



# Mill Creek Scoop



## Embrace the possibilities

300 Carl Avenue • Battle Creek, Michigan 49037 • www.pvm.org

October 2016

### Featured Articles

- Senior Advocate pg. 1
- Giving Matters pg. 2
- It's Your Life pg. 3
- Halloween Party & Announcements pg. 4
- Administrators Column & Resident Birthdays pg. 5
- Calendar pg. 6



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### BEING AFFIRMED BRINGS SUCH JOY

I think for most of us being affirmed by noted experts is a joyful experience. This just happened to me the other day upon reading the September 26, 2016 issue of Time Magazine. For years I have led the charge on the notion of embracing aging. The aging process is going to occur no matter what our response is. We can either deny it, defy it or embrace it. I have found it sad that so many folks choose to be in denial. Plastic surgeons can tell you that the quest for The Fountain of Youth is surging. Yet, aging is much like everything else in life. If we have a positive attitude we create a far better life experience for ourselves. So imagine the joy I felt upon reading the Time article which was headlined with "How and social ties affect the way you age". In it author Mandy Oaklander mirrors many of the messages my business as Your Aging Well Advisor has promoted over the years.

She reflects studies which suggest that some of the best ways to make the most of our extra years include to: Embrace technology; Have family be there for each other; Lighten up and enjoy a sense of humor; Set goals and take risks, Expect the best with a positive attitude; and my favorite, Welcome Aging. Indeed this new longevity which many of us have been granted is providing opportunities our ancestors could only dream about. The chance to hold a great grandchild In our arms, be there for a grandchild's graduation or wedding, launch a business at middle age, travel around the world or volunteer at something we have always wanted to become involved with are just a few of the many life experiences we now hold dear.

*We can take a cue from the popular saying: "Do not regret growing older. It is a privilege denied to many.", by Edith Wharton.*

### Embrace Aging and Enjoy the world!



The Village of  
**Mill Creek**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## Seniors reap what YOU sow.

*Sow seeds of opportunity at the PVMFGala next month!*

The air is crisp. The leaves are changing and time is running out to get your Gala ticket!

It's amazing! You can **change a life** by spending a Friday night at COBO Center.

You care about the needs of Michigan seniors. You want to see your parents, your family members—your peers **thrive**.

You can help by coming to the party or—  
you can **sponsor a resident's ticket!**

There'll be great jazz, a raffle, a few surprises—AND—**every single ticket sold** has a direct benefit to Michigan seniors.

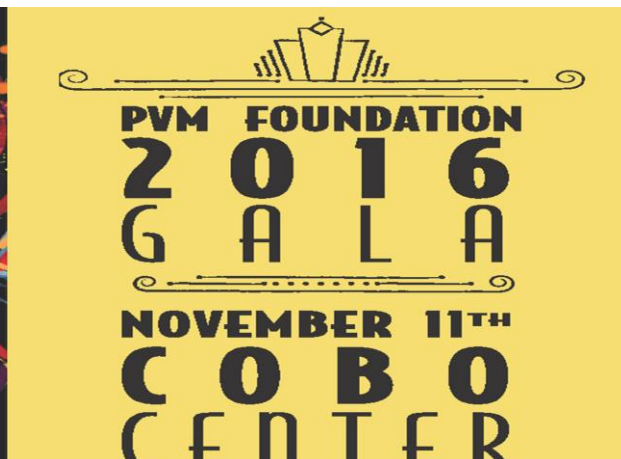
Harvest this opportunity by visiting [PVMF.org/Gala2016](http://PVMF.org/Gala2016) or calling 248-281-2040 today!

### PVMF's 13<sup>th</sup> Annual Gala – *All That Jazz!*

**November 11 at COBO Center**

See you there!

Warm regards,  
Paul J. Miller, CFRE





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

By Tom Wyllie,  
Director of Wellness

### Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the “Facts on Aging Quiz” first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breytspraak and Lynn Badura of the University of Missouri-Kansas City in 2015\*. Do you know which ones are true and which ones are false? I’ll publish the answers in next month’s column. If you just can’t wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser: <http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

T F It is very difficult for older adults to learn new things.

T F Clinical depression occurs more frequently in older than younger people.

T F Personality changes with age.

T F Older adults have more trouble sleeping than younger adults do.

T F Physical strength declines in old age.

T F Older people are happier if they are allowed to disengage from society.

T F Older persons take longer to recover from physical and psychological stress.

T F Most older adults consider their health to be good or excellent.

T F Older workers cannot work as effectively as younger workers.

T F Research has shown that old age truly begins at 65.

\*Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from

<http://info.umkc.edu/aging/quiz/>

# HAPPY HALLOWEEN

## HALLOWEEN PARTY



Thursday,

October 27th

Bingo starts at 2pm

A

Creepy Taco Bar

§

Ghoulish Dessert will be served!

At 3pm

Costumes are welcome!

Spooky games and scary fun will be had by ALL!



**Don't forget!!**

**GAME NIGHT the 1<sup>st</sup> Friday & Last Saturday of every month at 6pm in the community room**

## Announcements

### ❖ Resident Activity Meetings

The resident activity committee meets the 3rd Tuesday of every month in the community room from 3-4pm \*\*\*Date Change for October – Meeting will be held Oct. 11<sup>th</sup> 3-4pm

### ❖ Bible Study – Every Friday 2pm in the community room

### ❖ BINGO - is held in the community room the last Thursday of Every month at 2pm

### ❖ Halloween Party Oct. 27<sup>th</sup> 3pm

### ❖ Health Screening & Exercise Group –Every Wednesday at 10:30a.m. located the community room

### ❖ Community Health Care Connections Q&A session, Thursday, Oct. 20th. 2-3pm

## October BIRTHDAYS

**Marilyn Nixon – 10-1**  
**Sherri Lacey – 10-29**



## Administrators Column

**Lots of fun things happening around the Village!! We are getting ready for our Halloween Party this month; please join us if you can. Our Resident Activity Committee is working on all the details for our Holiday Celebration. If you can donate a dessert or some time to help serve meals, help with set-up/clean-up please let us know. Stay tuned for more details!**

**Did you know?!?**

- **A bat can eat up to 1,000 mosquitoes in one hour. They help farmers by eating crop pests for dinner!**
- **Bats are important pollinators. Bananas, peaches, mangos, dates, figs and cashews are some of the foods we enjoy that come from trees or shrubs pollinated by bats.**
- **Seeds dropped from fruit bats in the rain forest account for up to 95 percent of forest re-growth on cleared land.**

**Happy Halloween Everyone!**

Sincerely,  
Jennifer Bouchard  
Administrator



# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Health Screening & Exercise 10:30am	6	7 Bible Study 2pm <hr/> Game Night 6pm	8
9	10	11 Resident Activity Meeting 3-4pm	12 Health Screening & Exercise 10:30am	13	14 Bible Study 2pm	15
16	17	18	19 Health Screening & Exercise 10:30am	20	21 Bible Study 2pm <hr/> Cooking w/Jackie 4pm	22
23 <hr/> 30	24 <hr/> 31 <div style="border: 1px solid black; padding: 5px; transform: rotate(-45deg); display: inline-block;">Happy Halloween</div>	25	26 Health Screening & Exercise 10:30am	27 Bingo 2pm Halloween Party 3pm	28 Bible Study 2pm	29 Game Night 6pm

**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) 962-0605**  
**Fax: (269) 965-2285**

### Village Staff

**Jennifer Bouchard**  
*Administrator*

**Janice McPhail**  
*Service Coordinator*  
Phone: (269) 965-4058

**Joseph Stokr**  
*Maintenance Technician*

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**MAINTENANCE EMERGENCY NUMBER: (269) 967-0002**



**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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**Battle Creek, MI. 49037**

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