



St. Martha's Journal



Embrace the possibilities

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

February 2014



Service Excellence and Resident Satisfaction

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Dear Residents,

I would like to thank everyone who completed the Resident Satisfaction Survey last fall. I would also like to thank those residents who came to the resident meeting to review the results, talk about your concerns and give suggestions; there were 23 residents in attendance. Your input is valuable to improving the quality of our community.

In the next two weeks I will be working on an action plan for the three areas that scored low. Action plans and progress made will be shared with you through the village newsletter and/or meetings. If you did not attend the resident meeting and would like to share your thoughts, please contact me as soon as possible.

One of the areas that scored high was the cleanliness of common areas and appearance of exterior grounds. I would like to give an honorable mention to Bill Glaspie our maintenance technician who has worked around the clock to keep the building clean and keep our entrances and sidewalks clear of snow and ice. He is an example of our Service Excellence Core Values of Accountability. He won a \$25 VISA gift card for the 2013 quarter. Congratulations Bill!

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

Celebrating Black History

Maya Angelou was born on April 4, 1928 and is an American author and poet. She has published seven autobiographies, three books of essays, and several books of poetry, and is credited with a list of plays, movies, and television shows spanning more than fifty years. She has received dozens of awards and over thirty honorary doctoral degrees. Angelou is best known for her series of seven autobiographies, which focus on her childhood and early adult experiences. Source: Wikipedia



If you like poetry, St. Martha's is having a Maya Angelou Book Give-Away. Submit your name & apt # to the office for a chance to win. Drawing will be held Friday, February 28th!

I Know Why the Caged Bird Sings

By Maya Angelou

The free bird leaps on the back of the wind
and floats downstream till the current ends
and dips his wings in the orange sun rays
and dares to claim the sky.

But a bird that stalks down his narrow cage
can seldom see through his bars of rage
his wings are clipped and his feet are tied
so he opens his throat to sing.

The caged bird sings with fearful trill
of the things unknown but longed for still
and his tune is heard on the distant hill
for the caged bird sings of freedom.

The free bird thinks of another breeze
and the trade winds soft through the sighing trees
and the fat worms waiting on a dawn-bright lawn
and he names the sky his own.

But a caged bird stands on the grave of dreams
his shadow shouts on a nightmare scream
his wings are clipped and his feet are tied
so he opens his throat to sing.

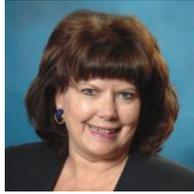
The caged bird sings with a fearful trill
of things unknown but longed for still
and his tune is heard on the distant hill
for the caged bird sings of freedom.

Announcements

Black History Month!

Important Dates At-A-Glance!

- 2/2 Ground Hog Day- (He saw his shadow, so 6 more weeks of winter)
- 2/7 Winter Olympic Opening Ceremony
- 2/11 Stop Pest Control (3rd floor)
- 2/11 Dollar Store @ (Community Room)
- 2/12 Abraham Lincoln's Birthday
- 2/13 Joy Community Association Meeting @ 6pm
- 2/14 Valentine's Day
- 2/14 Valentine's Day Dance @ 12pm
- 2/17 President's Day
- 2/17 Black History Celebration @ Brush Park 12-2pm (pick up @ 11am)
- 2/23 Winter Olympics Closing Ceremony



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Prescription Drug Epidemic

Prescription drug abuse is at epidemic proportions. Today, 2500 12 to 17 year olds will use prescription medication to get high for the first time. One in four high school seniors admit to abusing prescription drugs. Seventy percent say they get them from a friend or relative.

The non-medical use or abuse of prescription drugs is the fastest growing drug problem in the United States and has become a top priority for public health. Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults.

Because prescription drugs are legal, they are easily accessible, often from a home medicine cabinet. Further, some individuals who misuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional. Past year abuse of prescription pain killers now ranks second—only behind marijuana—as the Nation's most prevalent illegal drug problem.

The health risks associated with prescription drug abuse vary depending on the drug. For example, abuse of opioids, narcotics and pain relievers can slow or stop breathing. The abuse of depressants, including benzodiazepines and other tranquilizers, barbiturates and other sedatives, can result in seizure, respiratory depression and decreased heart rate. Stimulant abuse can lead to high body temperature, irregular heart rate, cardiovascular system failure and seizure. Inappropriate use of prescription drugs, including use without a prescription or medical supervision, or using in a manner other than exactly as prescribed, can lead to addiction in some cases and even death.

It is important, therefore, that we talk to our kids about the dangers of misusing prescription drugs and to make sure they are not easily accessible. Leaving unused prescription drugs in your medicine cabinet can be very tempting for a young person. We encourage everyone to properly dispose of unused prescriptions and not leave them where they can be used for non-medical reasons by youth or get flushed into our waterways. - Continued on page 4

Thank you!

Ms. Carolyn Williams and Ms. Roberts for assisting with the housekeeping of the lobby and halls. We appreciate your help!

Joy Community Association (JCA)

The Joy Community Association will meet 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

Senior Bridges

2/24-Phone and mail scams
3/3-Identity Theft

American Heart Association

Will conducting Blood Pressure Screenings
2/18 & 2/25

Call or see Tiana for times.

COMMUNITY NEWS (continued)**Welcome Kina Jones!**

After a long process, I am very pleased to announce the hiring of Ms. Kina Jones who will be the new administrative assistant. She comes with many years of experience in administration and human services and would like to continue her journey working with seniors.

Ms. Jones will start February 11th, when you see her in the office please give her a warm St. Martha's welcome!

EnhanceFitness

I would like to congratulate Phillip Hornbuckle and Connie Charles for their continued support. They were each given Walmart gift cards for their excellent attendance. I would also like to give a special thanks to Nancy Roberts for her assistance in setting up the community room for each class. Her help is greatly appreciated. Just a reminder, residents do not get snow days, so I hope to see all participants in class soon.

Anita Robinson, Fitness Specialist

**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 Healing Power of Writing

Twenty years of research has revealed that writing about emotional experiences can positively impact health. Pioneered by Dr. James Pennebaker, Chair of the Psychology Department at the University of Texas at Austin, writing about past traumas can decrease anxiety, improve immune function, increase working memory, and improve sleep. When writing, Dr. Pennebaker recommends:

- Finding a place and time to write here you won't be disturbed.
- Writing about something you are over-worrying about, is affecting your life in an unhealthy way, or you have been avoiding.
- Writing continuously for 15-30 minutes (not worrying about spelling/grammar) for 3-4 consecutive days.
- Repeating what you've written if you run out of things to write about.
- Letting go and exploring your deepest emotions and thoughts.

During or shortly after you finish writing Pennebaker indicates it's common to feel sad or depressed, however, these feelings usually subside. If you start getting extremely upset, stop writing or change topics. Also, he recommends not writing too soon after a traumatic event.

Your writings are for you only. What you do with them is your decision. Some people save and periodically revisit them, some edit and turn them into stories, while others erase, burn, shred, flush, or tear them into tiny little pieces and cast them into the wind. Whatever you decide, the important thing is to write and be as honest with yourself as possible. You may be pleasantly surprised at how good you feel and how your outlook on life changes after you put pen to paper.

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

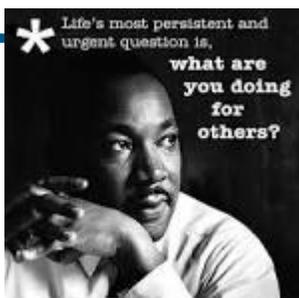
Meetings are held every first Monday of the month @ 12:00 pm in the Community Room.

Resident Council News

The resident council meeting time has changed. We will still meet every first Monday but have moved the meeting up to 12:00 noon. We hope to see everyone at our next meeting.

Upcoming events!

Bake Sale in March.



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

Friends & Family Held in April This Year!

Save the date for this year's **Friends & Family Appeal**, this will be held from April 1st-April 30th! Since 2002, this annual fundraising campaign has raised over \$800,000 toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

The **\$1 for \$1 match** is back and, new this year, **any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1** by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

Stay tuned for more information next month! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

DON'T BREAK THE BANK!

Secure a fixed rate annuity to generate income for life!

IMPROVE
YOUR CASH
FLOW!



Key Features

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.



For more information, call Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

Word Search

Black History Month Word Search Game

Find the words pertaining to African-American history and the civil rights movement.

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

- ABOLITIONIST
- AFRICA
- BOYCOTT
- BUS
- CARVER
- CIVILWAR
- EQUALITY
- FREEDOM
- INTEGRATION
- JIMCROW
- JUSTICE
- KWANZAA
- MARCH
- NAACP
- NORTH
- OPPRESSION
- PROTEST
- RIGHTS
- SEGREGATION
- SHARECROPPER
- SLAVERY
- SOUTH
- SUFFRAGE
- TUBMAN
- VOTE



February Birthdays!

Happy Birthday to the following residents!

- Phillip Hornbuckle.....2/2
- Dolores Parker.....2/3
- Jessie Swinney.....2/4
- Peggy Coward.....2/5
- Patricia Luke.....2/20



“The more you praise and celebrate your life, the more there is in life to celebrate.” - Oprah Winfrey

Events for February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 EnhanceFitness 1:15-2:15pm Resident Council 2:30pm	4	5 Bible Study 11am-12:30pm EnhanceFitness 1:15-2:15pm	6 Movie Day 2pm	7 Wii Bowling 6pm	8
9	10 EnhanceFitness 1:15-2:15pm	11 Dollar Store Stop Pest Control (3rd floor)	12 Bible Study 11am-12:30pm EnhanceFitness	13 Movie Day 2pm JCA Mtg 6pm	14 Valentine's Day Dance 12pm Wii Bowling 6pm	15
16	17 Brush Park 11am EnhanceFitness 1:15-2:15pm	18	19 Bible Study 11am-12:30pm EnhanceFitness	20 Movie Day 2pm	21 Wii Bowling 6pm	22
23	24 EnhanceFitness 1:15-2:15pm	25	26 Bible Study 11am-12:30pm EnhanceFitness	27 Movie Day 2pm	28 Wii Bowling 6pm	

Notes:

- Please note that Walmart bus will not pick up residents if the temperature is below 10 degrees.
- Ms. Roberts (#324) will be the Walmart secondary contact person to call them with questions in case the office is closed.
- Deb's Dollar Store will be here Tuesday, February 11th. Please call or see Tiana Clemmons, Service Coordinator for time.
- **2/13 Movie: The Butler starring Oprah Winfrey and Forrest Whitaker.**



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



For Your Safety.

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

Resident Satisfaction Survey Results

During the last quarter of 2013, over 1,394 residents and families made their voice heard by filling out the Presbyterian Villages of Michigan annual resident satisfaction survey. Many of you also left handwritten comments in the comment section. We have now received the results, along with a list of the comments. The survey is completely anonymous and we do not know who wrote what. We do know what Village and what level of care the survey and comments are from. Demographic information, such as age, gender and length of residency are also part of the data we have access to. You may be asking, now that we have the results, what are the next steps?

The first step is for PVM leadership to dig into the data and understand what this information is telling us, the good, bad and ugly. What are our residents and families saying to us? Are we meeting their expectations? If not, in what areas? How can we improve?

The next step is to report the results to residents, families, staff, board members and other interested parties. This is done both at an individual and organizational level. The results will be transparent to all.

The third step is to develop a plan to improve in areas that need improvement. Sometimes that means asking more questions to get clarification. Once the improvement plan is implemented, we can then measure how we are doing. Both the improvement plan and the results should be an ongoing conversation with our residents and families. Throughout the year you should hear how we are doing in newsletters and at resident meetings. If you don't hear, ask why!

Thank you to those who took the time to submit a survey. It is now our responsibility to take that information and use it to improve your experience with Presbyterian Villages of Michigan. We understand that this is your home and you deserve the best.

Village Advertisements



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.**

Kina Jones
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



Embrace the possibilities