



# St. Martha's Journal



## Embrace the possibilities

HAPPY NEW YEAR

15875 Joy Road • Detroit, Michigan 48228 • www.pvm.org

January 2016

### Social Security and You!

Dear Residents,

As you may heard it was announced last year that tens of millions of seniors will see no annual cost-of-living adjustment in their Social Security checks in 2016. I wanted to share with you an article from The Washington Post (by Lisa Rein).

It's unwelcome news that also will flatten benefit payments for retired federal workers and service members. It is only the third time in 40 years that the Social Security Administration has not increased its payments. The raises are tied to the consumer price index (CPI), which has been flat because of lower gasoline prices. By law, the cost-of-living adjustment is based on the Consumer Price Index for Urban Wage Earners and Clerical Workers, a wide-ranging assessment of consumer prices by the Bureau of Labor Statistics. Food, housing, clothing, transportation, energy, medical care, recreation, education — these all go into the calculation. If prices rise, benefits rise. If they stay more or less flat, so do benefits.

Groups that advocate for retirees have long complained that CPI is a poor measure for Social Security benefits. People who are working have different spending patterns than retirees, they argue, driving more and spending less on health care and long-term care than those who have stopped working. But medical care is where prices are rising faster than other goods. Advocates favor using what's called the CPI-E (E for elderly), which attempts to take into account the different spending patterns for retirees. One lawmaker has introduced a bill that would amend the current law by requiring the use of the Consumer Price Index for the Elderly rather than the Consumer Price Index for Urban Wage Earners and Clerical Workers, when calculating annual cost of living adjustments for people on Social Security.

What this means for you here at St. Martha's? As you prepare to do you annual recertification, unless you have increased or decreased medical expenses your rent should stay around the same amount.

Andrea Felice-Administrator

#### Featured Articles

Community News pg. 2

The Senior Advocate pg. 3

What Would Grandma Do? pg. 5

It's Your Life Live it Well pg. 6

Word Search pg. 8

Calendar pg. 9



The Village of St. Martha's

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan and Canterbury-on-the-Lake

Look for PVM on:



# Community News

## Residents Make Holiday Cards

Kina Jones, Administrative Assistant wanted to do something nice for the Christ Child Home for Boys for Christmas since they sent us Valentine Cards in February. So she made homemade treats and the residents signed cards made by Ms. Connie Charles & Andrea Felice. The box was then delivered on December 22<sup>nd</sup>.



Dear Residents,

I want to wish you Happy Holidays, and a Happy New Year. I am sorry that I could not be there to celebrate with you during this time. As some of you may already know, I will be on a short medical leave for the time being. I hope to return to The Village of St. Martha's soon. I think of you all each and every day. I would like to take the opportunity to say thank you for all of the Christmas cards, get well soon cards and gifts. Your thoughts and prayers mean the world to me, and it warms my heart to know you care. Be safe and stay warm.

Respectfully,

Kina Jones  
Administrative Assistant

## Announcements

### January is Blood Donor Month!

#### Important Dates At-A-Glance!

**1/1 New Year's Day**

**1/8 Focus Hope Food Delivery**

**1/12 Stop Pest Control (1<sup>st</sup> fl)**

**1/18 Martin Luther King, Jr. Day (Office Closed)**

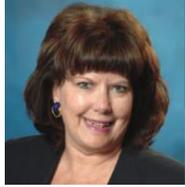
**1/21 National Hugging Day**

What a great day! This is an opportunity to give and to receive. Give a hug, and you automatically receive one in return. Sure, someone might not hug back. But, how often does that happen!?!

Hugs are loving. Hugs are therapeutic. Hugs are caring. Hugs are celebratory. Hugs make you feel good inside. Have you ever received a hug from someone who didn't care? I didn't think so. That's proof positive that you're loved and cared about.

Celebrate today by giving hugs to family, friends and loved ones. You'll love the warm feeling you get.

**1/26 Concerto Healthcare Presentation 1-2pm**



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### THE LATEST ON THE AGING OF AMERICA

NEW FLASH! Our society is getting older! I call this a new flash in just since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

- America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.
- The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.
- About one in every seven, or 14.1% of the population, is an older American.
- Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).
- There were 67,347 persons aged 100 or more in 2013.
- Older women outnumber older men at 25.1 million older women to 19.6 older men.
- Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is: [www.iog.wayne.edu](http://www.iog.wayne.edu). Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse.

*Continued on page 5*

### ANNOUNCEMENTS

#### Joy Community Association (JCA)

The Joy Community Association will not meet in January.



#### Focus Hope

Food box delivery is the first Friday of each month. Please be come to the community room between 9-11 am to pick up your box. If you don't pick it up by 11am, your box will be left in the community room with your name on it. We are not responsible for boxes not picked up. Thank you to Ms. Nancy Roberts for coordinating the deliveries.

#### Forgotten Harvest

Free food boxes are given every 2<sup>nd</sup> Wednesday at Gardenview Estates on Joy Rd. & Southfield at the community center. You must be registered first. To register, you must be present & show your ID.

#### Meals on Wheels

If you are interested in getting Meals on Wheels, please call DAAA at 313.446.4444 to register.

COMMUNITY NEWS (continued)

## 2015 Holiday Party

On Friday, December 18<sup>th</sup>, St. Martha's held our annual Holiday Party with all of the trimmings. Residents who participated exchanged gifts and listened to Holiday Classics. Special guests included St. Martha's board members. Ten gifts were donated by St. Martha's Board members and were raffled as well as \$100 in gift cards. Valerie Stokes and from the PVM Foundation make a special visit to judge the Holiday Door Decorating Contest. Although everyone who participated did a great job the decision was hard, the 3 winners are to the right. Congratulations, it was fun to see all of the beautiful doors!



1<sup>st</sup> place: Ms. Katie Anderson



**Above left:** Ms. Glenn who was best dressed.



**Above right:** Ms. Scott holding up her Mary Kay gift bag she won.

**Right:** Mr. Clark showing his new gloves.



2<sup>nd</sup> place:  
Tanya Moore



3<sup>rd</sup> place: Annie LeGrand

**COMMUNITY NEWS (continued)****Resident Activities**

Kina found this cute idea and thought she would share with you.

Start on January 1st with an empty jar. Throughout the year write the good things that happened to you on little pieces of paper. On December 31st, open the jar and read all the amazing things that happened to you that year. Who else loves this idea?!

<http://danettemay.com/>

**Resident Trip**

Michigan Sea Life Aquarium @ Great Lakes Crossing

**Friday, February 5<sup>th</sup> (tentative)**

9:00 am – 3:00 pm

- Cost \$13.50 each with a group of 15 or more or \$18 each.
- Can shop if you don't want to visit the aquarium.
- Bus with lift available.
- Please sign up in the office by **1/21/16** & for more info.

**The Senior Advocate**

*Continued from page 3*

This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.

**ACTIVITIES****Computer Training**

**Mondays**

**9am – 1pm**

**Library**

Would you like to learn how to use the computer, internet, setting up an email account, a smart phone or tablet? Sign up on the sheet in the office. One-hour sessions with Farah by appointment only.

**Bible Study**

**Wednesdays**

**11am – 12:30pm**

**Community Room**

Join Rev. Patricia Butler from St. Luke Church for different lessons each week.

**Card Games**

**Wednesdays – 3:00 pm**

**Community Room**

Join residents and have fun playing Bid Wiz, Spades or start a new game. All players welcome.

**Movie Day**

**Thursdays – 2:00 pm**

**Mini Theatre**

Join residents and watch a variety of movies. Popcorn provided. See the events board for the name of the movie each week. Suggestions welcome.



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*No article this month.*

*Continued from page 4*

## St. Martha's Resident Council

President: Hyren Trawick  
Vice-President: Barbara Williams  
Treasurer: Annie LeGrand  
Secretary: Nancy Roberts

*Meetings are held every second Monday of the month @ 12:00 pm in the Community Room.*



## Resident Council News

If you would like to join the resident association, please contact one of the above officers.



# Word Search

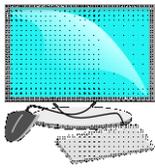
## Winter Word Search Is here!

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

- BLIZZARD
- BOBSLEDS
- BOOTS
- CARNIVALS
- FIREPLACES
- FLAKES
- HATS
- HOCKEY
- HOLIDAYS
- ICEPALACE
- ICERINK
- ICICLES
- JACKFROST
- MITTENS
- OVERCOATS
- SCARVES
- SKIING
- SLEDS
- SLEIGHBELLS
- SKATING
- SNOWBALLS
- SNOWBOARDS
- SNOWMEN
- SNOWMOBILES
- TOBOGGANS
- TUQUES



# Events for January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy New Year!	2
3	4	5	6 Bible Study 11am Cards 3pm	7 Movie 2pm	8 Focus Hope Food Delivery	9
10 	11 Computer Training 9-1 (by appt. only)  Resident Council Mtg 12pm	12	13 Bible Study 11am Cards 3pm  	14 Movie 2pm  	15	16
17	18 MLK Day Office Closed	19	20 Bible Study 11am Cards 3pm	21 Movie 2pm	22	23
24	25 Computer Training 9-1 (by appt. only)	26 Concerto Healthcare Presentation 1-2pm	27 Bible Study 11am Cards 3pm	28 Movie 2pm	29	30 Community Room- Private Rental
31						

**Notes:**

**Movie Days:**

- Thur 1/7 Maze Runner: Scorch Trials
- Thur 1/14 90 Minutes in Heaven
- Thur 1/21 Dark Places
- Thur 1/28 Pan



## January Birthdays!

- Barbara Williams.....1/12
- Edna Gaynor.....1/15
- Hyren Trawick.....,1/15
- Carolyn Williams.....1/18
- Geraldyn Scott.....1/29



**Tues, Thurs @ 9:00 am  
& Sat @ 9:45 am**

Walmart will not pick up residents if outside temperature is under 10 degrees.

**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

**Phone: 313.582.8088**  
**Fax: 313.582.8085**

## Village Staff

**Andrea Felice, TCS, COS...also a Notary Public offering FREE  
Administrator notary services to residents and seniors.**

**Kina Jones**  
*Administrative Assistant*

**Bill Glaspie**  
*Maintenance Technician*

**EMERGENCY MAINTENANCE  
NUMBER (After hours)**

**313. 701.0119**



**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 Foundation at **248-281-2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)



The Village of

**St. Martha's**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan  
and Canterbury-on-the-Lake

**15875 Joy Road  
Detroit, MI 48228**

# Embrace the possibilities