



# Sage Grove View



## Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • [www.pvm.org](http://www.pvm.org)

July 2017

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## Birthday Celebration!

*Darwin S.* ----- July 9<sup>th</sup>

*Madonna S.* ----- July 21<sup>st</sup>

*Richard A.* ----- July 21<sup>st</sup>

*Diane B.* ----- July 26<sup>th</sup>

*Shirley M.* ----- July 31<sup>st</sup>

*We wish ALL who have July Birthday's a Wonderful Day and a Blessed Year!!!*

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

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

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



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

Look for PVM on:



### 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, t-shirts, 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. ... **New items have been added. Check it out.** 😊

To visit the PVM store, type [www.pvmstore.org](http://www.pvmstore.org) into your web browser.



# The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

## Announcements

### SCHEMES, SCAMS & SWINDLES

I have said for many years that for every dollar you make there are thousands of swindlers lining up to steal it from you! If only people used their cleverness for good, the world would be a better place. However, since that is not likely to happen, we need to protect ourselves and out-maneuver these scoundrels. Here are some of the latest issues and what to do about them:

**CAN YOU HEAR ME?** - In this gambit, when you answer the phone a voice on the other end will ask: "Can you hear me?" Do not answer. **HANG UP IMMEDIATELY!** What they will do if you answer "Yes" is tape record your voice and use it to scam you by acting as if you are saying yes to a number of false transactions. Some savvy consumers have gotten to the point (me included) where we monitor calls on Caller ID and don't pick up for any number we do not recognize. If the call is important enough and legit, the person can leave a message for you.

**FamilyTree.Now** - This is a search site that gives information about you and your family members. Although the original intent of this site was most likely innocent and helpful in nature, it has been reported that it is being used for nefarious purposes by bad people. There is an opt out. Go to the site, get your information and then go to the privacy section. They will tell you how to opt out. Don't let these scoundrels ruin you financially. Be clever in a good way to offset their cleverness for evil. **PROTECT YOURSELF!**

\*\*Article reran from April NL.

### Community Room Events

- ❖ **July 2<sup>nd</sup>** –  
Birthday Celebration –  
**5:30pm**
- ❖ **July 5<sup>th</sup>** – Commodities  
Pick-up for those  
registered
- ❖ **July 13<sup>th</sup>** – Senior Project  
Fresh – 8am car pool
- ❖ **July 8<sup>th</sup>** –  
No Resident Luncheon  
this month.
- ❖ **July 3<sup>rd</sup> & 17<sup>th</sup>** –  
Bible Study Group Meets  
**4:00 – 5:00pm**
- ❖ **July 20<sup>th</sup>** – Bingo with  
Kim, Life EMS – 3:00pm
- ❖ **July 5<sup>th</sup>** – Resident 4<sup>th</sup> of  
July BBQ – 1:00pm - **No  
Support Group meeting  
due to luncheon**
- ❖ **July 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>** –  
Sage Grove Support  
Group meets – **11a-12p**  
All are welcome. The  
Comm. Rm is closed  
during the meetings.
- ❖ **July 31<sup>st</sup>** –  
Activities planning  
committee meeting –  
10:00am – **All Welcome!**

See Calendar for more  
events.

Continued on page 5

## Giving Matters...



# Giving Matters.

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

## Remember PVM in Your Will

### Help an older adult keep their independence

**Use your independence to help others. By remembering PVM in your will, you'll be remembered as someone who cared for the independence of their neighbors.**

What a powerful word: independence. It means so much, especially in July.

Today, think about what it means to you—and to your peers.

One day (if not already), you may be an older adult, living on your own. You may have financial independence, good health and the loving support of your family to help you stay in your home for as long as possible.

BUT...what if everything changed? What if an ongoing medical issue drained your finances? If you couldn't keep up with the day-to-day tasks of living on your own? If you didn't have family living close by? That's the situation many older adults are in...every day.

You care about your friends and neighbors. That's who you are.

***But you're even more. You're a caring person with the power to help.***

Learn how you can leave a gift that will create independence long into the future. **Visit** [mylegacy.pvmf.org](http://mylegacy.pvmf.org).

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you!

Paul J. Miller, CFRE

**A GIFT IN YOUR WILL**  
*can change the lives of seniors.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...**

**Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller**

**248.281.2045**  
[mylegacy.pvmf.org](http://mylegacy.pvmf.org)



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION



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

By Tom Wyllie,  
Director of Wellness

*This month we have a special guest columnist, Victoria Macioce-Stumpf. Victoria is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.*

### June is Alzheimer's & Brain Awareness Month - Repeat Article for July

As a person ages, they may begin to notice gradual changes in their memory, how they process things or even their ability to perform certain tasks. While most changes may be age-related, it is important to determine if there are any signs or symptoms of early Alzheimer's disease. Alzheimer's is a progressive and degenerative brain disease that may begin in middle or old age and is characterized by memory loss, confusion, behavioral changes and more.

According to the national Alzheimer's Association, there are 10 early signs and symptoms of Alzheimer's:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If you or a loved one has any of the signs and symptoms of Alzheimer's, please schedule an appointment with a physician for diagnosis, information and support. Treatments are changing all of the time, thanks to research and scientific breakthroughs. Early detection will lead to treatments that may help slow the progression of the disease, as well as provide relief of the symptoms.

To learn more about the signs and symptoms of Alzheimer's disease compared to typical age-related changes, read the [Alzheimer's Association 10 Warning Signs Checklist](#) and check out the information and activities from their [Alzheimer's & Brain Awareness Month](#) page.



## Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: Commodities, the Community Van, and Senior Project Fresh.

**Commodities** – Senior Services will be doing an on-site inspection of the Commodities distribution on **August 2, 2017**. If you participate, please bring your ID that day. Also, any items that you don't want at that time cannot be left in the Community Room. Please take them to your apartment. This will make the inspection run more smoothly. Let me know if you have questions.

**Community Van** – Metro/CCTA is making some changes to the Community Van program. They are holding a meeting about this on June 29. I plan to go and will share the information with you early in July.

The van **will not be running on July 4, 2017** due to the holiday.

**Senior Project Fresh** – The coupon distribution is scheduled for July 13 from 8:30a – 12:00pm and Senior Services (918 Jasper St.). A sign-up sheet for the carpool is by the mailboxes. If you need more sheets, I can post them.

Their requirements are: completed application, picture ID, at least 60 years of age, and a resident of Kalamazoo County. They allow Proxy collections (meaning that a person can get the coupons for up to three people who are not present). All proxies have to bring the application and copies of the others' ID with them when they go. **Coupons are only distributed in person.**

If you need an application or would like help to fill one out, please get with me. There is an application and instructions on the bulletin board outside of my office. Feel free to make copies.

### Upcoming Presentations

At the moment, there are no presentations scheduled for July or August. I am working on Diabetes and Financial Management sessions. If you have ideas, I would appreciate them.

### Retirement Solutions presentation – Thursday, September 6 at 1pm.

David Reed will be here sharing information about Medicare and Medicaid. This is especially relevant just before the start of Open Enrollment.

Rebecca Ogradowski, LMSW  
Service Coordinator

Continued from page 2

## 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 – 1:00pm **Movie showing in Parlor** If you have a movie you want to watch, please let us know.
- ❖ 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 12:50 pm at front entrance.**

## Administrator Column

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

### 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.**

**Note** – *No Crafts until there is an interest.*

The resident luncheon will not be taking place this month, due to the luncheon we will have on July 5<sup>th</sup> at 1:00pm in celebration of Independence Day. Joe is making pulled pork. There is a signup sheet by the mailboxes for those who wish to bring a dish to pass. Please join us, Joe is a great cook and we love to see everyone.

Our Virtual Village Victory Cup was a lot of fun and a great success. Everyone had a great time! Thank you again to the Kolb family for providing our pizza luncheon that day. Everything was wonderful.... I will let you know the results of the VVVC as soon as I find out. 😊

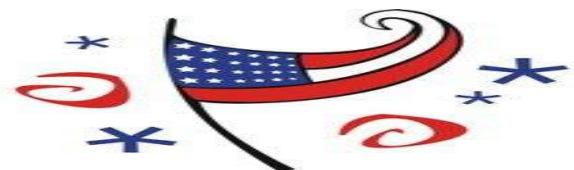
If you haven't noticed the picture and certificate hanging on the wall in lobby, please check it out. Our village received a certificate of recognition award for our Living Memorial Tree. This was a huge surprise and I am extremely honored to represent Sage Grove and our wonderful

residents. Thank you for all you do to help our village be the BEST! You all are Rock Stars in my eyes.

The office and maintenance will be closed Monday and Tuesday in observance of Independence Day and a little time off. We hope you have a relaxing, safe and happy holiday weekend.

With summer upon us, please use your AC if needed to prevent heat exhaustion and/or heat stroke. The heat and humidity are nothing to mess with. Please stay hydrated, dress appropriately, wear a sun hat if outside for any length of time and use sun screen whenever possible. If you feel like you're getting over heated, don't mess around. Get inside where it's cool, the community room is always set to the appropriate temperature for the season. We want you to enjoy the summer weather, but we want you safe first.

As always, if you have any questions or concerns, please feel free to call or stop by the office.



**Happy 4th of July!**

Paula Hager  
Administrator

# July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Bible Study 4p-5p  <b>Office Closed</b>	4 <b>No Comm. Van</b>  <b>Independence Day</b> <b>Office Closed</b>	5 <u>Commodities</u> Resident BBQ Luncheon 1:00pm in Community Room	6 Church group cards 1:00pm in cm. rm.	7 Games 3:00pm	8
9 <b>Birthday Celebration</b> 5:30pm - Community Room	10	11	12 Resident support group 11a-12p	13 Senior Project Fresh – Car pool@ 8:00am	14 Games 3:00pm	15 No Resident Luncheon this month due to the BBQ luncheon on the 5 <sup>th</sup>
16	17 Bible Study 4p-5p	18	19 Resident support group 11a-12p	20 Bingo with Kim – Life EMS @ 3pm	21 <hr/> Games 3:00pm	22
23	24	25	26 Resident support group 11a-12p	27	28 <hr/> Games 3:00pm	29
30	31 Resident Activities Committee Meeting 10a in comm. rm. All are welcome	<u>August 1<sup>st</sup></u>	<u>August 2<sup>nd</sup></u>  <u>Commodities</u>  Resident support group 11a-12p	<u>August 3<sup>rd</sup></u>	<u>August 4<sup>th</sup></u>	<u>August 5<sup>th</sup></u>

**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**

*Housing Administrator*

**Rebecca Ogradowski**

*Service Coordinator – National Church Residences*

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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