



St. Martha's Journal



Embrace the possibilities

March 2016

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

March is National Nutrition Month!



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St. Martha's Residents Help Flint!

Dear Residents,

At our last resident meeting we were discussing ways our village could give back to the community. It was suggested by Ms. Lola Bailey to raise money to purchase water for Flint residents. After her suggestion residents wasted no time in giving money and bringing water to the office. Several of our residents have family or know someone living in Flint and felt this was an important cause.

Thank you to all who gave money or donated water, we really appreciate your kindness to those living in Flint. **We raised \$148 plus received 105 bottles of water!** I will update you next month on how many cases of water we were able to purchase.

Thank you to Ms. Bailey for manning the donation table.



Andrea Felice
Administrator

Check out our new interactive website & Facebook page & "Like Us"!



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

Re-Sale BINGO

We kicked off the first game of Re-Sale BINGO on Friday, February 26 and it was a success! Thanks to Ms. Charles, Ms. Stephens & Kim McCartha for donating items to start. Some residents walked away with some nice stuff. See more information below about our next game.



A few of our BINGO winners!



Re-Sale BINGO

Next game Wednesday, March 30, 2-4pm in community room.

Entry cost: Bring at least one item or more (items can be gently used or new such as non-expensive jewelry, scarves, knick-knacks, household items, whatever you would see at a re-sale shop) Please do not bring clothes, shoes, broken or dirty items.

Games played are based on number of people and prizes and will be determined before games begin.

Only 2 cards per player and one winner per game (unless there is a tie).

Questions or to bring items prior, see Andrea in office.

Announcements

March is National Nutrition Month!

Important Dates At-A-Glance!

3/4 Employee Appreciation Day

3/8 International Women's Day

3/10 Popcorn Lover's Day

3/13 Daylight Savings Time (Move clocks 1 hour forward)



3/17 St. Patrick's Day



3/19 Gamma Phi Delta Sorority "Day of Kindness" 1:30pm - 2:30 pm

3/25 Good Friday (**Office Closed**)

3/27 Easter





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

No article for March. Stay tuned for next month's article.

COMMUNITY NEWS (continued)

2016 Friends & Family Fundraiser

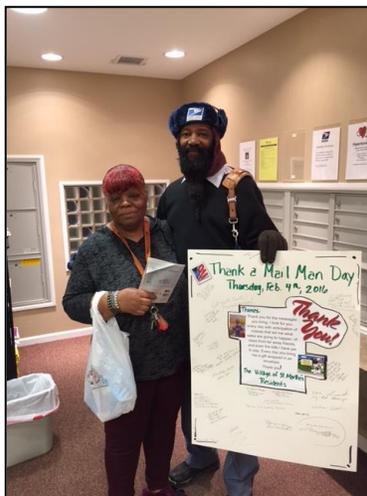
Save the Date for our 2016 Friends & Family Fundraiser Kick-Off Party on Friday, April 1 from 1-3pm!

St. Martha's residents decided to keep raising money for Outdoor Furniture. We raised \$1,700 last year so our goal is \$3,300. Ideas include a barbeque area with a grill and picnic table. A draft of the plans will be included in next month's newsletter. The fundraiser will be held from April 1 – April 30, please start talking to family & friends about making a donation to our project.

Mail Man Day

On February 4th we celebrated Mail Man Day. We gave Thomas a huge thank you card with messages from residents to display how much we appreciate him. Although that is an annual celebration, you can always show Thomas & our other carriers how much you appreciate them any day of the year. **Thank you Thomas!**

Right: Ms. Kersey with Thomas, Mail Man Carrier.



ANNOUNCEMENTS

Joy Community Association (JCA)

The Joy Community Association will meet on Thursday, March 10th @ 6pm.

Focus Hope

Food box delivery is the first Friday of each month. Please come to the community room between 9-11am 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. If you are interested in receiving Focus Hope, please see the Service Coordinator.

Forgotten Harvest

Free food boxes are given every 2nd Wednesday at Gardenvue 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

To register, please call Detroit Area Agency on Aging at 313.446.4444.

COMMUNITY NEWS (continued)

March is National Nutrition Month



4 Types of Foods to Help Boost Your Memory

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons including genetics, level of physical activity, and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

Eat your veggies. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a raw kale salad or substitute collard greens for the tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

Marisa Moore, MBA, RDN, LD Academy of Nutrition & Dietetics www.eatright.org

ACTIVITIES

Bible Study

Wednesdays

11am – 12:30pm

Community Room

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

Card Games

Wednesdays – 4:00 pm

Community Room

Join residents & friends for Bid Wiz, Spades or start a new game. All players welcome.

Movie Day

Thursdays – 2:00 pm

Community Room

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

Suggestions welcome.



Service Coordinator News



From the Desk of Kimberly McCartha.....

On February 23, I held a Meet & Greet to get to know everyone, thanks to those residents who had a chance to come down & meet me. For those of you who didn't have a chance to come down, below are a few of the services I am here to provide for you.

Referrals & linking you to services you might need such as,

- financial & medical assistance
- educational workshops & emotional support
- legal issues
- home health care
- food commodities

In the next few weeks I will be reaching out to those of you I haven't met yet to see if I can be of service. Thanks for being patient with my hours while I'm going through training and figuring out my schedule but my hours will be posted weekly on the community room window.

I look forward to serving you!

Upcoming Presentations

Lincoln Heritage Life Insurance Company

Monday, March 14, 2016 1-2pm

.Funeral Advantage program details to plan for final expenses.

Light refreshments served & re-sale raffle.

Detroit Area Agency on Aging

Monday, March 28, 2016

2-3pm

Services they provide to Seniors.

Pizza will be served & re-sale raffle.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Eat Better to Feel Better!

As we age, we often consider our daily aches and pains to be a sign that we are getting "old". We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the "fact" that there's nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body's ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it's best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit

www.choosemyplate.gov/MyPlate.

Continued from page 4

St. Martha's Resident Council

President: Hyren Trawick
Vice-President: Barbara Williams
Treasurer: Annie LeGrand
Secretary: Nancy Roberts
Sargent at Arms: vacant

The next meeting will be held on **Monday, March 14 @ 12:00 pm** in the Community Room.

Resident Council News

To the bakers, those who donated goodies, made a purchase, or volunteered their time, THANK YOU! The bake sale was a success!

- Resident Council



If you would like to be a member of the Resident Association, please come to the meeting. We encourage residents to participate.



Giving Matters.

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

Friends & Family Kicks Off April 1st!

Join us in the annual **Friends & Family** fundraising campaign! Friends & Family is an opportunity for residents to raise funds for projects that will enhance and enrich their lives. The 2016 goal is to raise \$150,000 cumulatively across all participating PVM Villages.

Match Opportunity

Your gift received by April 30th during Friends & Family (F&F) is eligible to be matched! Matching funds will be awarded at the end of the campaign to every Village, based on the percentage they raised toward the total F&F amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Example: If your Village raises 10% of the total F&F amount raised (across all Villages), then your Village will receive 10% of the matching funds available.

Want to Learn More?

Attend your Village Kick-Off Party or look for flyers and posters to learn more about your Village's individual fundraising goal and project. You can also visit pvmfoundation.org/FF2016. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, **every gift matters!**

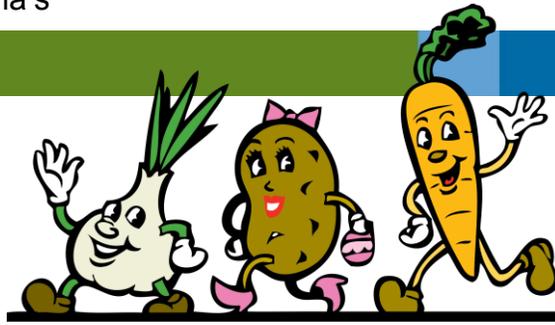
To Make a Gift

- See the front desk or your Administrator for a donation envelope and mail it to PVM Foundation, 26200 Lahser Road, Suite 300, Southfield, MI 48033.
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!

Warm regards,
Paul J. Miller, CFRE

Word Search



Vegetables Word Search Puzzle

E G G P L A N T C T E Z R B F
 B A J Z R C K A H C E E A R R
 C G N W G E R P U U W E S A E
 O Z A J W R B T A O Y E B B P
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| ASPARAGUS | ONION |
| BEAN | PARSNIPS |
| BEET | PEAS |
| BROCCOLI | PEPPER |
| CABBAGE | POTATOES |
| CARROT | RADISH |
| CAULIFLOWER | RHUBARB |
| CHARD | RUTABAGA |
| COLLARD | TURNIP |
| CUCUMBER | WATERCRESS |
| EGGPLANT | |
| GARLIC | |
| KOHLRABI | |
| LETTUCE | |
| MELON | |

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015
FRIENDS & family
April
1-30

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.

Your gift today will change the lives of seniors for years to come!








Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

TO MAKE A GIFT:
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at **248.281.2040** or visit www.pvmfoundation.org.

Your gift can be **MATCHED!**
Match guidelines apply.

Events for March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Bible Study 11 am Cards 4pm	3 Movie 2pm	4 Focus Hope Food Delivery 9-11 am	5
6	7	8 Pest Control (2nd fl)	9 Bible Study 11 am Cards 4pm	10 Movie 2pm	11	12
13 Daylight Savings Time 	14 Resident Council Mtg 12pm Lincoln Heritage Presentation 1-2pm	15	16 Bible Study 11 am Cards 4pm	17 Movie 2pm St. Patrick's Day 	18 	19 Gamma Phi Delta Sorority "Day of Kindness" 1:30pm
20 Community Room-Private Rental 	21 <i>Service Coordinator</i>	22 <i>At Conference</i>	23 Bible Study 11 am Cards 4pm <i>All</i>	24 Movie 2pm <i>Week</i>	25 Good Friday Office Closed —>	26 Community Room-Private Rental
27 Easter	28 DAAA Presentation 2-3	29	30 Bible Study 11 am Re-Sale BINGO 2-4pm Cards 4pm	31 Movie 2pm	April 1 Friends & Family Kick-Off Party 1-3pm	

Movie Days:

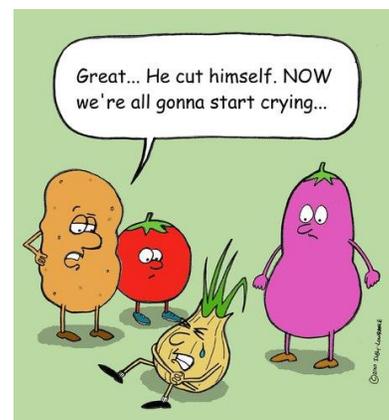
- Thur 3/3 Residents' Choice
- Thur 3/10 The Last Witch Hunter
- Thur 3/17 Tower Heist
- Thur 3/24 Mad Max
- Thur 3/31 Second Coming



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

March Birthdays!

- Clorine Sharp.....3/1
- Margaret Cheeks.....3/1
- Charles Jones, Jr.....3/1
- William Clark.....3/6
- Charlotte Johnson.....3/26



**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

Phone: 313.582.8088
Fax: 313.582.8085

**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

Kimberly McCartha 313.582.2785 313.582.7822 Fax
Service Coordinator

EMERGENCY MAINTENANCE 313. 701.0119
NUMBER (After hours)



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**



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