



Sage Grove View



Embrace the possibilities

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

July 2018

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Birthday Celebration!

Darwin S. ----- July 9th

Madonna S. ----- July 21st

Richard A. ----- July 21st

Diane B. ----- July 26th

Shirley M. ----- July 31st

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...

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:





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Announcements

STOMP OUT ELDER ABUSE!

June 15th was World Elder Abuse Awareness Day. Elder Abuse and exploitation is a rapidly growing problem in America and will continue to increase with the aging of our population. Lance Robertson of the Administration For Community Living, formerly the Administration on Aging at the federal level, released information on how to join the fight for elder justice. He stated that we need to:

BREAK DOWN ISOLATION

Elders without strong social networks are at greater risk. Stay in touch with older adults in your community. Support community efforts to fight isolation. Volunteer to deliver meals or act as a long-term care ombudsman who works to report abuse, neglect and exploitation.

LEARN TO SPOT RED FLAGS

There are a number of “red flags”: Isolation, especially by a caregiver; unpaid bills or utilities that have been turned off; unusual or quick changes in a will or other financial documents; missing medications; bruises or welts.

WHAT YOU CAN DO

Elder abuse is more difficult to recognize than child abuse since children attend school. Thus, it is important that fellow citizens observe very carefully for any of the red flags mentioned. Bank tellers, nurses and physicians, senior services providers, hair stylists and others with front line access to seniors can make a difference. Report any red flags to the proper authorities. The statewide hotline in Michigan is (855) 444-3911. Let’s look out for others who may not be able to protect themselves from harm.

Community Room Events

- ❖ **July 1st** –
Birthday Celebration –
5:30pm
- ❖ **July 11th** – Commodities
Pick-up for those
registered
- ❖ **July 12th** – Church Cards
– 1:00pm in Game Rm.
- ❖ **July 2nd & 16th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **July 11th, 18th & 25th** –
Sage Grove Support
Group meets – **11a-12p**
All are welcome. The
Comm. Rm is closed
during the meetings.
- ❖ **July 11th** – West Lake
Pharmacy Presentation
12pm in Cm. Rm.
- ❖ **July 4th** – Office,
Maintenance & SC Office
Closed
- ❖ **July 25th** – Paula going
away party – 12:00pm Pot
Luck in Cm. Rm.
- ❖ **July 26th** – “Jethro”
Therapy Dog
Presentation – 1:00pm
in Comm. Rm
- ❖ **July 26th** – Westwood
Food Pantry
- ❖ **July 30th** –
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 a 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.**

If you have any questions or comments, please contact us at 248-281-2040 or 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



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, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!

It's Strawberry Season!

Strawberries are delicious and nutritious and pair perfectly with any meal! Strawberries may improve your health as they are full of potassium, magnesium, folate, and vitamins C and K. Strawberries are a great snack, but can also be added to many other foods. Add strawberries to your salad, yogurt, muffins, salsa, tea, and more!

In Michigan, strawberries are in season from July – August. A fun way to add more physical activity in to your day is to go strawberry picking! Walk around a local farm and pick fresh strawberries! Here is a link to find your nearest strawberry farm. <http://www.pickyourown.org/MI.htm>

When picking your strawberries, choose the bright red ones. This means that they are ripe and ready to eat! Make sure that they are not too soft or bruised! If you have an abundance of strawberries, you can freeze them for up to 10 – 12 months! In order to keep them fresh, strawberries should be refrigerated daily. Rinse your strawberries before you cut them to keep them fresh longer!

Strawberry Fun Facts*

- Every state in the U.S grows strawberries.
- An average strawberry has 200 seeds.
- Americans eat 3.4 pounds of strawberries on average each year.

*Source: <https://www.countryliving.com/food-drinks/a35552/facts-about-strawberries/>



Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: the Westwood Food Panty and Metro.

Westwood Food Pantry – Thanks to everyone for working with us to coordinate the distribution. Our changes were very successful in limiting the busyness and making the process more efficient. We especially appreciate the volunteers who were vital to the improvements we made.

We will be changing other aspects of the distribution. Volunteers will now be signing in and getting their items before the other residents to assure that each person gets her/his requests filled, since we had glitches with this area. The second thing we will be doing is packaging cold items and bread in bags with each person's name on them. Please return the bags to staff as soon as you can. Your cooperation makes it possible for us to continue the service.

Metro – I received the following information from Richard at Metro.

“Most drivers lower the bus; we call it kneeling, when they stop to pick up passengers. If they do not, the passenger can ask the driver to lower it or deploy the ramp to board and the drivers are required to do it.

It is the driver's responsibility to ask passengers to move from the senior/disability seats at the front of the bus if the passenger does not belong there. I understand the reluctance of the senior or disability passenger to ask a fellow passenger to move so that is why the driver needs to do it.

They are working on getting a stop at Stonebrook and South Sage Street.

Some of the garbage cans have been removed from shelters due to vandalism.

The bus stop sign on the outbound Paterson bus across from the Family Health Center is missing and they are in the process of replacing it. The driver will stop there on request.”

Upcoming Presentations

Westlake Drug and Gift – Kelly will be here on **Wednesday July 11, 2018 at noon** to discuss pharmacy services and how to work with your pharmacist to ensure that you are as healthy as possible. Lunch will be served.

Jethro the Therapy Dog – On **Thursday July 26, 2018, at 1pm** Jethro and his humans will be here to meet you and talk about how therapy dogs can improve humans' health.

Rebecca Ogradowski, LMSW
Service Coordinator

Continued from page 2

Announcements Continued

- ❖ **1st Sunday of the month – 5:30pm – Birthday Celebration** for all who have birthdays 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**
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 1st come 1st serve basis.
- ❖ **Wal-Mart Bus – Every Monday – Pick-up is at 12:50 pm at front entrance.**

Administrator Column

Maintenance stuff:

Upcoming Village improvements: We will be replacing the fire safety canisters that are currently under your range hood with a new and better system for your safety. This system is called Fire-Avert.

In 90% of fires there is smoke first, causing the alarm to sound which we all know too well. With the new system the smoke will trigger the Fire-Avert to shut the stove off before smoke becomes fire and cannot relight. As the heat source has been turned off, resetting the unit will be very simple. This new system will be a simple installation process. Further information will be delivered to you as we approach the installation period.

As a reminder; **ALL** work requests must be completed on a work request form, located outside of the main office. Telling me in person is not permissible, as I need a paper trail for the system to allow for tracking purposes of previous work completed for each unit and/or appliance.

NOTE: If you notice something that needs attention, please let me know.

Thank you,
Joe King – MT

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. - Please.**

Our Virtual Village Victory Cup Was a lot of fun! We should now the results next week. Tom Wyllie will be here, hopefully before I go, to

present awards and hopefully bring the trophy back. ☺ Date and time will be announced.

Stephanie our hair dresser will be back on Thursday, July 26th. Watch for the signup sheet located in the mail area.

We have a PVM VAT (Village Administrator Team) meeting on July 17th. The community room will be closed from 11:00am - 4:00pm. Thank you for understanding.

As you know my last day with PVM will be Friday, July 27th. We will be having a going away party on the 25th at noon. We will be having a pot-luck lunch with cake. I hope you can join us.

We have started the process of finding my replacement. As soon as we have selected the right person, we will let you know. I'm hoping to have time to train her/him. I know you will be as wonderful to the new Admin as you have been with me over the past 7 years. You are a FANTASTIC group!! I know the new Admin will love you dearly as I do. ☺



Happy July 4th

Paula Hager
Administrator

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Birthday Celebration 5:30pm - Community Room	Bible Study 4p-5p	DEA- 5pm in Cm. Rm No Van	No Support Group Mtg. Office Closed Independence Day	4 th of July Resident BBQ 12pm	Games	Denton Family Comm. Rm. 2pm – 7pm ... Cm. open to residents if they want to join in. ☺☺☺☺☺☺☺
8	9	10	11	12	13	14
		DEA- 5pm in Cm. Rm No Van	<u>Commodities</u> <u>RSG 11a – 12p</u> West Lake Pharmacy Presentation 12pm	Church Cards - 1:00pm	Games	
15	16	17	18	19	20	21
	Bible Study 4p-5p	DEA- 5pm in Cm. Rm <hr/> VAT Meeting Cm. Rm Closed 11:00a-4:00p	<u>RSG 11a – 12p</u> Pantry lists due to Rebecca		Games	
22	23	24	25	26	27	28
		DEA- 5pm in Cm. Rm	RSG 11a – 12p Paula Going Away Party 12pm Cm. Rm	Westwood Food Pantry 10:45am <hr/> "Jethro" Therapy Dog – 1pm in Cm.Rm	Games Paula's last day	
29	30	31	Aug. 1	Aug. 2	Aug. 3	Aug. 4
	Res. Activity Mtg. 10:00am in Cm. Rm. All are welcome	DEA- 5pm in Cm. Rm	<u>RSG 11a – 12p</u>		Don't Eat Alone = DEA (Abbreviated so it will fit in the calendar.)	RSP = Resident Support Group (Abbreviated so it will fit in the calendar.)

**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

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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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Kalamazoo, MI 49006**

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