



# St. Martha's Journal



## Embrace the possibilities

15875 Joy Road • Detroit, Michigan 48228 • [www.pvm.org](http://www.pvm.org)

April 2015

### 2015 Friends & Family Appeal



#### Featured Articles

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Dear Residents,

Thanks to those residents who came and invited friends and family on Saturday to kick-off our Friends and Family Fundraising Campaign. We had a packed house. The theme was Mardi Gras and we celebrated with masks residents decorated, beads and jazz and blues played by DJ Jerry. Raffle winners were Francine McCowan (Ms. Robert's daughter) who won the coffee basket, Ms. Wallace won the baker's basket and Ms. Scott won a cd made of jazz music by DJ Jerry.

St. Martha's residents are raising funds for outdoor furniture (they do have their eye on a Gazebo) to allow them to really enjoy the outdoors. It would impossible to purchase items residents would like to have here without fundraising, and we can't do it without your help.

If you have not made a donation yet or was not able to attend the kick-off party, there is still time to make a donation. **The campaign will run from April 1<sup>st</sup> – April 30<sup>th</sup>** and you can make a donation by getting an envelope at the table in our front lobby, leasing office, online at [www.pvmfoundation.org](http://www.pvmfoundation.org), calling 248.281.2040 or by mail to PVM Foundation, 26200 Lahser Rd., Ste. 300, Southfield, MI 48033.

Thanks again!

Andrea Felice  
Administrator

**Right:** Ms. Nancy Roberts, Friends & Family Ambassador.



*For more photos turn to page 2.*



## 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:



## Village News

### Friends & Family Kick-Off Party



### Computer Training

Computer training is now available by our volunteer Farah Alqattar. She came on Friday, March 27<sup>th</sup> to meet with those interested to assess their needs. There is a sign-up sheet in the office for you to pick your one-on-one training session with her. Our plans are to start Monday, April 6<sup>th</sup> as long as we have a computer to use. Once you sign up we will keep you posted.

## Announcements

### April Events!

4/1 April Fool's Day!

4/1 Friends & Family Appeal begins!

4/3 Good Friday

4/5 Easter Sunday

4/9 Joy Community Assoc. Meeting @ 6pm

4/14 Stop Pest Control

4/20 Volunteer Recognition Day

4/22 Administrative Professionals Day Kina!

4/22 Jelly Bean Day

4/22 Earth Day

4/28 Avoid Scams 1-2:30pm

4/29 Focus Hope Food Delivery





## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50<sup>th</sup> anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80<sup>th</sup> anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!



## ANNOUNCEMENTS

### Thank you!

B. Luke for popping the popcorn for movie days & cleaning the room afterward.

J. Anthony for bringing treats and sharing with the residents.

### Joy Community Association (JCA)

The Joy Community Association meets second Thursday of each month @ 6pm in the community room.

### Focus Hope

If you are interested in receiving Focus Hope, please complete the form that was passed out to you and place it in the pink box in the community room. If you need another form or have a question, please see Kimberly the Service Coordinator.

### 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.

COMMUNITY NEWS (continued)

# Get to Know Our Residents

## Sadie Howard-Hewitt

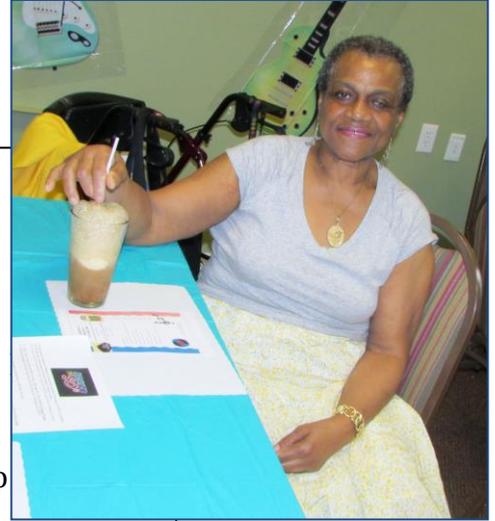
Born and raised in Greensboro, Alabama Ms. Hewitt loved riding horses when she was young. She even had her own horse who she named Sambo, he was red with white stripe down his face. In 1953 Ms. Hewitt came to Detroit and finished school at Northern High School. She then attended Sawyer Business School, Ross Business School and Highland Park Community College to further her education. worked at various employers until she was hired at Chrysler Corporation in 1968 working on the assembly line to build the steering column. She worked there over 10 years until she was no longer able to work with her hands anymore.

In 1955 she married and had 5 children (3 girls and 2 boys) and raised them all in Detroit. She has a number of grandchildren, great-grand & great-great grandchildren.

She has been a member of Morning View Missionary Baptist since 1953. She started off in the choir and has been on the usher board for about 40 years now. Ms. Hewitt serves on in the Missionary Department and on the 5<sup>th</sup> Sunday she wears white and participates in the activities that are taking place.

Ms. Hewitt loves to play bingo and pokeno, crochet and spend time with her family when she can.

Ms. Hewitt has been a St. Martha's resident since the village opened and likes everything about living here.



Ms. Hewitt at St. Martha's 50's Sock Hop in 2013.

## Gamma Phi Delta

Our volunteers from Gamma Phi Delta Sorority, Inc., Beta Alpha Chapter Came out on Saturday, March 21 for a "Day of Kindness" activity with the residents. They prepared lunch for them and played BINGO. Soror Kim Bracey said they had a good crowd and a wonderful time and are looking forward to their next visit.

On behalf of the St. Martha's residents, THANK YOU for your kindness!!



# Service Coordinator



From the Desk of Kimberly Brittman....



**Focus HOPE Delivery for April has changed!**

Due to the first Friday in April being Good Friday,

Focus Hope's delivery date has been

moved to **Wednesday, April 29<sup>th</sup>**.




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## Educational Series

- **Tuesday, April 28<sup>th</sup> from 1 - 2:30 PM**, Adult Well Being Services (Avoid Scams-Full Workshop) Refreshments Provided
- **Tuesday, May 19<sup>th</sup> from 1 - 2 PM**, Program for All Inclusive Care (PACE Presentation)
- **Tuesday, June 30<sup>th</sup> from 1 - 2 PM**, Senior Brigade (Phone and Mail Scams Workshop)



## COMMUNITY NEWS (continued)

**What Would Grandma Do?**

By: Kina Jones, Editorial. Vol. 7



This article is a mini-series of a little girl named Amani. She was born in 1948, in a little town of Birmingham Alabama. Now all through Amani's life she has had all types of little mishaps and stories that I would like to share with you.

**Easter Sunday!**

One Easter Sunday, Amani was about seven years old. All dressed up with her pretty little bows and ribbons and her little Easter outfit with her white socks and white gloves, her Easter hat and Easter purse. She had on the prettiest little Easter dress with all the accessories.

Now Amani's grandma told her to sit down, be still and wait on granny and granddad to get ready for them to go to church. Amani sat down and did as she was told. As she sat there she just knew she was too cute to be sitting still. As fate would have it the temptation to have fun hit her. Well Amani was raised around a bunch of boys, and was a tomboy after all. The girls of the family were older than Amani and didn't want to be bothered, they had their boyfriends and friends they wanted to be with. Soooo grandma had a cherry tree and you guessed it! Poor little Amani had no chance of sitting still as she was told to do. Instead of sitting there waiting she could not resist climbing the cherry tree in her Easter dress and sat in the tree eating the cherries.

When grandma came out and found Amani all dirty and full of mud and cherry stains on her new Easter dress you can only imagine the trouble Amani got into. Well needless to say Amani got a whoop'in, had to wear last year's Easter clothes, and couldn't go on the church Easter egg hunt or open that Easter basket she had thought about all morning long. Poor little Amani had to sit on the front porch and watch all the other kids enjoy their Easter fun.

We hoped you enjoyed reading the stories of Amani. This was the last story in our mini-series. Amani was based on a St. Martha's resident's childhood. Can you guess who it is?

Thanks for reading.....

**ACTIVITIES****EnhanceFitness****Monday & Wednesdays****1:15 pm – 2:15 pm**

Come join Anita Robinson, Wellness Coordinator for an hour chair exercises that will help to increase or maintain your mobility. Wear comfortable clothes, shoes and bring a water bottle. Be prepared to sweat!

**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.

**Wii Bowling****Fridays – 5:00 pm****Community Room**

Looking for residents to bowl. *Wii Bowling simulates real-life bowling by using simple motion controls — bowling the ball is as easy as flicking your wrist.*

**Bible Study****Wednesdays****11am – 12:30pm****Community Room**

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



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program.*

### Write Your Worries Away

Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.



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.



# Giving Matters.

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

## Friends & Family Kicks Off; Consider Joining a Giving Society

April 1<sup>st</sup> will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30<sup>th</sup>!** The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- See the front desk or your Administrator for a donation envelope
- Go online at [pvmfoundation.org](http://pvmfoundation.org) and select the Village you want to support
- Call the PVM Foundation at 248-281-2040
- Mail your gift to: PVM Foundation, 26200 Lahser Road, Suite 300 Southfield, MI 48033

With the PVM Foundation's 21<sup>st</sup> Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8<sup>th</sup> at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

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!*

**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](http://www.pvmfoundation.org).

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

April 1-30

# Word Search

## Spring

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



Volunteer  
 Recognition Day  
 April 20, 2015

Wishing a.....

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

Yolanda & Jerry  
 Odom

Gamma Phi Delta  
 Sorority, Inc., Beta  
 Alpha Chapter

Farah Alqattar

flowers bloom	birds return	green
April Fool	cherry blossom	Easter
March	bees	Buddha's Birthday
May	seed	Spring break
plant crops	warm	lilac
bears awake	new leaves	picnic



# Events for April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bible Study 11 am EnhanceFitness	2 Movie 2pm	3 <b>Good Friday</b>	4 BINGO/Pokeno 2-6 pm
5 <b>Easter</b> 	6 <b>Firekeepers Casino Trip Money Due \$40.00</b> EnhanceFitness 1:15 pm-2:15 pm	7	8 Bible Study 11 am EnhanceFitness 1:15 pm-2:15 pm	9 Movie 2pm 	10 BINGO/Pokeno 2-6 pm	11 <b>Firekeepers Casino Trip Bus Leaves @ 8:45am</b> BINGO/Pokeno 2-6 pm 
12	13 <b>Resident Council Mtg 12pm</b> EnhanceFitness 1:15 pm-2:15 pm	14 <b>Stop Pest Control (1st fl)</b> 	15 Bible Study 11 am EnhanceFitness 1:15 pm-2:15 pm	16 Movie 2pm	17 BINGO/Pokeno 2-6 pm	18 BINGO/Pokeno 2-6 pm
19 Community Room—Private Party 2-6pm	20 <b>Volunteer Recognition Day</b> EnhanceFitness 1:15 pm-2:15 pm	21	22 Bible Study 11 am EnhanceFitness 1:15 pm-2:15 pm	23 Movie 2pm	24 BINGO/Pokeno 2-6 pm	25 BINGO/Pokeno 2-6 pm
26	27 EnhanceFitness 1:15 pm-2:15 pm	28 <b>Service Coordina- tor Workshop 1pm</b>	29 Bible Study 11 am EnhanceFitness 1:15 pm-2:15 pm	30 Movie 2pm		

**Movie Days:**

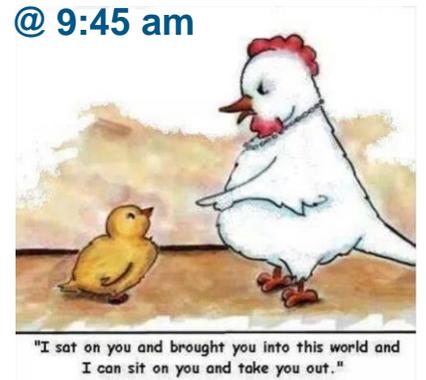
- Thur 4/2 Annie
- Thur 4/9 Book of Life
- Thur 4/16 Crimson Wing
- Thur 4/23 Home...to celebrate Earth Day
- Thur 4/30 Maze Runner



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

## April Birthdays!

- Linda Kersey.....4/1
- Ruthie Irving.....4/7
- Betty McIlwain.....4/16
- Bobby Oubre.....4/24



**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*

**Anita Robinson**  
*Fitness Specialist*

**Kimberly Brittman** 313.582.2785  
*Service Coordinator* 313.582.7822 Fax

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**EMERGENCY MAINTENANCE  
NUMBER (After hours) 313. 701.0119**



**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)



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