



# Sage Grove View



## Embrace the possibilities

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May 2014

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## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### TOP ROLE MODELS FOR AGING WELL

May is Older Americans Month. This is a time to honor older Americans and take notice of the wonderful contributions they have and will continue to make for our country. In recognition of this important designation I have chosen to unveil my annual list of role models for aging well:

**MICKEY ROONEY:** For many years he entertained audiences in a delightful manner as an actor and show business personality. Mickey passed away recently but left a legacy of taking on elder abuse and exploitation. A victim of his own family member, he spoke out and held them accountable. He then helped to launch a national campaign against elder abuse and testified before Congress.

**CHER:** CHER has entertained audiences for years and recently announced a new concert tour at which she will be wearing an original costume from her early days. Now I want to place a disclaimer here in that we do not all have to be able to fit into an outfit or costume from decades ago; but hats off to her!

**GOLF LEGENDS:** Jack Nicklaus,

Arnold Palmer, and Gary Player, for their recent appearance at the Masters Tournament and for still being able to hit a golf ball better than most of America.

**DOROTHY HEIGHT:** A Village of Mill Creek board member, for her courage in not allowing the chronic condition of Lupus to get the best of her and for her continued work to bring attention to this issue. She also is involved with education programs for others to win the good fight.

**GLORIA STEINEM:** This icon of the Women's Movement also was one of the first in America to send the message to others that we should be proud of our age. At forty she announced: "This is what forty looks like!" At fifty she was feted at a "This is what 50 looks like" party at the Waldorf Astoria Hotel. Now at eighty years of age, Gloria celebrated in Botswana. Before she left on that trip she was feted at a "This is what 80 looks like" party, which was a benefit held at the Shalom Center.

We all can find our own path for aging well. It may not be a trip to Botswana or appearing in a legendary golf tournament. However, each of us has much knowledge and many talents to share with the world and can find most joy in sharing them with others. Enjoy life!



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

### The Risk Manager Falls:

A big part of my professional life is made up of educating residents and staff on safe practices to prevent falls. In an instance my professional expertise flashed before my eyes when I felt my feet fly out from underneath me and I landed with a thud on the floor, but not before hitting my head on the kitchen cupboard. I was home alone, rushing to get out the door, and not paying attention to what I was doing. I decided to wash the kitchen floor before I left. The end result was that I put myself in a precarious position by not paying attention to what I was doing and rushing. The good news, except for a nasty bruise and a little humiliation I was o.k. This episode got me thinking of what I should have done differently.

- I should have been doing only one thing at a time, not planning to get out the door and stopping to wash up the kitchen floor before I left.
- I was wearing leather soled shoes that did not give me any traction on the wet floor.
- I was home alone and not near a phone for help. ( Good reason to wear your personal emergency response button)
- I thought nothing could ever happen to me.
- I didn't realize that I am no longer able to withstand a fall like I did when I was younger. At 64 my reactions are not what they once were.

So I am considering this my wake up call. I am now a senior and need to make adjustments to my life that will keep me out of harm's way. Take a moment to look around your living area and think of what could possibly cause you to fall. Maybe that throw rug should be taken up. Is a room too dark to see clearly? Are your comfortable slippers not the proper footwear to give you support? Make a vow now to pay attention to the task at hand and do one thing at a time. Sure it can be annoying to have to adjust your lifestyle. It is far more annoying to have a broken hip. Let's enjoy a safe Spring.

## Announcements

- ✚ **May 5<sup>th</sup>** –  
Cinco de Mayo
- ✚ **May 11<sup>th</sup>** –  
Mother's Day
- ✚ **May 26<sup>th</sup>** –  
Memorial Day  
(observed)
- ✚ **May 30<sup>th</sup>** –  
Memorial Day
- ✚ **May 26<sup>th</sup>, May 30<sup>th</sup> &  
June 2<sup>nd</sup>** –  
**Office Closed**

### Community Room Events

- ❖ **May 7<sup>th</sup>** –  
Commodities Pick-up
- ❖ **May 5<sup>th</sup> & 19<sup>st</sup>** –  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **May 3<sup>rd</sup> & 17<sup>th</sup>** – 2:00pm  
Crafts, Needlework &  
other crafts. People are  
willing to teach others
- ❖ **May 10<sup>th</sup>** –  
Community luncheon  
11:00am
- ❖ **May 22<sup>nd</sup>** –  
Bingo with Life EMS –  
2:30pm
- ❖ **May 27<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am
- ❖ **May 27<sup>th</sup>** – Resident  
meeting 1:00pm
- ❖ **No Community Van this  
month** – Watch for update  
when it will start again.



## Giving Matters.

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

### Grants Awarded to Villages!

Thanks to the generous support from our donors, the **PVM Foundation Grant Allocation Committee was able to award over \$62,000 in grants to the Villages in April 2014.** The following are the Villages and projects that were funded:

- The Village of Westland-New Furniture for the Cottages
- The Villa at The Village of Redford-Security Camera Upgrades
- The Village of Peace Manor-New Security Camera System
- Many PVM Housing Sites-Funding for Resident Activities

Projects like these and the many others that we fund throughout the year would not be possible without the support of our donors, so **THANK YOU** for all that you do for PVM and the Villages. If you have any questions regarding projects that we fund, please call me at 248.281.2040.

Another event that is sponsored by the PVM Foundation is the **Village Victory Cup**. I hope to see each of you there competing with your teams! I will be announcing the games again this year, so make sure to bring your earplugs if you don't like cheesy jokes!

On behalf of PVM Foundation, thank you again for all that you do to move the PVM Mission forward, and it is my pleasure to serve you as a resident.

With gratitude,

Paul J. Miller, CFRE  
President  
Presbyterian Villages of Michigan Foundation

**HELPING OTHERS** *helps you!*



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

*Check out your possible rate of returns by visiting*  
[www.pvmfgifts.org](http://www.pvmfgifts.org)

Or, for more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmfgifts.org](http://www.pvmfgifts.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

## The 2014 Village Victory

Mark your calendars! The 2014 Village Victory Cup will soon be here. Will the Westland Stars defend their title? Will the Warriors from the Village of St. Martha's re-claim the Spirit Award? To be the best you have to beat the best and rumor has it both Villages are ready to take on all challengers.

This year the Village Victory Cup has been scheduled for Friday, June 27th and will again be held at Ultimate Soccer Arenas in Pontiac. Along with the usual events: *Wellness Walk*, *Puzzler*, *Bake Off*, *Hoop Shoot*, *Bean Bag Toss*, *Balloon Volleyball*, and *Expression of Wellness*, we have added a paper airplane flying competition called *Top Gun*. It replaces the *Relay Walk* since in the past many villages were unable to enter this event because they couldn't find relay members for each age category.

In April detailed event descriptions and registration instructions were sent to each Village. If you want to participate this year contact your Village Administrator right away. The events have entry limits and there is a registration deadline.

Villages located 100 miles or more from the PVM Home Office will be able to participate in the Virtual Village Victory Cup. Event descriptions and registration information were sent to your Village in April as well. For more information contact your Administrator.



## Service Coordinator's Corner: Rebecca Ogradowski

This month, I will focus on Educational Presentations. These meetings happen once a month, typically on Tuesday or Wednesday afternoons. The purpose is to help you to learn about resources in the community and how you can access them. I try to find varied agencies to keep the topics fresh and interesting. Food is always a part of the festivities, so you can get some snacks whether the subject interests you or not.

This column reviews the presentation from last month and those coming in May and June.

### April 2014 Educational Presentation

Arun Tandun, R. Ph. from Advanced Health Pharmacy presented on April 16, 2014 about the pharmacy and its services. They are an over the counter and delivery pharmacy in Portage. Services include med set up, delivery (7 days a week), and communication with other healthcare providers to streamline the process. He also made a donation to our Friends and Family Fund. If you want to contact them, the phone number is (269) 271-2561.

### May 2014 Educational Presentation

I am working with the Disability Network of Southwest Michigan (DNSWM) to arrange a presentation. The presentation is scheduled for May 13, 2014 at 1p. Here is some information from their website.

**Our Vision Statement:** Our vision is a community that values disability as human diversity, free of attitudinal barriers, where all people benefit with full access and inclusion.

**Our Mission Statement:** We educate and connect people with disabilities to resources while advocating social change.

**We are the first stop for people with disabilities and their families in Southwest Michigan.**

### June 2014 Educational Presentation

Walling and Foster, P.C. (a law office with sites in Battle Creek and Kalamazoo) is planning to share information about Durable Power of Attorney, Living Wills, Wills, and other legal documents you should consider creating to protect yourself and your loved ones. The presentation should happen on June 10, 2014 at 1p.

### Future presentations

What do you want to know about? Sometimes, even I run out of ideas \*wink\*. The range is broad – medical, social, entitlements, food, almost anything. For example, a resident asked me to look into alternative health practices (like yoga). That conversation led to a possible (hold your breath) mini-health fair as a presentation. If you can think of something that others might want to learn about, let me know. The goal is to make the presentations interesting and fun.

Continued from page 2

## Announcements Continued

- ❖ **1<sup>st</sup> Sunday of the Month** – Gospel music sing-along – **5:00pm**; Followed by ***Birthday Celebration*** for all who have birthday's during the month
- ❖ Last Tuesday of this month (May 27th), Activity Planning Committee meet @10am
- ❖ Last Saturday of this month (May 31<sup>st</sup>) Get ready for June Yard Sale – 1:00pm
- ❖ Movie Matinee every other Tuesday – 1:30pm
- ❖ 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!

Deanna D. ....May 4<sup>th</sup>  
 Peggy P. ....May 10<sup>th</sup>  
 Barbara W. ....May 11<sup>th</sup>

*Wishing you a Great Day and a Blessed Year*



### Administrator Column

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

April was our Friends and Family Appeal. As of April 21<sup>st</sup> we raised a total of **\$1,257.00**. Please see thermometer by community room for updates as I receive them. I will let you know our grand total as soon as I am notified. Thank you EVERYONE who helped out with our “Kick-Off” party. It was a great success and a lot of fun. ... Thank you to all of you who made a donation to our project. We’ll get our road paved in no time and it will be well worth the wait, as it’s going to be a great addition to our campus in so many ways.

To all of our gardeners ... anyone interested in “Gardening” we still have a few beds available. Please see Paula for more details. Also, the “potted garden” area is coming along and should be completed next week (weather permitting).

Here’s the update regarding Charter Cable switching from analog to a digital signal in June. I’ve been informed the switch will

take effect on June 10<sup>th</sup>. There is NO NEED for anyone to go to Charter to pick up a box. As we are a Senior Living community, Charter will be bringing the boxes to us and installing them. When I receive an exact installation date, I will give 24 – 48 hour notice informing when their techs will be here. If you do NOT already have a charter cable box, please let the office know so I can make a list of who needs a box.

The office will be Closed May 26<sup>th</sup>, May 30<sup>th</sup> and June 2<sup>nd</sup>.

Spring is here ... or at least the snow is gone. Soon we will be feeling the heat of summer and with the warmer weather apartment windows will be opening. ... As a friendly reminder to our smokers and resident guests who smoke ... Please be respectful of the No Smoking Policy. Please only smoke in the designated smoking area and/or go off campus.

*Thank you,  
 Paula Hager*

# May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walmart Bus <u>EVERY</u> <u>Monday</u> Pickup @ 12:15pm Main entrance			1	2	3 Crafts, Needle- work & other crafts 2:00pm
4 ~ Gospel Sing-Along 5pm – in Comm. Rm. <hr/> Birthday Celebration' s 5:30pm in Comm. Rm	5 Bible Study Group Meets 4 - 5pm <u>in Cm Room</u> Resident Activity Meeting 10:00am <hr/> <b>Cinco de Mayo</b>	6 Movie Matinee 1:30pm	7 Commodities pick-up for <u>those</u> <u>enrolled</u>  Games, Cards or Bowling 2:00pm in Comm. Rm	8	9	10  Resident Luncheon 11:00am
11  <b>Mother's Day</b>	12	13  DNSWM Presentation @ 1:00pm	14  Games, Cards or Bowling 2:00pm in Comm. Rm	15	16	17 Crafts, Needle- work & other crafts 2:00pm
18	19 Bible Study Group Meets 4 - 5pm in Cm Room	20 Movie Matinee 1:30pm	21  Games, Cards or Bowling 2:00pm in Comm. Rm	22 "Bingo" Life EMS – 2:30pm in Cm Room	23	24 Get ready for June Yard sale in Comm. Rm @ 1:00pm
25	26  <b>Memorial Day (observed)</b>  <b>Office Closed</b>	27 Resident Activity Meeting 10:00am <hr/> Resident Meeting 1:00pm	28  Games, Cards or Bowling 2:00pm in Comm. Rm	29	30  <b>Office Closed</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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