



Village Voice



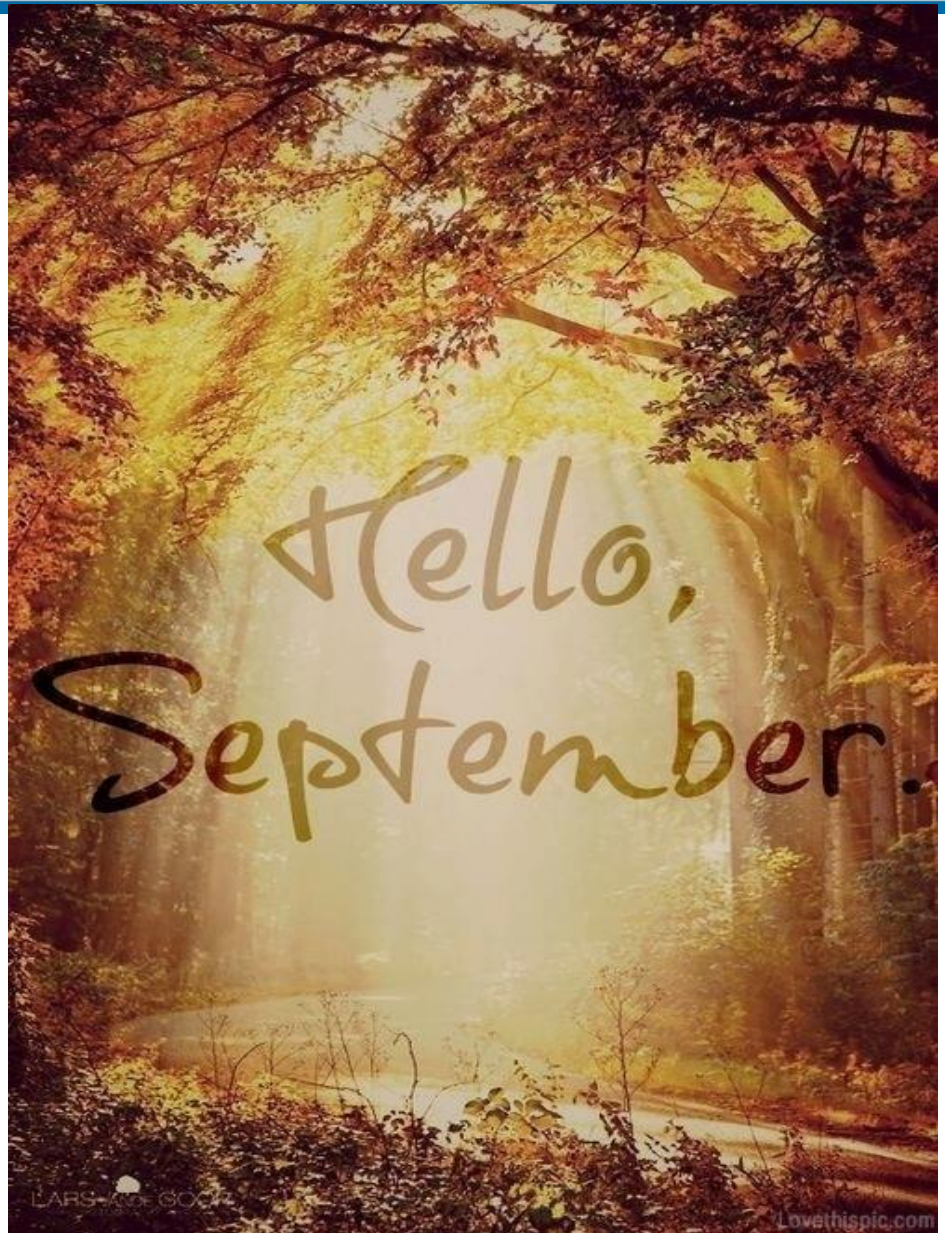
Embrace the possibilities

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

Sept 2017

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Look for PVM on:



UPDATES AND REMINDERS

Village of Westland (PVM) now accepts credit card payments. Please note – there is a service charge associated with the use of this type of payment.



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!





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Fall is in the Air

As the weather starts to change we are reminded that fall is in the air. To some, fall reminds us of crisp cool air, warm delicious drinks and the color change. To others the word fall might mean something entirely different. According to the National Council on Aging (NCOA), every 11 seconds an older adult is seen in an emergency department for a fall-related injury. As we begin to age a fear of falling can become a part of our everyday lives, dictating the things we do and places we go. Luckily there are easy ways to manage your risk for falling!

The NCOA has six tips to help reduce your risk for falling:

- Find a good balance and exercise program
- Ask your health care provider for an assessment of your risk of falling
- Regularly review your medications with your doctor or pharmacist to make sure the side effects aren't increasing your risk of falling
- Get your vision and hearing checked annually and update your eye glasses
- Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars in key areas
- Enlist the support of your family members and PVM staff in taking simple steps to stay safe

By implementing some or all of these tips you can help reduce your risk of falling. Instead of worrying about **A** fall, you can instead enjoy **THE** fall!

More information on how to reduce your risk of falling is available on the NCOA website: <https://www.ncoa.org/healthy-aging/falls-prevention/>

Staff Extensions...

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Josh Kephart ~ 28890
Maintenance Manager

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Shari Thompson ~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Teresa Davis ~ 28928
Marketing Manager

Kara Otto ~ 28810
Social Worker

Kerri Hill ~
Sales & Leasing
Specialist

**Pam Webert &
Mara Valdmanis ~
28953**

Fitness Specialists

Rita/Sally ~ 28889
Beauty Shop



Giving Matters.

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

Goodbye Summer; Hello Fall!

Seeds sewn years before are bearing fruit.

Almost nothing is more satisfying than seeing hard work and preparation pay off. This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—*it's cider mill season!*

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer ☺... become so very worth it.

The season is also a great metaphor for a planned gift, **such as a gift in your will**. Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

By doing the hard work now—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—**you can create a bountiful harvest** which will survive long into the next “season.”

Learn how you can leave a gift in your will and start planning at MyLegacy.pvmf.org. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE



***P.S. Want to volunteer with the PVM Foundation? Call us at 248-281-2043!**

Beauty Shop Services and Hours

Sally the Manicurist:

Tuesdays 10AM-4PM

Manicures - \$11 Pedicures - \$18

Nail Clippings - \$6

Call ext. 28889 to make an appointment

Rita the Beautician:

Thursdays and Fridays 9AM-Last Appointment

Shampoo and Set - \$17 Hair Cut - \$12 Perm - \$45

Color - \$30 Wash and Cut - \$16

Call ext. 28889 to make an appointment

Joe the Barber:

First Monday of the Month 12pm-3pm Hair Cut - \$12

Sign-up in the mailroom for a time slot



Health Fair



Date: Friday, September 22nd

Time: 9 AM – 1PM

Where: PDR/VI

Massages and Health Screenings

Blood Pressure Checks

Varicose Vein Screening

Hearing Screenings

Eye Screenings

Pharmacy

Podiatrist

Chiropractors

Weight Watchers

Diabetic Checks



Seniors Standing Strong

Date: Tuesday, September 26th

Time: 1:15 PM

Where: PDR



Come learn about this new Wellness Program at the Village that addresses falls and promotes safety and health in your home.

Snacks will be provided.

It is time for our annual flu shot clinic.

Friday September 22nd from 9am-1pm, VNA Wellness will be on site in the private dining room to provide flu shots for residents and staff.

VNA accepts most insurances.

Sign up sheets will be available in September in the mail room.

Why are flu shots important for older adults?

As you age, your immune system weakens. This weakening makes seniors—adults 65 years and older— more susceptible to the flu. For seniors, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

Any questions, please call the social worker, Kara Otto at extension 28810



September Facts

The 9th month of the year brings us Labor Day, and the start of the Fall season.

In the Georgian calendar, the calendar that most of the world uses, September is the ninth month of the year. However, it used to be the seventh month on the Roman calendar. It had 29 and 31 days but it later was changed to 30 days by Emperor Augustus. In Southern United States, it is the warmest months of the year and very cool nights for Northern states. It is the harvest time for crops and that is why Switzerland calls September the harvest month. In the Northern hemisphere, beginning of September leads to the beginning of meteorological autumn while it is the beginning of the meteorological spring in southern hemisphere.

Below are some fun facts about September:

1. The birthstone for September is the sapphire.
2. The zodiac signs for September are Virgo (August 23 - September 22) and Libra (September 23 - October 22)
3. The birth flower for September is the morning glory.
4. On September 1, 1905, Alberta and Saskatchewan were established.
5. On September 1, 1939, World War II began in Europe because the German troops invaded Poland.
6. On September 2, 1789, the United States Department of Treasury was established.
7. On September 3, 1783, the Revolutionary War in America ended after Great Britain signed the Treaty of Paris.
8. On September 6, 1901, William McKinley, the 25th President of the United States, was assassinated.
9. On September 8, 1565, the first permanent white settlement was founded in St. Augustine, Florida.
10. On September 10, 1846, Elias Howe patented his sewing machine.
11. On September 14, 1847, United States forces took control of Mexico City.
12. On September 14, 1940, the Selective Service Act was passed by Congress which provided the first peacetime draft in the United States history.
13. National Chicken Month
14. National Rice Month
15. National Potato Month
16. National All-American Breakfast Month
17. Labor Day - first Monday of September
18. September 8 - Pardon Day
19. September 13 - Uncle Sam Day (his image was first used in 1813)
20. September 16 - Mexican Independence Day

Welcome To The Village!

Residents:

William Hamilton
Patricia Troschinetz
Christine Anderson
Peggy Sokolowski
Austin Patterson



Staff:

Tania Grove:
Dietary Assistant

Aaliyah Coe:
Dietary Assistant



August's Craft was... High Tea Hats!



September's Craft is... Fall Wreaths.

~ Transportation Services ~

Monday's

- Bus Runs at 11 am (ACO, Hallmark, CVS, Post Office, Walgreens, Library)

Tuesday's

- Shopping at Kroger at 10 AM
 - ~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 (1st, 2nd & last Wednesday of the month at 11 AM)

- Citizens Bank, TCF, Chase, Bank of America, Comerica, Credit Union on Ford Road

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, shopping in Taylor). There is no cost to the 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 Activities 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 September!

Maggie Hack.....Sept 1 st	Mary Pilch.....Sept 2 nd	Carol Dotson.....Sept 3 rd
Alberta Schuler.....Sept 8 th	Marilyn Pritchard.....Sept 9 th	Joyce Holmes.....Sept 9 th
Betty Munroe.....Sept 11 th	Joan Smith.....Sept 12 th	Joyce Wagner.....Sept 13 th
Dolores Alioto.....Sept 14 th	Norma Gierczak.....Sept 15 th	Jeanette Allen.....Sept 16 st
Mildred Schmittling.....Sept 19 th	Romayne Rhodes.....Sept 21 st	Ron Jakary.....Sept 22 nd
Mary Jones.....Sept 25 th	Jean McGill.....Sept 26 th	

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 many positions available in choose from.

We currently need your help with:

-The Village Store -Bingo

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

Office Numbers (734) 728-5222

Village Staff

Michele White
Executive Director

Jason Lovelly
Human Resources

Josh Kephart
Maintenance Supervisor

Teresa Davis
Marketing Manager

Kerri Hill
Sales and Leasing Specialist

Shana Brown
Wellness Manager

Kara Otto
Social Worker

Deborah Antale
Dietary Services Director

Shari Thompson
Billing

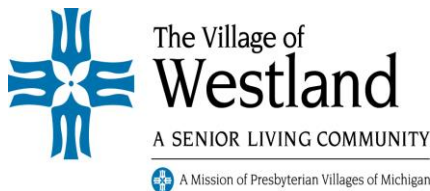
Lisa Scott
Housekeeping

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



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Westland, MI 48186**



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