



# St. Martha's Journal



## Embrace the possibilities

15875 Joy Road • Detroit, Michigan 48228 • [www.pvm.org](http://www.pvm.org)

July 2013

### The St. Martha's Warriors Win The 2013 Village Victory Cup Spirit Award!

#### Featured Articles

Community News pg. 2

Get to Know Our Residents pg. 4

Giving Matters pg. 6

Word Search pg. 7

For Your Safety pg. 9

The Village of St. Martha's participated in the 2013 PVM Village Victory Cup on June 21<sup>st</sup> at the Ultimate Soccer Arena in Pontiac. The event is held every year for PVM villages to compete in friendly games such as Relay and Wellness Walks, Balloon Volley Ball an essay and baking competition just to name a few. Out of 12 teams we placed 7<sup>th</sup> but took 1<sup>st</sup> place in the Balloon Volley Ball and 2<sup>nd</sup> place in the Bean Bag Toss. But what the Warriors said last year when we were beat by The Village of Oakman Manor All-Stars was that we would come back stronger and win the spirit award and that's exactly what they did. The team led by our mascot Charles Jones had some much welcomed help by LaSasha Sharpe (Dianne's daughter). She kept the energy going even when our own mascot got tired. Charles Jones also received a 1<sup>st</sup> place medal for the Wellness Walk in his age category.

Thanks to LaSasha Sharpe and Yolanda Odom for volunteering and to Alia Lebron for carrying our equipment.

**Congratulations Warriors!!**



The Village of  
**St. Martha's**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan and Canterburv-on-the-Lake

Look for PVM on:



Left: 1st place Balloon Volley Ball team. Right: Our mascot Mr. Jones leading the team with cheers.

# Community News

## Residents Go Back to the 50's!



On June 27<sup>th</sup> residents went back to the 50's by having a Sock Hop sponsored by our State Representative Harvey Santana. The community room was decorated to look like a diner including a diner counter where our special guests from the Christ Child Home for Boys sat & enjoyed hamburgers and root beer floats. Some residents came in with their poodle accessories and danced to the tunes of DJ Jerry (my dad) who played hits from the 50's & early 60's. He did a dance demonstration and residents who remembered the dance went out on the dance floor with him. They had a "twist" contest, the boys had a hula hoop and limbo contest. We raffled popcorn boxes with nostalgic goodies and the milkshake centerpieces we made. Thanks to Jerry & Yolanda Odom for volunteering but I think my dad had more fun than he actually worked, my mom & Dianne held the kitchen down. Did I mention I was diner girl? I had my very own uniform but I was not on roller skates. Cheryl Carney, VP of Housing and Kern Tomlin our Board Chair dropped in for a quick float.



Top Left: Residents & staff dancing.  
 Top Right: Ms. Charles, resident sipping her milkshake.  
 Bottom Left: Mr Clark, resident listening to the tunes.  
 Bottom Right: Cheryl Carney, VP of Housing.

## Announcements

July is Hot Dog & Ice Cream Month!

### Important Dates At-A-Glance!

7/4-Independence Day  
OFFICE CLOSED



7/9-Rite Aid wellness65+ Tour  
1:30 pm – 3:30 pm

7/10-Cherish Health Care @  
11am

7/12-Cook out @ 12pm  
Community Room

7/19-Ice Cream Floats @ 2pm  
Community Room

7/20-Ice Cream Soda Day (see  
above)

7/23-Health Source (Eye  
Exams) 11:30am – 1:30pm

7/26-Advance Home Health  
Care @ 11am

7/27-Bugs Bunny's Birthday



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## GOOD NEWS FOR MICHIGAN SENIORS

Hello to all of our readers. I have some good news to report coming out of Lansing. The final budget for fiscal year 2014 has included an \$18 million increase in MI Choice, the program which assists seniors to remain independent and in their own homes. Also, there is an increase of an additional \$500,000 for meals, either congregate or home-delivered. During these times of budget cutting it is refreshing to not only avoid a decrease in funding but to actually receive an increase. Thank you to all who joined in our efforts to advocate for these important senior services.

In other news, the statewide Vulnerable Adult Abuse Reporting Protocol Work Group, for which I was appointed by Attorney General Bill Schuette, has completed our work. We will be launching this protocol at a stateside Elder Justice Summit. This should help to increase communication with all organizations in dealing with abuse and exploitation of vulnerable citizens, speed up response to reported crimes and ensure protection of our most vulnerable citizens. This work group was mandated by the elder abuse legislation which was passed recently in response to advocacy and testimony from all stakeholders across the State of Michigan. We will soon have all of this information available on the PVM website. In the meantime, please remember to find us on Facebook under Presbyterian Villages of Michigan and keep up to date on the latest happenings for seniors and PVM.

## Thank You!

Ms. Roberts, Ms. C. Williams and Ms. Wallace for assisting us with the Sock Hop.

## Detroit Meals on Wheels

A nutrition service for seniors 60 years or older. For more information and/or to register call 313.964.6325.

## Pokeno

The group is looking for residents to join their group & play Pokeno on Tuesdays & Saturdays. See calendar for times.

## Cards

Like playing Bid Whiz, Spades or any other card game? Join the group for some new fun, call Nancy Roberts at 313.739.5783 for more info.

*Supplement other retirement income  
- now or later!*

UP TO  
**9%**  
RETURN

**Key Features**

- 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%   |

**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

For more information,  
call Paul Miller at the  
PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

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

## COMMUNITY NEWS (continued)

## Get To Know Our Residents

### Everlena Glenn

Ms. Everlena Glenn was born and raised in Alexandria, Louisiana along with six brothers and sisters. She came to Detroit when she was 18, finished night school and graduated from Wayne County Community College with a degree in Sociology.

Ms. Glenn has 5 children, 13 grandchildren, 9 great grandchildren and 3 great-great grandchildren, wow 5 generations!

Throughout her career Ms. Glenn worked at the Detroit Board of Education, a few nursing homes and eventually retired as a clerk from the City of Detroit Water Department. She has been a volunteer most of her life and continues to work with adolescents at her church and wherever she can. She has been a mentor to many youth and is most proud when her mentoring results in a positive outcome. Her ultimate goal is for those young people to return the service to another young person and on.

Ms. Glenn continues to stay busy, she is involved in various community activities. She was just interviewed by Channel 4 as a retired city employee who could face a pension cut if the city files for bankruptcy. She has strong opinions about what is going on in the city, in conversation I even found out in 1963 she walked with Dr. Martin Luther King here in Detroit.



Above: Ms. Glenn in 1971.

Ms. Glenn has been a resident at St. Martha's since 2010 and enjoys living here because she's no longer living alone.

## ACTIVITIES

### EnhanceFitness

**Monday & Wednesdays**

**1:30 pm – 2:30 pm**

Come join Anita Robinson, Wellness Coordinator for an hour chair exercises that will help to increase or maintain your mobility. Wear comfortable clothes, shoes and bring a water bottle. Be prepared to sweat!

### Movie Day

**Thursdays – 2:00 pm**

**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.

### Wii Bowling

**Fridays – 6:00 pm**

**Community Room**

Join residents and have fun bowling. Wii Bowling simulates real-life bowling by using simple motion controls — bowling the ball is as easy as flicking your wrist.

### Bible Study

**Cancelled for the summer.**

Join Rev. Patricia Butler each week to study the bible.



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Stay Cool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided. To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages.\*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body temperature and increases water loss).
- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

*\*If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.*

### Senior Jokes

Hey Jim", called Harry. "Check out my new hearing aids, they work so well, I could hear a pin drop!" "Really" asked Jim, that's unbelievable, I am actually on the market for hearing aids, what type is it?" "Four a clock", responded Harry.

Read more: [Old People Jokes http://www.greatcleanjokes.com/jokes/senior-jokes/old-people-jokes/#ixzz2Yg4Y97j4](http://www.greatcleanjokes.com/jokes/senior-jokes/old-people-jokes/#ixzz2Yg4Y97j4)

Continued from page 4

### Garden Dedication

On Friday, June 28<sup>th</sup> the St. Martha's Board along with staff and residents placed 3 Remembrance Stakes in the flower garden in memory of Susan Diembec, Bill Campbell and Renardo Edwards, past board members.





## Giving Matters.

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

### Most Successful Friends & Family Appeal Raises Over \$125,000!

A big congratulations to all the Villages that participated in making the 2013 Friends & Family Appeal the largest and most successful in the history of the PVM Foundation. Together, **over \$125,000 was raised** for all PVM Villages!

To learn how much your Village raised, please ask your Administrator or visit the "Events" page at [www.pvmfoundation.org](http://www.pvmfoundation.org).

Special congratulations goes to **The Village of East Harbor**, who raised the largest total amount with \$50,190; and to **The Village of Spring Meadows**, who had the highest percentage of donors over last year at 555% and won a \$2,500 grant toward their Village project!

None of this could be accomplished without our donors, who exceeded our greatest expectations.

- 1,079 donors participated in the 2013 Friends & Family Appeal
- 1,299 total gifts were contributed toward Village projects
- 513 of our Friends & Family donors were first-time contributors

We are so thankful to all our donors, whose generosity will make so much possible for PVM residents and seniors throughout Michigan!

Warm regards,  
Paul J. Miller, CFRE

**P.S. Save the date for next year's Friends & Family Appeal taking place in April 2014!**

Warm regards,  
Paul J. Miller, CFRE

### Get To Know Our Staff



M. Dianne Williams,  
Administrative Assistant



Dianne is from Chicago, Illinois and came to Detroit in 1973. She has 4 children, Isha serves in the US Army, Nysha who's husband also serves in the US Army and travels around the world with him. Her son Richard is an electrical engineer and LaSasha is an honor student at the Winans Academy for the Performing Arts. Dianne has been working at St. Martha's since November 2009 and is known for her outgoing personality and practical jokes. If you've been to the office you would know what I'm talking about.

I am recognizing Dianne for her outstanding contribution to our Service Excellence Program for showing a sincere interest in helping our residents. She thinks of different services and activities that may be brought here. Dianne is also very creative, she thinks outside of the box when planning activities for the residents. I appreciate it and I'm sure the residents do too.

**Dianne What You Do Matters!**

# Word Search

## Fantasy Book Series

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

- |            |         |
|------------|---------|
| ALE        | PRINCE  |
| BATTLE     | QUEST   |
| CASTLE     | SERVANT |
| CENTAUR    | SPEARS  |
| CHALICE    | SPRITE  |
| CROSSBOW   | STEW    |
| CROWN      | TOWER   |
| DAGGER     | WARLOCK |
| DRAWBRIDGE |         |
| DUNGEON    |         |
| ELVES      | WEAPONS |
| FARM       | WINE    |
| FOREST     | WITCH   |
| GIANTS     |         |
| GNOMES     |         |
| GOLD       |         |
| GUARDS     |         |
| HERO       |         |
| HORSE      |         |
| INN        |         |
| LANCE      |         |
| MACE       |         |
| MAGIC      |         |
| MINSTREL   |         |
| MOAT       |         |
| OGRE       |         |
| PEASANT    |         |
| PEDDLER    |         |
| POISON     |         |

## July Birthdays!

Happy Birthday to the following residents!

Ms. Annie Brown.....7/23  
 Ms. Joann Anthony.....7/31



Welcome New Residents!

Ms. Bernadine Luke,  
 Ms. Wilma Davis  
 & Ms. Iola Bailey



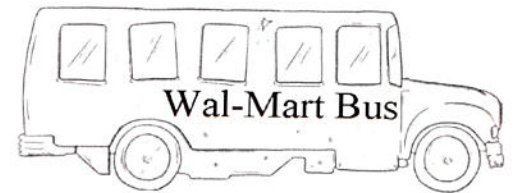
# Events for July 2013

| Sun                                                         | Mon                                  | Tue                                                                        | Wed                                                                                      | Thu                                   | Fri                                                               | Sat              |
|-------------------------------------------------------------|--------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------------|------------------|
|                                                             | 1<br>Enhance Fitness<br>1:30-2:30pm  | 2<br>Pokeno 2pm                                                            | 3<br>Enhance Fitness<br>1:30-2:30pm                                                      | 4<br>July 4th<br><b>OFFICE CLOSED</b> | 5<br>Wii Bowling 6pm                                              | 6<br>Pokeno 2pm  |
| 7<br>Worship<br>Services<br>9:45-11:15am<br>11:30am-1:30pm  | 8<br>Enhance Fitness<br>1:30-2:30pm  | 9<br><b>Rite Aid<br/>wellness65+ Tour<br/>1:30-3:30pm</b><br>Pokeno 3:30pm | 10<br><b>Cherish Home<br/>Health Services<br/>11am</b><br>Enhance Fitness<br>1:30-2:30pm | 11<br>Movie Day 2pm                   | 12<br><b>Cook Out 12pm</b><br>Wii Bowling 6pm                     | 13<br>Pokeno 2pm |
| 14<br>Worship<br>Services<br>9:45-11:15am<br>11:30am-1:30pm | 15<br>Enhance Fitness<br>1:30-2:30pm | 16<br>Pokeno 2pm                                                           | 17<br>Enhance Fitness<br>1:30-2:30pm                                                     | 18<br>Movie Day 2pm                   | 19<br><b>Ice Cream Sodas<br/>2pm</b><br>Wii Bowling 6pm           | 20<br>Pokeno 2pm |
| 21<br>Worship<br>Services<br>9:45-11:15am<br>11:30am-1:30pm | 22<br>Enhance Fitness<br>1:30-2:30pm | 23<br><b>Health Source (Eye<br/>Exams) 11:30-1pm</b><br>Pokeno 2pm         | 24<br>Enhance Fitness<br>1:30-2:30pm                                                     | 25<br>Movie Day 2pm                   | 26<br><b>Advance Home<br/>Health Care 11am</b><br>Wii Bowling 6pm | 27<br>Pokeno 2pm |
| 28<br>Worship<br>Services<br>9:45-11:15am<br>11:30am-1:30pm | 29<br>Enhance Fitness<br>1:30-2:30pm | 30<br>Pokeno 2pm                                                           | 31<br>Enhance Fitness<br>1:30-2:30pm                                                     |                                       |                                                                   |                  |

Notes:

7/12-Come join us for some hot dogs & hamburgers in the community room.

7/19-Come join us for ice cream sodas in the community room.



Tues, Thurs @ 9:00 am &  
Sat @ 9:45 am





## For Your Safety.

By *Carrie L. Moon-Dupree,*  
*Vice President of Risk Management & Quality*

### Summer Heat

Hopefully by the time you are reading this article, we really do have summer weather. It is hard to imagine on a day like today ( 57\*) that we need to be prepared for the summer heat. As the CDC (Center for Disease Control) states, "Get ready to stay cool before the temperatures soar."

The CDC reports that on average, extreme heat causes 658 deaths in the United States. Extreme heat can cause high body temperatures that can cause death and organ damage. Extreme heat affects children and the elderly the most.

The best way you can prepare for summer heat is to be informed about the weather conditions before you go outside. If there is a weather alert due to heat and or humidity, stay indoors in an air condition space. Stay well hydrated. Keep your blinds and shades drawn when the sun is beating down on your windows. If you must go out, wear a hat and loose clothing. Take water with you to drink while you are out. Early morning, or after the sun has gone down, are the best times to go outdoors.

If your air conditioning is not working properly, check to see that a piece of furniture or a drape is not blocking the vent. If that is not the problem, let your maintenance department know immediately that it needs repair. It may be necessary to move you to an area that does have air conditioning until the repair can be made. In the unlikely event that the whole building's air conditioning goes down, cooling stations or alternative arrangements will be made to keep everyone safe. Your administrator will direct you as to the emergency plans. I am hoping those lazy days of summer arrive soon.

## Local Business Advertisements

**West Town Radio Patrol**  
Together we can create safe  
neighborhoods and peace in our  
community.  
To join or for more info contact  
313. 837-0205 or 313.333.5256.

[ourwesttown@vmail.com](mailto:ourwesttown@vmail.com)

**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](http://www.pvm.org)



**Presbyterian  
Villages**  
OF MICHIGAN

THE FOUNDATION

## 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.**

**M. Dianne Williams**  
*Administrative Assistant*

**Bill Glaspie**  
*Maintenance Technician*

**Anita Robinson**  
*Fitness Specialist*

---

**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](http://www.pvmfoundation.org)



The Village of

**St. Martha's**

A SENIOR LIVING COMMUNITY

**15875 Joy Road  
Detroit, MI 48228**

**Embrace the possibilities**