



# Sage Grove View



## Embrace the possibilities

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

July 2015

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## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to Rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center. Finally, the scam artists continue to call even during the

outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer!



The Village of  
**Sage Grove**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Sage Grove Friends & Family Donor's

**“Thank you! We couldn't do what we do with you!!”**

*2013-2014 Project completed: Pave Service Road  
2015 Project completed: Campus beautification – Village improvements*

- PVM Foundation – Grant awarded (remaining balance to pave service road)
- Lowes Home Center – W. Main, Kalamazoo
- American Legion Auxiliary unit #484
- Village of Sage Grove Residents – Multiple fund raisers
- Wyoming Asphalt
- The Honorable & Mrs. James Alexander

Ms. Helen Adams; Ms. Madge Bourdo; Ms. Cherry Brandon;  
Mr. & Mrs. Bob Bush; Mr. & Mrs. Brian Carnaghi;  
Mr. & Mrs. Steven & Debbie DeHaan; Ms. Dora Griffith;  
Mr. Jeffrey Hagen; Ms. Paula Hager; Ms. Marilyn Heldt;  
Ms. Deanna Hendricks; Mr. & Mrs. Joseph King; Ms. Pat Kiser;  
Ms. Pearl Koning; Mr. & Mrs. David and Debbie Llewellyn;  
Mr. & Mrs. Brent Middleton; Mrs. Rebecca Ogradowski;  
Ms. Esther Polmanteer; Ms. Sandra Praught;  
Mr. & Mrs. Jerry Sivak; Ms. Madonna Spence; Mr. Ron Sumner;  
Ms. Raquel Vergara; Ms. Earnestine Wiggins; Ms. Doris Wight;  
Ms. Clarajune Wiley

We would also like to THANK the following residents for their group donation of the additional shade tent for our village campus. ... **“Thank you!”**

Richard Arkins	Cheryl Hamilton	Karl Kolb
Sandra Praught	Ron Sumner	Barbara White

Please join us on **July 30, 2015 from 2:00 – 4:00pm** for our **“Donor Thank You Celebration.”** Come tour our Village and see how your donation's has improved our campus to benefit our residents.

## Announcements

### Community Room Events

- ❖ **July 5<sup>th</sup>** –  
Birthday Celebration –  
5:30pm
- ❖ **July 1<sup>st</sup>** –  
Commodities Pick-up
- ❖ **July 6<sup>th</sup> & 20<sup>th</sup>**  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **July 2<sup>nd</sup>**  
Annual 4<sup>th</sup> of July BBQ  
12:00pm – 2:00pm
- ❖ **July 16<sup>th</sup>** –  
Bingo with Life EMS –  
3:00pm
- ❖ **July 16<sup>th</sup>** –  
Senior Project Fresh @  
Senior Services via  
Comm. Van
- ❖ **July 29** –  
Housecall Physicians  
Presentation 1:15pm
- ❖ **July 27<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am – All Welcome!!
- ❖ **July 30<sup>th</sup>** – F&F Donor  
“Thank You” Celebration  
2:00 – 4:00pm
- ❖ **Game Day** –  
Friday's at 3:00pm

See Calendar for more events

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## What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **Gifts that pay you income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (\_\_\_\_ percent of the residue of my estate) or (the sum of \$\_\_\_\_), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

We are so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.

Warm regards,  
Paul J. Miller, CFRE



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

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

### Let Your Garden Grow



What better hobby than one that creates life! Gardening not only makes the environment around you bloom into something even more beautiful, it also provides some great health benefits. Here are a few important benefits to keep in mind as you plant:

**Increases hand strength:** Gardening keeps hand muscles healthy and strong, because of the continuous work it requires. Try maintaining a garden to lower the risk of your hands losing their agility!

**Decreases risk of Alzheimer's disease:** In a study, researchers found that daily gardening was one of the biggest activities that reduced the risk of dementia. This may be due to the amount of learning and problem solving that goes into managing a garden.

**Improves immunity:** While working outside in your garden, your body is turning sunlight into vitamin D. Vitamin D can help your body fight off diseases, and can also alleviate depression. You can either choose to start plants from seed early in the season (6 weeks before the last frost) or buy starter plants any time during the summer. Pick out your favorites and watch them flourish!

## Service Coordinator's Corner: Rebecca Ogrodowski

Hello and welcome to another edition of SC Corner. This month, I will focus on a few areas of Service Coordination that might impact how we relate to each other. The first is about confidentiality. Since we are in a compact space with thin walls, I can't completely guarantee that others won't hear our conversations. In order to make that less likely, I will now be closing the door whenever someone is in my office talking about information that needs to be kept private. We can say, "Hi. How are you?" and such without doing that. As soon as we go beyond small talk, the door has to be shut. Out of respect for other residents and to protect your private information please shut the door. Thanks for working with me.

The second area is paperwork. Since we live in the United States of Paperwork (wink), I am required to do certain things to show the Hannan Foundation, PVM, and HUD that I am doing what I should. July 2015 is the first month of my new Paperwork Day policy. This means that I will be keeping an entire day free of appointments. You can still walk in with a quick question and make an appointment for a later time. This way, I will be able to follow up more quickly on your requests while staying focused on whatever we are working on.

Finally, since Paula's cubby has become the Beehive cubby, I have noticed that people have begun putting mail for Paula in my cubby. I don't mind passing things on to Paula. My concern is that I am part time, so my response to any item left in the box will probably be delayed. Please keep that in mind when putting things in "Service Coordinator" cubby.

**Upcoming Presentation: Housecall Physicians** – Wednesday July 29, 2015 at 1:15p

This often-delayed presentation has been rescheduled again. If you are looking for a doctor who does house calls and takes Medicare/Medicaid/MI Health Link, this provider might be just the option you are looking for. I have information and new patient forms in the office; just ask.

*Rebecca Ogrodowski, LLMSW*

Service Coordinator

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## Announcements Continued

- ❖ **1<sup>st</sup> 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 every other month "**Give away day**" and **Social Gathering** – 10am – 12:00pm ... Next give away day will be July 25<sup>th</sup>
- ❖ Movie Matinee – 1:30pm Tuesday – July 7<sup>th</sup> Tuesday – July 21<sup>st</sup>
- ❖ 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!

Madonna S. ----- July 21<sup>st</sup>  
 Richard A. ----- July 21<sup>st</sup>  
 Shirley M. ----- July 31<sup>st</sup>

*We Wish all who have July Birthday's a Fantabulous Day  
 and a Blessed Year!!*



### Administrator Column

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

Well, it's July and I can't believe how fast the summer is moving along. We have a lot going on with the many improvements in progress from our F&F projects. As we complete our project, mark your calendar for **July 30<sup>th</sup>, 2-4pm** for our **“Donor Thank You Celebration.”** We have a lot of people to thank for their many generous donations, hard work by all during the fundraising stages, completing projects, obtaining material donations, etc. It will be a great day to show off how beautiful our campus has become. We will have lite snacks, music and dancing if the music moves you. Please plan to join us, if you can. A good time is waiting.

**Thank you** to “PVM Foundation” for providing the food for our annual 4<sup>th</sup> of July resident BBQ. A great day was enjoyed by all.

If anyone would like to take over the “Malawi Project” mailing the empty plastic

medicine bottles, Deanna H. would be happy to pass on the mailing part of this project. Please see Paula in the office for more information and the mailing address. ... Thank you Deanna for bringing this great project to Sage Grove and the shipments you made. ...

I want to tell all of you wonderful walking people who have been taking advantage of our newly paved service road. It brings me great pleasure to see so many of you out and about walking on a regular basis. ... Don't forget for those in the walking club, to keep track of your laps so we can total everyone's miles at the end of summer. It will be fun to see how far the total miles will lead to. Date and time for end of summer walking club luncheon TBA at a later date. ... Walking is great! ☺

Lastly ... All you gardeners out there, your gardens are beautiful as always!! We have several community gardens that are posted. If you would like to help out, please do so. Community gardens are for the community; please only take what you will use.

*Paula Hager*

# July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Walmart Bus</b> <b><u>EVERY Monday</u></b> <b>Pickup @ 12:15pm</b> <b>Main entrance</b>	<b>Community Van runs on Tuesdays</b> <b>Need to sign up by 2pm the Monday before –</b> <b>Note: No van July 7<sup>th</sup></b>	<b>1</b> <b>Commodities pick-up for those enrolled</b>	<b>2</b> <b>Annual 4<sup>th</sup> of July BBQ</b>	<b>3</b> <b>Walking Club 9:30am – ALL WELCOME</b> <hr/> <b>Game Day 3:00pm in Cm. Rm</b> <b>Office Closed</b>	<b>4</b>     <b>Independence Day</b>
<b>5</b>  <b>Birthday Celebration 5:30pm in Comm. Rm</b>	<b>6</b>  <b>Bible Study Group 4 - 5pm</b>  <b>Office Closed</b>	<b>7</b>  <b>Movie Matinee 1:30pm – “You pick the movie”</b>  <b>Office Closed</b>	<b>8</b>	<b>9</b>	<b>10</b>  <b>Walking Club 9:30am</b> <hr/> <b>Game Day 3:00pm in Cm. Rm</b>	<b>11</b>     <b>No resident luncheon this month</b>
<b>12</b>	<b>13</b>	<b>14</b>  <b>Comm. Van running again on Tuesdays</b>  <b>Administrator in Detroit</b> <b>Office Closed</b>	<b>15</b>	<b>16</b>  <b>Sr. Project Fresh @ Sr. Srvs. Via <u>Comm Van</u> “Bingo”</b> <b>Life EMS – 3:00p in Cm Rm</b>	<b>17</b>  <b>Game Day 3:00pm in Cm. Rm</b>	<b>18</b>     <b>Crafts with Danielle 10am-12p in Cm Rm</b>
<b>19</b>	<b>20</b>  <b>Bible Study Group 4 - 5pm</b>	<b>21</b>  <b>Movie Matinee 1:30pm – “You pick the movie”</b> <hr/> <b>Administrator in Detroit</b> <b>Office Closed</b>	<b>22</b>	<b>23</b>	<b>24</b>  <b>Game Day 3:00pm in Cm. Rm</b>	<b>25</b>
<b>26</b>	<b>27</b>  <b>Resident Activity Meeting 10:00am – All are Welcome</b>	<b>28</b>	<b>29</b>  <b>House Call Physicians Presentation 1:15pm in Cm. Rm</b>	<b>30</b>  <b>Donor Thank you Celebration 2 – 4pm</b> <b>Open Campus</b>	<b>31</b>  <b>Game Day 3:00pm in Cm. Rm</b>	     <b><u>Note:</u></b> <b>“Friday’s” Walking Club meets at 9:30am</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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