



Sage Grove View



Embrace the possibilities

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

September 2015

Featured Articles

- Senior Advocate pg. 1
- Resident Birthdays pg. 2
- Giving Matters pg. 3
- It's Your Life pg. 4
- Service Coordinator's Corner pg. 5
- Administrator Column pg. 6
- Calendar pg. 7



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

"Knowledge is power," especially when it comes to aging well and living well. So I am pleased to report that, as an outcome of Governor Snyder's Special Message on Aging, the State of Michigan has just launched a new website: "Living Well & Aging Well". The goal is to easily connect residents with local aging programs and services as well as with aging services organizations and communities. The website can be viewed at

www.michigan.gov/aging.

PVM will link to this site and use this opportunity to enhance our message.

To view our website go to www.pvm.org. You can also "Like" us on Facebook at Presbyterian Villages of Michigan. Help us spread the word about all the great things we are doing.

Lynn Alexander

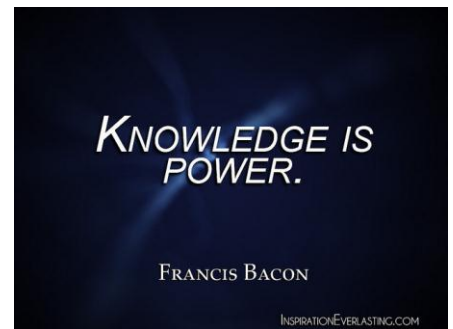


The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Birthday Celebration!

Maryjane F. ----- September 6th
 Raquel V. ----- September 9th
 Cherry B. ----- September 18th

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



Announcements

Community Room Events

- ❖ **September 6th** –
 Birthday Celebration –
 5:30pm
- ❖ **September 2nd** –
 Commodities Pick-up
- ❖ **September 21st** –
 Bible Study Group Meets
 4:00 – 5:00pm
 [Note: No Bible Study
 Group on September 7th
 due to Labor Day]
- ❖ **September 12th**
 Resident Brunch
 12:00pm in cm. rm.
- ❖ **September 17th** –
 Bingo with Life EMS –
 3:00pm
- ❖ **September 22nd** –
 Kalamazoo Valley
 Museum Presentation
 1:00pm
- ❖ **September 23rd** –
 Trip to Tanger Outlets –
 Van leaves at 9:00 am
- ❖ **September 28th** –
 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

How Would You Like to Receive Income and Support Future PVM Residents, Too?

If you'd like to support PVM's mission and receive steady payments during your retirement years, a **charitable gift annuity (CGA)** may be right for you.

Through a simple agreement, you agree to make a donation of cash, stocks or other assets to PVM Foundation. In return, you receive a **fixed income payment** for the rest of your lifetime with a rate of return as high as 9%, depending on your age.

Other benefits of a CGA include:

- Your initial gift is partially income tax-deductible.
- Your CGA payments are partially income tax-free throughout your estimated life expectancy.
- Your payments are not affected by ups and downs in the economy.
- The CGA can be for one or two people, so your spouse or another loved one can also receive payments for life.

Donors who make a planned gift to PVM, like a CGA, are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about CGAs and Calvin Society membership, please contact us at 248-281-2040 or visit PVMfgifts.org.

You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big impact. Thank you to all our donors who support the PVM mission and make a lasting impact on future residents!

Warm regards,
Paul J. Miller, CFRE

PUT YOUR MONEY TO WORK FOR YOU!

With a Charitable Gift Annuity from PVM!

Key Features

- 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.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmfgifts.org



September is National Healthy Aging Month. In the word search below there are 20 things you can do to stay healthy as you age. See if you can find all 20!

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

- | | | | |
|---------------------|-------------------------|---------------|-----------------|
| Annual Vaccinations | Home Safety Check | Pray | Strength Train |
| Dental Checkups | Learn Something New | Read | Stretch |
| Eat Healthy | Maintain Healthy Weight | Sleep Well | Vision Checkups |
| Exercise | Meditate | Socialize | Visit Friends |
| Hearing Checkups | Physician Checkups | Stay Hydrated | Volunteer |

Service Coordinator's Corner: Rebecca Ogradowski

This month, SC Corner is another celebration of randomness. I have this and that to share.

Since fall is almost here, I have been working toward holding a flu shot clinic at Sage Grove. Walgreens has agreed to provide the shots and bill insurers. We are planning to have the clinic on **October 1 at 1:30p** in the Community Room. I will be putting out a sign-up sheet to get an idea of how many people are interested in getting a shot. This should make the logistics a bit simpler for all of us. It is very helpful to know how many people to expect so that Walgreens can have the shots available for everyone. Residents and staff can participate.

I have been working with various residents to arrange transportation for special events. Since Ralph is kind enough to help us out, often driving on additional days, he deserves special thanks for his commitment to all of us. Please let him know how much we appreciate him.

We are working on trips to Tanger Outlets (Wednesday September 23), Project Connect (Wednesday October 14), the Senior Expo (Tuesday October 6), and Scooter's Malt Shoppe (date to be determined). Sign-up sheets will be by the mailboxes.

For those who are working toward better health, a TOPS (Taking Off Pounds Sensibly) club is in the beginning stages. It focuses on group support as members lose weight together. We would like to include residents from Westland Meadows, if possible, to add to the diversity and fun.

Thank you for cooperating with my recent Paperwork Day. I am planning another on September 23. I will be happy to help with anything I can on other days. If you have an emergency, I will be available.

Upcoming Presentations:

Kalamazoo Valley Museum: on **Tuesday, September 22 at 2pm**, Julie Bunke (Assistant Director for Material Culture) will share information about the museum with a special focus on local history. There is no admission charge.

Flu Shot Clinic: October 1, 2015 at 1:30p in the Community Room.

Please bring your ID and proof of insurance, along with any forms that need to be completed.

Soldano Family Chiropractic: Dr. Tiffany Newcastle will be here on **Thursday, October 15 at 1pm**. She will share ways to live a better life.

Rebecca Ogradowski, LLMSW
Service Coordinator

Continued from page 2

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 – 1:30pm
Tuesday – September 8th
Tuesday – September 22nd
- ❖ 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.*

Walking club reminder ... I hope you're keeping track of your laps so we can total everyone's miles. It will be fun to see how far the total miles will lead to. Even if you did not keep track of your laps, that's okay. If you walked on a regular basis, that counts. We had originally planned to have the luncheon the end of August. However, due to scheduling difficulties, we will have the luncheon sometime in October. Date and time TBA, watch for flyer with details.

As summer is coming to an end and Autumn approaches, it will soon be time to start thinking about when you may want to start getting ready to winterize your garden, if you are one of our fabulous gardeners. This is just a friendly reminder the seasons are changing.

You may have noticed the change in the announcements, regarding the "Give-Away Day" which is now every day. We are now using the Game Room on the 3rd floor for items to be given away. Please take the items you wish to give away to the game room. Esther P. has volunteered to sort and arrange your items. After X amount of time, items not taken will be bagged up and donated to local shelters, Salvation Army, and/or Good Will.

The decision to move the give-away items to the 3rd floor are due to the lack of previous use of the room. Also, items can be taken to the room whenever you are ready, instead of having items boxed up, unpacked and then re-boxed. Hopefully this transition will be helpful for all. ... "Thank you Esther."

The game room is still available for use other than the give-away items. The game tables are available as usual. This is an attempt to utilize unused areas.

We will be having a Flu Shot Clinic here at Sage Grove in the Community room on **October 1st**. I'm mentioning this now, as I most likely will not have the October newsletter out by October 1st. I hope we have a great turnout. ... "Thank you Rebecca."

I want to thank each of you for your patience and cooperation during all of our summer projects; paving the service road, filling the crack and restriping the parking lot. Our village looks fabulous. We couldn't do what we do without you! Thank you....

I will be out of town on the 18th for a conference and out of the state for training the 23rd through the 25th. – The Office will be closed on those dates.

Thank you,

Paula Hager
Administrator

September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walmart Bus <u>EVERY</u> Monday Pickup @ 12:15pm Main entrance	1	2 Commodities pick-up for those enrolled	3	4 Walking Club 9:30am – ALL WELCOME ----- Game Day 3:00pm in Cm. Rm	5
6 Birthday Celebration 5:30pm in Comm. Rm	7 Labor Day Office Closed	8 Movie Day 1:30pm	9	10	11 Walking Club 9:30am ----- Game Day 3:00pm in Cm. Rm	12 Resident luncheon 12:00pm in Cm Rm
13	14	15	16	17 “Bingo” Life EMS – 3:00p in Cm Rm	18 Walking Club 9:30am ----- Game Day 3:00pm in Cm. Rm Office Closed	19
20	21 Bible Study Group 4 - 5pm	22 Kzoo Valley Museum Presentation 1:00pm	23 Tanger Outlet Shopping Trip Office Closed	24 Office Closed	25 Walking Club 9:30am ----- Game Day 3:00pm in Cm. Rm Office Closed	26
27	28 Resident Activity Meeting 10:00am – All are Welcome	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

Phone: (269) 567-3300

Fax: (269) 381-6733

Village Staff

Paula Hager

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

**214 S. Sage Street
Kalamazoo, MI 49006**

Embrace the possibilities