



Village News



Embrace the possibilities

3501 Cherry Blossom/3300 County Farm Rd • Jackson, Michigan

March 2015

49201 • www.pvm.org

March and April Events!

A Matter Or Balance

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It is time to stop feeling sorry for ourselves (speaking to me more than you) and start getting around and doing things! This has been one brutal winter! Lots of people have been sick... really sick...we had 10 people in the hospital or rehab from flu/pneumonia this winter (at one time).

Now it is time to start gearing up for a fantastic Spring!! Upcoming events: Podiatrist, Matter of Balance, Let's do Lunch, Lunch Bunch, Free Tax preparation, Tai Chi, Spring Fling (Friends and Family kick-off), Linda's presentation on Positive Ageing, Guided Autobiography, Birthday Extravaganza, and gearing up for our big Mother's Day event! Sign up sheets are in the community rooms. Take advantage. Plus..... we have won the virtual victory cup 4 years in a row... we need to keep this trophy! It is time to start practicing for the 2015 version of the event! Paper Airplanes are on the agenda again so get on the internet and learn how to make a paper airplane that will fly the farthest! Not sure what the essay contest will be but start dusting off your writing equipment!

We are so proud of Rae! She took a class through Region 2 and is certified to teach the "Matter of Balance" class. This is a class that is acknowledged nationwide helping millions of people with balance.

Our two biggest issues (as aging people) are:

1. Balance!
2. Socialization!

Both of these are critical to our "quality of life" and our survival!

This is a 8-week program of 2 hours each session. Rae will be teaching the class with another volunteer at the community room at SMI (we will do it again at SMII later in the spring).

Sign-up sheets are in the lobby at each building! The class is limited so sign up soon!

*We have a few
just a few
calendars left...
just \$5 now!
Call for yours.*

Look for PVM on:



Shining Star Nominations are coming up!

Every year, PVM hosts a “Shining Star” Nomination for employees of The Village of Spring Meadows, last year, Linda won the prestigious “Leadership Award.” The rules are that you must be an employee for more than a year to qualify for winning a big prize, however, If you have something to say about an employee, now is the time!

Shining Star nominations are on the back of the newsletter! Danielle, Linda, Rae, Bruno and Tom are looking forward to attending Shining Star.... If you let them! Only 1 nomination per form please. If you need more than one form, they are available at the office!

Gearing Up for Friends and Family !

We have lots of things to work toward. We are still working toward our bus! We have about \$5,000 for it so far and need another \$5,000-\$10,000 to reach our goal. After that, we will be working toward a gazebo at SMI and a screened in porch at SMII.

Now is your chance to help your neighbors! We will be planning our kick-off parties soon (April 2nd).

Visiting Nurses' Blood Pressure Checks at SMII

Thursdays 8:30 – 9:30 AM
The Village of Spring Meadows II

Guided Autobiography

Everyone has a story... what's yours?

We will have another Guided Autobiography class starting this spring.

Linda attained certification from the University of Southern California to teach this amazing class! It is a class to get you to tell your amazing story.

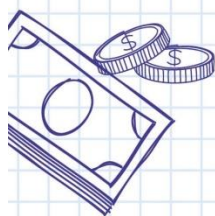
How would you feel if you opened a box and found a story about your Grandmother or Great Grandmother/Father? Written in their own words? Would you like to speak to generations you will never meet?

There is story about the “Strangers in the Box.” It has happened to all of us, you find a box of photos or inherit a box of photos from your parents or other family and you have no idea who the photos of the people in the box are.

Don't be a Stranger in the box!

This is a workshop that lasts 10 weeks and lasts 2 hours a week. You will write a short assignment every week and share it with your class. When you are finished, you will have the beginnings of your life story!

People outside of Spring Meadows are welcome too. Limit 8 people per class so sign up soon!



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%

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



For more information, call Paul Miller at the PVM Foundation **248.281.2045**
www.pvmgifts.org

Danielle's News

Happy Spring, Spring Meadows!

Happy Spring, Spring Meadows! It may not quite feel like spring yet, but by the end of March it will be in full swing! In case you missed the educational presentation on the effects of vitamin D deficiency, I would like to remind you all that that cranky feeling you may be noticing in yourself and those around you is a genuine effect of the long winter with less sun exposure. Consider a vitamin D supplement or talking to your doctor about having your vitamin D checked if you are feeling particularly down or unhappy. Even pulling the blinds all the way up can increase your vitamin D!

I would also like to remind everyone of the services I am able to provide. If you have DHS forms that you don't understand, contact me! If you would like to apply for food assistance or Medicaid, if you have a bill or statement you don't understand, if you need assistance in your home with either medical or non-medical services, if you want to create a will or advance directive, – all of these things I am qualified and eager to assist with. I would like to encourage all residents to take advantage of the monthly educational presentations I provide. I welcome all Spring Meadows residents to contact me with any concern big or small. If I cannot assist you personally, I will be sure you are directed to where you need to go. It is my job to help people, and it is a wonderful job to have! Much Love, Danielle.

Brown's
ADVANCED Care
 Pharmacy Services



2136 Robinson Rd Jackson, MI 49203

517-750-2180

Call Brown's Advanced Care Pharmacy.

We will deliver your medications to you without adding a delivery charge. Just call Brown's Advanced Care Pharmacy 750-2180 with your prescription information and the name of your current pharmacy.

We will do the rest. Your medicine will be delivered to your door Monday through Friday.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

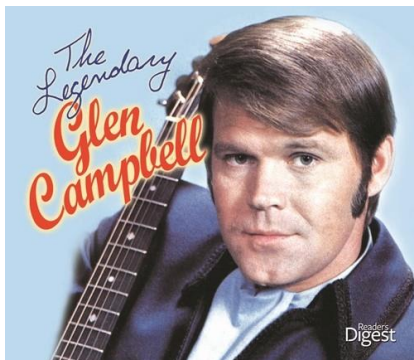
GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection. They are: 1. Memory loss that disrupts daily life. 2. Challenges in planning or solving problems. 3. Difficulty completing familiar tasks. 4. Confusion with time or place. 5. Trouble understanding visual images and spatial relationships. 6. New problems with words in speaking or writing. 7. Misplacing things and losing the ability to retrace steps. 8. Decreased or poor judgment. 9. Withdrawal from work or social activities.

10. Changes in mood and personality.

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit alz.org/10signs.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program



The Importance of Healthy Snacking

Snacking is our “go-to” for many situations. If we’re bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name. Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you’re on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you’re in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I’m sure you’ll enjoy the company too.

Don't ever become a pessimist... a pessimist is correct oftener than an optimist, but an optimist has more fun, and neither can stop the march of events.

[Robert A. Heinlein](#)

It is what you do from now on that will either move our civilization forward a few tiny steps, or else... begin to march us steadily backward.

[Patrick Stewart](#)

Here are the values that I stand for: honesty, equality, kindness, compassion, treating people the way you want to be treated and helping those in need. To me, those are traditional values.

[Ellen DeGeneres](#)

Catered Lunch

Steve Rice will be cooking for us again in March! The catered lunch is great! Yummy homemade food at very reasonable prices! For Lent: Mac & Cheese with salad, homemade croutons and strawberry shortcake!

Catered Lunch
Spring Meadows I, Community Room
March 13th, 2015
11:30 AM

Linda's presentation on Positive aging to follow at 12:30!



The "One Call Now" telephone system has been approved! We will be starting implementation on Tuesday, February 24th!

This will be a much more efficient form of contacting you for emergency, notices, invitations to events, and reminders.

You will receive a phone call or "robo call" generated from our office that can give you information about snow removal, events, recertifications and other upcoming events.

PLEASE.....
Don't feed the
Wild Animals!

Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.

Og Mandino

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao Tzu

Goodness is about character - integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it is about how we treat other people.

Dennis Prager

March at Spring Meadows

U H Y K H D D B R F U S G G P
 C D I C R M J Y O I K W R V Y
 J Z C O D G A A B C T E E L S
 Q L E R J F L D I U E P Z Z P
 Y R L M A I H R N N D I G J L
 I A U A F C T T S E R S M T P
 D Y O H B A L A M B S G J N S
 M N R S P T B A N V P S S Y H
 M T I N X I E T H U N D E R D
 T Y O W P U A K F U Q Q I Q L
 R I Z B O Z A F S M D E L G O
 L U I R L T I L C A Y I Z F C
 X U R Y K N B K I Y B Q S U R
 D A O N F B T J B X N N K T M
 K A E R B G N I R P S J X H W

BASKETBALL
 GREEN
 LION
 ROBINS
 SPRINGBREAK

BUDS
 ICE
 MADNESS
 SHAMROCK
 THUNDER

COLD
 LAMB
 PATRICKS
 SLEET
 WIND

Have you tried "First Fruits" Groceries!
If you live at Spring Meadows you automatically qualify!
Great food Boxes at reduced prices!

Meats from Prime Cuts \$25 or \$49
Produce from Keyes Produce \$20 (choose from 2 boxes)
Order forms at the office

Pay with check or money order, orders can be placed at the office!

This month: 4 lbs. chicken, 2 lbs. ground chuck, 1 lb. baby back ribs, 1 lb. bacon - \$25

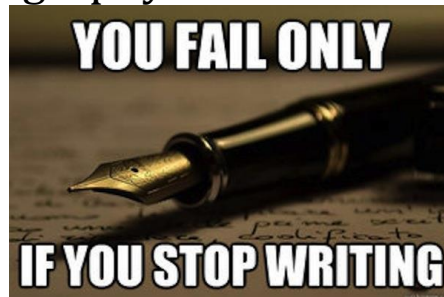
Or: 3 lbs gr. Chuck, 3 lbs chicken breasts, 3 lbs hot dogs, 3 lbs sausage, 3 lbs ribs - \$49



The foot doctor will be at Spring Meadows on
 March 11th, Call the office for more information

.....
 Interested telling your story?

Guided Autobiography class will be starting in April



Sign up at the office

The Maintenance cell phone is for
EMERGENCIES ONLY!

Please don't call with regular
Service calls ..CALL THE OFFICE.



Tai Chi

*We will be starting the spring session of Tai Chi in April
Sign up at the office!*

March Birthdays

Birthday extravaganza is held every month at Spring Meadows II – March 27th from 2 – 3 PM. Celebrating March Birthdays..... Everyone is welcome... cake, games and prizes)

Thanks to Sherry from Faith Haven for the cake!

Charlotte Conner..... 3/4

Bernie Baldwin.....3/24

Lou Fry.....3/13

Susan Louis.....3/11

Grant Gibson3/20

Jeanette Swider.....3/28

Barb Lenardson.....3/28

Linda Williams.....3/21

Eleanor Lowden.....3/28

Vivian Lutz.....3/22

Happy Birthday everyone!!

Pat Molesworth.....3/8

We are so glad you were born
and choose to be a part of
Our wonderful family!

Betty Randall.....3/16

Virginia Roberson.....3/29

Wanda Worthington.....3/25



Not Your Mamma's Bake Sale!

To benefit Friends and Family

March 5th from 9 – 5

Root Beer Floats...Baked Goods..... Sloppy Joe's.... Soup and more!
Spring Meadows II- Great Food- Amazing prices!

We cancelled our trip to Boston, it is really in a State of Emergency right now and travel is very difficult in and out of the city. So, we are going to Myrtle Beach instead. I found some airline tickets for \$106 round-trip. Palm trees and sunshine are coming up.... At this point, I think I would ride on the wing to get there!

The PVM winter Governance Summit was held on February 6th in Ann Arbor, I took a wonderful group of residents for a panel. It was GREAT!! They were able to talk about their lives at Spring Meadows as a panel discussion and then a question and answer period. Big thanks to: Bernie Baldwin, Millie Armstrong, Nancy Herman and Virginia Brown. They were amazing. Millie brought up the issue with BBQ grills and I am hoping will have a good outcome for us!

We have received both of the requested Grants from PVM. One is for the communication system for Spring Meadows. This

new telephone system will allow us to communicate in a more timely manner with everyone. The other grant is to pay for tuition for me to attend the Aging in Society convention in Chicago in March. Bill and I are doing our talk about "Positive Aging." This will be our 4th National Conference workshop; we have 1 International conference and numerous State and local workshops. I have been asked to present the workshop here so you can see how you inspire me! How does the 20th of March sound? We could do it right after the "let's Do Lunch" with Steve Rice!

Our Friends and Family campaign starts on the first day of April this year. We are going to have a "Spring Fling" since it starts on Easter weekend, we thought we would have a party with the Easter Bunny and eggs full of "special goodies (candy and money)." We will supply a ham and scalloped potatoes and you can bring the rest!

Have you noticed that the days are getting longer? Spring is coming no matter what that nasty old Groundhog says. Soon we will get prepared for the sun to return. This winter has been brutal, not as much snow but so Cold!!

The website focus group is interesting and we are making progress on it. Soon it will have a brand new look. You can check out the old website at pvm.org.

The diversity focus group has not met yet but should be meeting in the next few weeks.

The last focus group is the engagement implementation task force and that is meeting on the 27th in Detroit. Nancy Herman is going to be on the task force with me so that should be a great trip. It is so special that PVM is interested in asking residents to be involved.

How is everyone doing on their New Year's resolutions? I am working on mine but it is so hard to be motivated when it is so darn cold. I have been working out at the gym in the pool then getting into the hot tub for about 10 minutes so I am steaming warm before getting back into the car to go home.

Scruffy is doing great, he crows while he is in his coop so it is pretty muffled. My dogs can't go out for long because the cold hurts their feet so Otis is going a little "stir crazy." Corgis need to run and play every day! They are looking for a break too. I am working with the dogs some; we are spending time at "Rainbow Homes" in Holt and at our special bowling league for children and adults with cognitive disabilities. It is fun and very rewarding!

Happy March!

**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

(517) 788-6679

(517) 788-7502

Village Staff

Linda Sisco
Housing Administrator

Rae Stachnik
Assistant Administrator

Danielle Leithauser
Service Coordinator

Bruno Trout
Maintenance Lead

Tom Leach
Maintenance Tech

EMERGENCY NUMBER

(517) 748-1460



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



The Village of
**Spring
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Congratulations!

You are being recognized because
"What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

** Please turn this card into Village Administrator for a chance to win a prize **

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT

**Is there someone on the staff who really helped you? Danielle, Rae, Bruno, Linda or Tom!
Fill this out and turn it into the office.... They might win a prize!
Linda won a \$25 gift card in October!**

Embrace the possibilities