



Sage Grove View



Embrace the possibilities

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

March 2014

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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

VILLAGE LIFE

Explore the possibilities at PVM! That is something we like to talk about often. And it is not just a catch phrase. Our residents, board members donors and volunteers live and breathe this philosophy on a daily basis. From a Lupus survivor who finds the strength and courage to help others with the disease to a centenarian who still plays the piano, our residents stay engaged in lives full of possibilities. And every year our Village Victory Cup grows in size and enthusiasm.

For over twenty years I have known of the outstanding reputation of PVM, first as part of a partnering organization, then as a board member, and now as a member of the staff. What a sense of community we have built over the years! PVM has something to offer for all. If you or someone you know is seeking a new way to become engaged in life, reach out to anyone who is involved with PVM. We can find a way to add richness to your life and the lives of others.

Explore the possibilities!

Lynn Alexander

Many board members have transitioned from stellar careers to offering their services to PVM in crucial areas of finance, development, marketing and the creation of new innovations to keep PVM in the forefront of seniors living and services. Volunteers help to make our events successful by donating hundreds of hours of service and expertise. And our upcoming Friends and Family Campaign always enjoys tremendous support from everyone.



The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





For Your Safety.

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

Managing Risks as we Age.....

Life is not without risks. The very act of engaging with life means that there are risks in our world. When we were children we rarely thought about the danger, that was our parent's job. Many of us as teenagers thought that we were invincible and took more risks than was prudent. The nice thing about becoming mature is that we are usually a little more sensible about life's risks. As we age we are faced with some new risks that never occurred to us before. It will pay dividends to identify what has changed in your world and make the necessary adjustments to continue to live safely.

Has your vision or hearing changed? Typically by the time you become a senior citizen your eyesight and hearing are not as good as they once were. This means walking or driving can become more difficult. Yearly eye exams and hearing tests are important. It may be wise to give up driving when you can no longer do it safely, even though it is painful to do so. The time to have that conversation with your doctor and family is before you are in an accident.

Seniors take multiple medications that can interact and have serious side effects. These side effects can cause balance and vision problems that can result in a fall. Always tell each of your doctors what medications you are prescribed by your other doctors. Your pharmacist is also able to help by reviewing your medication list. If you use the same pharmacy, they will have all your medications to review.

If you are still cooking, do not walk away from the stove. If you must, set a timer to remember to return before the pot burns. Do not block windows and door walls with furniture and other large objects. You may need to exit the building that way in the event of a fire. Participate in your Village's fire drills. Knowing exactly what to do in a real emergency can save valuable minutes and lives. If you need assistance, your maintenance person can help.

Look around your unit; are there throw rugs on the floor that you could trip over, are there extension cords? Please remove them. Make sure you have enough lighting to see where you are going without tripping.

Especially with the winter we are experiencing this year, have warm clothes and extra blankets for your use. Hats, gloves, scarves and boots with treads are a must. As a senior you feel the cold differently than when you were younger. Frostbite can sneak up very quickly.

Being at this stage of our lives can still be engaging and fulfilling, with a little bit of extra effort it also can be lived safely.

Announcements

- ✚ **March 3rd** –
Lent begins
- ✚ **March 5th** –
Ash Wednesday
- ✚ **March 9th** –
Daylight Saving begins
“Set your clocks ahead
one hour”
- ✚ **March 17th** –
St. Patrick's Day
- ✚ **March 20th** –
Spring Begins
- ✚ **March 4th & 5th** –
City of Kalamazoo
Building Inspection
starting at 9am

Community Room Events

- ❖ **March 5th** –
Commodities Pick-up
- ❖ **March 3rd & 17th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **March 19th** – Commodities
Recertification & Sign up
with Senior Services
2:00 – 3:00pm
- ❖ **March 24th** –
AARP Tax Prep – starting
at 9:00am
- ❖ **March 27th** –
Resident Meeting –
1:00pm
Bingo with Life EMS –
2:30pm
- ❖ **March 28th** –
Friend & Family Kick-off
party 1:00 – 2:00pm
- ❖ **March 31st** –
Activities planning
committee meeting –
10:00am



Next Month is Friends & Family Time!

This year's **Friends & Family Appeal** is just around the corner in April! The goal of this annual fundraising campaign is to raise funds for projects and programs that will enhance the lives of residents and seniors that Presbyterian Villages of Michigan serves. Since 2002, over \$800,000 has been raised for the benefit of seniors.

Help us reach the goal at your Village by making a gift to the 2014 Friends & Family Appeal. Gifts received April 1st-30th are eligible to be matched \$1.00 for \$1.00! And, new this year, **any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1** by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

To make a gift, please see the front desk, your Village Administrator or go online at www.pvmfoundation.org (you must select the Village you would like your gift to benefit). Attend your Village Kick-Off Party, or look for posters and flyers, to learn more about your Village's fundraising goal and project this year. Please encourage all of your friends and family member to make a gift during the month of April to support much-needed projects...plus, you can't beat a 1:1 and 2:1 match!

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or pvmfoundation@pvm.org. Good luck to ALL the Villages for a successful fundraising campaign!

Warm regards,
Paul J. Miller, CFRE

4 Benefits of a Charitable Bequest

We hope you'll consider including a gift to Presbyterian Villages of Michigan Foundation in your will or living trust. Called a charitable bequest, this type of gift offers these main benefits

- 1 **Simplicity.**
- 2 **Flexibility.**
- 3 **Versatility.**
- 4 **Tax Relief.**



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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

SOME INTERACTIVE FUN!

This month guest columnist Ashley Davis, a wellness intern from Oakland University, thought a more interactive column would be fun! Below you will find a word search containing CDC recommended vaccines for adults aged 60 years and older. The names of the vaccines will be revealed.

CDC Recommended Vaccines



If you are interested in being a guest columnist please contact Tom Wyllie at (248) 281-2047 or twyllie@pvm.org

Service Coordinator's Corner: Rebecca Ogradowski

This month's article is focused on resources. Resources are vital to our lives in many ways. We need food, water, a place to stay, and people with which to spend our time. We can often be the one helping others to live the lives they want. At the same time, we are getting what we want and need. None of us is completely independent or dependent. That's a good thing to keep in mind when dealing with the challenges and joys we all have.

In that vein, I would like to ask you to share WITH ME any information about resources that others could use. Your experiences are most important. How long have you been working with the agency? How do they treat you? What happens if you have a concern or question? This information will help me to create a list of providers that I can share with people who are looking for resources.

I will explore how the agency hires staff, runs their operation, and deals with issues that come up. This gives me a good idea about what to expect when telling someone about the organization. I won't tell them who said what. It's up to you to decide how to deal with concerns. I can participate, if needed.

Possible providers are:

Health care – doctors, nurses, physical therapists, occupational therapists, dentists, home healthcare, and specialists in particular conditions

Chore services – agencies sending people to clean, cook, and do other miscellaneous household duties for you.

Aging – agencies working directly with seniors (activities, exercise, Alzheimer's)

Financial – banks, credit unions, taxes, accounting

Veterans – specific resources for people (and their families) that have or are serving in the military

Disabilities – agencies working in advocacy, support, and treatment for people with disabilities

Insurance – life, medical, renters, etc.

Food – food banks, meal delivery, special diet foods

Activities – trips, outings, libraries, art, music, entertainment
Legal – lawyers, public legal help (like Legal Aid)

Government – at all levels (local, state, national) and all areas

Any ideas about where to go and who to talk to would be appreciated as I learn more about the Kalamazoo area and how it works.

Rebecca

Continued from page 2

Announcements Continued

- ❖ 1st Sunday of the Month – Gospel music sing-along – **5:00pm**; Followed by ***Birthday Celebration*** for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am
- ❖ Last Saturday of the month "Give away day" and Social Gathering – 10am – 12pm
- ❖ Movie Matinee every other Tuesday – 1:30pm
- ❖ 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

Birthday Celebration!

Sandra P.March 10th
 Mildred B.March 18th
 Karl K.March 19th

Wishing you a Great Day and a Blessed Year



Administrator Column

Spring is coming!! I know it because I see it on the calendar, even though the snow outside contradicts, it WILL be here soon.

We have a lot going on in March. Please check out the *Announcement, Community Room Events* and *Calendar* sections of this newsletter.

March is also when maintenance changes your furnace filter and smoke detector batteries. Watch for the notice in your In-House mailbox for date and time.

To all of our gardeners ... anyone interested in joining the "Gardening Club" watch for information regarding date and time of first meeting. Also, at the resident meeting I received several requests for a designated area for those gardeners who like to use pots. Please come to the next resident meeting, March 27th, to give your suggestion to where it should be located, approximately how many pots will be used, so we know how big and where to locate the potted garden. Please keep in mind the location should have easy access to all gardening, access of the hoses and plenty of sunlight. We plan to make the potted

gardening area permanent. ... To the gardeners using the raised bed gardens, there are some vacant beds available. Please come to the garden club meeting (date & time TBA) to sign up for your section.

Charter cable will be transitioning to all digital services effective June 2014. What this means is **every** television receiving service will require a set-top box. If you already have one, you do not need to change your current box. However, if you do not have one, you will need to contact Charter to set up an account. You can go to a local cable store and pick up **one free** digital receiver per unit and do a self-install on your TV. You can call to have the video equipment sent directly to your home, or you can call to have a professional install for you at a fee of approximately \$29.99. ... If you need more information and/or assistance, please contact the office. I will be happy to help.

Thank you,

Paula Hager

March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walmart Bus EVERY Monday pickup @ 12:15pm ... Weather permitting				Community Van has resumed on Fridays – see sign-up sheet in lobby	1
2 ~ Gospel Sing-Along 5pm – in Comm. Rm. Birthday Celebration's 5:30pm in Comm. Rm	3 Bible Study Group Meets 4 - 5pm in Cm Room Resident Activity Meeting 10:00am Lent Begins	4 City of Kzoo Bldg. Inspection starting at 9:00am	5 Commodities pick-up for <u>those enrolled</u> City of Kzoo continued starting at 9:00am Ash Wednesday	6	7 Comm. Van	8 Resident Luncheon 11:00am
9 Day Light Savings Time Begins	10	11 Movie Matinee 1:30pm in Comm. Rm. Ann of Green Gables Part 5	12 Games, Cards 2:00pm in Comm. Rm	13	14 Comm. Van	15
16	17 Bible Study Group Meets 4 - 5pm in Cm Room St. Patrick's Day	18	19 Commodities Enrollment/Re-certification with Senior Services 2:00 – 3:00pm	20 First day of Spring	21 Comm. Van	22
23	24 AARP Here for Tax Prep starting at 9:00am	25 Movie Matinee 1:30pm in Comm. Rm. Ann of Green Gables Part 6	26 Games, Cards 2:00pm in Comm. Rm	27 "Bingo" Life EMS – 2:30pm in Cm Room Resident Meeting – 1:00pm	28 Comm. Van Friends & Family Kick-Off Party 1:00–2:00pm	29
30	31 Resident Activity Meeting 10:00am					

**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

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Service Coordinator

Monday – Thursday – Phone: (269)382-9910

10am – 3pm

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MAINTENANCE EMERGENCY NUMBER: (269) 615-3804



**Presbyterian
Villages**

OF MICHIGAN

THE FOUNDATION

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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