



# Village News



## Embrace the possibilities

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

November 2015

49201 • www.pvm.org

## Halloween Parties

### Featured Articles

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We had fun at the Halloween Parties. Food, laughter and dressing up in goofy costumes? What could be better? According to residents at



Spring I and Spring II.... Nothing!

Prizes for best costumes went to Danielle as a flapper, Rae as an identity theft, Nickie Vance for her witch and Barbara Lewis for her hilarious scarecrow!



Linda made chili and cornbread and residents brought goodies to share.

The festivities took place on Thursday the 29<sup>th</sup> of October (so Danielle could participate). It was a great party and everyone had a good time.



***Please don't put your trash out before Wednesday night! We are having a problem with people putting it out early and animals get into it, then the guys pick it up and it falls on the around.***

Look for PVM on:



## New PVM Store!

### PVM Store Features Winter Goodies with Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store as part of our year-long celebration of PVM's 70<sup>th</sup> Anniversary. 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.

For the month of November, the PVM store is proud to run a special holiday promotion that will make giving the gift of PVM easy and affordable. All you have to do is visit the PVM store by typing [pvmstore.org](http://pvmstore.org) in your browser, choose the items you want to buy, and enter the coupon code "**PVMHappyHolidays10**" when checking out. If you've done it correctly, you'll receive 10% off of each item in your order.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

Before you know it, the holidays will soon be upon us – so, what are you waiting for? Promote your PVM pride and spread some holiday cheer by doing this year's shopping at the PVM store.

*To visit the PVM store, type [www.pvmstore.org](http://www.pvmstore.org) into your web browser. Enter the coupon code **PVMHAPPYHOLIDAYS10** to receive 10% off of your order placed before December 1<sup>st</sup>. Have suggestions for items you don't see in the store? Email us at [gdowney@pvm.org](mailto:gdowney@pvm.org) or tell your*



**Gloria Hamlin can't make it to the gala so we will be taking Nancy Herman to the Gala!**

**The GALA this year is entitled: "70 and still making waves!" It is PVM's 70<sup>th</sup> anniversary. The Gala is our biggest fund-raiser of the year and invites hundreds of people associated with PVM! It is a wonderful event! This year, Linda, Bruno, Rae and spouses will be going!**

**Nancy will be serving as the Spring Meadows Ambassador and will be greeting visitors and helping at the event!**

**Nancy has had a tough year in 2015 but is coming back stronger than ever! She is a fighter!**

**For all of her friends and neighbors who have helped Nancy through this difficult year, Nancy is having a "thank you" reception on Sunday the 15<sup>th</sup> of November at the clubhouse.**

**A sign-up sheet is on the table in the lobby.**

Meet the Administrator Meeting  
November 19

**11:00 AM at SMII**

**2:00 PM at SMI**

# Danielle's Notes

## Time to Get Ready for the Cold Weather!!

Just like our Boy Scouts say: Always Be Prepared!!

There remains some uncertainty about the severity of weather this winter, but the fact we know it's coming is a great reminder to get prepared for the cold! Older adults, their families and caregivers, who assist, should make necessary arrangements to best deal with the cold and snowy weather. It's important to be prepared.

People ages 50 and older are urged to get vaccinated against flu since they are considered at higher risk for influenza. The flu season runs through April and is predicted to be particularly strong this season.

Seniors should set their thermostats above 65 degrees. Older persons are more susceptible to the cold. People who lower the thermostat to reduce heating bills risk developing hypothermia, a potentially fatal condition in which the body temperature drops dangerously low. Also at an increased risk are older people who take certain medications, drink alcohol, lack proper nutrition and who have conditions such as arthritis, stroke, Alzheimer's disease and Parkinson's disease.

We are fortunate here at Spring Meadows to have Tom and Bruno here! You have all had your furnace checked to make sure that it is in good shape and heating ducts are properly ventilated.

If you are interested in information about how to battle winter in Michigan (I know, this is far from your first rodeo!!) or about available resources so seniors aren't left to make difficult decisions like, whether to pay their heating bills or take their prescription medications this winter PLEASE come see me or give me a call!!

Some other practical tips for seniors, in anticipation of the cold weather ahead, include: Dressing in layers, both indoors and outdoors. • Keeping active: do exercises/activities indoors when you can't go out. • Eating well/drinking 8 glasses of water daily – if you are a coffee drinker, try to have one glass of water for every cup of coffee; Stocking up on non-perishable food supplies, just in case you find yourself snowed in! • Keeping extra medications in the house or making arrangements to have your medications delivered – Brown's Pharmacy is a great resource for medication delivery. I can help with the setup of that service as well. • Preparing your vehicle for winter: check wipers/tires/lights/fluid levels regularly keep a windshield scraper/small broom for ice and snow removal; maintain at least a half tank of gas during the winter season. • Planning long trips carefully: travel by

ADVANCED Care  
Pharmacy Services



2136 Robinson Rd Jackson, MI  
49203

517-750-2180

**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.**



daylight with at least one other person. .Have a safe, happy and healthy winter! Never hesitate to call me with questions or concerns – I'm here to help!! Danielle

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### Having Problems Hearing on the phone?

A hearing impaired resident is getting a phone (paid for by the government) to assist her in hearing on the phone.

The phone types out what is being said so the resident can see what someone is saying to her! We will have a representative here to discuss hearing issues and invite residents to come to the Spring Meadows I Clubhouse. November 16<sup>th</sup> at 11:30 AM (if you need a ride, we will bring the bus.) Please call to register.



**Spring Meadows II  
Thanksgiving Dinner  
Is on Thanksgiving Day  
Call to get on the list if you are spending Thanksgiving alone  
Bring a Dish to Pass**

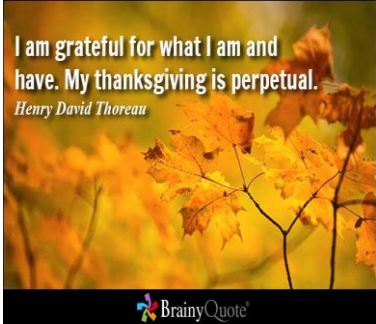


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**Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.**

Henry Van Dyke

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You may have heard of Black Friday and Cyber Monday. There's another day you might want to know about: Giving Tuesday. The idea is pretty straightforward. On the Tuesday after Thanksgiving, shoppers take a break from their gift-buying and donate what they can to charity.

Bill Gates



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

By Tom Wyllie,  
Director of Wellness

# How Much Do You Know About Thanksgiving?

In 1863, President Abraham Lincoln established Thanksgiving as an official national holiday. Since that time Americans across the country have gathered together with their family and friends to eat a lot of turkey, enjoy a little pie, watch a football game or two, and of course give thanks. This year, after you've loosened your belt and before you lapse into your traditional tryptophan coma, give your brain a little exercise. Take the quiz below to see just how much you know about Thanksgiving.

1. What cartoon character has appeared in the annual Macy's Thanksgiving Day parade as a giant helium filled balloon more than any other character?
  - a. Charlie Brown
  - b. Snoopy
  - c. Lucy
2. What year did the Detroit Lions first play a football game on Thanksgiving Day and who was their opponent?
  - a. 1927, New York Giants
  - b. 1957, Cleveland Browns
  - c. 1934, Chicago Bears
3. What President issued the first official presidential turkey pardon?
  - a. George H.W. Bush
  - b. Harry S. Truman
  - c. Thomas Jefferson
4. In what year did Congress enact legislation that moved Thanksgiving from the last Thursday in November to the fourth Thursday in November?
  - a. 1941
  - b. 1962
  - c. 1919
5. What is the busiest day for domestic air travel in the United States?
  - a. The day before Thanksgiving
  - b. Thanksgiving Day
  - c. The day after Thanksgiving

Answers: 1. b, 2. c, 3. a, 4. a, 5. a

Reminder: Get your flu shot! Linda is just coming back from a particularly nasty strain of flu/cold and it was horrible! Can't imagine what it would have been like without the flu shot! Get it as soon as possible. Deborah Muhich our Brown's pharmacy "angel" will be happy to come to your home to give you a shot!



Linda has some "Queenly" visits this month. She will be going to the Albion Forks Senior Center on November 11<sup>th</sup> Linda will be singing and talking about positive aging. If you would like to go, just sign up. Lunch is only \$3

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Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

William Arthur Ward

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**Jackson Christmas Parade!**



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Linda has been asked to take part in the Jackson Christmas Parade (as Ms. Senior Michigan) on November 20<sup>th</sup>. She has filled out the form to take the Spring Meadows bus full of our amazing residents! We need to decorate our bus for Christmas, the parade starts at 6 PM and we will leave Spring Meadows about 4:30 and will return by 8 PM. The theme for the parade is "It's a Silver Bell's Christmas" so we want to dress and decorate accordingly. Sign-ups at the offices

I have come to regard November as the older, harder man's October. I appreciate the early darkness and cooler temperatures. It puts my mind in a different place than October. It is a month for a quieter, slightly more subdued celebration of summer's death as winter tightens its grip.

Henry Rollins

**Thanksgiving Dinner at Spring Meadows I**

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**November 20<sup>th</sup> at 3:00 PM**  
**Sign up and list what you are bringing at the office**

**No Catered Lunch in November**



**Secret Pal Reveal**

**Thursday November 18<sup>th</sup>**

**11:30 AM at SM2**

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**Bring a dish to pass and your final gift!**

**Find out who your secret pal is**

**If you haven't joined the fun, now is the time to**

**Get on the list! Come to the party (you don't need to bring a gift if this is your first time)**

**The Maintenance cell phone is for  
EMERGENCIES ONLY!**

**Please don't call with regular  
Service calls ..CALL THE OFFICE.**

**Have you tried "First Fruits" Groceries!**  
**If you live at Spring Meadows you automatically qualify!**  
**Great food Boxes at reduced prices!**

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**Meats from Prime Cuts \$25 or \$49**  
**Produce from Keyes Produce \$20 (choose from 2 boxes)**  
**Order forms at the office**  
**Pay with check or money order, orders can be placed at the office!**

# Meet the Administrator Meetings November 19, 2015

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## Spring Meadows I – 2:00 PM

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*The Spring Meadows I RAC committee*



*Is starting a program in January 2016, to help our Veterans;  
we have a list of needed items and will focus each month on a particular item to be  
collected.*

*More information will be coming later.*



# November Birthdays!

**Complaints about Mail Delivery? Call the Supervisor of Routes:**

**517-768-0721**

Birthday extravaganza is held every month at Spring Meadows II November 27th from 2 – 3 PM. Celebrating November Birthdays..... Everyone is welcome... cake, games and prizes  
Thanks to Sherry from Faith Haven for the cake!

## November Birthdays

Chuck Baker.....11/21 Happy Birthday everyone!!

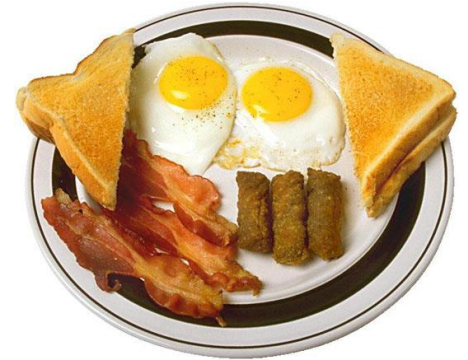
Alice Chisolm.....11/26 We are so glad you were born and choose to be a part of Our wonderful family!

Loretta Covill.....11/27

Lois Heady.....11/06

Barbara Jordan.....11/15

Mary Lou Overmyer.....11/17



Spring Meadows II is Hosting a Breakfast on November 14<sup>th</sup> starting at 9:00 AM

Just \$2 for all the breakfast you can eat!

**The office will close early on November 13 so that: Rae, Linda, Bruno and Nancy Herman can go to Cobo Hall in Downtown Detroit for the PVM Gala!** Tom will be covering in case of emergency

The Pageant is over and it was truly one of the most memorable weeks of my life.

The winner is a beautiful dentist from Mississippi. She is an accomplished woman who, along with her dental clinic, is an accomplished competitive ballroom dancer. The second runner up is an attorney. The Senior Ms. America pageant was all about accomplished women... not the prettiest or the youngest looking.... But it is all about being a woman willing to “step outside of the box” and do her best. There were women with 2 PhD’s, many in the teaching professions, several in health care and administration.

I was shocked at the level of talent in this group. There were many who have worked on-stage most of their lives. There were a few “divas,” some women with some plastic surgery, but most were just amazing women over the age of 60 who were extraordinary!

I will have the DVD’s showing the full program and the finals. Once I receive them, we will have a “showing” so you can see the event.

The BBC was there with cameras and microphones. At first it was a concern that the cameramen were there, after a while, you didn’t even notice them. The ladies from Great Britain were so amazing! I got really close with 2 of them and have already heard from them. I have been invited to visit them so can’t wait for that! The people doing the filming were so nice and it added an extra element to the event.

I finished in the top ten and was really excited! The top ten had to perform, do their philosophy and evening gown (I tripped in my evening gown on stage). It was amazing..... I sang in front of 1500 people on the big stage in Atlantic City! Wow!

The absolute best part was meeting the amazing women I met. I got really close to Pennsylvania, Florida, Colorado, Kansas, Georgia, and a few others... the first night at dinner, Florida and her husband sat at the table we were at and we discovered that her husband graduated from the Air Force Academy in 1970, Bill graduated from the Air Force Academy in 1973! We had an instant connection. He is a retired pilot for American Airlines and owns his own plane so we have already talked about getting together soon!

It was a crazy week full of running, standing around in heels and lots of adrenaline and nerves! It was very exciting, I wouldn’t do it again but am so glad I had the opportunity to do it !

The first week of October, Bill and I went to Myrtle Beach and got caught in the flood/ storm there. We were stranded in our house for 3 days. We had some damage.... We have a 4.5’ crawl space under the house and it filled with water. It did impact the heating and cooling system so had to have all of the heating and AC ducts replaced. In the area we were in we got 18.8” of rain! I never saw anything like it.

Nineteen people died in the floods most were in cars and tried to traverse flooded areas. We played a lot of cards and just waited it through. We had just enough food, the last day were down to bananas and water. But we were so lucky.... Many people lost everything !

I am in the Lansing Electric Light parade for Christmas on a float. And we have been invited to participate in the Jackson Christmas parade too. It is the same day so not sure how that will work.

Then a parade in Rochester for their huge Christmas parade (not sure what my ride will be). Better get out the long underwear

Did you get your flu shot yet? It is so important! If you missed the clinic, Deborah Muhich from Brown’s pharmacy will come back for you.

Love, Linda



The middle lady is from the UK... she is amazing!



**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*

**Rae Stachnik**  
*Assistant Administrator*

**Bruno Trout**  
*Maintenance Lead*

**Tom Leach**  
*Maintenance Tech*

**Danielle Leithauser -788-5519**  
*Service Coordinator*

**EMERGENCY 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



**Presbyterian  
Villages**

OF MICHIGAN

SERVING SENIORS & COMMUNITIES

**Embrace the possibilities**



# Celebrate PVM's 70<sup>th</sup> Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12<sup>th</sup> annual PVM Foundation Gala on Friday, November 13<sup>th</sup> at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70<sup>th</sup> anniversary with a special theme of **"70 & Still Making Waves."** The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

**When:** Friday, November 13, 2015  
 5:30 p.m. Sponsor & Patron VIP Pre-Reception  
 6:30 p.m. General Cocktail Reception & Raffle  
 7:30 p.m. Dinner, Program & Entertainment

**Where:** COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

**Cost:** **\$250 Individual Ticket\*** includes General Reception, Dinner & Program  
**\$375 Patron Ticket\*** includes Private VIP Pre-Reception, Prime Seating at Dinner & Program  
 (\*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation
- And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit [www.pvmfoundation.org/Gala2015](http://www.pvmfoundation.org/Gala2015). Thank you for supporting PVM residents and I hope to see you on November 13<sup>th</sup>!

Warm regards,  
Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION  
presents

**Sponsorship Packages Available!**

<b>Patron Tickets \$375</b>	<b>5:30 p.m.</b> VIP Pre-Reception & Raffle Preview (Sponsors & Patron Tickets only)
<b>Individual Tickets \$250</b>	<b>6:30 p.m.</b> General Reception & Raffle
	<b>7:30 p.m.</b> Dinner, Program & Entertainment

For more information, contact PVM Foundation at 248.281.2040 or visit [www.PVMFoundation.org/Gala2015](http://www.PVMFoundation.org/Gala2015)

**FRIDAY, NOVEMBER 13 • COBO CENTER, DETROIT**