



# Village News



Embrace the possibilities

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

September 2014

49201 • www.pvm.org

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## Spring Meadows Pet Show

We are preparing for our pet show #3. It is planned for September 13<sup>th</sup> from 10 – 4! We will have vendors along Cherry Blossom Drive, a tent in the middle of the road in front of the office (yes, the road will be partially closed for the weekend).

We currently have a Tastefully Simple vendor, Pampered Chef, Mary Kay, jewelry, and many other vendors. It will be more fun for the vendors this year because we will have the tent in front!



The RAC committee will have a food booth and will have “walking tacos”, hot dogs, chips, and soda. The prices are reasonable and really yummy!

Our raffle is a GREAT affair. A \$50 gift certificate from 7/11 (thanks Al Garrett for asking 7/11), gifts from each of the vendors, and lots of other goodies. Choose your gift, buy tickets and stick your ticket in your favorites jar. It is worth the trip just to purchase a ticket or two.

A big thanks to Carolyn Barron and her daughter for a visit from Milligan Dairy Farm! They will have a petting zoo for us!



Local radio station 106.9 is a sponsor and is helping us out tremendously! JTV is always a good partner and we appreciate their help too. Mostly... we need YOU! Come to the show, sign up a grandkids pet, Or invite a vendor!

### Looking for

*Volunteers for the*

*Pet show,*

*September 13<sup>th</sup>*

*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!

**Spring Meadows I community room or delivery to your door!**

## September 19, 2014

### 11:30 AM

Take a look at the beautiful tree skirt made by a friend of Loretta Covill's and on display at the Community Building at SMI. It was made from a wedding dress and is stunning! It is white satin with beading and lace.

The Resident Activity Committee (RAC) is selling raffle tickets for this beautiful item. Tickets are just \$1.

Tickets are available at the office.

### Handmade Tree skirt



This photo just doesn't do it justice, stop in and take a look for yourself!

- 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!!

• Meijer branch of Jackson Library is active and has lots of things going on! Let's get connected!

- \*Book Club meets the 1<sup>st</sup> 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 – 4<sup>th</sup> Tuesday at 5:30 PM



## Ready, Set, “Get Your Motors Running!”

Do you want to impact the lives of PVM residents **AND** have fun doing it? Then join us on **Friday, November 14<sup>th</sup>** for the **11<sup>th</sup> Annual PVM Foundation Gala**, presented by The Damone Group! Set against the beautiful backdrop of the Detroit River in the renovated COBO Center, this year’s gala is a ‘50’s-themed throwback to classic automotive history. We’ll also be celebrating the rich history of our resident with stories and photos of their classic cars, so you won’t want to miss it!

**When:** Friday, November 14, 2014  
 5:30 p.m. Sponsor & Patron VIP Pre-Reception  
 6:30 p.m. General Reception & Raffle  
 7:30 p.m. Dinner, Program & Entertainment

**Where:** COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

**Cost: \$250 Individual Ticket\*** includes General Reception, Dinner & Program  
**\$375 Patron Ticket\*** includes Private VIP Pre-Reception, Prime Seating

at Dinner & Program  
 (\*Estimated Fair Market Value: \$120/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services such as technology, wellness and transportation
- And many other life-enhancing programs

PVM employees can purchase tickets through payroll deduction or you can even donate PTO hours. For more information, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org), or visit the “Events” page at [www.pvmfoundation.org](http://www.pvmfoundation.org).

Thank you for supporting PVM residents and I hope to see you on November 14<sup>th</sup>!

Warm regards,  
 Paul J. Miller, CFRE

**You asked for it:**  
 Resident Meetings with Management  
 Spring Meadows I – September 25 @ 2:00 PM  
 Spring Meadows II – September 25 @ 11:00 AM

\*\*\*\*\*



The Village of  
**Spring Meadows**  
 A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

*Don't second guess your intuition. If you get a strong hit, gut reaction or a deep "knowing" about someone or something, trust it. Second guessing happens when you go inside your head and allow your thoughts to take over. Logic has it's place, but leave it out of intuitive hits.*

\*\*\*\*\*Y

***ou are not responsible for the happiness or well-being of another grown individual. Stop people pleasing, rescuing or taking responsibility in any other form for other people's lives. Pour that energy into become the best, healthiest and happiest person you can be - THAT is the best way to serve others.***

Presbyterian Villages of Michigan Foundation  
presents its 11th annual Gala

**Get Your Motors Running!**

*Sponsorship Packages Available!*

Patron Tickets \$375  
Individual Tickets \$250

For more information, contact PVM Foundation at 248.281.2040 or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)



Friday, November 14, 2014  
COBO Center, Detroit

5:30 p.m. VIP Pre-Reception & Raffle Preview (Sponsors & Patron Tickets only)  
6:30 p.m. General Reception & Raffle  
7:30 p.m. Dinner, Program & Entertainment

## Danielle's News

Hello Spring Meadows! I hope August has been kind and found you well. Things have been keeping busy for me and that is just how I like it! This month I have had the honor of assisting several residents with DHS applications as well as recertification's and continue signing up seniors for free cell phones through government programs designed for our population. If you need help with anything, never hesitate to call me, even if I can't help, I will try to find the next step for you. My idea for September: Socialization!! I cannot stress enough how good for your mind and body it is to have a cup of coffee with someone and shoot the breeze. Let someone know you appreciate them! Meet in the Community Room for coffee and a chat. Invite someone new (or new-to-you) to Bingo. I am planning a class on the importance of socialization in senior communities, more information to come. Be Blessed and be a Blessing to Others.

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 13<sup>th</sup>, 2014**

**We need pets and vendors! Vendor spots just \$20; to enter a pet is just \$10.**




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

### “WHAT I DO MATTERS”

A recent experience reminded me of why I chose to entrust my career with Presbyterian Villages of Michigan. We are continuously engaged in an initiative titled Service Excellence which permeates our culture at PVM. The logo: “What I do matters” supports this commitment to excellence in customer service.

The four pillars of Service Excellence are:

Listening: Acutely paying attention and seeking to understand.

Relationships: Our way of forming a meaningful and genuine connection with our residents, each other, and the community.

Accountability: The willingness to accept responsibility and delivering upon expectations.

Respect: Treating all with dignity and worth.

As we are often told, we never know when we may be facing a tough caregiving situation. And such has been the case with me. Thus, I have had a chance to not only be involved with Service Excellence at a professional level, but also to experience it at a personal level as a consumer. All at once I had two parents hospitalized at once, a transfer to rehab Mom and the death of my dad. During that time, my mom had to bury her husband while transferring from independent living to a hospital setting, to rehab, and then back to independent living.

This was a very traumatic situation for my entire family. One of the few bright spots was the care and customer service given to us by the leadership and staffs of The Village of Oakland Woods and The Village of East Harbor. They were there for us minute by minute, responsive in every way, and compassionate in their interactions with us. In short, they exemplified all four pillars of Service Excellence; and I am indebted to them for life.

I am proud to say that I work for Presbyterian Villages of Michigan! Thank you all.

*Tai Chi starts  
September 19<sup>th</sup>*

*Please sign up if you are interested in this class*





**It's Your Life. Live It Well.**

By Tom Wyllie,  
Director of Wellness

# Managing Pain

Has the presence of persistent pain kept you from doing things you enjoy? Has it caused you difficulty sleeping? Has it caused you to withdraw from family and friends? Are you less active than you were before? If so, you're not alone. These are common occurrences among the estimated 50 million Americans who suffer from chronic pain.

Contrary to what many believe, chronic pain is not just "all in your head". There are physical reasons for it. It is also not an inevitable part of aging. You don't have to "grin and bear it". In fact, doing so could be harmful. Left unmanaged pain weakens the immune system, increases anxiety and depression, impairs cognition, and substantially reduces quality of life.

Though chronic pain by definition is not curable, there are many treatment options available that can help you better manage your pain and reduce the negative effects it has on your life. Along with various medications, they include relaxation techniques, pacing strategies, and regular exercise.

Because pain is a complex, subjective experience, there is no "one size fits all" solution. Your experience with pain is unique to you. According to the American Chronic Pain Association (ACPA), the most important thing you can do is to be active in your own care. Effectively managing pain requires a strong collaborative relationship between you, your doctor and the rest of your healthcare team. The more active you are, the better your long-term results will be. For tips, visit the ACPA's website at <http://theacpa.org>.

.....  
*Release ALL past resentments, anger, frustration and grudges. Work to see that those people did the best they could, given their background, knowledge, personal history and differing personality. Resentments and grudges serve NO ONE, especially not you.*  
 .....

.....  
*Recognize that YOU are solely responsible for the choices in your life. This goes for how you CHOOSE to react to any given situation or obstacle in your life.*  
 .....

*We can't always control what happens to us, but we can control how we react! Choose to stay positive, trust in the universe, be compassionate towards others and receptive to seeing things in a new way.*

# Volunteer Jerry Holdridge

*We have a volunteer who is able and willing to work with on some computer questions! Give us a call and we will set up an appointment for you to meet with Jerry, he will help you open (and understand) a facebook page, understand some common computer problems, How to buy and sell on e-bay. You can meet with Jerry in the library at SMII or the office at SMI.*

*Call for your appointment!*



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

\*\*\*\*\*  
*Always honor your natural energy cycle and rhythms. You can only be who you are and give what you're able to give. Never mind what others want or expect from you. Honor yourself first so that you can live a happy, healthy and stress free life.* \*\*\*\*\*  
*Get enough sleep. If you want to make positive changes in your life, you have to have the clarity and energy that can only come from a solid night's rest. Coffee and other stimulants only mask your brilliance. Whether it's 6, 8 or 10 hours, get the rest YOUR body needs.* \*\*\*\*\*

*You deserve a relationship that is based on connection, partnership and intimacy. Choose to be in a relationship with someone who is honest, 100% responsible for their life and committed to being the best person they can be, along with loving and adoring your mind, body and soul. Never settle for less!*

# September at Spring Meadows

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

APPLE  
 CLASSES  
 HISTORY  
 REPORTCARD  
 SPELLING

ART  
 GEOGRAPHY  
 MATH  
 SCHOOL  
 TEACHER



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

**Meet with the Administrator meetings!**

September 25<sup>th</sup> at 11 AM for Spring Meadows II  
And  
September 25<sup>th</sup> at 2:00 PM at Spring Meadows I

*Want to be on a Calendar? We need 12 – 18 people to volunteer to be on a Spring Meadows Calendar. It will be: Spring Meadows Around the World! With Green Screen technology, we will have you painting in front of the Eiffel Tower, hunting big game in Africa, touring the pyramids, or skiing the Alps! If you are game, let Danielle, Linda or Michael know asap.*

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

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

## September Birthdays

Birthday extravaganza is held every month at Spring Meadows II – September 26 from 2 – 3 PM. (Celebrating September Birthdays..... everyone is welcome... cake, games and prizes)  
 Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

Carol Aldridge.....9/13

Happy Birthday everyone!!

Pat O’Conner.....9/26

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

Bev Reasoner.....9/9

Eva Swager.....9/20

Mary Waite.....9/15

Emmarell Wilson.....9/29

Mary Downard.....9/8

Annabelle King.....9/13

JoAnn Walter.....9/28





# For Your Safety.

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

## Keeping Food Safe

One in six Americans will experience food poisoning each year according to the CDC (Center for disease Control) In its mild form food poisoning can cause stomach distress that is uncomfortable and nasty. In more serious forms it can cause hospitalization and in severe cases even death. The CDC has issued some simple guidelines to keep your food preparations safe. There are four simple steps:

- **Clean: Wash hands and surfaces often**
- **Separate : Don't cross-contaminate**
- **Cook: Cook to the right temperature**
- **Chill: Refrigerate promptly**

When washing your hands, be sure to wash with soap and running water. While you do not have to wash poultry, meat or eggs, you should wash fruits and vegetables- including the pre-cut packaged ones. Counter tops and cutting boards should also be washed with hot water and soap to prevent bacteria from forming on them after use.

You should always keep meat, poultry, eggs and seafood separate from your other food both in your shopping basket and in your refrigerator. This will prevent bacteria from spreading between packages

You cannot tell by looking at the food if it is cooked to the right temperature. Food is only safe if it is cooked to a high enough temperature to kill bacteria. Different foods have different temperatures where that occurs. Use a food thermometer for the most accurate way to tell if your food is done. These can be purchase very inexpensively. Once your food is cooked, keep it hot or chill it right away. Years ago we use to leave food out to cool, but it has been proven that while food is cooling, bacteria is growing. Perishable food should be refrigerated within two hours . When on a picnic in hot weather, that should be an hour or less.

Don't let poor food sanitation lead to illness or something more serious. A few simple steps in food preparation will keep you safe.

Well, we are currently looking for pets for the pet show! Bring the Grandkids (just make sure they sign up first). We are looking for dogs and cats, rabbits and more (no exotics please). It is just \$10 for a full day of fun on stage. We will have ribbons for 20 categories.

We also need a couple more judges for our show!

A petting zoo compliments of Milligan Dairy Farms will be on-site, we have vendors and a great raffle. Come for a fun day.

Speaking of pets, I have a pet chicken! I named him Scruffy, we live in the country on about 6 acres and our neighbors have chickens. About once a year one of theirs ends up at our house. This guy was missing his tail-feathers and the feathers around his neck! I named him "scruffy" because that is exactly what he looks like.

Bill started out not being too happy about ole' scruffy but now when he gets home he says hello and asks him how his day was. I must admit, I am pretty attached to scruffy. He sleeps on our deck and eats about anything I give him. I bought him 50 pounds of cracked corn so I guess that makes him ours. He crows every morning and my dogs would love to chase him

We will have to come up with a plan for winter, don't think the deck is a good option for him. I don't want him to go anywhere where people will eat him. He is a really nice guy. He comes when I call him and he walks me to the car every morning. I know some roosters can be mean but scruffy is pretty docile.



What a great summer this has been, the weather has been perfect! Hope you did something to enjoy this time of year; it won't be long before we are up to our knees in snow again. The Farmer's Almanac is predicting another terrible winter. I really hope they are wrong!

The RAC committee at Spring Meadows I is planning their fall Garage Sale. Make sure to sign up if you want to be in on it again. It is set for September 26 and 27.

Randy had a great vacation, he went camping and got lots of rest. While we are happy to have him back, it was great that he was able to get some much-needed rest. He handed the phone off to Mark and just rested for a whole week!

Mark is off this week and has gone up North for the week. He is looking through antique stores and is enjoying his time off. He is looking for some Turquoise Jewelry, hope he finds what he is looking for!

I will be glad when the orange barrels are off the roads! I drove my car up 127 one afternoon and they had just opened it up to traffic. I must have been one of the first to travel on it. I got something white all over the side of my car, took it through the carwash and it was still there! Finally, Bill took it into the dealer and they suggested we call the insurance company. That little drive did \$1,200 in damage to the side of my car!

I will be working on budgets this month so if you see me and I am blurry eyed or in a really bad mood..... it is just budget season.

I am really excited about Jerry volunteering, it is a great opportunity! Make sure you call if you want help with computers! Happy September! 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](http://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](http://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