



Sage Grove View



Embrace the possibilities

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

December 2013

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For Your Safety.

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

Alcohol and the Holidays:

Christmas and New Year's Eve are wonderful holidays with many traditions. Some of these traditions involve the use of alcohol. In the spirit of the holidays, and safety, here are some safety tips to consider before you celebrate.

1. Never, Never drink and drive.
2. Alcohol affects seniors more quickly than younger adults. One drink can cause impairment.
3. Review your prescription and over the counter medications to see what warnings about alcohol are listed. Follow those instructions. Check with your physician if you do not see the alcohol information on the prescription.

5. If the holidays cause you to be sad, do not "self-medicate" with alcohol as a way of feeling better. Instead talk with a trusted friend, family or social worker.

6. If you are having a drink, have it around other people. Drinking alone makes it easier to drink too much.

7. Drinking can cause some health conditions to worsen. Be mindful of your health conditions when accepting a glass of cheer.

8. Drinking can cause you to become unbalanced, leading to falls.

9. Place a one drink maximum on yourself.

Less you think that I am a "party pooper", I too enjoy a glass of the bubbly at the holiday times. I just make sure that I follow all the above tips that allow me to remain safe while enjoying the holidays.



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

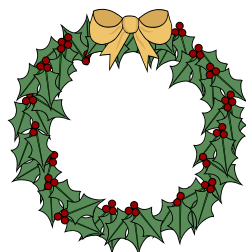
This is the time of year we focus on giving thanks and giving to others. I am thankful for a team of colleagues who incorporate that spirit of giving into their everyday lives. From benevolence in the form of assisting PVM residents to stay in their own homes to beautification and security our PVM employees, PVM board, PVM Foundation Board, and Village Board members all represent servant leadership at its finest. Giving to food pantries, hosting neighborhood community meetings, providing mobile health services and immunization sites, donating clothing and essentials for the homeless, building houses alongside Habitat For Humanity and promoting elder abuse prevention are among the many initiatives in which we have been engaged over the past year.

And we also reached out to improve the quality of life of Michigan children. Many of our Villages have provided giving trees whereby local families are adopted for Christmas. And, in one instance, they transformed an old and rusty tricycle into a sparkling new red tricycle which will be treasured by a youngster with memories to last a lifetime.

Protecting our environment also made the list of contributions via recycling projects including medication disposal sites and community recycling events. What a joy it is to work with individuals and teams of people who think of their work as a mission instead of a job. As Albert Einstein once said: "Only a life lived for others is worthwhile."

May the joys of the season be with all of our readers over the upcoming holidays and on into the New Year.

Lynn Alexander



Announcements

- ✚ December 24th – Christmas Eve
- ✚ December 25th – Christmas Day
- ✚ December 31st – New Years Eve

Community Room Events

- ❖ December 4th – Commodities Pick-up. Announcement will be made when ready
- ❖ December 2nd & 16th – Bible Study Group 4:00 – 5:00pm
- ❖ December 11th – Service Coordinator "Meet-N-Greet" and Resident Meeting starting at 1pm.
- ❖ December 13th – Village Cookie Bake in Community Kitchen
- ❖ December 14th – Cookie Delivery
- ❖ December 18th – Resident Holiday Dinner – 12:30pm
- ❖ December 19th – Board Meeting 9:30am–11:00pm
- ❖ December 21st – Crafts 1:00pm in Comm. Room

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Giving Matters.

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

Thank You and Best Wishes From Our Family to Yours

It's hard to believe another year has come and gone so quickly, and yet so much has been accomplished to help PVM residents and seniors. Through the generosity of many donors this year, over \$3.5 million has been raised to support the following initiatives:

- **Rivertown Neighborhood**, An Innovative Senior Community in Detroit that will provide Detroit seniors a full array of affordable health care, service, and housing options all on one site.
- **The Village of East Harbor Health & Wellness Center**, which will be an 8,000 square foot state-of-the-art rehabilitation and wellness center in one location.
- **Benevolence funding** to help residents and seniors with insufficient financial resources.
- And many other life-enhancing programs and services at all the Villages, such as wellness, technology, transportation and more.

Most recently, the **10th Annual *It's A Wonderful Life* Gala netted nearly \$200,000** to benefit the greatest needs of our seniors.

This month, **our goal is to raise at least \$30,000** to support the Marie Claire Damone Fall Prevention Fund. Help us reach our goal by making a gift that will prevent falls, the leading cause of death among older adults. **Gifts are eligible to be matched \$1.00 for \$1.00!** To make a gift, please see the front desk, your Village Administrator or visit us online at www.pvmfoundation.org (you must designate your gift for the Marie Claire Damone Fall Prevention Fund to be eligible for the match).

None of this could be accomplished without the help and support of every Board member, employee, volunteer and most importantly, every donor to PVM. To each of you, **thank you for making a difference** and best wishes for a blessed holiday season, from our family to yours!

Warm regards,
Paul J. Miller, CFRE

The Marie Claire Damone Fall Prevention Fund




Marie Claire Damone

Your gift will prevent falls, the leading cause of death in older adults.

Your gift is eligible to be

MATCHED \$1.00 for \$1.00!*

Please support this life-saving program.




For more details, please see your Village Administrator or call the PVM Foundation office at 248.281.2040.
*Match Guidelines Apply



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

When Feeling SAD is More Than Feeling Blue

As the seasons change from fall to winter and the daylight hours shorten, it's common to feel a little blue. If, however, these feelings persist and intensify you may have Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs between September and May. It's characterized by constant sadness, extreme fatigue, social withdrawal, and cravings for starchy foods. While its exact cause is unknown, researchers think it is related to the decrease in sunlight that occurs during fall and winter. Low sunlight disrupts our bodies' natural rhythms, decreases our brains' serotonin levels, and interferes with melatonin production and absorption, all of which affect mood.

The first line of treatment for SAD is light therapy. It involves sitting next to a special, high intensity light for approximately 30 minutes a day. Another common treatment is dawn simulation. It involves use of a device connected to a high intensity light that gradually turns it on over 1 to 2 hours, thereby simulating sunrise. Researchers believe these therapies work because they reset our internal clocks and return our bodies to a more natural rhythm. To be effective, they need to be performed throughout the fall and winter. Otherwise symptoms will return. If these therapies don't seem to work, additional treatment with medication and counseling may be needed. If you think you have SAD, don't treat yourself. Consult your physician. He or she will be able to make a proper diagnosis and determine the most effective form of treatment for you.



Service Coordinator's Corner

Hello. Welcome to the second Service Coordinator's Corner.

This month, I will be talking about an important function of this position, providing information and resources. We all have many areas of knowledge that we can share with others. We also have areas where we can learn and grow. One of the things I can do as Service Coordinator is to help residents become more familiar with the agencies (local, state, federal) offering services you could benefit from having.

This process happens in a few different ways. It can involve having presenters come in to talk about various topics (food assistance, health insurance, legal matters, etc.). These meetings take place in the Community Room with **FOOD!** As a compulsive note-taker, I write down what the speakers have to say. If you have to miss a presentation and would like to know what happened, let me know. I am trying to share information that you want; please tell me what you want to learn about.

At times, I will be going out to meet with service providers. I recently went to the Area Agency on Aging. They have a broad range of programs and connections that can benefit us. We are planning to have them come in next year. More information to come soon.

One of the most important things I can do is to investigate and find resources based on your situation. This means that I will look into ways to help you to deal with...whatever...and get through it. If I don't know the answer (shocking, I know 😊!), I will work with you to figure out what direction to go.

Service providers often leave materials for me to share. Many are on the bookcase in the Service Coordinator's office. Any brochures, fliers, and booklets on that bookcase are for you. Please take anything you need.

You are welcome to stop in and talk if the door is open. A note in my in house mailbox or under the office door is another good way to communicate. You can call and leave a confidential message on the phone; the number is (269) 382-9910. Please tell me if you have a preferred method of communicating so I can use that route.

I have enjoyed getting to know you and look forward to continuing our relationships.

Rebecca

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Announcements Continued

- ❖ 1st Sunday of the Month – Gospel music sing-along – **5:00pm**; Followed by *Birthday Celebration* for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am
- ❖ Last Saturday of the month "Give away day" and Social Gathering – 10am – 12pm
- ❖ Movie Matinee every other Tuesday – 1:30pm
- ❖ 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 1st come 1st serve basis.
- ❖ Wal-Mart Bus – Every Monday – Pick-up is at 12:15pm

Birthday Celebration!

Thema B.December 31st

*To All who have a December Birthday ...
Wishing you a Great Day and a Blessed Year.*



Administrator Column

“Don't walk behind me; I may not lead.
Don't walk in front of me; I may not
follow. Just walk beside me and be my
friend.”

— [Albert Camus](#)

As 2013 comes to an end, I can't help
but look back over this past year and
think how far we've come as a Village. I
truly feel we have a great family
throughout. I am honored to work with
and know each and every one of you ...
I'm looking forward to 2014. A new
year, with new beginnings, new
experiences, new friends, and new
possibilities ... the list goes on and on
as far as the mind can see. I want to
wish everyone a wonderful Holiday
season and a Happy New Year!

Our annual Holiday dinner is December
18th in the community room at
12:30pm. I hope all can attend.
Primary food is being provided by PVM
Foundation – Resident Activity Grant
money. Thank you PVM Foundation! ...

Thank you Sandra P. for cooking the
turkey, you're an angel.

Don't forget to get out and check out the
Holiday decorations and vote for your
favorite Apartment door. Winner will be
announced at the Holiday dinner.

I would like to send out a HUGE Thank
you to several people who have shown
great generosity to our Village: The Village
of East Harbor; Chaplain Pat DeBruce –
Village of East Harbor; Ken T. – Home
office; Mr. & Mrs. Anonymous – Home
office; my family – Violet McCrimmon;
Carla Nighbert; Valreia Wight; and friend
John Taylor. Your generosity has touched
lives and hearts in a way so special.
Thank you!!

Happy Holidays,

Paula Hager

Administrator

Calendar

Events for December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ~ Gospel Sing-Along 5pm – in Comm. Rm. ----- Birthday Celebration's 5:30pm in Comm. Rm.	2 ~ Bible Study Group Meets 4 - 5pm in Cm Room	3 ~ Movie Matinee 1:30pm in Comm. Rm.	4 ~ Commodities pick-up for those qualified	5	6 ~ Comm. Van	7 ~
8	9	10	11 ~ Service Coordinator Meet-N-Greet 1:00pm {Resident Meeting at Meet-N-Greet}	12	13 ~ Comm. Van Village Cookie Bake – 10am in Cm. Rm.	Pearl Harbor Remembrance Day
15	16 ~ Bible Study Group Meets 4 - 5pm in Cm Room	17 ~ Movie Matinee 1:30pm in Comm. Rm.	18 ~ Holiday Dinner 12:30pm in Community Room	19 ~ Board meeting 9:30–11am Comm. Rm. Closed	20 ~ Comm. Van Office Closed	21 ~ Crafts – 1:00pm in Cm Room First Day of Winter
22	23	24 Christmas Eve	25 ~ Christmas Day Office Closed	26 ~ Office Closed	27 ~ Comm. Van Office Closed	28 ~ “Give Away Day” & Social Gathering – 10am-12pm – ALL items Free
29	30 ~ Activity Planning Committee Meeting 10:00am in Comm. Rm.	31 ~ Movie Matinee 1:30pm in Comm. Rm. New Year's Eve	January 1 st 2014	Happy	New	Year!!

**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

Office Numbers

Phone: (269) 567-3300

Fax: (269) 381-6733

Village Staff

Paula Hager

Administrator

Rebecca Ogradowski

Service Coordinator

Monday – Thursday – Phone: (269)382-9910

10am – 3pm

Joseph King

Maintenance Technician

MAINTENANCE EMERGENCY NUMBER: (269) 615-3804



**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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