

The Neighborhood News

An Innovative Senior Community

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

APRIL , 2015

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THE THOME RIVERTOWN Neighborhood
an innovative senior community

Look for PVM on:

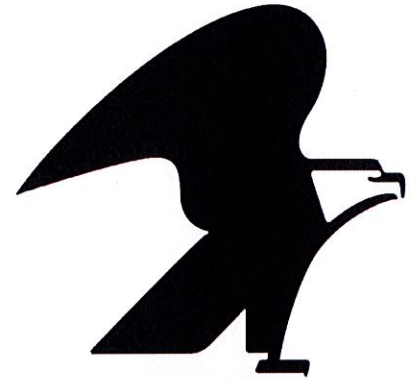


Did you know...

On Easter Sunday, Christians celebrate the resurrection of the Lord, Jesus Christ. Christians believe, according to Scripture, that Jesus came back to life, or was raised from the dead, three days after his death on the cross.

As part of the Easter season, the death of Jesus Christ by crucifixion is commemorated on Good Friday, always the Friday just before Easter.

Through his death, burial, and resurrection, Jesus paid the penalty for sin, thus purchasing for all who believe in him, eternal life in Christ Jesus.



U.S. MAIL

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.

Mail addressed to the Resident/Lease Holder will be the only mail placed in each mail box. Mail not addressed to the Resident/Lease Holder will be returned to sender.

SERVICE COORDINATOR: Renee Saunders

Scooter Safety

Spring is in the air, and that means more residents will be outside riding scooters. Please remember to stay on the sidewalks and be mindful of traffic when riding a scooter outside.

MiHealth Link

I will be trained to assist residents with the MiHealth Link program on April 23. Eligible individuals began receiving letters about this program in March. MiHealth Link is a pilot program designed to streamline Medicaid and Medicare Services, and could potentially offer additional services including dental, vision, and medical supplies. Eligible members who are not participants in PACE or Medicaid Waiver will be **automatically enrolled** in this program if they don't choose to opt out.

Fraud Presentation

A representative from the Michigan Attorney General's office will present on how to protect yourself from fraud at 1 p.m. on Friday, April 24 in the community room.

Medicare Part B Premium and Matter of Balance Presentation

Presenters Christine Lawson and Gloria Hill from the St. Patrick Senior Center in Detroit discussed two programs last month. The first program is the Medicare Part B Premium. Resident's were provided with information regarding the Medicare Part B Premium and how to save \$104.90. Gloria Hill discussed the Matter of Balance presentation, which gave 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.

Residents who attended this presentation expressed interest in the Matter of Balance program. In order to bring this program to the building, we need at least eight people to sign up. This presentation will be held again in May, since many residents were not able to attend the March presentation.

Service Coordinator Schedule Changes

Vanessa's placement at Rivertown ends on Friday, April 24. The following week, Renee's schedule will change to every Wednesday, Friday, and alternating Mondays.

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.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

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

Write Your Worries Away



Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view.
- Opening your eyes to what may have caused the disagreement can lead to resolving it.

WEB RESOURCES

AARP-Michigan
www.aarp.org

Advance Directive Forms
Michigan
www.med.umich.edu

Detroit Area Agency
on 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

COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!



AT YOUR SERVICE TENANT COUNCIL

President:

Erma Finney

Vice Chair:

Betty Moore

Treasurer:

Open

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



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

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

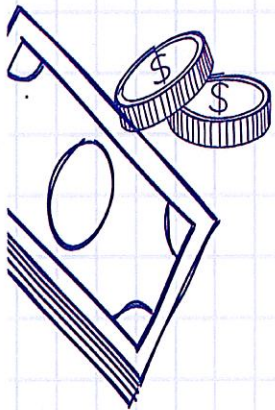
Treasurer

Roger Myers

Lynda Jeffries, Ph.D.

John Thorhauer

Terri Hamad



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.

**IMPROVE
YOUR CASH
FLOW!**

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.*

For more details, visit
pvm.org
umrc.com

MANAGER'S MEMO'S

Thome Rivertown Senior Apartments: Residents enjoy a day at the DSO. March 6, 2015



From the Right: Brenda Galloway, Jo Jewell, Mary Woods, Gladys Anderson, Sandra Remus and not pictured Lilly Williams

Thome Rivertown Senior Residents Takes over the DSO with a wonderful afternoon of classical music and lunch.

For 36 years, the Classical Roots concert has celebrated African-American contributions to classical music. Led by Thomas Wilkins, former DSO assistant conductor and now Hollywood Bowl principal conductor, this year's program will feature the work of George Walker — the first African American Pulitzer Prize winning composer — performed by his son, Gregory Walker.

NOTARY BULLETIN[®]

Notary Service provided by your Housing Administrator



Alliance

The Newsletter of the International Association of Homes and Services for the Ageing

Options for Seniors in Ontario Canada

Senior Housing options in Canada are as complex as they are in most developed countries—there are a range of labels, funding and services, according to **Vanessa O. Rorai, MSW student at Wayne State University and an intern at the Thome Rivertown Neighborhood in Detroit, MI.** Vanessa recently conducted a review of senior housing options in Ontario.

Adult Lifestyle Communities are senior apartments and are found through real estate agents. Non-profit housing is referred to as “rent-geared-to-income” (RGI) with income eligibility requirements and ten year waiting lists. This is strictly housing, with no services or programs.

Ontario also has housing co-ops. The Co-operative Housing Federation of Canada formed an Aging in Place Committee in 2010. As a result they are increasingly aware of older members’ needs and have developed planning tools to support aging co-op members. Retirement Homes are private businesses and vary considerably in services and amenities offered. Supportive housing provides minimal to moderate levels of care while long-term care homes provide 24 hour nursing and personal care. The latter are funded and regulated at the provincial government level.

The gatekeeper for consumers is the Community Care Access Centre (CCAC), a government-funded organization that connects individuals to care services based on their needs. CCAC performs an essential service: assessments eligibility determinations and availability.

APRIL'S Birthday Bash

Drucillia Fladger
4/1/2015

Sandra Black
4/3/2015

David Simpson
4/12/2015

Peggy Martin
4/13/2015

Mary Brown
4/20/2015



Extra, Extra Read All About it !!!



Pay \$5. Shop the Club.
Get Member pricing.

Get Your Shopping Pass

TRY
for
FIVE

MAINTENANCE NEWS:

*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*

When Do I call???

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*
- *No Heat*
- *Lock Out*
- *Fire*
- *Toilet Not Working or over flow*
- *No Air*
- *No Power*
- *Electrical Shortage (out*

~ April 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy B-Day Ms. Fladger # 317	2 Walmart	3 Wishing you  a Blessed Good Friday	4 Friends/Family Kick Off Party & Fire Fighters Engine 9 Celebration 12:00pm
			Hustle Classes 5:00pm	Shopping Trip 9:00am	Good Friday Happy B-Day Ms. Black # 401	
5 	6  T-Shirt Orders Due	7  UpSouth Produce Truck on site 3:00pm	8  Hustle Class 5:00pm	9 Walmart Shopping Trip 9:00am	10 GAMES NIGHT 7:00pm Game Room	11 Friends & Family  Donate 
12  Happy B-Day Mr. David # 311	13 Happy B-Day Peggie Martin # 201 BINGO	14 CHARTER ONE  MOBILE BANKING on Site 12:00pm	15 FOCUS: HOPE Education • Opportunity • Community Pick Up Boxes 3:00pm 1st. Floor	16 Walmart Shopping Trip 9:00am	17  movies 7pm 1st. Floor	18 Still time to...  DONATE
19  April Showers Bring May Flowers	20 Happy B-Day Ms. Brown #105 Travel Tuesdays 12:00PM 	21 Office Closed PVM Meeting	22  Hustle Class 5:00pm	23 Walmart Shopping Trip 9:00am  Tenant Council Meeting 1pm	24 Coordinator guest speaker Attorney General 1 p.m. Birthday Bash 1:00pm 	25  The most faithful mirror is an old friend Special Promote
26	27 BINGO Night 5:00pm Community Rm.	28	29 Hustle Class 5:00pm  Bid Whist Champs 6pm	30 Walmart Shopping Trip 9:00am	Notes:  70th Anniversary Presbyterian Villages OF MICHIGAN SERVING SENIORS & COMMUNITIES	

Old TV Shows

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

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

ALICE
BEN CASEY
BEVERLY HILLBILLIES
CHIPS
CANNON
CAPTAIN KANGAROO
DOBIE GILLIS
DONNA REED
DR. KILDARE
EMERGENCY
FLIPPER

FLYING NUN
FUGITIVE
GOMER PYLE
GOOD TIMES
GREEN ACRES
GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
JETSONS
KOJAK

L.A. LAW
LASSIE
LOVE BOAT
MAD ABOUT YOU
MAUDE
MEDICAL CENTER
MIAMI VICE
MOD SQUAD
MOONLIGHTING
MURPHY BROWN

ODD COUPLE
PEYTON PLACE
RAWHIDE
RIFLEMAN
RIN TIN TIN
SOAP
ST. ELSEWHERE
TAXI
THREE'S COMPANY
WALTONS

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

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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