

# Mill Creek Scoop

## Embrace the possibilities

300 Carl Avenue • Battle Creek, Michigan 49037 • www.pvm.org

January 2017

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## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### PVM RECOGNIZED AS BEST-MANAGED NONPROFIT

I am pleased to report that Crain's Detroit Business has selected PVM as The Best- Managed Nonprofit for 2016. PVM received the honor "For tackling the complexity of meshing an affordable senior community with increased access to health care and related services for seniors in the surrounding neighborhood and collaborating at high levels to do it..." The Edward N. and Della L. Thome Rivertown Neighborhood, near Detroit's east riverfront, was the driving force behind this award due to innovation and challenges which were met along the way by PVM and its partners. United Methodist Retirement Communities and Henry Ford Health System also deserve much credit for making this campus a success.

PVM, throughout its 71 year history, has been known for innovation and collaboration. All of our thirty villages represent what PVM is all about in providing service excellence and a commitment to "embracing the possibilities" that life has to offer at any age. Congratulations to all on receiving this prestigious award. We will transport this same innovative spirit into 2017 and beyond. Happy New Year to all!



The Village of  
**Mill Creek**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## Giving Matters.

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

### Michigan, we're not getting any younger.

Going to the mall to return gifts today?...Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30<sup>th</sup> oldest state** in the USA to **10<sup>th</sup> oldest**.

So what?

So, an aging population means **the services YOU help provide to seniors are more important than ever.**

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. **You are the reason that ~~PVM residents~~ Michiganders can thrive as they age.**

Thank you for your continued dedication to Michigan's older adults!  
If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

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.

UP TO  
**9.0%**  
RETURN

 **Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller  
**248.281.2045** [www.pvmgifts.org](http://www.pvmgifts.org)

# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

Dec. Article on pg. 4

## “M” stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase “use it or lose it”. It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.

HAPPY NEW YEAR

## **MESH: The Key to Healthy Aging**

Last month I had the pleasure of attending a conference at which I heard world renowned geriatrician Dr. Bill Thomas speak about healthy aging. According to Dr. Thomas, the key to having what he refers to is a “good old age” can be summed up with the term: MESH, which stands for Move, Eat, Sleep, Heal. As a practicing physician, Dr. Thomas has found that neglecting to do any of these four things can have dire consequences as we age. Over the next four months, I will devote a column to each of these four behaviors and explore what exactly Dr. Thomas means when he advises us to Move, Eat, Sleep, and Heal.

The Merriam-Webster dictionary defines the word mesh as “to cause (things) to fit together or work together successfully.” Starting next month, we will begin to learn how these four things work together to help us age successfully. For those of you with access to a computer, follow this link for a sneak peak on what it means to move, which will be the subject of next month’s column:

<http://changingaging.org/blogstream/the-best-health-advice-just-move/>

## **Announcements**

### ❖ **Resident Activity Meetings**

The resident activity committee meets the 2nd Tuesday of every month in the community room from 3-4pm

### ❖ **Bible Study** – Every Friday 2pm in the community room

### ❖ **BINGO** - is held in the community room the last Thursday of Every month at 2pm

### ❖ **Health Screening & Exercise Group** –Every Wednesday at 10:30a.m. located the community room

### **Don't forget!!**

GAME NIGHT the 1st Friday & last Saturday of every month at 6pm in the community room

## JANUARY BIRTHDAYS

**Steve Crose – 1-21**

Our Next quarterly B-Day Celebration is in March! Hope to see you all there. ☺



## Administrators Column

Happy New Year!

We've been having some fun here at the Village Nov. & Dec.

Pearlie Brady and Gentry Hammons attended the 11<sup>th</sup> annual PVM Gala "All That Jazz". Check out the pics on pg.8

Resident's celebrated with a Holiday Potluck – lots of food and fun had by all!

We had our 1<sup>st</sup> Christmas gift exchange/luncheon. Those that participated really enjoyed the gift of giving and the smile as someone opened the gift they gave. I can see this event becoming a tradition here at the village.

On Dec. 29<sup>th</sup> residents enjoyed a night of live entertainment, another 1<sup>st</sup> here at the village. Marvin Luttrell is well known in the community for his musical talents and performs at many of the local senior communities. Residents participated by singing along and dancing the night away.

Thank you to all that made it possible to have such fun resident activities. Wishing everyone a great 2017! Jennifer

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>New Year's Day</b>	2 <b>Office Closed</b>	3	4 <b>Health Screening &amp; Exercise 10:30am</b>	5	6 <b>Bible Study 2pm</b>  <b>Game Night 6pm</b>	7
8	9	10 <b>Resident Activity Meeting 3-4pm</b>	11 <b>Health Screening &amp; Exercise 10:30am</b>	12 <b>Fall Risk Assessment Senior Nursing Services 12:30pm Pizza Served</b>	13 <b>Bible Study 2pm</b>	14
15	16 <b>MLK B-Day</b> <b>Office Closed</b>	17	18 <b>Health Screening &amp; Exercise 10:30am</b>	19	20 <b>Bible Study 2pm</b>	21
22	23	24	25 <b>Health Screening &amp; Exercise 10:30am</b>	26 <b>Bingo 2pm</b>	27 <b>Bible Study 2pm</b>	28 <b>Game Night 6pm</b>
29	30	31				

**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) 962-0605**  
**Fax: (269) 965-2285**

### Village Staff

**Jennifer Bouchard**  
*Administrator*

**Janice McPhail**  
*Service Coordinator*  
Phone: (269) 965-4058

**Joseph Stokr**  
*Maintenance Technician*

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**MAINTENANCE EMERGENCY NUMBER: (269) 967-0002**



**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)



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**Battle Creek, MI. 49037**

## Embrace the possibilities

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**Pearlie –**

What a wonderful thing to be a part of, I was treated like royalty! I learned so much about PVM and all they do for seniors. Without the ticket donation and the resident activity monies used, I would not have been able to enjoy this amazing night.

**Gentry –**

I have not been out of Battle Creek in over 13yrs. This program was amazing, I am so thankful I was a part of it. My physical capabilities and limited speech ability make it difficult to travel much. I require assistance with many things, Jennifer was there for everything I needed and made sure I felt comfortable and safe. She went above and beyond; she even took me for a trip around Detroit. I have always loved the city of Detroit. Thank you so much for a memory of a lifetime!

