



Sage Grove View



Embrace the possibilities

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November 2017

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Birthday Celebration!

Yvette A. ----- November 4th

Joe K. (MT) ----- November 17th

Rebecca O. (SC) ----- November 22nd

We wish ALL who have November Birthday's a Wonderful Day and a Blessed Year!!!

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

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

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

PVM Store Features Goodies with Your Village Logo

By the PVM Marketing Department

The Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store in 2015. This was 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, if you have an item you'd like to see on the website, please bring item details to the office to forward to the Marketing Department.

To visit the PVM store, type www.pvmstore.org into your web browser.



The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Announcements

SIGNS OF SCAMS

The Office of the Michigan Attorney General has shared some signs that a call you receive is likely from someone attempting to scam you and/or steal your identity. They fall into 3 categories:

URGENT/SECRET

Pressure to act immediately.
Limited term: act now language.
Told to keep the contact a secret.
Designed to frighten you into action.

BELIEVABLE

Claims to be from government or law enforcement.

Claims to be calling to fix a problem with your account, computer, government benefits, or related to something in the news.

The contact has some of your personal information already.

MONEY/PERSONAL INFORMATION

Requires a wire transfer, prepaid credit card, or any personal information.

Remember - No need to be polite. Simply hang up the phone.
Be a smart and savvy senior!

Community Room Events

- ❖ **November 5th** –
Birthday Celebration –
5:30pm
- ❖ **November 1st** –
Commodities Pick-up for
those registered
- ❖ **November 11th** –
Resident Luncheon 12pm
- ❖ **November 6th & 20th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **November 16th** – Bingo
with Kim, Life EMS –
3:00pm
- ❖ **November 8th** – Life EMS
Presentation – 1:00pm
- ❖ **November 1st, 8th, 15th,
22nd & 29th** – Sage Grove
Support Group meets –
11a-12p All are welcome.
The Comm. Rm is closed
during the meetings.
- ❖ **November 27th** –
Activities planning
committee meeting –
10:00am – **All Welcome!**
- ❖ **November 23rd** –
Thanksgiving Day –
Office, Maintenance &
Service Coordinator Office
Closed.

See Calendar for more
events.

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Giving Matters...



Giving Matters.

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

PVMF Gala—November 17th!

Come join the fun Friday, November 17th at
The Henry Ford Museum of American Innovation!

PVMF's 14th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

The best part?! By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan a better **the best** place to live at any age!

Join the Fun! Book your Sponsorships & Tickets:

\$375 Patron Ticket* Strolling Dinner & Program, Name recognition in event program
\$250 Individual Ticket* includes Strolling Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Learn more about how to attend at pvmf.org/Gala2017. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S.** Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!

PUT YOUR MONEY TO WORK FOR YOU!

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- 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 MyLegacy.pvmf.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Have you laughed today?

There is something intrinsically human about laughing. Regardless of nationality, race, religion or creed, if someone in a crowd starts laughing, most of the crowd will end up laughing. It is built into us.

It is pretty straight forward to discuss how laughter brings joy and happiness to our lives, but thanks to research inspired by Norman Cousins, and his book *Anatomy of an Illness*, we now know that laughter can actually make you healthier. Laughter has been shown to reduce or prevent stress, improve immune function, reduce pain and can even improve your cholesterol! How often do you get to hear that something you already enjoy doing will make you healthier?

Unfortunately, laughter doesn't always come to us when we need it most, such as during stressful times or when we are in pain. However, you can use humor to create laughable moments in even the direst of times. The trick is to hone and master the skill of humor so that you can tap into it when you need a good laugh. Yes, humor can be taught and trained. The next time someone tells you a joke try and guess what the punch line will be. If you're watching a funny TV program try and figure out what will happen next.

Here is training exercise for you to work on. Try and guess the missing punch line of the joke using just the hint.

I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the _____ were there

(Hint: What would a road worker steal from work?)

(Answer: Signs)

Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: the Community Van, Social Security Cost of Living Adjustment, Open Enrollment, and November Awareness observances.

Community Van – The van will not be running on November 14, 2017. I have talked with Missy from Metro/CCTA about whether they will be requiring agencies to provide their own insurance to use the van. She is still working on this and has said that Metro/CCTA will let us know when/if this change is made.

Social Security – You have probably received notification that the Social Security Administration (SSA) is providing a 2% Cost of Living Adjustment (COLA). Please check your statement from the SSA to make sure that the increase is included and properly calculated.

Open Enrollment – This is the time to review your medical insurance. Open Enrollment ends December 7. Medicare has a Plan Finder on its website to help you. This includes plans with and without prescription drug coverage. If you want to explore your options, please let me know. As always, Michigan Medicare Medicaid Assistance Program (MMAP) is free and available to navigate the process with you. Their phone number is 1.800.803.7174. Their website is www.mmapinc.org. If you have Medicare, you should have received the 2018 *Medicare and You* book, which provides information about plans and changes for the upcoming year.

November Awareness observances – Wikipedia's list of November Awareness observances is: National Adoption Awareness Month, National Diabetes Awareness Month, National Novel Writing Month, Native American Indian/Alaska Native Heritage Month, Pulmonary Hypertension Awareness Month, Warrior Care Month, World Quality Month, World Vegan Month, and National Caregivers Month. You can probably find something to be aware of in November.

Upcoming Presentations

Life EMS – Wednesday November 8, 2017 Kimberly Middleton will present information about emergency medical services. The meeting will be at **1:00pm** in the Community Room.

Foster Grandparents/Senior Companions – Wednesday December 6, 2017 at 1:00pm Josh from Senior Services will share information about the Foster Grandparent and Senior Companions programs. These opportunities may include a tax-free stipend for those who participate.

Rebecca Ogradowski, LMSW
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 – 1:00pm **Movie showing in Parlor** If you have a movie you want to watch, please let us know.
- ❖ 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 12:50 pm at front entrance.**

Administrator Column

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

Resident Support Group:

We have a support group that meets every **Wednesday from 11am-12pm**. Meetings are in the community room, which will be closed during the meetings. **All are welcome to attend.**

Hello November – the beginning of many things; Thanksgiving, Winter, Holidays, door decorating ... 'tis the season. ☺ We will be judging best Holiday decorated door

Extra shopping cart – If you have, or know of anyone with an extra shopping cart, or one you don't use and want to donate it to the Village, we will be happy to take it off your hands. We currently have (2) for community use, one broke recently and has been disposed of. If you do have one to donate, please see Paula or Joe.

Our resident luncheons are a wonderful event that helps our residents socialize and eat a great meal for cheap and/or free! We really appreciate the Resident Activity Committee for donating their time and energy to preparing the menu, shopping and preparing the luncheon. Without this wonderful team, the luncheon would not take place. With that being said, if you are able to donate any amount at the luncheon, it will be greatly appreciated.

The money from the donations is what keeps the luncheons going. The team uses the money to buy the food for the next luncheon. The money for this does not come from the grants; it's purely been donations only from the beginning. Now, the fund has depleted and needs to be built back up. If you can spare a little to help keep this wonderful event going, it will be greatly appreciated.

Thanksgiving Day dinner – If you plan to be alone on Thanksgiving and don't want to eat alone... there will be a sign-up sheet for anyone who would like to have thanksgiving dinner together in the community room. The sign-up sheet will let the cook know how much to prepare.

Eat with Friends – 5:00pm Tuesday evenings. Don't like eating alone? Bring your plate with your food to the community room and join others who don't want to eat alone. With the weather getting colder and days darker, it can be gloomy and depressing. Getting out, even for a little while can help so much. We thought we'd give this a go and see what happens.



Paula Hager
Administrator

November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Commodities</u> Resident support group 11a-12p	2 Church Cards - 1:00pm	3	4
5 Birthday Celebration 5:30pm - Community Room	6 Bible Study 4p-5p	7 Kazoos Bowling if still in tournament – 2pm	8 Resident support group 11a-12p Life EMS Presentation 1pm	9	10	11 Resident Luncheon – Baked Potatoes – 12pm Donations (if possible) appreciated to help keep this going.
12	13	14 NO VAN	15 Resident support group 11a-12p	16 Bingo with Kim – Life EMS @ 3pm	17	18
19	20 Bible Study 4p-5p	21	22 Resident support group 11a-12p	23 Thanksgiving Office, Maint. & SC Office Closed	24	25
26	27 Resident Activities Committee Meeting 10a in comm. rm. All are welcome	28	29 Resident support group 11a-12p	30	December	December

**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

Housing Administrator

Rebecca Ogradowski

Service Coordinator – National Church Residences

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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