



# Village News



## Embrace the possibilities

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

49201 • www.pvm.org

January 2014

### Featured Articles

- Giving Matters pg. 3
- Puzzle pg. 5
- Birthdays pg. 6
- For Your Safety pg.8
- Linda's Thoughts pg. 9

### Pacesetters 2014 Spring Meadows!

It is time to get in shape, get healthy, make some friends and maybe win a prize!

Our Pacesetter program starts in January.

It costs \$5 to join the Pacesetters and all money is put in a "pot." You get points for exercise, weighing yourself once a week (you don't share that with anyone), points for attending classes (cooking or tai chi or other classes that might be available) and weekly health talks from local providers. At the end of March, the person with the biggest score will win 1/2 of the money collected; second place and third place will share the other half. We need about 20 people to make **this work**. **Please call the office to sign up for this fun event!**



### Tai Chi Starts Jan 24<sup>th</sup>

Tai Chi starts again on January 24<sup>th</sup> at 9:00 AM at Spring Meadows I, and 10:15 AM at Spring Meadows II.

Bill Sisco will be our Tai Chi instructor and invites beginners and past participants to join the fun.

Bill and Linda are certified through the Arthritis Foundation to teach Tai Chi. It is a martial art that has been adapted specifically for older people who may or may not have arthritis or other disabilities.

Tai Chi is beautiful and has many health benefits including lowered blood pressure, stress relief, exercise.

We must have 5 participants at each property to have the class, please call the office to sign up,

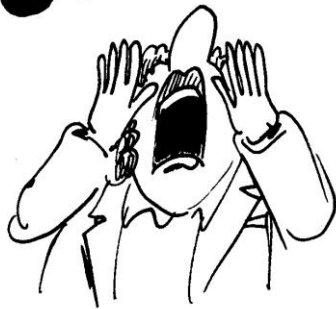


Look for PVM on:



# Volunteers

# Volunteers!



One of our goals is to get more members of the community involved at Spring Meadows.

We are looking for volunteers to help in 2014. Do you have a friend, relative, church friend interested in working with our residents? We are looking for people interested in teaching classes (any number of topics), landscape design, cooking classes, exercise classes, and so many other opportunities. What about cooking lunch once a week? We are non-profit and welcome volunteers of all ages to help.

## Is there a Class or Program you would like to see?

**Please call and let us know!**

## Announcements

- Blood Pressure checks with healthy (sometimes not so healthy) treats with Trina. The Blood Pressure checks are free and are held from 8:30 – 10 every Thursday at Spring Meadows II.
- If you have not received orientation for the exercise equipment at Spring Meadows II, call the office! We have a beautiful treadmill and NuStep available. Call the office and set up an orientation and EXERCISE!!
- Bible Study is held every Tuesday at Spring Meadows II with Rev Bill 3:00 – 4:00 PM Everyone is welcome to this great study group.



## Statewide Comprehensive Campaign Reaches \$13.6M For Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM's strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project.

I am also happy to report that in 2013, the PVM Foundation

awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities
- And more!

None of this could be accomplished without the continued support of our donors, ***so thank you for all you do to further PVM's mission!***

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). We wish you a happy new year filled with good health, peace and joy!


Warm regards,  
Paul J. Miller, CFRE  
[www.pvmfoundation.org](http://www.pvmfoundation.org)  
Warm regards,  
Paul J. Miller, CFRE

\*\*\*\*\*



## The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

\*\*\*\*\*

"I hope that in this year to come, you make mistakes.

Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.

So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life. Whatever it is you're scared of doing, Do it. Make your mistakes, next year and forever."

— [Neil Gaiman](#)

**DON'T BREAK THE BANK!**  
**Secure a fixed rate annuity to generate income for life!**

**IMPROVE YOUR CASH FLOW!**


**Key Features**

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

*The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.*

For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)



# Service Coordinator

Have you had an opportunity to meet Danielle? Remember, she is here just for you. Need help with finding services? Danielle is the person to call for help. Danielle's direct number is: 517-788-5519.

# Doctor Keys

Dr. Keys (Podiatrist) will be at Spring Meadows on January 15<sup>th</sup>. Dr. Keys and his staff will be trimming nails, and doing exams, and other foot care needs. Please bring your insurance cards and list of medications.

Spring Meadows I: 11:30 AM  
 Spring Meadows II: Noon

Sign-up sheets are in the community rooms at both buildings.

If you have questions, call the Spring Meadows office.



2136 Robinson Rd Jackson, MI 49203

517-750-2180

**If you need a flu shot, Debbie will come to your home and give you one! Plus, she will make sure you get your meds.**

**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.**

# The Village of Spring Meadows

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

BILL  
 DANIELLE  
 KAYLA  
 MICHAEL  
 RANDY

BLOSSOM  
 EXCELLENCE  
 LINDA  
 PRIMROSE  
 SERVICE

CHERRY  
 JANUARY  
 MARK  
 PVM

*All Service Requests*  
**MUST BE CALLED INTO THE**  
**OFFICE!!**  
*Do not ask Mark or Randy to do any work  
 without calling the office.... We need a record of  
 it!*

## January Birthdays

Birthday extravaganza is held every month at Spring Meadows II - Last Friday of every month from 2 – 3 PM. (January 27th – celebrating January Birthdays..... everyone is welcome... cake, games and prizes) Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

Elizabeth Brazeau.....1/19  
 Arzo Peterson.....1/1  
 Gina Reed.....1/22  
 Charles Shepherd.....1/18  
 Andy Slayton.....1/3  
 Fleurette Slayton.....1/22  
 Affa Williams.....1/7  
 Robert Allen.....1/8

Peggy Howe.....1/1  
 Nancy Withers.....1/1  
 Marie Wright.....1/25

**Happy Birthday everyone!!**

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

\*\*\*\*\*

“May Light always surround you;  
 Hope kindle and rebound you.  
 May your Hurts turn to Healing;  
 Your Heart embrace Feeling.  
 May Wounds become Wisdom;  
 Every Kindness a Prism.  
 May Laughter infect you;  
 Your Passion resurrect you.  
 May Goodness inspire your Deepest Desires.  
 Through all that you Reach For,  
 May your arms Never Tire.”

– [D. Simone](#)

\*\*\*\*\*

““This is the new year the new you. You can pass through another year, coasting on cruise control. Or you can step out of your comfort zone, trying things you have never done before, & make 2014 as the year that you elevate from where you are & soar high. Make it happen!”

– [Pablo](#)

\*\*\*\*\*

To make 2014 (or any other) your year, keep it simple:

- 1) Count your blessings first
- 2) Whatever you did last year, Do it better
- 3) Go step by step, One day at a time.
- 4) Create/make your own opportunities.
- 5) Believe in your abilities at all times,
- 6) Quitting is not an option. Keep Going.
- 7) Finish what you started”

– [Pablo](#)

.....



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### The Power of Volunteering

With the arrival of the New Year, many of us will use it as an opportunity to make a fresh start. We'll re-examine our lives, establish new goals, and resolve to make this year the best one yet. To that end, something you may want to consider doing this year is becoming a volunteer. While most of us volunteer without expecting to get anything in return, research has recently revealed that along with providing a societal benefit, volunteering provides direct health benefits to those who volunteer. Compared to their non-volunteering peers, volunteers have lower rates of depression, greater functional ability, and lower mortality rates. And though it may be true that healthier individuals may be more likely to volunteer (thus accounting for these differences), the evidence suggests that volunteering itself can actually lead to improved health, both physically and mentally. This seems to be particularly true for adults who volunteer at least 100 hours per year and are 60 years of age or older. So, the next time you're looking for a way to improve your health, consider volunteering. There are plenty of organizations in need and plenty of opportunities available. A good place to start looking is [www.VolunteerMatch.org](http://www.VolunteerMatch.org). Simply follow the link.

*Proverbs 11:25 "Generous persons will prosper; those who refresh others will themselves be refreshed"*  
(Common English Bible translation)

## Popcorn Thursdays

**Popcorn will be served in the lobby at Spring Meadows  
II on Thursdays and in the Clubhouse at Spring  
Meadows I on Thursdays  
Come and enjoy a free bag of popcorn  
Call and we will bring you some!  
**FREE****



# For Your Safety.

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

## Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

### Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid, unless needed to support tax filings
- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997.

More information can be found on the government web site [www.U.S.A.gov](http://www.U.S.A.gov) / [Managing Household Records](#)



**Linda's Thoughts**

Hope your holidays were perfect! Mine were quiet. Christmas morning I put the gifts for the dogs in the middle of the living room floor (all wrapped and trimmed) and told them "get it." Oh my goodness, it was hilarious to watch them unwrap their gifts, they tore into them like 5 year olds. Otis and Chloe loved it, Lilly hid in the corner until they were finished destroying the packages!

Bill is still walking with the walker so we didn't try to go out Christmas day. The kids came over Christmas Eve and we had a big dinner, played Yatzee, and just had a nice time with them. We had planned to go to church but never made it.

Please be careful walking on the ice and snow! We live in Michigan and no matter how great our snow removal people are, they can't get every flake of snow or spot of ice. Falls are horrible for us.... Please, please, please be careful.

Please remember to put your lifeline around your neck. A resident recently fell in her apartment and had to crawl to find a lifeline or phone to call for help. She did this with two broken bones!

Just a note about calling in work orders. Most people understand why... but we have had some complaints about it. Well... we all know how very hard Mark and Randy work to take care of everyone, can

you imagine what it would be like to be working on a project and have someone stop you and tell you about something they need? How frustrating would that be? I know I would forget! Not only that, we need a record of every time something is done. Is there a pattern? Is there a continuing problem? What if Mark or Randy had to leave us for some reason? How would the next person know what needs to be done or if it has happened before? Plus it shows how hard Mark and Randy work! Plus it is PVM's policy. Please call in work orders.

A special thank you to Nancy and helpers for all of the work done on the Christmas Village at Spring Meadows I. It is spectacular!

I can't believe all of the "good things" that happened during the holidays. The parties at both properties were so much fun. Spring Meadows I gave a military family a Christmas they will ***NEVER*** forget! Selling Christmas boots for \$1 raised over \$200 for the family, every gift they

asked for and more! People are going to start standing in line to get on the list for Spring Meadows. One of the residents said, "...but the way we feel when we do this is the best feeling in the world." There is something about helping someone who you will never know that warms the heart. Thanks to everyone who worked so hard on this!

So.... 2014 is just a couple of days away. Can you believe it? Ready to start writing 2014 on your paperwork?

The Village of Spring Meadows I is having a New Year's eve party on the 31<sup>st</sup> starting at 7:00 PM.

Residents took advantage of the community rooms a lot during the holiday season, thanks so much for taking such good care of the rooms. They were wonderfully kept! It is such a nice amenity. Really nice that so many people take advantage of it.

In closing, I want to thank everyone for the help, the love and the compassion during the holidays! You are the BEST!!

**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

**(517) 788-6679**  
**(517) 788-7502**

## Village Staff

**Linda Sisco**  
*Housing Administrator*

**Michael Mills**  
*Assistant Administrator*

**Randy Schulz**  
*Maintenance Superintendent*

**Mark Hartman**  
*Maintenance Tech*

**Kayla Kimlin**  
*Intern*

**Danielle Leithauser**  
*Service Coordinator*

**EMERGENCY NUMBER**

*(517) 251-2830*

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



The Village of  
**Spring  
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

## Congratulations!

You are being recognized because  
"What you did mattered!":



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Thank you for what you did!*

Employee Name: \_\_\_\_\_

Person Recognizing Employee: \_\_\_\_\_

Date: \_\_\_\_\_

\*\* Please turn this card into Village Administrator for a chance to win a prize \*\*

**ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT**

Fill this out and turn into the office. The staff member being recognized could win a prize and will be acknowledged for their hard work and extra efforts to make your life at Spring Meadows better! Can't choose, more forms are available in the lobby.

# Embrace the possibilities