



Sage Grove View



Embrace the possibilities

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

October 2014

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No Senior Advocate article this month. ... The following is submitted by resident Deanna H. – Author unknown. ... A little something to make you smile 😊

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I get older.

One of my favorite places to be is in Suspense! It really get the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

Sometimes I think I am in Vincible, but life show me that I am not.

~~~~~

GOOD!  
BETTER!  
BEST!

Never let it rest  
Until your good is better  
And your better is best...

Thank you Deanna 😊



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

### 2014 Resident Satisfaction Survey

Thank you to the 1,316 residents and families across Presbyterian Villages 25 Villages who took the time to respond to the 2014 Resident Satisfaction survey. Those surveys, plus your written comments, provided us with valuable information concerning what we are doing right and where improvements need to be made. Your administrator, after reviewing the results, will develop steps to improve in key areas that you have indicated are important to you. The results of the survey as well as action plans will be shared with residents, families, board members and staff. Measureable goals are set along with a touch points throughout the year to see what progress is being made.

An important aspect of feedback to residents and families is an explanation of why we can or cannot act on their concerns. For example if a resident at an affordable housing site offered the observation that their rent is too high, we can pass that information along to HUD and MSHDA, but we cannot change how rent is calculated. If however residents do not feel they have received value for their rent money, that is an area we can do something about. The first step would be to find out from the residents what would more value look like to them. In both instances, an explanation is in order.

Communication between administrators and residents is an ongoing process, not just at survey time. It is important that when the 2014 survey results are presented at your Village you attend the resident meeting to discuss the results. Perhaps your administrator needs some clarification on a particular issue or can offer a more detailed explanation as to why something is the way it is. When people work together for the common good, much can be accomplished. The one thing that comes through on both the employee and resident surveys is that we care about each other, which is a great place from which to start.

Presbyterian Villages of Michigan is committed to Service Excellence and the four pillars of: Respect, Relationship, Accountability and listening. You have spoken and we are listening. Together we can accomplish great things.

## Announcements

**Note:** No Community Van until we find another driver.

### Community Room Events

- ❖ **October 1<sup>st</sup>** –  
Commodities Pick-up
- ❖ **October 5<sup>th</sup>** –  
Birthday Celebration –  
5:30pm
- ❖ **October 11<sup>th</sup>** –  
Resident Dinner  
12:00pm
- ❖ **October 6<sup>th</sup> & 20<sup>th</sup>** –  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **October 7<sup>th</sup>** –  
Kalamazoo Senior Expo  
Fair Grounds on Lake St.  
9:00am – 3:00pm
- ❖ **October 16<sup>th</sup>** –  
Board Meeting  
9:30am – 11:00am  
Community room Closed
- ❖ **October 16<sup>th</sup>** –  
Bingo with Life EMS –  
3:00pm
- ❖ **October 27<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am – All Welcome!!
- ❖ **Craft Sale** –  
November 1<sup>st</sup> – watch for  
flyer with more info.

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## Giving Matters.

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

### Support Future Residents *and* Generate Income for Life!

Did you know that there are other ways you can support your PVM Village besides writing a check? You can leave a legacy for future residents through a planned gift to the PVM Foundation, like a charitable gift annuity.

A charitable gift annuity is an agreement between a donor and PVM where the donor makes a gift to PVM. In exchange, the donor receives **fixed payments for life** with as high as a 9% rate of return, depending on the donor's age. You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big difference.

With your gift, you can help improve the lives of future residents at your Village in so many ways, such as through Benevolence to help residents in emergency financial situations or fitness programs like *A Matter of Balance* to reduce falls.

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 Charitable Gift Annuities and Calvin Society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you to all our donors who support the PVM Mission and make a lasting impact on future residents!

Warm regards,  
Paul J. Miller, CFRE

**Presbyterian Villages of Michigan Foundation**  
presents its 11th annual Gala

*Get Your Motors Running!*

*Friday, November 14, 2014*  
COBO Center, Detroit

**Sponsorship Packages Available!**  
Patron Tickets \$375  
Individual Tickets \$250

For more information, contact PVM Foundation at 248.281.2040 or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)

**5:30 p.m.**  
VIP Pre-Reception & Raffle Preview  
(Sponsors & Patron Tickets only)

**6:30 p.m.**  
General Reception & Raffle

**7:30 p.m.**  
Dinner, Program & Entertainment



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

By Tom Wyllie,  
Director of Wellness

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

### Bullying and RESPECT

When you think of the word 'bullying,' your mind may go back to the days on the schoolyard playground, in high school halls, or even in the professional workplace. Bullying, however, can occur at any time and any place in a person's life including our later years. Although it is a growing problem, we can take effective steps toward addressing the issue and perhaps redefine what bullying means.

Bullying can take on many forms which may include name calling, gossiping, insults, racial slurs, shunning, belittling jokes, bossy behavior, invading personal space, spreading rumors, making fun of physical or mental disabilities, making offensive gestures or facial expressions, and engaging in mental and/or physical abuse. It can lead to reduced self-esteem, feelings of rejection, fear and anxiety, depression, suicidal thoughts or actions, self-isolation, increased stress, negative changes in eating and sleeping habits, and negative effects on activities of daily living.

To bully is to essentially disrespect your peers.

There are steps YOU can take to prevent and stop disrespectful thoughts and actions. Everyone can practice RESPECT:

- **Recognize** others for who they are and appreciate their differences
- **Energize** your environment; make it welcoming for others
- **Support** and uplift the spirit of your peers
- **Practice** empathy; put yourself in their shoes
- **Expand** your social network, connect with your peers
- **Communicate** with kind words and gestures
- **Treat** others how you would want to be treated

## Service Coordinator's Corner: Rebecca Ogradowski

This month, I have several topics for SC Corner. They are: volunteers from Western Michigan University, my one year anniversary with PVM, and educational presentations

**Volunteers** – as most of you know, we had two student volunteers from Western's Global Studies program start working with us this week. Brittany and Kyle will be here on Monday and Wednesday mornings, from 10a – 11:15 to 11:45a. Fridays are also possible, if needed. Both should be with us until the middle of December.

They are available to help with a wide variety of activities. Health (including diet and exercise), computers, and scrapbooking are the most common focus areas. If you are interested in getting to know them and working together, please let me know and/or come to the Community Room at the times given above. Thanks to those of you who have participated so far.

**Anniversary** – This month is my one year anniversary as the Service Coordinator here. I have enjoyed getting to know you and finding ways to help you with your needs. We have an interesting and varied group of people living at Sage Grove. If you want to talk, feel free to come to my office. If I am not there, you can leave me a message. Service Coordination brochures are available for your reading pleasure.

A couple of notes about my role and responsibilities seem appropriate. For those of you who are active with me for Service Coordination, we will be reviewing and revising your assessments. This is done every year to help us to see where you are functioning well and how we can find ways to improve your life. If you have opted out of Service Coordination, I am required to offer services to you once a year (close to the anniversary of the original decision). You are free to continue to decline and, also, to change your mind at any time if your life changes. 😊

Though I try my hardest, I can't always provide what you want. Sometimes that is because of confidentiality (yours and/or someone else's) or the rules of PVM, HUD, and the Hannan Foundation. Please keep that in mind if I have to tell you, "I can't" at some point.

**Presentations** – last month's presentation was by Aaron from the Kalamazoo County Veterans Service Office. The feedback I received has been good. I am glad that he came and helped our community (and guests from Westland Meadows) to connect with the benefits due to service members.

The October presentation will be on the 7<sup>th</sup> at 12:30p in the Community Room. Senior Nursing Care Services will share information about their organization and do some simple health checks. Free snacks and drinks, as always. If you can come, please do.

I am working on other presentations by Gryphon Place/2-1-1 (information and referral for resources), CentraCare, and a dietician. If there is a specific topic you would like to learn about, tell me and I will look for someone to present.

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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 of the month "Give away day" and Social Gathering- 10am – 12:00pm
- ❖ Movie Matinee – 1:30pm  
Tuesday – October 7<sup>th</sup>  
Tuesday – October 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!

Betty Z. ....October 17<sup>th</sup>  
To all who have October Birthdays ....

*We Wish You Great 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.



This gorgeous lap blanket was hand made by resident Carol L. She is selling tickets for the drawing to be held on November 1<sup>st</sup> at the Craft sale. All proceeds will go toward our Friends & Family project of paving our service road. Blanket measurements: 52”W by 52”L, color – Aran. If you wish to get a ticket, please see Carol in apartment #204 ... Thank you Carol for your hard work, it’s beautiful!!

Next month is Thanksgiving. Madonna S. will be cooking again for those without plans for the holiday. Please watch for sign-up sheet in the lobby (closer to November), so she’ll know how many to cook for.

Our annual Halloween party will be on October 31<sup>st</sup> from 1:00 – 3:00pm. Costumes welcome, but not required. I hope you’ll join in the fun, get to know our new residents and have a few laughs.

It’s that time of year again. If you have not already gotten your Flu shot, you may want to consider doing it soon. Better to be safe than sorry. ... I got mine, have your gotten yours?

We will be putting the BBQ grill away for the season within the next few weeks. If you want to use the grill, there is still time.

I want to **thank** everyone for all you do for our Village. Those of you who take care of the kitchen, the library, plan activities, bring in entertainment, donate your time and items to the local mission and food bank ... what you do Matters!! ... Thank you!!!

*Paula Hager*

# October 2014

| Sunday                                                       | Monday                                                                                              | Tuesday                                                            | Wednesday                                                 | Thursday                                                                                                       | Friday                                                                                             | Saturday                                                             |
|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
|                                                              | <b>Walmart Bus</b><br><b><u>EVERY Monday</u></b><br><b>Pickup @ 12:15pm</b><br><b>Main entrance</b> |                                                                    | <b>1</b><br><b>Commodities pick-up for those enrolled</b> | <b>2</b>                                                                                                       | <b>3</b><br><b>All unit inspections, battery &amp; furnace filter changes</b><br><b>9am–3:30pm</b> | <b>4</b>                                                             |
| <b>5 ~ Birthday Celebration</b><br><b>5:30pm in Comm. Rm</b> | <b>6 Bible Study Group Meets</b><br><b>4 - 5pm in Cm Room</b>                                       | <b>7 Movie Matinee</b><br><b>1:30pm</b><br><b>“Curly Sue”</b>      | <b>8</b>                                                  | <b>9</b>                                                                                                       | <b>10</b>                                                                                          | <b>11 Resident Dinner</b><br><b>12:00pm in Comm. Room</b>            |
| <b>12</b>                                                    | <b>13</b><br><b>Columbus Day</b>                                                                    | <b>14</b>                                                          | <b>15</b>                                                 | <b>16 Board Meeting</b><br><b><u>9:30–11:00am</u></b><br><b>“Bingo” Life EMS –</b><br><b>3:00pm in Cm Room</b> | <b>17</b>                                                                                          | <b>18</b>                                                            |
| <b>19</b>                                                    | <b>20 Bible Study Group Meets</b><br><b>4 - 5pm in Cm</b>                                           | <b>21 Movie Matinee</b><br><b>1:30pm</b><br><b>“The Game Plan”</b> | <b>22</b>                                                 | <b>23</b>                                                                                                      | <b>24</b>                                                                                          | <b>25 Give-Away-Day &amp; Social Gathering</b><br><b>10am - noon</b> |
| <b>26</b>                                                    | <b>27 Resident Activity Meeting</b><br><b>10:00am</b>                                               | <b>28</b>                                                          | <b>29</b>                                                 | <b>30</b>                                                                                                      | <b>31 Halloween Party</b><br><b>1:00 – 3:00pm</b><br><b>Halloween</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)



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Kalamazoo, MI 49006**

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