



# Sage Grove View



## Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • [www.pvm.org](http://www.pvm.org)

September 2016

### Featured Articles

Resident Birthdays & PVM online store pg. 1

Senior Advocate pg. 2

Giving Matters pg. 3

It's your Life/ Live it well pg. 4

Service Coordinator's Corner pg. 5

Administrator Column pg. 6

Calendar pg. 7

## Birthday Celebration!

*Mary Jane F.* ----- September 6<sup>th</sup>  
*Raquel V.* ----- September 9<sup>th</sup>  
*Cherry B.* ----- September 18<sup>th</sup>

*We wish all who have September Birthday's a Fantabulous Day and a Blessed Year!!!*

*Happy Birthday... Happy Birthday... Happy Birthday...*

### PVM Store Features Goodies with Your Village Logo

By the PVM Marketing Department

The Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store in 2015. This was 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, if you have an item you'd like to see on the website, please bring item details to the office to forward to the Marketing Department.

*To visit the PVM store, type [www.pvmstore.org](http://www.pvmstore.org) into your web browser.*



The Village of Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### IF I WERE YOU

For most of us, we have had someone say this on many occasions in our lives, most likely from a parent or grandparent. Although great advice may be delivered in this message, it is important to note that young adults often want to forge their own way and may discount such sage advice. While observing many weddings and births recently, I was reminded of that popular saying: Mothers of the Groom should show up, shut up and wear beige. I told my son when he was married that I would honor the first two recommendations but would not wear beige since it is not my color! Actually, my son and daughter-in-law are very good about accepting advice graciously. I have learned to state: Here is some unsolicited advice for you to do with as you would like. That seems to soften the message.

One troubling drama I have observed over the years often happens in families of divorce. All too often I have observed parents place their children in the middle of their family drama and ruin their child's wedding day. We all need to remember that a wedding day or the birth of a child is their day. It is not a time for us to vent or to selfishly place our needs first. And keep in mind that we raised them to be responsible adults; so we need to have faith in their abilities. If we follow this plan of action we will be much closer to our children and grandchildren. Sharing in the joy of a wedding day or joining in a tea party with our grandchildren far outweigh the need to be right. One exception to this rule is if a child is in danger in any way.

Some grandparents find themselves raising grandchildren or spending a significant amount of time in helping to raise them. There are programs to assist you. Contact your local Area Agency on Aging, listed in the white pages, for information which can help to make this a good experience for you.

Enjoy your family!

## Announcements

### Community Room Events

- ❖ **September 4<sup>th</sup>** –  
Birthday Celebration –  
5:30pm
- ❖ **September 7<sup>th</sup>** –  
Commodities Pick-up for  
those registered
- ❖ **September 10<sup>th</sup>** –  
Resident Luncheon  
**12:00pm**
- ❖ **September 13<sup>th</sup>** –  
WMU Vision  
Rehabilitation Clinic –  
**1:00pm**
- ❖ **September ??** –  
Flu Shot Clinic – Date to  
be announced
- ❖ **September 19<sup>th</sup>** –  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **September 15<sup>th</sup>** –  
Bingo with Life EMS –  
3:00pm
- ❖ **September – Bowling**  
*Tuesday, Thursday &  
Saturday @ 7:00pm –  
8:30pm in community  
room*
- ❖ **September 26<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am – **All Welcome!**

See Calendar for more  
events.

Continued on page 5

Giving Matters...



## Giving Matters.

By Paul J. Miller, CFRE,  
President, PVM Foundation

### Time to choose—your home, or your health?

*Thanks to YOU, that's a choice seniors may not have to face.*

Too many hard-working Americans are just a health crisis away from financial ruin. Many have outlived their retirement earnings—the earnings they spent years working for. Many don't have a relative nearby or a place to turn if finances fail.

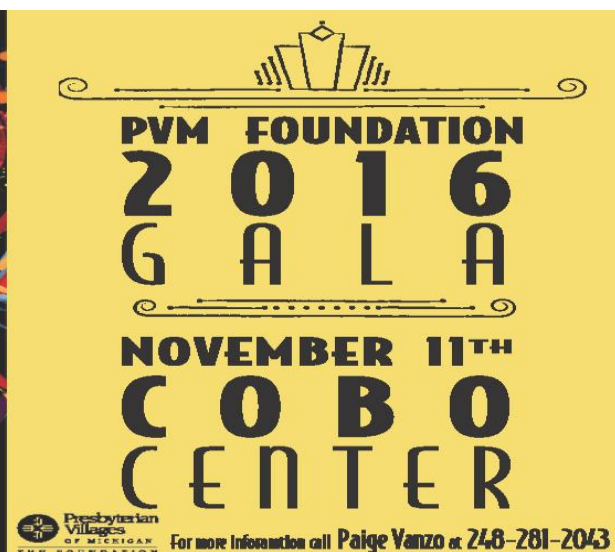
But they have hope. They have **YOU**.

Because of generous donors, the PVM Foundation can offer **Benevolence** and **Resident Assistance**.

These unwavering commitments help those who have outlived their financial resources. They ensure that residents can continue to have a home, get through an emergency, or simply afford basic medical needs—like glasses. **These programs would not be possible without the caring support of generous PVM donors.**

**Learn how you can give a senior hope and security in a crisis.** Visit [PVMF.org](http://PVMF.org) or call us at 248-281-2040.

Warm regards,  
Paul J. Miller, CFRE





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## A Living Memorial

During a recent visit to the Village of Sage Grove in Kalamazoo, Administrator Paula Hager took me for a stroll through their community garden to see their newly planted Living Memorial Tree. The idea for the tree sprang from a comment Paula overheard during the funeral of a resident who had recently died. Reflecting on the person who had passed, she heard someone remark, "we should plant a tree." That simple comment put into motion what this spring and summer became a community wide effort to create an accessible space on the Sage Grove campus to honor the residents who spent the last years of their lives at the Village.

A local supplier provided the concrete for the walkway; a local contractor provided the labor to build the walkway; and a local nursery provided the tree. Others donated anonymously to the project. In the end, the Village of Sage Grove did more than just plant a tree. They mobilized the community; built a lasting memorial to past residents and created a space for current residents and others to renew themselves spiritually. When it comes to wellness, you hear a lot about body and mind but seldom hear about spirit. That's why I decided to share the news about Sage Grove's Living Memorial Tree with you. If you would like to learn more about the project you can reach Paula at (269) 567-3300 or via email at [phager@pvm.org](mailto:phager@pvm.org).



## Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: AT&T Access program, the flu shot clinic, the trip to South Haven, and supporting each other.

AT&T has a program called, "AT&T Access" for people who have SNAP (Food Assistance) benefits. The requirements are: participation in the SNAP program, residence in the service area (which includes Sage Grove), and no debt owed to AT&T's fixed internet. According to the website, the cost starts at \$5. You do have to provide proof that you are eligible. I just found out about it, so haven't used it at all. If you want to give it a look, I will work through the process with you. If you would like to do check it out on your own, I can provide the contact information.

The flu shot clinic that was planned for September 28 is on hold. I am working with Gull Pointe Pharmacy to see if we can arrange for them to provide the shots. If it works out, they will need their consent form completed and front/back copy of your insurance card. I will need a release, as well, if I submit the form to Gull Pointe for you. More information will be coming as soon as I have it.

The trip to South Haven is in the works again. We haven't set a date; I have been talking with Ralph. If he is able to drive on a Thursday in September, we will plan for that. If not, Tuesday is the backup. Once the date is set, I will post a flier and sign-up sheet.

Many of you have been participating in the informal support group meetings on Wednesdays. It's great when we can be a team and find ways to keep each other motivated toward reaching goals. Every step toward success matters.

Thank you for reading. I hope the information is helpful in some way.

### Upcoming Presentations

**Flu Shot Clinic** – to be determined.

**Western Michigan University Vision Rehabilitation Clinic** – On Thursday, **October 13, 2016 at 1pm in the Community Room**, George Kremer will be here to talk about the clinic's services and how they can help you, or someone you know, to live with changes in vision.

Rebecca Ogradowski, LLMSW  
Service Coordinator

Continued from page 2

## 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 ☺**
- ❖ **"Give away day"** is now every day. Items to give away are located in the Game Room on the 3<sup>rd</sup> 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 1<sup>st</sup> come 1<sup>st</sup> serve basis.**
- ❖ **Wal-Mart Bus – Every Monday – Pick-up is at 12:50pm**

## 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 room. ... **We are also forming bowling leagues to compete against each other and hopefully in the future against other villages.** Give it try ... every Tuesday, Thursday and Saturday evening from 7:00 – 8:30pm in the community room.

***We are the 2016 VVVC Winner's ... Sage Grove Rocks!!***

***We have the Trophy*** ... Please check out the trophy located in the lobby. We will house the trophy for the next year. The Champions of next years' VVVC will take the trophy. Other villages are already practicing with the goal of taking it from us. Here's to you Sage Grove Zoo ... let's do what we can to hang on to it.

Tom Wyllie came to Sage Grove to bring the Victory Cup Trophy, pass out awards and join us for a BBQ luncheon.... A great time was had by all. **Congratulations to the following residents** who received medals for 1<sup>st</sup> – Gold, 2<sup>nd</sup> – Silver & 3<sup>rd</sup> – Bronze places.

### Event:

**Beanbag Toss – 3<sup>rd</sup> Place** ... Team members: Sandra P.; Marilyn H.; Toni B.; Cheryl H.; Madonna S.

**The Puzzler – 2<sup>nd</sup> Place** ... Team members: Ann M.; Cheryl D.; Mary Ellen B.; Marilyn H.

Paper Airplane – 1<sup>st</sup> Place – Marilyn H.  
Wellness Walk 55-64 – 1<sup>st</sup> Place – Ron S.  
Wellness Walk 65-74 – 1<sup>st</sup> Place – Mary P.  
Wellness Walk 65-74 – 2<sup>nd</sup> Place – Barbara W.  
Wellness Walk 65-74 – 3<sup>rd</sup> Place – Cheryl H.

Hoop Shoot 55-64 – 1<sup>st</sup> Place – Ron S.  
Hoop Shoot 65-74 – 1<sup>st</sup> Place (Tie)– Modesto M.  
Hoop Shoot 65-74 – 1<sup>st</sup> Place (Tie) – Marilyn H.  
Hoop Shoot 65-74 – 3<sup>rd</sup> Place – Cheryl D.  
Hoop Shoot 75-84 – 2<sup>nd</sup> Place (Tie) – Toni B.  
Hoop Shoot 85+ - 3<sup>rd</sup> Place (Tie) – Pearl K.

### ***Recycling Update:***

As you may have noticed in the trash room on each floor, we are now recycling. Flyers have been given out as well as instructions are taped to the wall above them. The main priorities are NO TRASH, and of course to please wash out the recyclable prior to disposing. ... Since you all are champions at recycling so far, we have requested a weekly pick-up. Recycling pick-up is **every Monday**. Please hold your recyclables if the dumpster are out to be emptied and/or too full. ... Thank you for the positive feedback regarding the recycling. I know this has been a request for a long time. Thank you for being patient during the startup phase.

### **Resident Support Group:**

We have a support group that meets every **Wednesday from 11am-12pm**. The primary focus of the support group has been weight loss. They've been meeting since July in the game room on the 3<sup>rd</sup> floor. The group has grown. ... Meetings are now in the community room, which will be closed during the meetings. All are welcome to attend. ... Once again, you **ALL** amaze me.... Thank you for all you do!!

Fall is coming ... I hope you get out and enjoy the remainder of summer while you can ... ☺

*Paula Hager*  
Administrator

# September 2016



# September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Bible Study 4-5pm	30 Bowling-7pm	31 Res. Support Grp 11:00am-12:00pm In Comm. Rm.	1 Bowling-7pm	2 Games Office Closed	3 Bowling-7pm
4 Birthday's Celebration 5:30pm	5 Labor Day Office Closed	6 Bowling-7pm	7 Commodities for <u>those registered</u> Res. Support Grp 11:00am-12:00pm.	8 Bowling-7pm	9 Games	10 Resident luncheon 12:00pm in Cm. Rm Bowling-7pm
11	12 Bowling	13 WMU-Vision Rehab Clinic 1:00pm in Cm. Rm Bowling-7pm	14 Res. Support Grp 11:00am-12:00pm	15 Bingo with Life EMS 3:00pm Bowling-7pm	16 Games Office Closed- Admin in Detroit	17 Bowling-7pm
18	19 Bible Study 4-5pm	20 Bowling-7pm Office Closed- Admin in Lansing	21 Res. Support Grp 11:00am-12:00pm Office Closed- Admin in Lansing	22 Bowling-7pm	23 Games	24 Bowling-7pm
25	26 Resident Activity Comm. 10:00am <u>All are Welcome</u>	27 Bowling-7pm Office Closed- Admin in Detroit	28 Res. Support Grp 11:00am-12:00pm	29 Bowling-7pm	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](http://www.pvm.org)



## Office Numbers

**Phone: (269) 567-3300**  
**Fax: (269) 381-6733**

### Village Staff

**Paula Hager**  
*Housing 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](http://www.pvmfoundation.org)

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

## Embrace the possibilities