



# Village Voice



Embrace the possibilities

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

August 2019

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Look for PVM on:



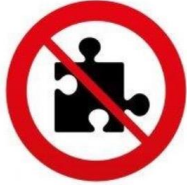
The Village of  
**Westland**

kiewitcz

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

## UPDATES AND REMINDERS



**As of right now,  
we are not accepting  
any donations  
of books or puzzles.**



**No smoking is permitted on Presbyterian Village of Westland's property with the exception of the smoke shacks. The smoke shacks are located on the northwest and southeast sides of the main building that are connected to the covered parking.**

**Smoking in the apartments is forbidden. Residents violating this policy could be evicted**



**Like and Join the Village on Facebook!**



**We 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!**

**Love living at the Village of Westland?!?!**

**What to live near your friends and get money for it?!?!**

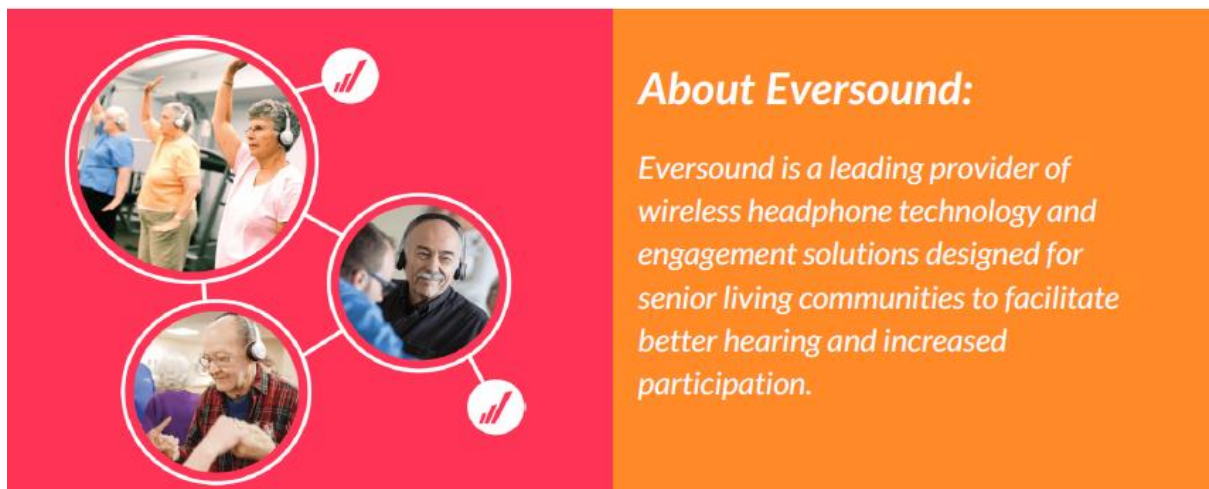
**Here's How!**

**If you refer a resident who ends up living here for at least 90 days, you will receive a \$500 bonus!**



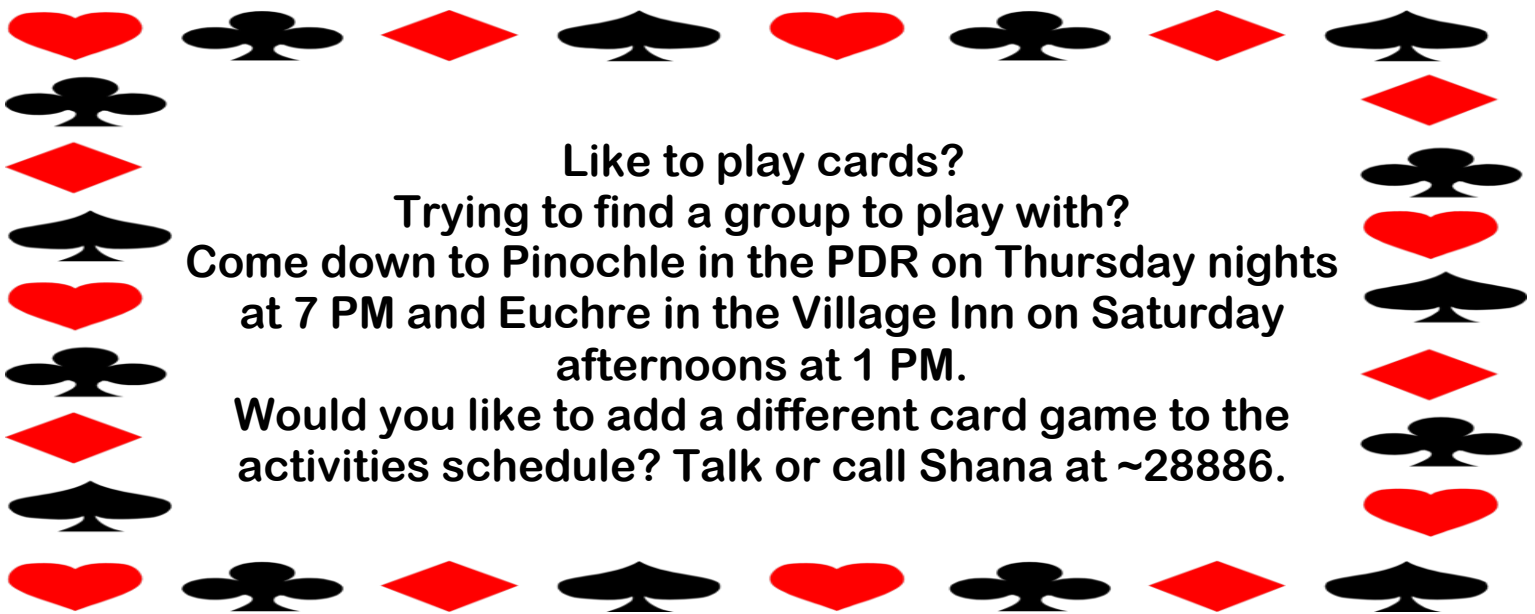
## We are now Eversound connected!

All residents will have access to our Eversound wireless group listening system. Eversound is designed to improve engagement and participation by offering the highest audio quality at all activities - including presentations, outings, music, exercise, movie nights, and more!



**About Eversound:**

*Eversound is a leading provider of wireless headphone technology and engagement solutions designed for senior living communities to facilitate better hearing and increased participation.*



Like to play cards?  
 Trying to find a group to play with?  
 Come down to Pinochle in the PDR on Thursday nights at 7 PM and Euchre in the Village Inn on Saturday afternoons at 1 PM.  
 Would you like to add a different card game to the activities schedule? Talk or call Shana at ~28886.





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### No Excuse for Elder Abuse

For some time now the State of Michigan and providers have focused on the rampant crime of elder abuse. Thus, we created a slogan which is easy to remember with a hotline to call. No Excuse For Elder Abuse can be reached at the toll free number (855) 444-3911. Presbyterian Villages of Michigan has played a role in developing protocols for reporting and prosecuting at the state level. We have also supported the publishing of materials and hosted major trainings in our area.

The Area Agency on Aging 1B, along with Neighborhood Legal Services Michigan have recently published good information on what elder abuse is and how to detect it. Chances are you may know someone who is being abused. Elder abuse is much harder to detect in many cases than child abuse sine there is no school system to assist with detection. Here are some of the facts:

Elder Abuse is a crime that is committed against older adults. It is the most pervasive and underreported crime across the nation. Anyone can be abused; but vulnerable adults are most at risk. Warning signs can include social isolation, confusion, depression, dehydration, being undernourished, poor hygiene, bedsores, difficulty sleeping, not receiving appropriate health care, or changes in finances or documents. One major sign is when someone in charge of their care finds ways to prevent them from seeing others.

For adult caregivers it is important to keep a close eye on your loved one's physical condition as well as their finances. It is not good to be too trusting. In one instance an older brother had total control of his mother's finances. She owned a beautiful and valuable home and had been comfortable financially. This son had a history of being quite responsible and had an excellent career. Suddenly his life took a downward spiral – loss of job, divorce and mental health issues. By the time his siblings realized what was going on their mother's finances were in ruins; and her home was close to going into foreclosure. In many cases it is good to require two signatures for checks. Also, do not leave checkbooks and financial documents sitting around. If you are using caregivers properly vet them or use a service. Make sure you vet the service as well.

If you notice any of these signs of abuse in your friends or family members do not ignore them. You can report any suspicions anonymously. Also, if there are no issues no harm is done. Once again to report suspected abuse CALL 1 (855) 444-3911.

### 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**

**Melissa Nestorovski ~**  
**28928**  
**Marketing Manager**

**Breana Wallace ~**  
**28896**  
**Sales and Leasing**  
**Specialist**

**Diane Santo ~ 28889**  
**Beauty Shop**



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Hail to the Victors!

On Friday, June 21<sup>st</sup> twenty-two PVM senior living communities gathered at the Suburban Collection Showplace in Novi to vie for the coveted Village Victory Cup trophy. Throughout this fun-filled day of camaraderie and friendly competition, residents competed against one another in a variety of games that included the Wellness Walk, the Puzzler, the Kick-a-Roo, the Hoop Shoot, the Beanbag Toss, a Poetry Contest and of course the Balloon Volleyball tournament.



In one of the closest contests ever in the 14 year history of the event, the Village of Oakland Woods emerged victorious securing the win by a mere 6.26 points.



In addition, for the second year in a row, the Village of Oakman Manor won the Spirit Award. Full of energy and on their feet nearly the entire day, the OG's (as they like to refer to themselves), not only cheered for their own team, they cheered for their competitors too. What a great show of sportsmanship!

Also repeating as champion was the Village of Spring Meadows, claiming the Virtual Village Victory Cup trophy by a slim 14.58 points. Communities that participate in the Virtual Village Victory cup are located 100 or more miles from the PVM Home Office and play the games at their respective communities. They report their results to the PVM Wellness Department, who compiles them to determine the winner. Collectively, between the Village Victory Cup and the Virtual Village Victory Cup, 370 residents from 28 communities supported by over 100 staff and 70 volunteers participated this year, making it the biggest combined event yet.

If you have never participated in either the Village Victory Cup or Virtual Village Victory Cup, but would like to get involved, please let your Administrator know. It's not too early to make your intentions known. Word on the street is that some teams are already practicing for 2020!

## Summertime Safety

By: Kara Otto, VOW Social Worker

Summer is here. As our bodies age, skin and fat tissue, the body's insulators, tend to thin. Because of that change, seniors regulate temperature less efficiently, putting them at greater risk for heat-related health problems. Signs of dehydration or heat exhaustion are less pronounced in seniors.

Here are Tips to Stay Safe this Season...

**PROTECT YOUR SKIN:** Avoid staying out in the sun for long periods between 10 a.m. and 4 p.m. Seek out the shade when possible. It's important to protect your skin even on cloudy or overcast days. Use sunscreen and lip balm with SPF of 15 or higher. Make sure you don't forget ears and backs of necks and reapply every hour or two. Caution: Check the expiration date of your sunscreen! If it's expired, it has lost its effectiveness and needs to be replaced.

**DRESS APPROPRIATELY:** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. Cover your head with a wide-brimmed hat that shades your face, ears, and neck. Visors do not protect exposed areas of the head. Baseball caps do not protect ears and neck.

**EYE PROTECTION:** Wear sunglasses that block 99-100% of UV-A and UV-B rays. Remember, sunglasses don't have to be expensive to offer the right kind of UV protection. Reflected sunlight off water and pavement can be the most dangerous type of UV light because it is intensified.

**STAY HYDRATED:** The easiest way to stay cool is also often the most overlooked. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

**STAY COOL:** If you don't have air conditioning at home, spend time at an air-conditioned shopping center, senior center, library, theater, or restaurant. When you are at home, stay in the coolest part of the house - usually the lowest floor. Close curtains or shades on sunny windows to keep out heat and light.

**TALK WITH YOUR DOCTOR** about how medications and/or chronic conditions may affect your body's ability to manage heat. Some high blood pressure and heart disease medications remove salt and fluids from the body. These medications, coupled with heat, can cause a senior to easily become dehydrated.

**TAKE REGULAR BREAKS** when engaging in physical activity on warm days. If you think that you are showing signs of heat-related illness, stop your activity, find a cool place, drink fluids and apply cool compresses.

# AUGUST FACTS

The 8th month the year brings us National Aviation Day, and the last full month of the Summer.

Below are some fun facts about August:

1. The birthstones for August are the peridot and the sardonyx.
2. The zodiac signs for August are Leo (July 23 - August 22) and Virgo (August 23 - September 22)
3. The birth flowers for August are the gladiolus and the poppy.
4. On August 1, 1876, Colorado, also known as the Centennial State, became the 38th state of the United States.
5. On August 2, 1909, the Lincoln penny was issued.
6. On August 3, 1492, Christopher Columbus set sail on his first voyage across the Atlantic.
7. During the Civil War on August 5, 1864, the Battle of Mobile Bay was won by the Union forces.
8. On August 6, 1926, Gertrude Ederle successfully swam the English Channel.
9. On August 6, 1945, the first atomic bomb was used in warfare on Hiroshima, Japan.
10. On August 7, 1942, the U.S. troops landed on Guadalcanal in the Solomon Islands during World War II.
11. On August 9, 1974, Richard M. Nixon resigned from office, making him the first United States president to ever resign from office.
12. On August 12, 1877, the phonograph was invented by Thomas Edison.
13. On August 12, 1898, Hawaii was annexed by the United States.
14. National Family Fun Month
15. National Peach Month
16. National Golf Month
17. National Picnic Month
18. Romance Awareness Month
19. Friendship Day - first Sunday of August
20. August 26 - Women's Equality Day

<https://www.famousbirthdays.com/facts/facts-about-august.html>





# Welcome To The Village!



## Residents:

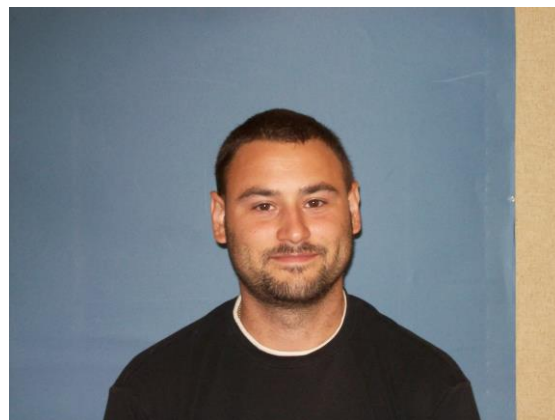
James Lambert  
Richard Utley  
Pat Smith

Donna Cole  
Kevin Mulvihill  
David Jones

JoAnn Kuehn  
Don Cook  
Shirley Bargaen



## Staff:



James Williams  
Dining Services  
Assistant



# July's Craft were Water Gun Art!



# August's Craft is... Rainbow Pinwheel Wreaths!



## ~ Transportation Services ~

### Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, and Walgreens (all off of Merriman Road))

### Tuesday's

- Shopping at Kroger (Cherry Hill and Merriman) at 10 AM
- All Shopping trips load/unload a maximum of four bags per resident  
~Electronic scooters are given based on the order of the sign-up sheet. This is on a first come first serve basis, as many stores do not have a sufficient number of scooters.

### Wednesday's – Banking Day at 11 AM

- Citizens Bank, TCF, Chase, Bank of America, Zeal, and Comerica

### Thursday's and Friday's

- Movie outings ~ once a month ~ cost is only for ticket to the movie (\$6.00)
- We do one to three shopping trips per month that leave at various times (such as Meijer, Target, Walmart, Dollar Tree, Ollies, Westland Mall). There is no cost to the resident.
- All Shopping trips load/unload a maximum of four bags per resident
- Lunch outings at 11 AM ~ one to two per month ~ only cost is for your meal.
- Shopping and lunch outing suggestions lists are in the mailroom

### Appointment Outings

- Bus is available for residents to be driven to doctor appointments; must call the Wellness Department a week in advance to make reservations, cost starts at \$15 and can go up based on mileage and waiting time over 1 hour.

***If there is ever a charge for an outing, it will be written on the sign- up sheet.***

***\*\*Residents must sign up for all outings. Sign-up sheets are located in the mail room\*\****

## Happy Birthday to our Wonderful Residents...

**Following are the residents who celebrate a birthday in August!**

Ruth Granlund.....Aug 2 <sup>nd</sup>	Charles McCauley....Aug 11 <sup>th</sup>	Eunice Reid.....Aug 20 <sup>th</sup>
David Gonzales..... Aug 2 <sup>nd</sup>	Pat Barr.....Aug 12 <sup>th</sup>	Anglea Bunio.....Aug 24 <sup>th</sup>
Jean Smith.....Aug 3 <sup>rd</sup>	Don North..... Aug 12 <sup>th</sup>	Ion Faifar..... Aug 25 <sup>th</sup>
Jeri Adrian.....Aug 4 <sup>th</sup>	Shirley Howard.....Aug 12 <sup>th</sup>	Peggy Cain..... Aug 28 <sup>th</sup>
Pat Boyington..... Aug 6 <sup>th</sup>	Helen Oleszkowicz...Aug 16 <sup>th</sup>	Verna Haushalter...Aug 30 <sup>th</sup>
Elaine Page.....Aug 8 <sup>th</sup>		Wava Hanna.....Aug 30 <sup>th</sup>

### Have an e-mail address?

The Village of Westland is updating our email contact list. Please stop by the front desk to complete an Email contact form. Ask your family members to fill out the form too. When we have your email on file you can receive newsletters and other building information electronically.

### We need your help!

**Do you have some extra time to spare? Do you love where you live and want to get more involved? Please share your love for the community and volunteer. The Village of Westland is seeking more Volunteers. There are multiple positions available in choose from.**

**We currently need your help with:  
-Library**

**See Shana or Toni to get more information.**

**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 Numbers (734) 728-5222**

**Village Staff**

**Michele White**  
*Executive Director*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Environmental Services Manager*

**Jan Smith**  
*Nurse Case Manager*

**Melissa Nestorovski**  
*Marketing Manager*

**Shana Brown**  
*Wellness Manager*

**Kara Otto**  
*Social Worker*

**Shari Thompson**  
*Billing*

**Austin Jackson**  
*Dietary Manager*

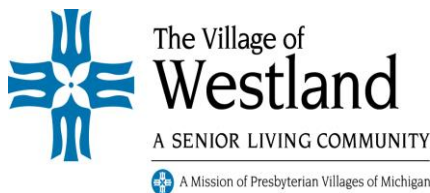
**Brenda Seifert**  
*Housekeeping Lead*

**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](http://www.pvm.org)



**32001 Cherry Hill Road  
Westland, MI 48186**



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