



Village News



Embrace the possibilities

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

August 2014

49201 • www.pvm.org

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PVM Board Presentation

This is an email Linda received from Roger Myers regarding our PVM board presentation:

WOW!!!

Thank you very much for your “over the top” hospitality, engagement, entertainment, information and planning in conjunction with yesterday’s PVM Board of Directors meeting. Everything was absolutely wonderful. Impressive in all respects! We greatly appreciate the extra time taken by staff, board members, volunteers (i.e. Bill), and, especially, the residents in making it all possible. Thank you again, and again. Well done! Please pass along our sincere appreciation and warm praise to all involved.

Roger Myers, on behalf of the PVM Board of Directors and Executive Team

Thursday, July 31st, the PVM board travelled to Spring Meadows to tour the property and see what all the fuss is about at Spring Meadows! If you couldn’t make it, we had so much Fun!!

Bill Sisco and his Tai Chi Students did a beautiful presentation for the board with about 15 of his students. It was beautiful. Spring Meadows II did an adorable skit about getting older! It was hilarious. The Fantastics (a group of residents from both properties with Linda singing lead) sang “Older Ladies are divine.” They dressed in bright colors and feather boas! Linda was dressed in bright yellow go-go boots, a red petticoat with a black tuxedo jacket!

Residents shared appetizers and the chance to meet and greet the Board. It was a wonderful event and we are all so proud of Spring Meadows!

At the office, we have the videos of the whole thing, it was great! Stop by to look at it.

Thanks so much to everyone, it was very special and a whole lot of fun too!

*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!

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!

August 22, 2014
11:30 AM

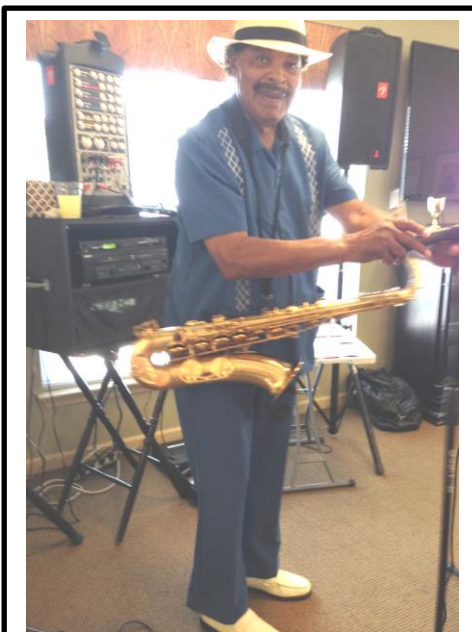
If you have been living in Jackson for more than 10 minutes, you know Benny Poole! Benny is also known as "Mr. Jackson (Michigan). He has played all over the world and is a real Jackson treasure.

Benny plays a great Saxophone and is a good singer and entertainer. Benny visited Spring Meadows to participate in our first ever "Block Party." We had planned to do it outdoors but the weather did not cooperate. It was one of the hottest days of the year with really high humidity. So, we had it indoors and had a BLAST!

We had a total of 67 people come for the party and we had food donated and cooked by Consumers Energy volunteers!

Spring Meadows was ROCKING!

Benny Poole visits Spring Meadows



We hope to invite Benny again to Spring Meadows. Dust off your dancing shoes and get ready for a great time!

- 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



Is Your Will Up to Date? Help Support the PVM Mission

Have you recently moved? Have your beneficiaries changed? Now might be a good time to update your Will and consider leaving a legacy to PVM residents in your update to support the PVM Mission.

You have the power to leave a legacy for future residents, like one donor recently did. This generous donor (who will remain anonymous as her family requested) passed away in January and was an inspiration to those who knew her because of her commitment to her faith and the work of the church. It was that commitment that led her to donate a portion of her estate to support PVM's Benevolence funding to help residents who may have outlived their financial resources.

You don't have to be a certain age or very wealthy to make a charitable bequest. With a little planning, even people of modest means can make a big difference. Just a few sentences in your Will or trust are all that is needed.

"I give Presbyterian Villages of Michigan

Foundation, (____ percent of the residue of my estate) or (the sum of \$____), to be used by Presbyterian Villages of Michigan Foundation, (wherever the need is greatest) or (for The Village of ____)."

Donors who leave PVM in their Will are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are truly grateful to all our donors, whose generosity makes a lasting impact in the lives of current and future PVM residents.

Warm regards,
Paul J. Miller, CFRE

Paul J. Miller, CFRE
President
Presbyterian Villages of Michigan Foundation
MI 48033

You asked for it:

Resident Meetings with Management
Spring Meadows I – August 21 @ 2:00 PM
Spring Meadows II – August 21 @ 11:00 AM



The Village of
Spring Meadows

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Date yourself! If you're on the hunt for what lights you up, your passions or purpose, this is the BEST way to begin. Start by ordering the meal you really want, taking yourself out to events and reading books on a subject that interests you. Take a class, hire a coach, buy some supplies... Before you know it your life will be FILLED with passion and joy!

- HELP SUPPORT THE PVM MISSION -

Is your Will up to date?

Have you moved?
Have your beneficiaries changed?

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.



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

Danielle's News

Things have been going wonderfully this summer. I have had many people come to me for assistance with DHS and other community relation concerns. I love it! Keep them coming! If there is anything you think I may be able to help with, never hesitate to ask! In our greater community, there are a very good educational opportunity coming that I suggest attending. Aug 14th at 9:00am Ganton Community Building (102 W. Arbor View Drive, Spring Arbor) Payer Source Meeting. This meeting helps the senior learn how to use their Medicare and other benefits to their best advantage. I think this would be a great educational experience. Plus, they serve breakfast and have door prizes!

We have had a great turn out for my educational presentations in both July's 10 Early Signs of Alzheimer's and August's Proper skin Care. SMI residents, I would like to encourage you to attend these presentations as well! They are good information and a chance to bring our two facilities together. Be sure to check the calendar as well as flyers for information.

Do you have a craft you would like to share? The Alzheimer's Association is hosting a Grill Off on August 21! Come along for great food and the chance to donate a craft to be auctioned off to raise funds for Alzheimer's! Located at Legacy Assisted Living, 5025 Ann Arbor Road.

Finally, the Meijer Branch of Jackson District Library is having its official dedication party Saturday, August 9th from 10:00-3:00. Our new library has a lot to offer including a used book store, computer lab and many activities for people of all ages.

Summer is a great time to stretch your legs and get out in the community! It wasn't too long ago that we were all trapped indoors with freezing temperatures and too ugly of a forecast! The more you spread your wings, the better it is for your mind and body! Much Love, Danielle

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
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Pharmacy Services



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49203

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**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

4 F's FOR QUALITY OF LIFE

In school receiving an F would have been a tragedy. However, in this edition I want to point out Four F's which have drawn my attention in the quest for Quality of Life at any age. Coincidentally it ties right back to school days since my recent 45th High School Class Reunion inspired me to write this message:

In reading the very nice directory which was published for this grand occasion I noticed some themes which were played out in almost every person's comments: They were Faith, Family, Friends and Fun! All seemed to note the well-known dilemmas which invariably occur with everyday life and professed that the above four items were what rocks their world and offsets the challenges of life.

In our comings and goings we can place much emphasis on reaching goals or finding our latest acquisition; but if we really think about what gives us our greatest joy in life it will most likely be tied somehow to these Four F's. Many folks talked about their latest adventures in far away and exotic locations or their favorite times riding in their convertible car which is an acquisition; but it was the fun and sense of living life to the fullest as a part of these purchases which brought their greatest enjoyment.

So as we travel along life's journey keep in mind that our everyday actions and dedication to these top Four F's can guide us. And the joy of being grandparents was probably the most noted experience in my classmates' comments. So I am very much looking forward to becoming a grandparent for the first time very soon.

Speaking of fun, PVM is a fun place to be. Our recent Village Victory Cup is a prime example. If you have not been involved as yet please consider doing so. It is a day filled with fellowship and great joy! If you aren't into some of the more action oriented events you can join in on the paper airplane flying event! Throughout the summer I hope that you will have the good fortune of fun and lovely life experiences with family and friends. And remember the Four F's.

*As reported, SMI & SMII placed 1st and 2nd in the Virtual Village Victory Cup (SM has won every year for the past 4 years!). SMI at noon and SMII at 1 PM
Tom Wyllie will be here on August 8th
To hand out our ribbons for the Victory Cup!
Try to come! Refreshments will be served!*



“And The Winner Is...”

This year’s Village Victory Cup was one for the books! On June 27th, 200 residents from eleven villages and an astounding 70 volunteers converged at Ultimate Soccer Arenas in Pontiac for this annual event. The atmosphere was filled with laughter and friendly competition. It was quite a sight to see so many smiling and happy faces!

As the day progressed, it became apparent that it was going to be a battle between the Village of Westland, the defending champs, and the Village of East Harbor. It came down to the last event. In the end, the Pirates of East Harbor won, beating the Westland Stars by only 2 points!

Throughout the day the Villages also competed for the Spirit Award. This year the Monarchs from Our Saviour’s Manor took the title, and rightly so. A small but mighty crew of residents pulled out all the stops, including having their own soundtrack!

Not to be left out, Villages 100 miles or further from the PVM Home Office competed in the Virtual Village Victory Cup. Spring Meadows I & II were in it to win it. When the dust settled, Spring Meadows I emerged victorious. Perry Farm Village took the Spirit Award with their clever video showcasing their residents competing and cheering each other on to victory.

For those who like to plan ahead, mark your calendars for June 26, 2015. That’s the date for next year’s Village Victory Cup. You won’t want to miss out!

Staying fully engaged in the present moment and giving your best effort allows you to experience fulfillment, true connection and reduced stress. It also allows you to spot and act on amazing opportunities that you may otherwise miss!

.....
We are ALL creative! Find a couple ways you love to creatively express yourself and make it a regular practice. Write, cook, take photographs, paint or scrapbook... whatever brings you JOY! The more self-expression in your life, the fuller it will be and more complete you will feel. :)

.....
You can't fear or hate anything that you truly understand. Always seek the truth, even if it might be hard to hear. It's better to fully understand a person or situation than to be left with your own assumptions, fearful thoughts or stories.

Mary & Ed Celebrate 70 years together!

Mr. and Mrs. Ed Toole celebrated 70 years as husband and wife on July 31st, 2014!

Mary said they met when she was just 16 years old, she was on a date with another guy and they stopped and picked Ed up, he was home from the Navy in World War II and needed a ride.... The rest was history!

Mary and Ed have two wonderful sons, grandchildren and wonderful Daughters-in-law.

Congratulations to an amazing couple!



Attitude really is EVERYTHING. When problems or roadblocks arise, train yourself to respond with, "what an opportunity" or, "I can deal with this." There's always another way, so long as you stay OPEN to finding it!

Don't rely on external validation like praise from other people to feel good about yourself. Instead, take time every day to appreciate your unique qualities, quirks, skills or talents. :)

.....

You are completely in control of your happiness levels at all times... and I'm talking about emotionally and PHYSICALLY! The act of smiling has a positive reaction in your body causing you to FEEL HAPPIER! If you can't muster up a smile, stick a pencil between your teeth and see how you're doing in 5 minutes. :D

August at Spring Meadows!

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

BENNYPOOLE
 KITTENS
 PARTY
 PUPPIES
 TOMATOES

CONSUMERSENERGY
 MARK
 PEPPERS
 PVMBOARD
 VOLUNTEERS

COOKOUTS
 MUSIC
 PESHOW
 RANDY

**Randy's cell phone is for
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PLEASE.....
 Don't feed the
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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!***

August Birthdays

Birthday extravaganza is held every month at Spring Meadows II – August 29 from 2 – 3 PM. (Celebrating August Birthdays..... everyone is welcome... cake, games and prizes)
Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

Betty Yoder.....8/20

Happy Birthday everyone!!

Nicki Vance.....8/1

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

Gerri Clark.....8/3

Bernice Owens.....8/18

**Pet Show meeting:
Spring Meadows I, August 12
(Tuesday) at 2:00 PM
Spring Meadows II, August 12
At 11:00 AM**

We need your help!!





For Your Safety.

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

Heat Stress as we Age.

My family was lucky enough to live near the beach when I was growing up. We spent hours playing in the water and building castles in the sand. I never quite understood why my Grandparents didn't stay out in the sun for long with us, but now I do.

People who are 65 and older are more prone to react to heat than younger people. Why is that? Sometimes it is because of the medications we are taking or the chronic medical conditions that we may have. This can cause the body to react differently to heat even interfering with our ability to perspire. Without perspiring, we lose our ability to control our body temperature. Perspiration helps our body to cool down. Heat Stroke is a serious medical emergency and must be dealt with immediately. A much better approach is to make sure you don't get in a position of heat stress and or stroke. Here are a few tips to guard against heat stress:

- Stay hydrated. Even if you don't feel like drinking, drink water throughout the day.
- Keep your blinds shut when the hot sun is coming in.
- If your air conditioning is not working or needs adjusting, let your maintenance person know.
- Wear loose clothing.
- Wear a hat when you are going to be outside.
- When going for walks choose the cool morning hours or evening hours, not the noon day sun.
- Recognize when you have had too much sun. The signs are feeling dizzy, red hot and dry skin and a lack of perspiration.
- Get help if you need it.

Today when I go to the beach or work in my garden, I am wiser about how I handle the sun. Nothing spoils a nice summer day faster than needing a trip to the emergency room. I hope you are enjoying your summer days while staying safe.

We are getting ready for the PVM Board Meeting tonight and we have been very busy and have been practicing our skits and songs! It has been fun getting ready. But I will truly be glad when it is over.

We had some very sad news this month. As all of you know, Michael and his wife Amy were expecting a baby in mid-February 2015. They lost the baby earlier this month; your thoughts are much appreciated in this sad time.

I sure hope you made the party with Benny Poole! It was so much fun! We danced and danced. We have almost 70 people at the party and it was great. We had originally planned to have it outdoors but it was one of the few really hot days we had this summer. We had to move into the air conditioning but still had a great time.

Volunteers from Consumer's Energy joined us and helped by cooking food and jumped right in teaching the "Cuban Shuffle!" I never thought I could do that, but had a great time moving to the beat!

I told you that my Mother-In-Law was having very serious heart surgery last month. She came through great! The procedure has only been done 32 times in Michigan and she is the oldest

person in Michigan to have this surgery and came through it with flying colors! She was in ICU for 3 days, then a couple more days in a step-down unit, then off to a skilled nursing facility for 2 weeks. She is home now (she lives with Bill and I) and is having assistants come in everyday to help but she is doing great! We are very blessed. My dogs are also really happy; being in crates all day while we worked was hard on them.

Speaking of dogs....and cats and rabbits. We are gearing up for the 3rd annual "Greatest Pet Show on Earth!" I am sure you are asking how you can help! Of course you are! Get someone you know to bring a pet. Get a friend or relative to sign us as a vendor! It is \$10 for a pet (you must sign up in advance) and \$20 for a vendor. This year we are going to try to put the tent in the middle of the road so it feels more connected. If each person here just contacted ONE person we would have a VERY successful show! Plus.... Make sure you tell friends and family to come to the show!

Great prizes in the raffle too!

Nicki Vance, Lady and I appeared on the Bart Hawley show yesterday, it was fun and I hope we can get the word out. Big thanks to Al Garrett for working on vendors for us.

It is hard to go into the stores and see all of the stuff out for Fall..... Summer... slow down!

We had to cancel the Lugnuts game for the 7th of August because we didn't have enough people interested in going. We will try again next summer.

Come out for the "Let's do lunch", Danielle and I both are driving. I know where we are going and it sounds really yummy! We meet at the clubhouse at 11:45 and are usually back by 1:00. It is a lot of fun and we have a great time and enjoy some pretty good food.

Anyone going to the fair this week? Want to take some flyers to the 4her's at the fair? Stop at the office and pick up some flyers. It would really help! I am going to try to go down for a couple of hours, maybe Friday afternoon.

Be here for the distribution of the ribbons and medals from the Victory Cup, on Friday at noon at SMI and 1:00 PM at SMII. We will have some refreshments to help us celebrate.

Happy August!
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

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