

The Neighborhood News

An Innovative Senior Community

260 McDougall Ave. • Detroit, Michigan 48207 • www.RivertownSeniorLiving.org

MARCH, 2015

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**THE THOME
RIVERTOWN
Neighborhood**

an innovative senior community

HAPPY SAINT PATRICKS DAY March 17th.



Did you know...

Saint Patrick's Day is a cultural and religious celebration occurring annually on March 17th. This date the most commonly-recognized patron saint of Ireland, Saint Patrick, died. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, as well as celebrating the heritage and culture of the Irish in general.



The Management Staff May NOT hold, keep or sign for any type of mail or packages addressed to the residents.

All U.S. mail or packages MUST be delivered directly to the resident.

The resident/Lease Holder will be the only mail placed in each mail box, mail address to non-lease holder to be returned to sender.

Look for PVM on:



SERVICE COORDINATOR: Renee Saunders

Michigan Health News

MiHealth Link

I will be trained to assist residents who are eligible for the MiHealth Link program in the very near future. The training that I am expected to attend will enable me to assist residents in making decisions regarding MiHealth Link plans. I will keep everyone updated as to when I receive the training and will be able to competently assist eligible residents in selecting a plan. In the meantime, please feel free to visit the Service Coordinator's office or make an appointment to discuss the MiHealth Link program. Residents who are eligible for the program will begin receiving letters from MiHealth Link in March.

Medicare Part B Premium and Matter of Balance Presentation

Presenter Christine Lawson from the St. Patrick Senior Center in Detroit will discuss two programs. The first program is the Medicare Part B Premium. Resident's will be provided with information regarding the Medicare Part B Premium and a \$104.90 refund to you per month. She will also discuss the Matter of Balance presentation, which gives residents information on fall prevention techniques. This includes learning techniques to get up safely after a fall and how to brace yourself when getting up and down from a seated position. The program includes videos demonstrating the techniques, exercises. Both of these programs will be presented in the Community Room at 6 p.m. on **March 10, 2015**

Home Heating Credit

Applications to apply for the 2014 Home Heating Tax Credit are now available. The deadline to apply for the credit is September 30. The Service Coordinator can assist residents with the application. The service coordinator can provide interested individuals with a list of AARP free tax preparation sites. The sites can be found at

<http://www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>.

Accounting Aid Society can also provide assistance with tax documents. **For more information on Accounting Aid Society, call 313-556-1920.**

**At your service,
Renee Saunders, LMSW**

**Service Coordinators Office Hours:
Senior Apts.
Tuesday's & Friday's 9:00am-5:00pm**

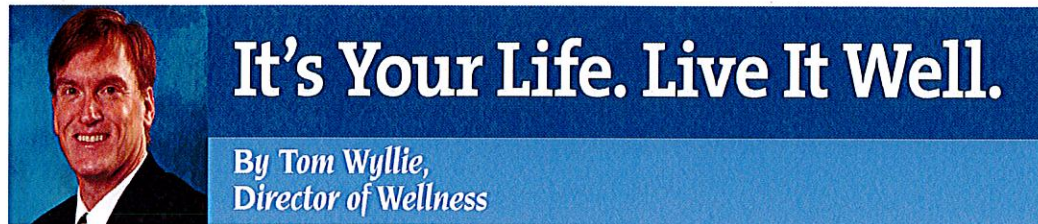
Announcements

Smoke Free Environment

As a leader in Quality Senior Living and in support of our ongoing commitment to the safety, health and well-being of our residents, staff, and guests, PVM has implemented a new Smoke Free Environment Policy. **Effective July 1, 2010** indoor smoking is NOT allowed at Thome Rivertown Senior Apartments, including in individual apartments.

Smoking will be permitted in designated outdoor smoking areas only. For purposes of this policy the term "smoking" means inhaling, exhaling, breathing or carrying any lighted cigar, cigarette, or other tobacco product or similar lighted product in any manner or form.





This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

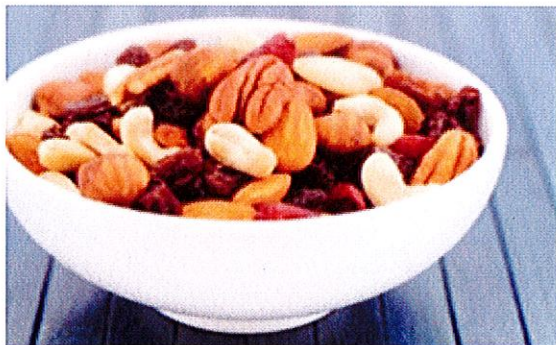
The Importance of Healthy Snacking

Snacking is our “go-to” for many situations. If we’re bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name.

Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you’re on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you’re in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I’m sure you’ll enjoy the company too.



WEB RESOURCES

AARP-Michigan
www.aarp.org

Advance Directive Forms
Michigan
www.med.umich.edu

Area Agency of Aging
1-A=www.aaa1a.org
1-B=www.aaa1b.org

Medicaid in Michigan
www.cms.hhs.gov

MI Elder Rx Coverage
www.miepci.com

Michigan Seniors
Information
www.miseniors.net

Senior Alliance 1C
www.aaa1c.org

Senior Corner
www.tcnet.org/seniors

Savvy Seniors
<http://www.savvysenior.org>



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection. They are: 1. Memory loss that disrupts daily life. 2. Challenges in planning or solving problems. 3. Difficulty completing familiar tasks. 4. Confusion with time or place. 5. Trouble understanding visual images and spatial relationships. 6. New problems with words in speaking or writing. 7. Misplacing things and losing the ability to retrace steps. 8. Decreased or poor judgment. 9. Withdrawal from work or social activities. 10. Changes in mood and personality.

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit alz.org/10signs.



AT YOUR SERVICE TENANT COUNCIL

President:
Erma Finney

Vice Chair:
Betty Moore

Treasurer:
Jo Jewell

Secretary:
Mary Woods

Stg. at Arms:
Regina Lawson

Floor Captains



1st. Floor
Mary Brown # 105

2nd. Floor
Mary Woods # 215

3rd. Floor
Marvin Rogers # 301

4th. Floor
Marion Albright # 406



For Your Safety.

By Carrie L. Moon-Dupree,

Community Reminders:

1. Proper attire including shirts and shoes must be worn in ALL common areas.
2. All rubbish must be placed in plastic bags, tied securely, and put in the proper waste receptacles.
3. There shall be no altering or installation of locks, ceiling fans, outside antennas, etc., without written consent of the landlord or landlord's agents.
4. No waste receptacles, supplies, rugs/mats, footwear, umbrellas or other articles shall be left in hallways or hung from windows. Items may be kept under your ledge by your front door, but to avoid a tripping hazard, must not stick out into the walking path.
5. Water usage is not for car washing.
6. Car repairs and maintenance work of cars should not be done on the property.
7. Common area laundry facilities are for residents only.
8. Residents must provide their own personal property insurance.



Daylight saving time March 8th. (DST) begins or **summer time** is the practice of advancing clocks during summer months by one hour so that light extends into the evening hours—sacrificing normal sunrise times. Typically, users of DST adjust clocks forward one hour near the start of spring and adjust them backward in the autumn to "normal" or regular time.!

MONTHLY ACTIVITIES

Movie Night!
Friday's 5:00pm
Community Room
Movie Selections by:
David Simpson



**Card Tournament
&
Games**

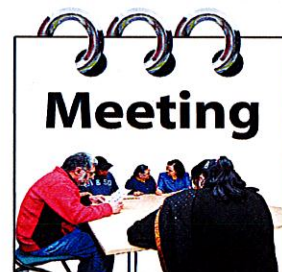
**Friday's 7:00pm
Game Room**



**Monthly Birthday
Celebrations**
4th. Friday at 3:00pm
Cake & Ice Cream
Community Room



Tenant Council Meetings
4th. Thursday at 1:00pm
Community Room





Giving Matters.

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

Save the Date! Friends & Family, April 2015

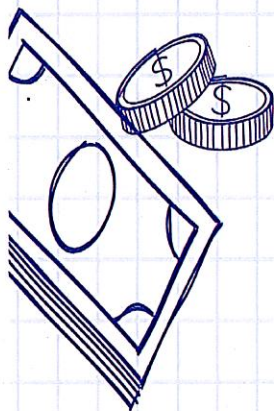
Save the date for the annual **Friends & Family Appeal**, being held **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised *over \$950,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned! 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

Do the math!

Secure a fixed rate annuity to generate income for life!



- 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%



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

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

Thome Rivertown Neighborhood Senior Housing

260 McDougall St.
Detroit, MI 48207
313.259.9000 (o)
313.394.0607 (f)

Linda Wilcox
Housing Administrator

Thome Rivertown Board of Directors

Gloria Robinson
Board Chair

John Nixon, III
Vice Chair

Robert Schroeder
Secretary

Colleen Dolan-Green

Treasurer

Roger Myers

Lynda Jeffries, Ph.D.

John Thorhauer

Terri Hamad

For more details, visit
pvm.org
umrc.com



MANAGER'S MEMO'S



Rivertown Detroit Association (www.rivertowndetroit.org) held its monthly meeting on Thursday February 19th at The Thome Rivertown Neighborhood Senior Community at 260 McDougall Detroit, MI 48207. **PVM | UMRC Communities tours conducted after the meeting.**

What a Full Agenda:

- + Welcome to The Thome Rivertown Senior Apartments by Housing Administrator Linda Wilcox
- + Susan G. Komen "Race For The Cure" Saturday May 16th--Katrina Studvent, Director--A Welcome Back to Rivertown!!!!
- + Grand Prix Update---May 29-31st---www.detroitgp.com Zoom Zoom!!!!!! Feeling warmer already!!!!!!
- + Jefferson East Inc. Update. Josh Elling Executive Director. Clean Detroit Project
- + "Thumbs Up Detroit"-- Everything Metro Detroit Expo--March 13th & 14th Cobo Hall--Jim Griffin, (www.thumbsupdetroit.com)
- + Detroit RiverFront Conservancy---Mark Wallace, President & CEO---The Detroit Riverfront---Exciting Things Coming to Rivertown!!!!
- + Next Month--March 19th Meeting-- Detroit City Council President Brenda Jones--Roberts Riverwalk Hotel See You There!!!!!!!!!!
- + Happenings around Rivertown Detroit: Clean Detroit- Since 2010, Jefferson East, Inc. has funded Clean Downtown to help keep Rivertown free from litter along East Jefferson avenue.
- + Each week, teams of Clean Downtown professionals pick up litter 3 times and over 60 trashcans are emptied daily. And since 2010, these services have removed more than 136 tons of trash from East Jefferson avenue. Plus JEI works to remove graffiti from vacant buildings along east Jefferson.

NOTARY BULLETIN[®]

: Notary Service provided by your Housing Administrator

MAINTENANCE NEWS: Mary Gieger Lead Maintenance

Please remember to call the office at 313.259.9000 to place your unit work orders.

You may also call the Maintenance Emergency on call number @ 313.300.1813 after 4:30pm. For any Maintenance Related Emergencies

What's an on call emergency?

An on call emergency could be any one of the following and occurs after business hours.

- No hot water Toilet Not Working or over flow
- No Heat No Air
- Lock Out No Power
- Fire Electrical Shortage (outlets)



MARCH'S Birthday Bash

Charles Kirksley
3/10/2015

Eola Lee
3/12/2015

Beatrice Cade
3/21/2015

Eric Butts
3/30/2015



Extra, Extra Read All About it !!!



















Donation Items Drop off to:
Thome Rivertown Sr. Housing
260 Mcdougall St. Rental Office
Detroit, MI 48207
(313) 259-9000 | Please call Ms. Jewell for a list of needed items

**Rivertown Neighborhood Association
Adopts A Firehouse**
3737 Lafayette St
Detroit, MI 48207
Engine 9, Ladder 16, Medic 21



THE THOME RIVERTOWN Neighborhood

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~ March 2015 ~						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 BINGO Night 5:00pm Community Rm.	3	4  Bid Whist Champs 6pm	5 Walmart  Shopping Trip 9:00am	6  DETROIT SYMPHONY ORCHESTRA <small>Leslie Baxter Music Center</small> A COMMUNITY-SUPPORTED ORCHESTRA DSO Concert 10am	7
8 Spring Forward  Day light Savings Begins	9 BINGO Night 5:00pm Community Rm.	10 Happy Birthday Mr. Kirksey # 217 MI Better Health 6pm 1 st . Floor	11  Bid Whist Champs 6pm	12 Happy Birthday Ms. Lee #104	13  Thumbs UP DETROIT All Things Detroit Cobo Center 9-5pm	14  Thumbs UP DETROIT All Things Detroit Cobo Center 9-5pm
15	16 BINGO Night 5:00pm Community Rm.	17  Happy St. Patty's Day	18 Focus:HOPE <small>Education • Opportunity • Community</small> Pick Up Boxes 3:00pm 1 st . Floor	19 Walmart  Shopping Trip 9:00am	20  movies 7pm 1 st . Floor	21 Happy Birthday Ms. Cade #102
22	23 BINGO Night 5:00pm Community Rm.	24	25  Bid Whist Champs 6pm	26  Tenant Council Meeting 1pm	27  Birthday Bash 3:00pm	28 
29 Palm Sunday 	30 Happy Birthday Mr. Butts #307 BINGO Night 5pm.	31	 70th Anniversary Presbyterian Villages OF MICHIGAN SERVING SENIORS & COMMUNITIES			

Heart Healthy Word Search

Being heart healthy involves keeping cholesterol and blood pressure down with a good diet.

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

Words List

heart	health	disease	active
cholesterol	bloodpressure	smoking	bloodsugar
heartattack	foodpyramid	dash	stayinalive
chocolate	fish	fruits	vegetables
nuts			

Arts and Culture - DIA to offer free bus rides to and from museum



Need another reason to visit the Detroit Institute of the Arts? How about free round-trip transportation to the museum?

That's right, the DIA is offering free bus rides to and from the museum on select days for residents of Wayne, Macomb, and Oakland counties. All you have to do is call ahead to reserve your spot.

Pretty easy, right? Folks will gain access to any of the museum's free exhibits, as well as to the DIA Studio where museum goers can create their own works of art.

Wayne County:

Northville Community Center, 303 W. Main St.—Van Gogh Bus - Bus departs Community Center at 9:30 a.m.; Bus departs DIA at 2 p.m.

Grosse Ile Township Hall, 9601 Groh Rd—Degas Bus - Bus departs Township Hall at 10 a.m.; Bus departs DIA at 2:30 p.m.

Canton Public Library (park on west side of library), 1200 South Canton Center Rd—Monet Bus

Bus departs Library at 9:30 a.m.; Bus departs DIA at 2 p.m. - River Rouge City Hall, 10600 W. Jefferson —Matisse Bus

Bus departs City Hall at 9:30 a.m.; Bus departs DIA at 2 p.m. - Handy Park, 26650 Capitol St., Redford —Picasso Bus

Bus departs Park 10 a.m.; Bus departs DIA at 2:30 p.m. - Northwest Activity Center, 18100 Meyers Rd. #1 Detroit.—Warhol Bus departs Activity Center at 10 a.m.; Bus departs DIA at 2:30 p.m. -

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

United Methodist Retirement Communities Mission Statement

Building on a foundation of more than 100 years of service, we promote the wellness, dignity and independence of older adults by providing high quality and innovative residential and supportive services.

www.umrc.com

Office Numbers

(313) 259-9000

(313) 394-0670 fax

Thome Rivertown Staff

Linda Wilcox 
Housing Administrator

313.259.9000 ext. 1
lwilcox@pvm.org

Renee Saunders
Service Coordinator

313.259.9000 ext. 2
313.446.8703 Direct line

Mary Geiger
Lead Maintenance Supervisor

313.259.9000 ext. 3

Thome Rivertown Detroit Affordable Assisted Living | 250 McDougall Detroit, MI 48207

313.567.8045

EMERGENCY NUMBER

(313) 300-1813



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



The **United Methodist Retirement Communities Foundation** mission is to promote the wellness, dignity, and independence of seniors by supporting the residents, staff, and communities UMRC serves. The Benevolent Care Fund provides relief from worry for our residents by providing the necessary financial assistance to allow them to remain in their homes and continue to receive the same quality care they expect and deserve. For more information on events, estate planning, or making a gift, please contact the UMRC Foundation at **734.433.1000 ext. 2** or visit www.umrc.com



an innovative senior community

260 McDougall Avenue
Detroit, MI 48207-4251

An Innovative Senior Community