



St. Martha's Journal



Embrace the possibilities

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

December 2015

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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:



Giving Gifts from the Heart

Dear Residents,

I came across this short story of inspiration called The Precious Stone and wanted to share with you.

A woman who was traveling in the mountains found a very unique and precious stone in a small river. The next day she met another traveller who was hungry, and the woman opened her pack to share her food. The hungry traveller saw the special stone in the woman's bag, appreciated it, and asked the woman to give it to him. The woman did so without hesitation. The traveller left, rejoicing in his good luck. He knew the stone was worth enough to live peacefully for the rest of his life. But a few days later he came back, searching for the woman. When he found her, he returned the stone and said, I have been thinking. I know how valuable this stone is, but I give it back to you in the hope that you can give me something much more precious. If you can, give me what you have within you that enabled you to give me the stone.

In this story the traveller thought that he had "outwitted" the woman as the stone was very valuable, but thankfully, he used his intellect and realized that she had the priceless "gift of giving."

Giving doesn't have to be expensive, it can be the time you take to check on a neighbor, sharing some cookies or spreading holiday cheer. Getting a group of friends and sing carols to someone who can't get out. Offering to carry someone's bags to their apartment (if you are able). Any small gesture will let someone know you are thinking about them. But when you give or do something for someone else the reason needs to be pure. It needs to make you as happy as the other person. This is the gift that is most valuable.

Wishing you a wonderful Holiday Season!

Andrea Felice
Administrator



Community News

RECIPE

Keep Calories in Check with Seafood this Holiday Season by Darlene Zimmerman, Henry Ford Health System

With the holiday eating frenzy upon us, I like to have a few lighter dinner options at hand and today's Lemon Pepper Cod with Dill Sauce fits the bill. It's quick and easy to prepare, full of flavor, and nutritious to boot.

As a lean, high-quality source of protein, enjoying seafood a few times a week is a great way to keep calories in check. Not only is seafood low in artery-clogging saturated fat, it offers heart-healthy omega-3 fatty acids.

While studies continue to look at how omega-3 fatty acids reduce heart disease, research has shown that they make blood platelets less sticky, which helps prevent plaque buildup that can lead to heart attack and stroke. They also may help reduce a high blood triglyceride level and may lower blood pressure slightly in some people. Omega 3-packed choices include trout, herring, sardines, whitefish and salmon.

Today's recipe features cod, and although it isn't an omega-3 powerhouse, it's still a great choice and contains almost half the amount of omega-3s recommended in the American Heart Association's Heart-Check program guidelines.

Cod is a firm, mild-tasting, white-fleshed fish that lends itself to a variety of cooking methods — baked, broiled, poached, and sautéed. It's available year-round and is a cost-effective option, similar in price to ground round or pork tenderloin. If you are not a fan of cod, try flounder, halibut, haddock, pollack, sole, or tilapia in today's recipe.

When purchasing cod, fresh and frozen options are usually available. You may notice that fresh cod is often labeled as previously frozen. According to the Institute of Food Technologists, fish is often frozen just minutes after being caught, making it possible to maintain a fresh-caught quality when frozen. Be sure to use fresh fish within two days after purchase. When buying frozen fish, avoid packages that contain ice crystals, and make sure the package is tightly sealed and free of tears and dents.

Darlene Zimmerman is a registered dietitian in Henry Ford Hospital's Heart & Vascular Institute. For questions about today's recipe, call [313-972-1920](tel:313-972-1920).
See recipe on page 5.

Announcements

December is Write a Friend Month!

Important Dates At-A-Glance!

12/8 Pest Control (2nd fl)

12/9 Christmas Card Day

12/10 Human Rights Day

12/10 Community Room Tree Trimming Party 10am

12/11 Shopping Trip to Crossings at Taylor 10am

12/12 Poinsettia Day

12/16 Free Gift Wrapping by Yolanda 12-3pm

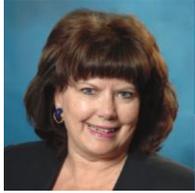
12/18 Holiday Party 11-2pm
RSVP in the office by 12/11

12/24 Christmas Eve (Office Closed)



12/25 Christmas (Office Closed)

12/31 New Year's Eve (Office Closed)



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Stay Healthy by Following the Four Basic Steps of Food Safety.

With the upcoming holidays I would like to share important information from the Oakland County Health Division:

Hot foods should be kept at 140 degrees Fahrenheit or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice and replenishing ice as it melts. Otherwise, use smaller serving dishes and exchange with cold dishes of food from the refrigerator at least every two hours.

Here is a look at the Health Division's four basic steps of food safety in detail:

Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Keep food preparation surfaces clean.
- Rinse fruits and vegetables under running water and use a brush to remove any dirt so bacteria cannot spread from the outside in.
- Avoid washing meats, poultry, or eggs.

Separate - Don't Cross Contaminate

- Secure meats, poultry or seafood in plastic bags to keep the juices contained.
- Wash all plates, utensils and cutting boards that held raw meat, poultry or seafood before reusing for perishable or cooked food.
- The juices of raw meat or poultry should never come in contact with cooked meat or other ready-to-eat foods.

Cook

- Meat, poultry, and seafood should be cooked for a long enough time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.
- To check the temperature of a turkey, stick the thermometer into the inner most part of the thigh and wing and into the thickest part of the breast. Turkey's should be cooked according to package directions or at a minimum when internal temperature reaches 165 degrees Fahrenheit.
- Bring sauces, soups and gravies to a rolling boil when reheating them.

ANNOUNCEMENTS

Joy Community Association (JCA)

The Joy Community Association will not meet for the rest of the year.

Focus Hope

The first Friday of each month is Focus Hope food delivery. Please be in the community room by 9:30 am to pick up your box.

Service Coordinator Educational Series

12/8 Understanding Life Insurance 1-2pm

Lost and Found

A pair of ladies black boots were found in the Fitness Room. Please see the office.



RUDOLF THE BROWN-NOSE REINDEER

The Senior Advocate. (continued)

Chill

- Refrigerate foods and leftovers within two hours of serving to avoid bacterial growth. Cold foods should be stored at 40 degrees Fahrenheit or below.
- Defrost foods in the refrigerator, under cold running water, or in the microwave. Cook foods thawed under cold running water or in the microwave immediately. Typical symptoms of foodborne illness include stomach pain, vomiting and diarrhea. Symptoms are not usually long-lasting in healthy people, but foodborne illness can be severe and even life-threatening to older adults, infants, young children, pregnant women, or people with HIV/AIDS, cancer or any condition that weakens the immune system.

Carson's Fundraiser Update

This fall The Village of St. Martha's participated in the Carson's Community Days Fundraiser. We raised \$700 toward our Outdoor Furniture project.

Thank you to our Board of Directors and PVM staff for selling books. Thanks to everyone who purchased one.

Gift Wrapping by Yolanda

Will be held on Wednesday, December 16th from 1 – 4pm in the community room. Limit 5 gifts per resident.



Holiday Door Decorating Contest

Decorate your apartment door & shelf for a chance to win a gift card.

Please do not use silver tape or nails.

Special guest from PVM will choose 3 winners on 12/18.

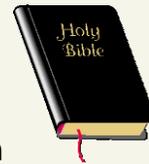
Holiday Party

Will be held on Friday, December 18th from 11am – 2pm in the community room. Continental breakfast, crafts and gift exchange. You must sign up by 12/11.



ACTIVITIES

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



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

Card Games
Wednesdays
4:00 pm – 7:00 pm
Community Room



Like playing Bid Whiz, Spades or any other card game? Join the group for some fun.

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



From the Desk of Kimberly Brittman....

**Understanding Life Insurance
By Valarres Bristol from Lincoln Heritage**

**Tuesday, December 8, 2015
1:00 pm - 2:00 pm
Tim Wintermute Community Room**



JOY TO THE WORLD!
**PRESENTING THE MIME MINISTRY OF
SIR DOMINIC HUDSON**
**ST. MARTHA'S RESIDENTS LET'S CELEBRATE
THE HOLIDAYS IN A FESTIVE WAY ...**
WHEN: THURSDAY, DECEMBER 17, 2015
TIME: 1:00 - 2:00 PM
WHERE: COMMUNITY ROOM
HOPE TO SEE YOU THERE!
LIGHT REFRESHMENTS SERVED...

Recipe

LEMON PEPPER COD WITH DILL SAUCE

Serves: 4 / **Preparation time:** 15 minutes / **Total time:** 1 hour, 15 minutes

1/3 cup reduced-fat sour cream
 1/8 cup reduced-fat mayonnaise
 1 teaspoon fresh-squeezed lemon juice
 1 teaspoon Dijon mustard
 1 tablespoon fresh snipped dill weed
 1 tablespoon canola oil
 1 tablespoon trans fat-free margarine
 1 1/4 pounds cod fillets
 1 1/2 teaspoons lemon pepper seasoning
 1/8 teaspoon paprika
 4 lemon wedges



Steamed broccoli, optional
 Baked potato, optional

To prepare dill sauce, whisk together sour cream, mayonnaise, lemon juice, mustard, and dill weed. Cover and refrigerate at least 1 hour before serving.

Place oil and margarine in a large nonstick skillet and heat over medium heat. In a small dish, combine lemon pepper seasoning and paprika. Rub seasoning onto one side of fillets. Place fillets in heated skillet, seasoned side up. Sauté fillets 3 to 4 minutes on each side or until fish flakes easily when tested with a fork. Serve with dill sauce and lemon wedge. Add steamed broccoli and a baked potato to complete this meal.

Created by Darlene Zimmerman, MS, RD, for Heart Smart and tested by Susan Selasky for the Free Press Test Kitchen.

221 **calories** (45% from **fat**), 11 grams **fat** (2 grams **sat. fat**, 0 grams **trans fat**), 3 grams **carbohydrates**, 27 grams **protein**, 321 mg **sodium**, 74 mg **cholesterol**, 50 mg **calcium**, 0 grams **fiber**. Food exchanges: 4 lean meat, 1 fat.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Train Your Brain to be More Positive – Take the 21 Day Challenge!

Harvard educated psychologist Shawn Achor has found that positive people lead healthier and happier lives and that in just 21 days you can train yourself to be more positive. Here's what to do:

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. Instead of writing "I am grateful for my family", write "I am grateful for my son Bob because he calls me every Friday and makes me laugh".
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Record as much detail as you can. It will cause your brain to "re-live" the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. Consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day send a letter/email to someone in your social circle thanking them. Be specific. For example, "I want you to know how thankful I am to have you as a friend. Whenever I feel down, you know just the right thing to say to cheer me up".

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

\$50K Matching Gift Challenge!

*Gifts through December 31st are eligible to be matched, dollar for dollar, **doubling** the impact of your gift!*

Growing older doesn't mean life has to slow down. In fact, donors make new opportunities possible for PVM residents and community seniors every day. This holiday season, we are asking you to make a gift and brighten the life of a senior.

The funds raised will help seniors in the following ways:

- Resident **emergency needs**, known as Benevolence
- Social **activities** and field trips
- Reliable **transportation** to appointments or outings
- **Technology** upgrades (computers, phone systems, Internet, etc.)
- **Wellness** classes, like fall prevention; equipment and walking paths
- Facility **improvements** (community room, beauty shop, wellness center, etc.)

Double the impact of your gift today by seeing the front desk or your Village Administrator for a donation envelope. You can also go online at PVMFoundation.org or call us at 248-281-2040.

On behalf of PVM and all those we serve, thank you for making life even brighter for a senior this holiday season! Happy holidays!

Gifts through Dec. 31st can be matched, dollar for dollar, doubling the impact of your gift!

Have you donated to the PVM Foundation this holiday season? Your gift will help seniors get emergency financial care, reliable transportation, wellness classes and much more!

To Make a Gift:
See the front desk or your Administrator for a donation envelope, log onto PVMFoundation.org or call the PVM Foundation at 248.281.2040.

Thank you for making life even brighter for a senior this holiday season!

\$50K Matching Gift Challenge	
Double the Impact of Your Gift	
\$50	\$100
\$100	\$200
\$250	\$500
\$500	\$1,000
\$1,000	\$2,000

Word Search



Holiday Fun

- Merry Christmas
 - Snowman
 - Wreaths
 - Ornaments
 - Santa
 - Reindeer
 - Gifts
 - Holiday
 - Tree
 - Jingle Bells
 - Lights
 - Frosty
 - Snow
 - Star
 - Sleigh
 - Parties
 - Cards
- Some of the words may be in there backwards!

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



**Wishing our residents and families a very Happy Holiday!
 Andrea, Bill, Kina & Kimberly!**

Events for December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Bible Study 11am Card Game 3pm	3 Movie Day 2pm	4 Focus Hope Delivery	5
6	7	8 Understanding Life Insurance 1pm	9 Bible Study 11am Card Game 3pm	10 Movie Day 2pm	11 Shopping Trip (Crossings at Taylor & Big Lots) 10am -3pm	12
13	14 Resident Council Mtg 12pm	15 	16 Bible Study 11am Gift Wrapping 1:00-4pm Card Game 3pm	17 Joy to the World 1pm Movie Day 2pm	18 Holiday Party 11am-2pm	19 
20	21	22	23 Card Game 3pm Andrea-Vacation	24 Christmas Eve Office Closed <i>Community Room- Private Party</i>	25 Christmas Office Closed <i>Community Room- Private Party</i>	
27	28 Andrea-Vacation	29 Andrea-Vacation	30 Card Game 3pm Andrea-Vacation	31 New Year's Eve Office Closed		

Notes:

- Thur 12/3 Spy
- Thur 12/10 Max
- Thur 12/17 With This Ring



December Birthdays!

Everlena Glenn.....12/5
 Deborah Jones.....12/28
 George Hill.....12/31



**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

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

Kimberly Brittman
Service Coordinator 313.582.2785

**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



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