



St. Martha's Journal



Embrace the possibilities

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

April 2016

Featured Articles

- Community News pg. 2
- Healthy Recipe pg. 4
- It's Your Life pg.6
- Word Search pg. 8
- Calendar pg. 9

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:



2016 Friends & Family Kicks Off!

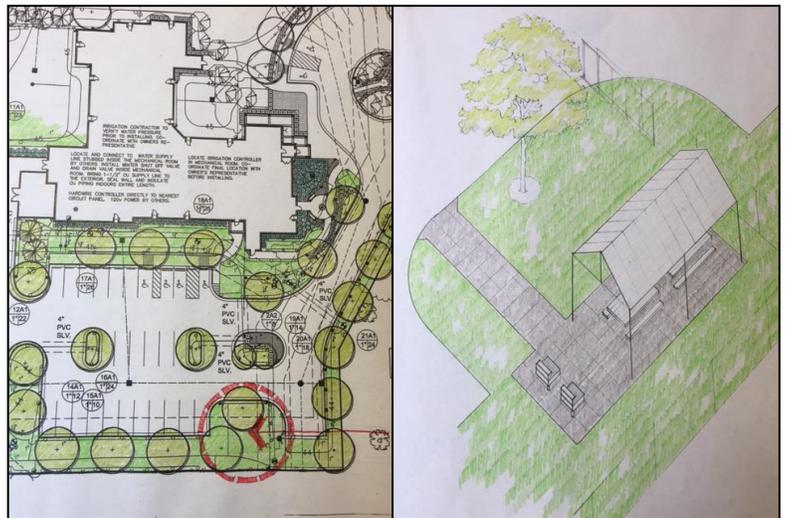
Dear Residents,

It's that time of year again to raise money for our Outdoor Furniture Project which will result in a patio, grill, picnic table area in the back. We have raised close to \$1,700 so we still need \$3,300. Depending on how much we raise we may be able to start on the project this summer.

We held our Kick-Off Party on Friday, April 1 and started off with \$219 in donations just the first day! Our theme for 2016 is Superheroes and DJ Jerry made no exception when providing the music; he even brought a little Superhero Trivia for fun. Thank you to everyone who made a donation! Thank you to Ms. Bailey for being our Resident Ambassador and helping out at the check-in table.

So please reach out to your friends & family and ask them to make a donation to help us with our project. We need everyone's participation to get this done & if you have not yet made a donation, please consider doing so. Please see the office for envelopes, flyers & let me know if I can be of assistance.

Andrea Felice
Administrator



Community News

Day of Kindness

The Gamma Phi Delta Sorority, Inc. held a Day of Kindness for our residents on Saturday, March 26th. They brought chili & crackers & played Bingo with the residents & had a great time.



Left: Gamma Phi Delta Sorority, Inc.
Right: Tanisha Brown with the residents.

Veteran Preference

On January 25, 2016 The Department of Housing & Urban Development approved PVM's request for a veteran's preference. What that means is that anyone on the waiting list who is a US Military Veteran or a surviving spouse of a US military veteran will take preference. Applicants will still have to qualify by showing proof of veteran status, meeting the age & income limit requirements and pass a credit/criminal screening. If you know someone who is interested in an apartment who may be eligible, please let them know.

Volunteer Recognition

Thank you to the many volunteers who make St. Martha's great!

- St. Martha's Board of Directors
- Gamma Phi Delta Sorority, Inc.-Detroit Chapter
- Jerry & Yolanda Odom
- Farah Alqattan
- Nancy Roberts
- Carolyn Williams
- Deborah Jones
- Iola Bailey

Announcements

April is Stress Awareness Month!

Important Dates At-A-Glance!

- 4/1 Friends & Family Kick-Off Party 1 - 3pm
- 4/8 MI Sea Life Aquarium 9 am - 3pm 
- 4/11 Resident Council Meeting 12pm
- 4/12 Pest Control (1st fl)
- 4/13 Scrabble Day (play a game of Scrabble in the community room from 1-4pm)
- 4/14 Joy Community Association Mtg. 6pm
- 4/15 MedEx Direct 1-2pm 
- 4/20 Volunteer Recognition Day (see community news)
- 4/27 Administrative Professional's Day
- 4/29 Re-Sale BINGO 2-4pm

April is Stress Awareness Month

There are 10 ways to celebrate Stress Awareness Month!

1. **Make up your mind to get and/or stay healthy.** Taking control of your personal [health](#) can make a great difference in the amount of stress you feel. The best way to reclaim control of your life is by taking charge of your body. Whether it is through diet, exercise, or simply getting that checkup you've been putting off, let April be the month you put yourself back in control.
2. **Make a change.** It can be as simple as clearing the clutter off your desk or as elaborate as taking a well-deserved vacation, the important thing is that you do something different. Even a small change can make a big difference when it comes to stress.
3. **Focus on now.** Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only Now. Focusing on this perfect moment, right now, provides a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.
4. **Talk to yourself.** Sometimes a good pep talk is all that is needed to keep stress at bay. Maybe it is high time you gave yourself one by affirming what is right with your life instead of dwelling on what's wrong.
5. **Get the giggles.** It's true; laughter really is the best medicine. Watch a funny show or video, tell a funny joke, or go to a card shop and read funny cards. Whatever it takes, give yourself time for laughter each and every day.
6. **Meditate.** A still mind is a stress-free mind, so take a deep breath, quiet your thoughts and let the stress melt away. Even ten minutes of [meditation](#) done daily for the next 30 days will do wonders for releasing stress in your life.
7. **Keep a happiness journal.** Every evening for the next 30 days spend a few minutes reflecting on the day you just experienced and list five things about the day that delighted you.
8. **Put a positive spin on it.** No matter what challenge you may be facing, do your best to think about it positively and then let that new positive mindset become your focal point.

ANNOUNCEMENTS

Joy Community Association (JCA)

The Joy Community Association will meet on Thursday, April 14th @ 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 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

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

(continued)

9. **Help someone else.** Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges leading to less rumination and stress. So look around you, see who needs a hand up, and then offer yours.
10. **Ready Happy by Will Bowen this year.** Due for release April 9th, is a veritable blueprint for getting happier this year and staying that way. Since happy people experience far less stress than unhappy ones, this would be a great time to read it and discover the secret to a happier, less stressful way of life.

Source: www.beliefnet.com

Healthy Recipes

Asparagus and Baked Chicken... *Bon appétit!*

Preheat oven 350°

Brush boneless, skinless chicken breast with a homemade mixture of olive oil, lemon juice, crushed rosemary leaves and garlic powder.

Bake chicken covered with foil 1hr un cover last ten mins to brown.

Season, drizzle olive oil & bake asparagus 20 min.

You can also add red skin potatoes as a second side dish if you like. Just cut in four & season. Bake 45 mins or until golden.



Please note there is no Service Coordinator page 5 this month.

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.

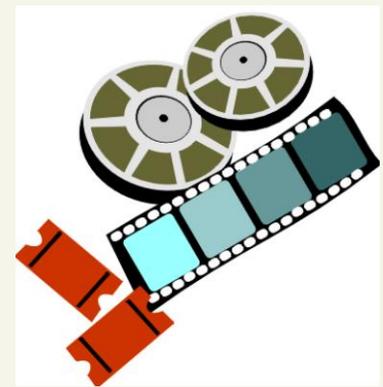
Movie Day

Fridays – 11:00 am

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



National
Church
Residences

From the Desk of Kimberly McCarthy.....

No article this month.

Upcoming Presentations



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

April is Alcohol Awareness Month

This April during Alcohol Awareness Month, I encourage you to educate yourself and your loved ones about the dangers of drinking too much. In 2014 there were more than 9,300 drunk-driving accidents in Michigan. Of the 806 fatal car accidents that occurred in Michigan in 2014, nearly 30% involved alcohol and/or drugs. Excessive alcohol consumption also increases your risk of non-auto related injuries, violence, drowning, liver disease, and some types of cancer. If you are concerned that you or a loved one may be drinking too much, here are some strategies you can use to help you cut back or quit drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Choose a day each week when you will not drink.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

For more information visit the National Council on Alcoholism and Drug Dependence website at www.ncadd.org or call 1-800-622-2255.

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, May 9th @ 12:00 pm** in the Community Room.

Resident Council News



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



Giving Matters.

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

No article this month. Stay tuned for May's article.

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!

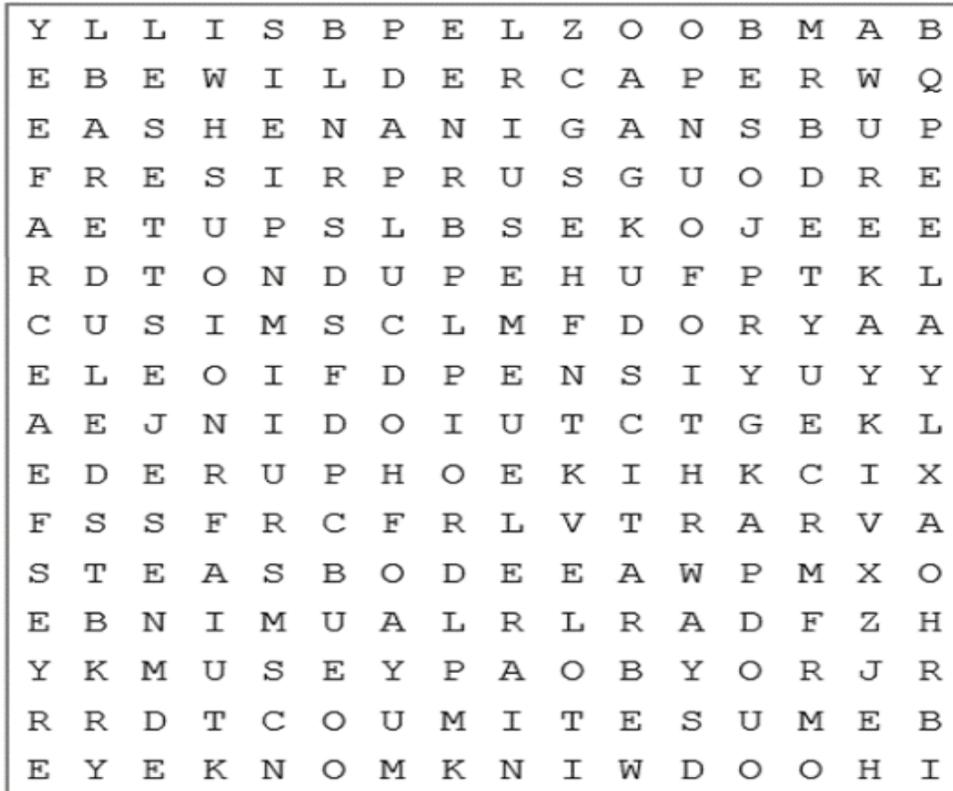
TO MAKE A GIFT:
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at **248.281.2040** or visit www.pvmfoundation.org.

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

Word Search

APRIL FOOL'S Day

APRIL 1st



APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



Events for April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Focus Hope Food Delivery 9-11am Friends & Family Kick-Off Party 1-3pm	2
3	4	5	6 Bible Study 11am Cards 4pm	7	8 MI Sea Life Aquarium 9-3	9
10	11 Resident Council Mtg 12pm	12 Pest Control (1st fl)	13 Bible Study 11am Scrabble 1-4pm Cards 4pm	14 JCA Mtg 6pm	15 Movie Day 11am MedEx 1-2pm	16 Community Room-Private Rental
17	18	19	20 Bible Study 11am Cards 4pm	21	22 Movie Day 11am Shredding Day 1-4pm	23
24	25 <i>Andrea OFF</i>	26	27 Bible Study 11am Cards 4pm	28 <i>Andrea OFF</i>	29 Movie Day 11am Re-Sale BINGO 2-4pm	30

Movie Days:

Please note that the movie day has changed to Fridays at 11:00 am.

- Friday 4/15 Mad Max
- Friday 4/22 Tower Heist
- Friday 4/29 Second Coming



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

April Birthdays!

- Linda Kersey.....April 1
- Ruthie Irving.....April 7
- Betty McIlwain.....April 16
- Bobby Oubre.....April 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

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**



Embrace the possibilities