



Village Voice



Embrace the possibilities

Cottage Courier

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

February 2018

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2018



The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





The Village of Westland
Invites you to our

Friends & Family Potluck Dinner

Please join us for dinner and
entertainment!

A sign-up sheet is located in
the entrance of both Rose and
Ivy cottage.

February 28th
5:30 p.m. to 7:00 p.m.

Located in Ivy Cottage

32151 Cherry Hill Road
Westland, Michigan 48186

Please R.S.V.P by February 23rd to
Melissa Newton—Wellness Coordinator
734-762-8963
mnewton@pvm.org



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

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Melissa Newton ~ 28963
Wellness Coordinator

Shari Thompson ~ 28952
Billing

Jason Lovelly ~ 28927
Human Resources

**Melissa Nestorovski
~ 28928**
Marketing Manager

Kara Otto ~ 28810
Social Worker

**Pam Webert &
Mara Valdmanis ~ 28953**
Fitness Specialists

Sam Wingerter ~ 28896
Sales and Leasing
Specialist

Lisa Hall ~ 28889
Beauty Shop



Giving Matters.

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



Love, Love, Love! ♥

...and incredible donors like YOU.



That's how **the world becomes a better place.**

That's how **MICHIGAN becomes the best place to live at any age.**

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

♥ Happy Valentine's Day!

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

Warm regards,

Paul J. Miller, CFRE



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

Exercise as a Spiritual Practice

We've all heard about the physical benefits of exercise, but did you know it can also be good for our souls? Though spirituality means different things to different people, at its core is a sense of connection to something greater than ourselves that fills us with awe and provides us with meaning and purpose. Cultivating that sense of connection requires practice, and one way to practice is through exercise.

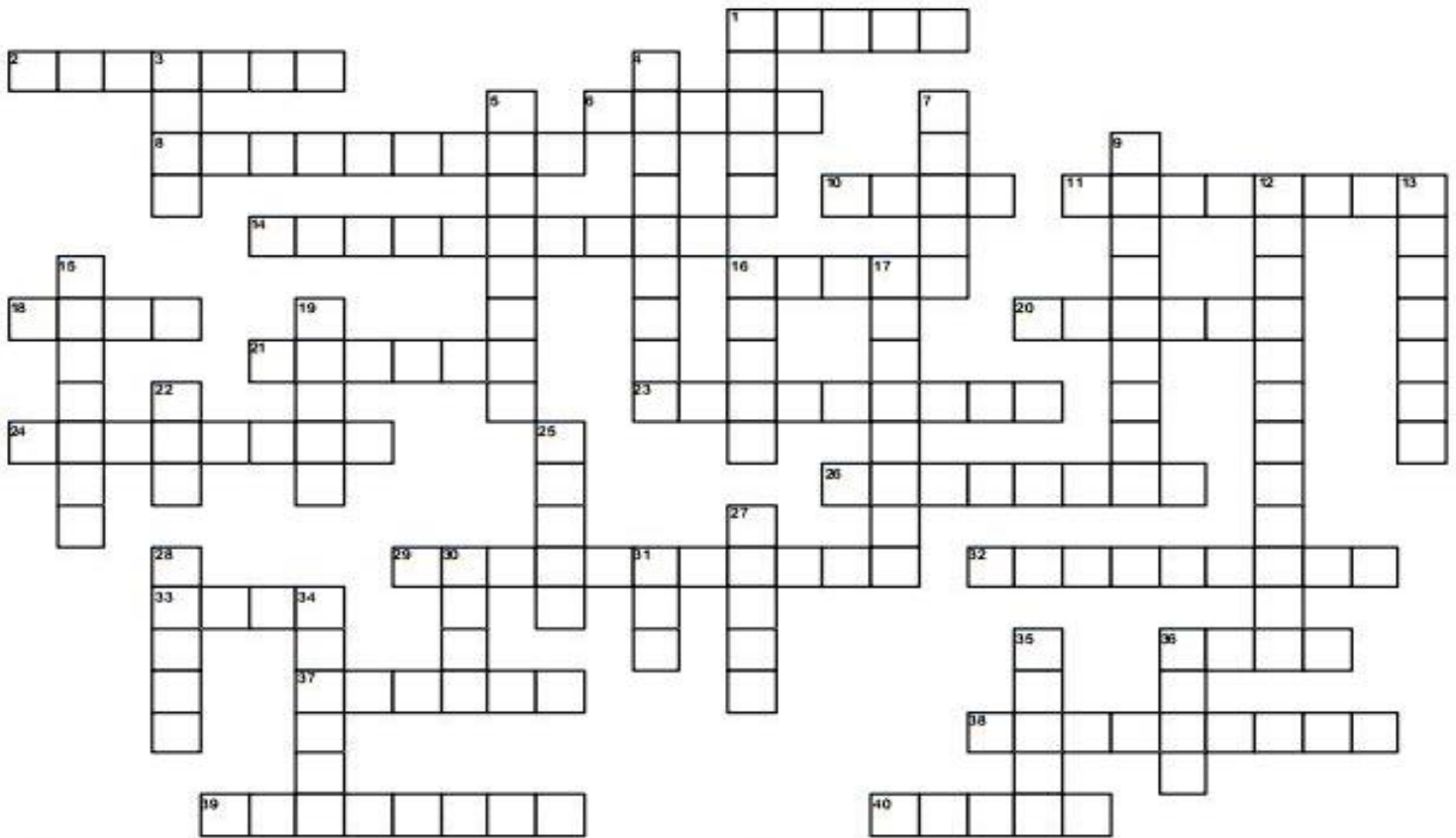
As Dr. Stephanie Ludwig, Director of Spiritual Wellness for Canyon Ranch Wellness Resort so aptly put it, "to exercise is to move, and to move is to be alive. The more intentionally we move and experience the connection that is available through it, the more alive we become." The key is to move with intention.

Any form of movement (i.e., exercise) will do. The goal is to stay in the moment, to be and remain in the here and now. When you first start exercising you might notice a myriad of thoughts pop into your head. You might start thinking about all the things you still need to do or all the things you didn't do that you should have done. Rather than be in the present, you find yourself either dwelling on the past or planning for the future. When this begins to happen, shift your focus from your thoughts to the rhythmic movements of your body.

Focus on your breathing. Notice the rise and fall of your chest and abdomen as you breathe. Listen to the sound of the air as it enters and leaves your body. Feel the beating of your heart in your chest. Attend to the movement of your arms and legs and the placement of your hands and feet. Notice your surroundings. Hear the sounds. Smell the smells. See the sights. Know that because you are breathing and moving you are alive and well.

Over time, with regular practice you will begin to attain a heightened sense of awareness and achieve an unwavering connection to that which is greater than yourself whether for you it is nature, the universe, the sublime, the divine or God. Through exercise it is possible to experience a spiritual awakening. All it takes is a little practice.

Valentine's Day Crossword Challenge



ACROSS

- 1 He shoots invisible arrows to make people fall in love.
- 2 Did the mail carrier leave any Valentines in your _____?
- 6 The legendary St. Valentine is believed to have lived in the _____ century after Christ.
- 8 This era is considered the golden age of the Valentine.
- 10 "Be _____."
- 11 A piece of jewelry worn around one's neck.
- 14 A safe place to store jewelry. (Two words.)
- 16 "_____ Valentine's Day!"
- 18 In "XOXOXOX," an X represents this action.
- 20 Cupid's wife.
- 21 Someone disappointed in love is said to have a _____ heart.
- 23 St. Valentine's _____ was on the eve of the Roman festival of Lupercalia.
- 24 This Valentine symbol consists of graceful loops, often in the shape of hearts, with no beginning or end. (Two words.)
- 26 Valentine's Day falls on _____ 14.
- 29 Two people in love.
- 32 _____ and girlfriend.
- 33 The Greek name for Cupid.
- 36 The most popular flower for Valentine's Day.
- 37 St. Valentine is known as the patron saint of _____.
- 38 "Will you be my _____?"
- 39 These people banned Valentine observances in Great Britain during part of the 17th century.
- 40 This popular Valentine's color symbolizes purity.

DOWN

- 1 School children often exchange these on Valentine's Day.
- 3 "I _____ you."
- 4 My friend gave me heart-shaped box full of _____.
- 5 According to one legend, St. Valentine was executed for secretly _____ young couples in defiance of the emperor's orders.
- 7 Children may read and eat _____ hearts.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 12 A "disease" that affects anyone struck by Cupid's arrows.
- 13 A couple that have promised to marry one another are said to be _____.
- 15 A man often purchases this gemstone for the woman he wishes to marry.
- 16 Bees make this substance, which is also a nickname for someone who is loved.
- 17 On Lupercalia, young people drew names to find _____.
- 19 Bow and _____.
- 22 This popular Valentine's color symbolizes warmth and love.
- 25 These birds that mate for life are a symbol of love.
- 27 School children sometimes celebrate with a Valentine's Day _____.
- 28 In Roman mythology, Cupid is the son of this deity.
- 30 Husband and _____.
- 31 In "XOXOXOX," an O represents this action.
- 34 Gold and _____.
- 35 This organ of the body is the most common symbol of love.
- 36 A piece of jewelry worn on one's finger.

Crossword Answer
Key page 10

♥Welcome February♥

- February is the second month of the year according to our Gregorian calendar, and in the Northern Hemisphere the season is Winter
- February is also the shortest month of the year, only 28 days and 29 days when there is a leap year (which is every 4 years)
- The name February was named after the Latin word Februum which holds the meaning of purification.
- The birth flower for February is the Primrose, and the violet
- The birthstone is the amethyst- symbolizing spiritual wisdom and sincerity, humility, and piety.
- February is considered a summer month in the Southern Hemisphere
- The Super Bowl, the largest American sporting event is held in February

Holidays and Celebrations

- ♥ National Freedom Day (2/1)
- ♥ Groundhog Day (2/2)
- ♥ Presidents Day (2/19)
- ♥ Valentine's Day (2/14)
- ♥ Mardi Gras (2/13) Fat Tuesday
- ♥ Ash Wednesday (2/14)
- ♥ American Heart Month
- ♥ Black History Month
- ♥ Chocolate Lover's Month
- ♥ National Bird Feeding Month



January Activities



Happy Birthday to our Wonderful Residents...



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

Gordon Johnson 2/3/1934

Welcome New Residents:

Ronald Stewart - Rose

Welcome New Employees:

India Williams-- Resident Assistant

Elicia Jones--Resident Assistant

Feature Resident of the Month

Pat Vollans



Pat Vollans was born on December 21st, 1934 to parents Alex and Vera Armstrong. Pat grew up in Allen Park with a close Irish family, and was the second born child of five. Being a girl with 4 brothers, pat found herself participating in baseball and other “guy” activities. Pat also spent a good part of her childhood playing the organ at Good Shepard Catholic Church.

After High School, Pat spent a little over the year in a convent to become a nun. She soon decided that becoming a nun was not what she wanted to do. Pat then decided to pursue a career as a Registered Nurse and worked at Wyandotte Hospital for over 20 years. Pat describes nursing as a very satisfying profession, and she loved her job and helping people.

One day a coworker of Pats wanted to set her up on a blind date with her brother, and it was love at first sight. Pat Married her wonderful husband, Sherman and they have been together for over 60 years. They raised their two daughters, Teri and Coleen (even though she was planning to have 8 boys) in their Allen Park Home. They also enjoyed their Cocker Spaniel and 189 pound Saint Bernard; there was always a dog in the family.

Pat and Sherman enjoyed traveling around the United States in their motorhome, and taking their two daughter’s tent camping when they were younger. One of her favorite places to visit is Alaska, where she has been multiple times. Pat enjoyed being active, and most of all gardening and “getting her hands like an Irishman should.”

Pat enjoys her husband’s company immensely, and said that raising children was a pure joy. She couldn’t have been more blessed to have such a wonderful husband and family.



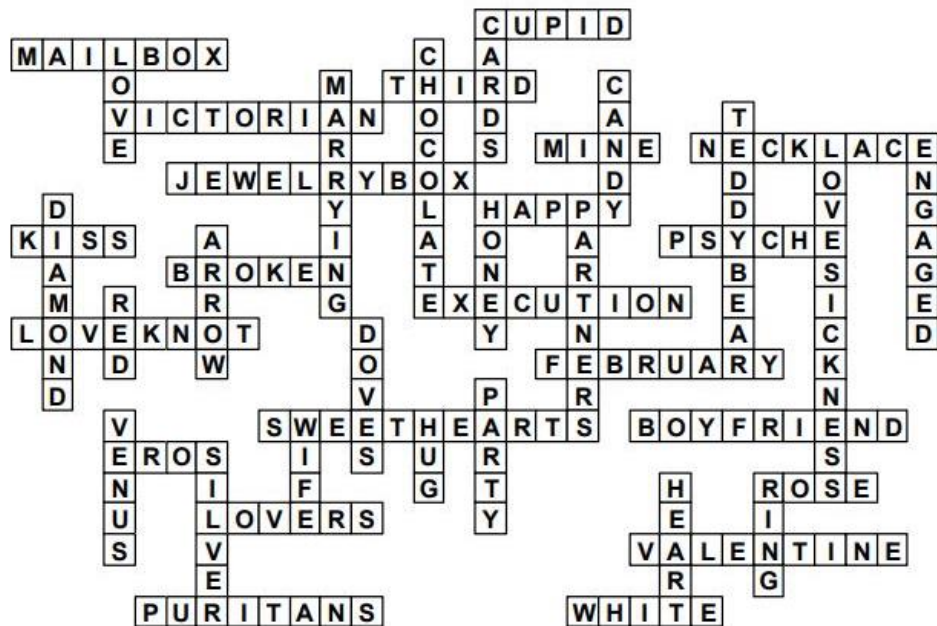
Like and Join the Village on Facebook!

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!

Crossword
Answer Key




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

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Executive Director

Jason Lovelly
Human Resources

Josh Kephart
Environmental Services Manager

Melissa Nestorovski
Marketing Manager

India Douglas
Nurse Case Manager

Shana Brown
Wellness Manager

Deborah Antale
Dietary Services Director

Shari Thompson
Billing

Kara Otto
Social Worker

Lisa Scott
Housekeeping

EMERGENCY NUMBER

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

(734) 728-5222



The Village of
Westland
A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan



**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 at **248-281-2040** or visit **www.pvm.org**



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