

The Neighborhood News

An Innovative Senior Community

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

April 2021



**THE THOME
RIVERTOWN
Neighborhood**
an innovative senior community

Administrator's Updates

- The Rivertown Budget has been submitted to HUD. I appreciate the residents who completed the DTE forms. When you do this, DTE provides me with a monthly breakdown of how much your apartment spent on Electricity for the past year. The more data we have, the better chance I have of getting you an increase in your Utility Allowance from HUD (this is how much they decrease your monthly rent amount by to allow you extra income to pay your Utilities; currently you are receiving \$41/month. I'm hoping to get it raised.) Not everyone participated this year, and that's a shame because as I mentioned, the more data, the better chance we have of getting a higher raise. I hope next year we'll have 100% participation.
- Reminder that we will be getting 6 raised-bed gardens very soon. If you want one please let me know now so I can sign you up; they will go quick. We will be setting them up on the roof.
- We are getting closer to getting a permanent shade structure out front for those who like to sit on the benches. We have a new Maintenance Director at PVM Corporate and he is very interested in helping us get this accomplished.

- We will be putting in the bike rack very soon as well.
- Now that we have opened up a bit and you can have guests in your apartments (not from more than three different households), please be sure to advise and monitor your guests to adhere to the mask rule, sign in rule, and to use the hand sanitizer that is made available. If you learn that someone you had as a guest has come down with the Covid virus (I hope not), please let the office know so we can do an extra sanitizing job on your floor. (We do not need the name of the individual).
- It has been brought to my attention that some residents parking in our lot are parking too close to the line, so other people are having to squeeze out of their cars. Please be mindful when you pull into your parking spot.

Look for PVM on:



Coordinator's Corner

Resident Assessments

Residents often ask why it's important to do an annual assessment with the Service Coordinator. First, please know you can opt of receiving services at any time. Second, if you want assistance, it is important – and helpful – to have some basic information about you so that I don't have to ask you every time you visit me for services. Third, knowing a little bit about you helps me identify any services and supports that may be helpful to you now or in the future. Having a "snapshot" of our community also helps with planning wellness programs.

Coming up with month, we can look forward to "Eat Smart, Live Strong," a 6-week program to help us become the healthiest versions of ourselves. The program will provide information and tips for healthy eating and exercise. You do not have to attend every week to participate. There will be materials each week that will be distributed.

Happy, Happy Spring!!

Amy

Service Coordinator Office Hours

Tuesdays: 9 AM – 4 PM

Wednesdays: By appointment

Thursdays: 9 AM – 4 PM

Call for an appointment:

(313) 446-8706



Happy Birthday to YOU!

April 1

Drucilla Fladger

April 3

Sandra Black

April 12

David Simpson

April 20

Mary Brown

Life is a little overwhelming right now...

HANNAN CENTER
LEARN | CONNECT | CREATE
**ACTIVE CONNECTIONS
PROGRAM**



While we continue to stay home and stay safe, many folks are feeling lonely, sad, worried, and scared.

These overwhelming feelings may prevent us from engaging in activities we once found enjoyable. Some may find it difficult to accomplish necessary tasks around the house. Others may find themselves less physically active.

A team member at Hannan Center is here to help you through this challenging time. The Active Connections program can help you with:

- Finding motivation
- Setting goals
- Problem solving
- Becoming more physically engaged
- Increase social activity
- Improving daily outlook

This program is available to people 60 and older and is free of charge! If interested, please contact:

Daniel Horrigan, LLMSW
313-908-0183 or
dhorrigan@hannan.org



4750 Woodward Ave, Detroit, MI 48201 | www.hannancenter.org



United States Department of Agriculture

You Are Invited To Join Us For...



Eat Smart, Live Strong

Enjoy fun and lively activities with other older adults!
Talk about easy ways to make smart food choices
and exercise more. Learn how you can Eat Smart
and Live Strong.



Date/Time: April 22, 2021 - May 13, 2021
12-1-pm

Place: Thome Rivertown Apartments
260 McDougall Detroit, MI 48207

Contact: Amy Smyth 313- 688-4783



United States Department of Agriculture
Food and Nutrition Service

The USDA is an equal opportunity
employer and provider.



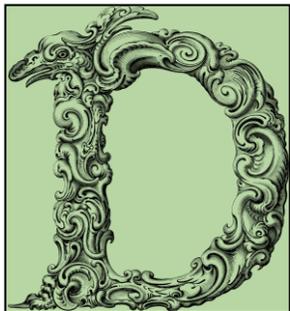
Spring Word Scramble

- WBNI AOR _____
- BLLAMURE _____
- WFLORE _____
- PLITU _____
- NERGE _____
- MLOBO _____
- PLRIA _____
- LFBTUTREY _____
- NIAR _____
- DREGNA _____
- EBE _____
- YMA _____
- GNRIPS _____
- HSSNIEUN _____
- YBNUN _____
- CAMHR _____
- EDES _____



Answers: rallow, untrala, flower, jump, green, bloom, April, butterfly, rain, garden, bee, May, spring, sunshine, bunny, March, seed
2014 FamilyCentsability.com

You Can't Spell 'Outdoors' without D



Now that spring has finally sprung, it is time to get outdoors! Especially during this pandemic. It's one of the safer things you can do. If you're going to be around other people, make sure to mask up and stay at least 6 feet apart.

Spending time outdoors will not only improve your mood, it will help your body make vitamin D.

Vitamin D helps keep your bones healthy, your immune system running, and is needed for proper muscle, nerve, and cell function.

Getting enough vitamin D through food alone can be challenging because few foods are naturally rich in vitamin D. Good sources include fatty fish such as salmon, tuna, and mackerel - and everyone's favorite - cod liver oil! To help increase our intake, many processed foods have been fortified with vitamin D including milk, orange juice, and several ready-to-eat breakfast cereals.

To get vitamin D from the sun, experts recommend we spend from 5 to 30 minutes outdoors at least twice per week. Unfortunately, because it blocks the ultraviolet (UV) radiation our bodies need to make vitamin D, using a sunscreen with a sun protection factor (SPF) of 8 or greater will limit how much vitamin D our bodies make. Because UV radiation can't travel through glass, sitting inside in front of a sunny window won't help either.

Since being outdoors with little or no sunscreen can have a downside, it's a good idea to talk with your doctor about your vitamin D needs. He will help you balance your need for vitamin D with any increased risk of skin cancer that might occur, and based on your diet, discuss any need you may have to take a vitamin D supplement.

Tom Wyllie, PVM Director of Wellness



April 1st is Opening Day

for our Detroit Tigers!

What's your favorite

opening day or other

baseball memory?



Friends & Family 2021 **April 1-30**

It's the time to give locally to support an older adult in a PVM Village.

Your direct gift to a Village can help keep an older adult participating in activities that will keep them engaged, connected and healthier.

WE ARE
FAMILY
THERE'S AN INCENTIVE MATCH UP TO \$5000!

Your Life. Your Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...
*and leave a legacy.***



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

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

Village Staff

Suzy Mulka
Administrator

Diane Strozier
Administrative Assistant

Leshawn Roberts
Maintenance Technician

Amy Smyth
Service Coordinator

Maintenance Emergencies (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



260 McDougall Avenue
Detroit, MI 48207-4251

An Innovative Senior Community