



Voice of Hillside



Embrace the possibilities

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September 2015

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Notes from Mary Catherine...

Cooler weather, a new school year on the horizon, quieter streets downtown – another summer season is winding down in Harbor Springs. I, for one, am looking forward to ‘sweater weather’ and color season. My kids are actually looking forward to school starting and I am excited to see the fruition of more than three years of planning come to fruition with the start of our Hillside-Friendship Center Renewal Project this month!

A huge thank you to our Fundraising Committee who worked with so much enthusiasm to raise the funds necessary, to the staff at PVM and Hillside who have worked so diligently on logistics and planning and coordination – and to our residents, both those moving and those staying put in D Building – who have hung tough through all of the uncertainties and stress of getting this project off the ground.

Another big thank-you for everyone’s patience at both campus’ as we transition with our Maintenance Team! We are sorry to see Dan Kolberg leave – but happy that he has a new opportunity and a chance to spread his wings with a new organization. Jodi, Jill and I are working hard to find the right candidate to join our team and ensure that all of our buildings are well tended and looking their best. *Please make sure that you continue to call the office with your maintenance requests*, or if there are issues that need to be addressed – we don’t want things to go untended. Remember – we can’t actually read minds... if something needs taking care of please tell a staff person or call the office to report/place a work order!

As always, we are here to help – call or email if you have any questions, concerns or accolades...

Mary Catherine Hannah



The Village of Hillside

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



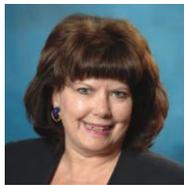
UPDATE

Building Update:

The Hillside-Friendship Center Renewal Campaign

It's here! Moving Day is fast approaching, as is demolition day and are the long days of construction. Everyone in Phase I should have received a cover letter and Q & A Document given some written reminders and reference information. Full size renderings of the new apartments, with dimensions and elevations, will be available in the office, or at the Birchwood Inn, after closing (most likely the week of September 14th). If you are not able to pick up, please let us know and we will email or put in the US Mail for your reference. We will be doing building construction updates bi-monthly, hopefully with pictures, so that you can track the progress of the new building.

Mary Catherine Hannah



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.

D Building Updates:

As we wish our Phase I friends a temporary good-bye, and look towards living in a construction zone – it's time to focus on a few things around D Building that need some attention. Jodi is working diligently on funding to obtain some new chairs for our exercise classes and wellness activities. We are anxiously awaiting the delivery and installation of the new stoves – which should happen by the end of the month! Jodi is working on getting quotes to repair and/or replace the intercom and front door security system and we have our carpet vendors returning to give us some options for the front entryway carpet that has NOT held up well since installation. Again, please call the office if you have a concern or something in your apartment or in the common areas needs attention – you are the eyes and ears of the Village!

Mary Catherine Hannah

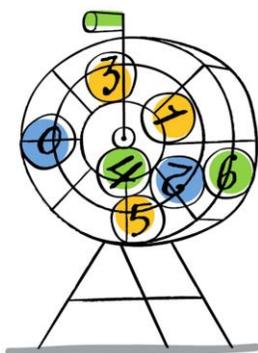


Community Connections will be continuing their monthly TED talks on the third Thursday of each month at the Harbor Springs Public Library. Watch our Facebook page for scheduled videotaped talks followed by discussion and light snacks.

Service Coordinator Report

It has come to my attention that not everyone understands exactly what a Service Coordinator does. There may be some confusion because of my early days with Hillside. Since there had never been an SC here before, there was no structure in place to step into so I spent quite a bit of time planning and attending activities so that residents could get to know me and learn more about what I could offer. Unfortunately, this was translated as "activities director". This is actually something that is discouraged unless it is the monthly educational offerings that I arrange. What I WILL do for any resident who requests assistance is help locate resources and provide guidance to navigate the forms and phone calls that other agencies require. This year some of the services I provided are: getting new hearing aids, finding funding sources for dental work, lobbying for phone discounts, and getting money returned from a business that had some questionable practices. Also, while I do post office hours and make every attempt to be here, a fair amount of what I do involves meetings and other contacts with people who are not residents here. As such, I am sometimes working but not in my office. And because of privacy issues, not everything can comfortably be done in my basement space, which as you know, is very open and not very private. I am fine with drop-ins and will always see you if I am free but it is possible and preferable to make an appointment. After our move takes place, I will be splitting my time between here and Birchwood (as well as dropping in on those residents in the condos and cottages). Generally speaking, I plan to be at D Building on Tuesdays and Birchwood on Thursdays but can adjust my schedule to accommodate appointments at other times.

-Cyndi Kramer



BINGO DATES

Septmeber
12th 1:00pm

September
26th 1:00pm



Bird Watching

We will be posting information on the next bird watching trip soon. Please check your bulletin boards for updates.

Movie Night:

This month's movie will be shown on Monday, September 21st at 6pm. The feature is "**How to Marry a Millionaire**" starring Marilyn Monroe, Betty Grable and Lauren Bacall, all three are on a mission: They all want to marry a millionaire. To accomplish this task, they move into a fancy New York City apartment and begin courting the city's elite. They have no problem meeting rich men, but unfortunately most of them turn out to be creeps or cons. Eventually they must decide: Is a life of luxury more important to them than finding true love?



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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 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

Annual Vaccinations
 Dental Checkups
 Eat Healthy
 Exercise
 Hearing Checkups

Home Safety Check
 Learn Something New
 Maintain Healthy Weight
 Meditate
 Physician Checkups

Pray
 Read
 Sleep Well
 Socialize
 Stay Hydrated

Strength Train
 Stretch
 Vision Checkups
 Visit Friends
 Volunteer

Sudoku: Easy

			2					5
8					9			4
			1	8			2	
3						5		9
5							7	
	6						4	
								6
		1		3	4	9	8	
9	2		6	5				3

Sudoku: Hard

4		5						7
			1		2	4		
	2			6				
5					3			
	3			7			9	
7		4						5
		9			5		7	
							2	
					8			1
								4

Quick Laugh:

Did you hear about the new corduroy pillows?
They're making headlines everywhere!

September Birthdays!

Dee Serva ... September 16th

Maxine Gorman ... September 22nd

Betty Robbins ... September 27th

Lory Keiser ... September 29th

**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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Jon Terrian
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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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