



St. Martha's Journal



Embrace the possibilities

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

January 2014

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Happy New Year!

I can't believe we are starting another year already. We have had an exciting year winning the Village Victory Cup Spirit Award, hosting the PVM Board of Directors, welcoming a new Service Coordinator and the re-opening of the beauty salon with a new mission. We have also had some fun activities to remember like our Mother's Day Pampering Party, 50's Sock Hop and Holiday Party and Gift Exchange just to name a few.

Starting the New Year we also have a new Resident Council who will start planning some fun activities, so please support your resident council by at least attending a meeting to see what it is all about. I will continue to plan trips and activities but will be coordinating with the resident council. I would also like to know which charities and/or local organizations you would like to help out. Please let me know if you have any in mind.

I look forward to meeting with you soon to talk about the Resident Satisfaction Survey Results and how to address any areas of concern. We must work together in order to make this the best senior living community around. You are always welcome to call or come in to speak with me if you ever have any concerns or just want to say what we are doing great.

Looking forward to a great 2014!

Sincerely,

Andrea Felice
Administrator



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

Welcome to our New Service Coordinator!

Tiana Clemmons, St. Martha's Service Coordinator started last month and I am happy to have her join the family. She will be here to connect residents with services they may be in need of. Tiana will be making contact with each resident to see if she can assist with any service you may need. She will also be bringing educational sessions to the village each month. If there is something in particular you are interested in, please let her know. Her office is located inside of the community room and her hours and phone number are listed on the back page. Please join me in welcoming Tiana when you see her!

Winter Celebration & Gift Exchange

On Thursday, December 19th we held our Winter Celebration and Gift Exchange. Our special guests were residents from Fairlane Rehab and Senior Care. We enjoyed a light lunch and each other's company while exchanging gifts. Special thanks to Cassie Norman at Fairlane Rehab and Senior Care and Yolanda Odom for all their help to make this a great day. Thanks also to Ingrid Turnbore who made the very delicious meatballs. More photos on page 4.



Left: Mr. & Mrs. Trawick, in matching Santa hats.
Below left: Ms. Charles & Ms. Black.
Below: Yolanda Odom & Ingrid Turnbore, Volunteers.



Announcements

National Blood Donor Month!

Important Dates At-A-Glance!

1/1 New Year's Day

1/14 Stop Pest Control (1st Floor)

1/20 Martin L. King, Jr. Day

1/20 Office Closed

1/21 Center for Senior Independence (CSI) @1pm

1/21 Squirrel Appreciation Day (Show our squirrels some love & bring them some peanuts!)



1/29 National Puzzle Day- There are puzzles in the library you can bring down to the community room.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Stay tuned for February's Newsletter to read the next Senior Advocate Article.

Thank you!

Ms. Roberts for assisting with the lobby decorations.
Ms. Gaynor for the holiday spirit on the 3rd floor.
Ms. Jones for putting up the x-mas tree on 2nd floor.

Joy Community Association (JCA)

The Joy Community Association will resume meeting on Thursday, February, 13th @ 6pm.

Lost and Found

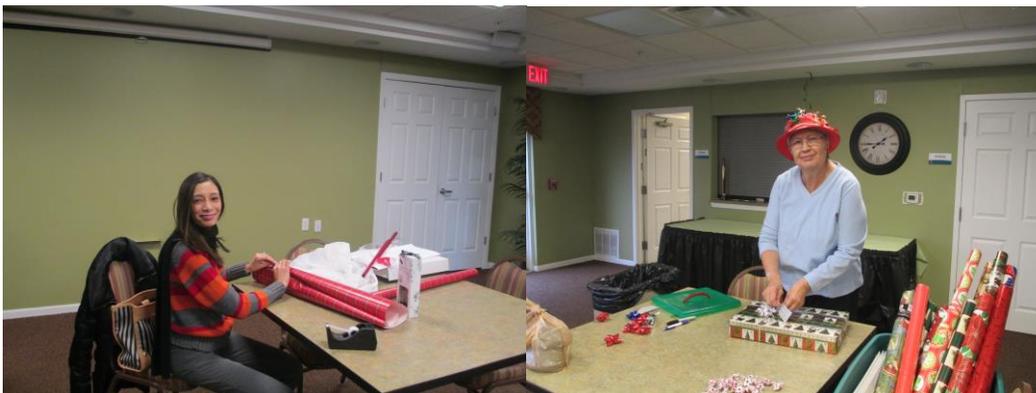
A resident found a ring in the 1st floor hallway in August and turned it in to the office. If you think or know someone who may have lost a ring recently check with that person. They can call me at the office. I know it has meaning to them and they would want it back.

Service Coordinator Educational Series

On Tuesday, January 21st the Center for Senior Independence will be here to talk about the PACE program and what services are provided. Join Tiana Clemmons from 1-2pm in the community room to hear about this great program. Refreshments provided.

Volunteers Wrap Gifts for St. Martha's Residents!

Cassie Norman, Fairlane Rehab & Senior Care and Yolanda Odom, St. Martha's volunteer donated their time & paper to wrap gifts for St. Martha's residents on December 17th. Thank you for your giving spirit!



COMMUNITY NEWS (continued)

Community Photos

Holiday Party & Gift Exchange 12.19.13



Above Left: Holiday party. **Above Right:** Ms. Roberts, showing her gift.

Below: Residents & staff from Fairlane Rehab & Senior Care. **Left:** Ms. Williams & Ms. Fordum.



Left: Mr. Turnbore & Ms. Carolyn Williams opening gifts.

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
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.

Wii Bowling

**Fridays – 6:00 pm
Community Room**

Join residents and have fun bowling. 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 a different lesson every month with different teachers.



The Power of Volunteering

With the arrival of the New Year, many of us will use it as an opportunity to make a fresh start. We'll re-examine our lives, establish new goals, and resolve to make this year the best one yet. To that end, something you may want to consider doing this year is becoming a volunteer.

While most of us volunteer without expecting to get anything in return, research has recently revealed that along with providing a societal benefit, volunteering provides direct health benefits to those who volunteer.

Compared to their non-volunteering peers, volunteers have lower rates of depression, greater functional ability, and lower mortality rates. And though it may be true that healthier individuals may be more likely to volunteer (thus accounting for these differences), the evidence suggests that volunteering itself can actually lead to improved health, both physically and mentally. This seems to be particularly true for adults who volunteer at least 100 hours per year and are 60 years of age or older.

So, the next time you're looking for a way to improve your health, consider volunteering. There are plenty of organizations in need and plenty of opportunities available. A good place to start looking is www.VolunteerMatch.org. Simply follow the link.

Proverbs 11:25 "Generous persons will prosper; those who refresh others will themselves be refreshed"

(Common English Bible translation)

Continued from page 4

St. Martha's Resident Council

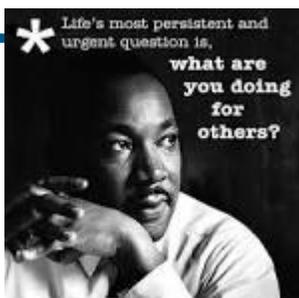
President: Hyren Trawick
 Vice-President: Barbara Williams
 Treasurer: Annie LeGrand
 Secretary: Nancy Roberts
 Sargent at Arms: Dolores Parker

Meetings are held every first Monday of the month @ 2:30 pm in the Community Room.

Resident Council News

Our first bake sale was a success. THANK YOU to all that donated treats, who worked the table and those that made a purchase. We appreciate your generosity. If you would like to donate or help out next time, please contact me.-
 Barbara Williams, #303

**Save the Date!
 Valentine's Day Dance
 Friday, February 14th
 Community Room**



The Village of Brush Park's resident council invites you to attend a celebration on Black History. Monday, February 17th from 12-2pm. Bus pick up will be at 11am sharp. Please sign up in the office.



Giving Matters.

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

Statewide Comprehensive Campaign Reaches \$13.6M For Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM's strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project.

I am also happy to report that in 2013, the PVM Foundation awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities
- And more!

None of this could be accomplished without the continued support of our donors, ***so thank you for all you do to further PVM's mission!***

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. We wish you a happy new year filled with good health, peace and joy!

Warm regards,
Paul J. Miller, CFRE

Word Search

Winter													
R	R	L	S	E	V	O	L	G	R	L	L	O	BLIZZARD
T	S	K	N	I	T	C	A	P	S	R	W	S	BOOTS
I	N	D	S	T	D	L	O	C	S	S	N	E	CHRISTMAS
E	A	S	T	M	E	R	F	C	E	O	P	S	COLD
O	G	K	O	E	I	R	A	L	W	T	A	S	FREEZE
T	G	N	O	I	E	T	C	Z	C	S	R	L	FROST
B	O	K	B	E	T	I	T	F	Z	L	K	E	GLOVES
S	B	D	Z	E	C	S	S	E	R	I	A	C	ICE
P	O	E	E	I	D	K	T	E	N	O	L	I	ICICLES
O	T	L	I	L	N	I	E	O	T	S	S	B	KNIT CAP
C	S	A	M	T	S	I	R	H	C	A	G	T	MITTENS
S	O	T	C	O	N	N	O	F	T	Z	K	C	PARKA
S	C	A	R	F	I	G	E	L	I	A	T	S	SCARF
													SKATES
													SKIING
													SLED
													SLEET
													SNOW
													TOBOGGAN

January Birthdays!

Happy Birthday to the following residents!

- Gladys Holmes.....1/4
- Barbara Williams.....1/12
- Edna Gaynor.....1/15
- Hyren Trawick.....1/15
- Carolyn Williams.....1/18

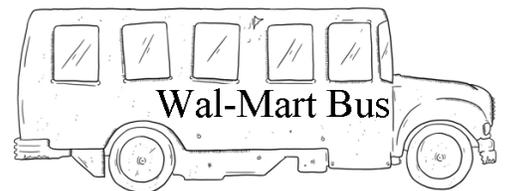


Events for January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day OFFICE CLOSED	2 Movie Day 2pm	3 Wii Bowling 6pm	4
5	6 EnhanceFitness 1:15-2:15pm Resident Council 2:30pm	7	8 Bible Study 11am-12:30pm EnhanceFitness 1:15-2:15pm	9 Movie Day 2pm	10 Wii Bowling 6pm	11
12	13 EnhanceFitness 1:15-2:15pm	14	15 Bible Study 11am-12:30pm EnhanceFitness 1:15-2:15pm	16 Movie Day 2pm	17 Wii Bowling 6pm	18
19	20 MLK Day OFFICE CLOSED EnhanceFitness 1:15-2:15pm	21 CSI Presentation 1-2pm	22 Bible Study 11am-12:30pm EnhanceFitness 1:15-2:15pm	23 Movie Day 2pm	24 Wii Bowling 6pm	25
26	27 EnhanceFitness 1:15-2:15pm	28	29 Bible Study 11am-12:30pm EnhanceFitness 1:15-2:15pm	30 Movie Day 2pm	31 Wii Bowling 6pm	

Notes:

- Please note that Walmart bus will not pick up residents if the temperature is below 10 degrees.
- Ms. Roberts will be the Walmart secondary contact person to call them with questions in case the office is closed.



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



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid, unless needed to support tax filings
- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997.

More information can be found on the government web site [www.USA.gov / Managing Household Records](http://www.USA.gov/ManagingHouseholdRecords)

Beauty Salon Now Open!

**Welcome
Carmon!**

Carmon's Beauty Palace

Affordable hair and nail services
for all St. Martha's residents.

Located on the 2nd floor just off elevators.
Please call 313-465-5766
or an appointment.

**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

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.**

Vacant
Administrative Assistant

Bill Glaspie
Maintenance Technician

Anita Robinson
Fitness Specialist

Tiana Clemmons
Service Coordinator

**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**



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