



# St. Martha's Journal



Embrace the possibilities

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

March 2013

## Residents Raise Money for American Heart Month!

### Featured Articles

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The Village of St. Martha's residents raised money for the second year to help support The American Heart Association-Detroit Chapter. Their efforts totaled \$100 for this important cause.

Resident Everlena Glenn gives because she lost her daughter Wanda at just 38 from this disease. "If it can help raise awareness then she supports it" said Glenn.

Residents, staff and visitors of St. Martha's purchased hearts for \$1 each, put their name or a name of a family member and we displayed in windows of office and community room.

In return, each person received a raffle entry for a chance to win 2 prizes; a Valentine's Candy Bouquet and a goody bag filled with lots of stuff. This was my way of thanking them for their support.

The first winner was Ms. Linda Kersey, she won the Valentine's Day Candy Bouquet and the second winner was Ms. Clorine Sharp who won the bag.

This fundraiser is just the first of many the residents plan to help out with. It's their way of giving back to the community and they feel good about doing it. Someone is always thinking of our St. Martha's residents through donations and grants and we just want to pay it forward.

**Thank you to everyone who purchased a heart for this very important cause!**

Andrea Felice  
Administrator



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 Michigan Science Center

Residents went to see the exhibit BODIES HUMAN: Anatomy in Motion at the new Michigan Science Center on February 14<sup>th</sup>. The residents were able to look at what only doctors and scientists normally see first-hand. They also viewed the IMAX film the Human Body where they were able to see a fetus growing inside of a womb. The residents came back saying it was a wonderful experience.

The exhibit is a great educational resource for learning about health-related issues such as smoking, diet, and lifestyle choices. Residents paid \$12 for the senior/group rate, to purchase your tickets call Linda at 313.577.8400.



## Get To Know Our Staff

### Billy Glaspie, Maintenance Technician



Mr. Bill as he is often referred is from Little Rock Arkansas and came to Detroit in 1982. He is married to Cynthia and has 3 children, 2 adult daughters and 1 teenage son. DeMarco his son, is a straight A student and was just nominated to join his school's National Honor Society. When Bill talks about him it's easy to see he is a proud father.

Bill has been with St. Martha's since January 2010 and takes his job seriously. He has a reputation for keeping the building inside and out immaculate so that St. Martha's is a positive place to live and work.

I am recognizing him for his outstanding contribution to our Service Excellence Program by going above and beyond. Through out the winter Bill has been working around the clock to make sure the sidewalks are clear and salted to keep our residents safe.

**Bill What You DO Matters!**

## Announcements

March is Women's History  
And  
National Craft Month!

### Important Dates At-A-Glance!

- 3/7-Shopping Trip to Big Lots & Dollar Tree (sign up in office)
- 3/8-MI Café @ 11:30 am
- 3/8-Intro to Art in Medicine @ 12pm
- 3/8-Service Coordinator Presentation @ 2pm
- 3/10- Daylight Savings Begins  
Move your clock forward 1 hour.
- 3/17-St. Patrick's Day
- 3/20- First Day of Spring
- 3/21- Health Source :  
Hoarding Prevention & Lunch @ 12pm
- 3/26-PVM PLAN: Estate Planning @ 1pm
- 3/29- Good Friday
- 3/29-Easter Brunch @ 11am  
(see pg 3 for details)



3/31- Easter







## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### Connect With Us

Presbyterian Villages of Michigan is now on Face book! Thanks to our PVM Facebook page we are able to share with the rest of the world the great things we are all doing and the wonderful qualities of our residents and staff. Some highlights we have shared on our page were cutest dog contests, Halloween and holiday celebrations, a trip to Mackinac, fitness classes, awards ceremonies, The Village Victory Cup and Tigers celebrations. We know how to have fun and embrace life at PVM.

The latest tips, trends and issues on aging well, along with advocacy alerts, have also been shared with our Facebook Friends. If you want the latest recipe or ways to help prevent heart disease chances are you will find good information on our page. We may also ask our friends to help with advocating for the senior programs that allow us to provide the quality housing and services for which PVM is known. It will be important, as Congress and the White House work out their differences with the federal budget, to do everything we can to protect affordable housing. We will provide information on how to contact elected officials to let them know how important these services are to you.

So please CONNECT WITH US by becoming our friend on Facebook. We are listed as Presbyterian Villages of Michigan. The more friends we recruit the more word will spread. If you are not sure how to do this just ask grandchildren! They are the technology wizards of our time. This can be a great family project with children and grandchildren as well. And, the bonus is that you will also be more connected to them with photos and celebrations. You can get their latest news instantly. I have been told that this latest generation rarely picks up a phone but is very engaged with the internet. If you don't have family members to help you your Village staff will be glad to do so. Many of our Villages have computer stations right in the library.

We hope you will CONNECT WITH US. See you on Facebook.

### Thank You!

**Ms. Gaynor** for having so much holiday spirit and always decorating our computer room/library on the 3<sup>rd</sup> floor.

**Ms. Carolyn Williams** for helping us to keep the 1<sup>st</sup> floor clean.

**Ms. Glenn** for feeding our squirrels again.

**Ms. Wallace** for donating popcorn for movie day.

### Detroit Meals on Wheels

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

### COTS Clothing Drive

For the month of March, we are collecting clothes for the Coalition on Temporary Shelter (COTS). Please bring clothes you would like to donate to the office. Clothes must be free of stains, holes and be clean.

### Jelly Bean Guess

Guess how many jelly beans in the jar on Dianne's desk and win it!

### Easter Brunch

Join us for fun, food & friend - ship on Friday, March 29<sup>th</sup> @ 11am. Cost: \$3 per person. See office for details & to sign up!



## COMMUNITY NEWS (continued)

## Get To Know Our Residents

### Willie Louise Leverett

If you haven't met Ms. Willie Louise Leverett it would be easy to recognize her walking through the corridors at the Village of St. Martha's, whether by her petite frame, warm smile or the braids in her hair. Named after her father's sister, she was born in Lankington, Georgia in 1917.



Above: Ms. Leverett in 1982

"I lived there until was 9 years old," she said as we sat with her nieces on vintage furniture in her apartment one afternoon. "My family later moved to Greenwood, South Carolina and then to Winston Salem, South Carolina where I grew up."

Her apartment is filled with charming knick-knacks, doilies and antique dishes that are neatly placed in a curio. It brought back fond memories of my own childhood and of my grandmother when she was still alive.

She has many pictures displayed and she proudly shared one of her mother and brother. Ms. Leverett explained that she learned sign language at an early age because her brother was deaf, and served as his interpreter throughout most of his life. It was clear from our brief conversation that they were very close.

When she was old enough, she worked for a doctor who was well known for repairing cleft lips and palettes. Rev. Jesse Jackson eventually would be one

of the doctor's many patients.

She held many jobs through the years, mostly as a housekeeper and nanny for different families. Her last job was working at her nephew's laundromat on Wyoming and Curtis, having moved to Southwest Detroit with her family in the late 60s.

Ms. Leverett was married twice and outlived both husbands, and she never had children so her time was dedicated to her family.

I asked how she heard about St. Martha's and she said her grand-niece Marsha retired from PVM's Village of Redford after 22 years of service. Marsha was aware of the various villages being built but never imagined her great aunt would be able to move to one, especially a newly built village.

*Continued on page 5*

## 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

**Tuedays – 6:00 pm**

**Community Room**

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

*Continued on page 5*





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

By Tom Wyllie,  
Director of Wellness

### Sea Salt: Friend or Foe?

A while back, I overheard a heated discussion on the pros and cons of sea salt. One side was certain it was better for you than table salt. They had seen a popular TV talk-show host tout its benefits. The other side was just as certain it was bad for you. So, who's right?

It depends. Table salt is produced from mining. Sea salt is produced by evaporating sea water. Thus, they have different colors, textures, and flavors. And though these differences happen because they contain different trace minerals, both are mostly made from sodium chloride and it's the sodium that's the culprit.

Half the population is sodium sensitive. If they eat too much sodium - *regardless of where it comes from* - their blood pressure rises. For them, equal amounts of table or sea salt are just as hazardous. The key word here being "equal". Because sea salt is coarser and often tastes stronger than table salt, people often use less of it than they would table salt. By using less, they reduce how much sodium they eat. So, it's not that sea salt is healthier for you than table salt, but the fact that you may use less of it that may make it a healthier alternative.

Regardless of what type of salt you use, because we don't know who is or isn't sodium sensitive, experts from the Mayo Clinic recommend that anyone over the age of 50 limit their sodium intake to no more than 1500 milligrams/day.

*Continued from page 4*

### Willie Louise Leverett

Ms. Leverett was one of the first residents to call St. Martha's home and is the oldest at 95 years young. She loves to go out to eat and is a peppermint fanatic. In Ms. Leverett's words, "I love it here because it's quiet."

Andrea Felice  
Administrator

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## Presbyterian Villages of Michigan 2013 Village Victory Cup June 21, 2013

We are looking for residents to participate at the 2013 Village Victory Cup!

There are several competition categories you can sign up for:

- \*Corn Hole (Bean Bag Toss)
- \*Hoop Shoot
- \*Balloon Volley Ball
- \*Relay Walk
- \*Quarter Mile Wellness Walk
- \*Puzzle

There is also a bake-off and expression of wellness (art, crafts, jewelry, etc.)

You may also sign up to attend as a cheerleader which can lead us to the Spirit Award.

Transportation & lunch will be provided.

Please see the office for the sign up sheets or Anita Robinson for more information.

Practices are held every Monday & Tuesday at 1:30 pm.

**GO WARRIORS!**







# Giving Matters.

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

## Foundation Aims to Raise \$100,000 at April Event

The PVM Foundation is hosting its third annual *Inspire Possibilities* fundraising breakfast on April 26, with a goal of raising \$100,000 for PVM seniors. In its two previous years, this event has netted over \$237,000 for innovative senior programs and services. The complimentary, one-hour event will feature inspirational testimonials from a resident and from the family member of a resident, and how their lives were impacted by the possibilities PVM provides. While there will be an appeal for support, there is no obligation to donate.

The *Inspire Possibilities* breakfast will be held at the Centerpoint Marriott, located at 3600 Centerpoint Parkway in Pontiac, off I-75 at Square Lake Road. Registration starts at 7:30 a.m. and the program will begin promptly at 8:00 a.m.

For more information, please call us at 248-281-2040 or email [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you for making a difference in the lives of seniors throughout Michigan!

Warm regards,



- Complimentary fundraising breakfast
- Hear the CEO's vision for PVM
- Be inspired by personal testimonials about the possibilities PVM provides
- Support the PVM mission

26200 Lahser Road, Suite 300 | Southfield, MI 48033  
248.281.2040 | [www.pvmfoundation.org](http://www.pvmfoundation.org)

**Friday,  
April 26, 2013**

Centerpoint Marriott  
3600 Centerpoint Pkwy  
Pontiac, MI 48341  
*(Off I-75 at Square Lake Rd)*

7:30 a.m. Registration  
8:00 a.m.-  
9:00 a.m. Program

RSVP to 248.281.2040

## 2013 Friends & Family Appeal

It's time for the annual **Friends & Family Appeal!** The appeal will take place throughout the month of May 2013 and the **\$1 for \$1 match will be available again!**

You will be receiving a form in your inter-office mailboxes to sign up any friends and/or family to receive our flyer about our project.

Please complete and return to the office by Wed. March 27<sup>th</sup>.

Together we can make this appeal a success!

## PVM Shining Star Awards

The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence behavior "What I do Matters". The Service Standards of Excellence are built on four core values: Respect, Relationship, Listening and Accountability.

If you would like to nominate one of our St. Martha's staff please see the office for the form. **The forms are due by April 1st.** A group of residents can also work together on the form to nominate one staff person.



# Word Search



- APPLE
- BANANA CREAM
- BLUEBERRY
- BOSTON CREAM
- COCONUT
- CREAM
- GRASSHOPPER
- GREEN TOMATO
- KEY LIME
- LEMON
- MERINGUE
- PEACH
- PEANUT BUTTER
- PECAN
- PUMPKIN
- RASPBERRY
- RHUBARB
- SHEPHERD'S
- STRAWBERRY
- SWEET POTATO

## March Birthdays!

Happy Birthday to the following residents!

- Ms. Margaret Cheeks..... 3/1
- Ms. Clorine Sharp.....3/1
- Mr. Charles Jones,Jr..... 3/1
- Mr. William Clark.....3/6
- Ms. Charlotte Johnson.....3/26



# Events for March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Bingo 2pm
3 Worship Services 9:45-11:15am 11:30am-1:30pm	4 Enhance Fitness 1:30-2:30pm	5 Pokeno 2pm  Bible Study 6-7:30pm	6 Enhance Fitness 1:30-2:30pm	7 <b>Shopping Trip 9:30 am</b> Movie Day 2pm	8 <b>MI Café 11:30 am</b> <b>Intro to Art &amp; Medi- cine 12pm</b> <b>Service Coordinator Presentation 2pm</b> Wii Bowling 6pm	9 Pokeno 2pm
10 Worship Services 9:45-11:15am 11:30am-1:30pm	11 Enhance Fitness 1:30-2:30pm	12 <b>Public Service C.U. 2pm</b> Pokeno 2:30pm Bible Study 6-7:30pm	13 Enhance Fitness 1:30-2:30pm	14 Movie Day 2pm	15 Wii Bowling 6pm	16 No Pokeno*
17 Worship Services 9:45-11:15am 11:30am-1:30pm	18 Enhance Fitness 1:30-2:30pm	19 <b>Bingo/Health Screening 12pm</b> Pokeno 2pm Bible Study 6-7:30pm	20 Enhance Fitness 1:30-2:30pm	21 <b>Hoarding Presentation w/lunch 12pm</b> Movie Day 2pm	22 Wii Bowling 6pm	23 Pokeno 2pm
24 Worship Services 9:45-11:15am 11:30am-1:30pm	25 Enhance Fitness 1:30-2:30pm	26 <b>PVM PLAN: Es- tate Planning 1pm</b> Pokeno 2pm Bible Study 6-7:30pm	27 Enhance Fitness 1:30-2:30pm	28 Movie Day 2pm	29 <b>Good Friday Easter Brunch 11am</b> Wii Bowling 6pm	30 Pokeno 2pm
31 <b>Easter</b> Worship Services 9:45-11:15am 11:30am-1:30pm					*Private party in community room	

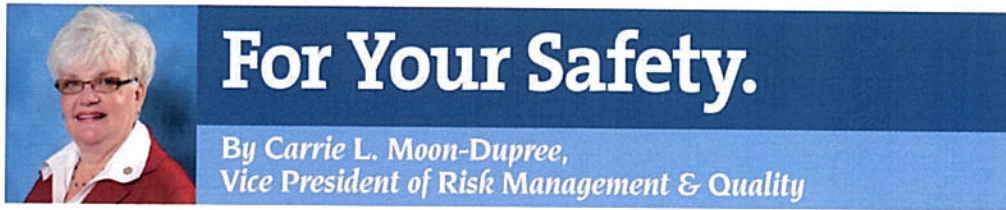
Notes:

- MI Café: Assistance with Bridge Cards.
- Service Coordinator Presentation: To explain what they can assist residents with.
- Intro to Art in Medicine @ 12pm: WSU students would like to come and do arts & crafts with residents free of charge.
- PVM PLAN: Great Lakes Elder Law will come and assist residents with estate planning, wills & review personal waiver forms.



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





## Thank you, You've been a "Big" help!

My desk "runneth" over with resident surveys. Thank you to the 784 of you who responded to my 10 question resident survey concerning management responsiveness. Congratulations to the Village of Brush Park Manor who was the village that had the highest participation rate.

I have now opened and read all the surveys submitted. Some of the surveys had notes with requests for me to contact them and I did. Overwhelmingly the residents/families marked, "Good or Excellent" in their responses, but there are areas for improvement.

What I learned from the surveys and speaking with residents:

- Good two way communication is a must.
- Residents and families need and want management to be visible.
- Residents want to feel that they are cared about.
- Small things matter; bush trimming, maintenance issues, clean laundry rooms
- Large things matter; security, food, value of services.

The PVM Service Excellence team will work with the Village Management to find meaningful ways to address these concerns. Our theme this year is "Getting to Know you". Stay tuned for more information on how to participate at your Village. Thank you for your assistance in helping get the process started. You were a big help!

## Local Business Advertisements

**Adriels Salon**  
10% off any service



Please call for an appointment: 1.586.561.1927

Offer ends March 31, 2013

Adriel's Salon is located at  
The Village of St. Martha's  
on the 2<sup>nd</sup> floor.



**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.**

**M. Dianne Williams**  
*Administrative Assistant*

**Bill Glaspie**  
*Maintenance Technician*

**Anita Robinson**  
*Fitness Specialist*

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



**15875 Joy Road  
Detroit, MI 48228**

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