



# Sage Grove View



## Embrace the possibilities

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May 2015

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## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### OLDER AMERICANS MONTH - 2015

May is Older Americans Month. The Administration on Aging denotes this celebration as a way to draw attention to acknowledge the past and present older persons in our country. This year's theme is "Get Into the Act". When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65<sup>th</sup> birthday. About a third of older Americans lived their life in poverty; and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month", the prelude to "Older Americans Month".

Older Americans Month asking that the entire nation pay tribute in some way to older persons in their communities. This is celebrated across the country through ceremonies, events, fairs and other such activities. Each of us can do something to honor our older Americans. If you are a senior who is blessed with mobility and good health reach out to another senior friend or neighbor who may not be as fortunate as you. If you are a family member, neighbor or friend of a senior find some special way to let them know that you appreciate what they have done through defending us or building the communities which we all now enjoy. We owe a debt of gratitude to our older Americans. Please join me in saying THANK YOU!

Every President since Kennedy has issued a formal proclamation for



The Village of  
**Sage Grove**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Mother's Day

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

Teacher  
Supportive  
Fun  
Generous

Unique  
Forgiving  
Silly  
Loving

Healer  
Helping  
Creative  
Caring

Sacrifice  
Compassionate  
Nurturing  
Beautiful

## Announcements

### Community Room Events

- ❖ **May 3<sup>rd</sup>** –  
 Birthday Celebration –  
 5:30pm
- ❖ **May 6<sup>th</sup>** –  
 Commodities Pick-up
- ❖ **May 4<sup>th</sup> & 18<sup>th</sup>**  
 Bible Study Group Meets  
 4:00 – 5:00pm
- ❖ **May 7, 14, 21 & 28**  
 Project Healthy Living  
 2:00pm – 3:00pm
- ❖ **May 21<sup>st</sup>** –  
 Bingo with Life EMS –  
 3:00pm
- ❖ **May 19<sup>th</sup>** –  
 Shining Star Celebration  
 1:00pm
- ❖ **May 16<sup>th</sup>** –  
 Private Party in Cm. Rm  
 10am - noon
- ❖ **May 25<sup>th</sup>** –  
 Activities planning  
 committee meeting –  
 10:00am – All Welcome!!
- ❖ **May 25<sup>th</sup>** –  
 Memorial Day  
 Office Closed
- ❖ **Game Day** –  
 Friday's at 3:00pm

See Calendar for more events

Continued on page 5

\* See office for answer key if wanted.



## Grants Awarded to PVM Villages

Through the generosity of our many donors, the **PVM Foundation Grant Allocation Committee** was able to award over **\$73,000** so far this year to fund various Village projects and programs including:

- Funding to complete a Paved Service Road at **The Village of Sage Grove**
- Funding to complete the new Security Camera system at **The Village of Warren Glenn**
- Funding to complete the Gazebo at **The Village of Our Saviour's Manor**
- Funding for resident activities at **16 Villages**
- Community Living Room updates at **The Village of Rosebush Manor**
- Automated phone call system at **The Village of Springs Meadows**
- Signage replacement and updates at **The Village of Bethany Manor**

Projects like these and many others that are funded throughout the year are only possible through the support of donors, so **THANK YOU** for all you do for residents! If you have any questions about projects that the PVM Foundation funds, please call Avni Thomas at 248.281.2040.

Another event the PVM Foundation supports is the annual **Village Victory Cup**, being held on **Friday, June 26<sup>th</sup>** at the Ultimate Soccer Arenas in Pontiac. This senior Olympics-style competition brings nearly all the Villages together for a fun-filled and rewarding day. I hope to see each of you there competing or cheering on your teams!

If you have any questions or would like to share your thoughts, please contact me at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you for all you do to support PVM!

Warm regards,  
Paul J. Miller, CFRE

LEAVE A  
*Legacy*  
Ways to make  
a Planned Gift

Support PVM during your  
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

**CONTACT US TO LEARN MORE**  
Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller  
248.281.2045 [www.pvmfgifts.org](http://www.pvmfgifts.org)

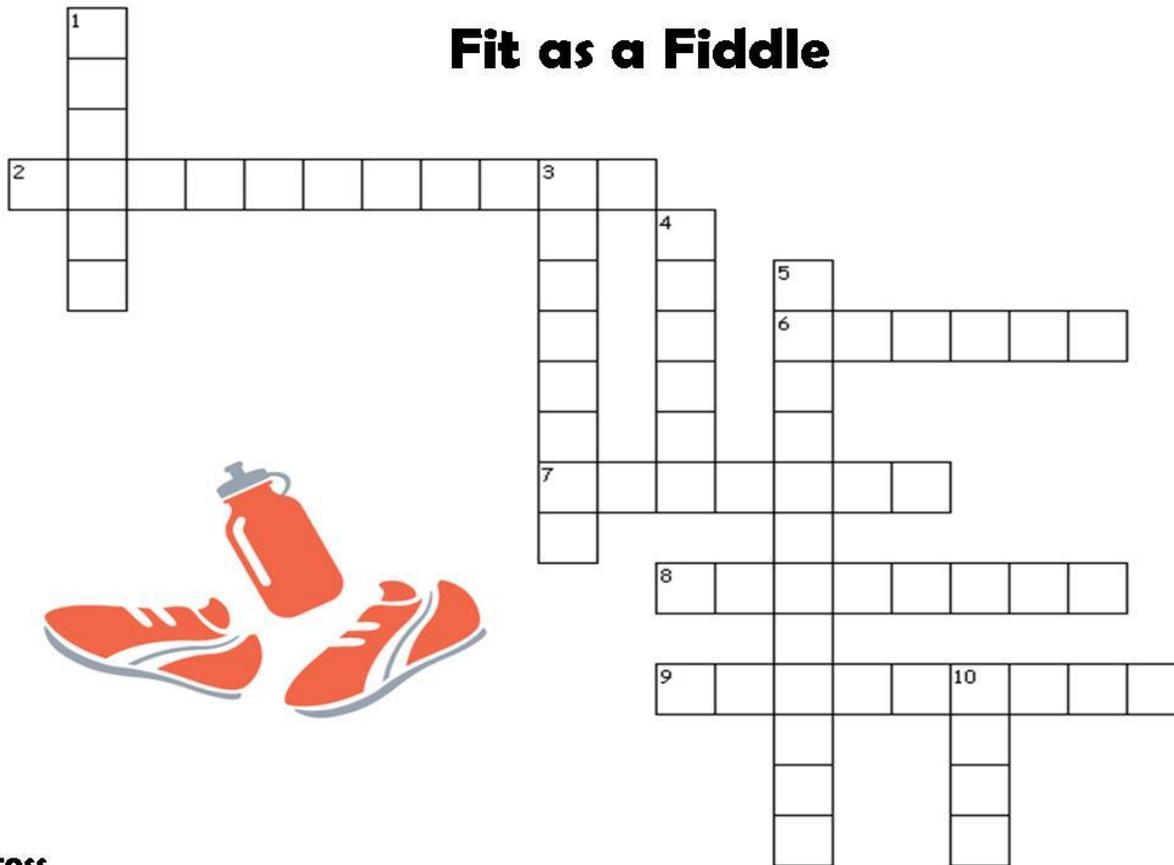
 **Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Fit as a Fiddle



### Across

2. Lace these up when you're about to head out for a run.
6. Exercise can give you this, which can help wake you up and help you stay positive throughout the day!
7. It's good to do this before being active, to loosen up those muscles!
8. This is an activity you can do in the water, and can be easy on the joints.
9. This is a machine that you can use to walk or run inside, and is great when the weather isn't permitting exercise.

### Down

1. Grab one of these and have them come with you for a walk!
3. This is something you can do to keep your body healthy.
4. You should always speak with this person before becoming active.
5. This illness impacts the heart, and the risk of it can be reduced with exercise.
10. This is improved when you exercise, and leads to a more positive outlook.

**\*Answers can be found in next week's newsletter!\***

## Service Coordinator's Corner: Rebecca Ogrodowski

Welcome to the Service Coordinator's Corner for May of 2015. This month is another potluck of SC-related yumminess. The tidbits are volunteers, Commodities Recertification, and Project Healthy Living.

### Volunteers:

We just had the Volunteer Appreciation party for our 2014 volunteers, Ralph and Jill. If you see either of them, please share your thanks with them in person. They choose to spend their time with us.

We have two new volunteers, Danielle and Ashley. Danielle is coming on the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month around 10a to do Arts and Crafts with a group in the Community Room. Ashley will be starting on May 13 at 11a, staying until 1p. She will be doing gardening.

### Commodities Recertification:

Treasa from Senior Services will be here on May 19 at 10:30a to recertify residents for Commodities. This has to be done annually for every person receiving the food. Please fill out the application form I put in your box recently and bring it with your ID and proof of income to the Community Room that day. The more you have done in advance, the simpler and quicker the process should be. If you need help, I can do that.

### Project Healthy Living:

The classes will start on Thursday May 7 at 2pm in the Community Room. Three more sessions will be held on May 14, May 21, and May 28. All will be at 2pm. If you want to participate, you will need to sign up for ALL DATES on the sign-up sheets near the mailboxes. We have guests coming from Westland Meadows, so the crowd should be a large one. Come ready to figure out how to be a healthier you!

### Future Presentations:

I am working on arranging a date in June for a presentation by Housecall Physicians, an agency that does home visits and accepts Medicare and Medicaid. They come well-recommended and I hope that we can provide another option for those who need it.

Thanks for reading.

*Rebecca Ogrodowski, LLMSW*  
Service Coordinator

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## Announcements Continued

- ❖ **1<sup>st</sup> 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 – May 5<sup>th</sup> Tuesday – ~~May 19<sup>th</sup>~~
- ❖ 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 1<sup>st</sup> come 1<sup>st</sup> serve basis.
- ❖ Wal-Mart Bus – Every Monday – Pick-up is at 12:15pm

## Birthday Celebration!

Deanna D. ----- May 4<sup>th</sup>  
 Theresa M. ----- May 4<sup>th</sup>  
 Peggy P. ----- May 10<sup>th</sup>  
 Barbara W. ----- May 11<sup>th</sup>

*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.*

The Friends and Family Campaign was April 1<sup>st</sup> through April 30<sup>th</sup>. As of April 29<sup>th</sup> we raised a total of **\$1,128.00**. This total does **NOT** include the match funds. I will let you know what our grand total is once I receive it. **Thank you everyone** for all of your hard work and donations. We couldn't do what we do without **YOU!** [All donations received in April will be matched according to F&F guidelines.]

You may have noticed the (2) new concrete benches located by the main entry ... Thank you Ron S. – F&F Ambassador, for reaching out to Lowes on Drake Rd and getting them to donate not one, but two benches. ... Way to go Ron!

**Thank you Lowes!!**

I am so happy to announce that our Service Road will be paved next week (weather permitting). Hopefully you read the announcement regarding Wyoming Asphalt. If not ... they will be here bright

and early Monday morning, May 11<sup>th</sup> to start the job. It could take 1 to 3 days to complete. I apologize in advance for the noise and smell that will come from the paving process. Please try to be understanding and tolerant during the process, it will be worth it when it's done. There are too many to Thank with just this newsletter for this F&F project. We will do it right once we have everything in place. ... In the meantime ... THANK YOU!!!

It's gardening season again. We will be having a gardening group meeting on Wednesday, May 13<sup>th</sup> at 11am in the community room. If you will be a returning gardener or a new one, please join us. Each year you all have created beautiful gardens with your plants and flowers; I can't wait to see what you do this year.

Please join the ladies group "Beyond Ourselves" for a resident dinner on May 14<sup>th</sup> at 6pm. Thank you Jane Givens for bring your group to our Village.

Wishing all Moms' – Happy Mother's Day.

*Paula Hager*

# May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Birthday Celebration 5:30pm in Comm. Rm	4 Bible Study Group 4 - 5pm	5 Movie Matinee 1:30pm  "A Dolphins Tale"	6 Commodities pick-up for those enrolled  Cinco de Mayo	7 Project Healthy Living 2-3p	8	9 Crafts with Danielle 10am-12p in Cm Rm
10  Mother's Day	11 Service Road Paved starting at 7:30am ☺	12	13  Gardening Group Meeting in Cm. Rm 11:00am	14 Project Healthy Living 2-3p ----- "Beyond Ourselves" Resident Dinner 6pm in Cm. Rm	15  Game Day 3:00pm in Cm. Rm  Administrator in Detroit Office Closed	16  Cm. Rm Closed 10a-12p Private Party
17	18 Bible Study Group 4 - 5pm	19 Commodities <u>reenrollment</u> Shining Star Celebration in Cm. Rm 1:00pm ----- No Movie	20	21 Project Healthy Living 2-3p ----- "Bingo" Life EMS – 3:00pm in Cm Room	22  Game Day 3:00pm in Cm. Rm	23 Crafts with Danielle 10am-12p in Cm Rm
24	25 Resident Activity Meeting 10:00am  Memorial Day Office Closed	26	27	28 Project Healthy Living 2-3p	29 Game Day 3:00pm in Cm. Rm	30 Give- Away Day & Social Gathering All items Free 10a-Noon
31	Walmart Bus <u>EVERY</u> <u>Monday</u> Pickup @ 12:15pm Main entrance	Community Van runs on Tuesdays Need to sign up by 2pm the Monday before.				

**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](http://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*

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**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](http://www.pvmfoundation.org)



The Village of

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A SENIOR LIVING COMMUNITY

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