



Sage Grove View



Embrace the possibilities

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

December 2016

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Birthday Celebration!

Dora G. ----- December 31st

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

Happy Birthday... Happy Birthday... Happy Birthday...

Happy Birthday... Happy Birthday... Happy Birthday...

Happy Birthday... Happy Birthday... Happy Birthday...

PVM Store Features Goodies with Your Village Logo

By the PVM Marketing Department

The Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store in 2015. This was 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, if you have an item you'd like to see on the website, please bring item details to the office to forward to the Marketing Department.

To visit the PVM store, type www.pvmstore.org into your web browser.



The Village of
Sage Grove
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:



Below is a picture of our tree and some of the wonderful people involved with this project for the Beacon Club Annual Tree Lighting and Festival of Trees. Thank you to the following people who went above and beyond to help with this project.

(If I missed anyone below, I apologize!)

THANK YOU: Pearl K., Virginia D., Cheryl D., Ann M., Toni B., Jeni P., Yvette A., Mary Jane F., Mary Ellen B., Jose Santamaria., Phyllis Curtis and everyone else who either donated money, material and/or time.



Announcements

Community Room Events

- ❖ **December 4th** –
Birthday Celebration –
5:30pm
- ❖ **December 7th** –
Commodities Pick-up for
those registered
- ❖ **December 15th** –
Resident Holiday
Luncheon **12:00pm**
- ❖ **December 7th** –
Kalamazoo Public Safety
Presentation – **1:00pm**
- ❖ **December 16th** –
Sage Grove Board
Meeting – **9:00a -10:30a**
- ❖ **December 5th & 19th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **December 22nd** –
Bingo with Paula –
2:00pm
- ❖ **December 7th, 14th & 21st**
– **Sage Grove Support
Group meets – 11a-12p**
All are welcome. The
Comm. Rm is closed
during the meetings.
- ❖ **December 26th** –
Activities planning
committee meeting –
10:00am – **All Welcome!**
- ❖ **December 30th** – **New
Year's Party – 1:30pm**

See *Calendar* for more
events.

Continued on page 5

Giving Matters...



Giving Matters.

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

Rise to the challenge.

And join me in raising \$50K for seniors!

You can help seniors get \$50K—if YOU rise to the challenge and raise \$50K by December 31st, **doubling** your impact!

Think of what \$100,000 can do for residents! With your help, you can:

- **Transport** 1,000 residents on 4 special outings a year to local attractions like Belle Isle.
- Give 240 residents 1 year of **exercise classes** to stay fit and healthy.
- Support the **emergency needs** of over 300 residents in 1 year (up to \$300 each).
- Send over 400 residents to the **Village Victory Cup** each year for the next 5 years!

The challenge ends December 31, 2016. Please make your gift today and change the life of a senior who needs you!

Thank you for creating new possibilities for seniors and helping them thrive!

Happy holidays,

Paul J. Miller, CFRE

Join the \$50K Challenge!
And change the life of a senior who needs *You*

7 in 10 older adults, like David, will need long-term services and support in their lives. YOU can help!

Raise \$50K by Dec. 31, 2016—and PVM Villages will receive another \$50K, *doubling* your impact!

MAKE YOUR GIFT TODAY!

Mail: PVM Foundation, 26200 Lahser Rd, Suite 300, Southfield, MI 48033
Online: pvmf.org/challenge
Call: 248.281.2040



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

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 **M**ove, **E**at, **S**leep, **H**eal. 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 **M**ove, **E**at, **S**leep, and **H**eal.

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/> .



Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: changes to Medicare in 2017 and documentation changes from the National Church Residences conference in November.

Medicare will be increasing charges for Part A (hospital and inpatient) and Part B (Outpatient) for most people. **If you pay the for Part A premium**, the rate will go up to \$413 per month from \$411 per month currently. **If you pay the Part B premium** the cost is expected to become \$134 monthly, depending on your income. Those receiving Social Security should pay less (about \$109 per month). The deductible for Part B coverage will increase to \$183. Once that is met, Medicare will cover most of their approved amount for doctor services at 80%. The remaining 20% will be your copay

As most of you know, I was in Ohio during November for National Church Residences' conference in Dublin. It was great to meet the people I have talked with over the phone and emailed. The presenters emphasized the importance of two areas that affect how I provide services. The first is following up after a person goes to the hospital or emergency room. In order to make sure that you get the best care possible, **please let me know if you either go to the hospital or emergency room!** That way, I can help to coordinate after care and appointments. The other was engagement. Most of you are participating with Service Coordination, and that's great. The few people who haven't signed the form opting out are those I am concerned about. I will be trying to contact you to get the form signed or schedule an assessment. It's vital that I know whether you want to work with me for Service Coordination or whether you would rather not.

Thanks for the birthday cards and wishes. I appreciate them. 😊

Upcoming Presentations

Wednesday December 7, 2016 – Karianne Thomas, Deputy Chief of the **Kalamazoo Public Safety Department**, will be here at **1pm** to talk about the department's services and how you can improve your personal safety.

Wednesday January 11, 2017 – Staff from the Area Agency on Aging's **Personal Action Toward Health (PATH)** program will be here at **1 pm**. The main focus will be on Chronic Pain, but other aspects of the program are open for exploration.

Wednesday January 25, 2017 – **Disability Network Southwest Michigan** will be here at **1pm** to talk about their services, especially how to use the Metro Transit system.

Rebecca Ogradowski, LLMSW
Service Coordinator

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Announcements Continued

- ❖ **1st 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 3rd floor.
- ❖ **Movie Matinee – 1:00pm Movie showing in Parlor** Movies can resume now that winter is back.
- ❖ **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 12:50pm**

Administrator Column

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

Wii or Xbox Bowling – PVM 1st Annual Wii Bowling Tournament – Has begun.... We are still in the game, only (3) Villages left competing for the trophy. ... Good Luck Sage Grove! ☺

Resident Support Group:

We have a support group that meets every **Wednesday from 11am-12pm**. Meetings are in the community room, which will be closed during the meetings. **All are welcome to attend.**

Thank you everyone who participated in the Beacon Club Annual Festival of Trees event. Our tree was absolutely fabulous and so beautiful. By participating in this event we raised a total of **\$330.00** for our Village. The money went into our resident activity grant fund.

Thank you to the Beacon Club and to ALL who donated their time and/or money for this project. It was for a good cause ... our Village.

If you never attend the Resident Activity Planning Committee, All are Welcome and we would love to have your input.

Winter is upon us! Please dress appropriately when venturing out of doors. Take it slow on ice and snow. If you come across an icy spot during normal business, please let Maintenance and/or the office know so we can put more salt out. If it's on the weekend or after normal business hours, we have salt buckets by each entry door, please help yourself.

Our annual resident holiday dinner is December

15th at Noon. The main course will be provided by the resident activity grant. Thank you PVM Foundation! We always have a great meal. Please join us...

The office will be closed the Friday before Christmas and the Monday after.

We will be having our annual New Year's Eve party on Friday, December 30th. We will be playing grocery Bingo. Barbara W. will be doing a musical solo performance. We always have a good time, please join us.

The office will be closed on January 2nd in observance of New Year's Day.

Happy Holidays ... Happy New Year!

Paula Hager
Administrator



December 2016



December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			30 Res. Support Grp 11:00am–12:00pm	1 Cards - 12:30pm <i>Office Closed</i>	2 Games—3pm <i>Office Closed</i>	3
4 Birthday's Celebration 5:30pm	5 Bible Study 4–5pm	6 Tree Trimming Party—2:00pm	7 Commodities for <u>those registered</u> Res. Support Grp 11:00am–12:00pm. Kalamazoo Public Safety —1:00pm	8	9 Games—3pm	10
11	12	13 Holiday Lights Tour—5:00pm	14 Res. Support Grp <u>11:00am–12:00pm</u>	15 Resident Holiday Dinner—12pm	16 Sage Grove Board Mtg.— <u>9a-10:30a</u> Games—3pm	17
18	19 Bible Study <u>4–5pm</u> Res. Activity Comm. Mtg. 10:00am <u>All are Welcome</u>	20	21 Res. Support Grp <u>11:00am–12:00pm</u> Holiday Cookie Bake 10:00am	22 Bingo with Paula 2:00pm	23 <i>Office Closed</i>	24
25 <i>Christmas Day</i>	26 <i>Office Closed</i>	27 No Comm. Van	28 Res. Support Grp <u>11:00am–12:00pm</u>	29	30 New Year's Eve Party—1:30pm	31 <i>New Year's Eve</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



Office Numbers

Phone: (269) 567-3300

Fax: (269) 381-6733

Village Staff

Paula Hager

Housing Administrator

Rebecca Ogradowski

Service Coordinator – National Church Residences

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

10am – 3pm

Joseph King

Maintenance Technician

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

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