



St. Martha's Journal



Embrace the possibilities

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



March 2017

Service Excellence is Coming to St. Martha's!

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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,

You are invited to attend our Service Excellence workshop on Friday, March 17th from 10:00 am – 12:00 pm presented by Yulanda Harris, Training & Development Manager from Presbyterian Villages of Michigan (PVM). Service Excellence is our way of saying "What I do matters" to each other as we exhibit four core values of Respect, Relationship, Listening and Accountability. Take a look at how we define Service Excellence.

The four core values are:

- Listening- Actively paying attention and seeking to understand.
- Accountability- The willingness to accept responsibility and delivering upon expectations.
- Respect- Treating all with dignity and worth.
- Relationships- Our way of forming a meaningful and genuine connection with our residents, each other, and the community.

You will be part of a wonderful experience with Yulanda as she will be here to share with you and help you understand our core values and how we would like you to implement them in your daily lives as you interact with the staff and each other.

This is an important initiative PVM is doing at all villages so residents and staff can be on the same page. Please plan on attending but you must RSVP in the activities book or by calling the office.

Please be aware that this will be an educational session and not the place where complaints are to be expressed.

Andrea Felice
Administrator

Village News

2016 Resident Satisfaction Survey

In the fall of 2016 resident satisfaction surveys were sent out. Overall satisfaction at the village was 91% out of 100%. That is an increase of 7.2% from 2015 but there are always areas that could be improved on. The three lowest scoring areas are:

- Management's fairness & consistency with House Rules
- Availability of Service Coordinator, and
- Responsiveness to maintenance requests (work orders)

Residents & staff met on February 23 to create action plans to improve in those areas, these are the results:

Management's fairness & consistency with House Rules

- Treat everyone the same by enforcing everyone to follow house rules.
- Create a flyer to share with visitors so they are aware of house rules and follow.

Availability of Service Coordinator

- SC will post schedule weekly.
- SC gave instructions on how to reach her when she is not here.

Responsiveness to maintenance requests (work orders)

- When taking work orders, staff will let residents know maintenance will be out within 2 business days.
- If work order is open for more than 2 business days, staff will call residents to give status on repair.

I hope that these action plans will help to improve on those areas scored the lowest. If you have any other suggestions, please feel free to let me know.

Throughout the year I will keep you posted on how our action plans are going.

Announcements

March is Social Worker's Month!

Important Dates At-A-Glance!

3/1 Ash Wednesday

3/9 Joy Community Association @ 6pm

3/10 Concerto Health & Wellness Event 1-2pm

3/12 Union Grace Worship 3pm

3/13 Daylight Savings Time
Turn your clock 1 hour forward!

3/13 Resident Council 12pm
3/15 Medication Safety 1-2pm

3/17 St. Patrick's Day



3/17 Service Excellence Workshop 10am-12pm

3/18 Gamma Phi Delta Sorority 12-3pm

3/26 Union Grace Worship 3pm

3/27 Re-Sale BINGO 2-4pm

3/31 Shred/Magazine Recycle 9am-12pm

3/31 DAAA Heart Disease 1-2pm



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

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

HERITAGE AND LEGACY

With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!

Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michiganders do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications, conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at www.michigan.gov/library or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday – Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy. Enjoy!

ANNOUNCEMENTS

Joy Community Association (JCA)

The Joy Community Association meets every 2nd Thursday of the month. The next meeting will be Thursday, March 9th @ 6pm



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)

Recipes

Slow Cooker Corned Beef and Cabbage

Ingredients

- 1 medium onion, cut into wedges
- 4 large red potatoes, quartered
- 1 pound baby carrots
- 3 cups water
- 3 garlic cloves, minced
- 1 bay leaf
- 2 tablespoons sugar
- 2 tablespoons cider vinegar
- 1/2 teaspoon pepper
- 1 corned beef brisket with spice packet (2-1/2 to 3 pounds), cut in half
- 1 small head cabbage, cut into wedges

Directions

1. Place the onion, potatoes and carrots in a 6- to 7-qt. slow cooker. Combine the water, garlic, bay leaf, sugar, vinegar, pepper and contents of spice packet; pour over vegetables. Top with brisket and cabbage.
2. Cover and cook on low for 8-9 hours or until meat and vegetables are tender. Discard bay leaf before serving. Yield: 6-8 servings.



Movie Day

**Mondays – 11:00 am
Mini Theatre**

Join residents and watch a variety of movies. Popcorn provided. See the events board for the name of the movie each week. Suggestions welcome.

BINGO

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

Join resident to play BINGO. Please bring a dish or snack to share. See Ms. Sadie or 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

No games for March.

Pokeno

Friday – 5:00pm

Join residents to play POKENO.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“S” stands for Sleep

In December, I introduced you to MESH. It's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the “S” (sleep).

According to Dr. Thomas, we shouldn't accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it's not. Everyone needs sleep. Sleep is nature's way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won't adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it's time for sleep;
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.

For more tips and other information on sleep, visit www.sleepfoundation.org.

Continued from page 4

Resident Council News

We did it! St. Martha's residents have elected new officers! Congratulations to the new 2017 Resident Council Officers! Please show them support and come down to their first meeting this month.

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.





Service Coordinator's News

By Kimberly McCartha

Dear Residents,

This year I decided I would like to do something special for **"My Seniors."** Since birthdays are a special time I would like to help make "My Seniors," from **St. Martha's** and the **Silver Circle Ministry at Union Grace**, birthday's special with a celebration.

Therefore, I have decided to host a birthday party every two months for the people who have birthdays in those two months. The birthday people can invite 2 people of their choice to join them for the celebration. Lunch will be provided and when possible live entertainment.

I would like to thank **Susan Hammersmith**, Board Member, who has volunteered to provide the birthday cake/punch for these celebrations and the **Village of St. Martha's** for contributing toward the food.

I truly hope you all enjoy yourselves and hope this gesture makes your birthday special. I do regret that I won't be able to invite all your family members and friends to the party because of the large number of seniors involved. I look forward to sharing your birthdays with you.

Upcoming Presentations!

**March: 3- Oak St. Health
10 - Concerto Health
Health & Wellness
Event
15 - Medication Safety
31 - DAAA- Heart
Disease**

Announcements!

I am currently signing residents up for the following classes:

**Diabetes PATH Program and
A Matter of Balance class.**

Classes will scheduled soon and will be held here at St. Martha's.

For more information on these **FREE** classes, see me or to sign up, see the sheet in the community room.



January & February birthdays: L to R: Shelly (Caregiver) & Ms. Luke, Mr. & Mrs. Trawick, Ms. Williams, Ms. Gaynor & Ms. Norma Felton from Union Grace Church.



Giving Matters.

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

Saving More Than Daylight

Your legacy can change a life.

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, ***it's a gift.*** The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization. The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service.

Spring forward—and into action this March. The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you. Visit mylegacy.pvmf.org for more information.

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

Warm regards,
Paul J. Miller, CFRE

A GIFT IN
YOUR WILL
*can change
the lives
of seniors.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045
www.pvmgifts.org



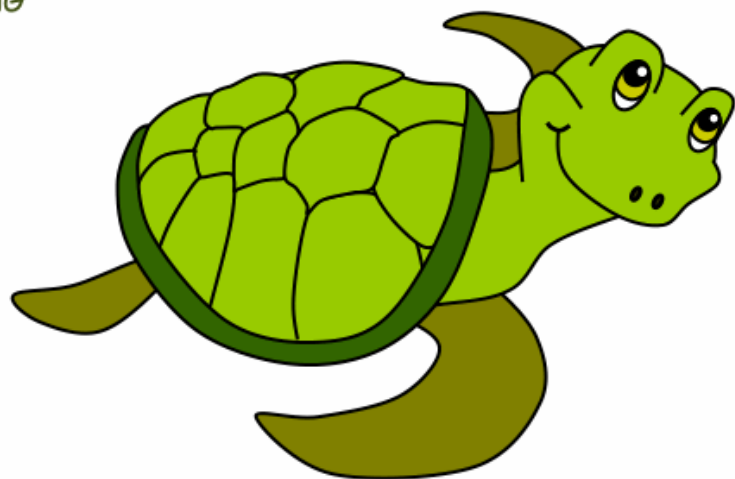
**Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION**

Word Search Puzzle

Turtle Word Search


O Q F F H C T N E L R S E M T
 G H H S K A R E I L H E A J R
 G C C E C R E A S E I T V E S
 N O R T S A L P L T A T P I B
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| SHELL | BITE |
| CARAPACE | RIVER |
| SCALES | OCEAN |
| SCUTES | POND |
| NATAL | HIDE |
| MATAMATA | ROUGH |
| PLASTRON | SWIM |
| TESTUDINE | CRAWL |
| REPTILE | FLIPPER |



Events for March 2017



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|--|
| | | | 1 Bible Study 11am | 2 | 3 Focus Hope Food Delivery 9-11am | 4 |
| 5 Community Room-Private Rental | 6 Movie Day 11am | 7 Walmart 9am | 8 Bible Study 11am | 9 Walmart 9am Adult Coloring 12pm JCA 6pm | 10 Concerto Health Event 1-2pm | 11 Scatter seeds of kindness wherever you go |
| 12 Worship w/ Union Grace Church 3pm | 13 Movie Day 11am | 14 Walmart 9am Pest Control 9-12 | 15 Bible Study 11am Medication Safety 1-2pm  | 16 | 17 Service Excellence 10am -12pm  | 18 Day of Kindness w/ Gamma Phi Delta Sorority 12-3pm |
| 19 | 20 Movie  | 21 Walmart 9am | 22 Bible Study 11am | 23 Walmart 9am Adult Coloring 12pm | 24 | 25 Community Room - Private Rental |
| 26 Worship w/ Union Grace Church 3pm | 27 Re-Sale Bingo 2pm Movie Day 11am | 28 Walmart 9am | 29 Bible Study 11am | 30 | 31 Shred /Recycle Day 9am-12pm DAAA Heart Disease 1-2pm  | |

March Birthdays



- Margaret Cheeks.....3/1
- Charles Jones, Jr.....3/1
- William Clark.....3/6
- Clyde McMichael.....3/17
- Charlotte Johnson.....3/26

March Anniversaries

- Betty McIlwain.....7 years
- William Clark.....5 years
- Charles Jones, Jr.....5 years
- Joyce Carbin.....5 years
- Nancy Roberts.....4 years
- Robert McFarlin.....2 years

Happy Anniversary



Welcome Home to Ms. Ernestine Dials

**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 McCartha 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



Embrace the possibilities