



Village Voice



Embrace the possibilities

Cottage Courier

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

December 2017

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The Village of
Westland

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





We would like to thank all the residents and family members that contributed to the Harvest Potluck dinner. We had an excellent turnout!

Happy Holidays!

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

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

Pam & Mara ~ 28953
Wellness Instructors

Sally ~ 28889
Beauty Shop



Giving Matters.

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

Will you remember your peers in your year-end giving?

Until no seniors need us, we need ***you***.

Picture this.

You're a healthy, working older adult close to retirement. Then one of your worst fears comes true. A car accident leaves you unable to work and you're forced to retire early. You now need an affordable home with your new, limited income.



Where do you turn?

It happened to Brenda. It may have even happened to you or someone you know.

Without faithful donors, Brenda would've had nowhere to turn. But, because donors made quality housing possible, Brenda's now thriving at a PVM community. She's living out the retirement she always hoped for but didn't think existed. Her schedule is filled with fitness classes, movies, arts and crafts, picnics and cultural trips—all the things she needs to age actively.

Please be a hero for someone like Brenda and make your gift today. You are needed now, more than ever!

Thank you for being a hero!

Paul J. Miller, CFRE

***P.S.** You can make your gift by calling 248-281-2040 or by visiting GiveToPVMF.org today!

A Caroling We Should Go

Whether you can carry a tune or not, it turns out that not only is singing well for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.



If done in a group, singing can improve our social lives and widen our circle of friends. And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow.

To learn more about the health benefits of singing visit <http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.

November Activities



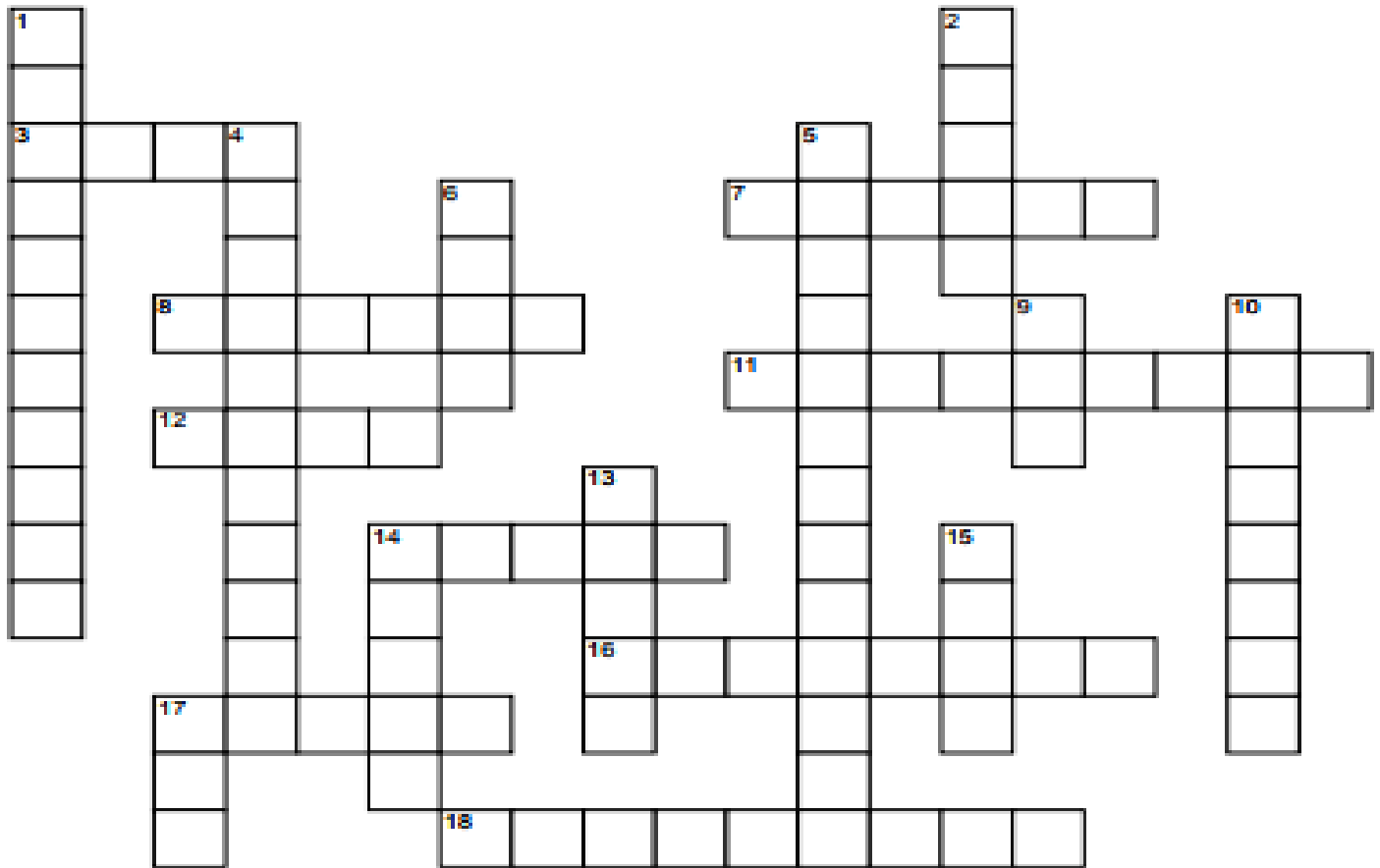


December is the 12th month of the year, and the last month of the Gregorian calendar. December has the shortest daylight hours and is the beginning of the winter season in the northern hemisphere

1. The birthstone of December is Turquoise or Zircon
2. The zodiac signs for December are Sagittarius (November 22-December 21) and Capricorn (December 22-January 19)
3. Decembers birth flower is narcissus or the holly
4. Christmas day is celebrated on the 25th of December
5. In 1967, on December 3 the first heart transplant was completed
6. National Cookie day is December 4th
7. The first day of winter is either on the 21st or 22nd and is considered the shortest day of the year and longest night- the winter solstice
8. Human Rights Month, Bingo Month, and Write a Friend Month
9. St. Nicholas day is celebrated on December 6th
10. Pearl Harbor day is on December 7th
11. National Brownie day is December 8th
12. December 21st is Crossword Puzzle Day



Winter Weather



ACROSS

- 3 The process by which snow or ice changes to water.
 7 A period of very cold winter weather that damages plants.
 8 Intensely cold temperature.
 11 The temperature felt by the human body when wind makes it feel colder than the actual temperature.
 12 Mildly cold feeling.
 14 Bright with sunshine.
 16 Snowfall that is so heavy one can see little or nothing on the horizon.
 17 Ice crystals on a frozen surface; "Old Jack _____."
 18 A large mass of snow that slides down a mountain.

DOWN

- 1 A standardized measure of how hot or cold it is outside.
 2 Rain that freezes as it falls.
 4 A tool used to measure the temperature.
 5 Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
 6 Pieces of ice falling from the sky.
 9 A solid form of frozen water.
 10 A storm with heavy snow, strong winds, and severe cold.
 13 Covered with snow.
 14 A mixture of snow and water.
 15 Precipitation in the form of small white ice crystals that form inside clouds.
 17 Thick water vapor that makes it hard to see.

WORD BANK: Avalanche, blizzard, cool, fog, freeze, frigid, frost, hail, ice, melt, precipitation, sleet, slush, snow, snowy, sunny, temperature, thermometer, whiteout, windchill.

Happy Birthday to our Wonderful Residents...



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

**Kathleen Slate ~ 12/1/1931
Frances Webb ~ 12/5/1920
Patricia Vollans – 12/21/1934
Robert Ostler – 12/28/1925**

New Residents:

**Rose Gordon- (rose Cottage)
Patricia Vollans- (Rose Cottage)
Barbara Olson- (Ivy Cottage)**

New Employees:

**Janee Barnes
Nashona Coney**



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!

Solution:



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

Lisa Scott
Housekeeping

India Douglas
Nurse Case Manager

Shana Brown
Wellness Manager

Deborah Antale
Dietary Services Director

Shari Thompson
Billing

Kara Otto
Social Worker

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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A Mission of Presbyterian Villages of Michigan

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