



Sage Grove View



Embrace the possibilities

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

April 2015

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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an

opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!



The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Announcements

Community Room Events

- ❖ **April 5th** –
Birthday Celebration –
5:30pm
- ❖ **April 1st** –
Commodities Pick-up
- ❖ **April 6th & 20th**
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **April 8th** –
AARP Taxes
9:00am – 2:30pm
- ❖ **April 16th** –
Bingo with Life EMS –
3:00pm
- ❖ **April 16th** –
Sage Grove Board
Meeting –
9:30 – 11:00am
- ❖ **April 22nd** –
Resident luncheon –
12:00pm F&F project
- ❖ **April 27th** –
Activities planning
committee meeting –
10:00am – All Welcome!!
- ❖ **April 28th** –
Resident Meeting 2:00pm
- ❖ **Game Day** –
Friday's at 3:00pm

See Calendar for more events

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Friends & Family Kicks Off; Consider Joining a Giving Society

April 1st will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30th!** The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040
- Mail your gift to: PVM Foundation,
26200 Lahser Road, Suite 300
Southfield, MI 48033

With the PVM Foundation's 21st Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8th at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

April 1 - 30

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.
Your gift today will change the lives of seniors for years to come!

TO MAKE A GIFT:
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at **248.281.2040** or visit www.pvmfoundation.org.

Your gift can be **MATCHED!**
Match guidelines apply.



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Write Your Worries Away

Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.



Service Coordinator's Corner: Rebecca Ogrodowski

This month's article is a grab bag with tidbits of this and that.

"On February 6, 2015, Governor Rick Snyder signed Executive Order 2015-4, which creates the Michigan Department of Health and Human Services by combining the Department of Community Health and the Department of Human Services. The Medical Services Administration expects the order to take effect on April 10, 2015." - MSA 15-05. Some changes can be expected to the way services are delivered. I don't have anything definite at the moment. Once more information comes out, I will share it.

The Community Van will not be running on week of July 7. Ralph has told me that he can change to driving on Thursdays if needed. In that case, he would stop doing Tuesdays. He can do special event as long as it's not on Friday, Saturday, or Sunday. **Please let me know if you would rather have the van on Thursdays.** Majority will rule on this one.

Many of you have received letters from your Part D providers. This means that your Part D benefit will be moved to MI Health Link if you choose to enroll in MI Health Link. You can stay with your current insurance (Parts A, B, and D). If you want to keep the coverage you have, you need to call Michigan Enrolls (**1-888-367-6557 or 1-800-975-7630**) and tell them that you want to "opt out" or "disenroll" from MI Health Link.

Recent Presentations:

The Michigan Department of Insurance and Financial Services brought a lot of information about financial planning, scams, and how to buy life insurance. I have their brochures and a "Financial Toolkit" in my office.

Char from Elder Law presented about Project Healthy Living, a four-week long class designed to help you to become healthier. We need at least 10 people signed up for each session. Please share the information with anyone who might like to come. It's free and available to the public. I will put out a binder with fliers and sign-up sheets soon.

Upcoming Presentations:

The AARP tax workshop will be on Wednesday, April 8 from 9a – 3p. The sign-up sheet is on the ledge by the mailboxes. The Home Heating Credit is included in the DHS calculations for Food Assistance, so filing for the credit is likely to get you more Food Assistance.

I am working on having Housecall Physicians (a doctor who does home visits) and Advanced Pharmacy present in May and June.

ChewBecca

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.**
- ❖ Last Saturday every other month "**Give away day**" and **Social Gathering** – 10am – 12:00pm ... Next give away day will be in May
- ❖ Movie Matinee – 1:30pm
Tuesday – April 7th
Tuesday – April 21st
- ❖ 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

Birthday Celebration!

Ann M. ----- April 12th
 Barbara G. ----- April 23rd
 Madge B. ----- April 26th

We Wish You a Fantabulous Day and a Blessed Year!!



Administrator Column

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



Congratulations Raquel Vergara!! Ms. Vergara passed her US Citizen's exam with 100%. Please join us in celebrating with Raquel on April 3rd at 1:00pm in our community room as she is given the US Naturalization Oath. ... We are very PROUD of you Raquel.

AARP will be here again this year on April 8th, to prepare your taxes Free of charge. Please see the signup sheet in the mail area. ... Thank you AARP.

The Friends and Family Campaign is April

1st through April 30th. Thank you everyone who attended the Kick-off party on March 26th, we had a great turnout and raised \$124.00 to get us started. All donations made in the month of April will be matched according to F&F guidelines.

Thank you everyone who helped stuff the F&F envelopes. I always have a great time with you wonderful people, not to mention it goes a lot faster with help. You ALL are amazing!!

Save your plastic medicine bottles ...

It has come to our attention there are villages in Africa who use paper to wrap/dispense medicine i.e. pills. Villagers walk very long distances to the clinic and plastic containers are hard to come by. Deanna H. will have a box in the mailroom area for empty plastic medicine bottles. Please remove the labels, wash out, and reapply cap. Deanna will be sending the containers to a contact who will ship them the remainder of the way to Africa. This is a good way to help others in need and recycle our empties. ... Way to go Deanna.

Happy Easter

Paula Hager

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Van runs on Tuesdays Need to sign up by 2pm the Monday before.	Walmart Bus <u>EVERY Monday</u> Pickup @ 12:15pm Main entrance		1 Commodities pick-up for those enrolled	2	3 Raquel V. Naturalization Ceremony 1:00pm Comm. Rm	4
5 Birthday Celebration 5:30pm in Comm. Rm Easter	6 Bible Study Group 4 - 5pm Office Closed	7 Movie Matinee 1:30pm "Dance with me" Office Closed	8 AARP Taxes 9am – 2:30pm in Comm. Rm	9	10 Game Day 3:00pm in Cm. Rm	11 Resident Luncheon 12:00pm Comm. Rm
12	13	14	15 Administrator in Detroit Office Closed	16 Sage Grove Board Mtg. 9:30-11:00am "Bingo" Life EMS – 3:00pm in Cm Room Office Closed	17 Game Day 3:00pm in Cm. Rm Office Closed	18 Crafts with Danielle 10am-12p in Cm Rm
19	20 Bible Study Group 4 - 5pm	21 Movie Matinee 1:30pm "Step Up"	22 F & F Donation Luncheon 12:00pm in Comm. Rm	23	24 Game Day 3:00pm in Cm. Rm	25
26	27 Resident Activity Meeting 10:00am	28 Resident Meeting 2:00pm	29 Office Closed	30	31	May 1 st 2015

**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

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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

THE FOUNDATION

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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