



Village News



Embrace the possibilities

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

February 2015

49201 • www.pvm.org

Michigan Shakespeare Festival

Featured Articles

Giving Matters pg. 3

Your Life pg. 6

Birthdays pg. 10

Linda's

Thoughts pg. 11

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

We had a GREAT meeting with people from the Michigan Shakespeare Festival in January!

We learned that this is the 21st year of the festival in Jackson and it has been awarded the title of "Michigan's Official Shakespeare Festival." Professional actors come to Jackson every summer and stay in our city to perform three plays.... One is a "little known" play by the famous bard, the other is a well-known play by Mister Shakespeare and the third is a more contemporary piece.

The "home" stage for the Festival is on Jackson College campus and is held in July and August. Performers live on campus in housing provided and enjoy the Jackson area on their time off. The Festival is very proud that Michigan actors come back to the festival year after year.

We are talking about a collaboration between the festival

and Spring Meadows.

One of the issues with people seeing a Shakespearean play is it can be difficult to understand what is going on. But we were reminded that these plays have been in fashion for over 400 years and there must be SOMETHING!! That appeals to the masses!

The festival coordinators suggested a "Shakespeare Club" or Shakespeare lecture with professionals coming out and talking about the play prior to the stage production. Things to look for and a little about the story to make it more fun and exciting!

The tickets are usually \$40 for a performance, however, we have been invited to attend the first showing at a "Pay what you can" price (at least \$1)! They are also trying to help get a bus for the event!

It was a very interesting discussion and thanks to all who participated. More information will be coming soon!

Look for PVM on:



What are you doing Sunday Afternoon?

Sunday Afternoons at SMI is a great day to play games!

Come to the community room at Spring Meadows I at 2:00 PM for Game day!

It is a great time to spend time with your friends!

New Rules for Spring Meadows

It was decided by our Insurance company and our PVM Risk Management team that residents can no longer have personal Bar-B-Que Grills on the property! There have been some fires and it has been decided that it is just too dangerous. It is in the lease and rules and regulations but we have to start enforcing it. Sorry... it is for everyone's safety.

Visiting Nurses' Blood Pressure Checks at SMII

While everyone loved Trina, her job was eliminated and she is no longer visiting Spring Meadows.

VNA is sending a nurse to check blood pressures on Thursday afternoons from 1 – 2 PM.

Please remember, these are volunteers, there is no cost to you and they are not paid by Spring Meadows. There are times (very, very seldom) when a volunteer is not able to make it and we cannot possibly contact everyone on the property to tell them so please be kind and patient.

- Blood Pressure checks The Blood Pressure checks are free and are held from 1 – 2 PM every Thursday (most Thursday.... Call if you would like to be sure she will be there... at Spring Meadows II.
- If you have not received orientation for the exercise equipment at Spring Meadows I or II, call the office! We have a beautiful treadmill and NuStep available at SMII and a NuStep at SMI.

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



Giving Matters.

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

- **Save the Date!**
Friends & Family,
April 2015

Save the date for the annual **Friends & Family Appeal**, being held **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised over \$950,000 toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

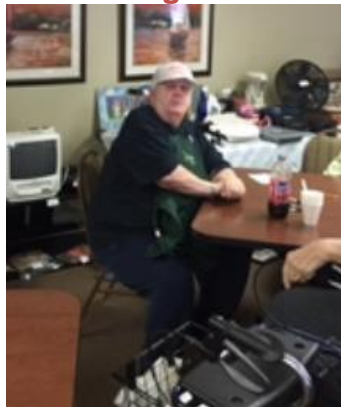
Photos of Soup Cook-off



“Danielle showing off her winning apron for the Soup Cook-off!



Mary Lou, Barb and Caroline were all big winners!



Chuck’s Bean Soup was delicious!



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

The best thing to hold onto in life is each other.

Audrey Hepburn

The most important thing is to enjoy your life - to be happy - it's all that matters.

Audrey Hepburn



You asked for it:

Resident Meetings with Management
Spring Meadows I – February 26 @ 2:00 PM
Spring Meadows II – January 26 @ 11:00 AM



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%



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

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

Danielle's News

Beyond Bingo

Don't get me wrong, bingo is a great activity! It's fun, involves community and keeps a sharp mind. What I want you to try to focus on is the little things we can do to keep active when the weather is unpleasant or you are in between bingo rounds! Try to make extra trips. If there are several items you need from a room, get them one at a time to keep yourself moving and getting those muscles moving. I am sure many of you are well aware of how physically uncomfortable being sedentary can be. You have to find your balance between moving enough that your joints and muscles loosen up but not so much that you strain yourself. There is an old proverb: If you can walk – You can DANCE! Do a little jig in your living room! Turn on some of your favorite music and even just swaying in your chair can improve your mobility and your mood.

I would like to once again go over what my roll at Spring Meadows is for anyone who may be new or just uncertain about "Who is that Danielle??" It is my job to assist the people here in getting what they need to maintain their independence. Whether you need help applying for assistance with DHS, housekeeping assistance or other in-home services, I am always a phone call away and it is my goal to help you in whatever way I can.

Finally, I would like to encourage you all to take advantage of some of the fun available to you all as residents here! The Spring Meadows Soup Off's were a great time! Lunch Club is the first Monday of every month and there are weekly blood pressure/blood sugar checks that are frequently more of a social hour than medical checkup! Get up, get moving and show off your smile!

Much Love, Danielle.



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

PVM CELEBRATES 70th ANNIVERSARY THROUGHOUT 2015

By Lynn Alexander

I am pleased to announce that PVM will be celebrating our 70th Anniversary in 2015. Throughout the coming year we will be hosting events at all of our Villages culminating with our annual PVM Gala in November. We will highlight the rich tapestry of shared history with Michigan since we are Michigan founded and Michigan based. During the past 70 years PVM has become one of the state's premiere senior living and services organizations known for its Service Excellence, innovation, diversity and leadership. It has also created a positive and significant economic impact on the communities which it serves.

As a resident at one of our PVM Villages you may be most aware of our Village Victory Cup and our Wellness programs. However, we are expanding and growing every day with the addition of home services, community outreach, advocacy and other innovative programs. We hope that you will join in the celebration by participating in our upcoming events and even volunteering to help if that is something that you enjoy. Events will be posted on the PVM website at www.pvm.org and on our Facebook page at Presbyterian Villages of Michigan. Your friends and family can join in the fun for many of the events. Ask them to check out these sites with you and keep updated on the latest 70th Anniversary news.

Along with announcing our anniversary, we at PVM want to thank you for placing your trust in us. We look forward to enjoying many more years of embracing the possibilities!





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

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

Be Happy & Well In Your Relationships through Constructive Communication



February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** – Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** – Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** – Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** – Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** – Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** – Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** – Ask your loved one: "How can I help *you*?" Act on the offer!
8. **Offer gratitude before your meal:** Thank whoever or whatever played a role in the creation of your meal.
9. **Go slow:** Chew slowly and savor your food.
10. **Eat with the intention of brining yourself health:** Food is medicine. Think about the nutrients and energy you are brining into your body and how it will affect your health.

I believe in pink. I believe that laughing is the best calorie burner. I believe in kissing, kissing a lot. I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day and I believe in miracles.

[Audrey Hepburn](#)

**

For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.

[Audrey Hepburn](#)

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

[Audrey Hepburn](#)

Catered Lunch! February 20th

Steve Rice will be bringing his amazing luncheon to The Village of Spring Meadows on February 20th at 11:30.

For only \$6 you will have a memorable lunch with homemade soup, salad and a delightful handmade dessert!

Just \$6 PLUS... we deliver

We need at least 25 people to make this happen so sign up soon



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

Pick the day. Enjoy it - to the hilt. Take the day as it comes. People as they come... The past, I think, has helped me appreciate the present - and I don't want to spoil any of it by fretting about the future.

Audrey Hepburn

You can tell more about a person by what he says about others than you can by what others say about him.

Audrey Hepburn

I heard a definition once: Happiness is health and a short memory! I wish I'd invented it, because it is very true.

Audrey Hepburn

I love finding quotes for the newsletter I am so impressed with Audrey Hepburn, she was beautiful inside and out! Linda

Love is in the air at Spring Meadows

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

AMOUR
 CANDY
 HEART
 LOVE
 SWEET

BALLOONS
 CARDS
 HUGS
 ROMANCE
 SWEETHEART

BEMINE
 FLOWERS
 KISSES
 ROSES
 VALENTINE

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 \$30
Produce from Keyes Produce \$20 (choose from 2 boxes)
Wise and Healthy Protein Booster Box \$31
Order forms at the office
Pay with check or money order, orders can be placed at the office!

The soup cook-off was Yummy!
**The Big winners were Chuck Baker and his
bean soup, Danielle and her Mexican
Chicken soup, Barb Lewis with her cheesy
potato soup, Mary Lou Overmyer with her
Beach Bar Tomato soup and Caroline Trine
with her split pea soup!**
A SOUPER Fun time!

**The Maintenance cell phone is for
EMERGENCIES ONLY!**
Please don't call with regular
Service calls ..CALL THE OFFICE.

Please Be Careful!!

Ice...Ice.... You can't always see it and we can't get every spot so PLEASE be careful out there!

January Birthdays

Birthday extravaganza is held every month at Spring Meadows II – February 27th from 2 – 3 PM.

Celebrating February Birthdays..... everyone is welcome... cake, games and prizes)

Thanks to Sherry from Faith Haven for the cake!

Madelyn Albert..... 2/2

Maria Ramos.....2/13

Virginia Brown.....2/4

Lois Coppage2/12

Happy Birthday everyone!!

Martha Gilbert.....2/5

We are so glad you were born

and choose to be a part of

Carolyn Huyck.....2/9

Our wonderful family!

Rosella Lowe.....2/15

Welma Smoyer.....2/28



Sue Cianciolo.....2/26

Judy Glynn.....2/21

Bruce Parrett.....2/7

Taxes will be done at Spring Meadows again this year. Our date is March 20th at SMII. You must call the office for an appointment.

It's FREE!!

I had lunch with a good friend yesterday! Kathy Boyer (manager at Cascade Ridge) and I met to catch up... it was fun. Property management is such an intimate industry. Kathy and I worked together back in the day; she also worked with Bruno, Tom and Rae.

I think I have mentioned that my Granddaughter is in theology school at Boston University and is taking classes at Harvard. She sent me photos of the storm and they got hit pretty hard. She was safe and sound and said the media actually made it sound a lot worse than it was. They never lost power, they closed the schools so she didn't have to go out and the subways were up and running the following day so she really wasn't inconvenienced much. I did tell her that I am glad it didn't hit Michigan... we had our last year.

Next Friday, residents from Spring Meadows have been invited to be on a panel for the PVM Winter Governance meeting in Ann Arbor

PVM is interested to find out what we are doing differently than other villages and how they can emulate it.

We are planning upcoming events once winter is starting to lessen its grip on Michigan. I have been asked to do another Guided Autobiography Class! It is my favorite thing! I love, love, love it! We will start in March or April. If you are interested in a great class to get you started writing your life story, give us a call.

Rae took a class to teach "matter of Balance." This is a nationally recognized class that teaches people what to do keep upright. One of the biggest issues with those of us over 55 is falls. Rae will be starting a "matter of Balance Class" soon... it is a 6 or 8 week class that will be held once a week. More information is coming!

Rae also took the Certified Occupancy Specialist class in Lansing last month and is waiting for her certification. She was so nervous about this really difficult class, but I am sure she passed with flying colors!

I took the EIV class in Lansing last month and WOW! The government comes up with all kinds of reports and requirements.

So, Otis (my oldest therapy dog) and my "heart dog".. went to a dog show in Novi in January and we saw the coolest new event. It is called "Barn Hunt." The next weekend we were at Zodiac Ranch in Milford taking a class in Barn Hunt. If it is possible for a dog to be a savant in an AKC sponsored event, Otis is it! We go into a ring that is about 50 feet around; they stack bales of hay and straw making tunnels and obstacles for the dog to climb. Then they bring out a rat (no rats are hurt in the hunt).. they are in PVC tube and the ring master hides the tube somewhere in the big ring of hay, the dog has 2 minutes to find the rat.... Otis had never done this and we were supposed to have one lesson but we advanced to lesson 4 in about 20 minutes. He was amazing! They also put out other tubes with rat litter and an empty tube and he could not point out one of those. He was amazing! It was so much fun! I think I will show him in this event, he loves it.

Looking forward to the end of winter; we have had a good winter (winter and good should not appear in the same sentence).

The flu epidemic seems to have passed but you still should be cautious and stay home if you are sick and keep washing your hands! We had a lot of people sick at the same time. Stay Well!

Love, Linda

**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