



Village Voice



Embrace the possibilities

Cottage Courier

Michigan 48186 • www.pvm.org

January 2018

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2018



The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Coming Soon..... Visits from a Certified Therapy Dog!

The cottages will be adding pet therapy program. Pet therapy involves a handler and their trained animal. Engaging in pet therapy has many benefits:

- Can help in reducing blood pressure
- Alleviate pain
- Reduce stress
- Improve overall psychological health
- Increases happiness, self-esteem, and willingness to join in activities
- Reduces boredom



Learn more at
<https://www.healthline.com/health/pet-therapy>

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

Melissa Newton ~ 28963
Wellness Coordinator

Shari Thompson ~ 28952
Billing

Jason Lovelly ~ 28927
Human Resources

Teresa Davis ~ 28928
Marketing Manager

Pam & Mara ~ 28953
Wellness Instructors

Sally ~ 28889
Beauty Shop



Giving Matters.

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

Older adults can THRIVE because of donors like YOU!

Going to the mall to return gifts today?...Or grocery shopping? Take a look around while you're there.

Who do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Michigan has moved from the **30th oldest state** in the USA to the **10th oldest**.



This is what Thriving looks like!
Who hoo!

So what?

More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

You strengthen the economy by keeping seniors active in their communities. **You're the reason that ~~PVM residents~~ Michiganders can thrive as they age.**

Thank you for caring and THANK YOU FOR GIVING!!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

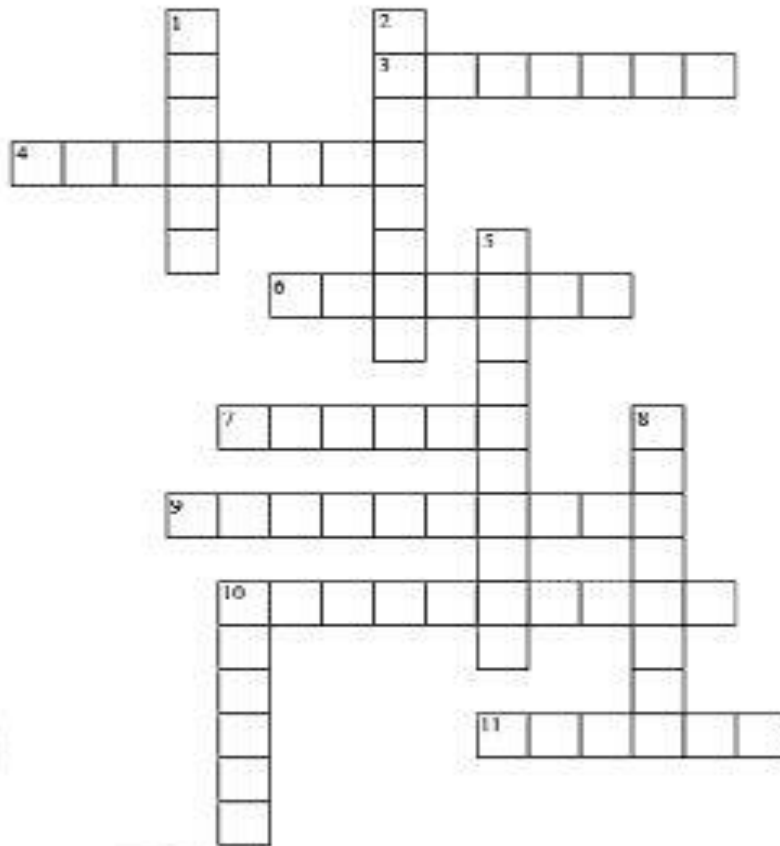
10 TIPS FOR IMPROVING BRAIN HEALTH

This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

- 1) **BREAK A SWEAT.** Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.
- 2) **HIT THE BOOKS.** Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.
- 3) **BUTT OUT.** Quit smoking. Smoking increases your risk of cognitive decline.
- 4) **FOLLOW YOUR HEART.** Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.
- 5) **HEADS UP.** Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.
- 6) **FUEL UP RIGHT.** Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.
- 7) **CATCH SOME ZZZ'S.** Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.
- 8) **TAKE CARE OF YOUR MENTAL HEALTH.** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.
- 9) **BUDDY UP.** Pursue meaningful social activities. Staying socially engaged supports brain health.
- 10) **STUMP YOURSELF:** Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides



New Year Crossword



Across

- 3. A "good luck" vegetable that is consumed on New Year's Day
- 4. Twelve 'o clock at night, the highest point of New Year's celebrations
- 6. The month that follows December 31st is
- 7. A ceremonial procession including people marching with bands
- 9. A promise to do something in the new year
- 10. A horn or rattle used to make noise at a party
- 11. People born on New Year's Day are commonly called New Year _____

Down

- 1. Polar Bear _____, a New Year's activity that requires you to enter into water, mainly for charity
- 2. The famous song, "Auld Lang Syne, commonly sung to bring in the new year originated in
- 5. He is the personification of time
- 8. Small pieces of coloured paper or streamers
- 10. The Iranian new year holiday is called this

December Activities



The Village of Westland Cottages Spirt Week Contest Results

Spirit of Christmas Week:

Merry Morning Monday

1st Place: Gordon

Staff—Jan

2nd Place: Helen

Staff-- India

3rd Place: Tyresha (staff)

Santa's Workshop Tuesday

1st Place: Gordon

Staff-- Tammy

Winter Wonderland Wednesday

1st Place: Gordon

Color Block Thursday

1st Place: Florence, Gordon

Staff-- Melissa

2nd Place: Edna

Staff-- Tyresha

Festive Friday

1st Place: Gordon

Staff-- Tammy

2nd Place: Melissa (Staff)



The Spirit of Christmas grand prize winners are:

Gordon, Florence, and Tammy!



Congratulations to all our Spirit of Christmas Week Contest Winners!

Thank You for participating!

The Month of January

January is the first month of the year, and is also known as the coldest month of the year in the northern part of the world. January was originally named after the Roman god named Janus; Janus is also the Roman word for door.

Symbols of January:

- Flower- the Carnation
- Zodiac signs- Capricorn (December 22- January 19) and Aquarius (January 20-February 18)
- Birthstone- Garnet (represents constancy)

Facts about January

- January is the second month of winter, and the coldest
- Utah became the 45th state on January 4, 1896, and New Mexico became the 47th state on January 6, 1912
- Martin Luther King Jr. Day is the third Monday in January
- Hot Tea Month,
- National Soup Month
- National Blood Donor Month
- Art Appreciation Month
- New Year's Celebration
- January 5th—National Birth Day
- January 27th—Holocaust Memorial Day



- January 28th—Chinese New Year



**Happy Birthday to our
Wonderful Residents...**

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

Ethel Freuchtel ~ 1/14/1921

Ruth Stanbury ~ 1/10/1927

Joseph Gatt ~ 1/23/1936

Welcome New Employees:

Jan Smith- LPN



Like and Join the Village on Facebook!
We now 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!

A GIFT IN
YOUR WILL


*can change
the lives
of seniors.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045
mylegacy.pvmf.org



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

**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 Manager

Teresa Davis
Marketing Manager

Shana Brown
Wellness Manager

Deborah Antale
Dietary Services Director

Shari Thompson
Billing

Kara Otto
Social Worker

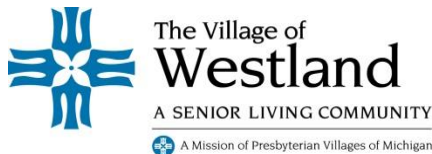
Lisa Scott
Housekeeping

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



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



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