



Village View



Embrace the possibilities

Residents have been amused at the presence of a beautiful white bird who has taken up residency on our rooftop. Some say it is a dove who has lost its way home; others say it is a rare white pigeon. I would like to think that what is considered a symbol of love, peace and honor has chosen to grace Redford Village with its presence for a while.



August 2019

For those who longingly wished for warm weather back in February, Mother Nature has been extremely kind to us this summer. Be sure to get out as often as possible and enjoy the summer sun.

The first floor renovations are almost completed (just a few minor touches) and we will be ready for our big “reveal”. To make sure that our new lobby is always “guest ready”, please refrain from bringing food or drink into the area. Don’t forget to mark your calendars for the Ribbon-cutting and 15th anniversary celebration on September 12th. The time is from 4 p.m. – 6 p.m. Twenty residents had an opportunity to tap into their “creative side by attending the first Paint Party, offered by On The Gogh Studios. A beautiful beach-themed canvas was presented with step-by-step instructions for completion. The afternoon was filled with fun, creativity and fellowship. We are so grateful to the residents who dressed the beautiful dolls for GoodFellows. Some outfits were purchased; some were sewn by hand, others were knitted and crocheted; but each one will be a delight for the special little girl who unwraps her gift on Christmas morning. “Thank you” ladies for your time and participation in this worthwhile cause. It’s not too late to nominate a staff member for the Shining Star Award. Please take a moment and complete the attached form for one or all of our outstanding staff members. There is a form attached for your convenience.

Villages Resident Council News August 2019

COUNCIL MEMBERS: Nadine Doolan, Chair, Caroline Jonah, Vice-Chair, Janice Rowe, Secretary, Gloria Whittington, Treasure, Mary Dobson and Carolyn Lambreth, Board Liaisons, Thomasine Brantley, Iuanita Johnson and Ernestine Peete

Council Progress Report: We will be discussing some of the concerns that were shared at the Resident Forum meeting on June 28th, which were: use of Friends and Family funds, lawn care at the Cottages, Villa public bathroom being locked and illegal parking at Villa front entrance.

Summer Events and Things to Know

Springbrook Farms has a booth at the Marque (Redford Farmers market) every Sunday until October 27th from 10 am – 3pm, selling Michigan fruits and vegetables and Grandma’s Pantry homemade jams. Sounds delicious!

Watermelon Quiz (True or False)? (Answers at bottom of page)

1. Uncut whole watermelon should be refrigerated.
2. You don’t need to wash the rind before cutting it.
3. The red pigment is a good source of lycopene.
4. The “belly” of a ripe watermelon should be yellow.
5. Watermelon is made of mostly water.
6. Watermelon doesn’t really have any nutritional value.

Sun Safety Tips

Did you know that heat is the top weather-related killer, causing more fatalities than lightning, tornadoes and hurricanes combined! So, you should consider these tips for staying healthy.

1. Drink more fluids. Don’t wait until you’re thirsty. Seniors retain less water in their body.
2. If you are on water pills, ask your doctor how much you should drink.
3. Avoid dehydrating drinks like caffeine, alcohol or those with high sugar amounts.
4. Dress in lightweight, light-color clothing and is loose fitting.
5. Wear sunglasses and wide-brimmed hats.
6. Stay in the shade, especially, between 11am and 3pm.
7. If the temperature is in the 90’s, fans are not as effective. Take a cool shower to cool off.

Quiz answers: 1. F A watermelon will last up to 10 days at room temp. 2. F Bacteria on the outside can be transferred to the inside. 3. T The redder the melon the more lycopene. 4. T if the spot is white or green. It is under ripe 5. T watermelon is 92% water 6. F it is an excellent source of vitamin A. C and B6 and has 1 gram of fiber

Goodfellows Dolls

Thank you so much to all our residents and friends who helped dress these beautiful dolls!! It is such a pleasure to be able to help a little girl who is less fortunate enjoy a nice Christmas gift.



Chicken Tacos



YIELDS: 4 Servings

Prep Time: 0 Hours 10 Minutes
Total Time: 0 Hours 30 Minutes

Directions

In a large skillet over medium heat, heat oil. Season chicken with salt and pepper and add to skillet. Cook until golden, 6 minutes. Add spices and stir until coated, 1 minute more.

Build tacos: In tortillas, layer chicken and desired toppings. Serve with lime wedges.

Ingredients

For the Tacos

- 3 tbsp. extra-virgin olive oil
- 4 boneless skinless chicken breast, cut into 1" strips
- Kosher salt
- Freshly ground black pepper
- 2 tsp. chili powder
- 2 tsp. cumin
- ½ tsp. garlic powder
- ¼ tsp. paprika
- ¼ tsp. cayenne
- 8 corn tortillas, warmed

Toppings

- Thinly sliced red onion
- Diced tomatoes
- Shredded Monterey Jack
- Diced avocados
- Fresh cilantro
- Lime wedges

HAPPY AUGUST

BIRTHDAYS!

- Mary Bryson 08/01
- Nellie Love 08/04
- Betty Liston 08/04
- Iola Byrd 08/06
- Mary Glenn 08/11
- Elizabeth Jones 08/11
- Mae McKeithen 08/12
- Gloria Mason 08/12
- Valerie Butler 08/12
- Deborah Eckridge 08/14
- Esther Engl 08/14
- Janice Rowe 08/21
- Bobbie Hoskins 08/23
- Betty Wellman 08/25

Maintenance Matters

In order to make sure our Village and Cottages are maintain properly, please be mindful of the following:

ONLY call the emergency maintenance numbers for emergencies that occur after hours. After hour emergencies would consist of:

ELECTRICAL – Any major electrical problem or power outage.

NO POWER – No power to your stove or refrigerator.

WATER LEAKS – Any water that cannot be contained in a bucket until the next business morning OR any water that is causing structural damage.

SEWER – Any major sewer back-up OR a non-working toilet.

NO AIR/NO HEAT – No air when the outside temperature is over 80 degrees. No heat when the outside temperature is less than 50 degrees.

Notify the main office for work orders and **NON** emergency related issues.

Trash pickup is **MONDAY** and **THURSDAY**. If you place your trash out before then, it will NOT be picked up until the day specified above. Remember to tie your trash bags **BEFORE** discarding them and use the appropriate trash bags which are sold in the Villa Pantry.

FIRE ALARMS – If your fire alarm goes off during business hours, call the office to let them know that no emergency assistance is needed. If it's after hours, please call the emergency number so your alarm can be disarmed.

Be mindful of your fellow residents when driving. Make sure you are not speeding through and your music is not so loud it is annoying other residents. Please let your visitors and family know this as well.

LIGHT BULB REPLACEMENT – Maintenance provides the long light bulbs only for the kitchen and the bathrooms. If you need a light bulb replace, you would be required to purchase the bulb and maintenance will put it in for you.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Hail to the Victors!

On Friday, June 21st 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!



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

No Excuse for Elder Abuse

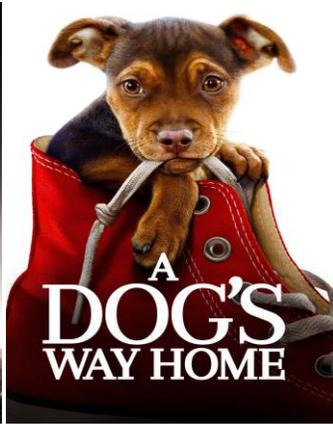
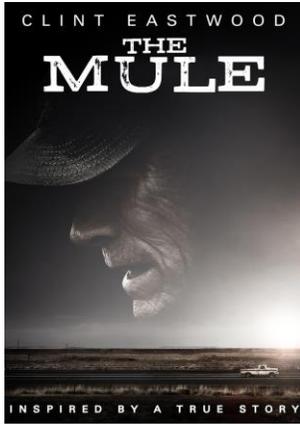
For some time now the State of Michigan and providers have focused on the rampant crime of elder abuse. Thus, we created a slogan which is easy to remember with a hotline to call. No Excuse For Elder Abuse can be reached at the toll free number (855) 444-3911. Presbyterian Villages of Michigan has played 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 since 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.

This Month at the Movies....



August 6, 2pm – **The Mule** (Clinton Eastwood, Bradley Cooper) Earl, a broke man in his 80s, is offered a job that simply requires him to drive. But unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel. He does well – so well, in fact, that his cargo increases exponentially, and Earl is assigned a handler. But he isn't the only one keeping tabs on Earl; the mysterious new drug mule has also hit the radar of hard-charging DEA agent Colin Bates. And even as his money problems become a thing of the past, Earl's past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement, or the cartel's enforcers, catch up to him.

August 13, 2pm – **A Dog's Way Home** (Ashley Judd, Bryce Dallas Howard) Based on the beloved bestselling novel, *A Dog's Way Home* chronicles the heartwarming adventure of Bella, a devoted dog who embarks on an epic 400-mile journey home after she is separated from her beloved human.

August 20, 2pm – **Long Shot** (Seth Rogen, Charlize Theron) Like many a child, journalist Fred Flarsky had an unrequited crush on his baby sitter. Years later, after she's become one of the most famous and respected women in the world, Fred decided to make his move.

August 27, 2pm – **If Beale Street Could Talk** (Kiki Layne, Stephan James, Regina King) From Academy Award Winner Barry Jenkins, adapted from James Baldwin's acclaimed novel, comes this timeless love story set in early 1970s Harlem. Newly engaged 19-year-old Tish (Kiki Layne) and her fiancé Fonny (Stephan James) have a beautiful future ahead. But their plans are derailed when Fonny is arrested for a crime he did not commit. Now the pair and their families must fight for justice in the name of love and the promise of the American dream in this lush, moving, dramatic film.

Free Popcorn with every Movie!



Gladiolus

Service Coordinator Corner Flowers

August is National Immunization Awareness Month

Quote of the month:

Time is free,
but it's priceless.
You can't own it, but you can use it.
You can't keep it, but you spend it.
Once you've lost it, you can NEVER get it back!

~ Harvey Mackay

Monday, August 26, 2019 @ 11:00am Professional Home Doctors. This is for informational purposes only, to help assist with medical needs from your home. There will be a penny auction and light refreshments. Location in the Villa Dining Room.

Thursday, August 15, 2019 @ 11:00am Seminar on Health Benefits for Diabetes & Ph balanced water. This for informational purposes only, to promote better health. FREE to all residents. Location in the Villa Dining Room. Authorized Distributors for products.

Wednesday, August 28, 2019 @ 12:00pm in the Villa Dining Room.
Fit-Flexible Chair-Based Exercise
and Bingo. FREE PRIZES! All residents welcomed.

National Smile Week/ August 5-11th



National Senior Citizens Day! August 21st

Visit or call your Service Coordinator / Anita Stephens @ 313-541-6450

Office Hours:

Monday & Tuesday 8:00 am -4:30pm

Wednesday & Thursday 8:00am -5:00pm

Friday 8:00am-3:00pm



Our seniors had a wonderful time during the senior painting class in July. Look at these beautiful masterpieces!!! We will have another class on **Friday, August 23rd @ 1pm**. There is limited seating so please sign up in the main office to reserve seat. There is a \$7.00 charge per resident.

MAIN OFFICE NUMBER 313-541-6000 | #100

Village Staff

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

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Sales & Leasing Specialist

(313) 541-6140 #200

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EMERGENCY NUMBER (COTTAGES)

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NON-EMERGENCY REDFORD PD

(313) 387-2500

CLASSIC SECURITY

(313) 662-4648



**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION

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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❖ **Carolyn Lambreth**



The Cottages at
Redford

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



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



