



Village News



Embrace the possibilities

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

49201 • www.pvm.org

Featured Articles

- Giving Matters pg. 3
- Your Life pg. 6
- Birthdays pg. 7
- For Your Safety pg.8
- Linda's Thoughts pg. 9

Friends and Family Campaign!



People! We need a smaller bus so we can have a driver without a CDL license.

The Friends and Family campaign starts on April 1st! Every donation will be matched 1:1 from \$1 – \$999.99 from \$1,000 – \$5,000, it will be matched 2:1!

Mr. Al Glick has promised to help us but he wants to see what we are able to do first. So.... It is really important that you give.... Ask your friends to help too.

Skip Young from the KIA dealership has given me a check for \$500 to help us toward our goal. A Huge thanks to Bev Reasoner for her donation of \$100 toward our goal.

I will be appearing on JTV on Tuesday, April 1st at 1:30 to talk about our campaign. Nancy Herman from Spring Meadows I and a yet to be determined person from Spring Meadows II will appear with me.

The night at the Oscar's party will be a lot of fun! Food! Music! Games! Prizes! BE There! Dress up if you want to.... Not necessary!

Tai Chi will restart

on May 23rd

Spring Meadows I

At 9:00 AM

.....
Spring Meadows II

At 10:15 AM

Great Exercise!

We will let you know a

date when we have

one!

Think of all of the great things we could do with a bus. From going to the fishing hole, to a Lugnuts game, a day at the movies, a shopping trip to the outlet mall, Surprise/Mystery trips, and so much more! The Rose Parade, the Jackson County Fair and so on.

We are one of only a handful of PVM properties without a bus....even a trip to see some of PVM's other locations.

The bus would be used for community events and you would sign up for the trip (first come, first served).

We are looking for a good low-mileage used bus that seats 12 - 14

Look for PVM on:



Let's Do Lunch!



Let's do lunch! What a great time to meet new people while enjoying a yummy catered lunch! The cost to residents of Spring Meadows is \$6.00 per person. We will also deliver meals to those of you who can't get out! If you need a ride, call us!!

We are going to try having a catered lunch at Spring Meadows every 2 weeks and see how much interest we have. Mr. Steve Rice from Common Catering will be catering our lunch in the community room at Spring Meadows I on April 18th at 11:30 AM. The menu will be: Honey glazed chicken, potato salad, Rivera green salad, beverages and homemade cookies. We need to have a head count by the 14th, please call the office or sign in at the community rooms.

Is there a Class or Program you would like to see?

Please call and let us know!

- Blood Pressure checks with healthy (sometimes not so healthy) treats with Trina. The Blood Pressure checks are free and are held from 8:30 – 10 every Thursday at Spring Meadows II.
- If you have not received orientation for the exercise equipment at Spring Meadows II, call the office! We have a beautiful treadmill and NuStep available. Call the office and set up an orientation and EXERCISE!!
- Bible Study is held every Tuesday at Spring Meadows II with Rev Bill 3:00 – 4:00 PM Everyone is welcome to this great study group.

Meijer branch of Jackson Library is active and has lots of things going on! Let's get connected!

- *Book Club meets the 1st Friday of the month
- *We will be setting up a "tour" for Spring Meadows as soon as the weather is a little better!
- *Computer Classes – Call the library for dates and times
- *Chair Yoga
- *Craft n' Chat at the library – 4th Tuesday at 5:30 PM



Friends & Family Kicks Off; Consider Joining a PVMF Giving Society

The annual **Friends & Family Appeal** kicked off on April 1st and we are thrilled to offer a **\$1.00 for \$1.00 match for eligible gifts received through April 30th and a \$2.00 for \$1.00 match for eligible gifts over \$1,000 (up to \$5,000)!** Look for posters, flyers or ask your Village Administrator about your Village’s fundraising goal and project for this year. Please encourage all of your friends and family members to make a gift during the month of April and take advantage of the opportunity to double or triple their impact!

There are several ways to make a gift (*match guidelines apply*):

- See the front desk or your Village Administrator
- Online at www.pvmfoundation.org (you must select the Village you would like your gift to benefit)
- Call the PVM Foundation at 248.281.2040
- Mail your gift to: PVM Foundation
26200 Lahser Road, Suite 300
Southfield, MI 48033

With our Calvin, Sterling and Mission Maker Societies’ Recognition Luncheon coming-up on June 9th at the Edsel & Eleanor Ford House, I thought I would give you a description of the types of donors that are members of these societies:

- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a Will/Estate Plan, including PVM as an insurance policy beneficiary, or a Charitable Gift Annuity, to name a few.
- **Mission Makers Society:** Make a multi-year pledge to PVM for \$1,000 or more and for two or more years.
- **Sterling Society:** Donors that have cumulatively given over \$50,000 to PVM.

Please give me a call at 248.281.2040 or email at pmiller@pvm.org if you are interested in learning more about these Giving Societies and how you can become a member.

Warm regards,
Paul J. Miller, CFRE

You asked for it:
Resident Meetings with Management
Spring Meadows I – April 24 @ 1:00 PM
Spring Meadows II – April 24 @ 3:00 PM



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

“I don’t want to live in the kind of world where we don’t look out for each other. Not just the people that are close to us, but anybody who needs a helping hand. I can’t change the way anybody else thinks, or what they choose to do, but I can do my bit.”

– [Charles de Lint](#)

Give freely to the world these gifts of love and compassion. Do not concern yourself with how much you receive in return, just know in your heart it will be returned.”

– [Steve Maraboli, Life, the Truth, and Being Free](#)

Even the smallest act of caring for another person is like a drop of water -it will make ripples throughout the entire pond...”

– Jessy and Bryan Matteo



Consider Making a Gift to the

ANNUAL FRIENDS & FAMILY APPEAL: APRIL

Your gift could be **MATCHED \$1.00 for \$1.00***

Gifts of \$1,000+ are eligible to be MATCHED \$2.00 for \$1.00
Your gift will benefit residents at your local Village! See reverse for how to make a gift.

See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at 248.281.2040.

Service Coordinator

Need help finding services? Have a problem you would like help with? Need an attorney or a housekeeper, Danielle is the person to call for help. Danielle works for Spring Meadows and is available to help you with problems. Danielle's direct number is: 517-788-5519.

Upcoming Events



Our Easter party is in full-swing..... food and surprises, maybe a visit from the Easter Bunny! We will have more information as it is available.



Mother's Day is coming; we will have our mother's day event coming on the 10th of May! Plan to be pampered and bring your family!



2136 Robinson Rd Jackson, MI 49203

517-750-2180

If you need a flu shot, Debbie will come to your home and give you one! Plus, she will make sure you get your meds.

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

Prescription Drug Abuse is At Epidemic Proportions

Prescription drug abuse is at epidemic proportions. Today, 2500 12 to 17 year olds will use prescription medication to get high for the first time. One in four high school seniors admit to abusing prescription drugs. Seventy percent say they get them from a friend or relative.

The non-medical use or abuse of prescription drugs is the fastest growing drug problem in the United States and has become a top priority for public health. Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults.

Because prescription drugs are legal, they are easily accessible, often from a home medicine cabinet. Further, some individuals who misuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional. Past year abuse of prescription pain killers now ranks second—only behind marijuana—as the Nation’s most prevalent illegal drug problem.

The health risks associated with prescription drug abuse vary depending on the drug. For example, abuse of opioids, narcotics and pain relievers can slow or stop breathing. The abuse of depressants, including benzodiazepines and other tranquilizers, barbiturates and other sedatives, can result in seizure, respiratory depression and decreased heart rate. Stimulant abuse can lead to high body temperature, irregular heart rate, cardiovascular system failure and seizure. Inappropriate use of prescription drugs, including use without a prescription or medical supervision, or using in a manner other than exactly as prescribed, can lead to addiction in some cases and even death.

It is important, therefore, that we talk to our kids about the dangers of misusing prescription drugs and to make sure they are not easily accessible. Leaving unused prescription drugs in your medicine cabinet can be very tempting for a young person. We encourage everyone to properly dispose of unused prescriptions and not leave them where they can be used for non-medical reasons by youth or get flushed into our waterways. Holly Woodlands in Holly, MI has partnered with the Village of Holly Police Department and the Holly Area Community Coalition to collect and properly dispose of out-dated and unused prescription drugs. The Holly Police Department is one of the state’s many community drop off sites, collecting over 300 pounds per year. Check with your local police department or pharmacy for a site near

.....
No one has ever become poor by giving.”

– [Anne Frank](#), *diary of Anne Frank*

.....
“When we give cheerfully and accept gratefully, everyone is blessed.”

– [Maya Angelou](#)

“Love is not patronizing and charity isn't about pity, it is about love. Charity and love are the same -- with charity you give love, so don't just give money but reach out your hand instead.”

– [Mother Teresa](#)



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

CDC RECOMMENDED VACCINES

Answers

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

- | | | |
|------------|--------------|---------|
| Diphtheria | Pertussis | Tetanus |
| Hepatitis | Pneumococcal | |
| Influenza | Shingles | |

“The most treasured and sacred moments of our lives are those filled with the spirit of love. The greater the measure of our love, the greater is our joy. In the end, the development of such love is the true measure of success in life.”

— [Joseph B Wirthlin](#)

“Those who are happiest are those who do the most for others.”

— [Booker T. Washington](#), *Up from Slavery*

*****“

What virtue is there in a man who demonstrates goodness because he has been bred to it? It is his habit from youth. But a man who has known unkindness and want, for him to be kind and charitable to those who have been the cause of his misfortunes; that is a virtuous man.”

— [Deanna Raybourn](#), *Silent on the Moor*



Popcorn will be served in the lobby at Spring Meadows II on Thursdays
and in the Clubhouse at Spring Meadows I on Thursdays
Come and enjoy a free bag of popcorn
Call and we will bring you some!

FREE

Inspection Time is here!!

Spring Meadows I inspections will take place between March 31 – April 4th. You will be notified when Mark and Randy will be at your house! Spring Meadows II will have their inspections done in May. We are asking that you strip your beds so the guys can check your bed for bedbugs. We want to keep on top of that. An executive at PVM recently travelled to San Francisco and came back with them..... ANYONE can get them; we just want to stop them asap. According to news reports about the spread of these nasty little things, it is said that we will all have dealt with them within the next 5 years. Our MSHDA inspections will take place at SMI on April 28th.... We will let you know if you are chosen.

April Birthdays

Birthday extravaganza is held every month at Spring Meadows II – April 25 from 2 – 3 PM. (Celebrating March Birthdays..... everyone is welcome... cake, games and prizes)
 Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

- | | |
|--------------------------|----------------------------|
| Barbara Brandt4/3 | Corine Williams.....4/5 |
| Thelma Corravo.....4/26 | Richard Wirebaugh.....4/24 |
| Marilyn Craig.....4/21 | JoAnn Beard4/27 |
| Barbara Lindsey.4/1 | Mary Lou Borton.....4/9 |
| Caroline Parker.....4/11 | Ken Strickler.....4/24 |
| Mary Seitz.....4/1 | |
| Bruce Seitz.....4/3 | |
| Norma Sullivan.....4/6 | |

Happy Birthday everyone!!

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



For Your Safety.

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

Independent Living, What happens in a medical emergency?

Presbyterian Villages' Independent living apartments provide seniors with a maintenance free retirement lifestyle. We offer service amenities at our independent Villages. Each Village offers a different menu of services. What is true across our independent villages is that we do not provide medical services. Apartment living does not provide the oversight that assisted or skilled nursing offers. That is why it is important you and your family understand what happens if a medical emergency should occur.

When you, or someone else, dial 911, local emergency personnel will respond. During non-business hours EMS, Police and Fire dept. personnel can enter the building by using the keys left for them in the locked box outside the building. The quickest response comes from dialing 911. Each resident in independent living is also offered an emergency response button at no cost to them. This is an additional way to summon emergency help when you are not within reach a phone. However, you must wear your response button in order for it to be most effective. If your response button is on your dresser and you fall in the bathroom, it won't be of much use.

Our Staff at our independent living Villages are not trained in CPR or other medical procedures. This means they will not be rendering medical care. If they are aware of the emergency and are in the building, they will help facilitate the EMS personnel to get into the building and to you as quickly as possible. They will notify your emergency contact person, if you so request. If they are not in the building they may not know about your situation at all.

Now might be a good time to review your advance directive and place it in an accessible place for the EMS personnel to find. Only medical personnel can interpret your wishes as outlined in your advance directive. If you do not have one and wish assistance with this task, please contact your Village Service coordinator or social worker.

We certainly hope that you never have a medical emergency, but if you do local emergency personnel will respond quickly, with the proper equipment and the necessary knowledge. It is nice to know that we live in communities where local emergency response service is top rate and available.

It is sunny and about 50 out right now.... Maybe this horrible winter is almost over! I sure hope so. Now we can just deal with the potholes!

We are getting excited about the Friends and Family campaign! It starts on the 1st of April. The foundation will be matching funds 1 to 1 this year for gifts under \$999 and matching 2:1 for gifts between \$1,000 and \$5,000! A \$1,000 gift will get us \$3,000. The prices I have gotten for a good used bus is about \$18,000 - \$24,000. We want to get something that will hold under 14 passengers (over that would require a CDL) and we don't want to get into that.

Residents cannot drive the bus (many have asked). We have to have someone who has passed PVM's criteria and have been approved. A board member, Bill is a registered volunteer or an employee could drive it!

Bill and I visited Myrtle Beach last month and ended up buying a house there! We are going to rent it out until we get ready to retire. We are very excited about it. We took the kids with us and had a great time. The weather was not good but we had fun anyway. We went to a lot of shows and "tourist" traps. We rented a condo on the ocean and it was beautiful!

I am sure we are all really tired of this winter! It just feels like it is never going to end! I keep thinking, tomorrow it will be better but not so sure, we might end up with snow until May!

Speaking of May, I met with the Boy Scouts and we are going to have our own Cub Pack at the Village of Spring Meadows. If you are interested in having a grand or great grand join the troop, let us know. They will be meeting at SMI community room on Thursdays from 6:30 – 8:30. It is for boys under 12 years of age. They also are looking for some volunteers.

Again, speaking of volunteers, we are going to have our cleanup day on Friday and Saturday this year. On Friday the 16th and Saturday the 17th. We have a local church youth group who wants to help us with planting and cleaning up. Mark your calendars and be ready to dig in the dirt! If you can't make the 16th, come on the 17th!

We are on our way to Baltimore next week.

We will be speaking about positive aging and YOU!!! It is a great opportunity to speak to over 3,000 people about how amazing aging can be. We are planning some interactive fun.

I was really excited when I got the call from Mr. Glick's foundation. It was great to hear from them and get the offer of helping us get our bus. Now we need to do a lot of work. The most important thing is to just ask.... You might be surprised!

We are saying goodbye to Kayla this week. She has been a huge help to all of us..... Especially me and we will really miss her! I know we all wish her the best, she has promised that she will visit us regularly and will come to some of our big events in the future. She has made many friends at Spring Meadows and I am sure she will keep in contact. Kayla will be walking on April 27th and will have her degree in the fall from Eastern Michigan University with her degree in Social Work. I am really proud that she has decided to dedicate her career to our population. She has decided (after working with you) to work in the field of geriatrics. We all wish her the best!

**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

Michael Mills

Assistant Administrator

Danielle Leithauser

Service Coordinator

Randy Schulz

Maintenance Superintendent

Mark Hartman

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



Danielle – Our Wonderful Service Coordinator



Good -Bye to our Sweet Kayla! Good Luck!

Embrace the possibilities