



Sage Grove View



Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • www.pvm.org

February 2016

Featured Articles

Resident Birthdays & PVM online store pg. 1

Senior Advocate pg. 2

Giving Matters pg. 3

It's Your Life pg. 4

Service Coordinator's Corner pg. 5

Administrator Column pg. 6

Calendar pg. 7



The Village of Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Birthday Celebration!

- Annie S. ----- February 1st
- Claretha E. ----- February 20th
- Modesto M. ----- February 24th
- Ronald S. ----- February 27th

We wish all who have February Birthday's a Fantabulous Day and a Blessed Year!!!

Happy Birthday... Happy Birthday... Happy Birthday...

PVM Store Features Winter Goodies with Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store as part of our year-long celebration of PVM's 70th Anniversary. Made possible via a grant from the PVM Foundation, the PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

To visit the PVM store, type www.pvmstore.org into your web browser. Have suggestions for items you don't see in the store? Email us at gdowney@pvm.org or tell your administrator.

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Announcements

THE LATEST ON THE AGING OF AMERICA

NEW FLASH! Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is: www.iog.wayne.edu. Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.

Community Room Events

- ❖ **February 7th** – Birthday Celebration – 5:30pm
- ❖ **February 3rd** – Commodities Pick-up
- ❖ **February 13th** – Resident Luncheon – **12:00pm** Pot Luck – See sign-up sheet in mail area
- ❖ **February Wednesday's & Friday's** – Strong Woman/Men Class 11am – 12pm
- ❖ **February 1st & 15th** – Bible Study Group Meets 4:00 – 5:00pm
- ❖ **February 18th** – Sage Grove Board Meeting 9:30am – 1:00am
Community room closed
- ❖ **February 18th** – Bingo with Life EMS – 3:00pm
- ❖ **February 29th** – Activities planning committee meeting – 10:00am – **All Welcome!**
- ❖ **February Tuesdays** – X-Box Bowling 1:00pm
- ❖ **Game Day** – Friday's at 3:00pm

Continued on page 5

See *Calendar for more events.*



Giving Matters.

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

A Culture of Philanthropy at PVM

What is “philanthropy” and what does it mean to have a “culture of philanthropy?” In simple terms, philanthropy is an act done or gift made **to help make life better for others**. Philanthropy is a values-based process that happens when someone feels compelled to give, not because they felt pressured, but because their interests match that of the organization. Philanthropy is rarely transactional—it’s transformative, it’s an investment.

Without philanthropy, Presbyterian Villages of Michigan would not exist. PVM’s flagship Village, The Village of Redford, was established in 1945 through a \$10,000 philanthropic gift made by Clarence D. Sterling. Philanthropy is integral to PVM’s history *and* future, with 27 Villages and the many numerous programs and services that impact residents every day.

As an example, through the generous philanthropy of donors, the PVM Foundation granted **\$7,457,530*** in 2015 for Village projects and programs including the following:

- Pre-development activity at **The Thome Rivertown Neighborhood** for the Weinberg Green Houses® and community space
- A new bus at **The Village of Holly Woodlands**
- Wellness Center upgrades at **Perry Farm Village**
- A new computer and printer at **The Village of Bethany Manor**
- Funding for resident activities at **16 Villages**
- Beauty shop renovations at **The Village of Westland**

At PVM, we encourage everyone to embody a culture of philanthropy as a way of life, to inspire and encourage others to give back to their community. Our goal is to educate about the importance of philanthropy, honor those who give, and ensure that the tradition of philanthropy is continued by future generations.

We are very appreciative and thankful to all donors and supporters of the PVM mission—**THANK YOU** for all you do to help seniors thrive and to create a culture of philanthropy! If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

– SUPPLEMENT INCOME WITH FIXED ANNUAL PAYMENTS FOR LIFE –

HELPING OTHERS helps you!

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

UP TO 9% RETURN

Presbyterian Villages OF MICHIGAN THE FOUNDATION

Check out your possible rate of returns by visiting www.pvmgifts.org

Or, for more information, call Paul Miller at the PVM Foundation 248.281.2045

*Unaudited



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Did You Know?

If you are among the 500,000 plus Americans who undergo open heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.

Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open heart surgery considered to be an automatic death sentence.

In addition to being the first physician to successfully perform open heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.



"Yes! That was very loud Sir, but I said I wanted to hear your **HEART!**"

B **BLACK**
HISTORY
MONTH

Service Coordinator's Corner: Rebecca Ogradowski

Another exciting episode of the SC Corner awaits you! ☺ This month, I have more updates on the changes in the documentation and follow up processes. I have just finished learning to use Care Guide, National Church Residence's computer system. Please be patient with me as I learn how to use the software.

The new assessments will start this month. If you are able to come to my office for the meeting, that would be best. I can make exceptions for people who have difficulty with this. In most cases, we will be meeting either every three months or once a year after the Intake. I will follow up more informally, so fewer meetings will be needed. We can still get together to work on things that come up between our appointments.

My job description and duties are the same as they have been. The focus will shift somewhat to more intensive work with people who have COPD, Diabetes, heart problems, and/or high blood pressure. Educational Presentations will include more information and resources related to these areas.

Upcoming Events

Paperwork Day – February 23, 2016. I will be taking the day to get caught up on any documentation that I haven't finished. This means that I will only be available in case of an emergency. I appreciate your understanding.

Area Agency on Aging 3A Presentation – Tuesday, February 24, 2016 at 1pm. Anne Zemlick will be sharing information about the services and resources provided by the AAA3A. Her previous presentation was very helpful and this one will be, too. You are welcome to invite friends, family, and anyone else who might like to learn about one of the most valuable agencies in the aging community.

Michigan Medicare Medicaid Assistance Program Presentation – Wednesday, March 9, 2016 at 1pm. Lisa Fuller (MMAAP Regional Coordinator) will be at Sage Grove to help us to understand the Medicare and Medicaid systems, along with the free help provided by MMAAP. If you have any questions about either insurance, this presentation is for you.

AARP Tax Workshop – Thursday, April 7, 2016 from 9am – 2pm. The tax advisors from AARP will be in the Community Room helping residents to complete their 2015 tax returns. You may get more money in Food Assistance by filing, so I encourage you to attend. No charge for the service, but advance sign-up is required.

Rebecca Ogradowski, LLMSW
Service Coordinator

Continued from page 2

Announcements Continued

- ❖ **1st Sunday of the Month – 5:30pm – Birthday Celebration** for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am – **ALL ARE WELCOME TO ATTEND ☺**
- ❖ **“Give away day”** is now every day. Items to give away are located in the Game Room on the 3rd floor.
- ❖ Movie Matinee – 1:00pm **Movie showing in Parlor**
Tuesday – February 9th
Tuesday – February 23rd
- ❖ 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 1st come 1st serve basis.
- ❖ Wal-Mart Bus – Every Monday – Pick-up is at 12:15pm

Administrator Column

Village happenings – Please remember to check out the *Announcement, Community Room Events and Calendar sections of this newsletter.*

Punxsutawney Phil did *NOT* see his shadow ... 6 more weeks of winter. ... Bring on the Spring.... ☺

We only had a few residents turn out for the Xbox bowling meeting. No worries... Bowling will be available for residents interested every Tuesday at 1:00pm in the community. So, come out and participate, it's a lot of fun and no lifting is involved. Again, it's a great opportunity to get out of your apartment, get some exercise, socialize, and make friends.

It's quickly approaching that time of year to start our Friends & Family Campaign. We need suggestions for our project this year. Please feel free to drop off your written suggestions anytime. Once I have a list for you to choose from, I will get a voting ballot out asap. We need to have our project decided upon by February 25th. So ... please start thinking of suggestions for this year's Friends & Family project.

We will have our ***F&F Kick-Off Party*** sometime between March 23rd and April 8th. {Party date and time TBA} The party is once again sponsored and paid for by Presbyterian Villages of Michigan Foundation. ... Thank you PVM Foundation.

The month of April is our campaign dates: ***April 1 – 30, 2016.*** ... Donations received by the PVM Foundation between 4/01/2016 –

4/30/2016 will be eligible to share a percentage of the matching funds. Remember ... donations received **BEFORE** April 1st and/or **AFTER** April 30th will not be eligible for matching percentage. Just like last year, any/all *eligible* donations will receive a percentage of matched funds according to our percentage raised of the overall F&F campaign goal met. ... Let the fund-raising begin.

With Spring just around the corner, for our new residents who wish to garden. Watch for the gardening club meeting notice, the closer we get to spring. We have several open garden beds available.

For those still interested in participating in the Strong Women/Men workshop, classes are being held here in the community room every Wednesday and Friday from 11:00am – 12:00pm. Classes end on March 11th. ... For those of you who wanted to attend and are under 69, you do **NOT** need the physician authorization. We apologize for the error.

Happy Valentine's Day

Thank you,

Paula Hager
Administrator

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Bible Study Group 4 - 5pm	2 Bowling 1pm in Cm. Rm. Ground Hog Day	3 Commodities for those registered. ----- Strong Women/Men Class 11a-12p	4	5 Strong Women/Men Class 11a-12p ----- Game Day 3:00pm in Cm. Rm	6
7 Birthday Celebration 5:30pm in Comm. Rm	8	9 Movie Matinee in Parlor 1:00pm ----- Bowling 1pm in Cm. Rm	10 Strong Women/Men Class 11a-12p ----- Crafts – 1pm Ash Wednesday	11	12 Strong Women/Men Class 11a-12p ----- Game Day 3:00pm in Cm. Rm	13 Resident Luncheon 12:00pm Pot Luck – see signup sheet in mail rm.
14 Valentine's Day	15 Bible Study Group 4 - 5pm Presidents Day	16 Movie Matinee in Parlor 1:00pm ----- Bowling 1pm in Cm. Rm	17 Strong Women/Men Class 11a-12p	18 Sage Grove Board Mtg. 9:30 – 11:00a ----- “Bingo” Life EMS – 3:00pm	19 Strong Women/Men Class 11a-12p ----- Game Day 3:00pm in Cm. Rm	20
21	22	23 Movie Matinee in Parlor 1:00pm ----- Bowling 1pm in Cm. Rm	24 Strong Women/Men Class 11a-12p ----- Crafts – 1pm Flag Day	25	26 Strong Women/Men Class 11a-12p ----- Game Day 3:00pm in Cm. Rm	27
28	29 Resident Activity Meeting 10:00am – All are Welcome	March 2016	March 2016	Crafts can be planned every month if there is enough interest. All suggestions welcome – come 1 come all	Walmart Bus EVERY Monday Pickup @ 12:15pm Main entrance	

**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

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

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

**214 S. Sage Street
Kalamazoo, MI 49006**

Embrace the possibilities