



# Mill Creek Scoop



## Embrace the possibilities

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September 2016

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### The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

#### IF I WERE YOU

For most of us, we have had someone say this on many occasions in our lives, most likely from a parent or grandparent. Although great advice may be delivered in this message, it is important to note that young adults often want to forge their own way and may discount such sage advice. While observing many weddings and births recently, I was reminded of that popular saying: Mothers of the Groom should show up, shut up and wear beige. I told my son when he was married that I would honor the first two recommendations but would not wear beige since it is not my color! Actually, my son and daughter-in-law are very good about accepting advice graciously. I have learned to state: Here is some unsolicited advice for you to do with as you would like. That seems to soften the message.

One troubling drama I have observed over the years often happens in families of divorce. All too often I have observed parents place their children in the middle of their family drama and ruin their child's wedding day. We all need to remember that a wedding day or the birth of a child is their day. It is not a time for us to vent or to selfishly place our needs first. And keep in mind that we raised them to be responsible adults; so we need to have faith in their abilities. If we follow this plan of action we will be much closer to our children and grandchildren. Sharing in the joy of a wedding day or joining in a tea party with our grandchildren far outweigh the need to be right. One exception to this rule is if a child is in danger in any way.

Some grandparents find themselves raising grandchildren or spending a significant amount of time in helping to raise them. There are programs to assist you. Contact your local Area Agency on Aging, listed in the white pages, for information which can help to make this a good experience for you. Enjoy your family!



The Village of  
**Mill Creek**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## Time to choose—your home, or your health?

*Thanks to YOU, that's a choice seniors may not have to face.*

Too many hard-working Americans are just a health crisis away from financial ruin. Many have outlived their retirement earnings—the earnings they spent years working for. Many don't have a relative nearby or a place to turn if finances fail.

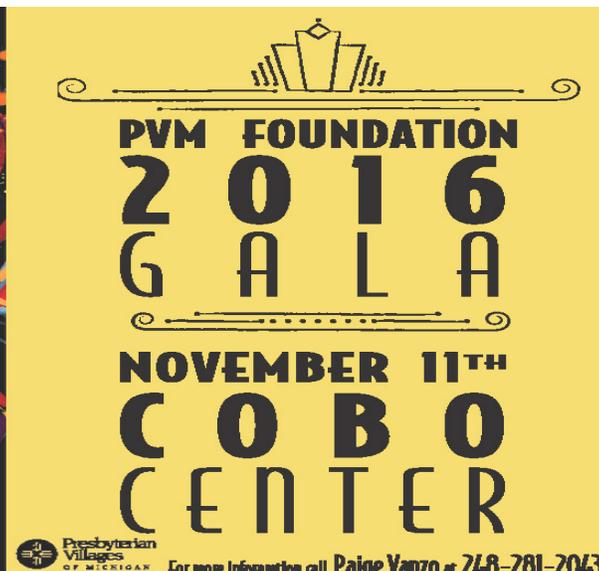
But they have hope. They have **YOU**.

Because of generous donors, the PVM Foundation can offer **Benevolence** and **Resident Assistance**.

These unwavering commitments help those who have outlived their financial resources. They ensure that residents can continue to have a home, get through an emergency, or simply afford basic medical needs—like glasses. **These programs would not be possible without the caring support of generous PVM donors.**

**Learn how you can give a senior hope and security in a crisis.** Visit [PVMF.org](http://PVMF.org) or call us at 248-281-2040.

Warm regards,  
Paul J. Miller, CFRE





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## A Living Memorial

During a recent visit to the Village of Sage Grove in Kalamazoo, Administrator Paula Hager took me for a stroll through their community garden to see their newly planted Living Memorial Tree. The idea for the tree sprang from a comment Paula overheard during the funeral of a resident who had recently died. Reflecting on the person who had passed, she heard someone remark, "we should plant a tree." That simple comment put into motion what this spring and summer became a community wide effort to create an accessible space on the Sage Grove campus to honor the residents who spent the last years of their lives at the Village.



A local supplier provided the concrete for the walkway; a local contractor provided the labor to build the walkway; and a local nursery provided the tree. Others donated anonymously to the project. In the end, the Village of Sage Grove did more than just plant a tree. They mobilized the community; built a lasting memorial to past residents and created a space for current residents and others to renew themselves spiritually. When it comes to wellness, you hear a lot about body and mind but seldom hear about spirit. That's why I decided to share the news about Sage Grove's Living Memorial Tree with you. If you would to learn more about the project you can reach Paula at (269) 567-330 or via email at [phager@pvm.org](mailto:phager@pvm.org).



## Service Coordinator's Corner: Janice

McPhail

### HELPFUL HINTS

**If** you have a sprain or a break always use ice. (Take a towel and get it wet then lay it flat inside a plastic bag and put in the freezer). This will conform to leg, arm and etc. without the ice which can be very uncomfortable.

**Use** heat on sore muscles after having done some heavy lifting or just being out of shape. (If you don't want to spend a lot of money you can go to the dollar store and get "assure" extra strength.

**Be** sure to check out the frozen fruits at the dollar store and also the spices. It's always fun to save money\$!

**Use** only natural sweeteners like Stevia.

**Fish** oil is good for your heart and also reduces inflammation; always check to see if it is mercury free.

**Do not** fry or cook with olive oil on high heat as it can become toxic to your system. Instead, choose oils such as canolia and sunflower oil.

**Do not** use nutra-sweet this is linked to some cancers, toxic to eyes and if you are trying to lose weight, forget it.

**Coconut** oil is available in a 30 oz jar at Big Lots for around \$4.00.

**Keep** your mind active and socialize..do not gossip but talk about things that you are doing and things you have learned and share things like recipes and how to do lists: What are some of the summer drinks you like, have you tried fruit in certain things that you like (cereal, smoothies & etc.)?

**Make** yourself a small case to carry in your car or in your purse. In the case put a toothbrush, small toothpaste, denture cream, a small container filled with baby wipes, small bottle of mouthwash, a small deodorant, a small can of hairspray, hand lotion and etc. Really, put in there anything that would be of service to you when you are out and away. These are just some of the things that came to mind when I am going to be out and away from the house and it has come in very handy.

**If** you enjoy reading things like this or you would like for me to put your suggestions, questions, or comments in our newsletter, let me know. Thank you for reading this and hope you enjoyed it!

**Janice McPhail**  
Service Coordinator

## Announcements

### ❖ Resident Activity Meetings

The resident activity committee meets the 3rd Tuesday of every month in the community room from 3-4pm

### ❖ Bible Study – Every Friday

2pm in the community room

### ❖ BINGO - is held in the community room the last Thursday of Every month at 2pm

### ❖ Health Screening & Exercise Group –Every Wednesday at 10:30a.m. located the community room

### ❖ MMAP –Medicare/Medicaid Q&A session Wednesday, Sept. 14<sup>th</sup> 2-3pm

## SEPTEMBER BIRTHDAYS

**Marilou Mitchell – 9-20**



Join us in Sept. 19 at 3pm in the community room for our quarterly birthday celebration!

## Administrators Column

On November 11<sup>th</sup> 2016 PVM will host its annual Gala!

I have attended the Gala the past few years; I must say I totally enjoy it every year. It is a night filled of, good food, good people and a great cause to support seniors!

This year I am pleased and very excited to announce, for the first time ever Mill Creek will have two residents attending the Gala! Pearlie Brady and Gentry Hammons, both serve on the resident activity committee and are very involved at the village. They are both so excited and proud to be attending this event. They are both so thankful for the opportunity to be part of this event. This will truly be a night they remember forever! Look for pictures and stories from Pearlie and Gentry in our December newsletter!

**THANK YOU!** Phyllis and Dick Rabbideau for making it possible.

Sincerely,  
Jennifer Bouchard  
Administrator

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Bible Study 2pm	3
4	5 Labor Day Office Closed	6	7 Health Screening/ Exercise 10:30am	8 Resident Community Meeting 1-2pm	9 Bible Study 2pm  Game Night 6pm	10
11	12	13	14 Health Screening/ Exercise 10:30am  MMAP – Medicare/Medicaid Q&A 2-3pm	15	16 Bible Study 2pm	17
18	19	20 Resident Activity Meeting 3-4	21 Health Screening/ Exercise 10:30am	22	23 Bible Study 2pm	24 Game Night 6pm
25	26	27	28 Health Screening/ Exercise 10:30am	29 BINGO 2pm	30 Bible Study 2pm	

**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

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### Village Staff

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*Administrator*

**Janice McPhail**  
*Service Coordinator*  
Phone: (269) 965-4058

**Joseph Stokr**  
*Maintenance Technician*

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**MAINTENANCE EMERGENCY NUMBER: (269) 967-0002**



**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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