



# Sage Grove View



## Embrace the possibilities

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December 2015

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The Village of Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Birthday Celebration!

Dora G. ----- December 31<sup>st</sup>

*We wish all who have December Birthday's a Fantabulous Day and a Blessed Year!!!*

*Happy Birthday... Happy Birthday... Happy Birthday...*

### 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.

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. Have suggestions for items you don't see in the store? Email us at [gdowney@pvm.org](mailto:gdowney@pvm.org) or tell your administrator.



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### STAY HEALTHY BY FOLLOWING THE FOUR BASIC STEPS OF FOOD SAFETY.

With the upcoming holidays I would like to share important information from the Oakland County Health Division:

Hot foods should be kept at 140 degrees Fahrenheit or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice and replenishing ice as it melts. Otherwise, use smaller serving dishes and exchange with cold dishes of food from the refrigerator at least every two hours.

Here is a look at the Health Division's four basic steps of food safety in detail:

#### Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Keep food preparation surfaces clean.
- Rinse fruits and vegetables under running water and use a brush to remove any dirt so bacteria cannot spread from the outside in.
- Avoid washing meats, poultry, or eggs.

#### Separate - Don't Cross Contaminate

- Secure meats, poultry or seafood in plastic bags to keep the juices contained.
- Wash all plates, utensils and cutting boards that held raw meat, poultry or seafood before reusing for perishable or cooked food.

- The juices of raw meat or poultry should never come in contact with cooked meat or other ready-to-eat foods.

#### Cook

- Meat, poultry, and seafood should be cooked for a long enough time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.
- To check the temperature of a turkey, stick the thermometer into the inner most part of the thigh and wing and into the thickest part of the breast. Turkey's should be cooked according to package directions or at a minimum when internal temperature reaches 165 degrees Fahrenheit.
- Bring sauces, soups and gravies to a rolling boil when reheating them.

#### Chill

- Refrigerate foods and leftovers within two hours of serving to avoid bacterial growth. Cold foods should be stored at 40 degrees Fahrenheit or below.
- Defrost foods in the refrigerator, under cold running water, or in the microwave. Cook foods thawed under cold running water or in the microwave immediately.

Typical symptoms of foodborne illness include stomach pain, vomiting and diarrhea. Symptoms are not usually long-lasting in healthy people, but foodborne illness can be severe and even life-threatening to older adults, infants, young children, pregnant women, or people with HIV/AIDS, cancer or any condition that weakens the immune system.

## Announcements

### Community Room Events

- ❖ **December 6<sup>th</sup>** – Birthday Celebration – 5:30pm
- ❖ **December 2<sup>nd</sup>** – Commodities Pick-up
- ❖ **December 3<sup>rd</sup>** – Tree Trimming Party – 3:00pm
- ❖ **December 10<sup>th</sup>** – Genealogy Presentation 1:00 pm
- ❖ **December 8<sup>th</sup>** – K-MART Trip to BC
- ❖ **December 7<sup>th</sup> & 21<sup>st</sup>** – Bible Study Group Meets 4:00 – 5:00pm
- ❖ **December 9<sup>th</sup>** Resident Annual Holiday Dinner 12:30pm cm. rm.
- ❖ **December 16<sup>th</sup>** – Bingo with Life EMS – 3:00pm
- ❖ **December 17<sup>th</sup>** – Sage Grove Board Mtg. 9:30am – 11:00am
- ❖ **December 25<sup>th</sup>** – Christmas Dinner for those here 1pm cm. rm.
- ❖ **December 28<sup>th</sup>** – Activities planning committee meeting – 10:00am – **All Welcome!**
- ❖ **Game Day** – Friday's at 3:00pm

See Calendar for more events

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## We're Grateful for You!

During this month of gratitude, we want you, PVM donors and supporters, to know how grateful we are for each and every one of you.

Without you, it would not have been possible to provide residents and community seniors with new opportunities for quality living. Through the generosity of donors, the PVM Foundation has granted an unprecedented \$7.3 Million to-date in 2015 to Villages and PVM-related projects and programs including resident emergency needs, technology, transportation, wellness programs and more.

Your support of PVM's mission and residents is appreciated more than you know. Thank you and Happy Holidays!

Warm regards,  
Paul J. Miller, CFRE





## 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

## Service Coordinator's Corner: Rebecca Ogradowski

Welcome again to my corner of Sage Grove.

This month will bring some changes to the Service Coordination program here and at PVM. As the recent letter from LaDonna Holly said, PVM is moving to an Enhanced Service Coordination model. As a result, PVM will no longer be employing Service Coordinators. We will still be in the building and doing the same job and providing the same services. Our employer will change from PVM to National Church Residences, a similar (much larger) agency. The switch is expected to happen around December 1, 2015.

The biggest change should be in January of 2016, when I will be trained on National Church's software (Care Guide). This will take a few months, so please be patient with me. One expectation is that I will meet with **all residents** to talk about Enhanced Service Coordination and the additional benefits it can provide. The process starts with a new Intake and follow-up process. I'm not sure about the details now. Once I have more information, I will let you know.

I am hoping that the change will be a positive one for all of us. I chose to stay at Sage Grove because of the people here and the sense of community that we have. Please see me if you have any questions. During that time, I will probably be taking more Paperwork Days. They are really helpful as I take the time to focus on doing the reports that I use to convince HUD to keep a Service Coordinator here at Sage Grove. Thank you for understanding.

The Community Van will not be running on December 22<sup>nd</sup> or 29<sup>th</sup> but will operate all other Tuesdays during the month.

### Upcoming Presentations

Charles C. and Lynn L. Zhang Legacy Collections Center – Sharon Carson will be here on Thursday, December 10, 2015 at 1pm. She will share information about the Center and its focus on genealogy and local history.

Tentative January 2016 presentation – I am considering an Enhanced Service Coordination presentation to keep you aware of the changes that come along with my employment with National Church. Their strongest focus area is on aging in place, so I will be providing information about how I can help you to maintain and/or improve your health and other situations. The idea is that you can stay in your apartment for a longer time with less difficulty. No date has been set yet; I will let you know.

Rebecca Ogradowski, LLMSW  
Service Coordinator

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## Announcements Continued

- ❖ **1<sup>st</sup> Sunday of the Month – 5:30pm – Birthday Celebration** for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am – **ALL ARE WELCOME TO ATTEND ☺**
- ❖ **"Give away day"** is now every day. Items to give away are located in the Game Room on the 3<sup>rd</sup> floor.
- ❖ Movie Matinee – 1:30pm  
Tuesday – December 8<sup>th</sup>  
Tuesday – December 22<sup>nd</sup>
- ❖ 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 1<sup>st</sup> come 1<sup>st</sup> serve basis.
- ❖ Wal-Mart Bus – Every Monday – Pick-up is at 12:15pm

## Administrator Column

***Village happenings*** – Please remember to check out the *Announcement, Community Room Events and Calendar* sections of this newsletter.

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My apologies for missing your November newsletter. In the absence of the newsletter, we had a resident meeting. Thank you all who attended.

Winter is upon us. Please use care when venturing outdoors; proper footwear, dress warm and watch for ice. If you come across an icy spot, please make let maintenance or the office know so we can put more salt out. As you may have noticed the salt buckets are out for the season. Please feel free to use what you need during nonbusiness hours.

Thank you one and all for your cooperation and help as we prepared for our REAC inspection. I am happy to report we passed with a score of 95a out of 100. This is absolutely astounding! We have a fantastic maintenance technician who does a great job. Way to go Joe !!! ... Thank you for all you do.

Thank you everyone who attended the tree trimming party. The holiday decorations look amazing and very festive.

Bingo with Kim from Life EMS will be on Wednesday, December 16<sup>th</sup> instead of Thursday. Please see calendar.

Our Annual Resident Holiday Dinner is December 9<sup>th</sup> at 12:30. Main course is provided by the PVM Foundation Resident Activity Grant. “Thank you PVM Foundation!”

If you would like to bring a dish to pass, that will be wonderful. If not, don't. But, please join us for a wonderful meal prepared by staff and residents. We hope you can join us.

Our New Year's Eve party is on Thursday, December 31<sup>st</sup> at 1:30pm. Please join us for fun and grocery bingo. Also, if you like to decorate your apartment door for the holidays ... Residents who like to walk can cast their vote for their favorite doors. Winner (for bragging rights) will be announced at the New Year's Eve party.

The office will be closed the week of December 21 – 25 for the Holiday.

Wishing you all a wonderful holiday season and a Safe & Happy New Year...

Happy Holidays ...

Thank you,

*Paula Hager*  
Administrator



# December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Walmart Bus <u>EVERY Monday</u> Pickup @ 12:15pm Main entrance</b>	1	<b>2 Commodities pick-up for those enrolled</b> <hr/> <b>REAC Inspection 1:00pm</b>	<b>3 Tree Trimming Party 3:00pm</b>	<b>4 Resident Craft Sale 12p – 4p</b> <b>Game Day 3:00pm in Cm. Rm</b> <b>Office Closed</b>	5
<b>6 Birthday Celebration 5:30pm in Comm. Rm</b>	<b>7 Bible Study Group 4 - 5pm</b>	<b>8 K-MART trip to Battle Creek</b> <hr/> <b>Movie Day 1:30pm</b>	<b>9 Resident Holiday Dinner 12:30pm</b>	<b>10 Genealogy Presentation 1:00pm</b>	<b>11 Game Day 3:00pm in Cm. Rm</b>	12
13	14	15	<b>16 “Bingo” Life EMS – 3:00pm</b>	<b>17 Board Mtg. 9:30 – 11:00am</b>	<b>18 Resident Cookie Bake 10:00am</b> <b>Decorate &amp; Package 1:00pm</b> <b>Game Day 3:00pm in Cm. Rm</b>	19
20	<b>21 Bible Study Group 4 - 5pm</b>  <b>Office Closed</b>	<b>22 No Comm. Van</b>  <b>Office Closed</b>	<b>23 Office Closed</b>	<b>24 Office Closed</b>	<b>25 Game Day 3:00pm in Cm. Rm</b>  <b>Christmas Day</b> <b>Office Closed</b>	26
27	<b>28 Resident Activity Meeting 10:00am – All are Welcome</b>	<b>29 No Comm. Van</b>	<b>30</b>	<b>31 New Year’s Eve Party 1:30pm</b>	<b>January 2016</b>  <b>New Year’s Day</b>	

**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) 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*

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**MAINTENANCE EMERGENCY NUMBER: (269) 615-3804**



**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)

**214 S. Sage Street  
Kalamazoo, MI 49006**

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