



St. Martha's Journal



Embrace the possibilities

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

May 2017

St. Martha's Meets Friends & Family Goal!

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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:



Dear Friends, Family & Residents,

Thank you, thank you, thank you to everyone who made a donation toward our Friends & Family Project for Resident Activities!

As of April 28 we raised \$1,353.34. Residents decided that they will continue to fundraise throughout the year so if you didn't get a chance to make a donation or forgot, you can do so at anytime, plus there will be other events we will have. Stay tuned for more information.

On April 5 we held a Kick-off Party with a theme about memories. We posted over a dozen photos of various activities and places we have visited using resident activity funds. Congratulations to Kim McCartha who won the Activities Bucket and shared the various games with residents. Thanks to DJ Jerry & Yolanda, Doris & Ms. Nancy Roberts our 2nd resident Ambassador for helping out with the event.

Andrea Felice
Administrator



Right: Nancy
Roberts &
William Clark.

Village News

Game Day with Andrea

Residents have requested more or different activities so I have decided to host a monthly game day.

In April I introduced **Left*Center*Right Dice** game where each player throws dice depending on how many tokens they have and the player with the last token wins. We played 3 games and had a blast, the winner of each game won a prize from TJMaxx. Congratulations to our winners Ms. Lewis, Ms. Williams & Ms. McMichael.



This month on May 15th from 3-4pm we will play "Get Your Neighbor". The basis of the game is everyone gets one card and one chance possibly to trade in order to get the lowest card. If a player has a safe card then the player wanting to trade gets stuck with that card that could be high and could lose. After everyone gets a turn, the person with the highest card loses. After 3 losses the play is out of the game and we keep playing until there is one winner.

You don't need to sign-up, just come down to the community room.

Announcements

May is Older Americans Month! Important Dates At-A-Glance!

5/5 Cinco de Mayo (see page 4 for meaning)

5/5 Focus Hope Food Delivery

5/8 Resident Council 12pm

5/9 VVC Practice 1pm
(Every Tues & Thurs)



5/10 Matter of Balance 1-3pm
(Every Wed & Fri for 8 weeks)

5/11 Joy Community Association Mtg 6pm

5/12 Military Spouses Day

5/14 Mother's Day
5/14 Worship 3pm

5/15 Movie Day 11am – Fences
5/15 Game Day w/ Andrea 3pm

5/20 Motor City Makeover
8am -12pm



5/22 Movie Day 11am
Collateral Beauty

5/22 Swap-a-Plant Bingo 2-4pm

5/28 Worship 3pm

5/29 Memorial Day
Office Closed





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

2016 CRAIN'S
Best-managed
NONPROFIT
WINNER
Presbyterian Villages
of Michigan

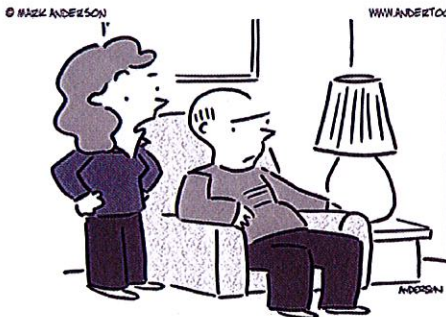
No article this month.

ANNOUNCEMENTS

Joy Community Association (JCA)

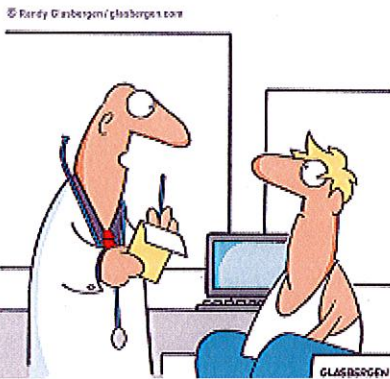
The Joy Community Association meets every 2nd Tuesday of the month. The next meeting will be Thursday, May 11th @ 6pm.

Wellness Comics

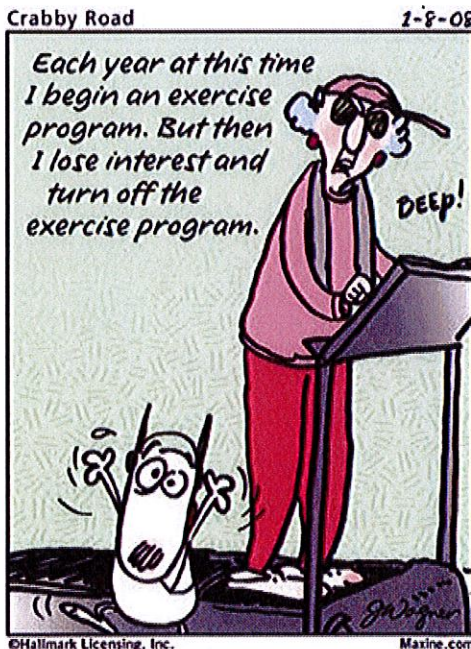


Don't be another character in a comic strip, you can exercise by using the wellness room, participate in the PVM Village Victory Cup, Matter of Balance class or take a walk inside or outside the Village.

"Refusing to go to the gym is not the same thing as resistance training."



"I'm prescribing exercise. Think of it as a stress pill that takes 30 minutes to swallow."



Each year at this time I begin an exercise program. But then I lose interest and turn off the exercise program.

1-8-08

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Focus Hope

Food box delivery is the first Friday of each month. Please be come to the community room between 9-11 am 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. Thank you to Ms. Nancy Roberts for coordinating the deliveries.

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

If you are interested in getting Meals on Wheels, please call DAAA at 313.446.4444 to register.

COMMUNITY NEWS (continued)

Upcoming Events!

May is Fire Drill month! We will have a random fire drill in May. I will have a meeting on **Tuesday, May 9th** with new residents & any other resident who still has questions on the procedures for the drill and any emergencies.

Motor City Makeover will be Saturday, May 20. **I still need volunteers** to clean up around our village, mainly on each side of St. Martha's. It will be from 8am – 12 pm, breakfast snacks will be provided. Sign up in the activities book.

Village Victory Cup – June 23... Please sign up in the activities book and/or come to a practice (see calendar) for more information. All residents are welcome, you **DO NOT** have to compete/play a game to go. You can simply be a cheerleader.

We need residents to join our **garden club**, we cannot do it without you. All you would do is assist with planting, watering and picking the vegetables for the residents. Please sign up in the activities book or see Andrea for more information.

Cinco de Mayo

On May 5, 1862, the Mexican army defeated the French army at the Battle of Puebla. This single military battle signified defeat of a European colonial power, and a victory for the Mexican people. This single battle was the roots of Cinco de Mayo.

Note: Cinco de Mayo is not the celebration of Mexican Independence which is celebrated on September 16th.

What Cinco de Mayo has come to be, is much more than one battle in the colonial history of Mexico. Rather, it has come to signify Hispanic and Mexican pride and a time to celebrate the rich culture. Today, this holiday is celebrated by Mexicans, and especially the Hispanic community in the U.S. It is a time of song, dance, partying, and in general a time to be proud to be of Hispanic descent.

**Movie Day
Mini Theatre**

- Mon. 5/15 @11am
Fences
- Mon. 5/22 @11 am
Collateral Beauty

BINGO

**Tuesdays - 5:30 pm
Community Room**

Join resident to play BINGO. Please bring a dish or snack to share. See Ms. Bailey for more information. All players welcome.

**Bible Study
Wednesdays**

**11am – 12:30pm
Community Room**

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

Card Games

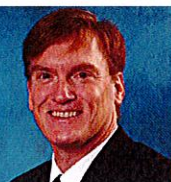
**Wednesdays – 4:00 pm
Community Room**

Adult Coloring

**Bi-weekly (see calendar)
Thursdays – 12:00 pm
Community Room**

Pokeno

**Friday – 5:00pm
Community Room**



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

MARK YOUR CALENDARS!



"Vee Eye See Tee Oh Are Why"* is that your Village's battle cry? If you're having a challenge deciphering the battle cry, try reading it again but this time read it out loud. So, is it your Village's battle cry? Is your Village ready for this year's Village Victory Cup?

Scheduled for Friday, June 23rd this year's event is being held at the Ford Community and Performing Arts Center in Dearborn. At 11:00 am sharp, PVM Villages from across Southeast Michigan will gather together at this location to compete for the coveted Village Victory Cup travelling trophy. To ensure everyone has the energy they need to compete, lunch will be served from 11:15 - 11:45 am. The games themselves will begin promptly at noon.



If you're not familiar with the Village Victory Cup, it consists of a series of competitive events that include a puzzle building competition, a walking race, a lip sync battle, a photo contest, a beanbag toss, a timed basketball shoot and more. You earn points for your Village by simply coming to the event and cheering them on. You earn more points if you compete in the events and you earn even more points if you finish first, second, or third in an event. At the end of the day, the Village that scores the most points wins. To learn how you can join your Village's team, contact your Administrator.

*battle cry = Victory

Continued from page 4

Resident Council News

All residents are invited & highly encouraged to attend our May Resident Council meeting! Come meet the new officers, hear what our plans are for this year and have lunch with us! We look forward to seeing you there, **Monday, May 8th @ 12:00pm.** Meeting starts at noon, we will have lunch after.

St. Martha's Resident Council 2017

President

Lawrence Willingham

Vice-President

Deborah Jones

Treasurer

Constance Charles

Secretary

Clyde McMichael

Sgt. At Arms

Charles Jones

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





National
Church
Residences

Service Coordinator's News

By Kimberly McCartha

A Matter of Balance Classes Starting Wednesday, May 10th!

If you signed up for A Matter of Balance class, please see the class schedule below:

Wednesday, May 10th , Friday, May 12th

Wednesday, May 17th , Friday, May 19th

Wednesday, May 24th , Friday, May 26th

Wednesday, May 31st , Friday June 2nd

**All classes will be from 1:00 pm – 3:00 pm in the
Tim Wintermute Community Room.**

It's very important to attend all sessions. Please dress comfortably with good shoes and bring your water bottle.

If you have not signed up but are interested in participating, please see Kim McCartha, Service Coordinator.

A Matter of Balance is an 8-session structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view [falls and fear of falling](#) as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.



A MATTER OF BALANCE

Improve Your Strength and Balance!

Upcoming Presentations!

**June: 16-Dehydration & the
Elderly
29-Seniors & S.A.D.D.
(Seasonal Affect Disorder)**

Announcements!

May/June Birthday Party coming in June!

Thank you to Oakwood Health for sponsoring the food and Ms. Susan Hammersmith for the cake for our March/April Birthday Party!





Giving Matters.

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

AGE OUT LOUD!

Michigan's Everyone's aging, but who is listening?

Be the wake-up call! Your backing and your voice = a variety of services, safe housing for a wide range of older adults and putting veterans first.

YOU and PVM: we're up against a cultural indifference to the elderly.

It sounds harsh, but it's true.

Think about it:

"Over the hill." "Senior moment." "Past your prime."

Those are pretty rough words about older adults—and we hear them, or even say them without batting an eye.

You have the power to change that indifference and make this state a great place to live at any age. Every time you introduce someone new to PVM, or you make a gift, you're bringing aging out of the shadows. You're making it possible for you and your peers of all income levels, backgrounds and needs to **AGE OUT LOUD**. This month is Older American's Month, so **raise your voices and spread the word.**

World: listen up!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- > Make a bequest in your will
- > Start a Charitable Gift Annuity
- > Your Life Insurance Policy

CONTACT US TO LEARN MORE
Without obligation, PVM Foundation would like
to answer any questions you may have, call Paul Miller
248.281.2045 MyLegacy.pvmf.org

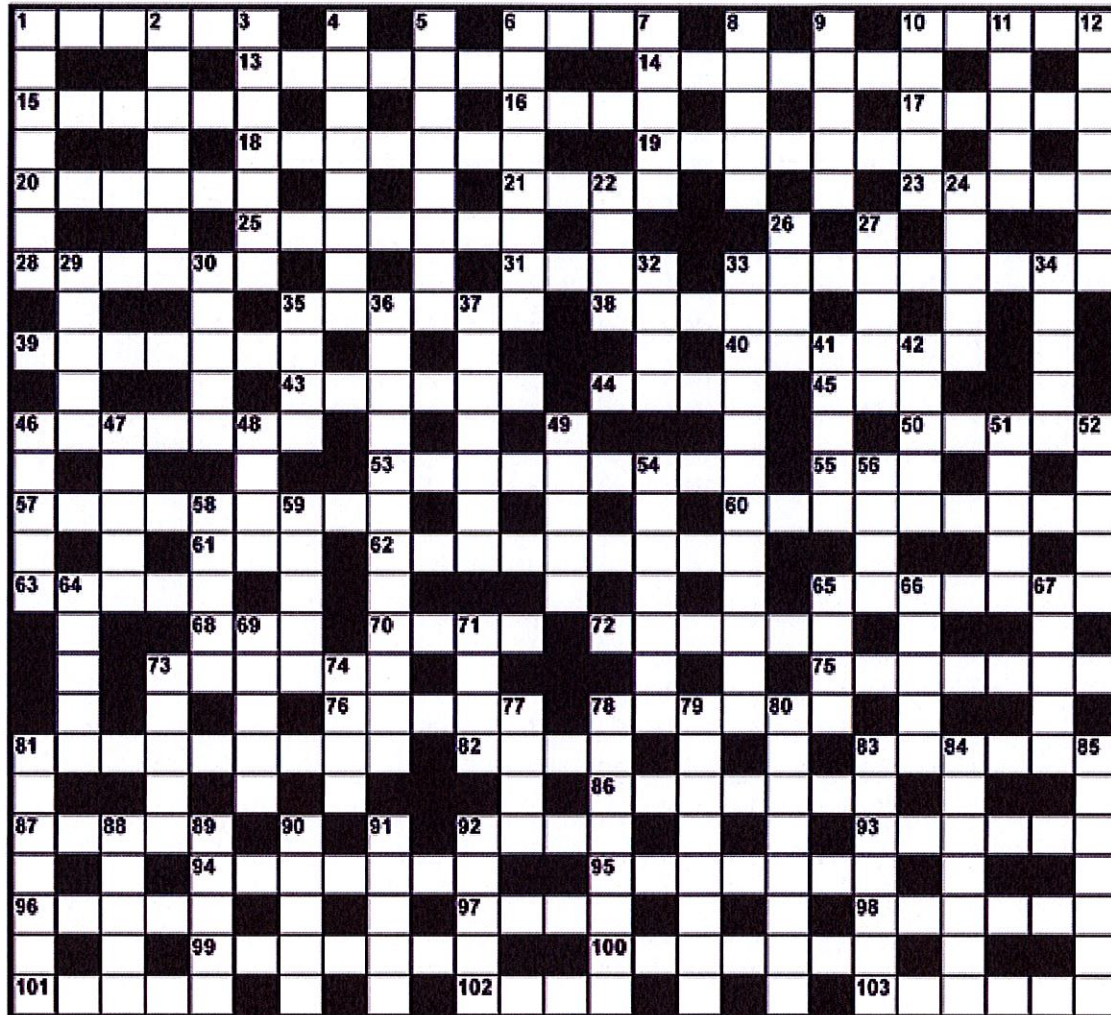
Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

***P.S. YOUR IMPACT:** In 33 Michigan counties, there are now more older adults than school-aged children. **HUGE** when you consider that those older adults will stay as many kids grow up and move away.*

* "The Age Wave: A Call to Action" Thomas B. Jankowski

Crossword Puzzle

MOYHER'S DAY



ACROSS

- 1 The wife (coll) (6)
- 6 Boys (4)
- 10 Two children brought forth at a birth (5)
- 13 The USA (7)
- 14 Render ineffective (7)
- 15 Experiment with (3,3)
- 16 A Nevada city, noted for quick and easy divorces (4)
- 17 A Jewish marriage celebrant (5)
- 18 Pressing clothes (7)
- 19 Little childrens' toys (7)
- 20 Runs away to marry (6)

DOWN

- 1 & 61 Across A revered day of celebration (7,3)
- 2 Purchased goods (7)
- 3 Fulfil the requirements (7)
- 4 Produced, as an effect (8)
- 5 Heavenly (8)
- 6 Generous bestowal of gifts (8)
- 7 Shop (5)
- 8 Contemptuous children (5)
- 9 A soft tasty food preparation (5)
- 10 The trunk of the human body (5)
- 11 See 33 Across (2,3)
- 12 A vessel rodent (4,3)

Events for May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Walmart 9am	3 Bible Study 11am	4 Walmart 9am Adult Coloring 12-1pm VVC Practice 2pm	5 Focus Hope Food Delivery 9-11am Doris' B-day 11:30am	6
7	8 Resident Council Mtg & Potluck 12pm	9 Walmart 9am Pest Control 9-12 3rd floor VVC Practice 1pm	10 Bible Study 11am Matter of Balance 1-3pm	11 Walmart 9am VVC Practice 1pm	12 Matter of Balance 1-3pm	13 Community Room Private Rental
14 Worship w/ Union Grace Church 3pm	15 Movie Day 11am Game Day w/ Andrea 3pm	16 Walmart 9am VVC Practice 1pm	17 Bible Study 11am Matter of Balance 1-3pm	18 Walmart 9am Adult Coloring 12-1pm VVC Practice 1pm	19 Matter of Balance 1-3pm	20 Motor City Makeover Clean-up 8am-12pm
21	22 Movie Day 11 am Swap-a-Plant Bingo 2-4pm	23 Walmart 9am VVC Practice 1pm	24 Bible Study 11am Matter of Balance 1-3pm	25 Walmart 9am VVC Practice 1pm	26 Matter of Balance 1-3pm	27 Community Room Private Rental
9 Worship w/ Union Grace Church 3pm	29 Memorial Day Office Closed	30 Walmart 9am VVC Practice 1pm	31 Bible Study 11am Matter of Balance 1-3pm	Notes: Movie Days: • Mon 5/15 Fences • Mon 5/22 Collateral Beauty		



May Birthdays



Doris Pailen.....	5/2
Tanya Moore.....	5/16
Nancy Roberts.....	5/18
Yolanda Odom.....	5/19
Etta Trawick.....	5/30
Jerry Odom.....	5/31



New resident.....Michael McKinney



May Anniversaries
 Charles Walker.....1 year



**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.**

Doris Pailen
Administrative Assistant

Bill Glaspie
Maintenance Technician

Kimberly McCarthy 313.582.2785 313.582.7822 Fax
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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Detroit, MI 48228**

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