



Sage Grove View



Embrace the possibilities

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

March 2016

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The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Birthday Celebration!

Sandra P. ----- March 10th

Mildred B. ----- March 18th

We wish all who have March 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.

Resident Thanks...

We have so many exceptional residents who do so much around our Village, saying "Thank you" just doesn't seem to say enough.

Our Village is homey and nice because of all of YOU! Without you, we couldn't do what we do. ...

The crafts, games and resident luncheon's once a month on the weekends ... that's all for you, from your fellow resident's. The residents who plan and prepare such activities, you ALL are angels who walk among us.

So, if you haven't done so recently, please take a moment to let those who help make your life a little better in some way or another, let them know you appreciate them. I sure do ... I appreciate ALL of you!!

"Thank You!"

Many Thanks to Madonna S. for all her help with the wreaths for our craft project. She provided equipment, supplies and ideas.

Thank you,
Mary Jane F. {Resident}

"Thank You!"

Your resident luncheon this month with the breakfast menu is being provided by Joe King – Maintenance Tech. ... "Thank you Joe" for all you do ... from staff and residents!!

"Thank You!"

We can't thank Rebecca (service coordinator) enough for all she does for our Village. She is a true blessing to our Village. ... "Thank you Rebecca" for all you do ... from staff and residents!!

Announcements

Community Room Events

- ❖ **March 6th** –
Birthday Celebration –
5:30pm
 - ❖ **March 2nd** –
Commodities Pick-up
 - ❖ **March 12th** –
Resident Luncheon –
12:00pm Breakfast – See
sign-up sheet in mail area
 - ❖ **March 7, 8, 16, 18, 23, 25**
Strong Woman/Men
Class 11am – 12pm
 - ❖ **March 7th & 21st** –
Bible Study Group Meets
4:00 – 5:00pm
 - ❖ **March 9th** –
MMAP Presentation
1:00pm
 - ❖ **March 17th** –
Bingo with Life EMS –
3:00pm
 - ❖ **March 24th** – Easter Hat's
Parade & Luncheon –
12pm
 - ❖ **March 31st** – F&F Kick-
Off Party 1:00 – 2:00pm
 - ❖ **March 28th** –
Activities planning
committee meeting –
10:00am – **All Welcome!**
 - ❖ **March 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

Eat Better to Feel Better!

As we age, we often consider our daily aches and pains to be a sign that we are getting “old”. We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the “fact” that there’s nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body’s ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it’s best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit www.choosemyplate.gov/MyPlate.



Service Coordinator's Corner: Rebecca Ogradowski

Hi again. This month, I will be talking about the adjustment to the National Church Residences system of providing Service Coordination and an upcoming presentation by the Department of Health and Human Services.

With all of the changes in the Service Coordination program through National Church Residences, I have been working hard to learn to use the new system. The approach is different, but the goal is the same. National Church has a focus on health; they want to make sure that you can stay as independent as possible for as long as possible. I agree.

Below, you will see that I have arranged for staff from the Department of Health and Human Services to come to Sage Grove in March. I know that many of you have questions about how to file your paperwork, contact your case worker, make sure that your benefits are continued, etc. To keep that meeting productive and short(ish), **please write out your questions for DHHS before the presentation and give them to me.** I will share them with DHHS staff, so that they can be prepared to answer.

Thanks for cooperating and keeping me from getting bored! ;)

Upcoming Presentations

Strong Women and Men Program - Wednesdays and Fridays at 11am through March 11. You can use what you learn from this program to improve your health, individually and as a group. The information and exercises are designed to be continued after the class ends.

Michigan Medicare Medicaid Assistance Program – Lisa Fuller will be coming back (**Wednesday March 9 at 1pm**) to update us on the changes to Medicare and Medicaid. She always has a lot of important information to share, so please come and gain some knowledge you can use.

Department of Health and Human Services – Two staff from the Kalamazoo DHHS office are coming on **Wednesday, March 16 at 1pm**. This is a great time to ask questions about the services provided and how to work with the system to keep your benefits rolling. If you are able to come, **it is very important to do so.**

AARP Tax workshop – **Thursday, April 7, 2016 from 9am to 2pm**. The volunteers will meet with people in the Community Room to help you to complete and file your returns. Even if you aren't required to do so, filing can give you more money in Food Assistance. A sign-up sheet will be posted soon.

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
Thursday – March 10th
Thursday – March 24th
- ❖ **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.

There is a lot going on this month: Daylight saving time begins on March 13th, don't forget to set your clocks ahead 1 hour.

Bowling is 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 see friends.

Please note the date change for Movie Matinee, which is now every other Thursday at 1:00pm in the parlor. But, don't forget you don't have to wait until movie day to watch a movie in the parlor. Get a few together or by yourself and kick back and enjoy a movie anytime, any day as long as the parlor is available (which it usually is.☺)

We will have our ***F&F Kick-Off Party*** on March 31st from 1:00 – 2:00pm in the community room. 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. ... Our project this year is **“Comfort & Joy”** ... our goal is **\$3,000.00** for comfortable chairs for the community room and 4 bird feeding stations. See you at the Kick-Off Party on March 31st ... Let the fund-raising begin.

For our new residents and/or current residents (without access) who would like to have access to our fitness center. There will be an orientation on March 11th at 1:30pm in the Fitness Center. After you complete the orientation and sign all waivers, your key-fob will be activated to allow you entry.

Spring is coming ... for our current gardeners and new residents who wish to garden. Watch for the gardening club meeting notice after we are sure the snow is done. We have several open garden beds available.

Please see the calendar for Strong Women/Men workshop date changes. Classes are being held here in the community room from 11:00am – 12:00pm. Last class is on March 25th.

Happy St. Patrick's Day; Happy Easter; Happy Spring ...

Thank you,
Paula Hager
 Administrator

March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1 Bowling 1pm in Cm. Rm.	2 Commodities for those registered. ----- Strong Women/Men Class 11a-12p ----- Crafts – 1:30pm	3	4 Strong Women/Men Class 11a-12p ----- Game Day 3:00pm in Cm. Rm	5
6 Birthday Celebration 5:30pm in Comm. Rm	7 Strong Women/Men Class 11a-12p ----- Bible Study Group 4 - 5pm	8 Strong Women/Men Class 11a-12p ----- Bowling 1pm in Cm. Rm	9 MMAP Presentation 1:00pm	10 Movie Matinee in Parlor 1:00pm	11 Game Day 3:00pm in Cm. Rm	12 Resident Luncheon 12pm Biscuits & Gravy – see signup sheet in mail rm.
13 Daylight Saving Time Begins – Set clocks ahead 1 hour	14	15 Bowling 1pm in Cm. Rm Office Closed	16 Strong Women/Men Class 11a-12p ----- DHS Presentation 1:00pm	17 “Bingo” Life EMS – 3:00pm St. Patrick’s Day	18 Strong Women/Men Class 11a-12p ----- Game Day 3:00pm in Cm. Rm	19
20 Spring Begins Palm Sunday	21 Bible Study Group 4 - 5pm	22 Bowling 1pm in Cm. Rm	23 Strong Women/Men Class 11a-12p ----- Crafts – 1:30pm	24 Easter Hat’s Parade & Luncheon Noon ----- Movie Matinee in Parlor 1:00pm	25 Strong Women/Men Class 11a-12p (last class) ----- Game Day 3:00pm Cm.Rm ----- Good Friday Office Closed	26
27 Easter	28 Resident Activity Meeting 10:00am – All are Welcome	29 Bowling 1pm in Cm. Rm	30 Crafts – 1:30pm	31 Friends & Family Kick-Off Party 1:00 – 2:00pm		

**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

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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

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Kalamazoo, MI 49006**

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