



# Sage Grove View



## Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • [www.pvm.org](http://www.pvm.org)

January 2014

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## For Your Safety.

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

### Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

### Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid,

unless needed to support tax filings

- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997.

More information can be found on the government web site [www.USA.gov/](http://www.USA.gov/) [Managing Household Records](#)



The Village of  
**Sage Grove**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Easy Shepherd's Pie Recipe

Prep time: 10 minutes    Cook time: 50 minutes    Yield: Serves four

### Ingredients

- 1 1/2 lbs. ground round beef
- 1 onion chopped
- 1-2 cups vegetables - chopped carrots, corn, peas
- 1 1/2 - 2 lbs. potatoes (3 big ones)
- 8 tablespoons butter (1 stick)
- 1/2 cup beef broth
- 1 teaspoon Worcestershire sauce
- Salt, pepper, other seasonings of choice

### Method

- 1** Peel and quarter potatoes, boil in salted water until tender (about 20 minutes).
- 2** While the potatoes are cooking, melt 4 Tablespoons butter (1/2 a stick) in large frying pan.
- 3** Sauté onions in butter until tender over medium heat (10 mins). If you are adding vegetables, add them according to cooking time. Put any carrots in with the onions. Add corn or peas either at the end of the cooking of the onions, or after the meat has initially cooked.



- 4** Add ground beef and sauté until no longer pink. Add salt and pepper. Add Worcestershire sauce. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.

- 5** Mash potatoes in bowl with remainder of butter, season to taste.



- 6** Place beef and onions in baking dish. Distribute mashed potatoes on top. Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the potatoes as well.

- 7** Cook in 400 degree oven until bubbling and brown (about 30 minutes). Broil for last few minutes if necessary to brown.

Ref: [www.Simplyrecipes.com](http://www.Simplyrecipes.com) Recipe by: Elise Bauer; 04-06-2006

## Announcements

- ✚ January 1st –  
New Year's Day –  
Office Closed
- ✚ January 20<sup>th</sup> –  
Martin Luther King Jr.  
Day – Office Closed

### Community Room Events

- ❖ January 8<sup>th</sup> – Commodities  
Pick-up. Announcement  
will be made when ready
- ❖ January 6<sup>th</sup> & 20<sup>th</sup> –  
Bible Study Group  
4:00 – 5:00pm
- ❖ January 8<sup>th</sup> –  
Making Choices  
Presentation– 1:00pm.
- ❖ January 23<sup>rd</sup> –  
Bingo with Life EMS –  
2:30pm
- ❖ January 27<sup>th</sup> –  
Activities planning  
committee meeting –  
10:00am
- ❖ January 18<sup>th</sup> – Crafts  
1:00pm in Comm. Room
- ❖ January 25<sup>th</sup> – Social  
Gathering and “Give away  
day” all items are free.

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## Statewide Comprehensive Campaign Reaches \$13.6M For Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM’s strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project.

I am also happy to report that in 2013, the PVM Foundation awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities
- And more!

None of this could be accomplished without the continued support of our donors, *so thank you for all you do to further PVM’s mission!*

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). We wish you a happy new year filled with good health, peace and joy!

Warm regards,  
Paul J. Miller, CFRE

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- 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.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

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

For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## The Power of Volunteering

With the arrival of the New Year, many of us will use it as an opportunity to make a fresh start.

We'll re-examine our lives, establish new goals, and resolve to make this year the best one yet. To that end, something you may want to consider doing this year is becoming a volunteer. While most of us volunteer without expecting to get anything in return, research has recently revealed that along with providing a societal benefit, volunteering provides direct health benefits to those who volunteer. Compared to their non-volunteering peers, volunteers have lower rates of depression, greater functional ability, and lower mortality rates. And though it may be true that healthier individuals may be more likely to volunteer (thus accounting for these differences), the evidence suggests that volunteering itself can actually lead to improved health, both physically and mentally. This seems to be particularly true for adults who volunteer at least 100 hours per year and are 60 years of age or older. So, the next time you're looking for a way to improve your health, consider volunteering.

There are plenty of organizations in need and plenty of opportunities available. A good place to start looking is [www.VolunteerMatch.org](http://www.VolunteerMatch.org). Simply follow the link.

*Proverbs 11:25 "Generous persons will prosper; those who refresh others will themselves be refreshed"*

*(Common English Bible translation)*

## Service Coordinator's Corner

This month, I would like to focus on one of my favorite topics – diversity.

Those who came to the Service Coordinator Meet n Greet last month have experienced diversity in action. We gathered in a room and took turns sharing a personal tidbit that others might not know. While some people talked about their families, others chose to discuss work experiences or tell the rest of us where they have lived. No two people had exactly the same idea of what information to put out there.

In the two months I have been at Sage Grove, I have met people with varied talents, interests, and needs. Some enjoy reading. Others like to bake. We have volunteers and puzzle solvers. Musicians live alongside military veterans and ministers. At times, one individual's tendencies might butt up against a neighbor's. This is a routine part of life in a world where me being me can sometimes irritate you.

Let's look a little deeper into what diversity is. The comprehensive definition below comes from the University of Oregon,

"The concept of diversity encompasses acceptance and respect. It means understanding that each individual is unique, and recognizing our individual differences. These can be along the dimensions of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies. It is the exploration of these differences in a safe, positive, and nurturing environment. It is about understanding each other and moving beyond simple tolerance to embracing and celebrating the rich dimensions of diversity contained within each individual."

(See <http://gladstone.uoregon.edu/~asuomca/diversityinit/definition.html> for more information)

Those words boil down to two basic ideas: each of us is unique and that's a good thing. I gotta be me and you gotta be you. Everyone else is taken. ☺

We could spend our time thinking about the things that separate. That's always an option. The other end of the spectrum is the old saying, "Can't we all just get along?" Both poles have a point.

However, the space between the two holds the potential for a lot of exploration. We can take some time to listen to each other and think about where (literally and figuratively) our fellow humans are coming from. This is the heart of diversity and the nature of being alive in this widely varied world of ours.

Rebecca

Continued from page 2

## Announcements Continued

- ❖ 1<sup>st</sup> Sunday of the Month – Gospel music sing-along – **5:00pm**; Followed by *Birthday Celebration* for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am
- ❖ Last Saturday of the month "Give away day" and Social Gathering – 10am – 12pm
- ❖ Movie Matinee every other Tuesday – 1:30pm
- ❖ Loaves and Fishes – Delivery of Produce & Baked goods from Meijer Shopping Center & other local stores. Deliveries are at random. All residents are welcome to what we receive, on a 1<sup>st</sup> come 1<sup>st</sup> serve basis.
- ❖ Wal-Mart Bus – Every Monday – Pick-up is at 12:15pm

## Birthday Celebration!

Deanna H. ....January 5<sup>th</sup>  
 Gary B. ....January 13<sup>th</sup>  
 Cheryl B. ....January 17<sup>th</sup>

*To All who have a January Birthday ...  
 Wishing you a Great Day and a Blessed Year.*



### Administrator Column

“Let our New Year's resolution be this:  
 We will be there for one another as  
 fellow members of humanity, in the  
 finest sense of the word.”  
 — Goran Persson

Happy New Year! 2014 is going to be a  
 Great year.

I want thank everyone for coming out  
 for our Holiday dinner it was a great  
 success! I so enjoyed visiting with  
 everyone one and the food was  
 fabulous. Thank you everyone who  
 helped with the cooking, serving, and  
 clean up. This was truly one of our best  
 dinners so far. Thank you once again  
 to Presbyterian Villages of Michigan  
 Foundation for providing the majority of  
 the dinner via the resident activity grant  
 received for 2013. Your generosity is  
 greatly appreciated by all.

The winner of the favorite decorated  
 Holiday door was Sandra Praught, unit  
 #103. Thank you everyone who got out  
 and cast your vote.

As we continue to receive an abundance of  
 snow, please remember to dress warm and  
 wear proper footwear when venturing out  
 of doors. ... Safety first!!

I hope you all enjoyed the holidays.  
 Wishing you a Blessed and Happy New  
 Year.

Best Wishes,

*Paula Hager*  
 Administrator

## Calendar

## Events for January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ~  <b>Office Closed</b>  <b>New Year's Day</b>	2	3 ~ Comm. Van	4 ~
5 ~ Gospel Sing-Along 5pm – in Comm. Rm. ----- Birthday Celebration's 5:30pm in Comm. Rm.	6 Bible Study Group Meets 4 - 5pm in Cm Room	7	8 Commodities pick-up for those qualified ----- 1:00 PM Making Choices Presentation	9	10 Comm. Van	11
12	13	14 Movie Matinee 1:30pm in Comm. Rm.	15	16	17 Comm. Van	18 Crafts – 1:00pm in Cm Room
19	20 Bible Study Group Meets 4 - 5pm in Cm Room ----- <b>Office Closed</b>  <b>Martin Luther King Jr. Day</b>	21	22	23 "Bingo" Life EMS – 2:30pm in Cm Room	24 Comm. Van	25 "Give Away Day" & Social Gathering – 10am-12pm – ALL items Free
26	27 Activity Planning Committee Meeting 10:00am in Comm. Rm.	28 Movie Matinee 1:30pm in Comm. Rm.	29	30	31 Comm. Van	

**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

**Phone: (269) 567-3300**

**Fax: (269) 381-6733**

### Village Staff

**Paula Hager**

*Administrator*

**Rebecca Ogradowski**

*Service Coordinator*

Monday – Thursday – Phone: (269)382-9910

10am – 3pm

**Joseph King**

*Maintenance Technician*

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**MAINTENANCE EMERGENCY NUMBER: (269) 615-3804**



**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)



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Kalamazoo, MI 49006**

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