



Village News



Embrace the possibilities

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

49201 • www.pvm.org

January 2014

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Pacesetters 2014 Spring Meadows!

Speakers are lining up to participate for our Pacesetters meetings. January 28 is Stephanie Riggs from the Alzheimer's Association, February 4 is Debbie Muhich speaking about the flu, February 11th is Nora from Tendercare talking about fall prevention, Feb 18th, Fran Stiles is speaking about various kinds of insurance available. We have more scheduled after that. The meetings are held at Spring Meadows I at 10 AM every Tuesday through March.

You do not have to be a member of the Pacesetters program to participate.

If you need a ride, call us and we will come and get you!



Orthopedic Rehab of Jackson

What a great opportunity! Jackson Orthopedic rehab will be conducting workshops at Spring Meadows.

The workshops will include a 30 minute talk about safety and fall prevention and then an individual evaluation for each person (takes about 5 minutes).

You will be given a short physical test and will be told if you are at a high, medium or low risk for falls (the number one problem for people over 60).

If you are at a high risk for falls, you will be given some ideas of what you can do to help yourself.

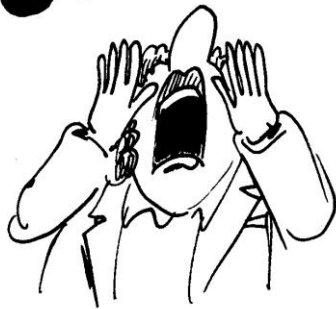
Spring Meadows I – 1:00 PM -2/6/14
 Spring Meadows II-1:00 PM 2/13/14
 Sign-up sheets in the lobby or call the office.

Look for PVM on:



Volunteers

Volunteers!



One of our goals is to get more members of the community involved at Spring Meadows.

We are looking for volunteers to help in 2014. Do you have a friend, relative, church friend interested in working with our residents? We are looking for people interested in teaching classes (any number of topics), landscape design, cooking classes, exercise classes, and so many other opportunities. What about cooking lunch once a week? We are non-profit and welcome volunteers of all ages to help.

Is there a Class or Program you would like to see?

Please call and let us know!

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!!
- Bible Study is held every Tuesday at Spring Meadows II with Rev Bill 3:00 – 4:00 PM Everyone is welcome to this great study group.



Friends & Family Held in April This Year!

Save the date for this year's **Friends & Family Appeal**, which will be held from **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised *over \$800,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

The **\$1 for \$1 match** is back and, new this year, **any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1** by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

Stay tuned for more information next month! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

You asked for it:
Resident Meetings with Management
Spring Meadows I - Feb 20 @ 1:00 PM
Spring Meadows II - Feb 20 @ 3:00 PM

Tai Chi

Proven to be a great exercise for balance and coordination!


Friday mornings at 9:00 AM
Taught by Professor William Sisco

Call if you plan to come!



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who [keeps learning](#) stays young. The greatest thing in life is to keep your mind young."
[Henry Ford](#)

.....

"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive."
[Howard Thurman](#)

.....

"Every single cell in the human body replaces itself over a period of seven years. That means there's not even the smallest part of you now that was part of you seven years ago."
[Steven Hall](#)

DON'T BREAK THE BANK!
Secure a fixed rate annuity to generate income for life!

IMPROVE YOUR CASH FLOW!


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%

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




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

Have you had an opportunity to meet Danielle? Remember, she is here just for you. Need help with finding services? Danielle is the person to call for help. Danielle's direct number is: 517-788-5519.

Chili Cook-Off

Spring Meadows II on February 11 at 11:30 AM. Sign-up sheet in the community room.

Spring Meadows I is February 14th (Valentine's Day) at 11:30 AM. Prizes will be awarded to the 1st place at each property.



You do not have to enter the contest to attend. We need judges and tasters. We will make cornbread have coffee and lemonade. We need a minimum of 6 contestants from each property. Your chili must be anonymous. We will number the entrants and taste-testers will vote on their favorite.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Prescription Drug Abuse is At Epidemic Proportions

Prescription drug abuse is at epidemic proportions. Today, 2500 12 to 17 year olds will use prescription medication to get high for the first time. One in four high school seniors admit to abusing prescription drugs. Seventy percent say they get them from a friend or relative.

The non-medical use or abuse of prescription drugs is the fastest growing drug problem in the United States and has become a top priority for public health. Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults.

Because prescription drugs are legal, they are easily accessible, often from a home medicine cabinet. Further, some individuals who misuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional. Past year abuse of prescription pain killers now ranks second—only behind marijuana—as the Nation’s most prevalent illegal drug problem.

The health risks associated with prescription drug abuse vary depending on the drug. For example, abuse of opioids, narcotics and pain relievers can slow or stop breathing. The abuse of depressants, including benzodiazepines and other tranquilizers, barbiturates and other sedatives, can result in seizure, respiratory depression and decreased heart rate. Stimulant abuse can lead to high body temperature, irregular heart rate, cardiovascular system failure and seizure. Inappropriate use of prescription drugs, including use without a prescription or medical supervision, or using in a manner other than exactly as prescribed, can lead to addiction in some cases and even death.

It is important, therefore, that we talk to our kids about the dangers of misusing prescription drugs and to make sure they are not easily accessible. Leaving unused prescription drugs in your medicine cabinet can be very tempting for a young person. We encourage everyone to properly dispose of unused prescriptions and not leave them where they can be used for non-medical reasons by youth or get flushed into our waterways. Holly Woodlands in Holly, MI has partnered with the Village of Holly Police Department and the Holly Area Community Coalition to collect and properly dispose of out-dated and unused prescription drugs. The Holly Police Department is one of the state’s many community drop off sites, collecting over 300 pounds per year. Check with your local police department or pharmacy for a site near you.

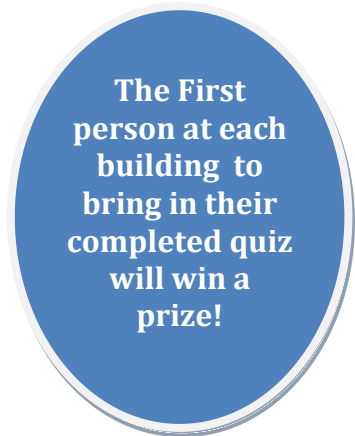
Taxes will be done at Spring Meadows II again this year.....

FREE! March 21st.

Please call the office to set up your appointment

The Village of Spring Meadows

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



AUTOBIOGRAPHY	BINGO	CHI
CHILI	COLD	EUCHRE
FUN	HAPPY	HEALTHY
JOY	LEVIN	PACESETTERS
POKENO	SNOW	TAI
VALENTINES		

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 it!*

February Birthdays

Birthday extravaganza is held every month at Spring Meadows II - Last Friday of every month from 2 – 3 PM. (February 28th – celebrating February Birthdays..... everyone is welcome... cake, games and prizes) Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

Madelyn Albert.....2/2

Virginia Brown.....2/4

Lois Coppage.....2/12

Martha Gilbert.....2/5

Carolyn Hyuck.....2/9

Rosella Lowe.....2/15

Roger Ryon.....2/24

Sue Cianciolo.....2/26

Judy Glynn.....2/21

Bruce Parrett.....2/7

Maria Ramos2/13

Happy Birthday everyone!!

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

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"Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy."
[*Sarah Ban Breathnach*](#)

.....

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."
[*Maria Robinson*](#)

.....

"Life is either a daring adventure or nothing."
[*Helen Keller*](#)

.....

"I think there is something more important than believing: Action! The world is full of dreamers. There aren't enough who will move ahead and begin to take concrete steps to actualize their vision."
[*W. Clement Stone*](#)

.....

"Life isn't about finding yourself. It's about creating yourself."
[*George Bernard Shaw*](#)

.....

The way to get started is to quit talking and begin doing."
[*Walt Disney*](#)

.....

"Do what you can, with what you have, where you are."
[*Theodore Roosevelt*](#)

.....



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Healing Power of Writing

Twenty years of research has revealed that writing about emotional experiences can positively impact health. Pioneered by Dr. James Pennebaker, Chair of the Psychology Department at the University of Texas at Austin, writing about past traumas can decrease anxiety, improve immune function, increase working memory, and improve sleep. When writing, Dr. Pennebaker recommends:

- Finding a place and time to write where you won't be disturbed.
- Writing about something you are over-worrying about, is affecting your life in an unhealthy way, or you have been avoiding.
- Writing continuously for 15-30 minutes (not worrying about spelling/grammar) for 3-4 consecutive days.
- Repeating what you've written if you run out of things to write about.
- Letting go and exploring your deepest emotions and thoughts.

During or shortly after you finish writing Pennebaker indicates it's common to feel sad or depressed, however, these feelings usually subside. If you start getting extremely upset, stop writing or change topics. Also, he recommends not writing too soon after a traumatic event. Your writings are for you only. What you do with them is your decision. Some people save and periodically revisit them, some edit and turn them into stories, while others erase, burn, shred, flush, or tear them into tiny little pieces and cast them into the wind. Whatever you decide, the important thing is to write and be as honest with yourself as possible. You may be pleasantly surprised at how good you feel and how your outlook on life changes after you put pen to paper.

Want to Write your story.... Call Linda... we'll get you started!

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

Resident Satisfaction Survey Results

During the last quarter of 2013, over 1,394 residents and families made their voice heard by filling out the Presbyterian Villages of Michigan annual resident satisfaction survey. Many of you also left handwritten comments in the comment section. We have now received the results, along with a list of the comments. The survey is completely anonymous and we do not know who wrote what. We do know what Village and what level of care the survey and comments are from. Demographic information, such as age, gender and length of residency are also part of the data we have access to. You may be asking, now that we have the results, what are the next steps?

The first step is for PVM leadership to dig into the data and understand what this information is telling us, the good, bad and ugly. What are our residents and families saying to us? Are we meeting their expectations? If not, in what areas? How can we improve?

The next step is to report the results to residents, families, staff, board members and other interested parties. This is done both at an individual and organizational level. The results will be transparent to all.

The third step is to develop a plan to improve in areas that need improvement. Sometimes that means asking more questions to get clarification. Once the improvement plan is implemented, we can then measure how we are doing. Both the improvement plan and the results should be an ongoing conversation with our residents and families. Throughout the year you should hear how we are doing in newsletters and at resident meetings. If you don't hear, ask why!

Thank you to those who took the time to submit a survey. It is now our responsibility to take that information and use it to improve your experience with Presbyterian Villages of Michigan. We understand that this is your home and you deserve the best.

Linda's Thoughts

This has been a brutal winter, in many ways! We have lost many wonderful residents and friends in the past few weeks; my heart goes out to all of the families and friends of these wonderful people. The world is a little smaller without them.

Thanks to everyone for being so cooperative during the snow and unbelievable cold days. There have been so many times I have looked out my window and it looks like we are living in Antarctica. Plus... the drive from Lansing to Jackson everyday has had some real "white knuckle" moments.

I thank my wonderful staff for not once calling in that they can't make it.... Even with 19 inches of snow and 30 degrees below zero temperatures.

It is so easy to get a little depressed this time of year, especially with all of the terrible weather. This is a nice time to hug someone and tell them you are thankful for them!

Let's talk about this flu. So far, we haven't had an outbreak of the flu. Hopefully everyone has had their flu shots and are being CAREFUL!! I received a call from our Board member Debbie Muhich and she said the flu has hit "epidemic" proportions this year. The biggest problem is the H1N1 strain and the flu shots this year does cover those!

It is an extremely deadly outbreak this year. If you get flu symptoms, stay in, call your doctor, drink plenty of fluids, stay away from people. Everyone should wash your hands frequently, especially any time you are in a group.

Our Resident Satisfaction surveys were good this year. We had a few that were a little "tough" but nothing much to do with the physical property, the negative comments primarily dealt with activities and personalities of neighbors.

We are gearing up for our "Friends and Family Campaign" in April this year. We will be meeting to discuss what we want to try to get this year. Think about something we need (or want).... Last year was the televisions and DVD players and we won \$2500 for having the most new donors. This year it will be harder to do that. But use your imagination and let's get it started!

It is actually nice to be writing the February newsletter, March will be here quickly and we will start to get some breaks in

this cold.... Cold.... Weather!

I am appearing on the Bart Hawley Show on Monday the 3rd of February to discuss what we have planned for 2014.

Bill and I are going to speak at the Occupational Therapist Association's international Conference in Maryland in April. We have been invited to do a 3 hour workshop on positive aging. Tom Wyllie from PVM will be with us and will talk about everything PVM is doing in the area of positive aging.

It was very exciting to meet Senator Carl Levin, we had a good turn-out and we also met the Mayor of the City of Jackson and our Supervisor for Blackman Township. Mr. Levin is a very engaging person, very personable and truly seems to care about Michigan. He spoke for about 45 minutes and took questions from our people. No matter what your political views are, he is a Michigan Legend.

So...lets all hope for a warmer February and an early Spring!

**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

Michael Mills
Assistant Administrator

Randy Schulz
Maintenance Superintendent

Mark Hartman
Maintenance Tech

Kayla Kimlin
Intern

Danielle Leithauser
Service Coordinator

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.

Embrace the possibilities