



Voice of Hillside



Embrace the possibilities

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

April 2015

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Happy Spring! Even if it's not quite cooperating yet... Welcome to the month when half of Harbor Springs leaves and the other half wishes they could. But we are going to enjoy the sunshine starting to gather warmth, the first green shoots starting to push up through the exposed dirt around houses and buildings, the smell of warming dirt and the first hints of Trillium in the woods – let others decamp, we know the beauty of the early spring in northern climes.

It's also FRIENDS & FAMILY month! We are celebrating the return of The Season with two great projects – “Transformative Transportation” at Perry Farm Village and “The Friendship Center-Hillside Renewal Project” at The Village of Hillside. We have set ambitious goals this year; but I know that we can do it. We have amazing residents, families and friends who know how important the work and mission that we do at our campus’ and have generously supported us in the past. This year there is great match money available for giving – so don’t miss out on the chance for your donation to be doubled or more! All gifts made during the month of April counts towards our Friends & Family goals and all gifts will work towards our match this year.

I want to thank everyone for their great input on our project on both campuses this year. As we work towards making these changes, it is wonderful to get your ideas/thoughts/critiques. All opinions are very important to us and help us make sure that the campus reflects that this is YOUR home – we just work here!

-Mary Catherine



The Village of Hillside

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

April 1 - 30

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.

Your gift today will change the lives of seniors for years to come!

TO MAKE A GIFT:
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at 248.281.2040 or visit www.pvmfoundation.org.

Your gift can be **MATCHED!**
Match guidelines apply.



To All My Friends At the Village of Hillside

I would like to take this opportunity to thank all of you for the tremendous number of prayers, cards, notes and phone calls I received while in the hospital and Tendercare in Gaylord recovering from open-heart surgery. I appreciate your caring and concern more than I can say. I shall keep you in my prayers with the hope that you will enjoy a healthy and happy life. Thanks again!

-Lois J. Manville
D-16

A Message from Cyndi Kramer

There are changes, new opportunities, and events coming up! My new schedule, beginning in April will be Tuesdays and Thursdays from 8 to 6. Anyone needing to see me outside of those hours can always call and set up an appointment for a more convenient time.

Blood pressure clinics will now be offered TWICE a month! On Thursdays at 9:30 before Coffee with Mary Catherine, I will be available for blood pressure checks. They will be in the same building as the coffees. The first one will be April 23.

The last Friday of each month will be FREE soup lunch day ~ come have a cup of soup and crusty bread. There will be a brief presentation about a service I can offer to you and then you can ask questions or just chat! The first presentation will be on April 24 at noon..."How to Read Your Medicare Statement...and Why You Should".

Coming on April 7 will be Larry Hansen, the new Emmet County Ambulance director, talking about what you can expect when a paramedic comes to your door and takes you away in the ambulance...and why you might not go.

I recently spent several days becoming a certified Medicare/Medicaid counselor! I've been able to help a couple of residents get more benefits already and I look forward to helping you review your coverage to make sure you are getting all you are entitled to. Stop by to make an appointment, it generally takes about an hour and if you pick up the pre-planning checklist from me, you'll have everything we need to make it as painless as possible.

Spring is in the air and it's a welcome guest. Birdwatching starts again on April 6; we'll be heading to Spring Lake Park in the van. Lunch is provided. And speaking of birds, I have been watching the hummingbird migration map and I'll let you know as they get closer.



Celebrate!

Once a month I'd like to host a small party to catch up with residents along with having a little fun. I have decided to start celebrating holidays or events many of us don't even realize are recognized. Come to the D building on Monday, April 6th at 2:00 to celebrate *National Frog Month*.

-Jodi Brooke



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!

Do we have any country music fans at Hillside?

A gentleman, who entertains at Bay Bluffs, has offered to do a show for us. If you would like to hear the "Golden Oldies" of Country Music, please call 242-0618 and let Lois know.



April Bingo Dates!

Saturday, April 11th
at 1:00pm

Friday, April 24th
at 4:00pm





Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Friends & Family Kicks Off; Consider Joining a Giving Society

April 1st will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30th!** The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- 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
- Mail your gift to: PVM Foundation,
26200 Lahser Road, Suite 300
Southfield, MI 48033

With the PVM Foundation's 21st Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8th at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or pvmfoundation@pvm.org.

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

Write Your Worries Away



Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.

The following is an article by resident, Jeanette Scheffler, It was featured in the Harbor Light

The residents at Hillside Village have been learning about the birds in our area from a very talented teacher, Mary Trout. Recently she taught us how to hang food for the birds on our balconies or in the wooded area on the hill beside our apartment complex. About ten of us worked in our community room using materials such as pine cones, peanut butter, suet, lard, bird seed and grapefruit rinds. Then we took the food home with us to our balconies and began watching to see if any birds would come to investigate. In a day or two they came! The most friendly birds first – the chickadees. As time goes along different birds will come. I saw a red headed woodpecker show interest by watching from a nearby tree.

We have learned that the birds like fresh clean water to drink and to wash their feathers even in winter so when the temperature is above freezing we can put out a plate of water for them. We have to protect them from cats, and don't be discouraged by the squirrels. They will come and go.

Bird watching will gradually include eagles, hawks, swans, ducks, turkeys, robins, blue jays, orioles, finches and others. We will be learning to recognize their songs and their unique nesting habits.

In nearby Spring Lake we have been missing the swans for two summers. As it turns out, the swans have been missing on purpose in an attempt to bring back the whistling swans which will take some time.

When the summer comes we will go on bird excursions to places like the Fish Hatchery and parks along the Tunnel of Trees.

April Birthdays!

Patsy Steinbach April 5th

Judy Byrwa April 14th



Riddle me this?

- Forward I am heavy, but backward I am not.
What am I?
- A sundial has the fewest moving parts of any timepiece.
Which has the most?

Answers to all puzzles will be posted on bulletin boards on April 10th.

Sudoku

Difficulty level: easy.

							8	9
7	1			4				
					6		3	
		6				9		
5			6				1	3
					9		4	6
					8			2
	9		3	7				
	3	2					5	

Difficulty level: hard.

	9			8			2	
2					4			
	8				1	6	5	
9								5
	6		3			2		1
			7		2			
							9	
7				4				3
				7	3		4	

Earth Day is April 22nd

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

Air
Animals
Atmosphere
Clean
Earth
Endangered
Energy

Extinct
Fuel
Litter
Oceans
Oxygen
Ozone
People

Plants
Pollution
Recycle
Reuse
Soil
Trash
Water

ACROSS

- 1 Prego alternative
- 5 Officials who cry "Stee-rikel"
- 9 Prize won by Roosevelt, Wilson, Carter and Obama
- 14 Hertz rival
- 15 Emperor said to have fiddled while Rome burned
- 16 Speechify
- 17 Jazz jargon
- 18 Young girls in Glasgow
- 20 Commercial suffix with Gator
- 21 ___ and crafts
- 22 Cuts calories
- 23 Religion of the Koran
- 25 Ambience
- 26 First words of the Constitution
- 29 Air safety org.
- 32 Letter-shaped construction pieces
- 33 Stenographers' needs
- 35 Speck of dust
- 36 Stair parts
- 38 Have ___ with
- 39 Homer Simpson's favorite meat item
- 41 Tree-lined way, in France
- 42 Cloud's locale
- 43 Polite assent in Paris
- 46 The "I" in I.B.M.: Abbr.
- 47 Quaint denial
- 48 "Amazing" magician
- 50 Not straight
- 51 ___ Aviv
- 54 Piece of Nintendo game equipment
- 56 18-wheeler
- 57 Madison Avenue exec
- 58 Pinball game ender

- 59 Overly demure
- 60 Pond swimmers
- 61 Stratagem
- 62 Concerning

DOWN

- 1 Indian prince
- 2 Fervent
- 3 Encouragement after "Go on"
- 4 Function
- 5 Open, as a present
- 6 What to do "in St. Louis," in an old song
- 7 Roosevelt, Wilson, Carter or Obama: Abbr.
- 8 Note after fa
- 9 "Fuhgeddaboutit!"
- 10 By land ___
- 11 Worms, in fishing
- 12 Summers in France
- 13 ___ Brown and His Band of Renown
- 19 Grown-ups
- 21 Pub offerings
- 24 Ogre in love with Princess Fiona
- 25 Each
- 26 Wusses
- 27 Kindle download
- 28 End of lunchtime, often
- 29 Items filling a star's mailbox
- 30 Formal goodbye
- 31 Ed of "The Mary Tyler Moore Show"
- 34 Politico Sarah
- 36 Confined
- 37 Drudgery
- 40 Overlook, as something that's illegal
- 41 Aide: Abbr.

- 44 Verdi opera based on a Shakespeare play
- 45 The number XC
- 46 Ancient Andeans
- 48 Hitchhike, e.g.
- 49 "Je t'___" (French words of affection)
- 50 Heat to 212°
- 52 Radiate
- 53 "Stretch" car
- 54 Joker
- 55 Racecar fuel additive
- 56 Where folks get into hot water

1	2	3	4		5	6	7	8		9	10	11	12	13	
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by Richard Chisholm

**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 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



**311 West Main St.
Harbor Springs, MI 49740**

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