



Voice of Hillside



Embrace the possibilities

311 West Main St • Harbor Springs, Michigan 49740 • www.pvm.org

March 2015

Featured Articles

Message from Mary Catherine

Service Coordinator Update

Healthy Snacking

Battery Safety

Birthday List!



Notes from Mary Catherine...

Surely its spring, right? Right? Right?... Sigh.

This is the hardest time of year for me – we have made it through three long months of winter and have only the slightest hints of a break. But the hints are there – we are looking at spring clean-up estimates, signing contracts for landscaping and flowers, and planning gardens and summer activities. Planning is roaring ahead for the Hillside-Friendship Center Renewal Project – and feeling more and more real by the day as we talk the details of heating systems, electrical grids and lighting plans. Oh – and that pesky relocation of residents! We had an initial Interior Design Committee meeting at Perry and are starting to get a vision of some updates and freshening up of our finishes and décor as we head into spring and summer. Friend & Family is right around the corner and we are excited about both projects this year. The project for Hillside is – we hope for the last year! – the Hillside-Friendship Center Renewal Project. The total goal of \$1.5 million is within reach, with a little over \$900,000 raised to date. Let's finish this with a bang! The Perry Farm Village project is "Transformative Transportation" with a goal of \$25,000. All money raised during Friends and Family this year will go towards the purchase of new transportation for the Village! Our current bus is starting to show its age in increased maintenance costs – and we want to keep transit running at Perry! Please support Friends & Family at either campus this year!



The Village of
Hillside

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Mary Catherine

From your Service Coordinator...

Beginning this month, my office will be located in the library on the lower level of D Building. I will be here on Tuesdays and Thursdays from 8am to 6pm.

As we head into March, I will be gone to Traverse City for an intensive five day training in how to navigate the Medicare/Medicaid system. This will allow me to better assist you in getting signed up, determining which prescription program is best for you, and other tricky bits about those benefits.

As always, if you have any questions or concerns about any benefits, resources, or services you might be eligible for, please contact me so we can get you everything that might assist you in staying independent and active.

Cyndi Kramer

The Senior Advocate

Lynn Alexander



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.

Birthdays are back!

Dolly Ethier 1/5
Joe Dovey 1/13
Laura Sanders 1/24

Barb Taylor 2/2
Ruth Yoder LY

Pete Levitte 3/6
Ethel Lawler 3/8
Henry Sanders 3/17
Peg Booth 3/26

Patsy Steinbach 4/5
Judy Byrwa 4/14

Kathy Shagonaby 5/6
Greg Borgman 5/9
Greta Moyer 5/10
Lois Manville 5/23

Barb Curtis 6/1
Fred Yoder 6/18

Kathleen Major 7/1
Vera Hofbauer 7/3
MaryAnn Kemmeter 7/5
Catherine Dovey 7/7
Pat LaCount 7/8
Marilyn Knapp 7/20

Kathy Mendoza 8/5
Marilyn Sanders 8/5
Verna Pamp 8/16
Neelie Bawkey 8/19
Mary Lou Behrendt 8/25
Jeanette Scheffler 8/26
Judy Wilson 8/28

Janice Ingraham 9/2
Dee Serva 9/16
Maxine Gorman 9/22
Betty Robbins 9/27

Rodney Lyons 10/8

Delores Kranz 11/1
Gene Knapp 11/10
John Lasley 11/12
Linda Lyons 11/18
Terry Ozenberger 11/18

Fran Ness 12/10
Pat Reeves 12/15
Peggy Harris 12/23



Friends & Family: Coming to Your Village in April!

The annual **Friends & Family Appeal** will be coming to your Village in the month of April! This fundraising campaign is an opportunity for PVM residents to raise funds for projects and programs to enhance and enrich their lives. The 2015 goal is to raise \$136,000 cumulatively across all participating PVM Villages.

Help your Village reach its individual project goal and make a gift during Friends & Family (F&F) from April 1st-30th! Every gift this year is eligible to be matched since the match will be awarded at the end of the appeal and will no longer be first-come, first-matched. The match will be based on the percentage each Village raises toward the cumulative F&F goal. So, the more funds your Village raises, the more matching dollars you'll receive! *Example:* If your Village raises 10% of the cumulative F&F amount raised, then your Village will receive 10% of the matching funds available.

To learn more about your Village's individual fundraising goal and project, attend your Village Kick-Off Party or look for flyers and posters. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, *every gift matters!*

To Make a Gift:

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or pvmfoundation@pvm.org. Best of luck to ALL the Villages for a successful Friends & Family Appeal!

Warm regards,
Paul J. Miller, CFRE

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

The Importance of Healthy Snacking



Snacking is our “go-to” for many situations. If we’re bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name. Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you’re on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you’re in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I’m sure you’ll enjoy the company too.

Attention All Readers:

The Hillside/Perry Farm book club will be meeting in a few weeks. So far, four residents have signed up.

If you would like to be in this great new activity, please let Fran Ness or Marilyn Sanders know as soon as possible. A meeting will be taking place in early March to pick the book we will be reading....you can be part of the decision!

And the good part? You don’t have to attend every meeting or read every book, come when you can.

**Fran 231-582-5495
Marilyn 231-242-0365**

**What’s
the
Word?**

Be safe.....dispose of your batteries wisely!

9-volt Battery Safety

9-volt batteries power our smoke alarms, household items and toys. They can be found in most homes. But these batteries can be a fire hazard if not stored safely or disposed of with care.



The problem

- »»» 9-volt batteries can be dangerous. The positive and negative posts are close together. If a metal object touches the two posts of a 9-volt battery, it can cause a short circuit. This can make enough heat to start a fire.
- »»» It is unsafe to store 9-volt batteries in a drawer near paper clips, coins, pens, or other batteries. Do not store common household items such as steel wool, aluminum foil, and keys near 9-volt batteries. If these items touch the two posts, there is a greater risk of a fire starting.
- »»» Weak batteries may have enough charge to cause a fire. Some fires have started in trash when 9-volt batteries were thrown away with other metal items.

Storing 9-volt batteries

- »»» Keep batteries in original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct, or electrical tape. Prevent the posts from coming in contact with metal objects.
- »»» Keep them someplace safe where they won't be tossed around.
- »»» Store batteries standing up.
- »»» 9-volt batteries should not be stored loose in a drawer. Do not store them in containers with other batteries.

Disposal

- »»» 9-volt batteries should not be thrown away with trash. They can come in contact with other batteries or pieces of metal.
- »»» 9-volt batteries can be taken to a collection site for household hazardous waste.
- »»» To be safe, cover the positive and negative posts with masking, duct, or electrical tape before getting rid of batteries.
- »»» Some states do not allow any type of battery to be disposed of with trash. Check with your city or town for the best way to get rid of batteries.

9-VOLT BATTERY STORAGE

Keep batteries in original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct, or electrical tape. Prevent the posts from coming in contact with metal objects.



 Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education



It's been a cold, cold winter with LOTS of ice!

No matter how much salt Dan and Jonathon put down, it never seems like quite enough....unless you are vacuuming the carpet!

BE CAREFUL OUT THERE



Have you heard of TED Talks?

TED talks are limited to a maximum length of 18 minutes but may be on any topic. TED looks for engaging, charismatic speakers whose talks expose new ideas that are supported by concrete evidence and are relevant to a broad, international audience.

Here's a somewhat random sample of TED talks:

- The interspecies internet? An idea in progress
- Anatomy of a New Yorker cartoon
- Why we should build wooden skyscrapers
- The curly fry conundrum: Why [social media](#) "[likes](#)" say more than you might think
- Meet global corruption's hidden players
- How we'll resurrect the gastric brooding frog, the Tasmanian tiger
- Ingenuity and elegance in ancient African alphabets
- The dangers of "willful blindness"
- What ants teach us about the brain, cancer and the Internet
- Why we sleep

There are hundreds of TED talks at www.TED.com on every topic. One will be sure to interest you.



**We have a new resident this month,
Lory Keiser and her daughter, Kay.**

Please say hello when you see them!

**We had a great time at our
New Resident Welcome Party.**

SOME OF THE FUN WE HAD....



Spring Challenge

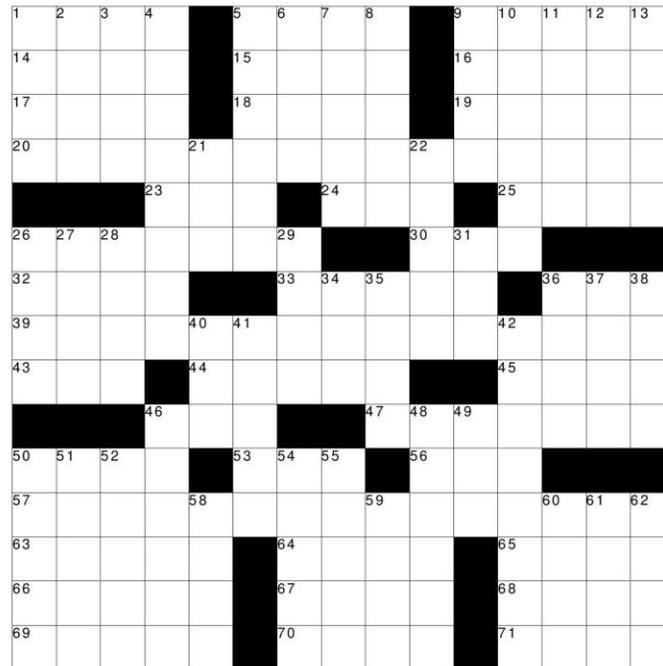
Q X P U D D L E T R S I S B M L T U O R P S T E
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 W R C Y P G S U S T O R M M Y W A E S D M E T S

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|------------------|----------------|-----------|--------------|----------|
| April | chick | fog | Memorial Day | spring |
| April Fool's Day | Children's Day | garden | nest | sprout |
| Arbor Day | Cinco de Mayo | gosling | Passover | stem |
| awaken | cloud | grass | picnic | storm |
| baby | cocoon | green | piglet | sunshine |
| baseball | colt | grow | plant | thaw |
| bee | daffodil | hatch | puddle | thunder |
| bird | dandelion | insect | rainbow | tulip |
| bloom | dig | iris | raincoat | umbrella |
| blossom | duckling | kite | rainy | violet |
| bug | earth | lamb | roots | warm |
| bulb | Earth Day | leaf | season | water |
| bunny | Easter | lightning | seed | weather |
| butterfly | egg | lilac | shovel | weed |
| calf | emerge | March | shower | wind |
| caterpillar | flower | May | soil | worm |

03/03/15 IN LIKE A LION Sally R. Stein, edited by Stanley Newman

Across

- 1 Got cash for
- 5 Recipe amts.
- 9 "Rome ___ built in a day"
- 14 Pronoun like "thou"
- 15 Great Salt Lake's state
- 16 Machine part that spins
- 17 "What's ___ for me?"
- 18 Astronauts' org.
- 19 Wipe clean
- 20 Decade of the Charleston
- 23 Top poker card
- 24 Shade tree
- 25 "No ifs, ___, or buts!"
- 26 Packages sent by mail
- 30 Proofs of age, for short
- 32 Assist, as in wrongdoing
- 33 Artist Picasso
- 36 Air-conditioner meas.



Puzzle (c) Stanley Newman, distributed by Creators Syndicate, Inc. Hosting & Software (c) PZZL.com

- 39 Den mothers, for instance
- 43 When a plane is expected: Abbr.
- 44 Another name for Myanmar
- 45 "That's clear"
- 46 Tire-pressure meas.
- 47 Pouch for a pistol
- 50 Be afraid of
- 53 Irish dance
- 56 Dustcloth
- 57 Swahili or Somali
- 63 Sports replay feature, for short
- 64 Doggie-biscuit shape
- 65 Metal in steel
- 66 Gets under control
- 67 "... happily ___ after"
- 68 Bit of bird food

- 69 Make the first move
 - 70 Damp, as a morning lawn
 - 71 Dumbo's wings
- Down**
- 1 Mix with a spoon
 - 2 "This is terrible!"
 - 3 "Star Wars" princess
 - 4 Draws attention away
 - 5 Underground passage
 - 6 Male deer
 - 7 Cut and ___ (do editing)
 - 8 Shoulder covering
 - 9 Small songbird
 - 10 Major blood vessels
 - 11 Fabric discoloration
 - 12 ___ around (snooped)
 - 13 Lock of hair
 - 21 Winter driving
 - 22 Author Zola
 - 26 Rate of walking
 - 27 Border on
 - 28 Country singer McEntire
 - 29 Cowboy boot attachment
 - 31 ___ favor for (help out)
 - 34 Any-hr. cash source
 - 35 Uninteresting
 - 36 Highest in quality
 - 37 Fir or maple
 - 38 Software buyer
 - 40 Eye-logo network
 - 41 Fortune-telling board
 - 42 Identity-hiding garb
 - 46 Basic textbook
 - 48 Stubborn and mean
 - 49 Fall behind
 - 50 Doesn't eat for a while
 - 51 D sharp alias
 - 52 Fragrance
 - 54 Under the covers
 - 55 Mitten cousin
 - 58 Price paid
 - 59 All over again
 - 60 Vicinity
 - 61 Suffix meaning "attendee"
 - 62 Finishes up

					7	5	4	
9		2	4					
	5				6			9
	7	9					8	2
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**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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