



Village News



Embrace the possibilities

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

December 2013

Christmas at Spring Meadows!

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The calendar is full of exciting opportunities for Holiday fun at Spring Meadows!

A family is being adopted and bells will be placed on the tree at Spring Meadows I. Come and pick a bell, purchase the gift listed and bring it in "unwrapped please."

The family is a military family just returning from Afghanistan. It is a husband and wife with three children, ages 16 (girl), 8 (boy) and 4 (boy).

We also have a basket for food for our family in the lobby at SMI. Please bring in non-perishable food items.

Stockings are being sold for \$1 each to help with the rest of our families Christmas.

All gifts and food must be at the office by the 16th of December and a wrapping party will be held on the 17th starting at 9:00 AM.... Just stop in and help we'll have goodies and drinks.

Holiday parties will be held on the 19th of December at SMII from 1 – 3. We will have games (or karaoke), a pot-luck, prizes and (hopefully) Santa. We have invited our Board to attend and will have door judging for the best door "area" decorations.

At Spring Meadows I, the holiday party will be held on the 20th from 3 – 5, prizes, games (or karaoke), gifts and (hopefully) Santa.

The girl scouts will be caroling again this year. They will be at SMI on Sunday the 15th of December from 6 – 9 PM. **Please call the office if you**

would like them to serenade you. Immediately following the caroling, they will be coming to the office for snacks, hot cocoa and to add some hand-made decorations to our tree. Come to the office and join the fun! At this writing I do not have the date for SMII but know they plan to come there too!



Look for PVM on:





Couple things missing from the calendar

At Spring Meadows II, the Christmas party will be held on the 19th from 1:00 – 3:00 PM. Management will make and bring the entrée, please bring a dish to pass.

We are hoping Santa will be there so bring the kids. You can't sit on his knee but he loves hugs and we will take lots of photos. This year we will have **KARAOKE!** So be ready to have a lot of fun with that! Gifts, prizes and a door judging contest will take place at the party.

The Birthday extravaganza will be held on the last Friday of the month (December 27th). We will be celebrating all December birthdays with games, prizes and cake! The fun starts at 2:00 and is over at about 3:00.

Spring Meadows II will have an adopted family so watch the notices in your building with names and gifts wanted. Plus a food drive to help our family too. We only have a few weeks so it is coming up on us really fast!

Announcements

- 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!!
- **Announcement:** Bill Sisco (our beloved Tai Chi instructor, Santa Claus and Linda's husband) has to have his knee replaced and will not be teaching Tai Chi until January 2014. He is hoping he will be able to be Santa Claus this year but will have to see how he is doing. If he can be here, we might not have the usual "sitting on Santa's knee."
- Bible Study is held every Tuesday at Spring Meadows II with Rev Bill 3:00 – 4:00 PM



Thank You and Best Wishes From Our Family to Yours

It's hard to believe another year has come and gone so quickly, and yet so much has been accomplished to help PVM residents and seniors. Through the generosity of many donors this year, over \$3.5 million has been raised to support the following initiatives:

- **Rivertown Neighborhood**, An Innovative Senior Community in Detroit that will provide Detroit seniors a full array of affordable health care, service, and housing options all on one site.
- **The Village of East Harbor Health & Wellness Center**, which will be an 8,000 square foot state-of-the-art rehabilitation and wellness center in one location.
- **Benevolence funding** to help residents and seniors with insufficient financial resources.
- And many other life-enhancing programs and services at all the Villages, such as wellness, technology, transportation and more.

Most recently, the **10th Annual It's A Wonderful Life Gala** netted **nearly \$200,000** to benefit the greatest needs of our seniors.

This month, **our goal is to raise at least \$30,000** to support the Marie Claire Damone Fall Prevention Fund. Help us reach our goal by making a gift that will prevent falls, the leading cause of death among older adults. **Gifts are eligible to be matched \$1.00 for \$1.00!** To make a gift, please see the front desk, your Village Administrator or visit us online at www.pvmfoundation.org (you must designate your gift for the Marie Claire Damone Fall Prevention Fund to be eligible for the match).

None of this could be accomplished without the help and support of every Board member, employee, volunteer and most importantly, every donor to PVM. To each of you, **thank you for making a difference** and best wishes for a blessed holiday season, from our family to yours!

Warm regards,
Paul J. Miller, CFRE



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

“The belief that unhappiness is selfless and happiness is selfish is misguided. It's more selfless to act happy. It takes energy, generosity, and discipline to be unfailingly lighthearted, yet everyone takes the happy person for granted. No one is careful of his feelings or tries to keep his spirits high. He seems self-sufficient; he becomes a cushion for others. And because happiness seems unforced, that person usually gets no credit.”

– [Gretchen Rubin, The Happiness Project: Or Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun](#)

“We make a living by what we get. We make a life by what we give.”

– [Winston Churchill](#)

The Marie Claire Damone Fall Prevention Fund



Your gift will prevent falls, the leading cause of death in older adults.

Your gift is eligible to be **MATCHED** \$1.00 for \$1.00!*

Please support this life-saving program.




For more details, please see your Village Administrator or call the PVM Foundation office at 248.281.2040.
*Match Guidelines Apply

Brown's
ADVANCED Care
Pharmacy Services



2136 Robinson Rd Jackson, MI 49203
517-750-2180

If you need a flu shot, Debbie will come to your home and give you one! Plus, she will make sure you get your meds.

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.

Service Coordinator to Start in December

We have a Service Coordinator! Her name is Danielle and you will LOVE her! She should be starting the week of the 2nd of December and will have an office at Spring Meadows II. She will be an employee of Spring Meadows and part of the staff, but she will answer to Linda and to a Service Coordinator Foundation in Detroit (not PVM).

Danielle has a degree in Social Work and has worked in the field for 14+ years. She will keep all of her conversations with you confidential (unless it is a housing matter), you can meet her in her office or she can come to your home.

Okay... what is a Service Coordinator? She is a person to help you with personal problems or issues. You can go to her with issues the rest of the staff is not equipped to handle (or doesn't have time to handle). Some examples: If you feel you need help with cleaning your apartment, she can try to help you find assistance, if you feel someone is abusing you, she can help you find assistance with that, if you need help getting food, help finding transportation to the doctor (she can't do the things for you but she can help you find resources). She cannot help with issues of housing (neighbors, management, rules and regulations, etc) but she can help you with **personal** issues.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

This is the time of year we focus on giving thanks and giving to others. I am thankful for a team of colleagues who incorporate that spirit of giving into their everyday lives. From benevolence in the form of assisting PVM residents to stay in their own homes to beautification and security our PVM employees, PVM board, PVM Foundation Board, and Village Board members all represent servant leadership at its finest. Giving to food pantries, hosting neighborhood community meetings, providing mobile health services and immunization sites, donating clothing and essentials for the homeless, building houses alongside Habitat For Humanity and promoting elder abuse prevention are among the many initiatives in which we have been engaged over the past year.

And we also reached out to improve the quality of life of Michigan children. Many of our Villages have provided giving trees whereby local families are adopted for Christmas. And, in one instance, they transformed an old and rusty tricycle into a sparkling new red tricycle which will be treasured by a youngster with memories to last a lifetime.

Protecting our environment also made the list of contributions via recycling projects including medication disposal sites and community recycling events. What a joy it is to work with individuals and teams of people who think of their work as a mission instead of a job. As Albert Einstein once said: "Only a life lived for others is worthwhile."

May the joys of the season be with all of our readers over the upcoming holidays and on into the New Year.

All Service Requests

MUST BE CALLED INTO THE

OFFICE!!

*Do not ask Mark or Randy to do any work
without calling the office.... We need a record of*

Solicitors

Last month, an insurance solicitor got into the building at SMII. She sent out a postcard asking people if they wanted information on Social Security.

People signed up, but when she came out, she handed them a small pamphlet from social security and was selling insurance. She was very pushy and said some very inappropriate things (i.e. Your insurance company will not pay your families anything! Couldn't you use some money? I will call your insurance company and say I am your friend... and so on). This is NOT okay. If you have questions about insurance, please call the office, we will get you in touch with someone legitimate.

The worst thing was that once inside the building, she started going door to door. If anyone gets inside that building and is going door to door, it is not okay! Tell them to GET OUT and call the police, if necessary. Definitely get their name and give it to the office.

A resident at SMI has an “almost new” stackable washer and dryer. They paid over \$1200 and are willing to let it go for \$600. If interested, call the office

December Birthdays

Birthday extravaganza is held every month at Spring Meadows II - Last Friday of every month from 2 – 3 PM. (December 27th – celebrating December Birthdays..... everyone is welcome... cake, games and prizes)
Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

Barbara Gier.....12/9

Nancy Herman.....12/17

Judy Martin.....12/24

Linda Metler.....12/22

Clara Stafford.....12/20

Lois Tiffany.....12/02

Ed Toole.....12/23

Zatha Carl.....12/01

Mary Hale.....12/21

Gloria Hamlin.....12/17

Marcia Wilkinson.....12/1

Happy Birthday everyone!!

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

“Give freely to the world these gifts of love and compassion. Do not concern yourself with how much you receive in return, just know in your heart it will be returned.”

– [Steve Maraboli, *Life, the Truth, and Being Free*](#)

“Love only grows by sharing. You can only have more for yourself by giving it away to others.”

– [Brian Tracy](#)

“Even the smallest act of caring for another person is like a drop of water -it will make ripples throughout the entire pond...”

– Jessy and Bryan Matteo



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

When Feeling SAD is More Than Feeling Blue

As the seasons change from fall to winter and the daylight hours shorten, it's common to feel a little blue. If, however, these feelings persist and intensify you may have Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs between September and May. It's characterized by constant sadness, extreme fatigue, social withdrawal, and cravings for starchy foods. While its exact cause is unknown, researchers think it is related to the decrease in sunlight that occurs during fall and winter. Low sunlight disrupts our bodies' natural rhythms, decreases our brains' serotonin levels, and interferes with melatonin production and absorption, all of which affect mood.

The first line of treatment for SAD is light therapy. It involves sitting next to a special, high intensity light for approximately 30 minutes a day. Another common treatment is dawn simulation. It involves use of a device connected to a high intensity light that gradually turns it on over 1 to 2 hours, thereby simulating sunrise. Researchers believe these therapies work because they reset our internal clocks and return our bodies to a more natural rhythm. To be effective, they need to be performed throughout the fall and winter. Otherwise symptoms will return. If these therapies don't seem to work, additional treatment with medication and counseling may be needed. If you think you have SAD, don't treat yourself. Consult your physician. He or she will be able to make a proper diagnosis and determine the most effective form of treatment for you.

Popcorn Thursdays

**Popcorn will be served in the lobby at Spring Meadows
II on Thursdays and in the Clubhouse at Spring
Meadows I on Thursdays**

**Come and enjoy a free bag of popcorn
Call and we will bring you some!**

FREE



For Your Safety.

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

Alcohol and the Holidays:

Christmas and New Year's Eve are wonderful holidays with many traditions. Some of these traditions involve the use of alcohol. In the spirit of the holidays, and safety, here are some safety tips to consider before you celebrate.

1. Never, Never drink and drive.
2. Alcohol affects seniors more quickly than younger adults. One drink can cause impairment.
3. Review your prescription and over the counter medications to see what warnings about alcohol are listed. Follow those instructions. Check with your physician if you do not see the alcohol information on the prescription.
4. Have something to eat either before or while you are imbibing alcohol.
5. If the holidays cause you to be sad, do not "self-medicate" with alcohol as a way of feeling better. Instead talk with a trusted friend, family or social worker.
6. If you are having a drink, have it around other people. Drinking alone makes it easier to drink too much.
7. Drinking can cause some health conditions to worsen. Be mindful of your health conditions when accepting a glass of cheer.
8. Drinking can cause you to become unbalanced, leading to falls.
9. Place a one drink maximum on yourself.

Lest you think that I am a "party pooper", I too enjoy a glass of the bubbly at the holiday times. I just make sure that I follow all the above tips that allow me to remain safe while enjoying the holidays.

Linda's Thoughts

I am listening to the radio while I write to all of you, Christmas music is being played 24 hours a day, the wind is icy cold and snow flakes are whirling around. Guess it is already the holiday season.

Thanksgiving was tremendous this year, family and friends, cooking (I do love to cook) and decorating my house.

I wanted to thank everyone who made my birthday so special. Having so many wonderful friends and co-workers made the day spectacular!

As most of you know, Randy had a scare this week and spent a night in the hospital. He was diagnosed with a mild case of emphysema. We will all help him stay healthy and take good care of himself.

Bill's surgery is coming up quickly. He will have his knee replaced in Chelsea. I have heard so many wonderful things from people here about Dr. Carpenter and the staff at Chelsea. I will stay in Chelsea with him while he is in the hospital and hope he will come home safe and sound after a couple of days. I will call the day of surgery to let everyone know how he is doing. Your thoughts and prayers are appreciated. Grand Valley is finished with their semester on the 6th, Graduation is on the 7th so he chose to have surgery and wouldn't have to miss teaching. Then he is off until

the beginning of January and should be ready to go back to work. It is his left foot so will be able to drive quicker than if he had to use his right. He played Rugby for 20 years so if he just needs his knee replaced, I guess he is lucky!

With the holidays coming, it is a great time to think of others, especially those less fortunate than we are. There is something very special about giving (especially without anyone knowing who the giver was). What if we each put a little surprise on a neighbor's door.... Or just a card.... What if we paid for the person behind us in line at McDonald's lunch. Don't walk past a bell-ringer without dropping something in their pot. The secret is that while you made their lives a little better you made yourself really happy...few things are better than doing something for someone else!

We are already gearing up for our Pacesetter Group starting in January. The cost is \$5 to enter the contest and it runs from January-March. Meetings are held once

a week with speakers and points for adopting healthy lifestyles (eating right, exercise, weighing yourself, and so on). The winner will get ½ of the money in the pot, 2nd and 3rd place will split the remaining money. It is a fun way to work toward getting healthy.

In January, we are planning our Tai Chi classes again. Tai Chi is a form of Martial Art that has been adopted by the Arthritis Foundation and Bill and I are certified to teach. Bill will be teaching again. The classes will be on Friday mornings starting in January (once Bill is released from the doctor).

It is never too early to start planning your New Year's resolution and plan to get healthier in 2014!!

A big thanks for another great year to my wonderful staff! What a joy it is to work with them. We have such a family and really work to support each other. I am so lucky to have a job that I look forward to going to work every morning!

**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

Kayla Kimlin
Intern

Michael Mills
Assistant Administrator

Danielle Leithauser
Service Coordinator

Randy Schulz
Maintenance Superintendent

Mark Hartman
Maintenance Tech

EMERGENCY NUMBER

(517) 251-2830

Additional 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

Fill this out and turn into the office. The staff member being recognized could win a prize and will be acknowledged for their hard work and extra efforts to make your life at Spring Meadows better! Can't choose, more forms are available in the lobby. This is a WONDERFUL gift to the staff! Keep it in mind!

Embrace the possibilities