



Sage Grove View



Embrace the possibilities

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

July 2014

Featured Articles

- Senior Advocate pg. 1
- For Your Safety pg. 2
- Giving Matters pg. 3
- It's Your Life pg. 4
- Service Coordinator's Corner pg. 5
- Administrator Column & Resident Birthdays pg. 6
- Calendar pg. 7



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GOOD NEWS FOR MICHIGAN SENIORS

Governor Snyder presented his Message on Aging recently at the Rochester Older Person's Commission to a large and enthusiastic crowd. His message heralded great news for Michigan's seniors. In fact, our colleagues across the country have stated that he is the first governor in the country to draw such attention to the value and issues of our senior population. Some highlights of his message include:

Healthy Lifestyle: Promotion of Health & Wellness and a call for more innovation. Governor Snyder recognized us (Presbyterian Villages of Michigan) for our innovative and evidence based programs and mentioned our Village Victory Cup as an example of innovation.

Commitment to Home and Community Based Services and a pledge to make Michigan a "No Wait State" for aging services with a \$20 million investment in 2015.

Support for family caregivers by calling on employers to help their caregiver employees.

Support for a dementia pilot program in Michigan and expansion of innovations in

this arena.

Promotion of culture change in nursing homes and reinvention based on task force recommendations.

Increased access to programs and services via a new website launched by the Michigan Office of Services to the Aging by 2015.

Enhanced protection of vulnerable adults by improving the Adult Protective Service program to offer timely assistance, comprehensive follow up and easy entry. Also, the state will work with financial institutions to further prevent financial exploitation and increase funding in this regard.

Creating an Age-Friendly Michigan via age friendly communities, access to transportation, volunteerism and support of an Older Adult Workforce as well as entrepreneurs. This would also include better trained health care providers, retirement planning, lifelong learning and utilizing senior volunteers for travel and recreation with our parks system.

To see the complete message, go to www.michigan.gov/snyder



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

Summertime & the Outdoors

We thought winter would never end, but now that the summer is upon us, it is time for some common sense reminders about how to enjoy summertime, safely.

While it is wonderful to be able to open windows to let the fresh air in, just remember not to leave them open when you are not around. Especially if you live on a lower level, do not leave your patio door unlocked when you are not there. While it is tempting to put saucers of milk and food out for stray animals, please remember that this food also attracts unwanted non domesticated animals.

Here at Presbyterian Villages of Michigan, residents can cook outside with supervised barbequing. This means that outdoor cooking may be done as part of a supervised group activity with proper fire safety measures in place. Individual barbequing is not allowed anywhere on the property. This is due to fire safety concerns.

Be aware of the strength of the sun and protect yourself by wearing a hat and loose clothing. Drinking enough water to stay hydrated is always a good idea. Sunscreen is a must when you are going to be in the sun any length of time.

This is also time of the year where temperatures can soar to levels that make it difficult to breath, especially if you have a breathing problem. If you are having trouble with your air conditioning, opening windows or any other air quality issue, be sure to contact your building's maintenance department.

Listen to your local radio station or TV station to learn of storms coming your way and stay inside in a windowless room if the local tornado sirens are going off. For most residents the inside of their bathroom or interior hallway is the safest place in the building. If you are not aware of your Village's emergency preparedness plans, ask your Administrator to provide you with the plan.

Summer is meant to be enjoyed and with a little preplanning, you can enjoy the summer safely.

Announcements

🇺🇸 **July 4th** –
Independence Day

Note: No Community Van on Friday, July 4th

Community Room Events

- ❖ **July 2nd** –
Commodities Pick-up
- ❖ **July 3rd** –
Resident BBQ
- ❖ **July 6th** –
Birthday Celebration –
5:30pm
- ❖ **July 7th & 21st** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **July 22nd** –
Resident meeting –
1:00pm
- ❖ **July 23rd** –
Area Agency on Aging
Presentation – 1:00pm
- ❖ **July 24th** –
CentraCare “Sweet Treat”
– 1:00pm
- ❖ **July 24th** –
Bingo with Life EMS –
3:00pm
- ❖ **July 28th** –
Activities planning
committee meeting –
10:00am – All Welcome!!

Continued on page 5



Giving Matters.

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

Fundraising Update: We Need You!

As we reach the midpoint of the year, I wanted to share an update on our fundraising progress. Through mid-June, our generous donors have raised over **\$625,000** toward Village programs and projects – **THANK YOU!**

But we still need your help to meet, and hopefully exceed, a goal of \$3.1 Million this year to continue helping residents and seniors in surrounding communities. Your donation will help improve the lives of residents throughout all the Villages and below are a few examples of how your gift, small or large, could make an impact:

- Benevolence to help residents in emergency financial situations pay for utility bills, medical bills, hearing aids or other unexpected expenses
- Exercise equipment to enable residents like Harriette J. to lose 100 pounds and maintain a healthy lifestyle
- A bus so that residents like Carmen O. have reliable transportation to medical appointments or grocery shopping
- Resident activities, such as birthday celebrations and picnics, to keep residents like Carolyn W. socially active and engaged in the community
- And so much more

One opportunity to support residents is through a ticket or sponsorship to the **11th Annual PVM Foundation Gala, "Get Your Motors Running," on November 14th at COBO Center.** This fun, signature event is a great way to celebrate residents while raising funds to improve their quality of life.

To learn more about how you can make a difference or to make a gift, visit our website at www.pvmfoundation.org or call us at 248-281-2040. Thank you for supporting the PVM Mission!

Warm regards,
Paul J. Miller, CFRE



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.

IMPROVE YOUR CASH FLOW!



For more information, call Paul Miller at the PVM Foundation **248.281.2045**
www.pvmgifts.org



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

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

The Importance of Oral Health

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize.

Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis. As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk.

Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam. An annual checkup is vital to ensure that you are keeping your mouth healthy. Remember, oral health is important at any age.

Service Coordinator's Corner: Rebecca Ogradowski

Thanks to everyone who attended the Legal Issues Affecting Seniors presentation by Walling and Foster on June 10. I learned a great deal. My notes and the *Peace of Mind* booklets (with the blank forms for a will and Durable Power of Attorney forms) are available. Let me know if you need them.

The next presentation will be the Area Agency on Aging on July 23 at 1p. We will have great information about the services that you might be eligible for through their office. As always, we will have yummy snacks.

CentraCare will be coming out on July 24 at 1p to serve strawberry shortcake. Come to the Community Room for games and socializing, then stay for Bingo.

The following information came from Rep. Sean McCann. If you are interested in any of the events, one of your fellow residents might be, too. I can help to coordinate sign ups and transportation.

Have a fun 4th of July.

ChewBecca

COMMUNITY EVENTS (courtesy of Rep. Sean McCann)

Every Sunday in June, July and August

Concerts in the Park

Bronson Park (Rain location: First United Methodist Church)

4 p.m.

Saturdays in July

Kalamazoo Farmers Market

1204 Bank St.

For more information, call (269) 383-8761

July 11

Hot Night, Cool Glass

West Michigan Glass Art Center

Demonstrations from 5-9 p.m.

For more information, call (269) 552-9802

July 11-12

Art in the Garden & More

Stuart Avenue Inn Gardens

Friday from 5-9 p.m. and Saturday from 9 a.m.-4 p.m.

For more information, call (269) 342-0230

July 11, 18, 25

Lunchtime Live!

Bronson Park – Live Musicians, Retail vendors, Summertime Activities.

For more information, call (269) 337-8295

Continued from page 2

Announcements Continued

- ❖ **1st Sunday of the Month – 5:30pm – *Birthday Celebration*** for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am – All are welcome to attend.
- ❖ Last Saturday of the month "Give away day" and Social Gathering- 10am – 12:00pm
- ❖ 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 1st come 1st serve basis.
- ❖ Wal-Mart Bus – Every Monday – Pick-up is at 12:15pm

Birthday Celebration!

Madonna S.July 21st
 Arlo "Dunk" D.July 28th
 Shirley M.July 31st

*All who have a July Birthday ... We Wish you
 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.

The Village yard sale was a huge success!! Residents raised **\$503.20** to go towards our Friends & Family project of paving the service road. Congratulations to ALL of you who participated!! I want to **"Thank"** the following for your donations, participation and hard work: Mr. Powell's daughter; Sandra Praught's daughter – Janet; Precision Glass (Esther Polmanteers' son); Barbara Standisy; Lucy Buringham; Peggy Davidson; Rochelle, Thompson and Jane Rosner. Residents: Sandra Praught, Ann Main, Thema Bennett, Carol Lipski, Betty Zuidema, Earnestine Wiggins, Mary Jane Fink, Marilyn Heldt, Deanna Hendricks, Madonna Spence, Nadine Nash, Ron Sumner, Esther Polmanteer, Mary Ellen Bly, Madge Bourdo, Karl Kolb, Pearl Koning. Maintenance Tech - Joe King; Service Coordinator - Rebecca Ogrodowski.

A very special "Thank You" to Sage Grove board members Kim Middleton and Josie Howard-Wyne for donating the hot dogs,

buns, chips and soda for the sale. ... And those of you who purchased items and food ... **"Thank you!"** If I missed anyone, I apologize. Please know your participation was greatly appreciated!



We will be having our annual 4th of July resident BBQ on Thursday, July 3rd at noon. Thank you to PVM Foundation Activity Grant, for supplying the food for the BBQ.

This is going to be a great summer.

*Thank you,
 Paula Hager*

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walmart Bus EVERY Monday Pickup @ 12:15pm Main entrance	1 Movie Matinee 1:30pm “27 Dresses”	2 Commodities pick-up for those enrolled Games, Cards or Bowling 2:00pm in Comm. Rm	3	4 Independence Day Office Closed	5
6 ~ Birthday Celebration 5:30pm in Comm. Rm	7 Bible Study Group Meets 4 - 5pm in Cm Room Office Closed	8	9 Games, Cards or Bowling 2:00pm in Comm. Rm	10	11	12
13	14	15 Movie Matinee 1:30pm “Overboard”	16 Games, Cards or Bowling 2:00pm in Comm. Rm	17	18	19
20	21 Bible Study Group Meets 4 - 5pm in Cm Room	22 Resident Meeting – 1:00pm	23 AAA Presentation – 1:00pm	24 CentraCare Sweet Treat – 1:00pm “Bingo” Life EMS – 3:00pm in Cm Room	25	26 Give-Away-Day & Social Gathering 10am - noon
27	28 Resident Activity Meeting 10:00am	29 Movie Matinee 1:30pm “Yours, Mine & Ours”	30	31		

**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



Office Numbers

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Village Staff

Paula Hager
Administrator

Rebecca Ogradowski
Service Coordinator
Monday – Thursday – Phone: (269)382-9910
10am – 3pm

Joseph King
Maintenance Technician

MAINTENANCE EMERGENCY NUMBER: (269) 615-3804



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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