



Sage Grove View



Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • www.pvm.org

January 2016

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The Village of Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Birthday Celebration!

Deanna H. ----- January 5th

Mary Ellen B. ----- January 5th

Gary B. ----- January 13th

Cheryl B. ----- January 17th

We wish all who have January Birthday's a Fantabulous Day and a Blessed Year!!!

Happy Birthday... Happy Birthday... Happy Birthday...

PVM Store Features Winter Goodies with Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store as part of our year-long celebration of PVM's 70th Anniversary. Made possible via a grant from the PVM Foundation, the PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

To visit the PVM store, type www.pvmstore.org into your web browser. Have suggestions for items you don't see in the store? Email us at gdowney@pvm.org or tell your administrator.

Holiday Dinner Photos – December 9, 2015



Thank you EVERYONE for making this year's annual Holiday Dinner another great success. We didn't have an empty chair, which was absolutely wonderful.

Thank you Joe for cooking a fabulous turkey and ham, as well as the other scrumptious dishes you had your fingers in. ...

Thank you Marilyn H. for all you do for our Village. We appreciate you more than words can say.

Thank you Sandra P., Toni B., Esther P., Mary Ellen B., Mary Jane F., Ron S. and everyone else I may have missed with this shout out. ... We have so many wonderful residents who take the time to plan crafts, resident luncheons, outings, and more. You **ALL** are so amazing!! It's because of you I feel our Village is one of the best Senior Living Communities in Kalamazoo.

We couldn't do what we do ... without YOU!

THANK YOU...

Announcements

Community Room Events

- ❖ **January 3rd** – Birthday Celebration – 5:30pm
- ❖ **January 6th** – Commodities Pick-up
- ❖ **January 1st** – Lasagna Dinner 1:00pm
- ❖ **January 9th** – Resident Luncheon 12pm – Breakfast menu
- ❖ **January 12th** – Strong Woman Presentation 1:00 pm
- ❖ **January 5th** – Breakfast outing
- ❖ **January 4th & 18th** – Bible Study Group Meets 4:00 – 5:00pm
- ❖ **January 15th** Hobby Showcase 1:00pm
- ❖ **January 21st** – Bingo with Life EMS – 3:00pm
- ❖ **January 19th** – Dollar Tree outing
- ❖ **January 11th** – X-Box Bowling Meeting 10am
- ❖ **January 25th** – Activities planning committee meeting – 10:00am – **All Welcome!**
- ❖ **Game Day** – Friday's at 3:00pm

See Calendar for more events

Continued on page 5



Giving Matters.

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

\$50K Matching Gift Challenge!

Gifts through December 31st are eligible to be matched, dollar for dollar, **doubling** the impact of your gift!

Growing older doesn't mean life has to slow down. In fact, donors make new opportunities possible for PVM residents and community seniors every day. This holiday season, we are asking you to make a gift and brighten the life of a senior.

The funds raised will help seniors in the following ways:

- Resident **emergency needs**, known as Benevolence
- Social **activities** and field trips
- Reliable **transportation** to appointments or outings
- **Technology** upgrades (computers, phone systems, Internet, etc.)
- **Wellness** classes, like fall prevention; equipment and walking paths
- Facility **improvements** (community room, beauty shop, wellness center, etc.)

Double the impact of your gift today by seeing the front desk or your Village Administrator for a donation envelope. You can also go online at PVMFoundation.org or call us at 248-281-2040.

On behalf of PVM and all those we serve, thank you for making life even brighter for a senior this holiday season! Happy holidays!

Warm regards,
Paul J. Miller, CFRE



Gifts through Dec. 31st can be matched, dollar for dollar, doubling the impact of your gift!

Have you donated to the PVM Foundation this holiday season? Your gift will help seniors get emergency financial care, reliable transportation, wellness classes and much more!

To Make a Gift:
See the front desk or your Administrator for a donation envelope, log onto PVMFoundation.org or call the PVM Foundation at 248.281.2040.

Thank you for making life even brighter for a senior this holiday season!



\$50K Matching Gift Challenge	
<i>Double the Impact of Your Gift</i>	
\$50	➤ \$100
\$100	➤ \$200
\$250	➤ \$500
\$500	➤ \$1,000
\$1,000	➤ \$2,000



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Train Your Brain to be More Positive – Take the 21 Day Challenge!

Harvard educated psychologist Shawn Achor has found that positive people lead healthier and happier lives and that in just 21 days you can train yourself to be more positive. Here's what to do:

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. Instead of writing "I am grateful for my family", write "I am grateful for my son Bob because he calls me every Friday and makes me laugh".
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Record as much detail as you can. It will cause your brain to "relive" the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. Consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day send a letter/email to someone in your social circle thanking them. Be specific. For example, "I want you to know how thankful I am to have you as a friend. Whenever I feel down, you know just the right thing to say to cheer me up".



Service Coordinator's Corner: Rebecca Ogradowski

January promises to be an active month for me. I will be learning how to use National Church Residences' documentation system. The trainings are scheduled for January 7, 14, and 21 of 2016 from 1pm – 3pm. I will be in my office with the door closed during those hours. Please only interrupt if it is an emergency.

As most of you know, that means that all residents who want to participate in Service Coordination will need to complete a reassessment with me. I expect to start this process in February. The biggest focus areas are COPD, heart failure, diabetes, and high blood pressure. Anyone with at least one of those conditions is seen as a "priority resident", which means more frequent meetings. I am not sure how often the meetings will occur.

I hope that most of the information we have already gathered will feed into the new assessment. The meetings should take an hour to an hour and a half. I appreciate your patience as I learn this new system. The outcome should be worth the effort.

Thank you all for the Christmas wishes. The party and the decorations made Sage Grove beautiful. My visitors commented on how much they liked the hominess and festive spirit. I hope that 2016 will be great, too!

Upcoming Presentations

Strong Women (and Men) - January 12, 2016 at 1pm. Leatta Byrd from the MSU Extension will talk about this fitness and nutrition program. It is free but there are forms to complete if you want to participate. Please see me to fill them out.

Area Agency on Aging 3A - February 24, 2016 at 1pm. Anne Zemlick returns to share information about the services and resources available through the AAA3A.

Michigan Medicare Medicaid Assistance Program - March 2016. Lisa Fuller and I are working on arranging a date and time for her to come and talk about the services that MMAP provides, along with the changes you can expect for Medicare and Medicaid in 2016. Once I have a set time, I will let you know.

AARP Tax Workshop - April 7, 2016 from 9am - 2p. Bring your tax information to the Community Room for free help with filing your 2015 taxes. Sign-up required. If you apply for and receive more than \$20 through the Michigan Home Heating Credit, you are likely to be eligible for more Food Assistance from the Department of Health and Human Services.

Rebecca Ogradowski, LLMSW
Service Coordinator

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Announcements Continued

- ❖ **1st Sunday of the Month – 5:30pm – Birthday Celebration** for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am – **ALL ARE WELCOME TO ATTEND ☺**
- ❖ **"Give away day"** is now every day. Items to give away are located in the Game Room on the 3rd floor.
- ❖ **Movie Matinee – 1:00pm**
Movie showing in Parlor
Thursday – January 14th
Thursday – January 28th
- ❖ **Loaves and Fishes –**
Delivery of Produce & Baked goods from Meijer Shopping Center & other local stores.
Deliveries are at random.
All **residents** are welcome to what we receive, on a 1st come 1st serve basis.
- ❖ **Wal-Mart Bus –** Every Monday – Pick-up is at 12:15pm

Administrator Column

Village happenings – Please remember to check out the Announcement, Community Room Events and Calendar sections of this newsletter.

Our New Year's Eve party is on Thursday, December 31st at 1:30pm. Please join us for fun and grocery bingo. ... If you haven't had a chance to vote for your favorite Holiday decorated apartment door, please get your vote in before noon on 12/31/2015. The winner will be announced at the party and will receive "bragging rights" for 2015.

As the holidays wind down and the winter season surrounds us, don't let cabin fever get you down. We have lots to do if you want to get out and socialize. We usually have a puzzle in progress in the community room, all are welcome to participate. Indoor walking is always available when the mood strikes you.

With the weather begging us to stay indoors, those residents interested in x-box bowling, please mark your calendar to attend the information meeting on January 11th at 10am. If enough are interested to participate on a regular basis, the days and times will be discussed at the meeting. It's a lot of fun and no lifting is required. Everything is body motion censored. We don't have the Wii; we have the x-box connect. Other games are available to play as well, not just bowling. So, check it out. It's a great opportunity to get out of your apartment, get some exercise, socialize, and make new friends.

If you haven't noticed, as we rearranged for the Holidays, we also transformed the Parlor into a

smaller movie area that will seat 4 – 5 people comfortably. The TV is not connected to cable; however, it is hooked up to a DVD/VHS player for residents to use. The parlor is another common area for your enjoyment, not just on movie days. If we find attendance increasing for movie matinees, we may want to consider something along this same setting for our coming Friends & Family project. Just a thought... On that note, please start thinking of suggestions for this coming year's Friends & Family project. Before we know it, it will be that time again to pick our project, then let the fund raising begin.

Friendly reminder: Now that winter is officially here, please dress appropriately, warm clothing, hat, scarf, gloves and boots or winter shoes. Please walk cautiously. If you notice icy spots, please let maintenance and/or the office know. Bottom line ... Stay warm and be safe.

The office, maintenance and SC office will be closed Friday, January 1st for the Holiday

Wishing you all a Safe & Happy New Year...

Thank you,

Paula Hager

Administrator



January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Crafts can be planned every month if there is enough interest. All suggestions welcome – come 1 come all	Walmart Bus EVERY Monday Pickup @ 12:15pm Main entrance	29 December	30 December	31 New Year's Eve Party 1:30pm – with Grocery Bingo	1 Lasagna Dinner 1pm Game Day 3:00pm in Cm. Rm New Year's Day Office Closed	2
3 Birthday Celebration 5:30pm in Comm. Rm	4 Bible Study Group 4 - 5pm	5 Breakfast Outing	6 Commodities pick-up for those enrolled Valentine Crafts – 1pm	7	8 Game Day 3:00pm in Cm. Rm	9 Resident Luncheon 12:00pm <i>Breakfast menu</i>
10	11 X-box Bowling Meeting 10am	12 Strong Woman Presentation 1:00pm	13 Valentine Crafts – 1pm	14 Movie Matinee in Parlor 1:00pm	15 Hobby Showcase – 1:00pm Game Day 3:00pm in Cm. Rm	16
17	18 Bible Study Group 4 - 5pm MLK Jr. Day Office Closed	19 Dollar Tree Outing	20	21 “Bingo” Life EMS – 3:00pm	22 Game Day 3:00pm in Cm. Rm	23
24 31	25 Resident Activity Meeting 10:00am – All are Welcome	26	27	28 Movie Matinee in Parlor 1:00pm	29	30

**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

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Village Staff

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Administrator

Rebecca Ogradowski
Service Coordinator

Monday – Thursday – Phone: (269)382-9910
10am – 3pm

Joseph King
Maintenance Technician

MAINTENANCE EMERGENCY NUMBER: (269) 615-3804



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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