



St. Martha's Journal



Embrace the possibilities

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

June 2015

June is Safety Awareness Month!

Featured Articles

Village News	pg. 2
The Senior Advocate	pg. 3
Service Coordinator News	pg. 5
It's Your Life Live it Well	pg. 7
Word Search	pg. 9
Calendar	pg. 10

Dear Residents, Friends & Family,

Injuries are a leading cause of disability for people of all ages. The good news is everyone can get involved to help prevent injuries. During National Safety Month, **The Village of St. Martha's** will be conducting semi-annual inspections of your apartment and will be looking for issues that could lead to the risk of injuries.

One in 3 older adults fall each year. Many falls lead to broken bones and other health problems. Falls are often due to hazards that are easy to overlook but easy to fix.

This checklist will help you find and fix those hazards in your home.

When you walk through a room, do you have to walk around furniture? Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor? Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor? Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)? Coil or tape cords and wires next to the wall so you can't trip over them.

Has a light bulb burned out? Call the office for a work order to have the light bulb replaced.

Are the things you use often on high shelves? Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).

Is your step stool unsteady? If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Continued on page 2



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:



Village News

June is Safety Awareness Month *continued from front page*

Is the bathroom floor slippery? Put a non-slip rubber mat on the floor.

Do you need some support when you get up from the toilet? Put a work request in to have a grab bar installed next to the toilet.

Is the light near the bed hard to reach? Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark? Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

- Exercise regularly in our Fitness Room. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your apartment. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- Put a phone near the floor in case you fall and can't get up keep emergency numbers in large print near each phone.
- And last but not least, **ALWAYS** wear your emergency help button when you are home. It was provided to you at no cost. It could help save your life!

For more information, contact: Centers for Disease Control and Prevention 770-488-1506 www.cdc.gov/injury

Andrea Felice
Administrator

Computer Training

Computer training is available by our volunteer Farah Alqattar. There is a sign-up sheet in the office for you to sign if you are still interested. She will be out for a few weeks. As soon as I know what day she is returning I will let you know.

Announcements

June Events!

6/4 PVM Board Reception
"Meet & Greet" @ 4:30 pm

6/8 Shopping Trip-Great
Lakes Crossing Outlets
* Bus Leaves at 9am*

6/11 PVM Shining Star
Luncheon *OFFICE
CLOSED*

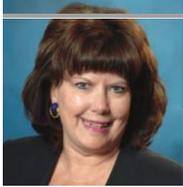
6/14 Flag Day



6/21 Father's Day
Summer Begins

6/26 PVM Village Victory
Cup
Bus leaves @ 7:30 am





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

A Fitting Tribute

Along with Memorial Day vivid memories came flooding over me as I thought about my dad's burial ceremony a year ago. He was a veteran of World War II having served on the US Nashville. It was a flagship for General MacArthur just before they were attacked by Kamikaze pilots. My dad returned home with major wounds. Shrapnel was still in his body when he passed away. Having lived an extremely honorable life, I think his burial service at Great Lakes National Cemetery in Holly (not far from our Village of Holly) was a fitting tribute to all that he was as a veteran, citizen and human being.

If you or a loved one has served our country you are entitled to burial there just as you would be at Arlington National Cemetery. Great Lakes mirrors the beauty of Arlington and provides a healing experience for families. This is the best of what the Veterans Administration has to offer.

Contact your local office for information not only about burial services but also for information on many other benefits and services which may be unknown to you. The local staffs are wonderful to work with. Much is owed to those who serve and protect our country.

US Department of Veterans Affairs (Detroit Office)
Patrick V. McNamara Federal Bldg., 477 Michigan Ave.
Detroit, MI 48226

Phone: 800-827-1000



ANNOUNCEMENTS

Thank you!

Thanks to...

William Ahlstrom, Board Member for repairing and getting the garden beds ready for planting.

Carolyn Williams for planting the vegetables and flowers.

Yolanda Odom for planting the flowers and preparing for our board meeting.

Nancy Roberts for assisting with the JCA meeting.

Connie Charles & Lawrence Willingham for volunteering for the Barbeque Grill Committee.

Joy Community Association (JCA)

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

Detroit Area Agency on Aging (DAAA)

Transportation is available to medical appointments. Cost is \$2.50 each way. Call 313.446.4444, ext. 5370.

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.

Service Coordinator



From the Desk of Kimberly Brittman....

PACE SEMI

SERERRA

Lunch and Learn

Moving your company to the Cloud!



Lunch & Learn at 7800 W. Outer Dr.

St. Martha's

Date: Tuesday, June 23rd

Time: 11am-1pm

Bus pick up at: 10:30am

If you have questions or want to join the tour

call the service coordinator at

313-582-2785.

Upcoming Educational Series

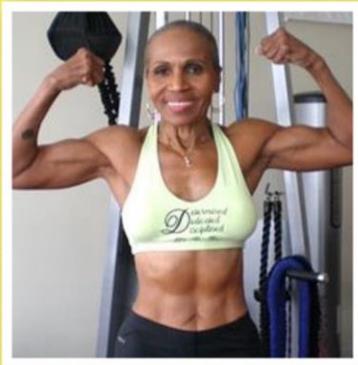
- **Tuesday, July 7th, 14th, 21st, 28th, and August 4th, 11th from 12:30 – 3:00 PM**, Adult Well Being Services (Chronic Illness Self-Management Workshops), **please note that this workshop is for six consecutive weeks**

COMMUNITY NEWS (continued)**Activity Ideas that Build the Body**

Any activity that encourages physical movement will help you build your body. However, before you embark on any new exercise regimen or physical activity, get your physician's approval.

Invite your neighbor or friend to walk around the parking lot. Stretch your legs, and enjoy the summer breezes at the beautiful Village of St. Martha's. Or perhaps make a buddy to join you in the wellness room for a fun workout. We encourage you to stay active and enjoy each summer day of 2015.

Kina Jones, Administrative Assistant

**ACTIVITIES****Exercise Program**

I am working with Tom Wyllie, Director of Wellness to get an instructor here asap. Please be patient.

Village Victory Cup Practice

Mondays & Thursdays-
4:00 pm

Movie Day

Thursdays – 2:00 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.

Card Game

Wednesdays – 4:00 pm

Community Room

Looking for additional residents to play cards to get multiple tables going.

Bible Study

Wednesdays

11am – 12:30pm

Community Room

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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Let the Games Begin!



Mark your calendars! It's time to lace up your tennis shoes and put on your sweat bands. **The 10th Annual Village Victory Cup is nearly here!** Scheduled for Friday, June 26 the event will once again take place at Ultimate Soccer Arenas in Pontiac. The Puzzler, Wellness Walk, Hoop Shoot, Beanbag Toss, Paper Airplane Distance Contest & Balloon Volleyball Tournament all return as events. The Bake Off returns as well, but with new categories: cookies, cupcakes, brownies/bars, and pies. And in recognition of PVM's 70th anniversary, the theme of this year's Expression of Wellness event is "70 and Still Making Waves". For Villages located 100 miles or further from PVM's home office in Southfield, we will once again be hosting the Virtual Village Victory Cup. Rather than gather at a central location, participants in the Virtual Village Victory Cup compete in events held at their Village. The results are transmitted to and tallied by the PVM Wellness Department with the Village earning the most points declared the winner.

Since its inception, the Village Victory Cup has gotten more and more competitive. Last year marked the closest margin of victory ever for the winners of both the Village Victory Cup and the Virtual Village Victory Cup. In such closely contested competition, every point counts. Rather than sit this one out, help your Village earn points. Contact your Administrator and sign up to participate in this fun-filled day of camaraderie and friendly competition. Who knows? Because of your help, it just may be your Village whose name gets added to the trophy as this year's winner.

Answers to last month's crossword puzzle

Across: 2. Tennis Shoes, 6. Energy, 7. Stretch, 8. Swimming, 9. Treadmill

Down: 1. Friend, 3. Exercise, 4. Doctor, 5. Heart Disease, 10. Mood

Continued from page 4

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

If you would like to join the resident association, please contact one of the above officers.





Giving Matters.

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

\$191,000 Raised Through Friends & Family!

THANK YOU to the 707 donors who generously contributed **nearly \$191,000** for PVM residents through Friends & Family, exceeding our goal of \$136,000 and making this the most successful year in the history of PVM Foundation!

The annual Friends & Family Appeal took place during the month of April and allowed all Villages to raise funds for projects and programs to enrich the lives of residents, providing them with security cameras, patio furniture, buses for reliable transportation, new computers and so much more. Congratulations and thank you to **ALL the Villages** for their hard work to make so much possible!

A special congratulations to **The Village of Our Saviour's Manor**, who had the most new donors with 30 new donors, and to **The Village of East Harbor** for most amount raised with \$70,370! For a complete listing of all Village projects, goals and amounts raised, please see your Administrator or visit our website at pvmfoundation.org.

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you again for your support and we look forward to another successful Friends & Family next year!

Warm regards,
Paul J. Miller, CFRE

Help Michigan Seniors Thrive

our Life. Live it Well.

TRANSFORM AGING

Help Michigan
Seniors Thrive!

WATCH TO SEE
HOW YOU CAN
TRANSFORM AGING

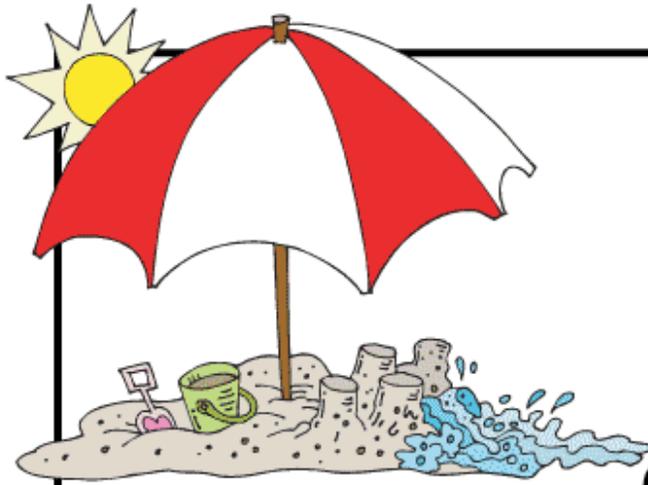


Visit

[pvmfoundation.org/
transform](http://pvmfoundation.org/transform)

- Watch the inspirational video!
- Share the video with your contacts!
- Take advantage of matching dollars by making a donation!

Word Search



BEACH WORD SEARCH

DRNEAMESMLSBTBE
 RRTAHBAELSUIIUN
 SSACCIUERERKUEE
 NEXULIHCLZFI SBG
 LBSBGS LTSSBNGSH
 BAOSA ESEA IOINCI
 MACEAAFNPJAZIKY
 TJSICLDIWGRCHLG
 LNWDPA GVLQDZTAV
 XLNTLOWNPVPRAWN
 GAUSXIRWUHVXBDT
 SKLGFMLT XSHEVRM
 NOITACAVWAVESAN
 PCDNSEBTPYXWSOJ
 QBD CGRSZWL BDRBL

Bathing Suit
 Bikini
 Boardwalk
 Lifeguard

Pelican
 Sailboat
 Sandals
 Sand Castle

Scuba
 Seagull
 Seashell
 Sunglasses

Surfboard
 Tropical
 Vacation
 Waves



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Events for June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Village Victory Cup Practice 4pm	2	3 Bible Study 11am Card Game 4pm	4 PVM Board Reception w/Residents 4:30pm	5	6
7	8 Village Victory Cup Practice 4pm	9 Pest Control (2nd fl) 	10 Bible Study 11am Card Game 4pm	11 PVM Luncheon & Awards OFFICE CLOSED Village Victory Cup Practice 4pm	12	13
14 Flag Day	15 Village Victory Cup Practice 4pm	16 Maintenance Inspections (1st Fl)	17 Bible Study 11am Card Game 4pm	18 Movie Day 2pm Village Victory Cup Practice 4pm	19	20
21 Father's Day Summer begins 	22 Maintenance Inspections (2nd fl) Village Victory Cup Practice 4pm	23 Service Coordinator PACE SEMI Lunch & Learn Bus leaves @ 10:30am	24 Bible Study 11am Card Game 4pm	25 Movie Day 2pm Village Victory Cup Practice 4pm	26 Village Victory Cup 	27 Community Room-Private Party @ 3pm
28	29 Maintenance Inspections (3rd fl)	30				

Movie Days:

- Thur 6/4 No movie (PVM board mtg)
- Thur 6/11 No movie (office closed)
- Thur 6/18 Whitney
- Thur 6/25 Black or White



June Birthdays!

- Wilma Davis.....6/1
- James Turnbore..... 6/12
- Evelyn Foster..... 6/15
- Lawrence Willingham..... 6/19
- Joan Cunningham.....6/26
- Bertha Lewis.....6/30

Happy Birthday!



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

**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 Brittman 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