



St. Martha's Journal



Embrace the possibilities

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

February 2016

February is American Heart Month!



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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,

According to the Centers for Disease Control heart disease affects people of all races and ethnicities and is the single leading cause of death for both men and women in the United States, responsible for one in three deaths in the United States each year. During American Heart Month, we remember those we have lost to this devastating disease, promote healthy lifestyles and education.

Every person can take steps to reduce the risk factors associated with heart disease in themselves and in those they care about -- whether as parents, caretakers, or friends -- by encouraging healthy eating, physical activity, and by discouraging the use of tobacco. Almost half of all Americans face increased risk of heart disease for reasons that include being a smoker, having high blood pressure, or having high cholesterol. You can reduce your chances of developing heart disease by reducing alcohol intake, exercising regularly, maintaining a nutritious diet, living tobacco-free, and staying aware of early warning signs. Testing cholesterol levels for individuals particularly vulnerable to heart disease and checking blood pressure regularly are both critical preventive measures for detecting heart disease early on. For more resources and information, visit www.CDC.gov/HeartDisease.

I encourage everyone to participate in **National Wear Red Day** on Friday, February 5, by wearing red in honor of those we have lost to heart disease and to raise awareness of this devastating disease and the steps we can all take to prevent it. I also encourage you to attend the **Hypertension Workshop** that will be held on **Wednesday, February 3 from 1-3pm in the community room.**

Sincerely,
Andrea Felice
Administrator

Community News

Black History Month

In honor of Black History Month...

Detroit Institute of Arts (DIA)

Offers a variety of thought-provoking activities for visitors of all ages. Enjoy live music from all genres, a film about Nina Simone, the Alain Locke Awards, and great art. Programs are free with museum entry and Wayne County residents get in free. For more information call (313) 833-7900 or visit www.dia.org.

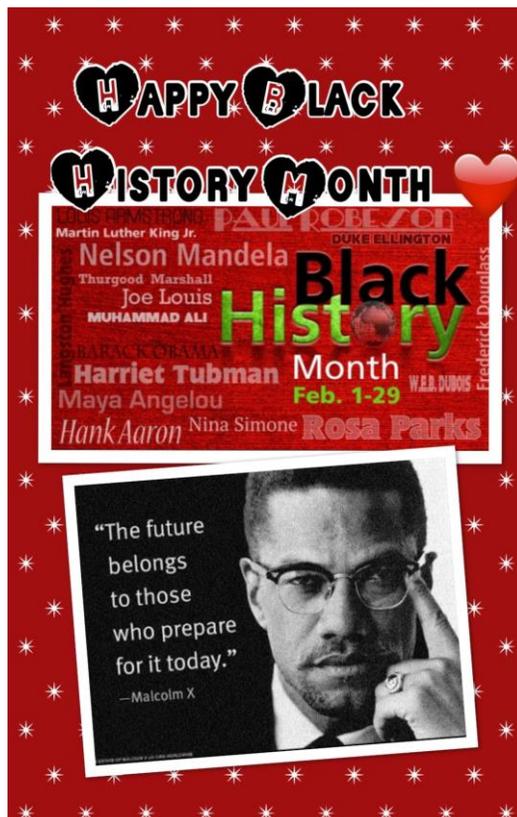
Hours Tuesdays - Thursdays 9 a.m. – 4 p.m. Fridays 9 a.m. – 10 p.m. Saturdays and Sundays 10 a.m. – 5 p.m. Mondays Closed.

Henry Ford Museum in Dearborn

Each week this spot teaches about different aspects of African-American history in the form of hands-on activities, African-American inspired food and more. Topics include the Civil Rights movement, the northern migration and slavery, among others

Cost: Free admission with museum ticket: \$21/ages 13-61, \$15.75/ages 5-12, \$19/ages 62-plus, free/kids 4 and under; \$6/parking For more information call (313) 982-6001.

Feb. 3-7, 10-14, 17-21 and 24-28, 2016 Times: 9:30 a.m.-5 p.m. daily



Announcements

February is Black History & American Heart Month!

2/2 Groundhog Day

2/3 Hypertension Workshop & Free Blood Pressure Screening 1-3pm

2/4 Thank a Mailman Day (see community news)

2/5 Coffee & Conversation w/Administrator 10am

2/7 Super Bowl Sunday
Carolina Panthers vs. Denver Broncos @ Levi Stadium, Santa Clara, CA



2/9 Pest Control (3rd fl)

2/8 Resident Council 12pm

2/12 Resident Council Bake Sale

2/14 St. Valentine's Day

2/15 President's Day

2/29 Leap Day-it occurs once every four years.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

New Interactive Website!

The PVM Sales & Marketing and Public Affairs Teams have redesigned and rebuilt the PVM website from the ground up. You can now tell your family and friends they can take a virtual tour of The Village of St. Martha's or any other PVM community. They can also access the village newsletter which is uploaded monthly to see what's happening at your vibrant community. Go to www.pvm.org to check it out. If you find yourself with comments or questions over the course of enjoying the new website, please feel free to contact your village administrator.



ANNOUNCEMENTS

Thank You

Thanks to Ms. Everlena Glenn for donating a huge box of popcorn for movie day!

Joy Community Association (JCA)

The Joy Community Association meets second Thursday of each month @ 6pm in the community room.

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

If you are interested in getting Meals on Wheels, please call DAAA at 313.446.4444 to register or if you need

COMMUNITY NEWS (continued)**3 Cleaning Tips to Ease Allergies by Dawn Allcot –www.care.com**

Say goodbye to itchy, watery, runny allergy symptoms with this expert advice for cleaning allergy hot spots in a home. Sniffling, coughing, watery eyes. These symptoms sound familiar? They're common allergy complaints. The most common allergens are house dust mites, mold, pollen and animal danders.

The areas that most people should focus their cleaning efforts are the bedrooms, bathrooms and entryways. Here are tips for targeting these three allergy hotspots.

1. Cleaning the Bedroom

In the bedroom, change linens and wash them in hot water at least once a week. To prevent hay fever and pollen allergies, dry sheets in the clothes dryer, not outside.

Vacuum under the bed, and avoid storing anything under the bed. Keeping papers, boxes or storage containers under the bed can trap dust bunnies and make cleaning more difficult.

Cleaning behind dressers, beds, couches and other large pieces of furniture that remain stationary is paramount in reducing allergens. Tackle these tasks a minimum of once every three months. It's best to do this kind of deep cleaning once a month, if possible. Of course, it's always recommended to call a family member or friend who can help you, do not lift heavy furniture by yourself. Even using a Swiffer dust mop can get in behind those hard places to reach.

2. Cleaning the Bathroom

In the bathroom, a little bit of prevention goes a long way toward reducing mold and mildew that can cause allergies. Bathrooms are usually wet, plus they're used for cleaning ourselves off, so human dandruff, dust, hair and mold accumulate there, Dr. Kao says.

Wash your bath mats regularly. Run an exhaust fan or dehumidifier to keep the bathroom humidity below 50 percent. Pay special attention to your shower curtain, as mold can easily develop on it. If you can, run your fabric shower curtains through the washer at 130 degrees or higher every week and clean plastic ones weekly. This will reduce the amount of mold growing in the bathroom and can quickly reduce asthma reactions.

3. Cleaning the Entryway

It's important to focus on your entry ways because they're how pollen and mold from the great outdoors are usually tracked into **your apartment**. Give **your front door** a regular and thorough cleaning to reduce symptoms from outdoor allergens while inside. It is recommended to implement a no-shoes-in-the-house policy. Remove shoes when you first enter the house and place them on a mat -- which you wash frequently.

Vacuum high-traffic areas (including entryways, frequently used hallways and pathways to the living room, kitchen or family room) at least twice weekly. If you have pets, vacuum daily. It is recommended to use a vacuum with a HEPA filter. HEPA is a defined government standard for filtration, and allergens can't get through a HEPA filter. Once they've been sucked up, they are in the bag and gone.

Continued on next page

COMMUNITY NEWS (continued)

In addition to targeting these three hotspots, you should also pay attention to what you're cleaning with. If you're using harsh chemicals, perfumed cleaners or anything in an aerosol spray bottle, you could be adding dangerous allergens and chemicals into the air, which can exacerbate asthma and cause headaches and other uncomfortable symptoms.

For people with allergies, spray and fine-dust cleaners tend to cause more severe reactions due to lung and blood exposure; whatever we breathe is introduced to our bloodstream through the respiration process.

It is recommended to clean with a damp cloth. The moisture will help trap the allergens instead of lifting them in the air.

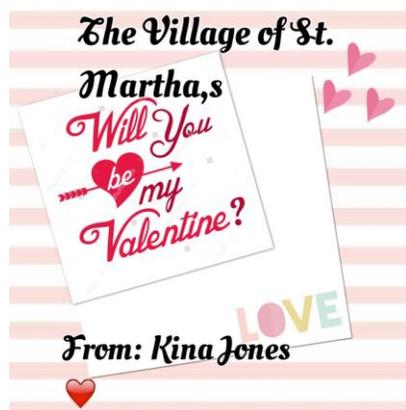
New Service Coordinator is Hired!

On February 9th, Ms. Kimberly McCarthy will begin as our new service coordinator. Her schedule will be as follows: Monday, Wednesday, Friday 12pm – 5pm & Tuesday 11am – 4pm. We will have a meet & greet with the residents as soon as she gets settled but in the meantime please join me in giving her a warm welcome to our village!

Thank You

Thank a Mailman Day is your chance to say thanks to person who delivers your mail (mainly Thomas). After all, they are there six days a week. The reliable postal worker is always there doing their job, regardless of the weather. Make it a point to catch your mail carrier en route today. Give him or her a great big smile and a great big "TY". If you happen to visit your local post office, give them a thank you, too.

Thank You Thomas!!

**ACTIVITIES****Computer Training**

Mondays

9am – 1pm

Would you like to learn how to use the computer, internet, set up an email account, a cell phone or tablet? Sign up on the sheet in the office. One-hour sessions with Farah are by appointment only.

Bible Study

Wednesdays

11am – 12:30pm

Community Room

Join Rev. Patricia Butler from St. Luke Church for different lessons each week.

Card Games

Wednesdays

3pm

Join residents and have fun playing Bid Wiz, Spades or start a new game. All players welcome.

Movie Day

Thursdays – 3:00 pm

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.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Did You Know?

If you are among the 500,000 plus Americans who undergo open heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.

Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open heart surgery considered to be an automatic death sentence.

In addition to being the first physician to successfully perform open heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.

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St. Martha's Resident Council

President: Hyren Trawick
Vice-President: Barbara Williams
Treasurer: Annie LeGrand
Secretary: Nancy Roberts

**Meetings are held every
second Monday of the month
@ 12:00 pm in the Community
Room.**



Resident Council News



**Bake Sale
Friday, February 12th
10am - ?**

Spoons & spatulas ready.
Bakers & volunteers needed.

More details to be posted later. If you are interested, please sign the sheet in the community room.



Giving Matters.

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

Save the Date! Friends & Family, April 2016

In 2015, nearly \$191,000 was raised for PVM Seniors through Friends & Family!

A big THANK YOU to our donors who generously contributed **nearly \$191,000** for seniors through Friends & Family, exceeding our goal of \$136,000 and making this the most successful year ever! This annual campaign is an opportunity to raise funds for projects that will enhance and enrich the lives of residents at all Villages.

Below are a few highlights of the final results.

- The Village of St. Martha's raised \$941 toward Outdoor Furniture
- 707 donors participated in the 2015 Friends & Family Appeal
- 191 Friends & Family donors were first-time contributors
- Raised 40% more than 2014

Questions? Want to Learn More? Contact Bobie Clement, 248.281.7252 or bclement@pvm.org.

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.

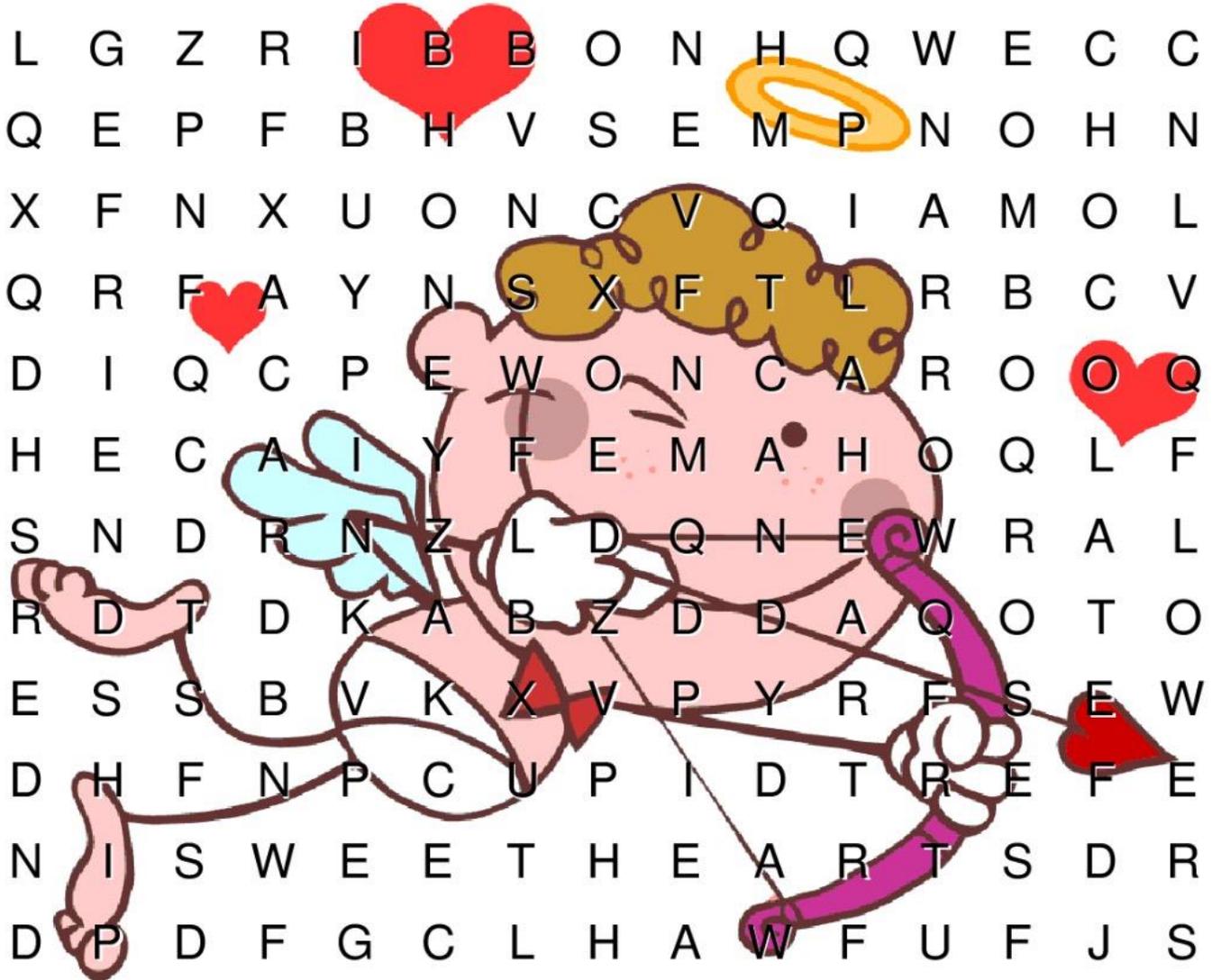


"Glenn and I have been together for ten years, but we've never actually met."

Word Search

Valentine's Day Word Search

www.KidsCanHaveFun.com



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|------------|------------|-------|-----------|-----------|
| ARROW | HEART | CANDY | CUPID | FLOWERS |
| SWEETHEART | ROSES | RED | PINK | VALENTINE |
| CARD | FRIENDSHIP | HONEY | CHOCOLATE | RIBBON |

Events for February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 	3 Bible Study 11am Hypertension Workshop 1-3pm Cards 3pm	4 Movie 3pm	5 Coffee & Conversation 10am Focus Hope Food Delivery	6
7 	8 Computer Training 9-1 (by appt. only) Resident Council Mtg 12pm	9 Pest Control (3rd fl)	10 Bible Study 11am Cards 3pm	11 Movie 3pm	12 Resident Council Bake Sale 10-? 	13
14 Valentine's Day Community Room- Private Rental	15 Computer Training 9-1 (by appt. only)	16	17 Bible Study 11am Cards 3pm	18 Movie 3pm	19	20
21	22 Computer Training 9-1 (by appt. only)	23	24 Bible Study 11am Cards 3pm	25 Movie 3pm	26 Re-Sale BINGO 2-4pm 	27
28	29 Computer Training 9-1 (by appt. only)					

Movie Days: *Please note new time for February @ 3pm*

- Thur 2/4 Where Children Play
- Thur 2/11 The Perfect Guy
- Thur 2/18 The War Room
- Thur 2/25 Chi-Raq



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

Walmart will not pick up residents if outside temperature is under 10 degrees.

February Birthdays!

Phillip Hornbuckle.....2/2



Welcome New Residents!

Ms. Patricia Ribbron..... #205
Ms. Carolyn Garrett.....#118



**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.**

Kina Jones
Administrative Assistant

Bill Glaspie
Maintenance Technician

Kimberly McCartha 313.582.2785
Service Coordinator 313.582.7822 fax

**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