



St. Martha's Journal



Embrace the possibilities

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



November 2016

DPD Brings Community Day to St. Martha's!

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Check out our new interactive website & Facebook page & "Like Us"!



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,

Saturday, October 29 was Community Day with the Neighborhood Policing Officers from the 6th & 8th precincts. Officers Owens, Officer Staples and Officer Gordon were in attendance and guest Mr. Pritchett gave good information on personal safety and awareness, also on fraud protection.

Thanks to Mr. Jones, Officer Owens, Resident Council and St. Martha's who made a monetary donation. Thanks to Ms. McMichael (potato salad) and Ms. Cheeks (beverage). Thanks to Ms. Anthony, Ms. Roberts and Ms. Charles for cleaning up and assisting with the Bingo game.

A SPECIAL THANKS to Ms. Wallace & her family for set-up, cooking and serving the meal.

Thanks again to all who made the event possible, it was very enjoyable.

Sincerely,

Barbara Williams, Vice- President
St. Martha's Resident Council



Community News

Thanksgiving Day Parade



This is a call out to all St. Martha's residents to watch the Thanksgiving Day parade this year to see yours truly (Andrea) and Doris in the parade. We will be transferring into Santa's Elves and walking with the Art Van float. Since I was a child I always wanted to go down to the parade and watch it in person but just never did it, now I will be in it and I'm so excited! Doris has never participated in the parade before and thought it would be something fun to and to show seniors that there isn't anything they cannot



Doris Pailen,
Administrative Assistant
at the Detroit Parade
Company.

Blake's Apple Orchard

On Thursday, October 20th residents went to apple orchard with church and Kim McCartha, Service Coordinator and had a great time.



We Salute our Veterans!

Floria Griffin
Phillip Hornbuckle
James Turnbore



From Doris, Bill, Kim and Andrea!

Announcements

November is month!

Dates at-A-Glance!

**11/5 Daylight Savings Time!
Move clocks back 1 hr.**



11/8 Election Day Go Vote!



11/8 Pest Control



11/11 Veteran's Day

**11/12 Security Guard
Additional Hours
begins**

**11/14 Resident Council
12pm**

11/14 Full Moon

**11/17 Medicare Open
Enrollment 1-2pm**

**11/24 Thanksgiving -
Office Closed**



11/28 Re-Sale Bingo 2-4pm

Healthy Recipes

Turkey Chili

Ingredients:

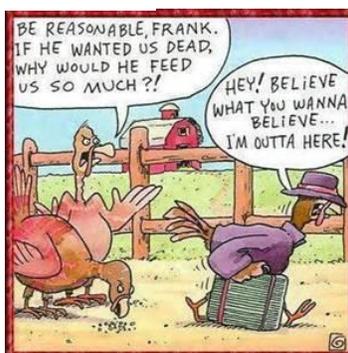
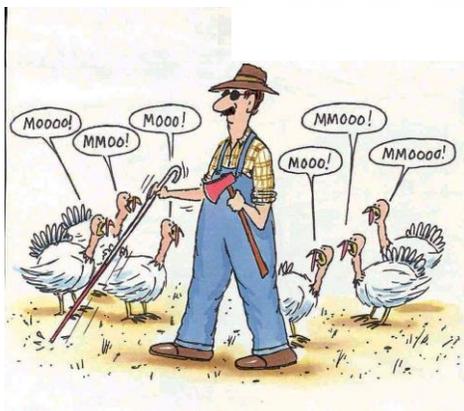
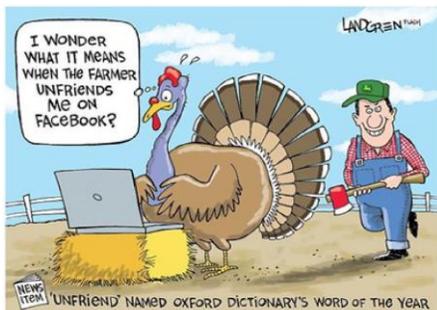
- Lean Ground Turkey 1 lbs
- Taco seasoning 1 packet
- Frozen corn 1 cup
- Black beans 1 can
- Pinto Beans 1 can
- Kidney Beans 1 can
- Chicken Broth 1 can
- Rotel Tomatoes with juice 2 cans



Directions:

Spray a 6-8 quart pot with non-stick spray. Warm the oil in the pot over medium-high heat. When the oil's hot, add the turkey and cook for 5 minutes, or until no longer pink. Add the taco seasoning and stir until the meat is well coated with the seasoning. Add the corn, beans, broth, and tomatoes. Bring to a boil. Reduce the heat to medium-low and simmer, uncovered, for 20 minutes. Or I often place in a crock pot and leave it on low until I'm ready to eat.

Turkey Jokes



ANNOUNCEMENTS

Joy Community Association (JCA)

The Joy Community Association will not meet in November or December.

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

To register, please call Detroit Area Agency on Aging at 313.446.4444.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

No article this month.

ACTIVITIES

Bible Study

Wednesdays

11am – 12:30pm

Community Room

Join Rev. Patricia Butler from St. Luke Church for a different lesson each week. Everyone welcome.

Card Games

Wednesdays – 4:00 pm

Community Room

Join residents & friends for Bid Wiz, Spades or start a new game. All players welcome.

Movie Day

Mondays – 11:00 am

Mini Theatre

Join residents and watch a variety of movies. **Popcorn donations needed!** See the events board for the name of the movie each week. Suggestions welcome.

BINGO

Tuesdays – 5:30 pm

Community Room

Join residents to play BINGO. Please bring a dish or snack to share. See Sadie or Ms. Bailey for more information. All players welcome.

POKENO

Fridays-2:00 pm

Join residents to play POKENO.

Re-Sale BINGO



Monday, November 28, 2016
from 2:00 pm – 4:00 pm
in the community room.

Free entry this month!



Service Coordinator News



From the Desk of Kimberly McCartha.....

Medicare 2016 Open Enrollment Thursday, November 17, 2016

Counselors will be here to assist you to

- compare plans
- see if you qualify for help with the cost of your prescriptions or Medicare Part premium
- explain your enrollment options

**Don't forget to RSVP with me by Friday, November 11,
You must have an appointment.**

Presented by DAAA.



It's Your Life. Live It

By Tom Wyllie,
Director of Wellness

Answers to Fact or Fiction?

Below are the answers to the true or false statements published in last month's column.

1. **FALSE.** It is NOT very difficult for older adults to learn new things. It is well established that those who regularly practice their learning skills maintain their learning efficiency over their life span.
2. **FALSE.** Clinical depression DOES NOT occur more frequently in older than younger people. There is no evidence that depression occurs more often in older adults than younger groups, and it should not be considered a normal part of aging.
3. **FALSE.** Personality DOES NOT change with age. Particular traits in youth and middle age will not only persist but may be more pronounced in later life.
4. **TRUE.** Older adults DO have more trouble sleeping than younger adults do. They often experience sleep changes such as taking longer to fall asleep, frequent awakenings, daytime napping, and lighter sleep.
5. **TRUE.** Physical strength DOES decline in old age. However, research shows that weight bearing exercise, aerobics, and weight resistance can restore muscle strength, increase stamina, stabilize balance and minimize falls.
6. **FALSE.** Older people are NOT happier if they are allowed to disengage from society. There is substantial evidence that people who remain active and engaged have higher levels of function and happiness.
7. **TRUE.** Older persons DO take longer to recover from physical and psychological stress. However, older adults who have developed active and health lifestyles may be able to resist some of the negative effects of stress or illness.
8. **TRUE.** Most older adults DO consider their health to be good or excellent. Overall, most people over the age of 65 still rate their health positively.
9. **FALSE.** Older workers CAN work as effectively as younger workers. Research has identified characteristics of low turnover, less voluntary absenteeism and fewer injuries in older workers.
10. **FALSE.** Research DOES NOT show that old age truly begins at 65. Old age is a social construct. Meanings, definitions and experiences of aging vary across cultures and throughout history.

Continued from page 4

St. Martha's Resident Council

President: Hyren Trawick
Vice-President: Barbara Williams
Treasurer: Annie LeGrand
Secretary: Nancy Roberts
Sargent at Arms: vacant

The next meeting will be held on **Monday, November 14th** @ 12:00 pm in the Community Room.

Resident Council News



If you would like to join the Resident Association, please come to the meeting. We encourage residents to participate.



Giving Matters.

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

YOU matter.

Thank you for being our hero!

You've given PVM residents and seniors all of this—

A safe and secure home.

New friends and experiences.

A chance to **thrive** in their golden years.

Hope.

And more—and we couldn't be more grateful for you!

We give thanks to you, our hero, for **making life better** for older adults. Not only this season, but all year round.

Thank you!

Wishing you and your family a blessed and Happy Thanksgiving,

Paul J. Miller, CFRE



Word Search



Word Search

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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|-------------|-------------------|----------------|--------------|
| 1. VOTING | 5. PRESIDENT | 9. DEMOCRACY | 13. ADS |
| 2. ELECTION | 6. LEADERS | 10. CANDIDATES | 14. TV |
| 3. POLLS | 7. SENATOR | 11. CAMPAIGNS | 15. RADIO |
| 4. BALLOT | 8. REPRESENTATIVE | 12. SIGNS | 16. POLITICS |

Events for November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tai Chi 1:00 Bingo 5:30	2 Bible Study 11:00 Cards 4:00	3 Tai Chi 1:00	4 Pokeno 2-5	5
6	7 Movie 11:00	8 Pest Control Tai Chi 1:00	9 Bible Study 11:00 Cards 4:00	10 Adult Coloring 12-1pm Tai Chi 1:00	11 Veteran's Day PVM Annual Gala	12
13	14 Resident Council Meeting 12:00	15 Tai Chi 1:00 Bingo 5:30	16 Bible Study 11:00 Cards 4:00	17 Medicare/Medicaid Open Enrollment 1-2p Tai Chi 1:00	18 Pokeno 2-5	19
20	21 Movie 11:00	22 Tai Chi 1:00 Bingo 5:30	23 Bible Study 11:00 Cards 4:00	24 Thanksgiving Day OFFICE CLOSED	25 Pokeno 2-5	26
27	28 Movie 11:00 Re-Sale Bingo 2-4	29 Tai Chi 1:00 Bingo 5:30	30 Bible Study 11:00 Cards 4:00			



Tuesday & Thursday ONLY @ 9:00 am

November Birthdays

Brenda Fulton.....	11/3
Kimberly McCartha.....	11/3
Darlene Watson.....	11/6
Patricia Bynum.....	11/12
Andrea Felice.....	11/25

Annie Brown.....	5 years
Carl & Brenda Fulton.....	2 years
Charlotte Johnson.....	7 years
Joann Anthonv.....	6 years

Happy Anniversary

**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

Village Staff

Phone: 313.582.8088
Fax: 313.582.8085

**Andrea Felice, TCS, COS...also a Notary Public offering FREE
Administrator notary services to residents and seniors.**

Doris Pailen
Administrative Assistant

Bill Glaspie
Maintenance Technician

Kimberly McCartha 313.582.2785 313.582.7822 Fax
Service Coordinator

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**



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Detroit, MI 48228

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