



St. Martha's Journal



Embrace the possibilities

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

December 2013

Featured Articles

Community News pg. 2

Get to Know Our Residents pg. 4

Giving Matters pg. 6

Word Search pg. 7

For Your Safety pg. 9

Christmas Inspiration!

The Gold Wrapping Paper - An Inspirational Short Christmas Story

Once upon a time, there was a man who worked very hard just to keep food on the table for his family. This particular year a few days before Christmas, he punished his little five-year-old daughter after learning that she had used up the family's only roll of expensive gold wrapping paper.

As money was tight, he became even more upset when on Christmas Eve he saw that the child had used all of the expensive gold paper to decorate one shoebox she had put under the Christmas tree. He also was concerned about where she had gotten money to buy what was in the shoebox.

Nevertheless, the next morning the little girl, filled with excitement, brought the gift box to her father and said, "This is for you, Daddy!" As he opened the box, the father was embarrassed by his earlier overreaction, now regretting how he had punished her.

But when he opened the shoebox, he found it was empty and again his anger flared. "Don't you know, young lady," he said harshly, "when you give someone a present, there's supposed to be something inside the package!"

The little girl looked up at him with sad tears rolling from her eyes and whispered: "Daddy, it's not empty. I blew kisses into it until it was all full."

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:



Community News



Poinsettia Day Raffle!

To celebrate Poinsettia Day on December 12th, every resident will be entered in a raffle to win a Poinsettia Plant donated by the Felice Family. Drawing will be held at 2pm in community room.

St. Martha's Fundraiser

The Carson's Community Day Event fundraiser for St. Martha's was a huge success. Board members, staff and residents raised \$600 toward our NuStep fundraising project. Special thanks to Etta Trawick, Nancy Roberts and Ingrid Turnbore who together sold 26 books. We will be participating in the next one in February. Thanks to everyone who bought one in support of our goal.

Continued from page 1

The father was crushed. He fell on his knees and put his arms around his precious little girl. He begged her to forgive him for his unnecessary anger.

An accident took the life of the child only a short time later. It is told that the father kept this little gold box by his bed for all the years of his life. Whenever he was discouraged or faced difficult problems, he would open the box, take out an imaginary kiss, and remember the love of this beautiful child who had put it there.

In a very real sense, each of us has been given an invisible golden box filled with unconditional love and kisses from our children, family, friends and God. There is no more precious possession anyone could hold.

I don't know if this inspirational short Christmas story is true, but whether or not it actually happened, it's a wonderfully inspirational story for people of any faith. In this season of love, may we all remember what the true meaning of Christmas is-it's not the gifts that money buys but the gifts that one's heart gives. I wish you a meaningful and love-filled Christmas season and New Year ahead. May your days be filled with love, joy, and inspiration. **-Andrea Felice, Administrator**

Announcements

**Write a Friend and
Bingo Month!**

**Important Dates
At-A-Glance!**

- 12/2 Resident Council Meeting @ 2:30pm**
- 12/4 International Hug Day**
Free Hugs in the office!
- 12/5 Tree Trimming @ 9:30am** (Community Room)
- 12/9 Shopping Trip @ 9am**
- 12/12 Poinsettia Day Raffle!**
(See community news)
- 12/14 Oak Grove A.M.E. Church @12pm** RSVP required to attend this event.
- 12/19 Christmas Party & Gift Exchange @ 12:30pm**
- 12/21 First Day of Winter**



- 12/23 Office Closed**
- 12/24 Christmas Eve & 12/25 Christmas-Office Closed**
- 12/26 Kwanzaa Begins**
- 12/31 New Year Eve-Office Closed**



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

This is the time of year we focus on giving thanks and giving to others. I am thankful for a team of colleagues who incorporate that spirit of giving into their everyday lives. From benevolence in the form of assisting PVM residents to stay in their own homes to beautification and security our PVM employees, PVM board, PVM Foundation Board, and Village Board members all represent servant leadership at its finest. Giving to food pantries, hosting neighborhood community meetings, providing mobile health services and immunization sites, donating clothing and essentials for the homeless, building houses alongside Habitat For Humanity and promoting elder abuse prevention are among the many initiatives in which we have been engaged over the past year.

And we also reached out to improve the quality of life of Michigan children. Many of our Villages have provided giving trees whereby local families are adopted for Christmas. And, in one instance, they transformed an old and rusty tricycle into a sparkling new red tricycle which will be treasured by a youngster with memories to last a lifetime.

Protecting our environment also made the list of contributions via recycling projects including medication disposal sites and community recycling events. What a joy it is to work with individuals and teams of people who think of their work as a mission instead of a job. As Albert Einstein once said: "Only a life lived for others is worthwhile."

May the joys of the season be with all of our readers over the upcoming holidays and on into the New Year.

Detroit Meals on Wheels

A nutrition service for seniors 60 years or older. For more information and/or to register call 313.964.6325.

Pokeno

The group is looking for residents to join their group & play Pokeno on Tuesdays & Saturdays. See calendar for times.

Cards

Like playing Bid Whiz, Spades or any other card game? Join the group for some new fun, call Nancy Roberts at 313.739.5783 for more info.

Lost and Found

A resident found a ring in the 1st floor hallway in August and turned it in to the office. If you think or know someone who may have lost a ring recently check with that person. They can call me at the office. I know it has meaning to them and they would want it back.

Bake Sale

Friday, November 20th the Resident Council will hold a bake sale. Proceeds will go to the Resident Association for future events.

If you are interested in donating baked goods, please contact Mrs. Etta Trawick or Ms. Barbara Williams.

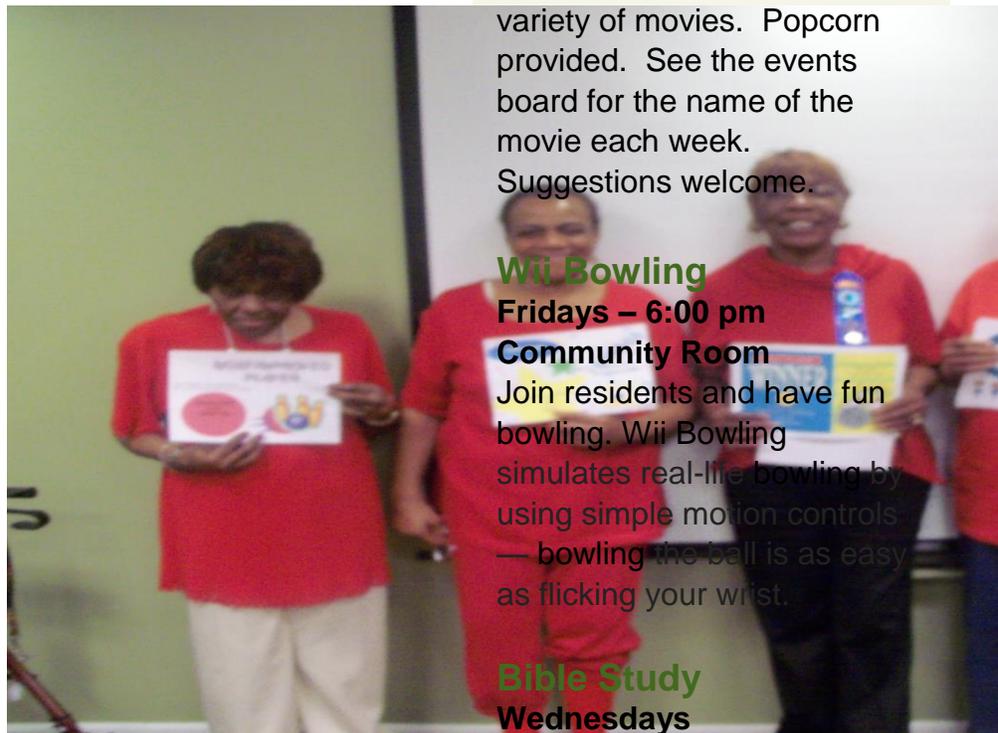
COMMUNITY NEWS (continued)

Get To Know Our Residents

Bertha Lewis

10 things you may not know about me:

- Born and raised in Lima, Ohio
- Her middle name is Louise
- Moved to Detroit in the 1960's
- Married in 1965 and had 3 boys (Henry, Ben and Xavier)
- Has 2 grandchildren (one boy and one girl)
- Cleaned homes until she retired
- She loves to Wii Bowl and attend Bible Study
- Out of all the places she traveled, her favorite place was Disney World
- She been living here since we opened in 2009
- What she likes about St. Martha's? Likes to attend the various activities and field trips.



Above Left: Ms. Bertha Lewis in the 1960's.
Above Right: At 2012 Wii Bowling Banquet.

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 a different lesson every month with different teachers.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

When Feeling SAD is More Than Feeling Blue

As the seasons change from fall to winter and the daylight hours shorten, it's common to feel a little blue. If, however, these feelings persist and intensify you may have Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs between September and May. It's characterized by constant sadness, extreme fatigue, social withdrawal, and cravings for starchy foods. While its exact cause is unknown, researchers think it is related to the decrease in sunlight that occurs during fall and winter. Low sunlight disrupts our bodies' natural rhythms, decreases our brains' serotonin levels, and interferes with melatonin production and absorption, all of which affect mood.

The first line of treatment for SAD is light therapy. It involves sitting next to a special, high intensity light for approximately 30 minutes a day. Another common treatment is dawn simulation. It involves use of a device connected to a high intensity light that gradually turns it on over 1 to 2 hours, thereby simulating sunrise. Researchers believe these therapies work because they reset our internal clocks and return our bodies to a more natural rhythm. To be effective, they need to be performed throughout the fall and winter. Otherwise symptoms will return. If these therapies don't seem to work, additional treatment with medication and counseling may be needed.

If you think you have SAD, don't treat yourself. Consult your physician. He or she will be able to make a proper diagnosis and determine the most effective form of treatment for you.

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: Dolores Parker

Meetings are held every first Monday of the month @ 2:30 pm in the Community Room.

SENIOR JOKES

One evening I went to visit my elderly grandparents. When it started getting late I asked my grandfather if he had the time, as I didn't have my watch with me. "I don't have a watch or clock around here he tells me." "Then how do you tell the time?" I asked. "You see that trumpet in the corner? That's how!" He picks it up, and thirty seconds later an angry neighbor shouts, "2:30 in the morning and your playing the trumpet!"



Wishing you Wonderful &
Joyous Holiday Season from
Andrea & Bill!



Giving Matters.

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

Thank You and Best Wishes From Our Family to Yours

It's hard to believe another year has come and gone so quickly, and yet so much has been accomplished to help PVM residents and seniors. Through the generosity of many donors this year, over \$3.5 million has been raised to support the following initiatives:

- **Rivertown Neighborhood**, An Innovative Senior Community in Detroit that will provide Detroit seniors a full array of affordable health care, service, and housing options all on one site.
- **The Village of East Harbor Health & Wellness Center**, which will be an 8,000 square foot state-of-the-art rehabilitation and wellness center in one location.
- **Benevolence funding** to help residents and seniors with insufficient financial resources.
- And many other life-enhancing programs and services at all the Villages, such as wellness, technology, transportation and more.

Most recently, the **10th Annual It's A Wonderful Life Gala netted nearly \$200,000** to benefit the greatest needs of our seniors.

This month, **our goal is to raise at least \$30,000** to support the Marie Claire Damone Fall Prevention Fund. Help us reach our goal by making a gift that will prevent falls, the leading cause of death among older adults. **Gifts are eligible to be matched \$1.00 for \$1.00!** To make a gift, please see the front desk, your Village Administrator or visit us online at www.pvmfoundation.org (you must designate your gift for the Marie Claire Damone Fall Prevention Fund to be eligible for the match).

None of this could be accomplished without the help and support of every Board member, employee, volunteer and most importantly, every donor to PVM. To each of you, **thank you for making a difference** and best wishes for a blessed holiday season, from our family to yours!

Warm regards,
Paul J. Miller, CFRE



Marie Claire Damone

The Marie Claire Damone Fall Prevention Fund

Your gift will prevent falls, the leading cause of death in older adults.

Your gift is eligible to be
MATCHED \$1.00 for \$1.00!*

Please support this life-saving program.



For more details, please see your Village Administrator or call the PVM Foundation office at 248.281.2040.

*Match Guidelines Apply

Word Search

Kwanzaa Word Search

Find the hidden words related to the Kwanzaa celebration.

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

- HABARIGANI
- HARAMBEE
- IMANI
- KARAMU
- KINARA
- KUUMBA
- MISHUMAA
- MKEKA
- MUHINDI
- NGUZOSABA
- NIA
- TAMBIKO
- UJAMAA
- UJIMA
- UMOJA
- ZAWADI



December Birthdays!

Happy Birthday to the following residents & staff!

- Everlena Glenn.....12/5
- Claudine Curtain.....12/24
- George Hill.....12/31



COMMUNITY NEWS (continued)

Community Photos

October 10th Frankenmuth Trip



Poetry

LOVE (submitted by Etta Trawick)

Love makes the stars shine brighter
 And all our burdens lighter.
 We will find beauty and peace
 And our efforts never cease,
 To help other through our Love
 With guidance from above.

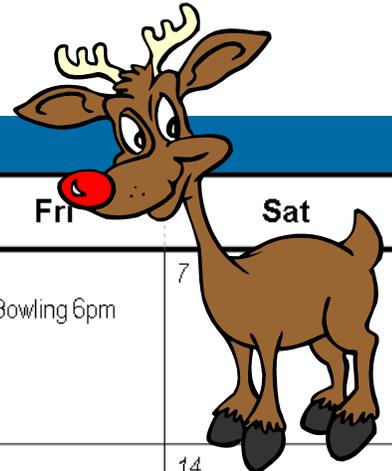
Love gives us hope and makes us smile
 It keeps us on the right path all the while.
 There's nothing we can't do
 With Love to guide us through.
 It makes us think of ways
 To brighten someone else's days.

Love puts a spring in our step
 And gives us lots of pep.
 To better understand others
 And treat them more like brothers,
 To make a better world.
 -Author Unknown

It's beginning to look a lot like Christmas at St. Martha's!
 Thank you to Yolanda Odom who decorated the lobby for us-it looks beautiful!



Events for December 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Enhance Fitness 1:15-2:15pm Resident Council 2:30pm	3	4 Bible Study 11-12:30pm Enhance Fitness 1:15-2:15pm	5 Tree Trimming 9:30am Movie Day 2pm	6 Wii Bowling 6pm	7
8	9 Shopping Trip 9am Enhance Fitness 1:15-2:15pm	10	11 Bible Study 11-12:30pm Enhance Fitness	12 Poinsettia Raffle Movie Day 2pm	13 Wii Bowling 6pm	14 Oak Grove A.M.E. Church 12-2pm
15	16 Enhance Fitness 1:15-2:15pm	17 Free Gift Wrapping 12pm	18 Bible Study 11-12:30pm Enhance Fitness	19 Christmas Party 12:30pm	20 Bake Sale 9am-3pm Wii Bowling 6pm	21
22	23 Office Closed Enhance Fitness 1:15-2:15pm	24 Christmas Eve Office Closed	25 Christmas Office Closed	26	27 Wii Bowling 6pm	28
29	30 No Enhance Fitness	31				

Notes:

- Poinsettia Raffle will take place in the office. You do not need to be present. Winner will be presented with the plant.
- Have any gifts that you need help wrapping? Come to the community room 12/17 to have Yolanda wrap for you. She's awesome!
- All residents are invited to the Christmas Party but you must RSVP to the office by 12/13. If you are participating in the gift exchange you do not need to RSVP, I already have you on the list.
- Bake Sale items are needed. Please see any of the council officers if you would like to donate or help.



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



For Your Safety.

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

Alcohol and the Holidays:

Christmas and New Year's Eve are wonderful holidays with many traditions. Some of these traditions involve the use of alcohol. In the spirit of the holidays, and safety, here are some safety tips to consider before you celebrate.

1. Never, Never drink and drive.
2. Alcohol affects seniors more quickly than younger adults. One drink can cause impairment.
3. Review your prescription and over the counter medications to see what warnings about alcohol are listed. Follow those instructions. Check with your physician if you do not see the alcohol information on the prescription.
4. Have something to eat either before or while you are imbibing alcohol.
5. If the holidays cause you to be sad, do not "self-medicate" with alcohol as a way of feeling better. Instead talk with a trusted friend, family or social worker.
6. If you are having a drink, have it around other people. Drinking alone makes it easier to drink too much.
7. Drinking can cause some health conditions to worsen. Be mindful of your health conditions when accepting a glass of cheer.
8. Drinking can cause you to become unbalanced, leading to falls.
9. Place a one drink maximum on yourself.

Less you think that I am a "party pooper", I too enjoy a glass of the bubbly at the holiday times. I just make sure that I follow all the above tips that allow me to remain safe while enjoying the holidays.

PVM Advertisements

Transitional Care Unit At the Village of Redford

Our care programs treat all major diagnosis with specialized therapy programs for the following:

Stroke*Heart Attack*Congestive Heart
Failure*Pneumonia*Joint
Replacement*COPD*Multiple Sclerosis*Altered
Mental Status

We offer private rooms and patients have full access to:

24-hr Nursing Services*Dietary
Consultation*Beauty/Barber Shop*Pharmacy
Services*Activities & Events*Dental
Care*Podiatry*Vision Hearing Services*Chapel &
Hospice Services

**Call Patricia Daniels at 313.541.6026
for more information.**

**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.**

Vacant
Administrative Assistant

Bill Glaspie
Maintenance Technician

Anita Robinson
Fitness Specialist

**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