

Sage Grove View

Embrace the possibilities

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

January 2014

Featured Articles

For Your Safety pg. 1

Recipe 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



For Your Safety.

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

Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid,

unless needed to support tax filings

- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997.

More information can be found on the government web site www.USAGov.gov/
[Managing Household Records](#)



The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Easy Shepherd's Pie Recipe

Prep time: 10 minutes Cook time: 50 minutes Yield: Serves four

Ingredients

- 1 1/2 lbs. ground round beef
- 1 onion chopped
- 1-2 cups vegetables - chopped carrots, corn, peas
- 1 1/2 - 2 lbs. potatoes (3 big ones)
- 8 tablespoons butter (1 stick)
- 1/2 cup beef broth
- 1 teaspoon Worcestershire sauce
- Salt, pepper, other seasonings of choice

Method

- 1** Peel and quarter potatoes, boil in salted water until tender (about 20 minutes).
- 2** While the potatoes are cooking, melt 4 Tablespoons butter (1/2 a stick) in large frying pan.
- 3** Sauté onions in butter until tender over medium heat (10 mins). If you are adding vegetables, add them according to cooking time. Put any carrots in with the onions. Add corn or peas either at the end of the cooking of the onions, or after the meat has initially cooked.



- 4** Add ground beef and sauté until no longer pink. Add salt and pepper. Add Worcestershire sauce. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.

- 5** Mash potatoes in bowl with remainder of butter, season to taste.



- 6** Place beef and onions in baking dish. Distribute mashed potatoes on top. Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the potatoes as well.

- 7** Cook in 400 degree oven until bubbling and brown (about 30 minutes). Broil for last few minutes if necessary to brown.

Ref: www.Simplyrecipes.com Recipe by: Elise Bauer; 04-06-2006

Announcements

- ❖ January 1st – New Year's Day – Office Closed
- ❖ January 20th – Martin Luther King Jr. Day – Office Closed

Community Room Events

- ❖ January 8th – Commodities Pick-up. Announcement will be made when ready
- ❖ January 6th & 20th – Bible Study Group 4:00 – 5:00pm
- ❖ January 8th – Making Choices Presentation– 1:00pm.
- ❖ January 23rd – Bingo with Life EMS – 2:30pm
- ❖ January 27th – Activities planning committee meeting – 10:00am
- ❖ January 18th – Crafts 1:00pm in Comm. Room
- ❖ January 25th – Social Gathering and “Give away day” all items are free.

Continued on page 5



Giving Matters.

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

Statewide Comprehensive Campaign Reaches \$13.6M For Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM's strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project.

I am also happy to report that in 2013, the PVM Foundation awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities
- And more!

None of this could be accomplished without the continued support of our donors, *so thank you for all you do to further PVM's mission!*

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. We wish you a happy new year filled with good health, peace and joy!

Warm regards,
Paul J. Miller, CFRE

DON'T BREAK THE BANK!
Secure a fixed rate annuity to generate income for life!

IMPROVE YOUR CASH FLOW!



Key Features

- 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.

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

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

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**

The Power of Volunteering

With the arrival of the New Year, many of us will use it as an opportunity to make a fresh start.

We'll re-examine our lives, establish new goals, and resolve to make this year the best one yet. To that end, something you may want to consider doing this year is becoming a volunteer. While most of us volunteer without expecting to get anything in return, research has recently revealed that along with providing a societal benefit, volunteering provides direct health benefits to those who volunteer. Compared to their non-volunteering peers, volunteers have lower rates of depression, greater functional ability, and lower mortality rates. And though it may be true that healthier individuals may be more likely to volunteer (thus accounting for these differences), the evidence suggests that volunteering itself can actually lead to improved health, both physically and mentally. This seems to be particularly true for adults who volunteer at least 100 hours per year and are 60 years of age or older. So, the next time you're looking for a way to improve your health, consider volunteering.

There are plenty of organizations in need and plenty of opportunities available. A good place to start looking is www.VolunteerMatch.org. Simply follow the link.

Proverbs 11:25 "Generous persons will prosper; those who refresh others will themselves be refreshed"

(Common English Bible translation)

Service Coordinator's Corner

This month, I would like to focus on one of my favorite topics – diversity.

Those who came to the Service Coordinator Meet n Greet last month have experienced diversity in action. We gathered in a room and took turns sharing a personal tidbit that others might not know. While some people talked about their families, others chose to discuss work experiences or tell the rest of us where they have lived. No two people had exactly the same idea of what information to put out there.

In the two months I have been at Sage Grove, I have met people with varied talents, interests, and needs. Some enjoy reading. Others like to bake. We have volunteers and puzzle solvers. Musicians live alongside military veterans and ministers. At times, one individual's tendencies might butt up against a neighbor's. This is a routine part of life in a world where me being me can sometimes irritate you.

Let's look a little deeper into what diversity is. The comprehensive definition below comes from the University of Oregon,

"The concept of diversity encompasses acceptance and respect. It means understanding that each individual is unique, and recognizing our individual differences. These can be along the dimensions of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies. It is the exploration of these differences in a safe, positive, and nurturing environment. It is about understanding each other and moving beyond simple tolerance to embracing and celebrating the rich dimensions of diversity contained within each individual."

(See

<http://gladstone.uoregon.edu/~asuomca/diversityinit/definition.html>
for more information)

Those words boil down to two basic ideas: each of us is unique and that's a good thing. I gotta be me and you gotta be you. Everyone else is taken.



We could spend our time thinking about the things that separate. That's always an option. The other end of the spectrum is the old saying, "Can't we all just get along?" Both poles have a point.

However, the space between the two holds the potential for a lot of exploration. We can take some time to listen to each other and think about where (literally and figuratively) our fellow humans are coming from. This is the heart of diversity and the nature of being alive in this widely varied world of ours.

Rebecca

Continued from page 2

Announcements Continued

- ❖ 1st Sunday of the Month – Gospel music sing-along – **5:00pm**; Followed by *Birthday Celebration* for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am
- ❖ Last Saturday of the month "Give away day" and Social Gathering – 10am – 12pm
- ❖ 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!

Deanna H.January 5th
Gary B.January 13th
Cheryl B.January 17th

*To All who have a January Birthday ...
Wishing you a Great Day and a Blessed Year.*



Administrator Column

"Let our New Year's resolution be this:
We will be there for one another as
fellow members of humanity, in the
finest sense of the word."
— Goran Persson

Happy New Year! 2014 is going to be a
Great year.

I want thank everyone for coming out
for our Holiday dinner it was a great
success! I so enjoyed visiting with
everyone one and the food was
fabulous. Thank you everyone who
helped with the cooking, serving, and
clean up. This was truly one of our best
dinners so far. Thank you once again
to Presbyterian Villages of Michigan
Foundation for providing the majority of
the dinner via the resident activity grant
received for 2013. Your generosity is
greatly appreciated by all.

The winner of the favorite decorated
Holiday door was Sandra Praught, unit
#103. Thank you everyone who got out
and cast your vote.

As we continue to receive an abundance of
snow, please remember to dress warm and
wear proper footwear when venturing out
of doors. ... Safety first!!

I hope you all enjoyed the holidays.
Wishing you a Blessed and Happy New
Year.

Best Wishes,

Paula Hager
Administrator

Calendar

Events for January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ~ Office Closed New Year's Day	2	3 ~ Comm. Van	4 ~
5 ~ Gospel Sing-Along 5pm – in Comm. Rm. ----- Birthday Celebration's 5:30pm in Comm. Rm.	6 Bible Study Group Meets 4 - 5pm in Cm Room	7	8 Commodities pick-up for those qualified ----- 1:00 PM Making Choices Presentation	9	10 Comm. Van	11
12	13	14 Movie Matinee 1:30pm in Comm. Rm.	15	16	17 Comm. Van	18 Crafts – 1:00pm in Cm Room
19	20 Bible Study Group Meets 4 - 5pm in Cm Room ----- Office Closed Martin Luther King Jr. Day	21	22	23 “Bingo” Life EMS – 2:30pm in Cm Room	24 Comm. Van	25 “Give Away Day” & Social Gathering – 10am-12pm – ALL items Free
26	27 Activity Planning Committee Meeting 10:00am in Comm. Rm.	28 Movie Matinee 1:30pm in Comm. Rm.	29	30	31 Comm. Van	

**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

**Phone: (269) 567-3300
Fax: (269) 381-6733**

Village Staff

Paula Hager
Administrator

Rebecca Ogrodowski
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



**214 S. Sage Street
Kalamazoo, MI 49006**

Embrace the possibilities