



Village News



Embrace the possibilities

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

June 2014

49201 • www.pvm.org

Featured Articles

- Giving Matters pg. 3
- Your Life pg. 6
- Birthdays pg. 8
- For Your Safety pg.9
- Linda's Thoughts pg. 10

Linda Wins Leadership Award for 2014

Linda was awarded the prestigious Leadership Award for 2014 at the annual Shining Star awards banquet in Southfield, Michigan on May 2, 2014

Mr. Roger Myers, CEO of Presbyterian Villages of Michigan presented the plaque and spoke about the transformation at the Villages of Spring Meadows over the past 3 years.

Mr. Myers cited the many activities, occupancy, engagement, community involvement, advocacy for our population, curb appeal, regulatory inspections, resident, staff and board comments and the overall "extra effort" shown at the Villages of Spring Meadows.

Linda was given the microphone and thanked her staff, residents, supervisor and her husband. "I have the best job in the World and I am so grateful to



everyone at PVM for their support and commitment to our wonderful residents!"

It was especially considerate of PVM to invite Bill to the podium and acknowledge his commitment and volunteerism and his willingness to share Linda on those "extra" times at the property. Bill is a full-time college professor at Grand Valley State University and teaches tai chi, is our Santa Claus, Easter Bunny and is a part of many events at Spring Meadows.

Congratulations Linda...we're proud of you!

Looking for

Volunteers for the

Pet show,

September 13th

10 - 4

Parking, Vendors,

Judges, Raffle

Please call the

office to sign up

Look for PVM on:



Let's Do Lunch!

- Swiss steak
- Mashed potatoes
- Green beans
- Dinner rolls and Honey butter
- Cherry cobbler
- Fresh lemonade and iced tea

Let's do lunch! Our Let's Do lunch was so successful! Great Food, Great get-together! We are going to do this every month. We had 35 people signed up and we delivered a few great meals! For just \$6 we get a salad, entrée, a brownie (or some form of sweet goodie) and beverages! This month's date is: Spring Meadows I community room or delivery to your door!

June 20, 2014
11:30 AM

We have been invited to be in the Rose Parade again this year.... It was a lot of fun last year! A city bus will pick us up at the community building at SMI at about 11:30 AM (if you need a ride from SMII...give us a call), we will go to the "staging" area and wait until the parade starts (there are porti-potties at the staging area), then it is yelling, singing, waving at the crowds.

The theme this year is "reach for the stars" ... so dress like a star! We will choose one person to ride with Bill in our Corvette Convertible in front of the bus!

We should be back home by 2 or so.

Jackson Rose Parade



You might ride in the corvette in front of the bus and be the Spring Meadows "Star!"

- 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



Giving Matters.

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

PVM Foundation Raises \$200,000 through Friends & Family Appeal and Inspire Possibilities Breakfast

Due to the generosity of over 860 donors, the PVM Foundation raised nearly \$200,000 through April and May to benefit residents from every PVM Village.

The 11th annual Friends and Family Appeal ran through the month of April and raised over \$138,000 toward various projects in many of the PVM Villages. A special incentive was offered for Villages who met their fundraising goals. Congratulations to **The Village of East Harbor, Rosebush Manor, Mill Creek and Harmony Manor** who all met and exceeded their fundraising goals! For more information on how much each individual Village raised, please visit www.pvmfoundation.org.

The 4th annual Inspire Possibilities event was held at The Hilton Garden Inn in Southfield on Thursday, May 8th. 300 guests attended and donated and pledged over \$60,000 to support the PVM Mission. Residents from **The Village of Oakland Woods** energized the crowd with a

wellness warm-up and resident presenters from **The Village of St. Martha's, Westland and Brush Park Manor Paradise Valley** all shared their stories and kept the crowd engaged. **Mike Damone** of **The Damone Group** also shared his story of how his family established the Claire Damone Fall Prevention Fund at the PVM Foundation in memory of his mother.

The fundraising success this spring would not have been possible without many donors and volunteers. Thank you to each and every one of you who made this possible and who contributed to a better life for so many seniors!

Warm regards,
Paul J. Miller, CFRE

With gratitude,

You asked for it:

Resident Meetings with
Management
Spring Meadows I – June 19 @ 2:00
PM
Spring Meadows II – June 19 @
11:00 AM



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

*We have Garden
Soxx behind the
clubhouse at SMI. If you
are interested in planting
some vegetables, come
to the office and claim a
spot. You can use one,
two or three soxx for your
very own little garden,
This is a product we
have done some research
on and you can plant in
them and not have to
weed them.*

*Best veggies for the
Garden Soxx –
Tomatoes, sweet
peppers, jalapenos,
herbs, climbing beans,
lettuce and so on.*

*Give it a try! If you
have questions, call the
office.*

Make your money grow!

SUPPLEMENT OTHER RETIREMENT INCOME

...now or later!

UP TO 9% RETURN

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

 **Presbyterian Villages**
OF MICHIGAN
THE FOUNDATION

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

Danielle's News

Quickly coming upon my first six months as a part of the Spring Meadows Team, I have greatly expanded my network of resources that can be useful to our residents. I absolutely love being here and have very much enjoyed getting to know the wonderful people who live in this community. I would like to encourage phone calls and appointments if you have a concern you feel I may be of assistance.


If you're unsure what it may look like to meet with me, I would like to offer you some detail. I can meet with you privately in your home, or you may come to my office. My office is directly off SM2 community room. It is completely up to you and whatever you are most comfortable is fine with me. If you have not completed initial paperwork with me, we will have some forms to fill out with basic information as well as confidentiality forms. Confidentiality is very important and I cannot disclose anything we talk about to anyone without your written consent. I can provide assistance with DHS, finding a chore provider, food assistance through commodities, food banks or food stamps, will and advance directive preparation and many other concerns. Please keep in mind that I cannot provide transportation, perform services myself or run errands for residents.

Feel free to call my office at 517-788-5519 to set up an appointment if you feel there is something I can do to make your life easier.

Pet Show

This will be our Third Pet show and we want it to be even better than 1 and 2! We really need your help so make sure you offer your services to help.

September 13th, 2014
We need pets and vendors! Vendor spots just \$20; to enter a pet is just \$10.

 **Brown's**
ADVANCED Care
Pharmacy Services



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.

Spring Meadows Virtual Victory Cup

Spring Meadows has won the Victory Cup 3 years in a row! This will be no exception!

Mark Your Calendars! June 17 & 18

June 17 @ SMII

June 18@ SMI

Start time 11:00 AM

Events: Paper Airplane Distance Contest –homemade paper airplanes (lots of ideas on-line) made from 8.5 x 11” paper. From a seated or standing position, participants will have 3 opportunities to fly/throw a paper airplane they will make no more than 15 minutes prior to the start of the contest. Paper is the only item that can be used (no glue or saliva). They can only write their first and last name and the name of the village on the airplane. Airplanes must have visible and recognizable wings, crumpled or wadded up piece of paper does not constitute an airplane. Age group: 55-64, 65-74,75-84, 85 and up,. 12 total entrants per village.

Beanbag Toss: 1 team of 5 participants per Village

From a standing or seated position 10 feet awayfrom the target, each team will attempt to score asmany points as they can during 3 rounds of tossing. The participants will toss “one” bean bag at a time, the next person will toss one bean bag until all 5 have thrown, then it starts again for 2 more times. Scoring – in the hole =5 points, on the box but not in the hole (it must be on the box 100%) = 2

Hoop Shoot: 12 total entrants per Village

Age group: 55-64, 65-74, 75-84, 85 and up.

From a seated position 6 feet away from a 5’ tall basketball hoop, participants will attempt to make as many baskets as possible within a 30 second time period.

Wellness Walk: 12 total entrants per Village

Age Groups: 55-64,65-74, 75-84, 85+

Participants will walk 200 yards as fast and as safe as possible. Each participants walk will be timed and their time recorded by an official timer. The fastest 3 times in each age group will be counted.

The Puzzler

55 & up

One team of up to 5 participants, Each team will be provide with an identical 100 piece puzzle. They cannot see the puzzle prior to the competition.

Expression of Wellness: Essay Contest

The theme of this year’s Expression of Wellness is “Get Your Motor Running. Entrants must write at least one paragraph but no more than one page, typed. The topic is you and your first car (if you have a photo of you and your first car or a photo of you or someone close to you working in an automotive plant).

Questions to be Addressed: What was your first car; how did you get it; and why was it important to you? What is your favorite care? Please tell a story about it. Did you work at one of the auto factories? If you did, please tell a story you would like to share about something that happened or how the job impacted your life. What about a favorite memory or moment from an auto show?

Spirit Award: Show your spirit! Cheers! Poems! Get together and give it your best shot!

A Victory Cup Meeting will be held on June 3rd – 11:00 AM at Spring Meadows II and Spring Meadows I at 1:00 PM. We will explain the rules and regulations and have all of the release forms ready to go.



The 2014 Village Victory

Mark your calendars! The 2014 Village Victory Cup will soon be here. Will the Westland Stars defend their title? Will the Warriors from the Village of St. Martha's re-claim the Spirit Award? To be the best you have to beat the best and rumor has it both Villages are ready to take on all challengers.

This year the Village Victory Cup has been scheduled for Friday, June 27th and will again be held at Ultimate Soccer Arenas in Pontiac. Along with the usual events: *Wellness Walk, Puzzler, Bake Off, Hoop Shoot, Bean Bag Toss, Balloon Volleyball, and Expression of Wellness*, we have added a paper airplane flying competition called *Top Gun*. It replaces the *Relay Walk* since in the past many villages were unable to enter this event because they couldn't find relay members for each age category.

In April detailed event descriptions and registration instructions were sent to each Village. If you want to participate this year contact your Village Administrator right away. The events have entry limits and there is a registration deadline.

Villages located 100 miles or more from the PVM Home Office will be able to participate in the Virtual Village Victory Cup. Event descriptions and registration information were sent to your Village in April as well. For more information contact your Administrator.

"Getting to Know You" parties:

May 29th!

Spring Meadows II at 11:00 AM

Spring Meadows I at 2:00

Hot Dog... Chips..... and lots of fun!

Success is the Good fortune that comes from aspiration, desperation, perspiration and inspiration.

Evan Esar

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Oliver Wendell Holmes

Dreams seldom materialize on their own.

Dian Fossey

Our Greatest glory is not in never falling but in rising every time we fall.

Confucious

June at Spring Meadows

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

BASEBALL
 BREEZES
 GRASS
 MEMORIAL
 ROSES

BIRDS
 COOKOUTS
 LEAVES
 MOWING
 SUNSHINE

BOATING
 FLOWERS
 LEMONADE
 MULCH
 SWIMMING

**Make sure you call in all service orders to the office!
 Mark and Randy might forget!**

 If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.

Henry David Thoreau

 There is a giant asleep within every man (or woman). When the giant awakes, miracles happen!

Frederick Faust

.....
 There is more in us than we know. If we can be made to see it, perhaps, for the rest of our lives, we will be unwilling to settle for less.

Kurt Hahn

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

***Have you tried "First Fruits" Groceries!
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: Orders due June 20th, Delivered to your door on the 28th!

Pay with check or money order, orders can be placed at the office!

June Birthdays

Birthday extravaganza is held every month at Spring Meadows II – June 27 from 2 – 3 PM. (Celebrating June Birthdays..... everyone is welcome... cake, games and prizes)
Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

- | | |
|-------------------------|------------------------|
| JoAnn Bisbee.....6/18 | Eileen Oakley.....6/25 |
| Cathy Ditty.....6/26 | John Willis.....6/5 |
| Tom Dunn.....6/12 | |
| Margaret Simko.....6/15 | |
| Sharon Stone.....6/8 | |
| Janice Wenk.....6/21 | |
| Phyllis Elder.....6/19 | |
| Nancy Kirby.....6/25 | |

Happy Birthday everyone!!

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



Anna Cook will do haircuts in your home for just \$10! Call Anna to set a date.
784-5532

Anna will meet people in the office at Spring Meadows on June 4th from 10 – noon.

Michigan State University Healthy Eating class is being held at Spring Meadows II on Tuesdays from 2:30 – 3:30... Join the fun!

If you have "stuff" you don't need, donate it to "Purple Heart." This group will come to your home to pick-up your unwanted "stuff!"

734-728-4560



For Your Safety.

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

Corporate Compliance

Presbyterian Villages of Michigan strives to adhere to the highest ethical standards and practices. Every employee signs a Code of Conduct which states clearly, and without ambiguity, what our expectations are for each employee. Volunteers, including board members, are also held to those standards. Presbyterian Villages also requires that each board member and staff person in a position of authority, complete a "Conflict of Interest" statement annually. As Corporate Compliance officer for Presbyterian Villages, my job is to make sure that our procedures and practices are in compliance with all federal and state laws.

An important component of the corporate compliance program is our hotline where someone can report a concern or tip about a possible violation of our policies, procedures or any federal or state laws. Anyone may make a referral to the hotline. This may be done anonymously. The hotline is monitored daily during the week by me. You may also go to our website, www.pvm.org and submit a referral. Either way, when I get the referral, I open an investigation. First I must establish that this is indeed a corporate compliance issue and not another issue. If it is another issue, I forward the concern to the right department. If indeed it is a corporate concern, I begin an investigation. After conducting a full investigation I issue a report to the Presbyterian Villages of Michigan Corporate Compliance committee including an action plan that shows the steps that have been taken to fix the issue. In some cases my investigation shows that there was no violation. In all cases the investigation is conducted swiftly, confidentially and with integrity. If necessary violations are reported to the proper agencies for follow up.

If you have a corporate compliance concern, such as Quality of Care, billing practices, conflict of interest or any other compliance concern, please call the **HOTLINE at 1-866-964-6494**. Anyone, resident, family, vendor, or staff member can make a referral. Together we can keep Presbyterian Villages of Michigan an organization with the highest standards.



Spring Meadows I got a NUStep... we expect delivery within the next 2 weeks! Before using this piece of equipment, you MUST go through training, and sign a release. Call the office to get in on the training. If you underwent training for the equipment at SMII, you are okay.

Summer is in full swing! WA-Hoo!! Flowers are planted! Thanks to all of the residents who helped during our amazing Spring Meadows Clean-Up Day! We had a group from St. Mark's Lutheran Church in Brooklyn Michigan helping and our own cub scout troop! They helped fill our garden soxx, helped plant flowers, helped clean resident's windows, they pulled weeds and we had the best ever spring clean-up day! We also ate hot dogs, cookies, and baked beans. We still have a few more plantings to do but we are looking pretty good!

I was so honored to be awarded the PVM Leader of the Year Award, it meant so much! I do really love my job and feel so very fortunate to work with all of you. Thanks to everyone for the banner and the wonderful cards and notes from all of you. You are the BEST!



I told you last month that I have been asked to participate in two focus groups for PVM, I am really enjoying the information gathering and the effort PVM puts out for their residents! The engagement task force has been making great strides toward policies to get more of our population interested and engaged in programs, events, classes and activities. It has been proven over and over again that the more involved and engaged people are after the age of 60 the healthier they are and their quality of life is so much better.

Bill and I travelled back to Myrtle Beach this month and took possession of the house. We had a lot of fun "camping out" in our new house (we got a nice blow-up bed), we went to several of the events, met lots of new people, visited a church, went to the ocean and sat in the sand at 5:30 AM to watch the sun come up over the ocean (spectacular), visited the local college campuses, ate some great food (had some amazing fried green tomatoes).

Our cub scout troop is great and we can look forward to doing a lot with them this year!

I was contacted by a church in Chelsea and asked if we could help make mats for homeless people in the Ann Arbor/Jackson areas. It is a very interesting process using plastic grocery bags, cutting them into strips and making these mats that provide some insulation and protection from the wet and cold. If you are interested, come to the arts and crafts meetings and we will show you how to make them. Our "Cubbies" are going to cut the bags for us, we will just have to crochet them!

Bill's mom is 93 and lives with us; she is undergoing some very serious heart surgery in June so we are nervously optimistic about this procedure. We don't have a date yet but if she does not get the surgery, they only give her a few months to live. She has had all of the tests she needs, just has to meet with a couple more doctors and have one more test then it is just to set the surgery date. Keep us in your thoughts!

We have been invited to lots of graduation parties and graduation ceremonies in May and June. Our oldest granddaughter is going into seminary in Boston at Boston College and Harvard in August! We are so proud of her!

Happy June *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

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

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? Michael, Linda, Danielle, Randy or Mark? Fill this out and turn it into the office.... They might win a prize!

Embrace the possibilities