



Sage Grove View



Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • www.pvm.org

October 2013

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For Your Safety.

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

Medicare Fraud

Do you know that you have something valuable in your wallet which gives you many benefits during your senior years? No, I am not speaking of money, but rather your **Medicare card**. Your Medicare card opens many healthcare benefit doors for you. Unfortunately there are some unscrupulous providers who take advantage of that fact by billing for services not done or billing for a more complex procedure than was done, thereby charging more. These providers commit Medicare Fraud. Individuals and companies that have been convicted of Medicare Fraud can no longer bill Medicare for their services, pay huge fines and in many cases are sent to prison.

How can you help prevent Medicare fraud? You and your family need to be good consumers and stay alert. Read your explanation of benefits from Medicare which shows what services were billed to Medicare by a provider. Does your

benefit statement show that you went to a doctor for four visits, when you actually only went once? That is Medicare Fraud. Have you been approached for services, which are covered by Medicare, by a provider that you really don't need or want? That is Medicare Fraud.

Don't give your Medicare card number, or actual card, to anyone without asking just what is this for? Do not give your Medicare card or number to someone who stops you in the store or hallway and tells you they can help you at no cost to you. You will need to be alert that Medicare is not going to be billed for services that weren't really needed.

Medicare Fraud is at an all-time high. You are an essential part in helping to see that Medicare does not pay for fraudulent services. If you believe that you have been a victim of Medicare Fraud, please contact Medicare at the **CMS Hotline: 1-800-MEDICARE (1-800-633-4227)**.



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

FALL IS IN THE AIR

Fall is in the air! Our children and grandchildren start back to school. Art fairs appear at our favorite parks and community settings. We move our attention from family vacations to lifelong learning programs and organizational meetings. The cider mills are open; and the annual football rivalries are in full gear. Along with these pleasant routines, unfortunately, comes the revival of a number of scams which threaten our safety and well-being.

Recently the local news reported that perpetrators are going into homes on the pretense of being from the water company and that they need to check your water lines and internal spigots. In one case, a gentleman was lured into his own bathroom with one criminal and held there against his will while yet another criminal looted items from his bedroom. He managed to escape and call the police. Another scam which appears at this time of year involves someone showing up uninvited and claiming that your roof is in critical need of repair. They will claim that if you do not repair it now it will leak during inclement weather which is on the horizon. They will trick people into giving them money up front only to disappear with it.

Protect yourself from these scoundrels. Never open the door to a stranger. Utilities companies do not send staff out unannounced. Check out any contractors through the Better Business Bureau and always check with someone you know. Use contractors who come recommended by friends and family. And never buy into any transaction whereby they solicited you. Take charge of the process from the beginning.

Another positive aspect of the fall season is the arrival of flu clinics. Make sure to get your flu shot early to provide the best protection. Your physician or local health department can provide this service for you. Many senior centers also provide clinics for this. If you are over the age of 60 also consider a pneumonia vaccine and a shingles vaccine. With all of these protections in place you can enjoy the cider mills and art fairs in full swing!

Announcements

- ✚ October 14th – Columbus Day
- ✚ October 19th – Sweetest Day
- ✚ October 31st – Halloween

Community Room Events

- ❖ October 2nd – Commodities Pick-up. Announcement will be made when ready
- ❖ October 7th & 21st – Bible Study Group 4:00 – 5:00pm
- ❖ October 11th – Resident Meeting 1 – 2 pm.
- ❖ October 12th – 11:00am Fund Raiser Brunch – 2nd Saturday of the Month
- ❖ October 19th – Crafts starting at 1:00pm every 3rd Saturday of the Month
- ❖ October 24th – Bingo with– Life EMS 2:30pm
- ❖ 1st Sunday of the Month – Gospel music sing-along – **5:00pm**; Followed by *Birthdays Celebration* for all who have birthday's during the month @ **5:30pm**

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Giving Matters.

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

Donors Support Future Residents Through Tax-Free IRA Rollover

Since becoming a Board member at The Village of Oakland Woods over nine years ago, Richard “Dick” Euler has been an active volunteer for PVM, participating on several committees and in various initiatives. One of his proudest moments was when he and his wife, Nancy, were co-chairs for the annual *It's A Wonderful Life* Gala in 2012.

Over the years, as Dick and Nancy built strong connections to The Village of Oakland Woods and witnessed the devotion of PVM staff and volunteers to the PVM mission, they became annual donors to the PVM Foundation and saw how their philanthropic contributions were helping residents.

“Support is dictated by the needs of the mission of such a hard-working organization. Our continued involvement happens to keep a great entity going and to help more people,” says Nancy about why they support PVM. “Seeing residents smile is a big motivator,” adds Dick.

A couple of years ago, Dick and Nancy decided it was the right time to take advantage of legislation that allowed them to make a tax-free gift to the PVM Foundation to support seniors, directly from their IRA.

“We chose to make a gift through an IRA charitable rollover because the IRS gives a tax advantage for distributions made directly to charity. Therefore, our minimum required distribution was not reported as income and we were able to support the charities we believe in,” Dick says. “Through our gift, we know we can help future residents and encourage others to walk down the same path!”

How You Can Help

To learn more about how you can use your IRA to make tax-smart gifts to the PVM Foundation, contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



Gift Your IRA

TAX-FREE!



What does this mean for you?

If you are 70½ or older, you can distribute a portion of your IRA to Presbyterian Villages of Michigan Foundation, **tax-free.**



For more information, call Paul Miller at the PVM Foundation
248.281.2045
www.pvmfgifts.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A Physical Therapy Primer

If you're like me, at one time or another you've had the need for physical therapy. Physical therapy is a type of medical treatment that can help improve mobility, relieve pain, and improve functional fitness. Physicians often recommend physical therapy following an injury or surgery or to treat long-term health conditions. It can be provided in a clinic, hospital, nursing care facility, and even your home. Regardless of where it is provided, it must be provided or supervised by a trained therapist.

While the treatment a therapist provides depends on the health condition being treated, it usually includes some form of exercise. Exercises to improve strength, flexibility, endurance, and balance are common. Other common treatments include ultrasound, electrical stimulation, massage, cold therapy, and heat therapy. The ultimate goal is to make daily tasks and activities easier to do.

If you have Medicare, it will only cover physical therapy if it has been ordered by a physician who indicates that it is medically necessary. It also caps the amount of physical therapy services it will pay for each year. It is possible to have this cap waived, but only if your therapist substantiates the medical necessity for continued therapy and your physician agrees. Otherwise, you may be responsible for paying for the additional therapy yourself.

Because your doctor is most familiar with both your health history and medical needs, I strongly suggest you speak with him first before agreeing to any physical therapy suggested or ordered by anyone other than him. Not only will you be protecting your health, you could be protecting your wallet too!

Colorful Vegetable Salad

Continued from page 2

Ingredients:

- 1 bunch fresh broccoli (cut into florets)
- 1 head fresh cauliflower (cut into florets)
- 2 cups cherry tomatoes, halved
- 2 cups tri-color spiral pasta, cooked
- 1 green pepper, chopped
- 1 large can sliced black olives
- 1 8oz block of mozzarella cheese, cut into cubes
- ½ onion, chopped or sliced

- 1 envelope 3 ranch salad dressing mix (*not* low fat)
- 2/3 cup vegetable oil
- ¼ cup vinegar

In a large container, toss all the vegetables, pasta and cheese. In a small container with a lid, combine the ranch mix, vegetable oil and vinegar and shake well. Pour the dressing over the salad and toss. Refrigerate for at least 3 hours.

Cut recipe in half for smaller amount.

Recipe provided by resident Betty Z. – Thank you Betty 😊

Birthday Celebration!

Betty Z.October 17th

To ALL who have a Birthday in October ...

Wishing you a Happy Birthday and a Special Year!



Announcements Continued

- ❖ Last Saturday of the month is “Give-Away-Day” and Social gathering 10:00am – Noon. All items are FREE
- ❖ Loaves and Fishes – Delivery of Produce & Baked goods from Meijer Shopping Center. Deliveries are at random. All residents are welcome to what we receive, on a 1st come 1st serve basis. An announcement will be made when a shipment arrives.
- ❖ Xbox Bowling – Every Wednesday @ 2:00pm {with exception for other scheduled events at the same time.}
- ❖ Movie Matinee every other Tuesday – 1:30pm
- ❖ Wal-Mart Bus – Every Monday – Pick-up is at 12:15pm

Administrator Column

"If you change the way you look at things, the things you look at change"

Wayne Dyer

Autumn has arrived!! One of my favorite seasons ... The leaves are starting to change color, the nights are cooler, and soon it will be sweater weather. As it starts getting dark earlier and earlier, I keep thinking it will be time to set our clocks back one hour. So, I looked it up; it's not until November 3rd. Good to know. 😊

With the changing season also comes the dreaded Flu season. It is highly encouraged to get a flu vaccination either through your doctor or at one of the numerous sites offering them like; Meijer, Walgreen's and Wal-Mart. We may be able to get someone to come to our site to offer the vaccination. I will look into it.

Our Resident Activity group has been busy thinking of things to do. One idea is to take a "Color Tour" of the Kalamazoo countryside with a stop off at the Gull Road Apple Orchard. Please watch for more details as plans are made. There will be a sign-up sheet in the lobby for anyone who wishes to go.

We will be having a Halloween party on Halloween at 2:00pm in the community room. Costumes are optional or miss-matched out-fits works just as well. Please bring a "white elephant gift" ... come and have fun, it's going to be a great time.

Do you have a craft you enjoy making? The last Saturday in November is going to be a craft sale in the community room. This is a good time to think of Christmas gifts or a way to earn a little extra towards Christmas. Watch for the flyer with more details to come.

Thank you to those residents who got out to take in the Kalamazoo Senior Expo on October 1st and stopped by my table to say hello. The Expo had a great turnout. I took a picture of the raised bed gardens for my table, and once again you received an abundance of compliments. Way to go Gardeners!!!

Best wishes,

Paula Hager
Administrator

If anyone would like to write an article, poem, funny story, or has a recipe to share for our newsletter, I would love to have them. Please turn item into the Office by the 20th of each month. ... Thank you.

Humor of the day:

Some People try to turn back their odometers. Not me! I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved.

Anonymous

Calendar

Events for October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 ~ Commodities pick-up for those qualified	3	4 ~ Comm. Van	5
6 ~ Gospel Sing- Along 5pm – in Comm. Rm. ----- Birthday Celebration's 5:30pm in Comm. Rm.	7 ~ Activity Planning Committee Meeting 10:00am in <u>Comm. Rm.</u> Bible Study Group Meets 4 - 5pm in Cm Room	8 ~ Movie Matinee 1:30pm in Comm. Rm.	9 ~ Xbox bowling 2:00pm in Comm. Rm.	10	11 ~ Comm. Van <i>Resident Meeting 1 – 2pm</i>	12 ~ Community Brunch 11:00am in Comm. Rm.
13	14 ~ <i>Columbus Day</i>	15	16 ~ Xbox bowling 2:00pm in Comm. Rm.	17 ~ Sage Grove Board Meeting 9:30- 11:00am in Comm. Rm.	18 ~ Comm. Van	19 ~ Crafts – 1:00pm in Cm Room <i>Sweetest Day</i>
20	21 ~ Bible Study Group Meets 4 - 5pm in Cm Room	22 ~ Movie Matinee 1:30pm in Comm. Rm.	23 ~ Xbox bowling 2:00pm in Comm. Rm.	24 ~ "BINGO" with~ Life EMS @ 2:30pm in Comm. Rm.	25 ~ Comm. Van	26 ~ "Give Away Day" & Social Gathering ~ 10am-12pm - ALL items FREE
27	28 ~ Activity Planning Committee Meeting 10:00am in Comm. Rm.	29 ~	30	31 <i>Halloween Party 2:00pm</i> <i>Halloween</i>		

**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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**Presbyterian
Villages**

OF MICHIGAN

THE FOUNDATION

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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