



# Village Voice



Embrace the possibilities

## Cottage Courier

32001 Cherry Hill Rd. • Westland, Michigan 48186 • [www.pvm.org](http://www.pvm.org)

April 2018

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# 2018



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

Look for PVM on:



# Thank You!

To all family members and residents who came to our family and friend's potluck dinner on March 15<sup>th</sup>. The party was a success and could not have been without your help! We look forward to seeing everyone at our future potluck dinners!

Like and Join the Village on Facebook!



We now have a Facebook page title



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!

## 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

**Pam Webert ~ 28953**  
Wellness Instructor

**Lisa Hall ~ 28889**  
Beauty Shop

## **Alcohol: The Good, the Bad, & the Ugly**

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits ( $\leq 2$  drinks/day for men,  $\leq 1$  drink/day for women), it's excessive drinking that you have to worry about. Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits. If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol.

For more information on the health effects of alcohol, visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov).

### April fool's Day Fast Facts

- Also known as All Fools Day has been celebrated since the 19<sup>th</sup> century and is well known in Canada, Europe, Brazil and the United States.
- It is unclear where, when, or why April fool's day originated or began
- In the United States April fool's day pranks usually go on all day, but in other countries the pranks only go on until noon.

Birthstone- Diamond (symbolizes innocence)

Flower: Daisy or Sweet Pea

Zodiac Signs- Aries and Taurus



### Month:

- National Humor Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Kite Month
- National Poetry Month
- National Pecan Month
- National Welding Month
- Stress Awareness Month

April is the 4<sup>th</sup> month of the year and has 30 days

The season in the Northern Hemisphere is spring

The name April is derived from the Latin word "to open" which describes the trees opening during the springtime

The name April could also come from the Greek goddess Aphrodite

The second month of spring is the time for spring cleaning and gardening

April is the month when the Professional baseball season begins, go Tigers!

### April Holidays

April fool's Day- 1<sup>st</sup>

Easter- 1<sup>st</sup>

Friday the 13<sup>th</sup>

Patriot's Day- Third Monday- 16<sup>th</sup>

Earth Day- 22<sup>nd</sup>

Arbor Day- Last Friday 27<sup>th</sup>

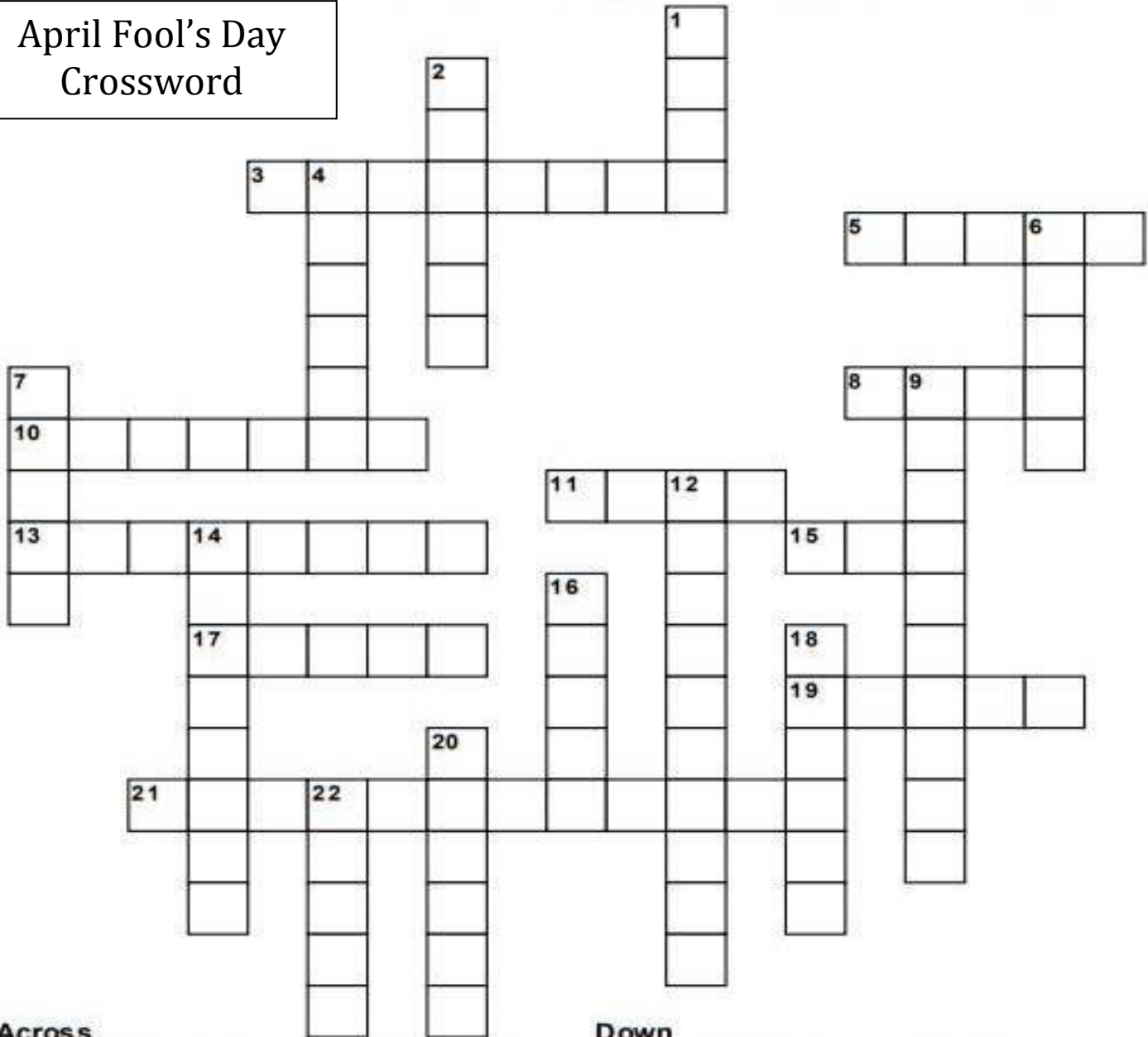
Friday the 13<sup>th</sup>

Patriot's Day- Third Monday- 16<sup>th</sup>

Earth Day- 22<sup>nd</sup>

Arbor Day- Last Friday 27<sup>th</sup>

April Fool's Day  
Crossword



**Across**

- 3 - Comedian, recently deceased. Robin \_\_\_\_ (8)
- 5 - Being 'over the moon' is being \_\_\_\_ (5)
- 8 - Read a bar code (4)
- 10 - Eight sided shape (7)
- 11 - \_\_\_\_ Scotia (4)
- 13 - German car manufacturer, starting with 'M'
- 15 - 'Play it again \_\_\_\_' (3)
- 17 - April Zodiac Sign (5)
- 19 - 'A fool and his \_\_\_\_ are soon parted' (5)
- 21 - Record label founded by the Beatles (5, 7)

**Down**

- 1 - Famous rabbit, \_\_\_\_ Bunny (4)
- 2 - These animals are said to howl at the moon (6)
- 4 - Colour of the rainbow, starting with I (6)
- 6 - 'Penny wise and \_\_\_\_ foolish' (5)
- 7 - Fish bait (5)
- 9 - Type of ape, starts with 'C' (10)
- 12 - Someone who doesn't eat meat (10)
- 14 - Eccentric, foolish person; starts with 'C' (8)
- 16 - Movie title: 'The Sound of \_\_\_\_' (5)
- 18 - A queen once said: 'We are not \_\_\_\_' (6)
- 20 - Cadbury chocolate frog (6)
- 22 - Jokes make you \_\_\_\_ (5)

## Spring Word Finder #1

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

Flowers  
 Sunshine  
 Insects  
 Bikes  
 Porches  
 Galleries

Butterflies  
 Blossoms  
 Plants  
 Pictures  
 Hikes

Backyard  
 Birds  
 Frogs  
 Picnics  
 Tennis

Parks  
 Beauty  
 Sandals  
 Seedlings  
 Festivals

See Answers on page 9



# Happy Birthday to our Wonderful Residents...



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

**Gilbert Donohue 4/23/1934**



## Welcome to the Cottages: Staff:

**Lori Stewart Resident Assistant**

**Jazmen Evans Resident Assistant**

**Tianna Johnston Resident Assistant**

**Jessica Wimberly- LPN**



## 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.

April Fool's Day Crossword Answers



**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)

**Office Numbers (734) 728-5222**  
**Village Staff**

**Michele White**  
*Executive Director*

**Jason Lovelly**  
*Human Resources*

**Josh Kephart**  
*Maintenance Supervisor*

**Melissa Nestorovski**  
*Marketing Manager*

**Jan Smith**  
*Nurse 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](http://www.pvm.org)



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