



Village News



Embrace the possibilities

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

June 2015

49201 • www.pvm.org

Victory Cup June

Featured Articles

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Remember, no outside sprinklers at Spring Meadows I. Please don't add pavers to your patio to make it bigger. BBQ grills are okay, if kept away from the building. Keep outside decorations tasteful!

June is time for our Victory Cup celebrations! We will have an organizational meeting on Thursday June 4th at 11:00 AM at SM2 and at 2:00 PM at SM1. If you would like to be part of this amazing event, please come to the meeting!

Events for this year: **Essay contest** topic: "Still making Waves" A short essay about how you are still "making waves." We get 10 points for every essay so write away! If you need help coming up with an idea, let us know and we can help.

Hoop shoot: Basketball done sitting

Wellness walk: In age groups

Relay Race: In age groups

Spirit Award: An innovative Cheer and a group of cheerleaders.

Bean Bag Toss: Toss Bean Bags in a structure.

Paper-Airplane; Make and toss an airplane as far as you can.

Puzzler: How quickly can you put together a 100 piece puzzle?

And others!

Spring Meadows has been the big winner for 4 years in a row! Can we make it 5! This is a big competition throughout Michigan and we have won every year over our sister communities.

Walkers, basketball players, paper airplane makers, bean bag throwers, puzzlers and cheerleaders! It is your time to shine. You could win a gold, silver or bronze medal in our "games." Come and join the fun!



Look for PVM on:



Spring Meadows Inspections coming up!

Bruno is back and is feeling better!

***Our inspections for SM1 will be held on the
16, 17, 18, and 19th of June 2015!***

***The guys will be changing furnace filters,
checking batteries, checking for leaks, we will be
checking mattresses so please have your beds
stripped. Inspections will start at 9 AM and run
until 4 PM.***

Meet the Administrator Meeting for June :
June 25th

**11:00 AM at SMII
2:00 PM at SMI**

**Yard Sale at Spring Meadows 2
Saturday, June 6th
9 AM - 5 PM**

In the parking lot!



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49203

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Danielle's Notes

Summertime.... Get out and enjoy it!

Summer is upon us, and although these first few days of June have been a little less than we may hope for, the days are getting warmer and this is when Michigan really can strut her stuff! There is so much to do both near and far, including many free opportunities to enjoy what is around us. If you are internet savvy, you can always look at www.experiencejackson.com for things going on every single day! They have postings for festivals, car shows, art fairs as well as special happenings at the many Jackson District Libraries. It's a great one-stop-shop for local events. I would like to give you some ideas for local happenings that can get you out and moving as well as putting a smile on your face!!

Many residents enjoy the Thursday Patio Party at Ella Sharp. Thursday's starting at 5:30 you will find live music, snacks or a light dinner and a lovely setting for just \$3.00 per person.

If wine makes you smile, Sandhill Crane Winery offers "Thirsty Thursday" with live music and wine tasting for \$5.00, you may also purchase snacks or dinner.

Friday evening finding you looking for plans? Jackson Coffee Company offers live music starting at 7:00pm. There is never a cover and fancy coffee's and snacks are available for purchase if you choose.

This Saturday (June 6th) is a great day for pet lovers! Paws in the Park, put on by Cascades Humane Society, will have 2 dog shows, adoptable pets as well as many pet-related vendors. This takes place at Cascades Park and is a wonderful event to attend for free!!

Jackson Blues Fest at the Airport is also this weekend! \$5.00 gets you in for music, fun and food!

Jammin' in Jackson is a FREE, summer concert series every second and fourth Thursday from 5-7pm at Bucky Harris Park in Downtown Jackson.

Are cars more your speed? The Downtown Jackson Cruise In's are a great sight! About 500 classics come together on the 4th Friday of every month from May to September!

July 17-19 Ella Sharp Park hosts one of Jackson's gemstones: Hot Air Jubilee! People of all ages can enjoy this free to enter festival with beautiful hot air balloon launches, vendors and crafts.

As you can see, this is just a small sampling of what is available right in our own town! We are subjected to way too much inside time all winter long to not spread our wings in the summer! If you would like some help finding something more your style, be it a yoga class or a book club, golfing or classic movie showing, feel free to contact me. I found many more opportunities than I could put in just one article! I am here to help you all be happy, healthy and active!

Many Blessings,
Danielle



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Along with Memorial Day vivid memories came flooding over me as I thought about my dad's burial ceremony a year ago. He was a veteran of World War II having served on the US Nashville. It was a flagship for General MacArthur just before they were attacked by Kamikaze pilots. My dad returned home with major wounds. Shrapnel was still in his body when he passed away. Having lived an extremely honorable life, I think his burial service at Great Lakes National Cemetery in Holly ((not far from our Village of Holly) was a fitting tribute to all that he was as a veteran, citizen and human being. If you or a loved one has served our country you are entitled to burial there just as you would be at Arlington National Cemetery. Great Lakes mirrors the beauty of Arlington and provides a healing experience for families. This is the best of what the Veterans Administration has to offer. Contact your local office for information not only about burial services but also for information on many other benefits and services which may be unknown to you. The local staffs are wonderful to work with. Much is owed to those who serve and protect our country.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Let the Games Begin!



Mark your calendars! It's time to lace up your tennis shoes and put on your sweat bands. The 10th Annual Village Victory Cup is nearly here! Scheduled for Friday, June 26 the event will once again take place at Ultimate Soccer Arenas in Pontiac. The Puzzler, Wellness Walk, Hoop Shoot, Beanbag Toss, Paper Airplane Distance Contest & Balloon Volleyball Tournament all return as events. The Bake Off returns as well, but with new categories: cookies, cupcakes, brownies/bars, and pies. And in recognition of PVM's 70th anniversary, the theme of this year's Expression of Wellness event is "70 and Still Making Waves".

For Villages located 100 miles or further from PVM's home office in Southfield, we will once again be hosting the Virtual Village Victory Cup. Rather than gather at a central location, participants in the Virtual Village Victory Cup compete in events held at their Village. The results are transmitted to and tallied by the PVM Wellness Department with the Village earning the most points declared the winner.

Since its inception, the Village Victory Cup has gotten more and more competitive. Last year marked the closest margin of victory ever for the winners of both the Village Victory Cup and the Virtual Village Victory Cup. In such closely contested competition, every point counts. Rather than sit this one out, help your Village earn points. Contact your Administrator and sign up to participate in this fun-filled day of camaraderie and friendly competition. Who knows? Because of your help, it just may be your Village whose name gets added to the trophy as this year's winner.

Answers to last month's crossword puzzle

Across: 2. Tennis Shoes, 6. Energy, 7. Stretch, 8. Swimming, 9. Treadmill

Down: 1. Friend, 3. Exercise, 4. Doctor, 5. Heart Disease, 10. Mood

What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade.

Gertrude Jekyll

Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.

Langston Hughes

People take pictures of the Summer, just in case someone thought they had missed it, and to proved that it really existed.

Ray Davies

Catered Lunch

Steve Rice will be cooking for us again in June!
The catered lunch is great! Yummy homemade food at very reasonable prices!

Catered Lunch Spring Meadows I, Community Room

June 19th
11:30 AM

Swiss Steak and all the trimmings with dessert

We Deliver! Just \$6!!

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

A Matter of Balance at SM2

Sign up for another class starting in July or August! Sign up soon, only 16 spots to fill for this nationally recognized class.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January.

Hal Borland

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.

Buddha

I believe that the greatest gift you can give your family and the world is a healthy you.

Joyce Meyer

June at Spring Meadows

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

AUTOBIOGRAPHY
 INSPECTIONS
 PETUNIAS
 SATISFACTION
 SURVEY

BALANCE
 LAWN
 PICNIC
 SPRINKLERS
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CUP
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 ROSES
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If you live at Spring Meadows you automatically qualify!
Great food Boxes at reduced prices!

Meats from Prime Cuts \$25 or \$49
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Order forms at the office
Pay with check or money order, orders can be placed at the office!

A dear friend of Spring Meadows passed away on Memorial Day, Andrew Slayton was one of the founding members of our RAC committee at Spring 1 and a huge influence on all of the good things we did. Andy was the kind of person who was kind and funny and a real inspiration to all of us. I personally miss him and hope he has found peace. I will remember him lovingly and with great respect. Andy and his wife moved away from Spring Meadows a couple of years ago but he has been

An honorary resident at Spring Meadows. The wonderful current residents at Spring Meadows hosted a memorial service in our Community room - it was very well attended. Andy would have loved the gathering! I went to visit him in the hospital on Tuesday before I left for the Gala, I was so happy to have been able to say good-bye to this wonderful man. He was one of a kind!



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

Birthday extravaganza is held every month at Spring Meadows II – June 26th from 2 – 3 PM. Celebrating June Birthdays..... Everyone is welcome... cake, games and prizes)

Thanks to Sherry from Faith Haven for the cake!

June Birthdays

Jo Bisbee.....6/18

Judy Wright.....6/15

Cathy Ditty.....6/26

Happy Birthday everyone!!

Tom Dunn6/12

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

Richard Pluta.....6/12



Marge Simko.....6/15

Janice Wenk.....6/21

Phyllis Elder.....6/19

Eileen Oakley.....6/25

John Willis6/5

Village Victory Cup !

Looking for a 5-peat! We need help and volunteers at Spring Meadows I. Please call to be part of our continued participation!

Organizational meetings on June 4, 11 AM at SM2 and 2 at SM1.

It is summer! Or is it? Good Grief, temps in the 30's in June?

The LeadingAge Award ceremony was great! Lots of people from PVM in attendance. I was really touched that Cheryl, Ginny Wood Broderick (our Board Chair) and Debbie Muhich came to it. Plus, my friend Marie came and posted pics on Facebook. It was a nice evening.

Bill and I went to Myrtle Beach again last week and the weather was **PERFECT!** The highs were in the upper 70's to low 80's everyday with no rain. We went to the beach 4 times and it was beautiful!

The Ms. Senior Michigan Pageant is really ramping up! I have been going to rehearsals, working on my philosophy of life and my evening gown is supposed to be in on June 15th. There are 7 finalists from across the state of Michigan. I have been practicing my singing anytime someone will give me a microphone. I went to three open-mic nights while we were in Myrtle Beach and got lots of confidence from it. I am going to go to some of the PVM sites on the 19th and sing; anytime I can get in front of a crowd right now will help me. I had the privilege of meeting Ms. Senior Michigan 2014 and she is a stunning woman, intelligent, articulate and poised. She was runner up for Ms. Senior America. I can't imagine anyone who

could have beat her. She is amazing! I have been reflecting a lot on my philosophy of life (part of the pageant) and my life is all about passion and about learning. I think of all of the amazing people here I have learned from and seen grace and elegance and vibrancy and worth in people in their 70's, 80's and 90's and I am so grateful to you for showing me the way. If I had never worked at Spring Meadows, I never would have had the guts to do this.

We have 5 more tickets to the Ms. Senior Michigan Pageant on July 15th. The tickets are just \$15 and include a great lunch and the program and transportation! I appreciate all of the support I can get!

Our Victory Cup is coming up again this year. We have won every year since the inception and hope this year will be no different. Organizational meetings will be held in the next couple of weeks and we will set up the date for our competition.

A huge thanks to Lois Tiffany for helping plant flowers this spring, the properties look beautiful!

Bruno is back from surgery and is doing pretty well, he is still moving a little slow but all in all he is doing well and we are so glad to have him back! We missed you Bruno!

Our Shining Star Day is on June 10th, we will have a reception for all residents who were kind enough to nominate us, then we are going to close the office and the whole staff is going to go to a movie! Hoping The Avengers is still on!

The Jackson Rose Parade Bus will be arriving at Spring Meadows on Sunday, June 7th at 11:30 AM to take us to the parade! It is a lot of fun and we will be screaming and yelling and singing out the windows... the bus drivers say we are the "fun" bus! Come along (be sure to callus first), bring the kids or grands and hop on. FREE !!

Bill and I are busy with the dogs this spring/summer... we have picnics, banquets and visits with our therapy dogs. When I am here on the weekend, I usually bring Otis so if you would like to meet him stop at the office. My job is almost perfect.... If Otis was with me it would be!

Remember to use the treadmill and the nusteps, they are wonderful pieces of equipment and are useful to help us all get in shape. USE IT!! I love the NuStep, I can work out my arms, my legs and work a little on my core, it is very helpful and feels good when you are finished. Releases those endorphins!

Hope you are enjoying your summer... the cold will be here before you know it. 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

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(517) 788-7502

Village Staff

Linda Sisco
Housing Administrator

Rae Stachnik
Assistant Administrator

Bruno Trout
Maintenance Lead

Tom Leach
Maintenance Tech

Danielle Leithauser
Service Coordinator

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



**Presbyterian
Villages**

OF MICHIGAN

SERVING SENIORS & COMMUNITIES

Embrace the possibilities



\$191,000 Raised Through Friends & Family!

THANK YOU to the **707** donors who generously contributed **nearly \$191,000** for PVM residents through Friends & Family, exceeding our goal of \$136,000 and making this the most successful year in the history of PVM Foundation!

The annual Friends & Family Appeal took place during the month of April and allowed all Villages to raise funds for projects and programs to enrich the lives of residents, providing them with security cameras, patio furniture, buses for reliable transportation, new computers and so much more. Congratulations and thank you to **ALL the Villages** for their hard work to make so much possible!

A special congratulations to **The Village of Our Saviour’s Manor**, who had the most new donors with 30 new donors, and to **The Village of East Harbor** for most amount raised with \$70,370! For a complete listing of all Village projects, goals and amounts raised, please see your Administrator or visit our website at pvmfoundation.org.

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you again for your support and we look forward to another successful Friends & Family next year!

Warm regards,
Paul J. Miller, CFRE

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Help Michigan Seniors Thrive!

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- Share the video with your contacts!
- Take advantage of matching dollars by making a donation!



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