



Sage Grove View



Embrace the possibilities

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

February 2015

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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PVM CELEBRATES 70th ANNIVERSARY THROUGHOUT 2015

By Lynn Alexander

I am pleased to announce that PVM will be celebrating our 70th Anniversary in 2015. Throughout the coming year we will be hosting events at all of our Villages culminating with our annual PVM Gala in November. We will highlight the rich tapestry of shared history with Michigan since we are Michigan founded and Michigan based. During the past 70 years PVM has become one of the state's premiere senior living and services organizations known for its Service Excellence, innovation, diversity and leadership. It has also created a positive and significant economic impact on the communities which it serves.

As a resident at one of our PVM Villages you may be most aware of our Village Victory Cup and our Wellness programs. However, we are expanding and growing every day with the addition of home services, community outreach, advocacy and other innovative programs. We hope that you will join in the celebration by

participating in our upcoming events and even volunteering to help if that is something that you enjoy. Events will be posted on the PVM website at www.pvm.org and on our Facebook page at Presbyterian Villages of Michigan. Your friends and family can join in the fun for many of the events. Ask them to check out these sites with you and keep updated on the latest 70th Anniversary news.

Along with announcing our anniversary, we at PVM want to thank you for placing your trust in us. We look forward to enjoying many more years of embracing the possibilities!



The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





For Your Safety.
*By Carrie L. Moon-Dupree,
 Vice President of Risk Management & Quality*

Announcements

Live ... Laugh ... Love ...

If expressions can date you ... Here are some you don't hear much anymore:

- FIDDLESTICKS MY EYE! PSHAW! OH, FOOT!
- MERCY ME! MY LAND! HEY, TOOTS LAND SAKES!
- EGADS! GADZOOKS! GEEZ LOUISE GLORIOSKY!
- HOITY TOITY OH BROTHER! TWENTY-THREE SKIDDO
- OH, FOR GOODNESS SAKE! WANNA BUY A DUCK?
- HEAVENS TO MURGATROYD!

~~~~~

❖ Have I or Haven't I?  
 As you stand by the fridge's open door, letting all its cold pour out, you wonder – did you already eat your lunch? Or are you just about to?

By J.T.N.

A partner with pace:  
 "Gert's a great dancer. She's got terrific rhythm. But I just can't keep up with her."  
 "Why not?"  
 "She's got wheels on her walker."

Author unknown

PEACE STARTS WITH A SMILE 😊

**Note:** Community Van is back! ... Thank you Ralph!!

### Community Room Events

- ❖ **February 1<sup>st</sup>** –  
 Birthday Celebration – 5:30pm
- ❖ **February 4<sup>th</sup>** –  
 Commodities Pick-up
- ❖ **February 2<sup>nd</sup> & 16<sup>th</sup>** –  
 Bible Study Group Meets 4:00 – 5:00pm
- ❖ **February 19<sup>th</sup>** –  
 VOSG Board meeting 9:30 – 11:00am
- ❖ **February 19<sup>th</sup>** –  
 Bingo with Life EMS – 3:00pm
- ❖ **February 23<sup>rd</sup>** –  
 Activities planning committee meeting – 10:00am – All Welcome!!
- ❖ **February 27<sup>th</sup>** –  
 Bingo with Sr. Nursing Care Services – 1:00pm
- ❖ **Game Day** –  
 Friday's at 3:00pm
- ❖ **No Bible Study February 16<sup>th</sup>** ... unless someone else would like to lead it.

See Calendar for more events

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## Save the Date! Friends & Family, April 2015

Save the date for the annual **Friends & Family Appeal**, being held **April 1<sup>st</sup>-April 30<sup>th</sup>**! Since 2002, this annual fundraising campaign has raised *over \$950,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE



## Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.



| AGE | RATE |
|-----|------|
| 65  | 4.7% |
| 70  | 5.1% |
| 75  | 5.8% |
| 80  | 6.8% |
| 85  | 7.8% |
| 90+ | 9%   |



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

*The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.*



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

By Tom Wyllie,  
Director of Wellness

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

### Be Happy & Well In Your Relationships Through Constructive Communication

February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** – Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** – Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** – Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** – Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** – Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** – Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** – Ask your loved one: "How can I help *you*?" Act on the offer!



## Service Coordinator's Corner: Rebecca Ogrodowski

Welcome to another rousing edition of the Service Coordinator's corner. ☺

This month, it's all about resources. I have access to a database of providers in all kinds of areas (including medical, governmental, transportation, food programs, health insurance, legal, and many others). If you are looking for an agency or service, I have posted a copy of the resource guide on the cork board outside of the office. You are free to make copies or let me know and I will print them for you.

The resources are always changing. If your need isn't available through the database, I can contact other Service Coordinators and/or providers for a referral. While this won't work every time, it might help someone else later. Do you know about a resource that others might want to use? I can add them to the database.

When you are going down the hall by the office, it's a good idea to stop and read the papers I post. I put things up and take them down regularly. You might find something useful! \*gasp\* In most cases, I have an extra copy and can give you one. The presenters will usually leave extra handouts after their sessions. I keep a few in the office and leave the rest in the Community Room for you to take as needed.

I can also help you to connect with the providers by phone, email, or fax. The most common ones are DHS, Medicare, Medicaid, and the Social Security Administration. It's best if we contact them together so that you can tell them that it's ok for them to share information with me. We will probably have to sign a release, too, but that's pretty easy.

*Rebecca*

### January 2015 Presentation:

Julia Ridenour, dietician from Bronson Hospital talked about ways to cook for one person, dietary myths and facts, and ways to improve your health through the foods that you choose.

### February 2015 Presentations:

Advocacy in Action: I will be hosting a letter-writing workshop on Tuesday, Feb. 3 starting at 1p. We will be using our pens to speak to the powers that be (state and national) about the recent cuts to Food Assistance.

Michigan Medicare and Medicaid Assistance Program: The experts on Medicare and Medicaid will help us to understand the complexities of the programs, especially related to the Michigan Health Plan (for people with both). This event will be on Wednesday, Feb. 18 at 1p.

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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.**
- ❖ Last Saturday every other month "**Give away day**" and **Social Gathering** – 10am – 12:00pm ... Next give away day will be in March
- ❖ Movie Matinee – 1:30pm  
Tuesday – February 10<sup>th</sup>  
Tuesday – February 24<sup>th</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

## Birthday Celebration!

Claretha E. ----- February 20<sup>th</sup>  
 Modesto M. ----- February 24<sup>th</sup>  
 Ron S. ----- February 27<sup>th</sup>

*We Wish You a Fantabulous Day and a Blessed Year!!*



### Administrator Column

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

#### **The Community Van is back:**

We have a volunteer to driver for the community van. Thank you Ralph!! ... The van will be running every Tuesday (with the exception of February 3<sup>rd</sup>). The signup sheet is in the lobby, signup needs to be done by 2pm the Monday before.

Bible Study Group will not meet on February 16<sup>th</sup> or March 2<sup>nd</sup> Jan is unavailable. If someone in the group would like to lead the meeting, please let me know and I will post the meeting back on.

AARP will be here again this year on April 8<sup>th</sup>, to prepare your taxes Free of charge. Please see the signup sheet in the lobby. ... Thank you AARP.

It's that time of year to start planning our Friends and Family project. Please submit your ideas to the office by February 6<sup>th</sup>. I will compile all suggestions and send out a

ballot for you to pick your top 3 choices. From there the majority vote will reveal our project. So, get your ideas in ASAP.

The Friends and Family Campaign is April 1<sup>st</sup> through April 30<sup>th</sup>. Date and time of Kick-off party TBA, watch for flyers. ... Anyone wanting to help stuff envelopes, apply address labels ... all are welcome. I will let you know when I receive our materials. We always have a few laughs, the more the merrier.

I cannot believe it's already February. Ground Hog day is Monday, February 2<sup>nd</sup>. We'll see what Puxatony Phil predicts. In the meantime, it's still winter and very cold outside. Please dress warm and wear proper footwear when venturing outdoors. Safety First!!

I want to thank those residents who go above and beyond to help their neighbor and/or help keep our Village beautiful. What you do Matters. "Thank you!!"

Happy Valentine's Day



*Paula Hager*

# February 2015

| Sunday                                                                                     | Monday                                                                         | Tuesday                                                                                                                     | Wednesday                                                                | Thursday                                                                             | Friday                                                                                                          | Saturday                                                  |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| 1<br>Birthday<br>Celebration<br>5:30pm in<br>Comm. Rm                                      | 2<br>Bible Study<br>Group<br>4 - 5pm<br><br><b>Groundhog<br/>Day</b>           | 3<br>Advocacy<br>Workshop<br>1:00pm<br><br>No comm.<br>Van today                                                            | 4<br>Commodities<br>pick-up for<br>those<br>enrolled                     | 5                                                                                    | 6<br><br>Game Day<br>3:00pm in<br>Cm. Rm                                                                        | 7                                                         |
| 8                                                                                          | 9                                                                              | 10<br>Movie<br>Matinee<br>1:30pm<br><br><b>"Kate &amp;<br/>Leopold"</b>                                                     | 11                                                                       | 12                                                                                   | 13<br><br>Game Day<br>3:00pm in<br>Cm. Rm                                                                       | 14<br>Valentine's<br>Day Party<br>& Pot Luck<br>Noon - ?? |
| 15                                                                                         | 16<br>Bible Study<br>Group<br>cancelled<br><br><b>Presidents<br/>Day</b>       | 17                                                                                                                          | 18<br><br>MMAP<br>Presentation<br>1:00pm<br><br><b>Ash<br/>Wednesday</b> | 19<br>Board Mtg.<br>9:30 – 11am<br><br>"Bingo"<br>Life EMS –<br>3:00pm in<br>Cm Room | 20<br><br>Game Day<br>3:00pm in<br>Cm. Rm                                                                       | 21                                                        |
| 22                                                                                         | 23<br>Resident<br>Activity<br>Meeting<br>10:00am<br><br><b>Lent<br/>Begins</b> | 24<br>Movie<br>Matinee<br>1:30pm<br><br><b>"Ever After"</b><br><br><b>Flag Day</b>                                          | 25                                                                       | 26                                                                                   | 27<br><br>"Bingo"<br>Sr. Nursing<br>Care Serv. –<br>1:00pm in<br>Cm Room<br><br>Game Day<br>3:00pm in<br>Cm. Rm | 28                                                        |
| Walmart<br>Bus<br><u>EVERY</u><br><u>Monday</u><br>Pickup @<br>12:15pm<br>Main<br>entrance |                                                                                | Community<br>Van runs on<br>Tuesdays<br>Need to sign<br>up by 2pm<br>the Monday<br>before.<br><b>No van on<br/>Feb. 3rd</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

THE FOUNDATION

**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

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Kalamazoo, MI 49006**

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