



Village News



Embrace the possibilities

3501 Cherry Blossom/3300 County Farm Rd • Jackson, Michigan

September 2015

49201 • www.pvm.org

We did it!

Queen's Tea

Featured Articles

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The Remember, no outside sprinklers at Spring Meadows I. BBQ grills are okay, if kept away from the building. Keep outside decorations tasteful! Please don't put your trash out before Wednesday night!

Because of the GREAT efforts from residents, we have \$25,000 for a bus for Spring Meadows!

The Weatherwax Foundation of Jackson awarded Spring Meadows a grant of \$16,500 after residents raised a whopping \$8,500.

This is primarily because of a great group of residents from Spring Meadows who held dinners, auctions, garage sales and worked so hard to make this happen! It is a HUGE accomplishment and we just couldn't be prouder. **ANYTHING** is possible if you just try hard enough!

We are now going to start shopping for a nice used bus/van for outings for Spring Meadows!!

More news to come!



Linda is being honored as Senior Ms. Michigan at a Queen's Tea Party at The Village of Spring Meadows on September 24th from 2 – 4 PM.

Former Queens, pageant directors, her court and some guests from PVM will be in attendance.

There will be some entertainment and light refreshments. A video taping of the pageant will be playing in the background.

There is a sign-up sheet and residents will be invited (probably about 20) through a lottery. If you are interested in attending, we will take your name and throw it in a hat, pull out 20 names and send an invitation.

Look for PVM on:



Tai Chi to Start in September



Tai Chi will start on September 4th

9:30 AM – 10:30 AM

6 Week class dates: September 4, 11, 25

October 16, 30 and November 6th!

Sign-up at the office!



2136 Robinson Rd Jackson, MI
49203

517-750-2180

Call Brown's Advanced Care
Pharmacy.

We will deliver your medications to you without adding a delivery charge. Just call Brown's Advanced Care Pharmacy 750-2180 with your prescription information and the name of your current pharmacy.

We will do the rest. Your medicine will be delivered to your door Monday through Friday.

Meet the Administrator Meeting for September
Sept 17

11:00 AM at SMII
2:00 PM at SMI

Concrete Repair/Replacement at Spring Meadows I!



The cement trucks will

Soon be at Spring Meadows I, work is scheduled to start in
late September – more info to come!

Danielle's Notes

Keeping Healthy Meals in Your Senior Living Lifestyle Cooking might not be the pleasure it once was, but you don't want to shortchange yourself on nutrition and a healthy diet. Fortunately, there are plenty of healthy alternatives to spending long hours in the kitchen. Nobody feels like cooking every night. Hey! Some people don't even feel like cooking **any** night!! But if you avoid cooking completely in your senior years and don't look for alternatives to maintain a healthy diet, you may not get the nutrients that you need. Eating healthfully doesn't have to involve hours in the kitchen. Consider these options for maintaining a nutritious diet in your senior years:

Get help in the kitchen. If you can't or don't like to cook any more, consider getting some help with your meals from friends and family, or if you have one, your home health aide can shop and prepare meals for you.

- **Buy prepared meals.** Our Airport Road Meijer has a nice sized salad bar with many options. You could choose to buy entire meals with all the preparation done for you. The thing to watch with the already-prepared foods is preservatives and sodium. Many of the healthy frozen meals offer preservative free options and low sodium. For example, several Lean Cuisine and Healthy Choice Café Steamers offer low sodium, preservative-free selections. AND they really do taste good! My personal favorites are the Healthy Choice Café Steamers.
- **Consider home delivery services.** If you can't get out to shop, see if you can get fully-cooked meals delivered through the Meals on Wheels program. Although what you will get may not be gourmet, you will get basic nutrients delivered right to you.
- **Partner with neighbors.** This is my FAVORITE idea!! If you have friends or neighbors who live alone or just don't like all the chores surrounding cooking, consider forming your own cooking club even if it's just two people! You can share in the bills, the cooking, the shopping, and the eating — a great way to stay socially connected, too. Make several meals and store them in freezer containers.
- **Choose easy recipes and plan ahead.** Stick to healthy yet simple recipes that don't require a lot of ingredients or effort but pack a lot of nutrients. Plan your menu for the week ahead so that you don't have to make many trips to the store. Also, you can plan your menu for the week on Sunday when the sale ads come out.
- **Limit the preparation work.** Consider using frozen ingredients, like vegetables, in your recipes. You can buy a frozen bag of diced onions or green peppers to toss a handful in a recipe. Of course we can all chop these ourselves, but the green pepper in your freezer will keep much longer for smaller meal use.
- **Switch to lighter pots and pans.** Even if you have sworn by them your entire life, cast-iron and ceramic pots may be too heavy to lift safely. If you really just can't cook any other way, avoid bending and extra lifting of any kind, keep this cookware and heavier items at waist level when storing in cabinets.

Food is such a huge part of our culture! We get together – it's called a potluck! We have a friend over – we have a pot of coffee ready to share! We go to a party and everyone seems to gather in the kitchen! I definitely feel it's important to enjoy your food. We have five senses and each one deserves to be enjoyed! It's also important to be wise about our choices. To indulge every now and then is just fine, but it's very important to enjoy healthy, delicious daily options. I am a walking cookbook of healthy recipes and substitutes! This weekend my family is looking forward to my signature: Skinny Girl Chicken Pot Pie Soup!! I am always willing to talk food!! Take care & enjoy every day! Much Love, Danielle

Danielle



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

"Knowledge is power", especially when it comes to aging well and living well. So I am pleased to report that, as an outcome of Governor Snyder's Special Message on Aging, the State of Michigan has just launched a new website: "Living Well & Aging Well". The goal is to easily connect residents with local aging programs and services as well as with aging services organizations and communities. The website can be viewed at www.michigan.gov/aging. PVM will link to this site and use this opportunity to enhance our message.

To view our website go to www.pvm.org. You can also "Like" us on Facebook at Presbyterian Villages of Michigan. Help us spread the word about all the great things we are doing.

By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer.

[Helen Hunt Jackson](#)

We know that in September,
we will wander through the
warm winds of summer's wreckage.
We will welcome summer's ghost.

[Henry Rollins](#)

September 11 is one of our worst days
but it brought out the best in us.
It unified us as a country and showed
our charitable instincts and reminded us
of what we stood for and stand for.

[Lamar Alexander](#)

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The Guys have new Tablets to work on. If you see them carrying little electronic devices...they are not playing video games, it is a new tool to have everything entered in a data base.

They are really excited about the new equipment and it will make their jobs easier and more efficient.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

September is National Healthy Aging Month. In the word search below there are 20 things you can do to stay healthy as you age. See if you can find all 20!

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

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|---------------------|-------------------------|---------------|-----------------|
| Annual Vaccinations | Home Safety Check | Pray | Strength Train |
| Dental Checkups | Learn Something New | Read | Stretch |
| Eat Healthy | Maintain Healthy Weight | Sleep Well | Vision Checkups |
| Exercise | Meditate | Socialize | Visit Friends |
| Hearing Checkups | Physician Checkups | Stay Hydrated | Volunteer |

Catered Lunch

Steve Rice will be cooking for us again in September !
The catered lunch is great! Yummy homemade food at very reasonable prices!

Catered Lunch
Spring Meadows I, Community Room
September 11
11:30 AM

**Roast Beef Sandwiches, Cheesy bacon/potato
soup & brownies w/ice cream**

We Deliver! Just \$6!!

PLEASE.....
Don't feed the Wild
Animals!

Dr. Keyes (Podiatrist)

will be at Spring Meadows
On September 9th
11:00 AM at Spring Meadows I
11:30 (approx.) at Spring Meadows II
Sign up in the office



The terrorist attacks of September 11th and the courageous actions of our armed forces in Afghanistan and Iraq remind us that friends of tyranny and enemies of freedom still exist.

Carl Levin



We can best honor the memories of those who were killed on September 11 and those who have been killed fighting the war on terrorism, by dedicating ourselves to building a free and peaceful world safe from the threat of terrorism.

Jack Reed



We received a grant to purchase an ATV to assist with snow removal! This little gem has a snow plow that will allow the guys to get out and clean up the sidewalks and touch-up the drives from blow-overs. It will be so much better at helping keep the sidewalks free and clear of snow.

It is hard to believe that winter is coming again. We need to be vigilant and understand it is impossible to get it all so you need to be careful too!

**The Maintenance cell phone is for
EMERGENCIES ONLY!
Please don't call with regular
Service calls ..CALL THE OFFICE.**

Have you tried "First Fruits" Groceries!
If you live at Spring Meadows you automatically qualify!
Great food Boxes at reduced prices!

Meats from Prime Cuts \$25 or \$49
Produce from Keyes Produce \$20 (choose from 2 boxes)
Order forms at the office
Pay with check or money order, orders can be placed at the office!

Ice Cream Social (and health fair)
September 11, 2015
11:30 at SM1
1:45 PM at SM2

Provided by Senior Nursing Care Services.

Spring Meadows I Garage Sale
September 25 & 26
9 - 5



Birthday extravaganza is held every month at Spring Meadows II September 25th from 2 – 3 PM.
 Celebrating September Birthdays..... Everyone is welcome... cake, games and prizes)
 Thanks to Sherry from Faith Haven for the cake!

September Birthdays

Happy Birthday everyone!!

Carol Aldridge.....9/13

We are so glad you were born
and choose to be a part of
Our wonderful family!

Pat O’Conner.....9/26

Eva Swager.....9/20

Mary Waite.....9/15

Emmarell Wilson.....9/29



Mary Downard.....9/8

Annabelle King.....9/13

JoAnn Walter.....9/28

Flu Clinic!

September 28th

9 – 11:30 AM at Spring Meadows I

1:00 – 3:30 PM at Spring Meadows II

Bring your insurance card and roll up your sleeves

Happy September!
Wow! What a crazy month this has been. Now it is working on the budget for Spring Meadows I and trying to keep up with all of the other “stuff” going on.

I am working on contracts now for a huge concrete repair/replacement at Spring Meadows I. We have the bids in, have selected our contractor and are working on the contracts. The best “guess” about the dates of work is the 28th of September but can vary depending on the weather. Let’s hope for a nice dry and warm September.

Budget season is always a crazy time of year so I am doing a lot of crawling around on the floor in my office sorting out invoices and papers that we need to complete the task! If I look a little “bleary-eyed” it is just the time of year.

We have had a few move-outs this month so that is keeping everyone “hopping” we have 2 people going to skilled nursing/assisted living and one moved to help his mom. But we have a nice healthy waiting list and new people are always good to see. Besides it is so much better to move in the summer than to move in the middle of a Michigan winter.

Speaking of Michigan Winters, we are hoping the El Nino will bring us a much milder winter. The Farmer’s Almanac is predicting another bad winter so... we can chose between science (meteorologists) and the Ole’ unscientific Farmer’s Almanac. I guess Mother Nature will do whatever she feels like and we just have to live with it.

I am so proud of the diligence of a group of residents working toward our bus! What an accomplishment. Huge thanks for everyone who helped with our Friends and Family Campaign, Huge thanks to Tom Draper and Deborah Muhich (Board Members) who put a “bug in his ear” to Larry Bullen about our amazing properties. A huge thanks to Anvi Thomas from the home office for helping me complete the arduous task of completing the Grant forms necessary to apply for the grant. Huge thanks to Gloria Hamlin for spearheading the dinners, auctions, sales and other events to raise money. Huge thanks to Danielle for her tireless help in organizing, cooking and being the all around amazing person she is. The Biggest thanks is to the wonderful people at The Weatherwax Foundation who generously gave their resources to our communities. The Foundation was started by the Weatherwax family and has been helping non-profits in the Jackson area for years. Their support is so appreciated and we are truly blessed with their contribution.

I have contacted several outlets for buses and vans from here to Georgia. We will have to find the right bus for our needs.

I am getting ready for the National pageant in October. I need to practice singing and getting out in the community. I have several personal appearances coming up in September. Two parades on Labor Day, one in Romeo and one in Clarkston will keep us moving. They have to put me in the front of one parade and at the back of another parade so I can make it to them both. . We are going to drive the Corvette in both parades, it will be nice to have Bill with me.

The Queen’s tea will be quite the event. I hope you will be able to come to it. Make sure to sign up if you are interested. I can only have about 15 - 20 residents with the others coming but we will have a drawing to choose who will be invited. I am renting antique china tea cups for the event with antique tiered cake stands. We will have little sandwiches, tea and pretty little pastries. The pageant video will be running on the television, dignitaries for PVM and the pageant will be here, our Spring Meadows Board will also be invited.

In closing, Fall is my favorite time of year. The weather is great, the leaves will soon be changing, football (Go Green), apples and cider and pumpkins.

Thanks for being a part of my life. I am so grateful for Spring Meadows and the many amazing people here.

Linda

**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

(517) 788-6679

(517) 788-7502

Village Staff

Linda Sisco

Housing Administrator

Rae Stachnik

Assistant Administrator

Bruno Trout

Maintenance Lead

Tom Leach

Maintenance Tech

Danielle Leithauser -788-5519

Service Coordinator

EMERGENCY NUMBER

(517) 748-1460



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



The Village of
**Spring
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



**Presbyterian
Villages**

OF MICHIGAN

SERVING SENIORS & COMMUNITIES

Embrace the possibilities



Save the Date: Annual PVM Foundation Gala on November 13th!



When: Friday, November 13, 2015
 5:30 p.m. Sponsor & Patron VIP Pre-Reception
 6:30 p.m. General Cocktail Reception & Raffle
 7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: \$250 Individual Ticket* includes General Cocktail Reception, Dinner & Program
\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating at Dinner & Program
 (*Estimated Fair Market Value: \$125/ticket)

PVM employees can purchase tickets through payroll deduction (form is due no later than October 15). For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org, or visit the "Events" page at pvmfoundation.org.

Thank you for supporting PVM residents and I hope to see you on November 13th!

Warm regards, Paul J. Miller, CFRE

Maybe money CAN grow on trees... \$

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

UP TO
9.0%
RETURN

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION