



# Village News



## Embrace the possibilities

3501 Cherry Blossom/3300 County Farm Rd • Jackson, Michigan

August 2015

49201 • www.pvm.org

## Victory Cup Winners!

### Featured Articles

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*The Remember, no outside sprinklers at Spring Meadows I. BBQ grills are okay, if kept away from the building. Keep outside decorations tasteful! Please don't put your trash out before Wednesday night!*

Another win for the Villages of Spring Meadows I and II! Spring Meadows I, received the "Spirit Award" for a rousing song sung to the tune to "take me out to the ballgame!" Residents dressed in baseball caps and sports apparel and sang:

**We-e-E are the Spring Chickens, You-u better watch out, Relay and basketball, beanbags and more, Don't try to stop us you'll be on the floor and it's root, root, root for Spring Meadows, If we don't win it's a shame, Cause it's 2, 3, 4 years we've won our dear Victory Cup!**

The village of Spring Meadows II won the actual Victory cup! The puzzler was done in about 7 minutes, hoop shoot, paper airplanes, bean bag toss, and the others were done in some record times!

The days of the event were fun and included some "food" (of course) and a great deal of good times.



Medals and awards will be presented by Tom Wyllie on August 4<sup>th</sup> in the community rooms! We are planning the celebrations at 10 AM at SM1 and at 11 AM at SM2, plan to attend!

Huge thanks to Evalyn Fogg! Our energetic and enthusiastic 95 year old who participated in both events (they could only count her score for SM1), but she was there for SM2 in their hour of need!



Look for PVM on:



# Spring Meadows Inspections!

**Spring Meadows scored 100% on our CAP fund  
audit on July 20<sup>th</sup>!**

**Thanks to all for your help.**



**Spring Meadows 2**

**Burrito Lunch w/ rice beans and dessert**

**August 13 - Take out lunch**

**\$5 (call to sign up)**

Meet the Administrator Meeting for August :  
August 20<sup>th</sup>

**11:00 AM at SMII**  
**2:00 PM at SMI**

## Spring Meadows 2



**Inside**

**Garage Sale!**

**August 8**  
**9 - 4**



2136 Robinson Rd Jackson, MI  
49203

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# Danielle's Notes

## Seniors CAN Embrace Technology!!

I am not blind to the leaps and bounds that technology has taken over the last handful of decades. I am also aware that many of the now common advancements have been made in the last 15 to 20 years and many of our Resident's may not be familiar with or even may be confused by these tablets, smartphones and Wi-Fi. Don't fear! The days of needing to learn how to use a computer and mouse are now replaced with touch screens, smart phones, multi-purpose devices that with a little bit of getting used to, can make your daily life much easier – and safer! Today's technology can keep seniors engaged, connected, mentally active, and physically safe, making it increasingly important to keep in the high-tech loop. So what devices should seniors and those who love them have their eye on? Here are some ideas:

### •Tablets and iPads

From games that promote brain fitness to apps that track health information, a tablet can have a variety of positive impacts on your life! You can keep up with children, grandchildren and old friends using social media such as Facebook. You can view photos, listen to music, read entire books—plus the devices are lightweight, their touch screens are easy to use, and, important to note: **font sizes can be adjusted for easier reading**. There are all sorts of apps that can function as medication reminders, activity tracking, watching eating habits/tracking nutritional needs and scheduling doctor appointments. You can even get phone calling and texting apps for your tablet! I cannot recommend highly enough the value of a GOOD tablet. Keep in mind, NOT all tablets are made the same. The \$30 tablet you see at the drugstore is a \$30 tablet. A good device should cost around \$100-\$150 with prices rising from there. My personal tablet is a Samsung Galaxy Tab and I have been extremely pleased with its performance and ease of use.

### •Video and computer games

Yes, I said Video Games!! Whether it's a casino app on your tablet, Angry Birds, or Nintendo Wii, video games have been shown to improve cognition, mental agility, and even physical health for seniors. Studies have proven that the game Tetris (and other puzzle games) can actually hold off the progression of dementia! Keeping your brain engaged is what it's all about. If you have ever played it – there's an app for that! Euchre, Casino Games, Bingo, Puzzles, Phase 10, Monopoly... I could go on and on! Also, with games on the Wii, you are not only moving your body and engaging your brain, but also these multi-player video games promote social interaction.

### •Wireless internet also called Wi-Fi

Don't feel as if you're alone, I swear Wi-Fi comes from some kind of magic elves! I have no idea how on earth it works!! BUT – WOW do I ever love it!! Wi-Fi is fast and in many places free! If you have internet in your home, you can have Wi-Fi quite easily. If you do not and are not interested in having it, many coffee shops and restaurants have free Wi-Fi, as does both SM1 and SM2. Most of the technologies on this list wouldn't be possible without wireless internet. Even if an internet connection is not in your budget or on your interest list, many of the advantages to a tablet can be used 24/7 without a constant connection but occasional use of Wi-Fi.

### •Smartphones

A good smart phone functions much like a tablet but smaller and with the added feature of phone use. You can do many if not all of the functions of a tablet if you are happy with the smaller screen size. I personally prefer to have both and enjoy the larger size and ease of use I get with my Tablet. Smartphones certainly serve a great purpose. With their

automatic connection and lack of Wi-Fi requirement they may also help perform critical safety functions like emergency notifications and GPS locations. Telephones crucial to helping stay connected with friends and family, cell phone increase the ease and availability and smartphones go another step further in providing so many helpful programs. Much like tablets, not all smartphones are created equal. Have someone help you make a selection that meets your needs and expectations.

If you have questions or need help making some steps into the world of technology, please feel free to call me! I am more than happy to give some ideas for purchase or show you how to use that thing your daughter got you for Christmas! ;-)  
Much Love, Danielle.



## 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!

### **Diabetic Health Class**

**September 11, 2015**

**Spring Meadows II**

**10:00 AM**



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Hail to the Victors!

On Friday, June 26th PVM residents from across southeast Michigan converged in Pontiac to participate in the 10th Annual Village Victory Cup. The competition was fierce (but friendly) and there was a lot of spirit and energy displayed throughout the day. For the second year in a row the judges selected the Monarchs from the Village of Our Saviour's Manor as the winner of the Spirit Award. And for the second time in three years, the Stars from the Village of Westland captured the Village Victory Cup. Congratulations to the Monarchs and the Stars and to everyone who participated in this year's event. It was definitely one to remember.



**The Bizzv-B's!**

And while the Villages in SE Michigan were battling for the Village Victory Cup, Villages located 100 or more miles from the PVM Home office battled for the Virtual Village Victory Cup. This year a record 66 residents from 7 Villages participated in the 5th annual rendition of this event. When the final scores were tallied the Bizzv-B's from the Village of Spring Meadows II emerged victorious. The Spring Chickens from the Village of Spring Meadows I captured the Spirit Award.



**The Spring Chickens!**

Though the dust has barely settled on this year's event, it's already time to mark your calendar for next year. The date of the 2016 Village Victory Cup is Friday, June 24th.

## Hope to see you there!

*Congrats to Spring Meadows II  
39 of 40 satisfaction surveys returned!  
Party to celebrate the success on 8/6/2015  
11:30 AM – food and prizes!*

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

**John Lubbock**

\*\*\*\*\*

Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds.

**Regina Brett**

\*\*\*\*\*

Long stormy spring-time, wet contentious April, winter chilling the lap of very May; but at length the season of summer does come.

**Thomas Carlyle**

# Catered Lunch

Steve Rice will be cooking for us again in August!  
The catered lunch is great! Yummy homemade food at very reasonable prices!

**Catered Lunch**  
**Spring Meadows I, Community Room**  
**August 21st**  
**11:30 AM**  
**Lasagna, Garlic Bread and Dessert**

***We Deliver! Just \$6!!***

PLEASE.....  
Don't feed the Wild  
Animals!

***Residents learning at our Matter of Balance class.***



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

\*\*\*\*\*

I'm obsessed with frozen yogurt because you don't feel totally guilty eating it. It's not as bad as ice cream, and during the hot summer months, it's a great way to just refresh.

[Caroline Sunshine](#)

\*\*\*\*\*

We can make a commitment to promote vegetables and fruits and whole grains on every part of every menu. We can make portion sizes smaller and emphasize quality over quantity. And we can help create a culture - imagine this - where our kids ask for healthy options instead of resisting them.

[Michelle Obama](#)

\*\*\*\*\*

Dancing is a very healthy thing to do for our body.

[Yoko Ono](#)

# August at Spring Meadows

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

BALLOONS  
 FAIRS  
 HATS  
 PARADES  
 SHADE

BAREFOOT  
 FESTIVALS  
 HOT  
 PICNIC  
 SUMMER

CLOUDS  
 FUN  
 ICECREAM  
 RIBBONS  
 SWIMMING

**Have you tried "First Fruits" Groceries!**  
**If you live at Spring Meadows you automatically qualify!**  
**Great food Boxes at reduced prices!**

\*\*\*\*\*

**Meats from Prime Cuts \$25 or \$49**  
**Produce from Keyes Produce \$20 (choose from 2 boxes)**  
**Order forms at the office**  
**Pay with check or money order, orders can be placed at the office!**

## **Healthy Cooking Class**

**Spring Meadows I – 1:30 PM**

**Spring Meadows II – 3:30 PM**

**Wednesday August 12<sup>th</sup>**



**The Maintenance cell phone is for**  
**EMERGENCIES ONLY!**  
**Please don't call with regular**  
**Service calls ..CALL THE OFFICE.**

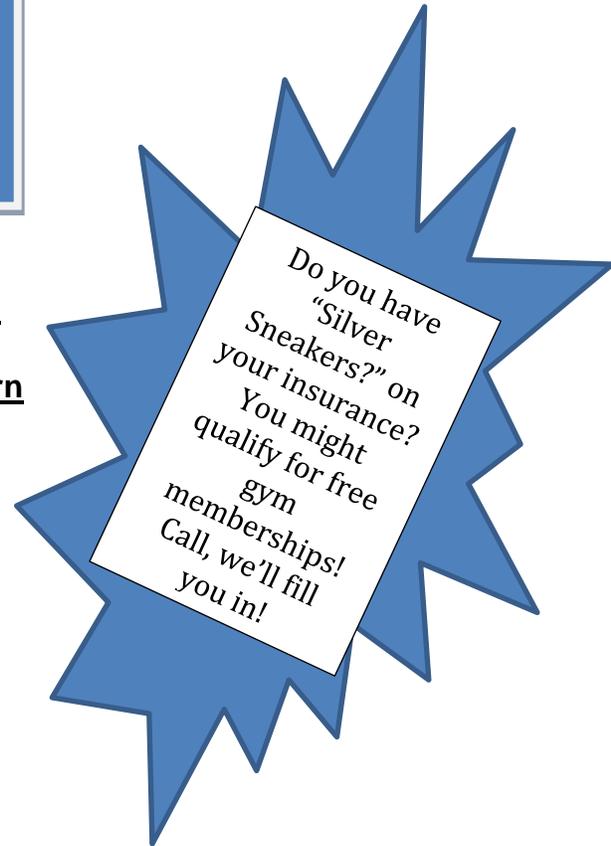
Birthday extravaganza is held every month at Spring Meadows II August 28th from 2 – 3 PM. Celebrating August Birthdays..... Everyone is welcome... cake, games and prizes) Thanks to Sherry from Faith Haven for the cake!

## June Birthdays

- Nicki Vance.....8/1
- Betty Yoder.....8/20
- Gerry Clark.....8/3
- Gayle Mason.....8/9

**Happy Birthday everyone!!**

**We are so glad you were born and choose to be a part of Our wonderful family!**



**Jackson County Fair**  
**Monday August 10<sup>th</sup> is Senior Citizen Day at the Fair**  
**Free Gate Admission to everyone over the age of 65**



I will try not to bore you to tears with “pageant” stuff, but it was a day I will never forget.

What an amazing experience it was (and still is). I am spending my weekends going to parades and festivals, Grand Openings, car shows, personal appearances and senior center appearances. The funniest thing for me is when someone asks me for my autograph!

The event was so special and I will never forget the moment they announced my name as the new Senior Ms. Michigan. The Director is a tiny little lady who wears bow ties or regular ties and tall boots. She is AMAZING! This was a first for me working with a professional on a show that brought in 250 people.

I met so many amazing ladies and really did have fun. If someone had told me 5 years ago that I would be singing and prancing around on stage, I would have called them a liar!

The most special part of it all was that 18 residents, board members, friends and PVM corporate staff were there (a total of 29 people were there for me). Everyone was crying! It was far more emotional than I ever expected it to be!

Now it is on to Senior Ms. America pageant. Not much chance of winning that one but I am excited



Francine, the director, is in the middle, four contestants and Rikki (works on the pageant) at a after rehearsal party.



My costume for “I feel Lucky”

I will now have a “Queen’s Tea” and I want to have it at Spring Meadows. Former Queens, the pageant director, the Michigan pageant Board members are all invited. Plus Spring Meadows Board Members, and some people from PVM corporate. I am planning it for September 18. I can’t invite everyone from Spring Meadows to the tea but I will have a sing up list and we will draw out names from the list (at random) and invite residents to

Join us for the tea. It should be a fun event and I hope to invite 15 to 20 residents to join in.

Last of all.... Thanks to all of you for yur support and kindness.... This happened because of you and I am so grateful!



First and second Runner up, Micki and Sherry.

My Gown with banner, crown and trophy! Felt like a Princess!



**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

**(517) 788-6679**

**(517) 788-7502**

### Village Staff

**Linda Sisco**  
*Housing Administrator*

**Rae Stachnik**  
*Assistant Administrator*

**Bruno Trout**  
*Maintenance Lead*

**Tom Leach**  
*Maintenance Tech*

**Danielle Leithauser -788-5519**  
*Service Coordinator*

**EMERGENCY NUMBER**

**(517) 748-1460**



**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  
**Spring  
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



**Presbyterian  
Villages**

OF MICHIGAN

SERVING SENIORS & COMMUNITIES

**Embrace the possibilities**



## Save the Date: Annual PVM Foundation Gala on November 13th!



**When:** Friday, November 13, 2015  
 5:30 p.m. Sponsor & Patron VIP Pre-Reception  
 6:30 p.m. General Cocktail Reception & Raffle  
 7:30 p.m. Dinner, Program & Entertainment

**Where:** COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

**Cost: \$250 Individual Ticket\*** includes General Cocktail Reception, Dinner & Program  
**\$375 Patron Ticket\*** includes Private VIP Pre-Reception, Prime Seating at Dinner & Program  
 (\*Estimated Fair Market Value: \$125/ticket)

PVM employees can purchase tickets through payroll deduction (form is due no later than October 15). For more information, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org), or visit the "Events" page at [pvmfoundation.org](http://pvmfoundation.org).

Thank you for supporting PVM residents and I hope to see you on November 13<sup>th</sup>!

Warm regards, Paul J. Miller, CFRE

**Maybe money CAN grow on trees... \$**

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Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller  
**248.281.2045** [www.pvmgifts.org](http://www.pvmgifts.org)

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