



St. Martha's Journal



Embrace the possibilities

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

February 2015

Beat the Winter Blues!



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Dear Residents,

Winter is in full force, do you have the Winter blues? The winter blues are characterized by the mild depression, lack of motivation and low energy that many people experience. Even the best of us can get a little down.

If so, choose one or more of our village activities to participate. If you are a movie buff, come and see one of our great movies each Thursday in our mini-theatre.

If you desire a challenge, come and join Anita Robinson in the community room on Mondays & Wednesdays for EnhanceFitness class. Exercise helps your mind by releasing those "feel good chemicals" that improve your mood.

Try to spend a little more time outdoors, if the weather permits. Walmart picks residents up 3 times a week (see the calendar). If you don't have shopping to do, just go for the ride. Keep your blinds open during the day to let more light in.

Embrace the season. Go outside and have a snowball fight-just kidding! But a few residents have said they wanted to build a snowman, so maybe we will plan it. Seeing winter in a positive light with some of the fun activities that it has to offer, will keep your spirits high.

For those who like bingo, board games or cards, please let me know so we can see who else would like to play. Volunteer to contribute to our monthly newsletter. There are a lot of things to do around the village to stay busy.

For the rest of the Winter stay warm and stay busy, it will help the time go by faster.

Andrea Felice
Administrator

(some information provided by sparkpeople.com)



The Village of
St. Martha's

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan and Canterbury-on-the-Lake

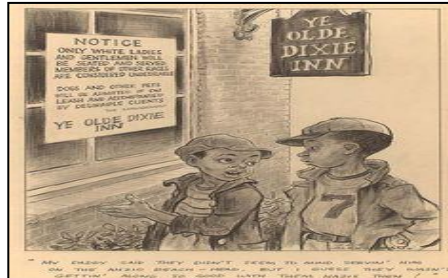
Look for PVM on:



Community News

Black History Month

Elmer Simms Campbell, the first African American cartoonist to be published nationally.



Campbell was born January 2, 1906 in St. Louis, Missouri. He won a nationwide cartoon contest while in high school and at 14 left home to study at the University of Chicago and later at the Art Institute of Chicago. Later, he moved to New York City where he worked at an advertising agency while contributing cartoons to various magazines. Campbell's cartoon artwork was in almost every issue of Esquire magazine from 1933 to 1958 and he also contributed cartoons to Cosmopolitan, Ebony, The New Yorker, and Playboy. His cartoon panel, "Cuties," was syndicated in more than 145 newspapers and was later collected in a paperback book.

He passed away January 27, 1971.

(Posted by The Wright Museum, 1/27/15). For more information on Today in Black History you can go to this web site: <http://ow.ly/I1qnI>

Submitted by Kina Jones

Valentine's Day

On Friday, February 13th at 10:00 am residents are invited to come to the community room for free coffee & cupcakes.

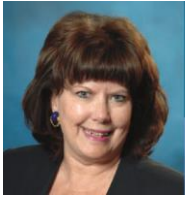


Announcements

February is Black History Month!

Black History Events in February!

- 2/1 Underground railroad was established in 1838
- 2/4 Today is Rosa Parks birthday. She was born in 1913 and died in 2005.
- 2/10 1964 the Civil Rights Act was passed.
- 2/12 Lincoln's Birthday
- 2/13 The first Black professional basketball team "The Renaissance" organized 1923.
- 2/20 Death of Frederick Douglass (78), Douglass was the leading Black spokesman for almost fifty years. He was a major abolitionist and a lecturer and editor.
- 2/21 Black Muslim leader Malcolm X was assassinated in 1965.
- 2/27 Figure skater Debi Thomas becomes the first African American to win a medal (bronze) at the winter Olympic Games in 1988.
- 2/28 Musician and entertainer Michael Jackson wins eight Grammy Awards. His album, "Thriller", broke all sales records to-date, and remains one of the top-grossing albums of all time.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PVM CELEBRATES 70th ANNIVERSARY THROUGHOUT 2015

I am pleased to announce that PVM will be celebrating our 70th Anniversary in 2015. Throughout the coming year we will be hosting events at all of our Villages culminating with our annual PVM Gala in November. We will highlight the rich tapestry of shared history with Michigan since we are Michigan founded and Michigan based. During the past 70 years PVM has become one of the state's premiere senior living and services organizations known for its Service Excellence, innovation, diversity and leadership. It has also created a positive and significant economic impact on the communities which it serves.

As a resident at one of our PVM Villages you may be most aware of our Village Victory Cup and our Wellness programs. However, we are expanding and growing every day with the addition of home services, community outreach, advocacy and other innovative programs. We hope that you will join in the celebration by participating in our upcoming events and even volunteering to help if that is something that you enjoy. Events will be posted on the PVM website at www.pvm.org and on our Facebook page at Presbyterian Villages of Michigan. Your friends and family can join in the fun for many of the events. Ask them to check out these sites with you and keep updated on the latest 70th Anniversary news.

Along with announcing our anniversary, we at PVM want to thank you for placing your trust in us. We look forward to enjoying many more years of embracing the possibilities!



ANNOUNCEMENTS

Joy Community Association (JCA)

The Joy Community Association meets second Thursday of each month @ 6pm in the community room.

Focus Hope

If you are interested in receiving Focus Hope, please complete the form that was passed out to you and place it in the pink box in the community room. If you need another form or have a question, please see Kimberly 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.

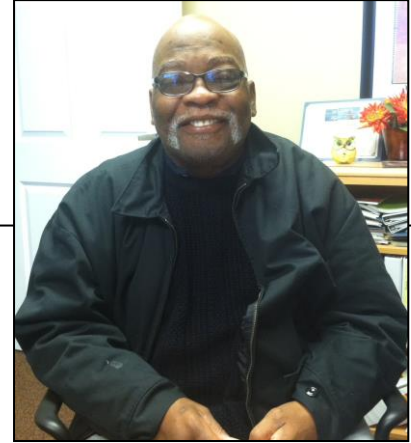
Meals on Wheels

If you are interested in getting Meals on Wheels, please call DAAA at 313.446.4444 to register or if you need assistance, contact Kimberly Brittman, Service Coordinator at 313.582.2785.

COMMUNITY NEWS (continued)

Get to Know Our Residents

Gregory Bryant



Mr. Gregory Bryant was born and raised in Detroit, Michigan. He attended Wilbur Wright and then Murray Wright High School until he joined the US Army. He was a Sergeant (E-4) and served in Vietnam for 18 months. Mr. Bryant has 3 children (2 daughters & 1 son). He has 12 grandchildren and 2 great-grandchildren.

When speaking to Mr. Bryant about his family, his eyes lights lit up when he mentioned how proud he was of one of his grandsons who is a missionary worker and his other grandson who just wrote an essay, won and received a scholarship to attend Wayne State University.

Mr. Bryant worked for Chrysler for a awhile and then got a job at the City of Detroit for the Parks & Recreation Department but transferred to the Water Board and retired after 27 years of service.

Some of Mr. Bryant's hobbies include bowling, swimming and riding his bike. He would also like to travel to Denver one day to see an old friend.

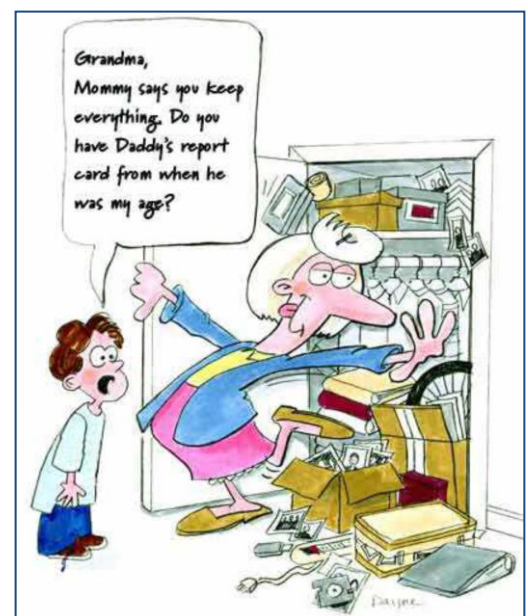
Mr. Bryant said he loves living here at St. Martha's and may stop and say hello when he sees you in the hall or hanging out in the community room.

Happy Anniversary!

I want to take this time to give a special shout out this month to our administrative assistant Kina Jones. **Happy 1st Anniversary!!** It's hard to believe it's been almost a year already. I guess time flies when you are busy. I appreciate everything she does to assist me and the residents. Kina, **What You Do Matters!**

Friends & Family Campaign

I will be sending out a flyer for a resident meeting to discuss what project you would like to raise money for this year for our Friends & Family Campaign. So start thinking about ideas to bring to the table.





From the Desk of the Service Coordinator....

Do you have Medicare and Medicaid? If so, look for MI Health Link coming soon...



MI Health Link is a new health care option for Michigan adults ages 21 or over who are enrolled in both Medicare and Medicaid. The goal of MI Health Link is to provide all-in-one access to high quality care that reduces costs for those who are eligible (must have full Medicare and full Medicaid).

MI Health Link offers:

- Medical services
- Medications
- Dental services
- In-home services
- Equipment to help with activities of daily living
- Community-based long-term care services
- Community mental health services
- Nursing home care

Enrollment begins in February and services begin March 1, 2015.

- **Learn more about MI Health Link on Tuesday, February 17, 2015 from 1:00 – 2:00 pm in the community room.**

Please call me for more information at 313-582-2785.

Kimberly Brittman, Service Coordinator

COMMUNITY NEWS (continued)

What Would Grandma Do?

By: Kina Jones, Editorial. Vol. 5



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.

Winter Break!

So the holidays have passed and school began again. The snow started to fall and the days became bitter cold. Soon before you know it was winter break from school, and Amani had nothing to do. Sitting on the floor with her knees wrapped in her arms and her cheek slightly bent as she leaned her cheek on her knees.

Mama: Child why don't you go outside and play in the snow with your cousins

Amani: It's too cold out there, and my feet will get wet...Huhhhhh!
Sighs little Amani...

Amani looks out the window and sees the kids making their snowman and playing with their snowballs, Amani than sees the mailman walking down the pathway. Mama, Mama the mail is here! Amani's mother takes the mail from the mailbox as she shifts through each letter she says hmmm I wonder what good things have come today.

Amani: How come I never get anything in the mail; I want something good to come too...

Mama: (with excitement in her voice) well, well, look here! You have something Amani.

Amani in an exciting voice: I do!

Mama: Yes see here it is. It says to the residence of, and that's you.

Amani: Let me see, as she grabs the mail from her mother... Amani's mother gave her the advertisements that came in the mail in hopes it would cheer Amani up. Moments later poor little Amani was sad again...

Mama: What's wrong now child?

Amani: I didn't get anything good in the mail they just want all my money, trying to sell me stuff in the papers... See Mama it says buy one, get one... Don't they know I'm just a kid? Where am I supposed to get money to buy one....

Stay tuned for the next episode of What Would Grandma Do in the next month's newsletter.

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****Mini-Theatre**

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 – 5:00 pm****Community Room**

Looking for residents to bowl. *Wii Bowling simulates real-life bowling by using simple motion controls — bowling the ball is as easy as flicking your wrist.*

Bible Study**Thursdays (February only)****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.

Be Happy & Well In Your Relationships Through Constructive Communication

February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** – Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** – Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** – Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** – Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** – Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** – Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** – Ask your loved one: "How can I help you?" Act on the offer!

Continued from page 4

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

If you would like to join the resident association, please contact one of the above officers.





Giving Matters.

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

Save the Date! Friends & Family, April 2015

Save the date for the annual **Friends & Family Appeal**, being held **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised *over \$950,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.



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%



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

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.

Word Search

Happy Valentine's Day



P I H S D N E I R F D I P U C A L
 V D H S U R C A C F B A L E N D O
 N Y N T I A E A S O L C T O Y M V
 S R N E N S N L Y E H O I E R I E
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 R D R O T I U S D N O I T O V E D

- ADMIRER
- ADORE
- AFFECTION
- ATTRACTION
- BEAU
- BELOVED
- BOYFRIEND
- CANDLES
- CANDY
- CHOCOLATES
- COUPLE
- CRUSH
- CUPID
- DARLING
- DATE
- DEAR
- DEVOTION
- FANCY
- FEBRUARY
- FLAME
- FLOWERS
- FONDNESS
- FOREVER
- FRIENDSHIP
- GIFT
- GIRLFRIEND
- HEARTS
- JEWELRY
- LIKE
- LOVEBIRDS
- LOVERS
- PARTNER
- PROPOSAL
- RELATIONSHIP
- RESTAURANT
- ROMANCE
- ROSES
- SENTIMENT
- SUITOR
- SWEETHEART

Events for February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 EnhanceFitness 1:15 pm-2:15 pm	3	4 EnhanceFitness 1:15 pm-2:15 pm	5 Bible Study 11am Movie 2pm	6	7
8	9 Resident Council Mtg 12pm VVC Mtg 1pm EnhanceFitness 1:15 pm-2:15 pm	10 Stop Pest Control (3rd fl)	11 EnhanceFitness 1:15 pm-2:15 pm	12 Bible Study 11am Movie 2pm	13	14 Valentine's Day
15	16 EnhanceFitness 1:15 pm-2:15 pm	17	18 EnhanceFitness 1:15 pm-2:15 pm	19 Bible Study 11am Movie 2pm	20	21
22	23 EnhanceFitness 1:15 pm-2:15 pm	24	25 EnhanceFitness 1:15 pm-2:15 pm	26 Bible Study 11am Movie 2pm	27	28

Movie Days:

- Thur 2/5 From the Rough
- Thur 2/12 The Equalizer
- Thur 2/19 Earth to Echo
- Thur 2/26 The Hundred-Foot Journey



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

Walmart will not pick up residents if outside temperature is under 10 degrees.

February Birthdays!

Phillip Hornbuckle.....2/2

Welcome New Residents!

Ms. Geraldyn Scott..... #206
Mr. Lawrence Willingham.....#215
Ms. Deborah Jones.....#306



**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.**

Kina Jones
Administrative Assistant

Bill Glaspie
Maintenance Technician

Anita Robinson
Fitness Specialist

Kimberly Brittman 313.582.2785
Service Coordinator 313.582.7822

**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