



# St. Martha's Journal



## Embrace the possibilities

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

October 2014

### St. Martha's Residents Raise Awareness!



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Dear Residents,

Earlier this year residents and I met to talk about what important cause we wanted to fund raise for and we selected Breast Cancer Awareness. So October 1<sup>st</sup> will kick off our goal to raise at least \$100 toward this very important cause. Residents will select the charity at the October Resident Council meeting, if you are interested please plan to attend.

Almost everyone knows someone who has breast cancer, is a survivor or has passed away from it and we wanted to pay tribute to them and show our support. For \$1.00 we will display a name (of your choice) on a pink ribbon and post in our lobby area. We will also be selling bracelets made by my daughter Alia and pink ribbon pins and other goodies; look for flyers to come. If you walk throughout our village and see a door with a pink ribbon on it, that resident is a survivor. Each time you wear pink items of clothing on a Friday in October, we will enter you into a raffle. Drawing will be held October 31<sup>st</sup>.

Please join the staff and residents to raise money and awareness for this important cause.

Andrea Felice, Administrator

Kina Jones, Administrative Assistant raised over \$30 on the first day!



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:



# Community News

## St. Martha's Hangs Out with Oakman Manor

On Friday, September 12, St. Martha's residents hung out with Oakman Manor residents and attended the Universoul Circus at Chene Park. Everyone had a great time and decided we would like to hang out again. **Thank you** to Deborah Beard for arranging the transportation.



**Left:** Residents from Oakman Manor & St. Martha's. **Above:** Deborah and Andrea, Adminsitrators.

## Resident Birthday Party

On September 23, The Village of St. Martha's held a birthday party for residents with birthdays in July, August and September. They enjoyed chicken salad sandwiches, chips, fruit and cupcakes. We played the Left-Right game and Ms. Martin won the prize, a gift card for Subway. Each resident received a mug with goodies. We also talked about what each person did on their birthday this year and what birthdays have stood out over the years. Thanks to the PVM Foundation Resident Activity Grant for making this special day possible.



**Right:** Ms. LeGrand, Ms. Anthony, Andrea, Ms. Martin & Ms. Charles.

## SCAN Wayne Meeting

On September 25<sup>th</sup>, The Village of St. Martha's had the pleasure to be the host site for the Senior Coordinating Aging Network (SCAN) of Wayne County. SCAN Wayne is a non-profit coalition of individuals from, public, private, and non-profit agencies. They provide education and networking opportunities for members and the public. Most importantly, they provide donations to Meals On Wheels and other organizations that serve Wayne County that feed seniors in need.

## Announcements

### October is Breast Cancer Awareness Month!

#### Important Dates At-A-Glance!

- 10/1 Breast Cancer Awareness Month begins!
- 10/8 Resident Engagement Round Table w/Andrea
- 10/13 Columbus Day
- 10/13 Resident Council Meeting @ 12pm
- 10/13 Service Coordinator Meet & Greet @ 1pm
- 10/16 Bosses Day
- 10/18 Sweetest Day
- 10/21 National Apple Day
- 10/23 Apple Fesitval @ 12pm
- 10/30 Angel's Night
- 10/31 Halloween Party @ 12pm





## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

No article for October...stay tuned.



### COMMUNITY NEWS (continued)

## Service Coordinator Bulletin by Andrea Krueger

I am the Village of St. Martha's new service coordinator, Andrea Krueger. I am with the Hannan Foundation service coordinator program. I am a social worker and graduated from the University of Michigan with her MSW. I also have been working as a service coordinator for the past three years, and before that, I was a housing coordinator at The Senior Alliance.

I am here at St. Martha's to help the residents continue to live independently in their apartments for as long as they desire. I will provide general service case management which includes but not limited to:

- doing intakes and assessments for the well-being of residents
- general referrals and information of available community services such as meals, health resources, home healthcare
- offering educational presentations on topics that will be helpful to the residents
- help applying and maintaining government benefits
- assist residents in building informal support networks with other residents, family, and friends

I will be at St. Martha's on Mondays, Wednesdays, and two Fridays a month. My schedule will be posted outside the community room. This month I will host a Meet and Greet on Monday, October 13 at 1pm where residents will have an opportunity to meet me personally and learn more about the service coordinator role.

## ANNOUNCEMENTS

### Thank you!

Thank you to Floor Captains C. Charles, N. Roberts, C. Williams & The Trawicks for being available to assist with any urgent needs of the village.

### Joy Community Association (JCA)

The Joy Community Association will meet on Thursday, October 9<sup>th</sup> @ 6pm.

### Focus Hope

If you know anyone who would like to donate their time to be the delivery person for our site, please have them call the office.

### Service Coordinator Educational Series

**Meet & Greet the Service Coordinator on Monday, October 13 @ 1pm.** She will talk about what she can assist you with and provide helpful information.



**COMMUNITY NEWS (continued)****Happy 5<sup>th</sup> Anniversary St. Martha's!**

On September 24<sup>th</sup> St. Martha's celebrated our 5<sup>th</sup> anniversary with free ice cream sandwiches for all. Wow, how time flies!

**What Would Grandma Do?**

By: Kina Jones, Editorial. Vol. 2

This article is a mini-series of a little girl named Amani. She was born in 1948, in a little town of Birmingham Alabama. Now all through Amani's life she has had all types of little mishaps and stories that I would like to share with you.

**Moving to Detroit!**

One day Amani was sitting on her porch watching all the little boys and girls running up and down the street. She remembers when she was a little girl. Now Amani is an adult right about now but she looks back and thinks of memories that come to mind at that time.

Amani grew up in Detroit. Her family moved here when she was about 10 years old from Birmingham Alabama. She had one big sister, her mother, and her father. Grandma stayed behind down south, she didn't want to come up north with the family. Amani's parents traveled before the girls did, and the girls stayed in Birmingham Alabama with grandma while mom and dad settled up north and sent for them later. Growing up down south was a little hard for Amani because her sister was older, and her cousins too. They didn't want to be bothered by her. Amani's sister was at an age where she could have a boyfriend and Amani was much younger but if she saw something she sure would tell it and run to tell grandma she would. "I saw a Mary Lou kissing him" but most the time Amani was running behind her male cousins. Skipping and running and doing anything the boys did knowing she could do it better.

Stay tuned for the next episode of What Would Grandma Do in the new newsletter to come.

**ACTIVITIES****EnhanceFitness**

**Monday & Wednesdays**

**1:15 pm – 2:15 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**

**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

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

## Bullying and RESPECT

When you think of the word 'bullying,' your mind may go back to the days on the schoolyard playground, in high school halls, or even in the professional workplace. Bullying, however, can occur at any time and any place in a person's life including our later years. Although it is a growing problem, we can take effective steps toward addressing the issue and perhaps redefine what bullying means.

Bullying can take on many forms which may include name calling, gossiping, insults, racial slurs, shunning, belittling jokes, bossy behavior, invading personal space, spreading rumors, making fun of physical or mental disabilities, making offensive gestures or facial expressions, and engaging in mental and/or physical abuse. It can lead to reduced self-esteem, feelings of rejection, fear and anxiety, depression, suicidal thoughts or actions, self-isolation, increased stress, negative changes in eating and sleeping habits, and negative effects on activities of daily living.

To bully is to essentially disrespect your peers.

There are steps YOU can take to prevent and stop disrespectful thoughts and actions. Everyone can practice RESPECT:

- **R**ecognize others for who they are and appreciate their differences
- **E**nergize your environment; make it welcoming for others
- **S**upport and uplift the spirit of your peers
- **P**ractice empathy; put yourself in their shoes
- **E**xpand your social network, connect with your peers
- **C**ommunicate with kind words and gestures
- **T**reat others how you would want to be treated

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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

The Resident Council organized a field trip for members to attend Greenfield Village on September 17<sup>th</sup> with tickets donated by the Henry Ford. They had a great time and encourage all residents to join or even attend a meeting to see what's going on.





# Giving Matters.

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

## Support Future Residents *and* Generate Income for Life!

Did you know that there are other ways you can support your PVM Village besides writing a check? You can leave a legacy for future residents through a planned gift to the PVM Foundation, like a charitable gift annuity.

A charitable gift annuity is an agreement between a donor and PVM where the donor makes a gift to PVM. In exchange, the donor receives **fixed payments for life** with as high as a 9% rate of return, depending on the donor's age. You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big difference.

With your gift, you can help improve the lives of future residents at your Village in so many ways, such as through Benevolence to help residents in emergency financial situations or fitness programs like *A Matter of Balance* to reduce falls.

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 Charitable Gift Annuities and Calvin Society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you to all our donors who support the PVM Mission and make a lasting impact on future residents!

Warm regards,  
Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation  
presents its 11th annual Gala

## Get Your Motors Running!

*Sponsorship Packages Available!*

Patron Tickets \$375

Individual Tickets \$250

For more information, contact  
PVM Foundation at 248.281.2040  
or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)



Friday, November 14, 2014  
COBO Center, Detroit

5:30 p.m.

VIP Pre-Reception & Raffle Preview  
(Sponsors & Patron Tickets only)

6:30 p.m.

General Reception & Raffle

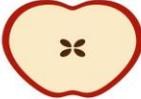
7:30 p.m.

Dinner, Program & Entertainment

# Word Search

## Apple Picking Word Search

apples  
autumn  
barrel  
cider  
ladder  
picking  
pie  
wagon





z	b	w	s	h	p	v	p	o	z
p	n	p	z	t	b	s	y	q	h
l	c	f	j	m	a	l	a	p	z
n	s	u	c	p	r	a	p	l	f
g	q	r	a	i	r	d	p	h	v
r	n	e	u	c	e	d	l	f	z
e	o	e	t	k	l	e	e	f	v
d	g	k	u	i	w	r	s	e	f
i	a	g	m	n	m	r	w	i	l
c	w	g	n	g	d	h	p	p	e





## October Birthdays!

Birthday Wishes to the following residents!

**Algirtha Wallace**.....10/12  
**Veola Sanders**.....10/25



### Some Facts About October

- Did you realize that Daylight Savings Time ends every year at 2:00 am local time on the last Sunday of the month?
- On October 18, 1867, Alaska became an American territory.
- Did you know Canada celebrates their Thanksgiving on the second Monday of October?
- On October 1, 1971, Walt Disney World opened in Orlando, Florida.
- The first Model T Ford was introduced by Henry Ford on October 1, 1908.
- Abolitionist John Brown and his men seized the United States arsenal at Harpers Ferry, Va. (now W. Va.), October 17, 1859.
- Free rural delivery of mail began in the United States, October 1, 1896.

# Events for October 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bible Study 11 am EnhanceFitness 1:15-2:15pm	2 Movie 2pm	3 Wii Bowling 6pm	4
5	6 EnhanceFitness 1:15-2:15pm	7	8 Bible Study 11 am EnhanceFitness 1:15-2:15pm	9 Movie 2pm	10 Resident Engage- ment Round Table 11am Wii Bowling 6pm	11
12	13 Service Coordinator Meet & Greet 1pm EnhanceFitness 1:15-2:15pm	14 Pest Control (1st floor) 	15 Bible Study 11 am EnhanceFitness 1:15-2:15pm	16 Movie 2pm	17 Wii Bowling 6pm	18
19	20 EnhanceFitness 1:15-2:15pm	21	22 Bible Study 11 am EnhanceFitness 1:15-2:15pm	23 Apple Festival 12pm 	24 Wii Bowling 6pm	25
26	27 EnhanceFitness 1:15-2:15pm	28	29 Bible Study 11 am EnhanceFitness 1:15-2:15pm	30 Movie 2pm	31 Halloween Party 12pm Wii Bowling 6pm 	

**Notes:**

- **10/3,10,17& 24 Wear Pink!** To be entered into a raffle. See the office for details.
- **10/23 Apple Festival** Come pick & taste a variety of apples, cider & other goodies will available. Enter in our Apple Peel Contest. **Hosted by Gamma Phi Delta Sorority, Inc., Beta Alpha Chapter**
- **10/31 Halloween Party** Come & get freaky with us. Costume contest, goodies and more. Flyer with more details to be posted soon.



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



## For Your Safety.

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

### 2014 Resident Satisfaction Survey

Thank you to the 1,316 residents and families across Presbyterian Villages 25 Villages who took the time to respond to the 2014 Resident Satisfaction survey. Those surveys, plus your written comments, provided us with valuable information concerning what we are doing right and where improvements need to be made. Your administrator, after reviewing the results, will develop steps to improve in key areas that you have indicated are important to you. The results of the survey as well as action plans will be shared with residents, families, board members and staff. Measureable goals are set along with a touch points throughout the year to see what progress is being made.

An important aspect of feedback to residents and families is an explanation of why we can or cannot act on their concerns. For example, if a resident at an affordable housing site offered the observation that their rent is too high, we can pass that information along to HUD and MSHDA, but we cannot change how rent is calculated. If however residents do not feel they have received value for their rent money, that is an area we can do something about. The first step would be to find out from the residents what would more value look like to them. In both instances, an explanation is in order.

Communication between administrators and residents is an ongoing process, not just at survey time. It is important that when the 2014 survey results are presented at your Village you attend the resident meeting to discuss the results. Perhaps your administrator needs some clarification on a particular issue or can offer a more detailed explanation as to why something is the way it is. When people work together for the common good, much can be accomplished. The one thing that comes through on both the employee and resident surveys is that we care about each other, which is a great place from which to start.

Presbyterian Villages of Michigan is committed to Service Excellence and the four pillars of: Respect, Relationship, Accountability and listening. You have spoken and we are listening. Together we can accomplish great things.

**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)



## 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*

**Anita Robinson**  
*Fitness Specialist*

**Andrea Kueger 313.582.2785**  
*Service Coordinator*

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**EMERGENCY MAINTENANCE 313. 701.0119  
NUMBER (After hours)**



**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)



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