



# Sage Grove View



## Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • [www.pvm.org](http://www.pvm.org)

June 2013

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## For Your Safety.

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

### Fire Safety

May was one of our two fire drill months for independent living. By now you should have participated in a fire drill at your Village. Why should you participate in these drills? You should participate in these drills because it just might save your life. We do drills so that in the event there is a real fire, you will know how to react.

Last year, we had a fire in one of our units that completely burnt the unit down. It pays to know what to do when the alarm goes off.

During a fire drill, staff is looking for barriers to evacuating the building in a fast safe manner. Do some residents need assistance? Can all the residents hear the actual alarm ringing? Do residents know where to go when the alarm does go off? Can the building be evacuated quickly? Can we improve the time? Each time a drill is completed; staff de-briefs and looks

for ways to improve.

If you cannot hear your fire alarm or do not know what to do in the event the alarm goes off, please contact your administrator. We can help. Please do your part and make yourself available to participate on the day of the drill.

Remember, all our campuses are non-smoking. The fire last year was caused by a cigarette burning on a couch. Bar-b-que grills are not allowed on balconies or patios that are near the building. Never use an open flame, such as a candle in your apartment. Use a timer to remind you that you have placed something on the stove. All these tips, plus participating in fire drills, will go a long way to keep you and fellow residents safe.



The Village of  
**Sage Grove**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### Core Philosophy

Recently I made a small purchase at a deli of a grocery store. In order to assist me the employee had to interrupt another large scale job she was doing. I said to her that I was sorry she had to interrupt her task for such a small purchase. Without missing a beat she smiled and replied: "You are not an interruption. You are our customer. We are here because of you." This store now has a customer for life on me thanks to her!

This is the core philosophy of all that we do here at PVM; and our Service Excellence training along with our strategic planning support that philosophy. We exist to serve you and appreciate your business. Thanks for entrusting your quality of life with us!



### Announcements

- ✚ June 14<sup>th</sup> –  
Flag Day
- ✚ June 16<sup>th</sup> –  
Father's Day

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#### Community Room Events

- ❖ June 4<sup>th</sup> – Commodities Pick-up. Announcement will be made when ready
- ❖ June 5<sup>th</sup> – Hose site for Communities for All Ages – Sponsored by Council of Michigan Foundation
- ❖ June 3<sup>rd</sup> & 17<sup>th</sup> – Bible Study Group 4:00 – 5:00pm
- ❖ June 8<sup>th</sup> – 12:00pm Fund Raiser Luncheon – 2<sup>nd</sup> Saturday of the Month
- ❖ June 8<sup>th</sup> – Crafts starting at 1:30pm every 2<sup>nd</sup> Saturday of the Month
- ❖ June 19<sup>th</sup> – Ice-Cream Social 1:30pm
- ❖ June 20<sup>th</sup> – Ace Medical Supply – Diabetic Footwear – 11:00am
- ❖ June 27<sup>th</sup> – Bingo with Kim – Life EMS 2:30pm

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# Giving Matters.

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

## Inspire Possibilities Breakfast Raises Over \$117,000

The PVM Foundation’s third annual *Inspire Possibilities* fundraising breakfast event on April 26<sup>th</sup> was a success, raising over \$117,000! In its two previous years, this event has netted more than \$237,000 for many innovative, life-enhancing programs and services for Michigan seniors. Nearly 300 guests attended the complimentary, one-hour event held at the **Centerpoint Marriott** in Pontiac.

The event featured three inspirational testimonials from residents and a family member of a resident, who shared how their lives were impacted by the possibilities PVM provides:

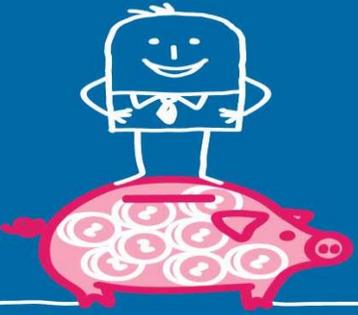
- **Motoko Huthwaite**, a resident at The Village of Westland. For health reasons, Mrs. Huthwaite was unable to attend, so her story was shared by Ellen Byrne, executive director at The Village of Westland.
- **Reva Wujcik**, a Board Member and family member of a resident at The Village of Redford, and
- **Janet DeVold**, a resident at The Village of Oakland Woods.

We deeply appreciate and thank all the new Peterson Mission Maker members (\$1,000 or greater pledge over two or more years) for their long-term commitment to PVM seniors, as well as the donors and Table Captains who helped make the third annual *Inspire Possibilities* breakfast such a success. Thank you for making a difference in the lives of Michigan seniors!

If you are interested in learning more about this event or about becoming a Peterson Mission Maker Society member, please contact me at 248.281.2040 or [pmiller@pvm.org](mailto:pmiller@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

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70	5.1%
75	5.8%
80	6.8%
85	7.8%
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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.

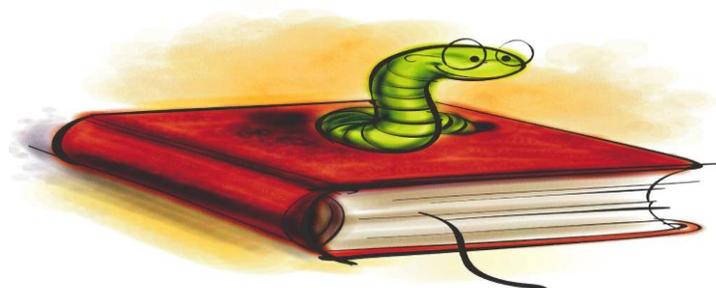
By Tom Wyllie,  
*Director of Wellness*

## Listening to the Classics

The other day, while preparing for a trip to Chicago, I made a delightful discovery. Knowing that I was going to be stuck in the car for 4 hours, rather than listen to the radio, I wanted to occupy my time a little more productively. Years ago, when my kids were young, we rented an audio book for a trip to Indianapolis and despite the fact that my car's cassette player kept eating the tape, it was an experience we thoroughly enjoyed. Given today's more advanced technology, I did a quick Google search to see what might be available from the internet and that's when I stumbled upon LibriVox.org.

LibriVox has a catalogue of over 6,300 audio books all of which are in the public domain and thus copyright free. Their catalogue contains poems, short stories, dramatic readings, and classic works from Jane Austen, Robert Louis Stevenson, Langston Hughes and many other literary pioneers. And the best news of all is that they are **FREE** and can be easily downloaded to your computer, iPad, or smart phone.

I had so much fun listening to Lewis Carroll's "Alice's Adventures in Wonderland" during my trip, that now, rather than stare blankly at the TV at the end of a long day, I close my eyes and listen to classic literature. I consider it to be "nourishment" for my brain. You might want to give it a try!



**Resident Bits:****Extraordinary things to do with ordinary things... “Ketchup”  
Submitted by resident Cheryl D.**

You know it completes a burger and fries, but you'll never guess what it else it can do! It can **Make copper pots gleam** – When copper pots and pans – or decorative molds – get dull and tarnished, brighten them with ketchup. It's cheaper than commercial tarnish removers and safe to apply without gloves. Coat the copper surface with a thin layer of the condiment. Let it sit for five to thirty minutes. Acids in the ketchup will react with the tarnish and remove it. Rinse and dry immediately.

**Keep silver jewelry sparkling** – Let ketchup do the work of shining tarnished silver. If your ring, bracelet, or earring has a smooth surface, dunk it in a small bowl of ketchup for a few minutes. If it has a tooled or detailed surface, use an old toothbrush to work ketchup into the crevices. To avoid damaging the silver, don't leave the ketchup on any longer than necessary. Rinse your jewelry clean, dry it and it's ready to wear.

Thank you Cheryl

**Many Places – Submitted by resident Deanna H.**

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognized you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I get older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

Sometime I think I am in Vincible, but life shows me that I am not.

Thank you Deanna

## Getting to Know You Party

Thank you to all to everyone who came out to participate in our "Getting to Know You" Party on May 30<sup>th</sup>. A special "Thank you" to our Board Members – Jeff Hagen, Peggy Sattler, Jane Givens, Josie Winn- and Robert Nichols for taking time out of their busy schedules to join us and help with our party.

We would also like to send out a very special "Thank you" to PVM Corporate Office Foundation for sponsoring the event and providing the \$100 grant money used to purchase the food and supplies. Your generosity is greatly appreciated!

Approximately 21 residents participated in this event. The "Getting to Know You" party was part of celebrating "Older Michiganians Month" celebrated in May. This was an opportunity for Sage Grove Board Members and Staff to visit with residents. Residents were treated to a BBQ luncheon of grilled hamburgers, hot dogs, chips, beverage and dessert prepared by staff and board members.

A nice meal with pleasant conversation was enjoyed by all. Thank you to everyone who attended and helped in every way large and small.



## Birthday Celebration!

**Cheryl D. ....June 7<sup>th</sup>**  
**Pearl K. ....June 7<sup>th</sup>**  
**Earnestine W. .... June 20<sup>th</sup>**  
**Marilynn C. ....June 22<sup>nd</sup>**

Wishing you a Happy Birthday and a Special Year!



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## Announcements Continued

- ❖ Last Saturday of the month is "Give-Away-Day" and Social gathering 10:00am – Noon. All items are FREE
- ❖ Loaves and Fishes – Delivery of Produce & Baked goods from Meijer Shopping Center. 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. An announcement will be made when a shipment arrives.
- ❖ Congratulations to Sandy Praught – Winner of the \$50.00 Wal-Mart gift card from U of M interviews.
- ❖ Pictured on from L – R  
Pic # 1 – Karl K., Pearl K., Cheryl D., Carol L., Esther P., and Ron & Eileen S.,  
Pic # 2 – Jeff Hagen, Peggy Sattler & Robert Nichols.

## Calendar

**Events for June 2013**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 ~ Bible Study Group 4 - 5pm in Cm Room	4	5 ~ Commodities pick-up for those qualified ----- Community Rm. Closed 1 – 5pm Private Event	6	7 ~ Comm. Van	8 ~ Community Luncheon 11:00am in Comm. Rm.
9	10	11	12	13	14 ~ Comm. Van  <i>Flag Day</i>	15 ~ Crafts starting at 1:30pm in Cm Room
16  <i>Father's Day</i>	17 ~ Bible Study Group 4 - 5pm in Cm Room	18	19 ~ Ice Cream Social 1:30pm in Comm. Rm.	20 ~ Ace Medical Supply – Diabetic Footwear 11:00amin Comm. Rm.  <i>First day of Summer</i>	21 ~ Comm. Van  Sage Grove Board Mtg. 9:30 – 11am Comm. Rm. Closed	22
23	24 ~ Resident Activity Committee Mtg. 1:00pm in Comm. Room	25	26	27 ~ "BINGO" with Kim ~ Life EMS @ 2:30pm in Comm. Rm.	28 ~ Comm. Van	29 ~ "Give Away Day" and Social Gathering ~ 10am-12pm - ALL are items FREE
30 ~  <i>Village of Sage Grove Anniversary</i>						

## Administrator Column



### Summer is upon us.

After what seemed to me like a long winter and not much of a spring, I am thankful for summer to finally be here. The warm weather, the option to spend time outside, gardening, walking, reading a book, enjoying the sunshine, is literally a breath of fresh air.

The raised bed gardens are growing and look wonderful! We have received an abundance of compliments. I want to pass on to all of our gardeners how much your gardens are appreciated by all, especially those who have visited our Village this month. Someone comments every time how nice they all look and how big your plants are so early in the season. Congratulations Gardeners.

The results are in from our Friends and Family Campaign. We raised a total of **\$1,362.00** to go towards our project of paving the Service Road. We raised \$975.00 with \$387.00 of that amount matched by the PVM Foundation. Unfortunately we did not meet our goal for this year, but we will keep trying. Thank you to everyone who contributed to our campaign. Your generosity is truly appreciated!

On June 5<sup>th</sup> our Village was the Host site for a private event sponsored by the Council of Michigan Foundation (CMF). There were several representatives from several different organizations, including our own PVM Foundation who attended the event.

Our Village received many compliments ranging from the location of our Village, its beauty, the many amenities our residents have to utilize as well as your beautiful raised bed gardens.

Thank you PVM Foundation for allowing our Village to Host the event.

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We are trying something new this month due to low attendance on our Movie Matinee Wednesdays. Our Resident Activity Committee is sponsoring an "Ice-Cream Social" on Wednesday, June 19<sup>th</sup> in the Community Room starting at 1:30pm. We hope to see you there.

I want to wish everyone a very enjoyable and peaceful summer. I hope you have the chance to do all of the things that make you happy.

Best wishes,

Paula Hager  
Administrator

If anyone would like to write an article, poem, funny story, or has a recipe to share for our newsletter, I would love to have them. Please turn item into the Office by the 20<sup>th</sup> of each month. ... Thank you.

**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*

**Chris Paul**  
*Maintenance Technician*

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**EMERGENCY NUMBER**

*(269) 615-3804*

**Additional Number**

*(269) 370-7022*



**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)



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**Kalamazoo, MI 49006**

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