



# Village News



## Embrace the possibilities

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

October 2015

49201 • www.pvm.org

## Spring Meadows Bus!

### Featured Articles

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We have our Bus! From the hard work of residents, and the gracious gift from the Weatherwax Foundation, we were able to purchase a beautiful bus! Bruno and Danielle both have Chauffeur's licenses and will be able to drive the bus during business hours. After hours, we need volunteers! If you know someone with a Chauffer's License who would like to volunteer, let us know!



A few events are already in the works. We are looking for people to join our trip committee. If you are interested, give us a call.

We are planning to take a bus full to the taping of the Bart Hawley television show on October 12<sup>th</sup>. If you are interested, please give us a call (first come-first served). It will only be a couple of hours but should be a lot of fun! The TV studio is not very accommodating to walkers or wheelchairs and we need to walk to get to the station since Michigan Avenue is under construction so be prepared for that.



*Please don't put your trash out before Wednesday night! We are having a problem with people putting it our early and animals get into it, then the guys pick it up and it falls on the around.*

Look for PVM on:



## Resident Satisfaction survey!

*The Resident Satisfaction survey results are in. They were great (for the most part). Two nasty ones but they were more personal than helpful. A few comments about the concrete (in the process of getting done), a few comments about laundry at SM2, most were very kind and caring! Lots of good things about the staff! The actual survey asked for more information (that is what the meet the administrator meetings are for).... Come to them!).*

Meet the Administrator Meeting for October  
October 15

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

## Concrete Repair/Replacement at



## Spring Meadows I!

The cement trucks will  
Soon be at Spring Meadows I, work is scheduled to start  
October 5<sup>th</sup> until finished.



We are **DELLIGHTED** to announce that Ms. Gloria Hamlin will be attending the PVM Gala at Cobo Hall in Detroit on November 13! Gloria will be representing the Villages of Spring Meadows as our Resident Ambassador.

Gloria is a great representative of our communities for her complete dedication to the community, her tireless efforts in organizing activities and events, for being a major fund-raiser for the bus and being a loving and devoted resident.

Gloria is being sponsored by our Board of Directors. She will attend the event with Bill and Linda Sisco, will spend the night in accommodations provided for her in Detroit and will come back home with Rae and her husband the next day.

The GALA this year is entitled: "70 and still making waves!" It is PVM's 70<sup>th</sup> anniversary. The Gala is our biggest fund-raiser of the year and invites hundreds of people associated with PVM! It is a wonderful event! This year, Linda, Bruno, Rae and spouses will be going!

# Danielle's Notes

Spring Meadows!

I am happy to report that I am getting quite a few more people from SM1 added to my list of people I have helped out! Keep it coming! I love getting to know more and more residents and providing assistance with DHS, Dept. on Aging, Medicare, etc. I also can assist in the completion of a Michigan Will, Advance Directive and other forms that are frequently thought to be intimidating.

Some of you may not know this about me, but I am an extreme deal-finder!! If you're looking for something in particular, I can help find it and hopefully save you some money! I have assisted residents with car insurance, small appliances, etc. I love finding a great deal and making the money that serves my family of five stretch as far as I can make it! For example, did you know you can match any current sale price from any area store at Wal-Mart? Did you find milk on sale at Polly's, bread on sale at Kroger and a great deal on fresh vegetables at Aldi?? Buy it all at Wal-Mart for those sale prices; you save time and money!

Some of you may not know that we are trying to put together a cookbook! If you love to cook, or just love to eat, we would LOVE to have you be a part of the process! We are collecting recipes and are excited to host a "Recipe Show Off" on October 1<sup>st</sup> at SM2. The potluck is free to those who have donated recipes to the book OR people willing to share a recipe at the potluck. If neither of these apply to you, come enjoy several delicious samples for just \$3.00.

It is our hope with the cookbook that people can submit (or dictate) a story about why the recipe is special, a funny story that goes with it or other related memory. Also, a picture of the author, family member who originated the recipe or even a photo of the food itself would be a great feature for the page. We want the cookbook to be a real reflection of life at Spring Meadows and I know food and potlucks is one thing we really know how to do well!!

I love being a part of Spring Meadows and would really encourage anyone to contact me whenever they may think I could be of service. It's my calling to serve and I am so glad to have this community to serve within.

Much Love,

Danielle



2136 Robinson Rd Jackson, MI  
49203

517-750-2180

**Call Brown's Advanced Care  
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**We will deliver your  
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your prescription  
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of your current  
pharmacy.**

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door Monday through Friday.**



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## TOTAL SOLUTIONS FOR AGING WELL

PVM is in the midst of our 70<sup>th</sup> Anniversary. We have been known as innovators since the beginning and continue to provide creative solutions for enjoying life to the fullest. If you are a PVM resident, a caregiver, or simply a senior who is wanting to remain where you are safely and securely, we have a new service to help you or a loved one. We have piloted a program at The Village of Westland for five years with high customer satisfaction and are now launching it to all of our Villages as well as entire communities throughout Michigan. The program is called CareSync Solutions and is already receiving rave reviews. It is a joint venture between PVM and Homestead Home Health Care Services, our partner in the Westland pilot.

Whether you are looking for the comprehensive medical care that will help you stay in your home, or the stress-reducing personalized assistance that will help make your life a little easier, CareSync Solutions' innovative approach combines time-tested talents and the latest technology to meet the needs of any individual, family or community. Whether it's transportation, telehealth, home repairs, or meal preparation, CareSync's experienced staff will work tirelessly to meet your needs and keep you healthy at home.

Sometimes just a little help can keep oneself on a good path of health and longevity, as well as the ability to remain independent. If you would like to know more about these services, call (248) 773-4550 or check out the website at [www.caresyncsolutions.org](http://www.caresyncsolutions.org). For PVM residents, you can also talk with your Village staff.

We wish all of our readers the chance to live life to the fullest in the setting of your choice.

**Fire and Tornado Drills**  
**October 13, 2015**  
**Spring Meadows 2 – 11:30 AM**  
**Spring Meadows 1 – 2:00 PM**



**I'm so glad I live in a world where there are Octobers."**

– L.M. Montgomery, *Anne of Green Gables*

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**October, baptize me with leaves!  
 Swaddle me in corduroy and nurse me with split pea soup. October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins. O autumn! O teakettle! O grace!"**

– Rainbow Rowell, *Attachments*

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### **October's Party**

**October gave a party;  
 The leaves by hundreds came -  
 The Chestnuts, Oaks, and Maples,  
 And leaves of every name.  
 The Sunshine spread a carpet,  
 And everything was grand,  
 Miss Weather led the dancing,  
 Professor Wind the band."**

– George Cooper



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

By Tom Wyllie,  
Director of Wellness

### October is National Breast Cancer Awareness Month

Although breast cancer is the second leading cause of death among women, because of early detection and treatment an increasing number of women diagnosed with breast cancer are beating the disease. According to the American Cancer Society (ACS), when breast cancer is detected early and is in the localized stage, the 5 year relative survival rate is 100%. To detect breast cancer early, the ACS recommends that beginning at age 40 women have both an annual clinical breast exam (CBE) performed by their health care provider and an annual mammogram for as long as they remain healthy. It is important to remember that it is health status, not age that should determine whether or not to continue with regular mammograms. As long as you remain healthy and don't have a serious, chronic health condition you should continue getting an annual mammogram. And though mammograms aren't fool proof, they are an important tool in detecting breast cancer early. To learn more about the early detection and treatment of breast cancer, visit [www.cancer.org](http://www.cancer.org) and/or [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org).

October is  
**Breast Cancer  
Awareness**  
Month



# Catered Lunch

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

**Catered Lunch**  
**Spring Meadows I, Community Room**  
**October 23**  
**11:30 AM**

**Golumkies (stuffed cabbage), homemade sauce and a homemade dessert!**

**We Deliver! Just \$6!!**

**Sign-up at the office**

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

**Health Fair**  
**Vendors with free gifts, health screen, gift card raffle**  
**October 19<sup>th</sup>**  
**SM1: 1:30 – 2:30 PM**  
**SM2: 11:30 – 12:30 AM**

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**“October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures. They made me believe in miracles.”**

– Sarah Guillory, *Reclaimed*  
\*\*\*\*\*



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"Youth is like spring, an over-praised season more remarkable for biting winds than genial breezes. Autumn is the mellow season, and what we lose in flowers we more than gain in fruits."  
- Samuel Butler



## **Halloween Parties!**

**Thursday October 29<sup>th</sup>**

**11:30 AM at SM2**

**3:00 PM at SM1**

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**Prizes for the BEST Costumes!**

**Bring a passing Dish and be ready for FUN!!!**

**Karaoke!**

**The Maintenance cell phone is for**

**EMERGENCIES ONLY!**

**Please don't call with regular**  
**Service calls ..CALL THE OFFICE.**

**Have you tried "First Fruits" Groceries!**  
**If you live at Spring Meadows you automatically qualify!**  
**Great food Boxes at reduced prices!**

\*\*\*\*\*

**Meats from Prime Cuts \$25 or \$49**  
**Produce from Keyes Produce \$20 (choose from 2 boxes)**  
**Order forms at the office**  
**Pay with check or money order, orders can be placed at the office!**

# **Meet the Administrator Meetings October 15, 2015**

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**Spring Meadows I – 2:00 PM**

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**Spring Meadows II- 11:00 Am**



Birthday extravaganza is held every month at Spring Meadows II October 30th from 2 – 3 PM. Celebrating October Birthdays..... Everyone is welcome... cake, games and prizes

Thanks to Sherry from Faith Haven for the cake!

## October Birthdays

Norma Lane.....10/12

Happy Birthday everyone!!

Ruth Ann Myers.....10/11

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

Carol Papineau.....10/12

Janet Bell.....10/19

DuWana Bertke.....10/14

Anna Cook.....10/14

Beatrice Daniel.....10/14

Teresa Pluta.....10/28

Al Walker.....10/7



### INSPECTIONS!

SM2: Oct 20 & 21

SM1: Oct. 26 – 29

We will notify you a day before the guys will be there to do our in-house inspection. We are asking you to pull the sheets and blankets off your beds too. Remember, no large pieces of furniture in front of windows. If you have any outstanding service orders, please call them in.

# Get your Flu

# Shot! *If not for you... for your family, friends and neighbors!*

It is already October! Oh my goodness! The holidays are right around the corner and we are going to start bringing out the long underwear again!

We are planning our Halloween parties and gearing up for the winter months.

Budget season for Spring Meadows I is over and we are looking at a slightly lower rent increase this year for some of you.

Things are going well. We have lots of exciting things happening and we are enjoying the most beautiful time of year in Michigan!

The Queen's Tea was beautiful and we had such a great time! Lynn Alexander (PVM) was our Master of Ceremonies, Huge thanks to everyone for helping make it a beautiful success!



I rented antique teacups and saucers and they were so pretty. The food was great... huge thanks to Carolyn Barron and Danielle for helping with the food. We had a total of 48 people at the event.

The concrete work at Spring Meadows I will be an inconvenience for residents, family and staff but we will get through it! The concrete work will take a few weeks to do but will be so nice when it is done. They will start at the office and work around the property.

I am appearing on the Bart Hawley Show on Monday, October 12<sup>th</sup> at 1:30 PM and would love to take residents with me for the taping of the show. We can take about 8 people besides me and Bruno. Please let me know if you are interested!

It was great at the tea that Bruno could just drive around the property and pick up residents and bring them to the tea! It worked out so nice and will be even nicer for the Halloween, Thanksgiving and Christmas parties. The steps are not steep and Bruno will help you get on and off, walkers are accommodated easily! It saves a lot of room for parking in front of the office too.

Bill and I are going to Myrtle Beach and driving the Corvette down. We will leave it in the garage in Myrtle Beach. We will park our cars outside and keep the Corvette and a snazzy golf cart in the garage!

The Jackson City Christmas parade organizers asked me, as Ms. Senior Michigan, to appear in their parade. I asked if we could decorate our bus and bring a bus-full of residents with me. They were delighted! So.... We need to dress our bus up for Christmas and take about 12 people so sign up soon.

I am in the Lansing Electric Light parade for Christmas on a float. Then a parade in Rochester for their huge Christmas parade (not sure what my ride will be). Better get out the long underwear

The nationals are on the 18<sup>th</sup> - 23<sup>rd</sup> of October. We have dinners, parties, breakfasts and many events the whole week. We are staying at the Resorts Casino Hotel on the Boardwalk in Atlantic City. I have heard from previous queens that it is a life changing event and I will see more glitter and glitz than I have ever seen in my life! I have been instructed that I must wear my crown and banner every time I am "out and about" in Atlantic City.... The only time I can take it off is in the shower.

Make sure you get your flu shot! It is so important! I will be at the front of the line to get mine and hope you will be right behind me! If you miss the clinic, Deborah Muhich from Brown's pharmacy will come back for you.

Cheryl Carney, is retiring this week and it breaks my heart! Cheryl has been such a huge help and has been the best supervisor, I will miss her immensely. Dana Phelan will be taking over for Cheryl, she is also a great person and I look forward to working with her.

I will keep Rae posted about the pageant and she can let all of you know what is going on. Wish me luck!

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](http://www.pvm.org)

## Office Numbers

**(517) 788-6679**

**(517) 788-7502**

### Village Staff

**Linda Sisco**  
*Housing Administrator*

**Rae Stachnik**  
*Assistant Administrator*

**Bruno Trout**  
*Maintenance Lead*

**Tom Leach**  
*Maintenance Tech*

**Danielle Leithauser -788-5519**  
*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](http://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**



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

## How Would You Like to Receive Income and Support Future PVM Residents, Too?

If you'd like to support PVM's mission and receive steady payments during your retirement years, a **charitable gift annuity (CGA)** may be right for you.

Through a simple agreement, you agree to make a donation of cash, stocks or other assets to PVM Foundation. In return, you receive a **fixed income payment** for the rest of your lifetime with a rate of return as high as 9%, depending on your age.

Other benefits of a CGA include:

- Your initial gift is partially income tax-deductible.
- Your CGA payments are partially income tax-free throughout your estimated life expectancy.
- Your payments are not affected by ups and downs in the economy.
- The CGA can be for one or two people, so your spouse or another loved one can also receive payments for life.

Donors who make a planned gift to PVM, like a CGA, are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about CGAs and Calvin Society membership, please contact us at 248-281-2040 or visit [PVMfgifts.org](http://PVMfgifts.org).

You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big impact. Thank you to all our donors who support the PVM mission and make a lasting impact on future residents!

Warm regards,  
Paul J. Miller, CFRE

**PUT YOUR MONEY TO WORK FOR YOU!**

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**Key Features**

- A sizable part of each gift annuity is also tax-free.
- 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+	9.0%

**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

**Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller**  
248.281.2045 [www.pvmfgifts.org](http://www.pvmfgifts.org)

# FACTS about the FLU!

**Protect. Learn. Understand. Safeguard.** Educating older adults about influenza and prevention From the National Council on Aging.

## **Influenza, commonly known as “the flu,” is a contagious illness that can be severe and life-threatening, especially for older adults.**

Symptoms of the flu often include high fever, headache, tiredness, cough, sore throat, runny or stuffy nose, and body aches.

The flu is easily passed from person to person through coughing, sneezing, or through contact with fluids from an infected person's mouth or nose.

One reason that flu can be severe for older adults is that the immune system weakens with age, which makes it harder to fight disease.

Each year in the United States, more than half (50-60%) of flu-related hospitalizations and almost all (90%) of flu-related deaths occur in people 65 years of age and older.

## **The flu can be dangerous in older adults as it can make other chronic health conditions like heart disease and diabetes worse.**

A recent NCOA survey of more than 1,000 U.S. adults 65 years of age and older found that about one third of survey respondents were aware that someone with chronic health conditions like heart disease or diabetes would be at risk for complications from the flu.

People with these chronic health conditions are more likely to develop complications from the flu that can result in hospitalization and even death. 86% of adults aged 65 and older have at least one chronic condition, and 68% of Medicare beneficiaries have two or more.

Among adults 65 years of age and older, about 30% have heart disease, and about 20% have diabetes.

## **While flu hits older adults the hardest, many seniors underestimate the seriousness of the flu.**

The 2014-2015 flu season recorded the highest hospitalization rates among people 65 years of age and older in recent history.

The NCOA survey found that 82% of seniors are not extremely confident in their knowledge of the age-related decline of the immune system as it relates to the flu.

Additionally, only 13% of seniors are extremely confident in their knowledge of possible flu complications.

## **Vaccination is the best way to help protect yourself and others from the flu.**

The Centers for Disease Control and Prevention recommends annual flu vaccination for everyone six months of age and older, with rare exception.

It is estimated that during the 2013-2014 flu season, nearly 50,000 hospitalizations were averted due to vaccination in those 65 years of age and older.

For seniors, it's important to get vaccinated early in the season. A study shows that early vaccination is associated with greater benefit compared to later in the season.

Older adults have flu vaccine options – including the regular flu shot and a higher-dose vaccine developed specifically to address the age-related weakening of the immune system.

Flu vaccination is a Medicare benefit with no copay. Both vaccine options are widely available at a doctor's office or local pharmacy.

## **However, seniors are largely unaware of their flu vaccination options, and further education and resources are needed.**

Only 8% of NCOA survey respondents are concerned about getting the flu, despite the high hospitalization rates in seniors.

More than half (57%) are unaware that there is a flu shot specifically for their age group.

Overall, adults 65 years of age and older are not extremely confident in their knowledge of resources for information about the flu.

**Talk to your health care provider about flu prevention and your vaccine options.**

**Visit [www.ncoa.org/Flu](http://www.ncoa.org/Flu) for more information.**

*Flu +You is an educational program from National Council on Aging and Sanofi Pasteur.*

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