured. The Service Excellence Standards show our commitment to make PVM a great place to live and work.

If you witness a staff person, manager, or leader doing a great job and exhibiting of one or more of the Service Excellence Core Values, you can nominate them at any time. As an alternative to submitting a paper form you may also submit nominations online at <http://pvm.org/about-us/what-i-do-matters-service-excellence/>.

Please take this time to nominate deserving PVM staff members and share this nomination form with others. PVM is proud of the hard work and care our employees provide for those we serve and this is your opportunity to help recognize them for their efforts. Nominations may be submitted year round. However, **2018 nominations are due by August 22, 2018** to be processed in time for this year's celebration and award consideration.

Sincerely,

The 2018 Shining Star committee: Nicole Banks (Home Office), Michelle Steffen, (East Harbor), Jason Lovelly (Westland), Carl Brown (Home Office), Timprince Graves (Lakeshore), Ann Campbell (Lakeshore), Kristine Toutant (Lakeshore), Rachel Healy (East Harbor), Avni Thomas (Home Office), Nakia Johnson (Home Office), Jessica Gross (Rosebush), Dawn Corwin (Rosebush), Hannah Micallef (Redford), Gloria Robinson (Redford), Jill Tibbits (Perry Farm).





SHINING STAR NOMINATION

DUE BY August 22nd



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence. Employees, residents, families and board members are eligible to nominate PVM employees.

EMPLOYEE NAME (One employee name only) _____
 (All nominees must have completed at least 90 days of employment to qualify)

PVM VILLAGE _____

EMPLOYEE JOB TITLE OR CATEGORY (if you know please check one)

- Dining Services** (Dietary Assistant, Utility, Cook, Chef)
- Caring Spirit** (CNA, Resident Assistants/Leads., Universal Worker)
- 1st Impressions** (Administrative Assistant, Receptionist, Marketing Asst., Sales & Leasing Specialist)
- In-House Services** (Housekeeper, Laundry Assistant, Security)
- Maintenance Services** (Maintenance & Floor Technician/Coordinator/Leads, Groundskeeper)
- Wellness** (Wellness Assistant, Fitness Specialist, Wellness Coordinators, Driver/Transporters)
- Administrative/IT** (Billers, Accountants/Clerks, All Coordinators (except Wellness Coord.), Medical Asst., Gift/Database Specialist, Technology/Informatic Specialist, Compliance Specialist, Unit Secretary, Restorative and HR Assistants, Program/Vol. Coord.)
- Nursing** (LPN, RN)
- Leadership In Action** (Supervisors, Managers, Social Worker, Executive Chef, Director of Nursing)
- Sr. Leadership** (Administrators, All Directors)

CRITERIA – The PVM Service Standards of Excellence are built on the four core values listed below. These values serve as a standard against which every action and thought can be measured and support a culture where team members share their best work, gifts and talents.

Which of the Service Excellence core values have you experienced or seen this employee engaged? Please choose at least one and describe a short story or actual example. (Please use the back of form if needed)

Listening Listens with full attention and seeks to understand	Accountability Accepts responsibility and delivers upon expectations
Relationships Forms meaningful and genuine connections with residents/staff	Respect Treats all with dignity and worth

Print Name of Person Submitting Nomination _____ **Date** _____
Person submitting for is a (please circle one): EMPLOYEE RESIDENT FAMILY OTHER

You can submit nominations any of the following ways:

Online http://pvm.org/about-us/what-i-do-matters-service-excellence/	Mail: Presbyterian Villages of Michigan Attn: Human Resources 26200 Lahser Rd., Suite 300, Southfield, MI 48033
Fax: 248-281-2098	Email: hrsupport@pvm.org
At your Village to the Administrator or Human Resources Manager	

POWER OUTAGE FOOD SAFETY FOR THE FREEZER

(NEVER TASTE FOOD TO DETERMINE ITS SAFETY!)

SOURCE: [foodsafety.gov/keep food safe/charts/refrigerated foods](http://foodsafety.gov/keep-food-safe/charts/refrigerated-foods); power outages, frozen food and power outage (USDA) (Note: this information is from 2017)

FREEZER: Thawed or partially thawed food may be safely refrozen if it still contains ice crystals or is at 40 D or below. Partial thawing and refreezing may affect the quality of some food, but the food will be safe to eat. A **fully-stocked freezer** will keep foods frozen for **about 48 hours** if the door is kept closed. A **partially-stocked freezer** will keep foods frozen for **about 24 hours**.

(Note: per a freezer user manual, “REMOVE THE POWER CORD PLUG FROM THE A/C OUTLET WHEN A POWER OUTAGE OCCURS. WHEN POWER HAS BEEN RESTORED AFTER A PROLONGED OUTAGE, INSPECT ALL FOOD FOR SPOILAGE. CLEAN THE INSIDE OF THE FREEZER.”)

Keep the door closed (if possible) until the freezer has reached the freezer temperature.

Use the following chart as a guide to evaluate each item separately. (Note: The “D” stands for degrees. Also note that this chart has two requirements to determine what to keep or toss.)

FOOD CATEGORIES	SPECIFIC FOODS	IF FOOD STILL CONTAINS ICE CRYSTALS & FEELS AS COLD AS IF REFRIGERATED	IF THAWED AND HELD ABOVE 40 D FOR OVER 2 HRS
Breads, pastries	Breads, cakes (w/o custard filling), muffins, rolls	Refreeze	Refreeze
	Cakes, pastries with custard/cheese filling, pies	Refreeze	Discard
	Commercial and homemade bread dough, pie crusts	Refreeze – will lose taste & texture	Refreeze – quality loss is considerable
Dairy	Casseroles containing cream, eggs, milk, soft cheeses	Refreeze	Discard
	Cheeses – hard	Refreeze	Refreeze
	Cheeses – shredded	Refreeze	Discard
	Cheeses – soft and semi-soft	Refreeze – may lose texture	Discard
	Cheesecake	Refreeze	Discard
	Eggs (out of shell), and egg products	Refreeze	Discard
	Frozen yogurt, ice cream	Discard	Discard
Milk	Refreeze – will lose taste & texture	Discard	

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Fruit	Commercially or home packaged	Refreeze – will lose taste & texture	Refreeze OR Discard if moldy, yeasty, smelly, slimy
	Juices	Refreeze	Refreeze OR Discard if moldy, yeasty, smelly, slimy
Meat, Poultry, Seafood	Beef, ground meats, lamb, pork, veal	Refreeze	Discard
	Casseroles, soups, stews	Refreeze	Discard
	Breaded seafood products, fish, shell fish	Refreeze – will lose taste & texture	Discard
	Poultry and ground poultry	Refreeze	Discard
	Variety meats (chitterlings, heart, kidney, liver)	Refreeze	Discard
Vegetables	Commercially or home packaged, or blanched	Refreeze – will lose taste & texture	Discard if held above 40 D for 6 hrs
	Juices	Refreeze	Discard if held above 40 D for 6 hrs
Other	Breakfast items – bagels, pancakes, waffles	Refreeze	Refreeze
	Casseroles – pasta, rice based	Refreeze	Discard
	Cornmeal, flour, nuts	Refreeze	Refreeze
	Frozen meal/entrée, specialty items such as convenience foods, meat pies, pizza, sausage and biscuit	Refreeze	Discard



Coordinator Corner

Monthly Quote: "If you aren't grateful for what you already have, what makes you think you would be happy with more?" ~ Ray T. Bennett

- Monday, July 9, 2018 @ 11:00am Blood pressure check with Pharmacy Community Relations. **FREE** to all residents
- Thursday, July 19, 2018 Pathway to Healthier Michigan will continue with summer sessions. 12:00-12:45pm. Come get your exercise with Ms. Bonnie. \$10.00 per person fee
- Friday, July 20, 2018 2:00pm-4:00pm Senior Resource Fair with vendors providing information on various services in the community. Raffles every 30 minutes, giveaways, snacks... Plan to attend, located in the Villa Dining Room.
- (TBA) in July Beautiful Smiles Mobile Dentistry with Dr. Lindsay will be in the parking lot of The Village of Redford. Accepts most insurance. Sign up in the service coordinators office.
- Happy 4TH of July (Offices will be closed in observance.)



July is National Ice Cream Month.
Americans eat an average of 20 quarts of Ice cream a year.

Anita Stephens 313-541-6450





The Senior Advocate.

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

STOMP OUT ELDER ABUSE!

June 15th was World Elder Abuse Awareness Day. Elder Abuse and exploitation is a rapidly growing problem in America and will continue to increase with the aging of our population. Lance Robertson of the Administration For Community Living, formerly the Administration on Aging at the federal level, released information on how to join the fight for elder justice. He stated that we need to:

BREAK DOWN ISOLATION

Elders without strong social networks are at greater risk. Stay in touch with older adults in your community. Support community efforts to fight isolation. Volunteer to deliver meals or act as a long-term care ombudsman who works to report abuse, neglect and exploitation.

LEARN TO SPOT RED FLAGS

There are a number of "red flags": Isolation, especially by a caregiver; unpaid bills or utilities that have been turned off; unusual or quick changes in a will or other financial documents; missing medications; bruises or welts.

WHAT YOU CAN DO

Elder abuse is more difficult to recognize than child abuse since children attend school. Thus, it is important that fellow citizens observe very carefully for any of the red flags mentioned. 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.

This Month at the Movies...



War of the Planet of the Apes: Caesar (Andy Serkis) and his apes are forced into a deadly conflict with an army of humans led by a ruthless colonel (Woody Harrelson). After the apes suffer unimaginable losses, Caesar wrestles with his darker instincts and begins his own mythic quest to avenge his kind. As the journey finally brings them face to face, Caesar and the colonel are pitted against each other in an epic battle that will determine the fate of both of their species and the future of the planet.

Detroit: In the summer of 1967, rioting and civil unrest starts to tear apart the city of Detroit. Two days later, a report of gunshots prompts the Detroit Police Department, the Michigan State Police and the Michigan Army National Guard to search and seize an annex of the nearby Algiers Motel. Several policemen start to flout procedure by forcefully and viciously interrogating guests to get a confession. By the end of the night, three unarmed men are gunned down while several others are brutally beaten.

Border Cross: Ex-boxer Danny Boy Jackson comes out of retirement to rescue his son from human traffickers.

Thank You for Your Service: Sgt. Adam Schumann tries to readjust to civilian life after returning home from the war in Iraq. Fellow soldier Tausolo Aieti must deal with the aftermath of a bombing that left him with a traumatic brain injury. Will Waller searches for normalcy after surviving several explosions, while Michael Emory must deal with the effects of a sniper's bullet to the head

The Book of Henry: Single mother Susan Carpenter works as a waitress alongside her feisty family friend Sheila. Taking care of everyone and everything in his own way is Susan's older son Henry. Protective of his brother and a tireless supporter of his often self-doubting mother, Henry blazes through the days like a comet. When Susan discovers that the family next door harbors a dark secret, she's surprised to learn that Henry has devised a plan to help the young daughter.

**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

MAIN OFFICE NUMBER 313-541-6000 | #100

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 Kuhn
Housekeeper

Anita Stephens
Service Coordinator

(313) 541-6450 #300

George Simmon IV
Sales & Leasing Specialist

(313) 541-6140 #200

EMERGENCY NUMBER (VILLA)

EMERGENCY NUMBER (COTTAGES)

NON EMERGENCY REDFORD PD

CLASSIC SECURITY

(313) 910-7027

(313) 573-3572

(313) 387-2500

(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

Redford Board of Directors

❖ **Deanna Mitchell, Board Chairperson**

❖ **Reva Wujcik**

❖ **Laura Scanlan**

❖ **Susan Hurst**

❖ **Catherine Esannason**

❖ **Kathryn Telck**



The Cottages at
Redford

A SENIOR LIVING COMMUNITY

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The Villa at
Redford

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

Embrace the possibilities

JULY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 1:00 pm In His Presence Ministries Sunday Worship 	2 10 am Party 5 pm Bingo/Keno 6:30 pm Cards	3 1 pm Pinocchio 2 pm Movie "War of the Planet of the Apes"	4 	5 10 am Coffee Hour 10 am Party	6 1 pm Arts & Crafts 5 pm Keno/Bingo	7 1 pm Bingo (Game Room)
8	9 9 am BP Checks 10 am Party 5 pm Bingo/Keno 6:30 pm Cards	10 2 pm Movie "Detroit"	11 10 am Kroger/Store 1 pm Pinocchio 2:30 pm Sing-A-Long 6:15 pm Bible Study	12 10 am Coffee Hour 10 am Party 11 am Hymn Sing	13 1 pm Arts & Crafts 5 pm Keno/Bingo	14 1 pm Bingo (Game Room)
15	16 10 am Party 1:30 pm B'Day Party 5 pm Bingo/Keno 6:30 pm Cards	17 2 pm Movie "Border Cross"	18 10 am Value Center/Walgreens 1 pm Pinocchio 2:30 pm Sing-A-Long 6:15 pm Bible Study	19 10 am Coffee Hour 10 am Party	20 1 pm Arts & Crafts 5 pm Keno/Bingo	21 1 pm Bingo (Game Room)
22	23 10 am Party 5 pm Bingo/Keno 6:30 pm Cards	24 2 pm Movie "Thank You for Your Service"	25 10 am Kroger/Store 1 pm Pinocchio 2:30 pm Sing-A-Long 6:15 pm Bible Study	26 10 am Coffee Hour 10 am Party	27 1 pm Arts & Crafts 5 pm Keno/Bingo	28 1 pm Bingo (Game Room)
29	30 10 am Party 5 pm Bingo/Keno 6:30 pm Cards	31 2 pm Movie "The Book of Henry"	On Monday, July 9th at 9:00 am the Redford Fire Department will be in the villa Dining Room for Blood Pressure Checks On Tuesday, July 10th at 1:00 pm Kimberly Hill-Knott will be in the Villa Dining Room for a Meet and Greet			