



Sage Grove View



Embrace the possibilities

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

August 2014

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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

4 F's FOR QUALITY OF LIFE

In school receiving an F would have been a tragedy. However, in this edition I want to point out Four F's which have drawn my attention in the quest for Quality of Life at any age. Coincidentally it ties right back to school days since my recent 45th High School Class Reunion inspired me to write this message:

In reading the very nice directory which was published for this grand occasion I noticed some themes which were played out in almost every person's comments: They were Faith, Family, Friends and Fun! All seemed to note the well-known dilemmas which invariably occur with everyday life and professed that the above four items were what rocks their world and offsets the challenges of life.

In our comings and goings we can place much emphasis on reaching goals or finding our latest acquisition; but if we really think about what gives us our greatest joy in life it will most likely be tied somehow to these Four F's. Many folks talked about their latest adventures in far away and exotic locations or their favorite times riding in their convertible

car which is an acquisition; but it was the fun and sense of living life to the fullest as a part of these purchases which brought their greatest enjoyment.

So as we travel along life's journey keep in mind that our everyday actions and dedication to these top Four F's can guide us. And the joy of being grandparents was probably the most noted experience in my classmates' comments. So I am very much looking forward to becoming a grandparent for the first time very soon.

Speaking of fun, PVM is a fun place to be. Our recent Village Victory Cup is a prime example. If you have not been involved as yet please consider doing so. It is a day filled with fellowship and great joy! If you aren't into some of the more action oriented events you can join in on the paper airplane flying event! Throughout the summer I hope that you will have the good fortune of fun and lovely life experiences with family and friends. And remember the Four F's.



The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Heat Stress as we Age.

My family was lucky enough to live near the beach when I was growing up. We spent hours playing in the water and building castles in the sand. I never quite understood why my Grandparents didn't stay out in the sun for long with us, but now I do.

People who are 65 and older are more prone to react to heat than younger people. Why is that? Sometimes it is because of the medications we are taking or the chronic medical conditions that we may have. This can cause the body to react differently to heat even interfering with our ability to perspire. Without perspiring, we lose our ability to control our body temperature. Perspiration helps our body to cool down. Heat Stroke is a serious medical emergency and must be dealt with immediately. A much better approach is to make sure you don't get in a position of heat stress and or stroke. Here are a few tips to guard against heat stress:

- Stay hydrated. Even if you don't feel like drinking, drink water throughout the day.
- Keep your blinds shut when the hot sun is coming in.
- If your air conditioning is not working or needs adjusting, let your maintenance person know.
- Wear loose clothing.
- Wear a hat when you are going to be outside.
- When going for walks choose the cool morning hours or evening hours, not the noon day sun.
- Recognize when you have had too much sun. The signs are feeling dizzy, red hot and dry skin and a lack of perspiration.
- Get help if you need it.

Today when I go to the beach or work in my garden, I am wiser about how I handle the sun. Nothing spoils a nice summer day faster than needing a trip to the emergency room. I hope you are enjoying your summer days while staying safe.

Announcements

Note: No Community Van until we find another driver.

Community Room Events

- ❖ **August 6th** –
Commodities Pick-up
- ❖ **August 7th** –
Congressman Fred Upton to visit Sage Grove
- ❖ **August 3rd** –
Birthday Celebration – 5:30pm
- ❖ **August 4th & 18th** –
Bible Study Group Meets 4:00 – 5:00pm
- ❖ **August 12th** –
Virtual Victory Cup Award Presentation – 2:00pm
- ❖ **August 21st** –
Board Meeting 9:30 – 11:00am
- ❖ **August 21st** –
Bingo with Life EMS – 3:00pm
- ❖ **August 25th** –
Activities planning committee meeting – 10:00am – All Welcome!!
- ❖ **August 28th** –
Resident meeting – 1:00pm

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Is Your Will Up to Date? Help Support the PVM Mission

Have you recently moved? Have your beneficiaries changed? Now might be a good time to update your Will and consider leaving a legacy to PVM residents in your update to support the PVM Mission.

You have the power to leave a legacy for future residents, like one donor recently did. This generous donor (who will remain anonymous as her family requested) passed away in January and was an inspiration to those who knew her because of her commitment to her faith and the work of the church. It was that commitment that led her to donate a portion of her estate to support PVM's Benevolence funding to help residents who may have outlived their financial resources.

You don't have to be a certain age or very wealthy to make a charitable bequest. With a little planning, even people of modest means can make a big difference. Just a few sentences in your Will or trust are all that is needed.

"I give Presbyterian Villages of Michigan Foundation, (____ percent of the residue of my estate) or (the sum of \$____), to be used by Presbyterian Villages of Michigan Foundation, (wherever the need is greatest) or (for The Village of ____)."

Donors who leave PVM in their Will are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are truly grateful to all our donors, whose generosity makes a lasting impact in the lives of current and future PVM residents.

Warm regards,
Paul J. Miller, CFRE

– HELP SUPPORT THE PVM MISSION –

Is your Will up to date?

*Have you moved?
Have your beneficiaries changed?*

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.





For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

“And The Winner Is...”

This year's Village Victory Cup was one for the books! On June 27th, 200 residents from eleven villages and an astounding 70 volunteers converged at Ultimate Soccer Arenas in Pontiac for this annual event. The atmosphere was filled with laughter and friendly competition. It was quite a sight to see so many smiling and happy faces!

As the day progressed, it became apparent that it was going to be a battle between the Village of Westland, the defending champs, and the Village of East Harbor. It came down to the last event. In the end, the Pirates of East Harbor won, beating the Westland Stars by only 2 points!

Throughout the day the Villages also competed for the Spirit Award. This year the Monarchs from Our Savior's Manor took the title, and rightly so. A small but mighty crew of residents pulled out all the stops, including having their own soundtrack!

Not to be left out, Villages 100 miles or further from the PVM Home Office competed in the Virtual Village Victory Cup. Spring Meadows I & II were in it to win it. When the dust settled, Spring Meadows I emerged victorious. Perry Farm Village took the Spirit Award with their clever video showcasing their residents competing and cheering each other on to victory.

For those who like to plan ahead, mark your calendars for June 26, 2015. That's the date for next year's Village Victory Cup. You won't want to miss out!



Service Coordinator's Corner: Rebecca Ogrodowski

Welcome to the SC Corner for August of 2014. One of my duties as Service Coordinator is finding and organizing our volunteer program here at Sage Grove. Needs and opportunities have arisen.

This month, I am talking about volunteering. It's an important activity that many of you participate in and/or benefit from. I know that our residents donate their time and talents to many local agencies, including CentraCare, Loaves and Fishes, and creating cushions for people with cancer. There are probably others that I'm not aware of. We change our lives and those of our friends and neighbors when we volunteer.

In the past, we have benefitted from have had volunteer drivers for the Community Van. As you are probably aware, we have had to suspend the service for need of a new driver or drivers. I am looking for someone to replace them. If you know of a driver who would like to help us out, please contact me. We would love to restart the service.

WMU, Volunteer Kalamazoo, Volunteer Match, and Michigan Works are interested in providing volunteers to meet our needs. This means that YOU could have a volunteer to help with varied needs, including housecleaning, errands, reading, etc. Let me know if you would like to be a "volunteer". I will work to pair you with an individual through one or more of these organizations.

Rebecca

Recent Events:

Area Agency on Aging 3A – Anne Zemlick shared information about the services that the AAA offers and how you can benefit. See Rebecca if you would like a copy of the notes.

CentraCare – Jill and Sarah brought strawberry shortcake and talked about CentraCare and other interesting topics.

Due to interest, Rebecca will be arranging a presentation in the near future.

Upcoming Presentations:

Thursday August 7, 2014 at 3p – Fred Upton Michigan's 6th District House Representative will be touring Sage Grove and meeting with residents

Tuesday, September 16, 2014 at 1p – Kalamazoo County Veterans Service Office will present about services for veterans and spouses through the county

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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.
- ❖ Last Saturday of the month "Give away day" and Social Gathering- 10am – 12:00pm
- ❖ Movie Matinee – 1:30pm
Thursday - August 14th
Tuesday - August 26th
- ❖ 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!

Marilyn H.August 15th
 Peter D.August 17th
 Carol L.August 21st
 Esther P.August 26th
 Clara June W.August 28th

We Wish You Great 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.

July’s newsletter recognized several amazing people who participated in our village yard sale. I left out a very special resident who contributed in all areas of the yard sale ... Cheryl Darner ... **“Thank you!”** Please know your participation was greatly appreciated!

I would also like to recognize another amazing resident who has devoted a great deal of time and energy to our village library. She has rearranged and organized books, donated an additional book shelf, and gone above and beyond out of the goodness of her heart. ... Mary Ellen Bly ... **“Thank you! We appreciate all you do!!”**

Our gardens are in full bloom and already producing an array of beautiful flowers, fantastic tomatoes, and in my opinion record breaking long green beans. Way to go Ann Main, I’ve never seen green beans that long. ... Cu do’s to our Sage Grove Gardeners, you ALL are AMAZING!!!



Sage Grove Raised Bed Gardens – Gorgeous!

Happy Summer everyone.

Paula Hager

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walmart Bus EVERY Monday Pickup @ 12:15pm Main entrance				1	2
3 ~ Birthday Celebration 5:30pm in Comm. Rm	4 Bible Study Group Meets 4 - 5pm in Cm Room	5 Office Closed	6 Commodities pick-up for those enrolled Games, Cards or Bowling 2:00pm in Comm. Rm	7 Congressman Fred Upton Visit Village 3:00pm	8	9 Resident Dinner 11:00am in Comm. Room
10	11	12 VVC Award presentation 2:00pm Music Entertainment 6:00pm	13 Games, Cards or Bowling 2:00pm in Comm. Rm	14 Movie Matinee 1:30pm "An American in Paris"	15	16
17	18 Bible Study Group Meets 4 - 5pm in Cm Room	19	20 Office Closed	21 Board Meeting 9:30 – 11:00 "Bingo" Life EMS – 3:00pm in Cm Room	22	23
24 31	25 Resident Activity Meeting 10:00am	26 Movie Matinee 1:30pm "Singing' in the Rain"	27	28 Resident Meeting 2:00pm	29	30 Give-Away-Day & Social Gathering 10am - noon

**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

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**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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