



Sage Grove View



Embrace the possibilities

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

March 2015

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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection.

They are:

1. Memory loss that disrupts daily life.

2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
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 someone you know experience any of these warning signs, please see a doctor.

For more information call (800) 272-3900 or visit alz.org/10signs.



The Village of Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Word Search Puzzle #M7791X

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Announcements

Note: No Community Van until March 17th.

Community Room Events

- ❖ **March 1st** –
 Birthday Celebration –
 5:30pm
- ❖ **March 4th** –
 Commodities Pick-up
- ❖ **March 16th**
 Bible Study Group Meets
 4:00 – 5:00pm
- ❖ **March 11th** –
 Insurance & Financial
 Services Presentation
 1:00pm
- ❖ **March 19th** –
 Bingo with Life EMS –
 3:00pm
- ❖ **March 26th** –
 F & F Kick-Off Party –
 1:00 – 2:00pm
- ❖ **March 30th** –
 Activities planning
 committee meeting –
 10:00am – All Welcome!!
- ❖ **Game Day** –
 Friday's at 3:00pm
- ❖ **No Bible Study March 2nd** ... unless someone else would like to lead it.

See Calendar for more events

Continued on page 5



Save the Date! Friends & Family, April 2015

Save the date for the annual **Friends & Family Appeal**, being held **April 1st-April 30th**! 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.

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

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!



Birthday Celebration!

Sandra P. ----- March 10th
 Mildred B. ----- March 18th
 Karl K. ----- March 19th

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.*



Thank you EVERYONE who donated items to the Thornapple Arts Council Art Supply Pantry.

If you did not read the information given regarding the above ... Our Village received a request from a committee member of the Leadership Barry County Project for our participation in their 2015 Project – “The Art Pantry.” This is an important project and your donations will help many youth and schools in our surrounding counties. More than 2000 students grades K – 12 will benefit from this program.

An array of items were collected, ranging from yarn, crayons, colored pencils, stickers, cork boards, material, scissors, and so much more. At the end of their project, a presentation will be made and we will be listed among the sponsors. I will pass on the final results of this project as soon as I receive the info. ... Way to go Sage Grove. Your generosity is outstanding!!!!

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

The Friends and Family Campaign is April 1st through April 30th. **Kick-off party March 26th**, 1:00 – 2:00pm in community room. ... Anyone wanting to help stuff envelopes and apply address labels ... all are welcome. I will let you know when our materials are received. We always have a few laughs, the more the merrier.

Happy St. Patrick’s Day

Paula Hager

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Birthday Celebration 5:30pm in Comm. Rm	2	3 No comm. Van today	4 Commodities pick-up for those enrolled	5	6 Game Day 3:00pm in Cm. Rm	7
8 Set Clocks Ahead 1 hour Daylight Savings Time Begins	9	10 Movie Matinee 1:30pm "Erin Brockovich" No comm. Van today	11 Insurance & Financial Services Presentation 1:00pm	12	13 Game Day 3:00pm in Cm. Rm	14 Waffle Luncheon 12:00pm Comm. Rm
15	16 Bible Study Group 4 - 5pm	17 St. Patrick's Day	18	19 "Bingo" Life EMS – 3:00pm in Cm Room	20 Game Day 3:00pm in Cm. Rm	21
22	23	24 Movie Matinee 1:30pm "Notting Hill"	25	26 F&F Kick-Off Party 1 - 2pm in Cm. Rm.	27 Game Day 3:00pm in Cm. Rm	28 Give- Away Day 10am – 12pm in Cm. Rm.
29	30 Resident Activity Meeting 10:00am	31		Community Van runs on Tuesdays Need to sign up by 2pm the Monday before. No van March 3 rd or 10 th		Walmart Bus <u>EVERY</u> <u>Monday</u> Pickup @ 12:15pm Main entrance

**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

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**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



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