



Sage Grove View



Embrace the possibilities

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

April 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!

Ann M. ----- April 12th

Ann L. ----- April 13th

Barbara G. ----- April 23rd

Madge B. ----- April 26th

We wish all who have April 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.

Resident Appreciation...

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

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 appreciate ALL of you!!

"Thank You!"

Cherry B. for sponsoring and preparing the resident luncheon held on Saturday, April 9th to "Honor all Mother's."

Residents who attended the luncheon were provided a feast consisting of Ribs, Chicken Wings, Stir Fry vegetables, and potato salad.

Residents expressed great appreciation of Cherry's luncheon with a multitude of compliments to her wonderful cooking as well as having the opportunity to visit among the approximate 25 residents who attended.

Everyone expressed how much they thoroughly enjoyed the day.

Thank you Cherry!!
Residents & Staff



Announcements

Community Room Events

- ❖ **April 3rd** –
Birthday Celebration –
5:30pm
- ❖ **April 6th** –
Commodities Pick-up
- ❖ **April 6th** – 12:00pm
Garden Club meeting
- ❖ **April 9th** –
Resident Luncheon –
12:30pm – See sign-up
sheet in mail area
- ❖ **April 21st** –
Board Meeting 9:30am –
11:00am – Cm. Rm
closed
- ❖ **April 4th & 18th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **April 7th** –
AARP Tax Preparation
9:00am
- ❖ **April 21st** –
Bingo with Life EMS –
3:00pm
- ❖ **April 25th** –
Activities planning
committee meeting –
10:00am – **All Welcome!**
- ❖ **April Tuesdays** –
X-Box Bowling 1:00pm
- ❖ **Game Day** –
Friday's at 3:00pm

See *Calendar* for more
events.

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Giving Matters... We couldn't do what we do, without you!!!

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2016 FRIENDS & family

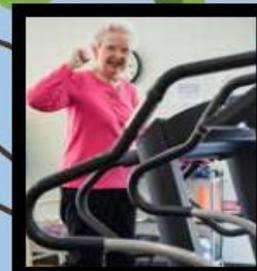
April 1 - 30

Help The Village of Sage Grove raise funds for new Community Room furniture and permanent bird feeders as part of their "Comfort & Joy" initiative.

Thanks to the generosity of donors for last year's Friends & Family Campaign, over \$1,225 was raised to provide residents with new outdoor furniture, like benches, and campus beautification, which has increased engagement in activities both in and out of doors!

**Our 2016 Goal:
\$3,000**

Your gift today will impact the lives of Sage Grove seniors for years to come!



Your gift can be MATCHED!
Match guidelines apply.

TO MAKE A GIFT:

See the front desk for a donation envelope or

ONLINE:
www.pvmfoundation.org/SageGrove

CALL:
248.281.2040

MAIL:
PVM Foundation
26200 Lahser Road
Suite 300
Southfield, MI 48033



The Village of Sage Grove
A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Presbyterian Villages of Michigan Foundation is a 501(c)(3) nonprofit organization. Michigan Charitable Solicitation Registration #MICS 35871.



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

April is Alcohol Awareness Month

This April during Alcohol Awareness Month, I encourage you to educate yourself and your loved ones about the dangers of drinking too much. In 2014 there were more than 9,300 drunk-driving accidents in Michigan. Of the 806 fatal car accidents that occurred in Michigan in 2014, nearly 30% involved alcohol and/or drugs. Excessive alcohol consumption also increases your risk of non-auto related injuries, violence, drowning, liver disease, and some types of cancer. If you are concerned that you or a loved one may be drinking too much, here are some strategies you can use to help you cut back or quit drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Choose a day each week when you will not drink.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

For more information visit the National Council on Alcoholism and Drug Dependence website at www.ncadd.org or call 1-800-622-2255.



Service Coordinator's Corner: Rebecca Ogradowski

Hello. This month's article is focused on strategies for working with the Department of Health and Human Services. Since many of you attended the recent presentation, I thought this would be a good time to share some ideas for ways to work with DHHS effectively. This may feel like a lot, but it is vital to keeping your benefits active, so worth the effort.

- 1 Start on your paperwork AS SOON AS YOU GET IT!
- 2 KEEP COPIES OF EVERYTHING! Don't throw anything away.
- 3 PAY ATTENTION TO DEADLINES! Your eligibility for all DHHS programs (Food Assistance, Medicare/Medicaid, home help, etc.) depends on getting your paperwork submitted on time.
- 4 Follow up with your case worker after you have submitted your documents.
- 5 As Christina and Juan said, the MI Bridges website (<https://www.mibridges.michigan.gov/>) is the quickest way to complete paperwork. If you want my help to use it, let me know.
- 6 Ask for help. I can work with you to turn in forms and appeal decisions.
- 7 Request an appeal if you aren't satisfied with a denial.
- 8 Never sign anything without making sure that it is what you really want/need to do.
- 9 If you feel that the DHHS system isn't working and talking with your case worker/case worker's supervisor doesn't affect the problem, contact an elected official (State or Federal).

Upcoming Presentations

AARP Tax Help – Thursday, April 7, 2016 from 9a – 2p. Volunteers will be in the Community Room to help you to file your 2015 forms. If you get the Home Heating Credit (more than \$20), you might qualify for more Food Assistance. A sign-up sheet will be posted.

Go Docs Go – Wednesday, May 18, 2016 at 1p in the Community Room. Go Docs Go is a home visit medical practice. They will share information and ideas about maintaining a healthy blood pressure level.

I am planning to do health-related presentations; National Church Residences believes that a strong focus on four conditions will improve your lives. They are: Hypertension, Diabetes, COPD/Emphysema, and Chronic Heart Failure. If you are dealing with any of these diagnoses, attending the presentations could make a huge difference in the quality of your life.

Rebecca Ogradowski, LLMSW
Service Coordinator

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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 – 4:00pm **Movie showing in Parlor** Movies are cancelled for a while due to nice weather.
- ❖ 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.*

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 – Scheduled Movie Matinees have been cancelled for a while due to nice weather. However, you can 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.☺)

Our ***F&F Kick-Off Party*** was held on March 31st from 1:00 – 4:00pm in the community room. The party was once again sponsored and paid for by Presbyterian Villages of Michigan Foundation. ... Thank you PVM Foundation. ... Thank you everyone for joining in and participating with the Kick-off party. Residents, Family and Friends enjoyed a wonderful lunch of pizza and salad, followed by several games of grocery bingo. I'm not sure of the total amount raised from the Kick-off party (too much going on, I couldn't keep a running total). I believe we did pretty well for our official first day. ... As of April 12th we've raised **\$351.35**. We will receive a weekly total which is reflected on our thermometer on the first floor.

*Remember: **April 1 – 30, 2016.*** ... Donations received by the PVM Foundation between those

dates will be eligible to share a percentage of the matching funds. 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. ... Thank you to all who have donated thus far.

Spring is here ... We have several gardeners again this year, Woo Hoo!! With that being said, we do NOT have a community garden bed. But ... our gardeners have assured me (plentiful crops providing) there will be plenty to share. As the season grows, watch for shared bounty in the community room when available.

With summer approaching also come the mandatory inspections, furnace filter changes and smoke alarm battery changes. ... Watch for notices informing of dates and times. ... Also, May is one of our Fire Drill months; this will be your announced drill, watch for date & time TBA in May.

Thank you everyone for the well wishes for a speedy recovery during my time off. Returning to my office full of balloons, the wonderful cards and seeing the colorful dry-erase board in the lobby really made me feel missed and appreciated. You all are so special to me ... Thank you! ☺

Get out and enjoy the sunshine if possible. Happy April...

Paula Hager
Administrator

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Crafts can be planned every month if there is enough interest. All suggestions welcome – Come one... Come all	Walmart Bus EVERY Monday Pickup @ 12:15pm Main entrance	Bowling 1pm in Cm. Rm.	Crafts – 1:30pm		1 Game Day 3:00pm in Cm. Rm April Fools' Day	2
3 Birthday Celebration 5:30pm in Comm. Rm	4 Bible Study Group 4 - 5pm	5 Bowling 1pm in Cm. Rm	6 Commodities for those registered. ----- Garden Club Meeting 12pm	7 AARP Tax Preparation Office Closed	8 Game Day 3:00pm in Cm. Rm Office Closed	9 Resident Luncheon 12:30pm "Honoring Mother's" Thank you Cherry B.
10	11 Office Closed	12 Bowling 1pm in Cm. Rm	13 Crafts – 1:30pm	14 Cards – 1:00pm	15 Game Day 3:00pm in Cm. Rm	16
17	18 Bible Study Group 4 - 5pm	19 Bowling 1pm in Cm. Rm Office Closed	20	21 Board Meeting 9:30a-11:00a ----- "Bingo" Life EMS – 3:00pm	22 Game Day 3:00pm in Cm. Rm Earth Day	23
24	25 Resident Activity Meeting 10:00am – <i>All are Welcome</i>	26 Bowling 1pm in Cm. Rm	27 Crafts – 1:30pm	28	29 Game Day 3:00pm in Cm. Rm	30

**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



**Presbyterian
Villages**

OF MICHIGAN

THE FOUNDATION

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

Office Numbers

Phone: (269) 567-3300

Fax: (269) 381-6733

Village Staff

Paula Hager

Administrator

Rebecca Ogradowski

Service Coordinator – National Church Residences

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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