



Village Voice



Embrace the possibilities

Cottage Courier

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

March 2018

Featured Articles

- Oral Health Tips pg. 2
- Giving Matters Article pg. 3
- March Facts pg. 4
- February Activities pg. 5
- Crossword Puzzle pg. 6
- Benefits of Activities pg.7
- Birthday's pg. 8



2018



The Village of
Westland
 A SENIOR LIVING COMMUNITY
 Managed by Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Oral Health is as Easy as 1, 2, 3

March is national nutrition month, so you might expect this article to focus on healthy eating, however, if you suffer from poor oral health, eating healthy may be the last thing on your mind. The pain and discomfort associated with tooth decay, gum disease, dry mouth and other oral health problems can make chewing and swallowing difficult. You may skip eating altogether or turn to softer foods, which tend to be highly processed, contain a lot of fat and sugar, and are far from healthy.

The good news is that poor oral health is not an inevitable part of aging. Taking good care of our mouths is just as important, if not more so than when we were younger. That's because if left untreated, oral health problems in older adults not only cause tooth loss, they substantially increase our risk of heart disease and stroke.

The three most important things you can do to keep your mouth healthy are 1) brush your teeth twice daily with a soft bristled toothbrush; 2) floss once per day; 3) and visit your dentist regularly. Brushing your teeth removes food particles and bacteria (called plaque) from your teeth that if left in place cause cavities. Flossing removes food particles and plaque from between your teeth and below your gum line, which if not removed can lead to gum disease. And visiting your dentist regularly can catch problems early should you have any and keep them from becoming more serious.

As we get older, our hands may not be as steady as they used to be so performing daily tasks such as brushing our teeth and flossing may be a lot more challenging and as a result we may skip them. However, using a wide-handled or electric tooth brush can make brushing easier and using a floss pick or water flosser can make flossing easier. For other oral health tips geared toward older adults visit the website www.toothwisdom.org. Should you need them, the site also has a low cost dental care locator that may help you find nearby low cost dental services.

Staff Extensions

Michele White ~ 28885
Executive Director

Mary Saffian ~ 0
Lead Receptionist

Lisa Scott ~ 28893
Housekeeping Lead

Shana Brown ~ 28886
Wellness Manager

Shari Thompson ~28952
Billing

Jason Lovelly ~ 28927
Human Resources

Kara Otto ~ 28810
Social Worker

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

**Melissa Nestorovski ~
28928**
Marketing Manager

Sam Wingerter ~ 28896
Sales and Leasing
Specialist

Lisa Hall ~ 28889
Beauty Shop

Melissa Newton ~ 28963
Wellness Coordinator

India Douglas ~ 23179
Wellness Coordinator



Giving Matters.

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

You have the power to leave an amazing legacy.

Betty honored her new home, friends and family by leaving a gift in her will.

Betty left a gift in her will to help build the Kleemann Chapel at The Village of East Harbor and provide stained-glass windows. Before her passing, Betty said she always believed in the PVM mission to serve older adults and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her “happy home for these many years.”



To learn more about leaving a gift in your will, please visit mylegacy.pvmf.org. You'll be asked simple questions to help you plan the joy you'll bring.

Your legacy has the power to delight others well into the future. Betty's gift is bringing joy to her fellow residents every day at The Village of East Harbor.

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

Warm regards,

Paul J. Miller, CFRE

The Month of March

March is the 3rd month of the New Year and has a total of 31 days. The Northern Hemisphere season is spring. Originally, March's name comes from the Roman word Mars, which symbolizes the Roman god of war.

**May the road rise to meet you,
May the wind be always at your back,
The sun shine warm upon your face,
The rain fall soft upon your fields.
And until we meet again,
May God hold you in the hollow of
His hand.
--An Irish blessing**



Symbols of March

Birthstone: Aquamarine and Bloodstone

Flower: Daffodil

Zodiac signs: Pisces and Aries

aquamarine



bloodstone



Month Observances

American Nutrition Month
American Red Cross Month
Fire Prevention Month
Women's History Month
National Reading Month
National Craft Month

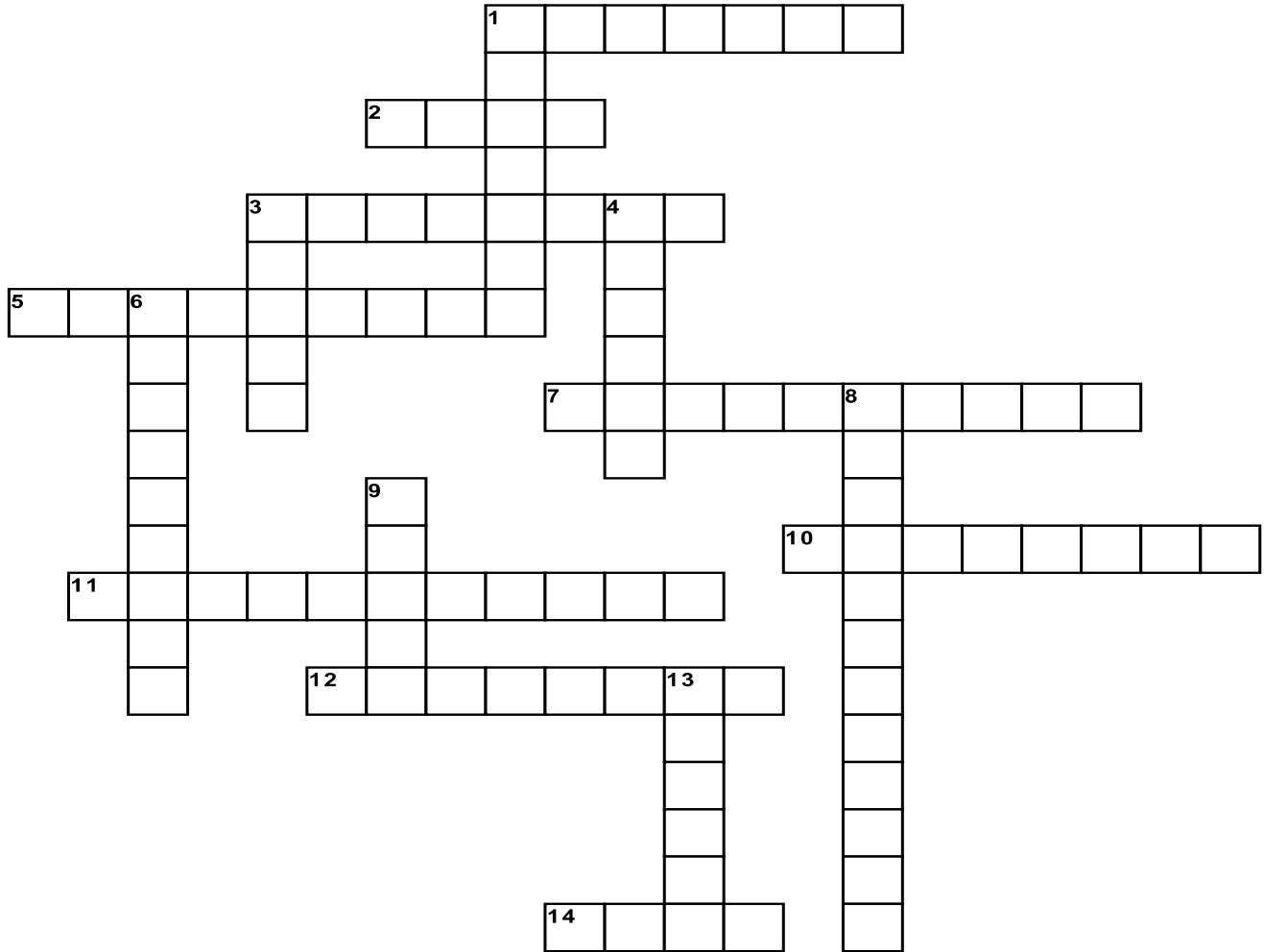
Did you know?

- The Oreo was invented in 1912, and is the best-selling cookie in America—and we celebrate National Oreo Day on March 6th!
- National Dentist's Day is celebrated on March 6th, to celebrate people who keep their teeth clean and healthy
- March 7th is National Pancake Day—this day can be celebrated with pancakes! The top 5 popular types of pancakes are buttermilk, blueberry, chocolate chip, and plain
- International Women's Day is celebrated on March 8th to celebrate the cultural, historical, and political achievements of women all around the world
- St. Patrick's Day is celebrated on March 17th. Everyone loves to celebrate St. Patty's Day; parades are very popular on this day! This day is a good day to wear green, eat Irish food, and enjoy green treats
- The Spring Equinox is on March 20th and is also well known as the vernal equinox, it is considered one of the four solar festivals of the year

This Day in History for the month of March

- 1st **1936** The Hoover Dam (Boulder Dam) is completed, **1941** Nashville, Tennessee becomes the home of the very first FM radio station, **1961** President John F. Kennedy establishes the Peace Corps
- 2nd **1933** The Original King Kong movie has its world premiere in New York
1949 First automatic street lights are installed in New Milford, Connecticut
1965 Operation Rolling Thunder begins Vietnam
- 3rd **1923** The first issue of the weekly periodical, "TIME" appeared on newsstands
- 4th **1902** Triple AAA Founded
1933 Franklin D. Roosevelt inaugurated as the 32nd president of the United States
- 5th **1933** U.S. President Franklin D. Roosevelt announced a four-day "bank holiday"
1956 US Supreme Court upholds a ban on racial segregation in state schools, colleges and universities
- 6th **1951** The Rosenberg Trial Starts, **1957** Ghana gains its independence from Britain
- 7th **1876** Alexander Graham Bell receives a patent for his revolutionary new invention the telephone
- 8th **1917** The Russian Revolution Starts, **1936** Daytona Car Racing Begins
1969 The Pontiac Firebird Trans Am the epitome of the American muscle car is introduced.
- 9th **1959** Barbie doll makes debut at the American Toy Fair in New York, **1974** Work on the 800-mile-long Alaska Oil pipeline connecting oil fields in northern Alaska to the sea port at Valdez begins.
- 10th **1964** The first Ford Mustang is manufactured ready for release on April 16.
- 11th **1918** Influenza Epidemic Begins in Fort Riley, Kansas, **1931** The work on the Boulder Dam Begins
- 12th **1912** Girl Scouts of America Founded
1933 President Roosevelt gives his first "fireside chat" radio broadcast
- 13th **1925** The Butler Act becomes law, **1936** Work on the Boulder Dam is completed
- 15th **1956** The musical "My Fair Lady" opened on Broadway, **1998** The Movie Titanic surpassed Star Wars to become the highest grossing film in North American box offices.
- 17th **1931** Nevada Legalizes Gambling, **1949** The first car with a Porsche badge (Porsche 356) is shown at International Automobile Show in Geneva
1969 Golda Meir becomes first female Prime Minister of Israel
- 18th **1925** Tri state tornados strikes Missouri, Illinois and Indiana
- 19th **1918** The US Congress approves daylight-saving time. **1932** Sydney Harbor Bridge Opens
- 20th **1922** The US Postmaster General orders all homes to get mailboxes
- 21st **1981** Prince Charles and Diana Wedding
- 22nd **1963** The Beatles' first album, "Please Please Me," is released in England
1972 The Equal Rights Amendment Passed by U.S. Senate and sent to the states for ratification.
- 24th **1900** Work on the New York subway begins
- 26th **1953** Dr. Jonas E. Salk, announced Polio Vaccine Success
- 27th **1980** Mount St. Helens Erupts
- 29th **1951** The 23rd Amendment to the Constitution is ratified
- 30th **1867** U.S.A. Buys Alaska for \$7.2 million
- 31st **1951** The first commercially built U.S. computer The UNIVAC I sold

St. Patrick's Day



Across

- 1 - Capital of Ireland (7)
- 2 - Dug from the bogs of Ireland to use as fuel (4)
- 3 - The name of a famous Irish beer (8)
- 5 - What is the name of the Irish County featured in a famous song? (9)
- 7 - He makes shoes and guards gold (10)
- 10 - Popular short and humorous verse, often nonsensical (8)
- 11 - What does the three leaf clover symbolise? (11)
- 12 - Another name for a 3 leaf clover (8)
- 14 - The four leaf clover symbolises this (4)

Down

- 1 - Kiss this stone to be cured from shyness (7)
- 3 - Colour representing St. Patrick's Day (5)
- 4 - He banished these reptiles from Ireland (6)
- 6 - You find this at the end of a rainbow (3,2,4)
- 8 - St. Patrick converted the Irish to this (12)
- 9 - Month that St. Patrick's Day falls on (5)
- 13 - Language group that includes Irish and Scottish (6)

♣ **See Answers on Page 9**

Benefits of Participating in Activities



Coloring has been proven to be therapeutic for people of all ages!

The Benefits include:

Improved mood, stress relief, outlet for self-expression, promotes mindfulness, helps maintain hand-eye coordination, promotes Socialization



Exercise has many health benefits for people of all ages.

The benefits include:

Helps maintain healthy bones, muscles, and joints, can help in reducing blood pressure, keeps the heart healthy, reduces the risk of falling or fracturing bones



Music therapy can be very beneficial. Such activities include sing alongs, karaoke, name that tune, listening to music on the radio. The benefits include:

Improvement of memory and recall, enhanced engagement levels, higher awareness and concentration, social interactions, increased outlook on life and increased joy, relaxation, increased self-esteem



Engaging in arts and crafts are very beneficial. Some of these benefits include:

Self-expression, socialization and communication, emotional wellbeing and intellectual stimulation



Participating in social events like holiday and birthday parties, or social activities such as coffee chat and reminicing; are very beneficial to individuals. Some benefits include:

Enhanced mental health, increased cognitive functioning, improved physical health, better self-esteem, and a sense of belonging



Research has shown that playing bingo has many positive benefits on peoples health

Enhances hand-eye coordination, boosts cognitive abilities, improves physial health, increases socialization

Happy Birthday to our Wonderful Residents...



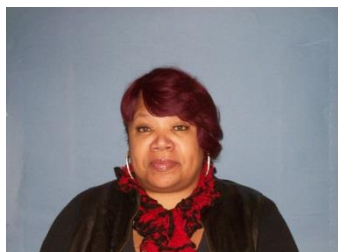
Following are the residents who celebrate a birthday in March!

Susan Patton 3/12/1925

Welcome New Residents:

Ted Zaroff

Welcome New Employees:



**Sonya Caldwell
Resident Assistant**



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!

THANK YOU
FOR YOUR DONATION!
...have you considered leaving your legacy for PVM residents?

**A GIFT IN YOUR WILL
GETTING STARTED**

How It Works: To make a charitable bequest, you need a current Will or revocable living trust. After your lifetime, Presbyterian Villages of Michigan Foundation receives your gift.

Without obligation, PVM Foundation would like to answer any questions you may have.
Please call The PVM Foundation at
248.281.2040
mylegacy.pvmf.org

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

Crossword Answer Key

Down:

- 1: Blarney
- 3: Green
- 4: Snakes
- 6: Pot of gold
- 8: Christianity
- 9: March
- 13: Celtic

Across:

- 1: Belfast
- 2: Peat
- 3: Guinness
- 5: Tipperary
- 7: Leprechaun
- 10: Limerick
- 11: Holy Trinity
- 12: Shamrock
- 14: Luck

**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

Melissa Nestorovski
Marketing Manager

India Douglas
Nurse Case Manager

Shana Brown
Wellness Manager

Deborah Antale
Dietary Services Director

Shari Thompson
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Kara Otto
Social Worker

Lisa Scott
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EMERGENCY NUMBER

(734) 728-5222



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



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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