



Village Voice



Embrace the possibilities

Cottage Courier

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

July 2018

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The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

The Senior Advocate

STOMP OUT ELDER ABUSE!

June 15th was World Elder Abuse Awareness Day. Elder Abuse and exploitation is a rapidly growing problem in America and will continue to increase with the aging of our population. Lance Robertson of the Administration for Community Living, formerly the Administration on Aging at the federal level, released information on how to join the fight for elder justice. He stated that we need to:

BREAK DOWN ISOLATION

Elders without strong social networks are at greater risk. Stay in touch with older adults in your community. Support community efforts to fight isolation. Volunteer to deliver meals or act as a long-term care ombudsman who works to report abuse, neglect and exploitation.

LEARN TO SPOT RED FLAGS

There are a number of “red flags”: Isolation, especially by a caregiver; unpaid bills or utilities that have been turned off; unusual or quick changes in a will or other financial documents; missing medications; bruises or welts.

WHAT YOU CAN DO

Elder abuse is more difficult to recognize than child abuse since children attend school. Thus, it is important that fellow citizens observe very carefully for any of the red flags mentioned. Bank tellers, nurses and physicians, senior services providers, hair stylists and others with front line access to seniors can make a difference. Report any red flags to the proper authorities.

The statewide hotline in Michigan is (855) 444-3911.

Let’s look out for others who may not be able to protect themselves from harm.

Staff Extensions

Michele White ~ 28885
Executive Director

Jan Smith ~ 23178
Nurse Case Manager

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 & Jennifer ~ 28953
Wellness Instructors

Lisa Hall ~ 28889
Beauty Shop



You are invited to a

Hawaiian Luau Party

Join us for snacks and special entertainment!
We will be outside of Rose and Ivy cottage

Friday July 27th 2-3 pm



Family and Friends are welcome!

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



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

Dean Billiau 7/9/1932

Edna Gilbert 7/23/21

Mary Brown 7/10

Welcome to the Cottages New Residents!

Stella Lalomia Rose Cottage

Anita Smith Rose Cottage

Genette Stowers

Welcome New Staff!

Jasmine White- Resident Assistant



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!

It's Strawberry Season!

Strawberries are delicious and nutritious and pair perfectly with any meal!

Strawberries may improve your health as they are full of potassium, magnesium, folate, and vitamins C and K. Strawberries are a great snack, but can also be added to many other foods. Add strawberries to your salad, yogurt, muffins, salsa, tea, and more!

In Michigan, strawberries are in season from June – August. A fun way to add more physical activity in to your day is to go strawberry picking!

Walk around a local farm and pick fresh strawberries! Here is a link to find your nearest strawberry farm. <http://www.pickyourown.org/MI.htm>



When picking your strawberries, choose the bright red ones. This means that they are ripe and ready to eat! Make sure that they are not too soft or bruised! If you have an abundance of strawberries, you can freeze them for up to 10 – 12 months! In order to keep them fresh strawberries should be refrigerated daily. Rinse your strawberries before you cut them to keep them fresh longer!

Strawberry Fun Facts*

- Every state in the U.S grows strawberries.
- An average strawberry has 200 seeds.
- Americans eat 3.4 pounds of strawberries on average each year.

*Source: <https://www.countryliving.com/food-drinks/a35552/facts-about-strawberries/>

Welcome July

July is the 7th month of the year on the Gregorian calendar and is named after Julius Caesar. The month of July is a month of many celebrations. From Independence Day and Canada Day to Chocolate day and Parent Day there is a celebration for everyone to take part in. The United States considers the month of July a time for vacations, going to the beach, and enjoying the warm weather.

The birth flowers of July are the water lily, which symbolizes purity of heart, and larkspur, which is usually white, pink and purple.

The birthstone for July is the ruby, which is believed to protect whoever wears it from evil. The stone is one of the second hardest natural gemstones, along with the sapphire. The ruby symbolizes love, passion, energy, and success.

Month:

Dog days of summer 7/3-8/11
National Ice Cream Month
National Picnic Month
Unlucky Month for weddings
National Hot Dog Month

July 4th Independence Day

The fourth of July is the birthday of our nation. Today, we celebrate and enjoy the freedom that comes with the event that made this day so special. Thomas Jefferson is the author of the Declaration of Independence. He led a committee that created the declaration between June 11-28, 1776. Jefferson and other representatives from the thirteen colonies voted and approved it on July 4, 1776. The document declared freedom for the 13 colonies from British rule. It currently resides in the Exhibition Hall of the National Archive in Washington, D.C.

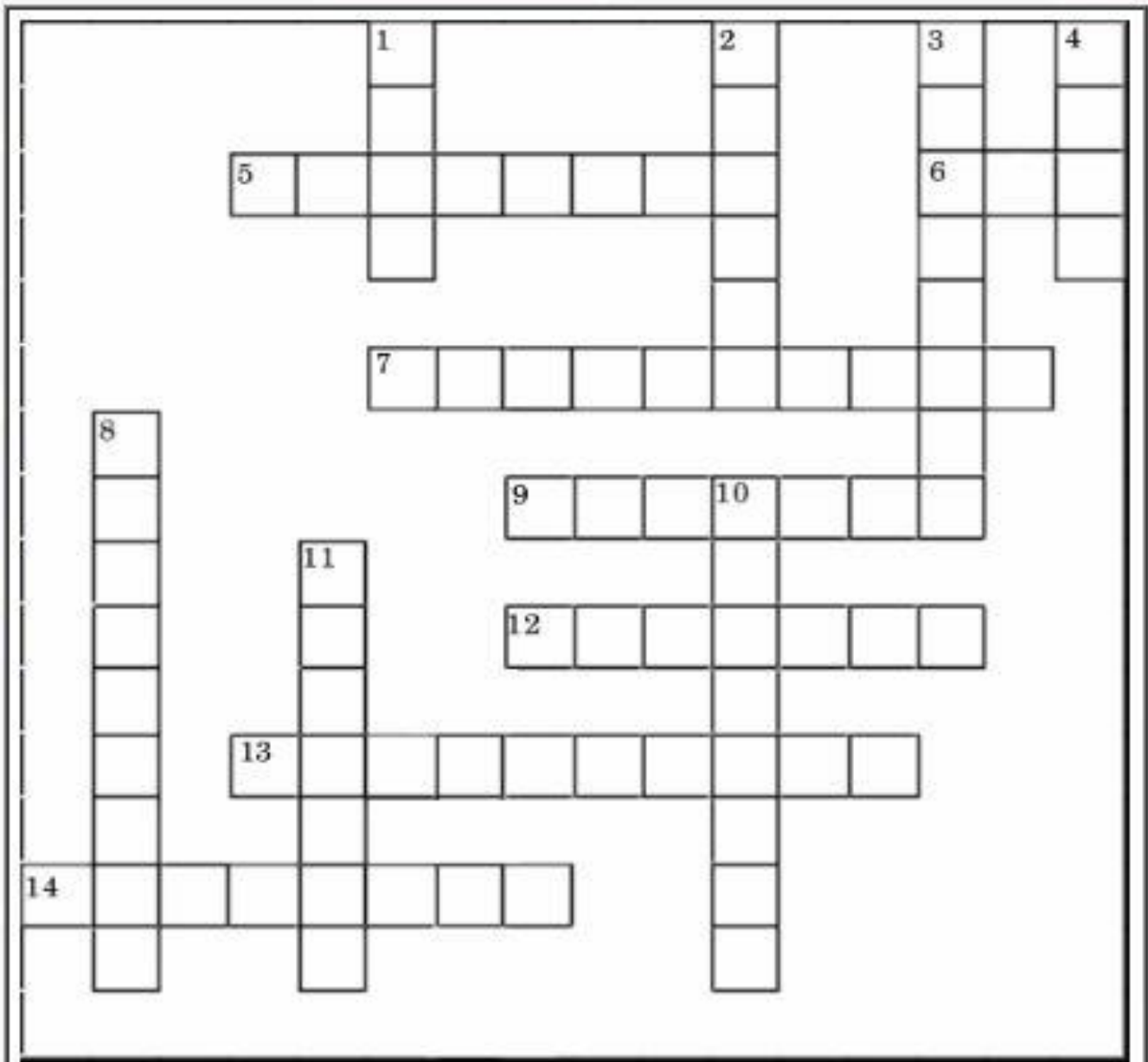
Did you know? Not all representatives signed the Declaration of Independence until August 1776. To make it official, John Hancock, President of the Continental Congress signed it. Now, can anyone guess where the saying "put your John Hancock on it" came from!?!

Today, we enjoy the benefits of the freedom, which the framers signed and ultimately fought for. For us, it is a time for baseball, hot dogs and family picnics. Summer is in full swing and life is good.

Fourth of July is not complete without parades and fireworks. Almost everyone enjoys fireworks. You should have your choice of several locations in your area on the Fourth, or even the day before. Many cottage owners on lakes will set out flares along the shore creating a "Ring of Fire". Add to this an abundance of fireworks, and you have quite a display.

From holidayinsights.com

Independence Day Crossword Puzzle



ACROSS

- 5 Before becoming states
- 6 Colonists threw in Boston Harbor
- 7 Colonial Army leader
- 9 Bands march in them
- 12 No tyranny or oppression
- 13 British and Colonist war
- 14 Another name for British

DOWN

- 1 USA birthday month
- 2 Tea Party harbor
- 3 Loyal to their country
- 4 Betsy Ross made one
- 8 Colonists who fought
- 10 Citizen of USA
- 11 Right to make choices

See answers on page 9

June Activities

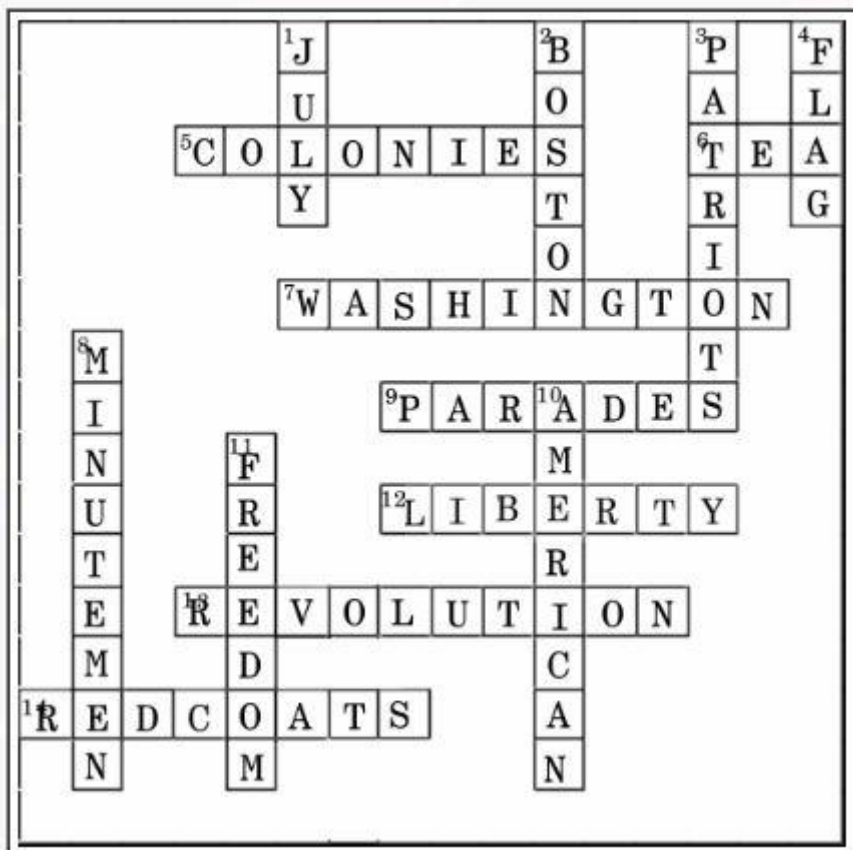


Like and Join the Village on Facebook!
 We now have a Facebook page titled
 Presbyterian Village of Westland!

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!

Cottage Updates

We are happy to announce that beginning in August we will be holding two Presbyterian services a month. The services are located in Rose Cottage and will be on the **first** and **third** Wednesday of each month at 10:30 AM.



**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

Village Staff

Michele White
Executive Director

Jason Lovelly
Human Resources

Josh Kephart
Maintenance Supervisor

Melissa Nestorovski
Marketing Manager

Jan Smith
Nurse Manager

(734) 728-5222

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

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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