



St. Martha's Journal



Embrace the possibilities

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



May 2016

OLDER AMERICANS MONTH 2016: "BLAZE A TRAIL"

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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 Residents,

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

This month OAM 2016 will focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. We encourage you to participate in community activities, volunteering in the local area, or attending an organization event.

Discover OAM: Visit <http://acl.gov/olderamericansmonth>

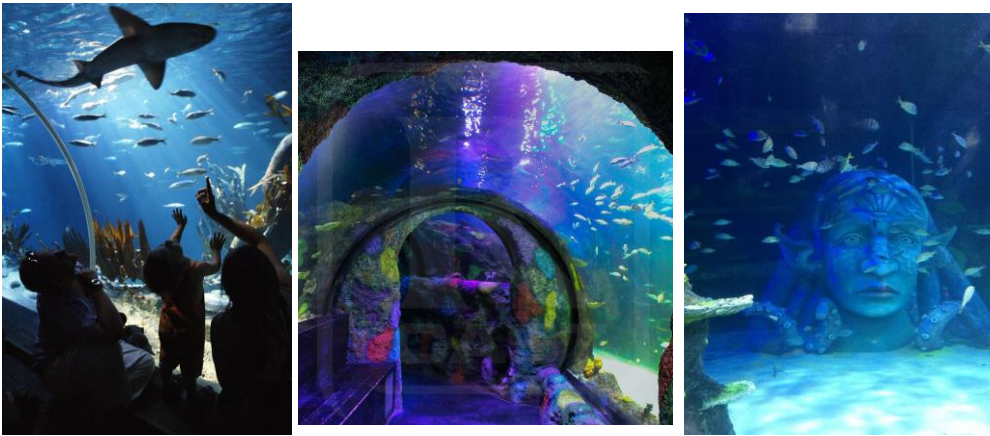
Contact Detroit Area Agency on Aging: Visit <http://www.daaa.org> or call 313-446-4446.

Andrea Felice
Administrator

Community News

Michigan Sea Life Aquarium

Residents visited the Michigan Sea life Aquarium on Friday, April 8th and enjoyed an amazing underwater world. If you haven't been yet you should at least check it out!



Motor City Makeover

On Saturday, May 21 from 9am – 1pm The Village of St. Martha's (Andrea Felice) will clean up the fence line and other trash along Joy Road. If you would like to volunteer, please sign up in the office.

Detroit neighborhoods will be cleaned for Motor City Makeover by district. Individuals and groups **MUST** register with the City of Detroit to receive limited supplies and to schedule a pickup of bagged litter.

<p>SATURDAY, MAY 7, 2016</p> <p>FAR WEST & SOUTHWEST District 6 Pattin Recreation Center 2301 Woodrow 48209 Brianna, District Manager Mara Lewis, Deputy District Manager</p> <p>District 7 Adams Butler Recreation Complex 19520 Lyndon 48219 Roy Solomon D, District Manager Mona Ali, Deputy District Manager</p>	<p>SATURDAY, MAY 21, 2016</p> <p>CENTRAL & NORTHWEST District 8 Crewell Recreation Center 16630 Lathrop Road 48219 Stephanie A. Hoang, District Manager Keggie Bog Davis, Deputy District Manager</p> <p>District 2 Northwest Activities Center 18100 Meyers 48225 Kim Tandy, District Manager Sean Davis, Deputy District Manager</p>
<p>May 7 Districts 6 & 7 May 14 Districts 3, 4, & 5 May 21 Districts 1 & 2</p>	<p>SATURDAY, MAY 14, 2016</p> <p>CENTRAL & EAST District 3 Farwell Recreation Center 2781 E. Outer Drive 48234 Garry Andick, District Manager Dawn Johnson, Deputy District Manager</p> <p>District 4 Samaillan Center 5555 Corridor 48213 O'Dell Tate, District Manager Yusef Khalil, Deputy District Manager</p> <p>District 5 Recycle Here! 1311 Hobart 48204 or Brazel Family Center 7737 Kearsford 48214 Wade Reeves, District Manager Ernie Harris, Deputy District Manager</p>

VOLUNTEER AND REGISTER TODAY! Call 313-224-4415 or register at www.motorcitymakeover.org

Announcements

May is Older Americans Month!

Important Dates At-A-Glance!

- 5/3 National Teachers Day
- 5/4 Fire Alarm Testing
- 5/5 Cinco de Mayo (Mexico)
- 5/6 National Nurses Day
- 5/8 Mother's Day
- 5/8-14 National Police Week
- 5/10 Pest Control (3rd fl)
- 5/10 Concerto Healthcare 1pm
- 5/13 Friday the 13th (Fun Fact: the only one in 2016)
- 5/18 Luncheon
- 5/21 Community Clean Up 9am – 2pm
- 5/30 Memorial Day (Office Closed)



Healthy Recipes

Healthy Breakfasts for Less Than \$1

By Kerri-Ann Jennings, M.S., R.D.

It doesn't cost much to make a healthy breakfast. As these recipes and ideas prove, you can get fiber and protein in your morning meal for less than a dollar.

Avocado Toast + Egg

A slice of good, sprouted multigrain toast; a slice of avocado, and an egg. That's a super-healthy breakfast for well under a dollar.

Oatmeal + Milk + Raisins + Walnuts + Carrot (Optional)

Even with the addition of "pricey" walnuts, you can still get a super-nutritious oatmeal breakfast for under \$1. Add cinnamon and vanilla to make this extra delicious. Throw in a grated carrot or apple for added nutrition.

English Muffin + Slice of Cheddar (1/2 ounce) + Avocado + Tomato

Call it a breakfast pizza or an eggless egg sandwich, but this morning meal is a deal.

Cereal O's or Bran Flakes + Banana + Milk

A bowl of cereal, a serving of fruit and a half cup of milk gives you protein and fiber for a good start to the day.

Multigrain Toast + Ricotta + Peach Slices

Mix up your toast topper with nonfat ricotta and fresh (or defrosted frozen) peach slices.

Chia Pudding: Chia Seeds + Coconut Milk

Brimming with healthy fats and fiber, trendy chia pudding can fill you up. Splurge on some mango for sweetness.

Toast + 1 Tablespoon Tahini + Honey + Cocoa Powder

You need a slice of toast spread with tahini, honey and cocoa powder. Add a banana and a glass of milk for a filling morning meal.

Plain Yogurt + Diced Pear + Toasted Buckwheat

Ripe pears sweeten up plain yogurt, and toasted buckwheat adds nutty crunch and fiber. (and fruit).

ANNOUNCEMENTS

Joy Community Association (JCA)

The Joy Community Association will meet on Thursday, May 12th @ 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.

Healthy Recipes (continued from page 3)**Homemade Cafe au Lait: Coffee + 1/2 Cup Steamed Milk + Banana + Peanut Butter**

This grab-and-go breakfast gives you what you need (protein, healthy fats).

Buying It Out: Oatmeal

Instant oatmeal packets, which really just do the measuring and sugar-adding for you, typically cost 21 cents a packet. Getting oatmeal at a fast-food restaurant will cost several times that: between \$2 and \$4.

Community News...continued
**National Kidney Foundation
Physical Activity Presentation
Friday, May 20 @ 11am**


Come join the National Kidney Foundation to learn

- The importance of physical activity and what it does for our health
- Some tips and ideas of how to incorporate physical activity into our daily lives
- Physical activity demonstration

Dress in comfortable clothes & bring a water bottle! We hope to have more information about our EnhanceFitness class.

Concerto Health, CareSync Solutions and PVM

On Tuesday, May 10 @ 1pm you are invited to attend a presentation to introduce a new program that is designed to offer an expanded primary healthcare service option in this community. Interested family members and friends are welcome to attend! Please sign up in the community room.

Best Wishes to Kina!

I am very sad to announce that Kina Jones, Administrative Assistant will not be returning to St. Martha's. Due to her injuries in that auto accident in December, she will have to have surgery on her back. I would like to thank her for all of her assistance to me and the residents and say she will be truly missed! If you would like to keep in touch with her, send correspondence to: PO Box 1436 Dearborn, MI 48121.

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.

Re-Sale BINGO

Every Last Tuesday– 2-4pm

Community Room

Join residents for a fun game of BINGO with prizes you would find at a re-sale shop. To play you must donate 2 items or more. For more info see the flyer in mail room.

Service Coordinator News

From the Desk of Kimberly McCarthy.....



Important Information About Your Service Coordinator

What Service Coordinators Can't Do

- Service Coordinators are not permitted to provide direct services. They will find the services and arrange them for you.
- They do not serve as "fill-in" property managers or work as activity directors.

Keeping It Confidential

- Service Coordinators are bound by a code of ethics that require all of the personal information you share with them to remain confidential. The service coordinator will sign a confidentiality agreement in your presence.

Financial Assistance

- Assist you in reading and understanding your bills and place calls to companies when there is an error.
- Sign you up for benefits with companies and advocate for you if you have problems.

Medical Assistance

- Arrange for home health aide, medical equipment delivery and set-up, physician appointments and transportation.
- Coordinate "wellness clinics" and if you are admitted to the hospital, work with discharge planners to make sure your transition home runs smoothly.
- Help you understand your Medicaid/Medicare bills and statements.

Educational and Emotional Support

- Provide monthly presentations on various topics, set up senior companion programs and connect you with grief counseling.

Homemaker Assistance

- Assist you in finding and arranging homemaker assistance (cleaning, cooking, laundry, etc.).
- Arrange for grocery shopping and Meals-On-Wheels or other food preparation services.

Legal Issues

- Assist you in completing forms, reviewing your Social Security earnings statement and reviewing death or survivor's benefits or making funeral arrangements for a loved one.

Call Kimberly McCarthy at 313.582.2785 to schedule an appointment if you need assistance in any of these areas or for more information.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Game On!

Don't look now, but June is just around the corner and you know what that means. The 11th Annual Village Victory Cup will soon be here. Scheduled for Friday, June 24th it will once again be held at Ultimate Soccer Arenas in Pontiac, just south of the Village of Oakland Woods. Word on the street is that several Villages have been practicing for quite some time now. They've been testing out their best paper airplane designs; trying out new cookie recipes; wearing down the carpet in the hallways with all the walking they've been doing; putting puzzles together faster than ever before; hitting the bull's-eye more often than not with their beanbag tossing; and doing their best Michael Jordan imitation shooting baskets. We've also heard that several Villages have their eyes set on taking home the coveted Spirit Award this year.

Will the Village of Westland successfully defend their title and capture the Victory Cup for the third time in four years? Will the Village of Our Saviour's Manor win the Spirit Award an unprecedented three years in a row? You never know. But one thing we do know is that there will be plenty of action June 24th at Ultimate Soccer Arenas. If you haven't already done so, to be part of the action contact your Administrator. The deadline for Villages to sign up is June 10th.

For Villages located 100 miles or further from the PVM Home Office we will once again be conducting the Virtual Village Victory Cup. Contact your Administrator for details.

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 be part of the Resident Association, please come to the meeting. We encourage residents to participate.



Giving Matters.

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

Together, MAY We Make Michigan a Better Place to Age!

You, our donors, are transforming the lives of seniors by giving in all sorts of ways, and through gifts large and small. Giving is a deeply personal experience, and I'd like to let you know about a couple of ways you can support the mission of PVM, in a way that's right for you and your family.

The legacy you leave behind can change—or even *save* a life—and help Michigan seniors thrive for years to come! With a little planning, anyone can make a huge impact. Options exist for all personal circumstances and interests while ensuring your family's financial security. Two of the most common choices include:

- **Gifts that *pay you* income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments (as high as a 9% rate of return!) for life.
- **Gifts that benefit residents beyond your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM.

With the PVM Foundation's 22nd Calvin, Sterling and Peterson Mission Maker Societies Luncheon around the corner on June 6th at the Masonic Temple, I wanted to share with you a description of our giving societies. Maybe one of these societies offers the right giving option for you!

- **Peterson Mission Makers Society:** Donors who have made a pledge commitment to PVM of \$1,000 or greater for two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given \$50,000 or more to PVM.

For more information about PVM's planned giving opportunities and giving society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are so grateful for donors like **you** who have taken a personal interest in the future of Michigan seniors. Thank you for your support!

Warm regards,
Paul J. Miller, CFRE

P.S. Save the Date: The PVM Foundation's 5th Inspire Possibilities Breakfast is May 13! Learn more at IPBreakfast2016.eventbrite.com

Word Search



Mother's Day

Second Sunday of May

Appreciation
Beautiful
Breakfast
Candy
Charming
Comfort
Devoted
Flowers
Forgiving
Gifts
Guidance
Hugs
Jewelry
Joy

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

Kisses
Laughter
Love
Material
Mom
Mother
Nurture
Perfume
Protective
Share
Telephone
Tender
The Best
Warm
Wise

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 www.pvmfgifts.org




Events for May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 No Bible Study Smoke Alarm Testing	5 Agnes "Penny" Jones Memorial Luncheon 1-3pm	6 Focus Hope Food Delivery 9-11am Andrea @ Conference Office Closed	7
8	9 Resident Council Mtg 12pm VVC Mtg 1pm	10 Pest Control (3rd fl) Concerto Health 1pm	11 Furnace Filters (1st fl) Bible Study 11am Cards 4pm	12 JCA Mtg 6pm	13 DAAA-Medicare 2016 Updates 1:30-2:30pm	14
15	16 	17	18 Furnace Filters (2nd fl) Bible Study 11am Community Affairs Luncheon 1-2pm	19 Cards 4pm 	20 Physical Activity Presentation by NKF 11am	21 Motor City Makeover Day 9-1 
22	23	24 DAAA-My Health Link 1:30-2:30pm	25 Furnace Filters (3rd fl) Bible Study 11am Cards 4pm	26	27	28
29	30 Memorial Day Office Closed	31 Re-Sale BINGO 2-4pm 				

Movie Days:

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



Tuesday & Thursday ONLY @ 9:00 am

Per Carr's Bus Service, effective May 3, there will be no more Saturday pick-up!

May Birthdays!

- Tanya Moore.....May 16
- Nancy Roberts.....May 18
- Etta Trawick.....May 30



**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.**

Vacant
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**



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