



# Sage Grove View



## Embrace the possibilities

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

October 2015

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The Village of Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### TOTAL SOLUTIONS FOR AGING WELL

PVM is in the midst of our 70<sup>th</sup> Anniversary. We have been known as innovators since the beginning and continue to provide creative solutions for enjoying life to the fullest. If you are a PVM resident, a caregiver, or simply a senior who is wanting to remain where you are safely and securely, we have a new service to help you or a loved one. We have piloted a program at The Village of Westland for five years with high customer satisfaction and are now launching it to all of our Villages as well as entire communities throughout Michigan. The program is called CareSync Solutions and is already receiving rave reviews. It is a joint venture between PVM and Homestead Home Health Care Services, our partner in the Westland pilot.

innovative approach combines time-tested talents and the latest technology to meet the needs of any individual, family or community. Whether it's transportation, telehealth, home repairs, or meal preparation, CareSync's experienced staff will work tirelessly to meet your needs and keep you healthy at home.

Sometimes just a little help can keep oneself on a good path of health and longevity, as well as the ability to remain independent. If you would like to know more about these services, call (248) 773-4550 or check out the website at [www.caresyncsolutions.org](http://www.caresyncsolutions.org). For PVM residents, you can also talk with your Village staff.

Whether you are looking for the comprehensive medical care that will help you stay in your home, or the stress-reducing personalized assistance that will help make your life a little easier, CareSync Solutions'

We wish all of our readers the chance to live life to the fullest in the setting of your choice.

### Look for PVM on:



## Birthday Celebration!

Cheryl H. ----- October 13<sup>th</sup>

Toni B. ----- October 24<sup>th</sup>

*We wish all who have October Birthday's a  
Fantabulous Day and a Blessed Year!!!*



## Announcements

### Community Room Events

- ❖ **October 4<sup>th</sup>** –  
Birthday Celebration –  
5:30pm
- ❖ **October 7<sup>th</sup>** –  
Commodities Pick-up
- ❖ **October 5<sup>th</sup> & 19<sup>th</sup>** –  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **October 10<sup>th</sup>**  
Resident Brunch  
12:00pm in cm. rm.
- ❖ **October 15<sup>th</sup>** –  
Bingo with Life EMS –  
3:00pm
- ❖ **October 15<sup>th</sup>** –  
Sage Grove Board Mtg.  
9:30am – 11:00am
- ❖ **October 15<sup>th</sup>** –  
Soldano Chiropractic  
Presentation 1:00 pm
- ❖ **October 26<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am – **All Welcome!**
- ❖ **October 30<sup>th</sup>** –  
Resident Halloween Party  
**2:00pm** – Costumes  
optional
- ❖ **Game Day** –  
Friday's at 3:00pm

See Calendar for more events

Continued on page 5



## Giving Matters.

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

### Celebrate PVM's 70<sup>th</sup> Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12<sup>th</sup> annual PVM Foundation Gala on Friday, November 13<sup>th</sup> at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70<sup>th</sup> anniversary with a special theme of "**70 & Still Making Waves.**" The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

**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 Reception, Dinner & Program

**\$375 Patron Ticket\*** includes Private VIP Pre-Reception, Prime Seating at Dinner & Program

(\*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation
- And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit [www.pvmfoundation.org/Gala2015](http://www.pvmfoundation.org/Gala2015). Thank you for supporting PVM residents and I hope to see you on November 13<sup>th</sup>!

Warm regards,  
Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION  
presents



**Sponsorship Packages Available!**

**Patron Tickets \$375**

**Individual Tickets \$250**

For more information, contact PVM Foundation at 248.281.2040  
or visit [www.PVMFoundation.org/Gala2015](http://www.PVMFoundation.org/Gala2015)

**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

**FRIDAY, NOVEMBER 13 • COBO CENTER, DETROIT**



# It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

## October is National Breast Cancer Awareness Month

Although breast cancer is the second leading cause of death among women, because of early detection and treatment an increasing number of women diagnosed with breast cancer are beating the disease. According to the American Cancer Society (ACS), when breast cancer is detected early and is in the localized stage, the 5 year relative survival rate is 100%. To detect breast cancer early, the ACS recommends that beginning at age 40 women have both an annual clinical breast exam (CBE) performed by their health care provider and an annual mammogram for as long as they remain healthy. It is important to remember that it is health status, not age that should determine whether or not to continue with regular mammograms. As long as you remain healthy and don't have a serious, chronic health condition you should continue getting an annual mammogram. And though mammograms aren't fool proof, they are an important tool in detecting breast cancer early. To learn more about the early detection and treatment of breast cancer, visit [www.cancer.org](http://www.cancer.org) and/or [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org).

The best protection  
is early **detection**

## Service Coordinator's Corner: Rebecca Ogradowski

The Michigan Department of Community Health is hosting a public forum (from 10a – 12p on October 20) on the subject of MI Health Link. If you have this coverage and would like to participate, I will be joining by phone and you are welcome to keep me company.

The Medicare policy requiring that a person be admitted to a hospital for three days before Medicare will reimburse the provider at the highest possible rate is being considered in Congress. It appears to have strong support in both houses for allowing all time spent in the hospital to be counted. Senator Stabenow, Senator Levin, and Representative Hoadley need to know how you feel about this issue.

Advocacy remains important. According to Leading Age Michigan, the budget for Medicare's home health payments could be cut by \$350 million dollars in 2016. That would mean major changes to services for people using Medicare to pay for this benefit. Senior housing (including the PRAC 202 program, which funds Sage Grove) is also dealing with cuts. In June, the United States House of Representatives passed H.R. 2577, which leaves the Section 202 program \$44 million short of the money needed to operate. The Senate passed a funding bill that is \$16 million less than needed. The elected officials mentioned above should also be aware of your reactions.

You can read more about these issues in *The Latest Wrinkle* (a newsletter from Leading Age Michigan) <https://leadingagemi.site-ym.com/?LatestWrinkl091815>.

A couple of possible Community Van trips are in the works. The Kalamazoo Valley Museum has information about Kalamazoo's past – including the creamery, Gibson Guitars, and the development of the city over time. Admission is free, unless you want to see a planetarium show for \$3. The Senior & Caregiver Expo is on October 6 (Tuesday) from 9a – 3p at the Kalamazoo County Expo Center and Fairground. Health services (blood pressure, blood sugar, cholesterol, flu shots, and much more) will be available. Let me know if you are interested in either outing. As always, medical appointments will take priority.

Rebecca Ogradowski, LLMSW  
Service Coordinator

### Upcoming Presentations:

Soldano Chiropractic – Thursday Oct. 15, 2015 at 1p. A chiropractor will help us to learn about ways to be healthier. Come for the presentation and stay for BINGO.

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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 ☺**
- ❖ **“Give away day”** is now every day. Items to give away are located in the Game Room on the 3<sup>rd</sup> floor.
- ❖ **Movie Matinee – 1:30pm**  
Tuesday – October 6<sup>th</sup>  
Tuesday – October 20<sup>th</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

## Administrator Column

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

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Walking Club ... Kim and I both want you to know we have not forgotten about the luncheon we had hoped to have sometime this month. With the seasons changing and the weather still great for walking, we decided to wait until next month. So, enjoy the cooler temps and beautiful colors as you continue to rack up those miles. ... Luncheon date and time TBA, watch for flyer with details.

Autumn has arrived... The leaves are changing as is the temperature. It's time to start winterizing your garden, if you are one of our many gifted gardeners and haven't already done so. This is just a friendly reminder to please have your garden tended to before winter.

The "Give-Away Day" now "Every Day," is going great! As you know from last month's newsletter, we are now using the Game Room on the 3<sup>rd</sup> floor for items to be given away. Please continue to take the items you wish to give away to the game room and go through what's there. After X amount of time, items not taken will be bagged up and donated to local shelters, Salvation Army, and/or Good Will. Also, items can be taken to the room whenever you are ready, instead of having items boxed up, unpacked and then re-boxed. Hopefully this transition will be helpful for all. ... "Thank you Esther."

The game room is still available for use other than the give-away items. The game tables are available as usual. This is an attempt to utilize unused areas.

As you know I've been out of the office a bit more than usual. I believe in continuing to update my skills, keeping my certifications up to date, and team work. PVM has many villages across the state of Michigan. I have been helping a new Administrator at one of our sister villages in the Detroit area. Please see calendar for office closed dates. ... Thank you for your patience and understanding.

I know there may be questions regarding the changes with service coordination. Please do not worry. All involved know how **important** Rebecca is to our community!! Please feel free to see Rebecca or myself if you have any concerns, we will do our best to alleviate any confusion this change may incur.

Our annual Halloween party is October 30<sup>th</sup> at 2:00pm. Costumes are optional, but always more fun. Please join us for cider and doughnuts.

Madonna will be cooking Thanksgiving dinner again this year for those who wish to share the meal. Please watch for the sign up sheet so Madonna will know how many to plan for. ... "Thank you Madonna!"

Happy October ...

Thank you,

*Paula Hager*

*Administrator*

# October 2015

| Sunday                                                          | Monday                                                                                               | Tuesday                                                                   | Wednesday                                                                 | Thursday                                                                                                                                                    | Friday                                                                                                                | Saturday                                                    |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
|                                                                 | <b>Walmart<br/>Bus <u>EVERY</u><br/><u>Monday</u><br/>Pickup @<br/>12:15pm<br/>Main<br/>entrance</b> |                                                                           |                                                                           | 1                                                                                                                                                           | 2<br><br><b>Walking Club<br/>9:30am – ALL<br/>WELCOME</b><br>-----<br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b>        | 3                                                           |
| 4<br><b>Birthday<br/>Celebration<br/>5:30pm in<br/>Comm. Rm</b> | 5<br><b>Bible Study<br/>Group<br/>4 - 5pm</b>                                                        | 6<br><b>K-Zoo<br/>Senior Expo</b><br>-----<br><b>Movie Day<br/>1:30pm</b> | 7<br><b>Commodities<br/>pick-up for<br/>those<br/>enrolled</b>            | 8<br><br><b>Administrator<br/>in Detroit</b><br><br><b>Office Closed</b>                                                                                    | 9<br><b>Walking Club<br/>9:30am</b><br>-----<br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b><br><br><b>Office Closed</b>  | 10<br><b>Resident<br/>luncheon<br/>12:00pm<br/>in Cm Rm</b> |
| 11                                                              | 12<br><br><b>Columbus<br/>Day</b>                                                                    | 13                                                                        | 14                                                                        | 15<br><b>Board Mtg.<br/>9:30 –<br/>11:00am</b><br><b>Soldano<br/>Chiropractic<br/>Presentation –<br/>1:00pm</b><br><b>“Bingo”<br/>Life EMS –<br/>3:00pm</b> | 16<br><br><b>Walking Club<br/>9:30am</b><br>-----<br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b>                         | 17                                                          |
| 18                                                              | 19<br><b>Bible Study<br/>Group<br/>4 - 5pm</b>                                                       | 20                                                                        | 21<br><br><b>Administrator<br/>in Detroit</b><br><br><b>Office Closed</b> | 22<br><br><b>Administrator<br/>in Detroit</b><br><br><b>Office Closed</b>                                                                                   | 23<br><b>Walking Club<br/>9:30am</b><br>-----<br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b><br><br><b>Office Closed</b> | 24                                                          |
| 25                                                              | 26<br><b>Resident<br/>Activity<br/>Meeting<br/>10:00am –<br/>All are<br/>Welcome</b>                 | 27                                                                        | 28                                                                        | 29                                                                                                                                                          | 30<br><br><b>Halloween<br/>Party –<br/>2:00pm</b>                                                                     | 31                                                          |

**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 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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