



# St. Martha's Journal



Embrace the possibilities

15875 Joy Road • Detroit, Michigan 48228 • [www.pvm.org](http://www.pvm.org)

September 2013

## Happy 4<sup>th</sup> Anniversary St. Martha's!

### Featured Articles

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Dear Residents,

It's hard to believe it's been 4 years since we opened the doors, moved in and started a new journey together. Things have certainly changed over the years, who knew that when I left I would be back here to serve you once more. May I say, life is great!

We have had some great things happen here in the last few years. Anita Robinson joined us to instruct the EnhanceFitness class, the Wellness Room opened in 2012 and shortly after we received a grant for a recumbent bike. Through the collaboration of staff, residents, volunteers and a few donations, grounds were beautified and we won the Coralee Henricksen Site Beautification Award in 2012. We also won this year's Village Victory Cup Spirit Award, that was an awesome moment. You have been staying busy with activities such as the 50's Sock Hop which was a blast to the past and trips to Charles H. Wright Museum and Detroit Riverwalk just to name a few. In the next month St. Martha's will have a service coordinator to assist you in obtaining certain services you may need

So together we have been busy living life and working here at The Village of St. Martha's and it can only get better. I look forward to continuing the journey with you for many years to come.

Andrea Felice  
Administrator

PS. The EnhanceFitness instructor, activities and transportation to trips have been made possible through grants by the PVM Foundation and overall support and guidance by PVM. On behalf of the residents, thank you!



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 Visit the Detroit River Walk!

On August 9<sup>th</sup> residents enjoyed a summer walk on Detroit's beautiful River Walk. It was a beautiful morning and we enjoyed each other's company while taking in breath taking views. Along the way a few even stopped for some relaxation in one of many cozy chairs. After a nice walk we journeyed to Belle Isle for a nice picnic lunch where it wasn't Yogi we had to watch out for, it was a cute little raccoon. It was a nice day overall enjoying the beautiful landscapes of Detroit.



## Community Garden

The garden is in its last stages so look for Ms. Carolyn Williams to see what's left. The pear tree in front is also producing delicious pears, so for those of you picking please leave any extras in the community room...and watch out for those bees!

## Enhance Fitness Class Continues!

If you haven't heard the good news yet Anita Robinson, Fitness Specialist will be staying on until February 2014. Thank you to Tom Wylie, Wellness Director at PVM for finding extra funding in order for us to have her here. We appreciate all that you do for us!

## Greenfield Village Tickets!

I still have a few tickets left! See me in the office. Tickets to Greenfield Village were donated by State Representative Harvey Santana.

## Announcements

### September is National Preparedness & Hispanic Heritage Month!

Did you know your administrator is Mexican-American?

### Important Dates At-A-Glance!

- 9/2-Labor Day Office CLOSED
- 9/9-Mayoral Candidate Mike Duggan Luncheon @ 12pm
- 9/11-Patriot Day
- 9/16-Mexico's Independence Day
- 9/22-Fall begins
- 9/23-Rev. Bullock Luncheon @ 11:30am
- 9/24-St. Martha's Anniversary
- 9/26-PVM Board Reception with Residents @ 4:30pm (RSVP in office)
- 9/28-Good Neighbor Day

### How to Celebrate:

Here are some suggestions for celebrating the day:

- Help your neighbors in some way
- Offer a smile and friendly hello to your neighbor
- Have your neighbor over for a meal
- Hold a community party
- Get to know your neighbor a little better



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### DON'T BE SCAMMED

Recently I read an interesting anecdote which asked: What do you call a person with an offer you can't refuse offering amazing returns on your investment? The answer: a scam artist who belongs in jail! Don't be taken in by these unscrupulous criminals. Protect yourself! Here are some simple tips to follow. Remember:

- \*If something seems to be too good to be true, it is!
- \*If someone is really a prince or princess from some foreign country they do not need your help to claim their fortune.
- \*Any legitimate person would not approach a total stranger and ask for money.
- \*Tell telephone solicitors that you do not accept any requests over the phone.
- \*Always check with a trusted source (relative, friend, long-time financial adviser before investing any money in anything.
- \*Do not give in to pressure to buy. And if someone pulls that on you report them immediately.
- \*Do not fall for the "grandparent scam" whereby someone calls telling you that your grandchild is in trouble and needs you to wire money to him or her.
- \*Remember that for every dollar you own there are thousands of people trying to steal it.

If you think you may have already been scammed tell your family or trusted adviser immediately. Many times folks fail to report these incidents because they are embarrassed. Anyone can be scammed. Just don't let them get away with it. The faster it is reported the better chance there is of recovering losses.

Follow these simple tips; and you will be a smart and savvy senior. Cheat these scam artists out of the opportunity to cheat you! All the best to you and yours.

### Thank You!

Ms. Roberts, Ms. Jones & Ms. McIlwain for distributing flyers & office messages.

### 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 1<sup>st</sup> 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.

## COMMUNITY NEWS (continued)

## Get To Know Our Residents

### Annie LeGrand

Things you may not know about me:

- Born and raised in Detroit, MI
- Has one daughter, two sons
- Has two adopted daughters
- Has seven grandchildren
- Retired from the State of Michigan, Mental Health Division
- Used to obtain a Foster Care license and was a foster parent to many children.
- Likes to fish and travel, and loves to get out & go.
- What she likes about St. Martha's? Likes her fellow residents, the staff and likes that the village is always clean.



Above: Ms. LeGrand at the 2011 Senior Prom.

## 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.

10th Annual  
it's a wonderful Life  
2013 GALA

Presbyterian Villages  
OF MICHIGAN  
THE FOUNDATION

**Somewhere In Time**

**Sponsorship Packages Starting at \$350**  
**Patron Tickets at \$325 per person**  
**Individual Tickets at \$250 per person**

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

**Friday, November 1, 2013**  
The Henry Hotel, 300 Town Center Drive  
Dearborn, MI 48126

**5:30 p.m.** VIP Pre-Reception  
(Sponsors & Patron Tickets only)

**6:00 p.m.** General Reception & Raffle

**7:00 p.m.** Dinner, Program & Entertainment



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Are You Ready?

Did you know that September is National Preparedness Month? If there were an emergency, would you know what to do? According to the U.S. Centers for Disease Control, there are four steps we need to take to prepare for an emergency:

- 1. Get a Kit:** In an emergency, food and water may be scarce. That's why you should store at least a 3-day supply of food and water for yourself and your family. Having a first aid kit available along with a flashlight and a battery powered radio (with extra batteries) is also important. Additional important items can be found at [www.ready.gov/basic-disaster-supplies-kit](http://www.ready.gov/basic-disaster-supplies-kit).
- 2. Make a Plan:** Emergencies fall into one of two categories: those that require evacuation and those that require you to shelter in place. You should plan for both scenarios including determining what supplies you will need, where you will go, and how you will get there. For help making a plan, visit [www.ready.gov/plan-for-your-risks](http://www.ready.gov/plan-for-your-risks).
- 3. Be Informed:** Learn how your local community will notify you of an emergency. Methods vary but commonly include emergency radio and TV broadcasts. To learn what methods are used in your area, contact your local public safety office.
- 4. Get Involved:** Preparing for an emergency is a community-wide effort. There are many ways you can get involved including volunteering to be part of a Community Emergency Response Team, being a part of your community's planning process or donating needed emergency supplies. Additional ideas can be found at [www.ready.gov/get-involved](http://www.ready.gov/get-involved).

...continued from SENIOR JOKES

Read more: [One Liners http://www.greatcleanjokes.com/jokes/sms-jokes/one-liners/#ixzz2fHTNo1mZ](http://www.greatcleanjokes.com/jokes/sms-jokes/one-liners/#ixzz2fHTNo1mZ)

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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 first Monday of the month @ 2:30 pm in the Community Room.**

### SENIOR JOKES

#### One Liners

Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

A retired husband is often a wife's full-time job....

I haven't spoken to my wife for 18 months- I don't like to interrupt her.

He who laughs last thinks slowest.



## Giving Matters.

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

### Celebrate *Somewhere In Time* and Support PVM's Mission!



Do you want to positively impact the lives of PVM residents AND have a fun, memorable night? **Then join us for the 10<sup>th</sup> annual *It's A Wonderful Life* Gala on Friday, November 1<sup>st</sup> at The Henry Hotel in Dearborn!** This year's theme, *Somewhere In Time*, is a celebration of life's moments throughout the decades – where we have been and where we are going. You won't want to miss the inspirational resident stories that will be proudly displayed for our PVM family and friends to see!

**When:** Friday, November 1, 2013

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:00 p.m. General Cocktail Reception & Raffle

7:00 p.m. Dinner & Program

**Where:** The Henry Hotel, 300 Town Center Drive, Dearborn, Michigan 48126

**Cost: \$250 Individual Ticket** includes General Cocktail Reception, Dinner & Program

**\$325 Patron Ticket** includes Private VIP Pre-Reception, Prime Seating at Dinner & Program

Event proceeds will benefit the needs of more than 4,300 residents and community seniors throughout Michigan. **PVM employees can purchase tickets through payroll deduction or you can even donate PTO time.** For more information, contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org), or visit the "Events" page at [www.pvmfoundation.org](http://www.pvmfoundation.org).

Thank you for supporting the PVM mission and I hope to see you on November 1<sup>st</sup>!

Warm regards,  
Paul J. Miller, CFRE

# Word Search

## Weather

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Z | E | I | G | A | S | F | D | I | C | E | D | H |
| E | Z | E | E | R | F | E | R | Y | G | R | O | C |
| H | S | N | S | T | F | G | N | O | A | Z | O | L |
| F | G | Y | E | L | O | N | T | Z | S | L | B | C |
| C | N | D | R | E | U | R | Z | E | D | T | A | D |
| G | I | N | T | S | B | I | N | I | E | C | D | R |
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- BLIZZARD
- CLOUDS
- COLD
- DRIZZLE
- FOG
- FREEZE
- FROST
- HAIL
- HOT
- ICE
- LIGHTNING
- RAIN
- SLEET
- SNOW
- STORM
- SUNNY
- THUNDER
- TORNADO
- WINDY

# September Birthdays!

Happy Birthday to the following residents!

- Sadie Howard-Hewitt.....9/14
- Mary Evans.....9/22
- Annie LeGrand.....9/22
- Katie Anderson.....9/24



# Events for September 2013

| Sun   | Mon  | Tue           | Wed                                | Thu  | Fri                | Sat                           |
|---|--|---------------|------------------------------------|--|--------------------|-------------------------------|
| 1 Worship Services<br>9:45-11:15am<br>11:30am-1:30pm  | 2 Enhance Fitness<br>No Class  | 3 Pokeno 2pm  | 4 Enhance Fitness<br>No Class      | 5 Movie Day 2pm<br>"Bringing Down the House"                       | 6 Wii Bowling 6pm  | 7 Pokeno 2pm                  |
| 8 Worship Services<br>9:45-11:15am<br>11:30am-1:30pm  | 9 <b>Mayoral Candidate Mike Duggan @ 12pm</b><br>Enhance Fitness<br>No Class | 10 Pokeno 2pm | 11 Enhance Fitness<br>12:00—1:00pm | 12 Movie Day 2pm   | 13 Wii Bowling 6pm | 14 No Pokeno<br>Private Party |
| 15 Worship Services<br>9:45-11:15am<br>11:30am-1:30pm | 16 Enhance Fitness<br>1:30-2:30pm  | 17 Pokeno 2pm | 18 Enhance Fitness<br>12:00—1:00pm | 19 Movie Day 2pm<br>"Peeples"                                      | 20 Wii Bowling 6pm | 21 Pokeno 2pm                 |
| 22 Worship Services<br>9:45-11:15am<br>11:30am-1:30pm | 23 <b>Rev. Bullock Luncheon 11:30am</b><br>Enhance Fitness<br>1:30-2:30pm    | 24 Pokeno 2pm | 25 Enhance Fitness<br>No Class     | 26 No Movie<br><b>PVM Board Reception w/ Residents 4:30-5:30pm</b> | 27 Wii Bowling 6pm | 28 Pokeno 2pm                 |
| 29 Worship Services<br>9:45-11:15am<br>11:30am-1:30pm | 30 Enhance Fitness<br>1:30-2:30pm  |               |                                    |  |                    |                               |

**Notes:**

**9/19- Movie Day**

"Peeples" starring Kerri Washington, Craig Robinson & David Allen Grier.

Sparks fly when Wade Walker crashes the Peeples annual reunion in the Hamptons to ask for their precious daughter Grace's hand in marriage.

**9/26- PVM Board Reception**

\*Come meet the PVM Board at an informal reception in lobby hall. Refreshments provided.



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



## For Your Safety.

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

### We'd "Love" to Hear from you!

It's that time of year; no not fall but rather "Resident Satisfaction Survey" time. In September you will receive a letter announcing that the annual resident satisfaction surveys are coming. Approximately a week later the actual survey, will be sent out. You will have approximately two weeks in which to return the survey, either in the return envelope, or in the survey box provided by your administrator. After all the surveys have been tabulated, each Village Administrator will receive the results, along with a list of comments, both good and bad. These results will be shared with you and the Board of Trustees.

This year we have partnered with a new survey company, Holleran. They are a leader in the survey field for senior living / long term care. Holleran is helping Presbyterian Villages develop a survey that really captures what our residents think and feel about their interactions with us. Lest you think your voice doesn't matter, I can tell you personally that Presbyterian Villages of Michigan pays attention to the survey results. We do spend a great deal of time understanding what we are doing right and what needs improvement based on your answers.

As a result of last year's survey, every Village worked on something that was identified in that Village's survey results that needed improvement. This year you can let us know how we did.

I look forward to hearing from you and sharing the 2013 survey results. Your opinion does matter to us. Please take the time to take this confidential and anonymous survey and let your voice be heard.

## Local Business Advertisements

**The Village of St. Martha's  
is looking for a stylist  
for our Beauty Salon.**

**If you know someone who may  
be interested, have them call  
313.582.8088.**



**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.**

**Vacant**  
*Administrative Assistant*

**Bill Glaspie**  
*Maintenance Technician*

**Anita Robinson**  
*Fitness Specialist*

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**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](http://www.pvmfoundation.org)



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