



# Village News



## Embrace the possibilities

3501 Cherry Blossom/3300 County Farm Rd • Jackson, Michigan

January 2015

49201 • www.pvm.org

### PVM Grants!



Linda submitted two Grant proposals to PVM Foundation and we received both Grants!

We purchased 3 new benches around Spring Meadows I, they are beautiful and will allow everyone to get out and walk the property! There are 5 places now to stop and rest if you need it.

The clubhouse at SMI has a new automatic door. It is something we have needed since the building was built. With so many people in wheelchairs or using walkers, it makes it easier for them to enter the building!

Huge thanks to the PVM Foundation for their help in making Spring Meadows a wonderful place to everyone to live!

### The Best New Year's Resolution:

#### Change your health outlook.

Instead of seeing it as all-or-nothing, look at health as a continuum, says Rallie McAllister, MD, MPH, a family physician in Lexington, Kentucky, and founder and medical director of *The Mommy MD Guides*. "Every decision that I make moves me closer to one end of the continuum (good health) or the other (poor health)," she says. "For instance, drinking a soda would move me in the wrong direction, while drinking a glass of water would move me in the right direction. By making small, positive decisions, I move closer and closer to good health."

### Let's Get Healthy!

### Featured Articles

Giving Matters pg. 3

Your Life pg. 6

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Linda's

Thoughts pg. 11

*We have a few SM calendars left! It is a fun way to see your friends at Spring Meadows all year! \$10 each*

Look for PVM on:



## What are you doing Sunday Afternoon?

Sunday Afternoons at SMI is a great day to play games!

Come to the community room at Spring Meadows I at 2:00 PM for Game day!

It is a great time to spend time with your friends!

- Blood Pressure checks with healthy (sometimes not so healthy) treats with Trina. The Blood Pressure checks are free and are held from 8:30 – 10 every Wednesday at Spring Meadows II.
- If you have not received orientation for the exercise equipment at Spring Meadows I or II, call the office! We have a beautiful treadmill and NuStep available at SMII and a NuStep at SMI.

## Simplex Grinnel At Spring Meadows II

On January 12<sup>th</sup>, starting at 8:30 AM, Simplex Grinnel will be here to test our fire alarm and sprinkler system.

**It is going to be “Noisy as all get out!”**

They will not have to get into your apartment but if you hear some noise, don't worry about it.

### New Rules for renting the community Room at Spring Meadows I

We rented it a lot during the holidays and everyone was great at keeping it clean and neat.... Thanks for that.

The problem is the front of the property and the parking area is littered with cigarette butts. Maintenance was out in the parking area and picked up 35 cigarette butts ( an item that was in someone else's mouth...yuk).

We will begin charging for cleanup of the parking and lawn area if cigarette butts are found.

Thanks for your help!!

Meijer branch of Jackson Library is active and has lots of things going on! Let's get connected!

\*Book Club meets the 1<sup>st</sup> Friday of the month

\*We will be setting up a “tour” for Spring Meadows as soon as the weather is a little better!

\*Computer Classes – Call the library for dates and times

\*Chair Yoga

\*Craft n' Chat at the library – 4<sup>th</sup> Tuesday at 5:30 PM

Not sure about the catered lunch for January...we will let you know. Watch for further updates!



## PVM Foundation Raises Most in Its History to Benefit Seniors

I am proud to share that in 2014, the PVM Foundation raised **over \$7.4 million** to benefit Michigan seniors, the most ever raised in a single year in its history! This milestone could only be achieved through the support of many generous donors like you.

The \$7.4 million raised includes a \$5 million gift from the **Edward N. and Della L. Thome Foundation, Bank of America, N.A., Trustee** to name and complete the expansion of the Rivertown Neighborhood. The *Edward N. and Della L. Thome Rivertown Neighborhood* in Detroit is an innovative senior living community that delivers a full range of health and wellness services as well as affordable housing options for low-income seniors on one campus. The grant is the largest, single philanthropic gift received in the nearly 70-year history of PVM.

A large portion of the funds raised will also support two other major, transformative projects:

- The Health & Wellness Center at The Village of East Harbor, which will expand and combine the current rehabilitation room and wellness center into an

11,000 square foot state-of-the-art facility with the ultimate goal of reinventing healthy living.

- The Village of Hillside/Friendship Center Renewal Campaign, a project to rebuild and modernize the oldest buildings on the campus as well as to enlarge the community's senior center to serve more local seniors and keep local seniors living in the Harbor Springs area.

The remaining funds will support other, much-needed projects and programs across all the Villages including transportation, upgraded security cameras, landscaping enhancements, technology upgrades, patio furniture, fitness equipment, resident activities and more!

Thank you making 2014 a resounding success and I look forward to what 2015 will bring to the residents and seniors we serve. If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Best wishes for a happy New Year filled with good health, peace and joy!

Warm regards,  
Paul J. Miller, CFRE  
visiting the front desk, your Village Administrator or our website, [www.pvmfoundation.org](http://www.pvmfoundation.org).

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## The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

**New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change.**

Sarah Ban Breathnach

\*\*\*\*\*

### You asked for it:

Resident Meetings with  
Management  
Spring Meadows I – January 29 @  
2:00 PM  
Spring Meadows II – January 29 @  
11:00 AM

*Make your money grow!*

**SUPPLEMENT OTHER RETIREMENT INCOME**

*...now or later!*

**UPTO 9% RETURN**

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

 Presbyterian Villages OF MICHIGAN THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

## Danielle's News

Happy New Year Spring Meadows! It seems as though 2014 flew right by us! Time to welcome a New Year and with that often comes the hopes for some new habits, or cutting out some bad ones. Although I will always encourage you all to make healthy, smart choices, I will also emphasize that habits are a very hard thing to break and you shouldn't be too hard on yourself if you find yourself reaching for that cookie jar or skipping that daily walk you promised yourself. You will feel a lot better about yourself if you allow yourself some "cheat time" so that you know that there is some relief to your new rules. For example, make a goal of walking 5 days a week instead of 7. Make a goal that is a little bit of a strain but not so much of a strain that you find it to be stressful or unattainable. Some of the most common New Year's Resolutions: Weight/Health Management, Volunteering (a GREAT idea, by the way), Stress Management, Money Management and Quitting Smoking/Drinking. So if any of these are on your list, rest assured that you are not alone. Make goals that will make you happier with yourself and if you feel you are just fine the way you are, kick back in a cozy chair with a good book and welcome 2015 in your own style! Much Love, Danielle.



2136 Robinson Rd Jackson, MI 49203

517-750-2180

**Call Brown's Advanced Care Pharmacy.**

**We will deliver your medications to you without adding a delivery charge. Just call Brown's Advanced Care Pharmacy 750-2180 with your prescription information and the name of your current pharmacy.**

**We will do the rest. Your medicine will be delivered to your door Monday through Friday.**



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## CONVERSATIONS TAKE US WHERE WE NEED TO GO

Throughout our lives conversations with trusted advisors have shaped our decisions and outcomes. Over the holidays we often have more time to engage in thoughtful discussions

Beyond the scope of who is doing the daycare pickup or what recipes will be a part of the tradition. Thus, many of us may have had conversations about the challenges of our health issues, whether for ourselves or a loved one. So I decided to refer to some basic principles from my book, Caregiver Tsunami. They cannot magically remove all challenges; but they can help us to deal with our situation more effectively and provide comfort and advice. Hope that you find them to be helpful:

**TAKE DECISIVE ACTION** - Don't wait until a loved one falls or is in dire straits. Act now!

**BE VIGILANT** - Watch out for worsening conditions or a domino effect with symptoms.

**HOLD PEOPLE ACCOUNTABLE** - Track practices and procedures of medical and other personnel.

**MANAGE FAMILY RELATIONSHIPS** - This is no time for sibling rivalry. Work together.

**PRACTICE STRESS MANAGEMENT** - Take care of you! Yoga and relaxation techniques can help.

**CALL IN THE PROFESSIONALS** - PVM staff, Area Agencies on Aging, Seniors Centers and other

Professionals can provide resource information to assist.

I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.

Neil Gaiman

\*\*\*\*\*

**Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.**

Goran Persson

\*\*\*\*\*

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

Melody Beattie



## Practice Mindful Eating

*This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program*

With the beginning of the New Year it is fun to bring healthy habits into your lifestyle! Eating is a great way to enjoy your food while also enjoying the wonderful health benefits that it has to offer. Eating mindfully can help you look and feel better, improve your digestion, and appreciate your meal.

Here are some ways that *you* can practice mindful eating today:

1. **Eat *before* your belly growls:** You can maintain healthy blood sugar levels by eating every 3 to 4 hours.
2. **Avoid distractions:** Set aside your phone, turn off the T.V. or computer. Don't let distractions disturb *your* mealtime.
3. **Take five:** Take five breaths before you begin eating. This will help calm your mind and body.
4. **Tune into your body:** Notice how hungry you are. Are you bored, stressed out, satisfied, full, or empty?
5. **Be observant:** Observe the full spectrum of colors, aromas, tastes, textures, and temperatures of your food.
6. **Offer gratitude before your meal:** Thank whoever or whatever played a role in the creation of your meal.
7. **Go slow:** Chew slowly and savor your food.
8. **Eat with the intention of bringing yourself health:** Food is medicine. Think about the nutrients and energy you are bringing into your body and how it will affect your health.



to bring new mindful eating is a way of experiencing the offer. Mindful eating can help you lose weight, even the smallest

mindful eating

maintain healthy

# Tai Chi to Start January 9th

*Bill and Linda Sisco are certified through the Arthritis Foundation to teach Tai Chi. This form of Tai Chi is specifically for people with Arthritis or other issues. It is a very safe, soft, slow form of exercise. It can be done standing or seated.*

**Tai Chi is especially good for balance and stress relief!**

*William Sisco is a professor at Grand Valley State University and volunteers 2 or 3 times a year to teach Tai Chi at Spring Meadows for 6 weeks!*

*A Huge Thanks to Bill and to GVSU for allowing him to spend his time teaching our residents this worthwhile exercise.*

*Sign up sheets will be in each building, if we have fewer than 6 people at SMII, the classes will be held at SMI.*

*Sign up soon!*



PLEASE.....  
Don't feed the  
Wild Animals!

\*\*\*\*\*

**Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.**

[Helen Keller](#)

\*\*\*\*\*

**I have no way of knowing how people really feel, but the vast majority of those I meet couldn't be nicer. Every once in a while someone barks at me. My New Year's resolution is not to bark back.**

[Tucker Carlson](#)

\*\*\*\*\*

**Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come.**

[Melody Beattie](#)

# January at Spring Meadows

W S W S D X M N Z M A C X S H  
 Y C C X N A M V W I E X Y T R  
 S A U A R O R I N T O D X O E  
 R P I T R P W P L T C P Z O P  
 A C I Y O V B M E E P R R B R  
 Y N U E D Z E C S N M K Z M W  
 Z M B P Y D A S A S K R M K I  
 B N S A Y L F O O T B A L L N  
 H E O E P R X Z C A D E I P D  
 Q E C E V Y E O U F Q W Q D U  
 C E R I A O L V E K I N G X L  
 Z I U U O D L K I L I Z G Q A  
 F J J W V O Y G I X L Y R M Y  
 R E H T U L A H P U O S T G O  
 H S L F E Y C H G N V F V Z A

BOOTS  
 FIREPLACE  
 ICE  
 MARTIN  
 SNOW

CHILI  
 FOOTBALL  
 KING  
 MITTENS  
 SOUP

COLD  
 GLOVES  
 LUTHER  
 SCARVES  
 WIND

**Have you tried "First Fruits" Groceries!**  
**If you live at Spring Meadows you automatically qualify!**  
**Great food Boxes at reduced prices!**

**Meats from Prime Cuts \$30**  
**Produce from Keyes Produce \$20 (choose from 2 boxes)**  
**Wise and Healthy Protein Booster Box \$31**  
**Order forms at the office**  
**Pay with check or money order, orders can be placed at the office!**

## **Technology!**

Don't you just **LOVE** technology? We are looking at a telephone system that we can call residents if something is coming up, and send a "robot" call to everyone!

Great for events that are coming up, events that are cancelled at the last minute, and other announcements!

It would take the place of the notices! The costs are surprisingly low.... Will let you know how it goes!

**The Maintenance cell phone is for**  
**EMERGENCIES ONLY!**  
**Please don't call with regular**  
**Service calls ..CALL THE OFFICE.**

## *Please Be Careful!!*

*Remember when it is really cold (below zero with wind chills).. Salt doesn't work. You must be careful! We can't take care of every spot. When it is nasty out...stay home as much as possible. We will gladly come and pick up your rent for you.*

## January Birthdays

Birthday extravaganza is held every month at Spring Meadows II – January 30 from 2 – 3 PM. Celebrating December and January Birthdays..... everyone is welcome... cake, games and prizes)

Thanks to Sherry from Faith Haven for the cake!

Elizabeth Brazeau..... 1/19

Happy Birthday everyone!!

Genevieve Galicki.....1/20

We are so glad you were born  
and choose to be a part of  
Our wonderful family!

Linda Nelson .....1/26

Arzo Peterson.....1/1

Gina Reed.....1/22

Affa Williams.....1/7

Bob Allen.....1/8

Peggy Howe.....1/1

Linda Stepney.....1/3

Marie Wright.....1/25



## Spring Meadows Soup Cook-Off!

### 1:00 PM at SMI

## Bring your best soup! Come and judge!

## Rides provided from SMII...just call or sign up!

### What a December!

As some of you know, I have a lot of problems with a bad shoulder. It was replaced in 2011 and has never worked right. It is stiff and I have very little range of motion with it. The biggest problem is that it hurts all of the time and sleep is almost impossible.

On December 4th, I had surgery at the University of Michigan hospital to block some of the nerves and repair some of the damage. It was a big surgery and I was under for over 6 hours.

While I was having surgery at U of M, Bill's mom (who lives with us... she is 94 years old) fell in the bathroom and broke her hip! She had her lifeline on (which is a good thing because we would not have gotten to her for more than 24 hours). So while I was in surgery, the paramedics and police were at my house working on Bill's Mom!

I got home the next day at noon and she was in surgery at 2 that same afternoon having her hip replaced!

She is now in rehab and hope to have her home in the next week or so.

The holidays were a complete blur! But all is good, I am recovering well, just missed one week of work and am back to full-strength and Bill's mom is recovering nicely!

The holidays were very quiet at our house. We went to the nursing home to spend time with Bill's Mom and we took Otis with us. He loves to open presents and had a great time with opening his presents! I have a video of him opening his presents it is hilarious!

I have been asked to participate in another corporate committee so am looking forward to helping formulate a website that is user friendly and has lots of information for all.

Happy New Year! This morning at our staff meeting, we talked about some "goals" for 2015. We each wrote down a couple of them and *plan* to start working on them right away.... Most of the usual you would expect.. get healthier, walk and work out more. Make stronger relationships .

My Oldest Granddaughter is going to Boston College and taking classes at Harvard in a "Master's Degree" program to obtain her degree in Theology and become a minister! We are planning a trip to Boston in March and can't wait to see the campuses and enjoy seeing the city. We visited Boston a few years ago but really only saw traffic and lots of people. We did tour Harvard, not expecting that Danielle would be a

student there! I want to buy a Harvard sweatshirt! I am also looking forward to seeing Salem and some of the little villages along the coast. I am doing some research now; we like to rent houses when we travel. I have found one in Cambridge (close to Harvard) that we will probably rent for the week.

Can't believe how quickly my 2015 calendar is filling up..... with meetings, training, committees, doctor appointments and so on, it gets filled up pretty fast. It is already time to start on the SMII budget, seems like I just finished the darned thing.

I am taking my therapy dogs out a lot this winter/spring and visiting organizations. They are so good. Otis is the lively one who likes to play and chase things. Lilly would just rather sit on your lap and lick your hand. We visit a community in Holt for people with cognitive disabilities and they love spending time with the dogs. Of course with Bill's mom in the nursing home, I take the dogs quite often and they are always a big hit! Too bad I can't train my rooster (Scruffy) to be a therapy chicken. He is eating out of my hand and is getting really fat! He is so beautiful with all of his feathers in. He is a shiny black with an iridescent green mixed in... not sure what breed he is but he is a beauty!

Happy January! Linda

**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

**(517) 788-6679**  
**(517) 788-7502**

## Village Staff

**Linda Sisco**  
*Housing Administrator*

**Rae Stachnik**  
*Assistant Administrator*

**Danielle Leithauser**  
*Service Coordinator*

**Bruno Trout**  
*Maintenance Lead*

**Tom Leach**  
*Maintenance Tech*

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## EMERGENCY NUMBER

**(517) 748-1460**



**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)



The Village of  
**Spring  
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

## Congratulations!

You are being recognized because  
"What you did mattered!":



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Thank you for what you did!*

Employee Name: \_\_\_\_\_

Person Recognizing Employee: \_\_\_\_\_

Date: \_\_\_\_\_

**\*\* Please turn this card into Village Administrator for a chance to win a prize \*\***

**ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT**

**Is there someone on the staff who really helped you? Danielle, Rae, Bruno, Linda or Tom!  
Fill this out and turn it into the office.... They might win a prize!  
Linda won a \$25 gift card in October!**

# Embrace the possibilities