



St. Martha's Journal



Embrace the possibilities

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

August 2013

Rite Aid Wellness65+tour Comes to St. Martha's!

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On July 9th The Village of St. Martha's participated in the 2013 Rite Aid Wellness65+tour which was in Detroit. This tour is traveling across the country from July 2013 - March 2014 visiting 32 markets across the US partnering with churches, retirement communities, senior independent living facilities, festivals and events. Our village was one of the few selected here in Detroit.

This event was a no-cost experience that allowed our residents to ask questions, get answers and find solutions to the issues that affect their overall health and wellness. They also provided free health screenings for such things as glucose levels, bone density and blood pressure. The tour included registered nurses and pharmacists who were available to discuss medication and prescription issues and answer basic health questions. Prizes and give-a-ways were also included for a fun touch. Kerry & Angy Webb also attended with a donation hot dogs and hamburgers from the Joy Community Association.

Thanks to the Rite Aid staff and team as well as everyone who came out and our own Bill Glaspie, Maintenance Technician for the delicious grilling!



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

Residents enjoyed a Summer Cook Out!

On July 12th residents enjoyed a summer cook-out with hot dogs and hamburgers donated by Joy Community Association. Thanks again to Bill for grilling the meat on this hot summer day. Everything turned out delicious so we appreciate it very much!

Community Garden

The garden is growing like weeds. Thanks to Ms. Carolyn Williams for watering and picking the vegetables. If you are interested in receiving any vegetables please sign the sheet on the kitchen door in the community room.

Maintenance Hours Have Increased!

Congratulations to Bill Glaspie, Maintenance Technician who is now full time! His new hours are from 8:30 am – 5:00 pm. Please be reminded ALL work requests need to come to the office first. If it is a maintenance emergency after office hours or on weekends, please call 313.701.0119 and leave a message.

Greenfield Village Tickets!

If you would like to go to Greenfield Village and you have transportation, come to the office for free tickets on a first-come, first-serve basis starting Monday, August 12th. Limit 4 per person.

Tickets to Greenfield Village were donated by State Representative Harvey Santana.



Announcements

August is Foot Health Month!

Important Dates At-A-Glance!

8/6-Primary Election Day



8/8-Joy Community Association meeting @ 6pm

8/9-Riverwalk & Belle Isle Field Trip @ 10am

8/9-Book Lovers Day (we have many books in our library on 3rd floor)



8/15-National Relaxation Day

8/15-Dianne's Farewell Party @ 1:30pm in Community Room

8/26-Women's Equality Day

8/22-Grandkids Movie Day @ 2pm "Escape from Planet Earth" (Please sign up in office)



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

ATTITUDE MAKES THE DAY!

Not long ago I wrote about an excellent customer service interaction I experienced. Recently I experienced the exact opposite. This experience was so negative in such a shocking manner that I was left speechless, which is a rare occurrence for me!

On this occasion I approached a front desk of an organization. In a friendly manner I asked the person behind the desk how she was that day. She replied: "I am great. This is my favorite part of the day since I am almost ready to leave for the day." That is not the first impression that any organization should find acceptable. And it is not what any of us would like when visiting an organization. And I'll bet the sender of this communication would not like to have this happen when she goes to the grocery store or the bank. What she may not realize is that she is creating a negative experience for herself as much as for anyone else.

Attitude plays a very large role in our lives. If we have a great attitude we are more likely to attract positive experiences. At the very least a positive attitude will help us cope with what comes our way. This is magnified when it comes to the aging process. For some folks any little thing can bring them down and ruin their day. For others with many challenges, they seem to rise above it all and appreciate all that is good.

Another person whom I met recently is the perfect example of positive attitude. She was so ill that she could barely get out of bed and was worried about her future and quality of life. She decided she had better do something about this. So she found out about the Center for Senior Independence (CSI) at our Rivertown location in Detroit. This program helps her deal with all aspects of her health and daily living. Some months later she is still living independently in her apartment and riding the bus to the center. She is much more mobile and feeling great. When I saw her she was all decked out in her finest with jewelry and makeup adding to her glowing persona. She is even the deejay for events at CSI. Here is a woman who could have given up on life. Yet her attitude turned her life around in a very positive way. Let's all keep this lovely lady in mind when something seems challenging. Attitude makes the day!

Thank You!

Ms. Roberts, Ms. C. Williams and Ms. Wallace for assisting us with the Sock Hop.

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.

COMMUNITY NEWS (continued)

Get To Know Our Residents

William Clark

William Clark was born and raised in Sardis, Alabama. He grew up with his grandparents and helped out on their farm which had cotton, black eye peas, greens, cattle and hogs just to mention a few.

He married in 1949 and relocated to Detroit with his wife's family. He lived in different areas with his family on the east side for many years before settling to the west side.

Mr. Clark loves to hang out with his large family of 12 children. He has over 25 grandchildren and has many great-grandchildren. Every now and then his family gets together and has a family game night and he says they have lots of fun.

Mr. Clark was a jack of all trades but for many years was a security guard



Above: Mr. Clark at the 2012 St. Martha's Senior Prom.

and was assigned to work at many different places including the Federal Department Stores. He has always liked to stay busy and no longer having a car doesn't stop him, you can always see him waiting at the bus stop ready to go somewhere.

ACTIVITIES

EnhanceFitness

Monday & Wednesdays

1:30 pm – 2:30 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

Cancelled for the summer.

Join Rev. Patricia Butler each week to study the bible.



Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

IMPROVE YOUR CASH FLOW!

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



For more information, call Paul Miller at the PVM Foundation **248.281.2045**

www.pvmgifts.org

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The "Non-Nutrient" Nutrient

Here's a riddle: It can't be digested, yet it's an important part of a healthy diet. Here are a few hints:

- It comes in two varieties: soluble and insoluble.
- It helps prevent constipation, regulates bowel activity, and promotes digestive health.
- It helps control cholesterol and blood sugar levels and reduces the risk of heart disease, stroke, and type 2 diabetes.
- Women over age 50 need 21 grams daily; men over age 50 need 30 grams daily.
- It's found only in plants.

If you haven't yet guessed it, the answer is fiber.

Good sources include fruits, vegetables, whole grains, seeds, nuts, and legumes. Fortunately, you don't have to eat them raw to get the benefit. Because how you prepare them won't reduce their fiber content, let your imagination be your guide. Make an easy-to-swallow fruit smoothie by blending your favorite frozen fruit with some low-fat yogurt and skim milk. Make vegetables easier to chew by steaming them. You can also sauté them then puree them into a sauce that you can serve over whole wheat pasta. The possibilities are endless.

Remember, however, suddenly adding fiber to your diet can cause abdominal distress, so it's best to add it gradually. Because fiber absorbs water, it is also important to drink up to 8 cups per day. And, because fiber can interact with certain medications, talk to your doctor before you change your diet. By taking these precautions, you will be able to safely enjoy the benefits of a diet rich in fiber.

...continued from SENIOR JOKES

very long so he takes me from joint to joint. After such a busy day, I'm really tired and ready to go to bed with BEN GAY. What a day! -Anonymous

Submitted by Everlena Glenn

Continued from page 4

Farewell to Dianne!

Please join me in saying farewell to Dianne on Thursday, August 15th at 1:30 pm in the community room. If you haven't heard by now, Dianne is relocating and will no longer be able to serve at St. Martha's. She has been here since we opened in 2009 and will be truly missed. If you are not able to attend just stop by and wish her well, I know she will appreciate it.

We wish her & Sasha much luck on their new journey!

SENIOR JOKES

The Joys of Aging
I have become quite a frivolous old gal. I'm seeing five gentleman every day. As soon as I wake, WILL POWER helps me out of bed. When he leaves, I go see JOHN. Then CHARLEY HORSE comes along and when he is here, he takes a lot of my attention. When he leaves, ARTHUR RITIS shows up and stays the rest of the day. He doesn't like to stay in one place ...continued below



Giving Matters.

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

Leave Your Legacy: Support the PVM Mission During Your Lifetime and Beyond

Did you know that there are other ways you can support your PVM Village besides writing a check? You have the power to leave a legacy for future residents through a planned gift to the PVM Foundation, like Andy Lonyo did. Andy, a resident at The Village of East Harbor, passed away in May and we were blessed to be the recipient of his planned gift that will support the chapel at East Harbor.

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 big difference. There are many planned giving 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** – an agreement between a donor and PVM where the donor makes a gift to PVM and, in exchange, 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."*
- **Gifts you make today, like an IRA Charitable Rollover** – under the extended IRA legislation for 2013, donors age 70½ or better are eligible to make charitable gifts of up to \$100,000 from their IRAs directly to PVM without paying income taxes on the gift.

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 truly grateful for donors like Andy Lonyo, whose legacy is a testament to who he was and he will continue to make a lasting impact on future residents.

Warm regards,
Paul J. Miller, CFRE

Word Search

Weather



August Birthdays!

Happy Birthday to the following residents!

- Mr. Roy Coward.....8/10
- Ms. Dorothy Black.....8/11
- Ms. Agnes Jones.....8/14
- Ms. Constance Charles.....8/18
- Ms. Betty Martin.....8/20
- Ms. Iola Bailey.....8/20
- Ms. Joyce Carbin.....8/27



Welcome New Resident!
Ms. Claudine Curtain



Events for August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Movie Day 2pm	2 Wii Bowling 6pm	3 Pokeno 2pm
4 Worship Services 9:45-11:15am 11:30am-1:30pm	5 Enhance Fitness 1:30-2:30pm	6 Pokeno 2pm	7 Enhance Fitness 1:30-2:30pm	8 JCA Meeting 6pm Movie Day 2pm	9 RiverWalk 10am Wii Bowling 6pm	10 Pokeno 2pm
11 Worship Services 9:45-11:15am 11:30am-1:30pm	12 Enhance Fitness 1:30-2:30pm	13 Pokeno 2pm	14 Enhance Fitness 1:30-2:30pm	15 Dianne's Farewell Party 1:30pm Movie Day 3pm "Oz"	16 Wii Bowling 6pm	17 Pokeno 2pm
18 Worship Services 9:45-11:15am 11:30am-1:30pm	19 Enhance Fitness 1:30-2:30pm	20 Pokeno 2pm	21 Enhance Fitness 1:30-2:30pm	22 Grandkids's Movie Day 2pm "Escape from Planet Earth"	23 Wii Bowling 6pm	24 Pokeno 2pm
25 Worship Services 9:45-11:15am 11:30am-1:30pm	26 Enhance Fitness 1:30-2:30pm	27 Pokeno 2pm	28 Enhance Fitness 1:30-2:30pm	29 Movie Day 2pm "Betty & Coretta"	30 Wii Bowling 6pm	31 Pokeno 2pm

Notes:

8/9- Riverwalk & Belle Isle Field Trip

- *Please bring a bag lunch, I will provide water & cooler to put your lunch.
- *Wear your St. Martha's Warriors t-shirt and comfortable walking shoes.

8/22- Grandkids Movie Day

- *Popcorn, juice box and candy will be served.
- *Please sign up in office by 8/20 so I know how much to buy.



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



Ambulation Aids

It's no secret that as we age, walking can sometimes become more difficult. This can be for a variety of reasons. Whether it is a medical condition or age, it is important for most of us to remain independent as long as possible. If after trying exercise or physical therapy and you find that you need to use an ambulation aid to stay safe, then that is the way to go. There is no shame in needing some assistance. It is certainly better than falling.

There are a number of ambulation aids that are available for your consideration. Keep in mind that these aids do not solve the underlining problem, just offer more support and mobility. A good first step is to speak with your doctor and or physical therapist to see which type of aid is the best for your needs. You should work together to select the most appropriate aid and to ensure that the device is properly fitted to you. Proper fit and assessment, along with education on how to use the device, are keys to making sure the ambulatory aid actually helps.

Some items to consider before purchasing:

- Weight Load: Different devices can hold different size people; be sure yours can hold your weight.
- Design of the device: Does it fit your lifestyle?
- Are adjustments offered as you change over time?
- Are the handgrips comfortable and contoured?
- Is it easy to use?

Once you have your device, work with it until you are familiar how to use it safely. Soon you will be ready to get out there and walk with a smile on your face. Happy walking and stay safe!

Local Business Advertisements

K.C. Webb & Son Landscaping

Additional Services Include:
 Plumbing Repair
 Snow Removal
 Bulk Trash Removal
 Tree Trimming & Disposal

For service or for more information call:
 313.835.4710

Kerry Webb
 Owner

**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.**

M. Dianne Williams
Administrative Assistant

Bill Glaspie
Maintenance Technician

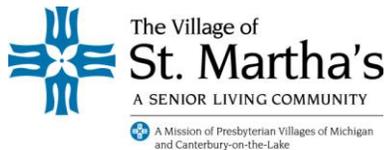
Anita Robinson
Fitness Specialist

**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



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