



# Villa View



## Embrace the possibilities

25340 West Six Mile Road • Redford, Michigan 48240 • [www.pvm.org](http://www.pvm.org)

AUGUST 2022

### ADMINISTRATOR'S NOTES

Administrator's Notes

August has arrived and we have had an absolutely stunning summer. There have been a few Uncomfortably hot days, but, hopefully everyone is staying safe and well hydrated. Your air Conditioners can be quite helpful on extremely warm and humid days.

Welcome to our new residents of the Villa: Ms. Delores Wilson and Gloria Ollar.

We thank you for your patience during the tear off and replacement of the roof. Now that the job is complete, normal parking routines can resume.

Regarding parking, please be advised that all cars must have current registration and tags and must be in "good running" condition. Cars that do not meet these requirements will be tagged and towed 48 hours after notification.

Each month the latest edition of the Village Newsletter is placed in the Cottages "information box". These boxes are located next to the U.S. mailboxes. Each month the majority of the previous month's newsletters are still in the boxes. To prevent further waste of time and resources, newsletters will be available in the Villa office for those who care to receive them. If you would like the newsletters sent to your email, please call the office and make sure we have the correct and current email address. Therefore this will be the last distribution.

When ordering groceries, food through Door-Dash, Grub Hub and Instacart, please make sure you check the vestibule throughout the day. Drivers are leaving food deliveries and other items in the vestibule, without benefit of notification. The office cannot be responsible for items left unclaimed.

Kudos to all the participants of the Wayne State FAMS Program. You are now heading into the home stretch. Listed below is a schedule of the final days' events:

Last functional fitness class – 8/10/22

Last Yoga Class - 8/15/22

Last Nutrition Class - 8/29/22

Post testing dates will be 2:00 p.m. on 08/ 17, 08/22, 08/ 24 and 08/29, 2022

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Look for PVM on:





# The Senior Advocate.

*By Lynn Alexander,  
Vice President of Public Affairs*

## AGING WELL: THE BEST REVENGE

Time plays tricks on us! It seems like it was yesterday when we learned to drive, attended our prom and graduated from high school. Now many of us are taking photos of our grandchildren experiencing these life moments. There comes a time when we look in the mirror sideways and say: "What the heck happened! As Diane Sawyer once stated: "Inside every older person is a very surprised young person!" The good news is that we can get revenge on FatherTime by Aging Well.

Now I am not saying that everyone needs to be a marathon runner in their nineties to Age Well. That may work well for some but not for others. Even folks with chronic conditions can be engaged in life and live the best life they can. It is interesting that the word Age starts with an A since attitude plays a key role in how we age. In fact, I have known some forty somethings who seem much "older" in their thinking than some eighty or ninety year olds. Following along the word Age as an acronym, the G can stand for Genetics. We know that does play a role, but not as much as you might think. No one gets four aces in the deck. Almost everyone has some chronic health issues in their family background. However lifestyle in terms of exercise, stress management and healthy eating habits can help to offset vulnerability. Many PVM residents have become involved in our Wellness programs and lost weight in addition to improving their overall health. Check out the PVM Foundatiln website at [pvmf.org](http://pvmf.org) to read about some amazing transformations.

The premiere Wellness event at PVM is the VillageVictory Cup (VVC). We are so pleased that it is coming back as an in-person event on October 7<sup>th</sup>, 2022. After holding the VVC remotely for several years, our Village teams have been clamoring for this. It is inspiring to see residents doing fast walking, ballon volleyball, putting a puzzle together within minutes as a team and many other events. Many residents, staff members and volunteers state that this is their favorite day at PVM. If you want to see Aging Well in action this is the place to be!

The Village Victory Cup also exemplifies the third letter in Age – E. Experts have long noted that being engaged in life and with others is one of the main determinants for longevity and living the best life. So let's all play tricks back on Father Time and be fully engaged with life. There are many ways to do so at PVM. They say that it's not how many breaths in life you take but rather how many moments there are that take your breath away. Wishing all many of these moments! Aging Well is the best revenge after all..



## Service Coordinator Corner

By: Anita Stephens

August 2022

Quote of the Month: “ The **BEST** things in life are the **PEOPLE** you love. The **PLACES** you’ve been, and the **MEMORIES** you’ve made along the way.” ~ Unknown Author

Friday, August 26, 2022 Join us for Quarterly Birthday Celebrations with “Humana” in the Villa Dining Room @ 11:00am. If you have a birthday in June, July or August, come celebrate with us. **FREE** to all residents. Sign up on hallway table.

Thursday, August 25, 2022 Fit & Flexible Chair Exercise with Marita from Guardian Angel Home Health @1:00pm in the Villa Dining Room. **FREE** to all residents! Sign up sheet on hallway table.

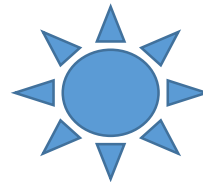
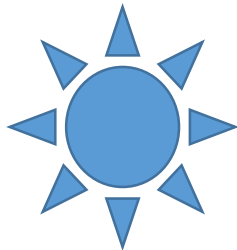
Tuesday, August 16<sup>th</sup>, 2022 / Blood pressure & Blood sugar checks with Ask the Physician. Join Kelley from Dedicated Senior Medical Center @12:30-2:00pm in the Villa Dining Room. Dedicated Senior Medical Center offers Physicians, housekeeping & Caregiver services. Signup sheet on hallway table. **FREE**

Tuesday, August 30<sup>th</sup>, 2022/ **BINGO** with Kelley from Dedicated Senior Medical Center@12:30-1:30pm. Come have some fun! **BINGO is FREE**

**WELCOME NEW RESIDENTS**

**TO**

**THE VILLAGE OF REDFORD**



## RESIDENT SPOTLIGHT

Resident of the Month  
August 2022

### MS. VANESSA RAGLIN-WEBB

*Ms. Vanessa Raglin-Webb has been a Villa resident since May 2018. Ms. Raglin-Webb served as a teacher for the Detroit Public Schools from 1985-1999. She taught 1<sup>st</sup> and 2<sup>nd</sup> grade split classes at Vernor Elementary.*

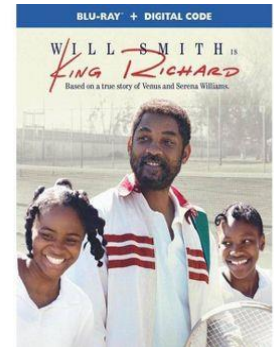
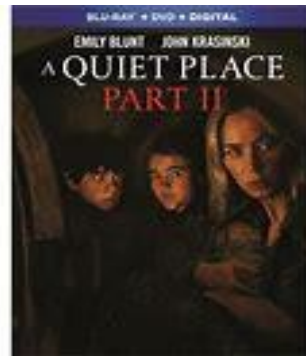
*She holds a Master's Degree in Education and enjoyed teaching until she retired.*

*A single parent with two lovely adult daughters, Erica and Natalie. One grandson Braxton Webb.*

*Ms. Raglin-Webb keeps herself busy with exercising, messaging on Facebook, reading the Bible, listening to jazz music and playing computer games.*

*School Motto: Students rise, we all rise.  
Education is Power!*

## August Movie List



### The Night Clerk

A 2020 American crime drama film, follows a hotel night clerk who becomes the center of a murder investigation.

### No Time to Die

James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology.

### A Quiet Place Part II

A family from the first film continue to navigate and survive in a post-apocalyptic world inhabited by blind aliens with an acute sense of hearing.

### King Richard

A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard Williams.

## From Your Residents' Council

Caroline Jonah, Chair, Village Green Cottages, (313) 617-2100;  
 Quilley Ealy, Vice-Chair, Villa, 3rd floor South, (313) 535-1082  
 Thomasine Brantley, Villa, 2nd floor North;  
 Stephanie Cain, (313) 580-9600, Cottages  
 Geraldine Chennault-Ansley, Sylvan Terrace Cottages; (313) 690-0707;  
 Mary Dobson, Villa, 2nd floor South;  
 Carolyn Lambreth, Heatherwood Cottages, (313) 515-1283;  
 Ernestine Peete, Villa, 1st floor South, (313) 766-4527;  
 Gloria Whittington, Villa, 3rd floor North, (313) 286-3004.

### Farewell, Nadine!

The Residents Council would like to say a grateful farewell to Nadine Doolan, who served as our Chair for the last three years. Nadine worked hard for us, and represented us well with Administration. We pray that her health will improve, and that she will spend many happy years in her new residence.

## ***UPCOMING EVENTS:***

### Residents' Forum

The Residents Council is sponsoring a **Forum for All Residents!** It will be held on Tuesday, September 20, 1:00 p.m., in the Villa Dining Room. We want to know your Concerns. We are equally interested in your interests: What you would like to be involved with that's not going on here now. And we'd like to know what you think is going well here!

Put the Forum on your calendar now. (Yes, it's over a month away. But save the time now, before you choose that week to go to Hawaii, or to Switzerland...)

***Hot Dogs and Drinks will be served***



### Trip to Turkeyville




We are also planning a Bus Trip to Turkeyville in October. The details are still being worked out. We expect the trip itself will be free. You will have to pay for your own dinner, as well as anything you choose to buy.


May the rest of the summer be peaceful and enjoyable for you. NOT TOO HOT! Not too wet! We are here for you, to help with issues that impact many residents, or have not been handled to your satisfaction. Although we are residents, we do have a voice with Administration, and can sometimes make things a little smoother. Contact your representative, the Chair or Vice-Chair. Or leave us a note in the box in the mail room.


# The Redford Township District Library Newsletter

## August 2022

- **Food Trucks**
- **Movie Night**
- **Millage Information**

 (313) 531-5960

 [rtdl.org](http://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**  
Closed on Sundays  
Memorial Day-Labor Day

Redford Township  
**RTDI**  
District Library

## Summer Reading Program

Adult Summer Reading will begin on Tuesday, June 21. Participants can pick up a program packet at the Adult Reference desk. Readers can submit an entry form for each book that they complete between June 21 and September 3. There will be weekly prize drawings.

### MOVIE NIGHT



**Wednesday, August 31st**  
**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](http://rtdl.org/events) to sign up.



### Join a Book Club!

Redford Recreational Readers  
August 10, 2022, 7:00pm - 8:00pm

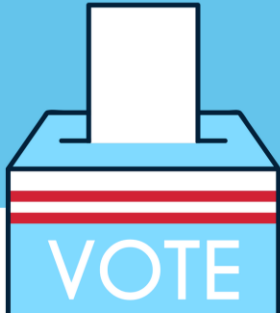
Future Reads Book Discussion Group  
August 18, 2022, 6:30pm - 7:30pm

Call **(313) 531-5960** or visit [rtdl.org/events](http://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.





## Redford Township District Library Millage Information

### VOTE ON AUGUST 2, 2022

On August 2nd, 2022, Redford Township District Library will ask residents to approve 2 mills to fund the library for a period of 20 years. This millage is not a tax increase. This replaces a 1.4 mill operating millage and a .66 mill debt millage that was levied in 2021.

Visit [rtdl.org/millage](http://rtdl.org/millage) for more information.

## FOOD TRUCKS

### Cookies, Ice Cream, and Music - August 2nd 2:00 PM

- D'Vine Cookie & Ice Cream
- Steel Drum Band on the Patio

### Lunch at the Library - August 18, 12:00 - 3:00

- Pita Post Food Truck

### Introducing RTDL's Seed Library!

A seed library is a collection of seeds available for Lending to the community. Users "borrow" (or take for free) seeds from the library to grow food and flowers. After harvesting mature seeds, people may "return" (or donate) seeds back to the seed library. Our seed library is located at the Circulation Desk!



[rtdl.org/seedlibrary](http://rtdl.org/seedlibrary)



## RHONDA'S CORNER

### Greetings

**Summer is the favorite time of year for many of us, unfortunately with the warmer temperatures, we're experiencing an increase in flies and maggots.**

**Just a few tips which may be helpful:**

- **Trash, especially containing food should be taken out right away, within 2 day(s) maximum.**
- **Garbage bags should be tightly secured.**
- **Take care not to rip garbage bags so flies can get in.**
- **Keep counter tops clean and free of food & debris.**
- **Do Not leave discarded food containers lying about.**
- **Do Not leave spoiled food sitting out.**
- **Place work orders for damaged window screens.**

**Together! we can keep our building clean and free of unwanted pests.**

**p.s.: be sure to use commercial garbage bags not grocery store bags**

Sincerely,



Hospitality Specialist

## Maintenance Musings Reminders

- Do not place food garbage in outside large dumpster outside of shipping and receiving, please break down card board boxes also. If bags are too large to fit into trash chute please bring down to shipping and receiving area. Non-food trash can be taken outside ex. Small tables/chairs etc.
- **PET OWNERS** you must **secure** your pet for the safety our maintenance staff.
- Work orders will be addressed as soon as possible depending on severity. **CALL THE OFFICE FOR ALL WORK ORDERS**, please state if ok to enter if not at home. If you're not available they'll return as soon as they can which may not be the same day.
- Villa only-If you set your smoke alarm off please call the **emergency#**
- 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. 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 block cold air return (the vent on the floor near the patio door).
- When turning on your a/c select the **auto** option.
- Please plunge your toilets when plugged up, only call maintenance if you're unable to clear it with a plunger.
- Refrain from storing non-patio items on porches.

## 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**

**McKinley Phelps                      08/03**

**Betty Liston                              08/04**

**Colleen Miller                          08/06**

**Iola Byrd                                  08/06**

**Elizabeth Jones                        08/11**

**Mary A. Glynn                          08/11**

**Valerie Butler                          08/12**

**Deborah Eckridge                      08/14**

**Naomi Hill                                08/22**

**Bobbie J. Hoskins                      08/23**

**Betty Wellman                         08/25**

**Carol Ann Howard                    08/27**

**Linda Price                              08/30**

**Emma Coleman                        08/31**

**HAPPY BELATED BIRTHDAY**

**Peola Clark                              07/24**

# THE FIRST 3 WORDS YOU SEE

## DESCRIBE YOU:

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

# VILLA/COTTAGES

## August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
					6pm BINGO	1PM BINGO
7	8	9	10	11	12	13
		2pm Movie	10am Value Ctr. 1pm Bid Whist 2pm Wayne St. 6pm Bible Study		6pm BINGO	1pm BINGO
14	15	16	17	18	19	20
	2pm Wayne State 10am Villa Store Pantry	2pm Movie 12:30-2pm "Ask The Physcian "	2pm Wayne State 10am Value Ctr. 1pm Bid Whist 6pm Bible Study	2pm Redford Book Club GOODFELLOW DOLLS DUE	6pm BINGO	1pm BINGO
21	22	23	24	25	26	27
	2pm Wayne State 10am Villa Store Pantry	2pm Movie	2pm Wayne State 10am Value Ctr. 1pm Bid Whist 6pm Bible Study	1pm Fit & Flex Chair Exercise	11am Quarterly Birthday Celeb. 6 pm BINGO	1pm BINGO
28	29	30	31			
	2pm Wayne State 10am Villa Store Pantry	2pm Movie 12:30-1:30pm Bingo w/Kelley "free"				

©

**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)

**Main Office Number**

**(313) 541-6000**

**Village Staff**

**Gloria Robinson**  
*Senior Housing Administrator*  
(313)541-6042

**Mark Uzarek**  
Maintenance Lead

**Angela Hooks**  
*Administrative Assistant*  
(313)541-5991

**Freddie Graham**  
Maintenance Technician

**Gina Herron**  
*Receptionist*  
(313)541-6126

**Rhonda Kuhn**  
Hospitality Specialist  
Housekeeping

**Anita Stephens**  
*Service Coordinator*  
(313)541-6450



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



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](http://www.pvmfoundation.org)

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

**Embrace the possibilities**