



St. Martha's Journal



Embrace the possibilities

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

July 2015

St. Martha's Warriors Shine!

Dear Residents, Friends & Family,

On Friday, June 26th The Village of St. Martha's Warriors attended the Annual PVM Village Victory Cup in Pontiac. We had one of our biggest turnouts with 23 attendees which included residents, staff, volunteers and Honorary Captain David Lau of the PVM Foundation Board which I must say worked really hard for us that day. The St. Martha's Warriors shined with spirit the entire time, placed 2nd in Balloon Volleyball against those tough Holly Berries and came home with medals for the following in their age categories:

- Paper Airplane-Algirtha Wallace & Lawrence Willingham 1st place
- Hoop Shoot-Nancy Roberts, 2nd place
- Wellness Walk-Charles Jones, Jr. 2nd place
- Bake-Off (Pie)-Annie LeGrand, 1st place for her Sweet Potato Pecan Pie

While the Warriors may not have won the Spirit Award this year they showed what team work was all about and I am very proud of them. Congratulations to Aaron Price & his OSM Monarchs for winning the Spirit Award & to the Westland Stars for winning the 2015 VVC Trophy!

Andrea Felice-Administrator



Far Left: St. Martha's Warriors.

Left: Ms. Chloe Sharp our Warrior Mascot.

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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:



Village News

PVM Board Visits St. Martha's

On June 4th, the PVM Board of Director's met here at St. Martha's for their bi-monthly meeting. Prior to their meeting they held a meet and greet reception for the residents. It was a great turn out with some of our St. Martha's Board Members also coming to visit the residents. Before the board's meeting, Roger Myers, President & CEO received a surprise birthday song and cake from everyone!



PVM 2015 Shining Star Luncheon

Every year PVM holds a dinner to celebrate employees and present various awards. This year's event was held June 11th and employees from the corporate office, Detroit, Pontiac, Redford and Westland Villages celebrated on The Detroit Princess. Congratulations to Kina Jones and Andrea Felice who were nominated!

Right: Andrea & Bill with Mr. Brown & Ms. Beard from Oakman Manor.



Computer Training

Don't fight the computer! Computer and cell phone training will be available in July each Monday and Friday from 9:00 am – 1:00 pm by our volunteer Farah Alqattar (as her time permits). There is a sign-up sheet in the office.

Announcements

July Events!

- 7/2 Resident Barbeque @ 12pm
- 7/3 Office Closed
- 7/4 Independence Day
- 7/7 AWBS Diabetes 6-week Workshop begins @ 12:30 pm
- 7/10 DIA Field Trip @ 10:30 am (you must have RSVP'd)
- 7/10 Ice Cream Social with Kimberly Brittman, Service Coordinator 1-3pm
- 7/20 National Lollipop Day
- 7/21 Senior Friendship Day @ Chene Park (you must have RSVP'd)





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Summer Fun and Safety

Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times. It only takes a minute for thieves to rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center.

Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer!

ANNOUNCEMENTS

Joy Community Association (JCA)

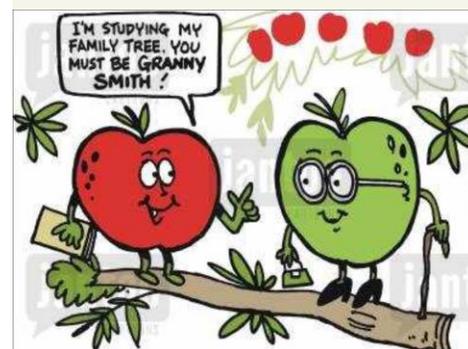
The Joy Community Association meets second Thursday of each month @ 6pm in the community room.

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....

Diabetes Personal Action Toward Health

Adult Well-Being Services will be offering the program:
When: Tuesdays : July 7th, 14th, 21st, 28th , August 4th, 11th 2015
Where: VILLAGE OF ST. MARTHA'S
15875 Joy Road
Detroit, Michigan 48228
TIME: 12:30 PM-3:00 PM

Learn how to:

- Deal with the challenges of diabetes
 - Talk to healthcare providers
- Overcome stress and learn the techniques of relaxation
 - Eat healthier
 - Handle everyday activities more easily
- Stay Independent by preventing complications
 - Manage chronic health issues
- Exercise to maintain a healthy life style/”stay fit”

CALL KIMBERLY BRITTMAN, SERVICE COORDINATOR @313-582-2785 to register.

The program is targeted for adults with a disability and/or age 65 and over who have a diagnosis of diabetes.

Snacks and raffle prizes are given at each session.

\$20.00 gift card is given at the last session for perfect attendance



Source: DIABE Tease



"The red circles are your red blood cells. The white circles are your white blood cells. The brown circles are donuts. We need to talk."

COMMUNITY NEWS (continued)**GET TO KNOW OUR STUDENTS**

This summer we have 3 students to help out with the office, resident activities and maintenance and we are happy to have them here.

Kayla Kelly, Grow Detroit's Young Talent

Kayla will be entering the 11th grade at Cornerstone Health & Technology H.S. in the fall. Some of her interests are reading and spending time with her friends & family. When she graduates from high school she plans on attending Georgia State University to study child psychology or sports medicine. She's really interested in children and would love to learn about how they think and they react to certain situations. She's also interested in medicine because her mom is a nurse and she really likes sports. Kayla has 5 sisters and 1 brother and she also has a twin sister named Keira.

Jacob Jones, Volunteer

Jacob Jones is 17 years old and currently in the 12th grade at Annapolis High school. His hobbies include drawing/sketching concept art, and studying martial arts, (which he is currently training in 2 different types.) Another interest of his is trying different kinds of food from other cultures whenever he gets the chance. He also enjoys studying foreign languages, and plans to study them in college for a possible job in dealing with foreign languages and or communication. If that doesn't work out he also plans to study human anatomy and get a medical degree in human biology and physiology for a job in creating medical diagrams and illustrations. Jacob also likes to study philosophy and every once and awhile read up on physics and quantum physics, but mainly to get ideas on concept drawings.

Kianna Harris, Cody Rouge Action Alliance

Kianna is 16 years old and attends Detroit Institute of Technology at Cody H.S. She started as an intern on Monday where she said she enjoys the company of the residents, employees and others. She believes this is a great opportunity for her to build communications skills, be involved with her community and gain work readiness skills. Besides work she enjoys being outside, spending quality time with her family and studying hard to succeed in her future.

ACTIVITIES**Exercise Program**

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

Summer BINGO**Community Room**

Wednesdays @ 11:00 am &
Saturdays @ 2:00 pm

Movie Day

**Thursdays – 11:00 am &
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

**No bible study for July &
August.**



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Let Your Garden Grow

What better hobby than one that creates life! Gardening not only makes the environment around you bloom into something even more beautiful, it also provides some great health benefits. Here are a few important benefits to keep in mind as you plant:

Increases hand strength: Gardening keeps hand muscles healthy and strong, because of the continuous work it requires. Try maintaining a garden to lower the risk of your hands losing their agility!

Decreases risk of Alzheimer's disease: In a study, researchers found that daily gardening was one of the biggest activities that reduced the risk of dementia. This may be due to the amount of learning and problem solving that goes into managing a garden.

Improves immunity: While working outside in your garden, your body is turning sunlight into vitamin D. Vitamin D can help your body fight off diseases, and can also alleviate depression.

You can either choose to start plants from seed early in the season (6 weeks before the last frost) or buy starter plants any time during the summer. Pick out your favorites and watch them flourish!



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

What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **Gifts that pay you income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (____ percent of the residue of my estate) or (the sum of \$____), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.



LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- > Make a bequest in your will
- > Start a Charitable Gift Annuity
- > Your Life Insurance Policy

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller
248-281-2045 www.pvmfoundation.org

 Presbyterian Villages OF MICHIGAN FOUNDATION

Word Search

Vegetables Word Search Puzzle

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

ASPARAGUS	ONION
BEAN	PARSNIPS
BEEF	PEAS
BROCCOLI	PEPPER
CABBAGE	POTATOES
CARROT	RADISH
CAULIFLOWER	RHUBARB
CHARD	RUTABAGA
COLLARD	TURNIP
CUCUMBER	WATERCRESS
EGGPLANT	
GARLIC	
KOHLRABI	
LETTUCE	
MELON	

COMMUNITY NEWS (continued)

Garden Club

How does our garden grow? With lots of rain and checking up on from the garden club members, our garden is huge. We just planted everything at the end of May and many residents are already enjoying lettuce and tomatoes. If you are interested in getting vegetables, please see Ms. Carolyn Williams.



Left: May 29th. **Right:** June 23rd, Ms. Williams & Ms. Luke attending the garden.



Events for July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Resident Barbeque @ 12pm	3 OFFICE CLOSED	4 Independence Day Community Room Reserved
5	6	7 Diabetes Workshop 12:30 pm—3pm	8	9 Movie Day 11 am & 2pm	10 DIA Field Trip-Bus leaves @10:30am Ice Cream Social 1-3pm	11 BINGO 2pm
12	13	14  Pest Control (1st fl) Diabetes Workshop 12:30 pm—3pm	15 BINGO 11am	16 Movie Day 11 am & 2pm	17	18 BINGO 2pm
19	20 	21 Senior Friendship Day @ Chene Park Bus leaves @ 9:15am Diabetes Workshop 12:30 pm—3pm	22 BINGO 11am	23 Wii Bowling 1pm	24	25 BINGO 2pm
26	27	28 Diabetes Workshop 12:30 pm—3pm	29 BINGO 11am	30 Wii Bowling 1pm	31	

Movie Days:

- Thur 7/2 No movie (Resident Barbeque)
- Thur 7/9 Black or White
- Thur 7/16 Whitney



July Birthdays!

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

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



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