



St. Martha's Journal



Embrace the possibilities

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

October 2016

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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:



St. Martha's Residents Celebrate with a Barbeque!

Dear Residents,

On a warm and sunny Friday, October 7th residents, volunteers and guests celebrated our new barbeque grill area with a ribbon cutting ceremony. St. Martha's staff and residents mingled with the Lear Corporation, Oak Pointe Church, Cody Rouge Community Action Alliance, Presbyterian Villages of Michigan staff and board members.

Bill Ahlstrom and Kern Tomlin from the St. Martha's board grilled the hot dogs and hamburgers, Cellestine Carter made the delicious desserts. Thank you to Clara Crowell, Artelia Griggs & Dorothy Jenkins for the cole slaw & potato salad. Thank you to Jerry & Yolanda Odom for decorating and getting the village ready for this event!

Mr. Hyren Trawick, St. Martha's Resident Council President presented the Lear Corporation with a Thank You frame that had a picture of the volunteers and residents along with residents' signatures.

It turned out to be a very beautiful day celebrated with good food, appreciation and new friends.

Sincerely,
Andrea Felice
Administrator



Above: Ribbon cutting with Lori Engle, Oak Pointe Church and Jerry LeMere of The Lear Corporation.

Left: Mr Trawick presenting a thank you gift to Jerry LeMere.

Community News

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Barbeque Grill Area Ribbon Cutting Photos



Announcements

October is Domestic Violence Awareness month!

Dates at-A-Glance!

10/7 Focus Hope Delivery
10/7 BBQ Grill Area Ribbon Cutting 

10/10 Resident Council Mtg
10/10 Columbus Day

10/11 Pest Control (1st Fl)

10/13 Joy Community Association Mtg

10/15 Sweetest Day

10/16 Boss's Day

10/20 Blake's Apple Orchard Trip 

10/21 National Pumpkin Cheesecake Day

10/24 Re-Sale Bingo

10/29 Community Day with Neighborhood Policing Officers

10/31 Halloween 

Healthy Recipes

No-Bake Pumpkin Cheesecake

Ingredients

- 1/4 cup cold water
- 1 envelope (.25 oz each) unflavored gelatin
- 1 pkg (8 oz each) Neufchatel reduced-fat cream cheese, softened
- 1 cup canned solid-pack pumpkin
- 3 pudding cups (3.25 oz each) Snack Pack® Vanilla Pudding
- 1/2 cup granulated sugar
- 1/2 teaspoon pumpkin pie spice
- 1 reduced fat graham cracker pie crust
- Reddi-wip® Fat Free Dairy Whipped Topping

Directions

1. Place water in small saucepan and sprinkle with gelatin; let stand 1 minute. Stir over low heat until gelatin is dissolved, about 3 minutes. Remove from heat; set aside.
2. Blend Neufchatel cheese, pumpkin, pudding, sugar and pumpkin pie spice in large bowl with electric mixer on medium until smooth. Add gelatin mixture; beat on low until combined. Pour into crust. Cover and refrigerate 2 hours or until firm.
3. Top each slice with a serving of Reddi-wip just before serving.

Cook's Tips

For a vanilla cheesecake, replace canned pumpkin and pumpkin pie spice with 8 ounces plain low-fat yogurt and 1 teaspoon vanilla. Serve with fresh berries.



ANNOUNCEMENTS

Joy Community Association (JCA)

The Joy Community Association's last meeting of the year Thursday, 10/13 @ 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.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

BEING AFFIRMED BRINGS SUCH JOY

I think for most of us being affirmed by noted experts is a joyful experience. This just happened to me the other day upon reading the September 26, 2016 issue of Time Magazine. For years I have led the charge on the notion of embracing aging. The aging process is going to occur no matter what our response is. We can either deny it, defy it or embrace it. I have found it sad that so many folks choose to be in denial. Plastic surgeons can tell you that the quest for The Fountain of Youth is surging. Yet, aging is much like everything else in life. If we have a positive attitude we create a far better life experience for ourselves. So imagine the joy I felt upon reading the Time article which was headlined with "How and social ties affect the way you age". In it author Mandy Oaklander mirrors many of the messages my business as Your Aging Well Advisor has promoted over the years.

She reflects studies which suggest that some of the best ways to make the most of our extra years include to: Embrace technology; Have family be there for each other; Lighten up and enjoy a sense of humor; Set goals and take risks, Expect the best with a positive attitude; and my favorite, Welcome Aging.

Indeed this new longevity which many of us have been granted is providing opportunities our ancestors could only dream about. The chance to hold a great grandchild in our arms, be there for a grandchild's graduation or wedding, launch a business at middle age, travel around the world or volunteer at something we have always wanted to become involved with are just a few of the many life experiences we now hold dear.

We can take a cue from the popular saying: "Do not regret growing older. It is a privilege denied to many.", by Edith Wharton. Embrace Aging and Enjoy the world!

Re-Sale BINGO



Monday, October 24th
from 2:00 pm – 4:00 pm
in the community room.



Please remember to bring at least 2 items to donate.

ACTIVITIES

Bible Study

Wednesdays

11am – 12:30pm

Community Room

Join Rev. Patricia Butler from St. Luke Church for a different lesson each week. Everyone welcome.

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

Mondays – 11:00 am

Mini Theatre

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

BINGO

Tuesdays – 5:30 pm

Community Room

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

POKENO


Fridays-2:00 pm

Join residents to play POKENO.

Service Coordinator News




From the Desk of Kimberly McCarthy.....



Detroit Area Agency on Aging
The Senior Solution

Serving Detroit, Hamtramck,
Harper Woods, Highland Park
and the five Grosse Pointes




MMAP
MEDICAID HEALTH CARE

Medicare 2016 Open Enrollment

October 15 through December 7

Are You Ready?

MMAP is a free service that helps beneficiaries to navigate through the Medicare and Medicaid systems.



MMAP Counselors can:

- Compare Plans
- Check to see if you qualify for help with the cost of your prescriptions or Medicare Part B premium
- Explain your enrollment options


Thursday
November 17, 2016


1:00 p.m. to 2:00 p.m.

The Village of St. Martha's
15875 Joy Road
Detroit, MI 48228

Call Kimberly McCarthy
Service Coordinator
313-582-2785
To R.S.V.P.

1333 Brewery Park Blvd.
Suite 200
Detroit, MI 48207-4544
p 313.446.4444
f 313.446.4445
www.daaa1a.org







It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the "Facts on Aging Quiz" first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breytspraak and Lynn Badura of the University of Missouri-Kansas City in 2015*. Do you know which ones are true and which ones are false? I'll publish the answers in next month's column. If you just can't wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser: <http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

- T F It is very difficult for older adults to learn new things.
- T F Clinical depression occurs more frequently in older than younger people.
- T F Personality changes with age.
- T F Older adults have more trouble sleeping than younger adults do.
- T F Physical strength declines in old age.
- T F Older people are happier if they are allowed to disengage from society.
- T F Older persons take longer to recover from physical and psychological stress.
- T F Most older adults consider their health to be good or excellent.
- T F Older workers cannot work as effectively as younger workers.
- T F Research has shown that old age truly begins at 65.

*Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from <http://info.umkc.edu/aging/quiz/>

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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, October 10th @ 12:00 pm** in the Community Room.

Resident Council News



If you would like to the Resident Association, please come to the meeting. We encourage residents to participate.



Giving Matters.

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

Seniors reap what YOU sow.

Sow seeds of opportunity at the PVMFGala next month!

The air is crisp. The leaves are changing and time is running out to get your Gala ticket!

It's amazing! You can **change a life** by spending a Friday night at COBO Center.

You care about the needs of Michigan seniors. You want to see your parents, your family members—your peers **thrive**.

You can help by coming to the party or—
you can **sponsor a resident's ticket!**

There'll be great jazz, a raffle, a few surprises—AND—**every single ticket sold** has a direct benefit to Michigan seniors.

Harvest this opportunity by visiting PVMF.org/Gala2016 or calling 248-281-2040 today!

PVMF's 13th Annual Gala – All That Jazz!

November 11 at COBO Center

See you there!



Word Search



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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|----------------|-------------|-----------------|
| 1. HALLOWEEN | 5. COSTUMES | 9. PUMPKINS | 13. KIDS |
| 2. SAFETY | 6. MAKE UP | 10. EVENING | 14. ADULTS |
| 3. TRICKS | 7. PARTIES | 11. GHOSTS | 15. FUN |
| 4. TREATS | 8. DECORATIONS | 12. HOLIDAY | 16. FLASHLIGHTS |

Events for October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Every Tuesday Walmart Bus 9:30am		Every Thursday Walmart Bus 9:15am		1
2	3	4 Tai Chi 1:00-1:30pm Bingo 5:30pm	5 Cards 4:00pm	6 Tai Chi 1:00-1:30pm	7 Focus Hope Food Delivery 9-11:00am BBQ Grill Ribbon Cutting Ceremony 11am Pokeno 2-5:00pm	8
9	10 Resident Council 12-1:00pm	11 Pest Control (1st fl) Tai Chi 1:00-1:30pm Bingo 5:30pm	12 Bible Study 11-12:30 Cards 4:00pm	13 Adult Coloring 12-1:00pm Tai Chi 1:00-1:30pm JCA Meeting 6pm	14 Pokeno 2-5:00pm	15
16 Community Room-Private Rental	17 Movie Day 11:00am	18 Tai Chi 1:00-1:30pm Bingo 5:30pm	19 Bible Study 11-12:30 Cards 4:00pm	20 Blake's Apple Orchard Trip 9am-2pm Tai Chi 1:00-1:30pm	21 Pokeno 2-5:00pm	22
23	24 Movie Day 11:00am Re-Sale Bingo 2-4pm	25 Tai Chi 1:00-1:30pm Bingo 5:30pm	26 Bible Study 11-12:30 Cards 4:00pm	27 Adult Coloring 12-1:00pm Tai Chi 1:00-1:30pm	28 Pokeno 2-5:00pm	29 NPO Community Day 10am-2:00pm
30	31 Movie Day 11:00am					



Tuesday & Thursday ONLY @ 9:00 am

October Birthdays

Algirtha Wallace.....10/12



Everlena Glenn.....5 years
James Turnbore.....6 years

Happy Anniversary

**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.**

Doris Pailen
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**



Embrace the possibilities