

Sage Grove View

Embrace the possibilities

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

October 2016

Featured Articles

Resident Birthdays & PVM online store pg. 1

Senior Advocate pg. 2

Giving Matters pg. 3

It's your Life/
Live it well pg. 4

Service Coordinator's
Corner pg. 5

Administrator Column
pg. 6

Calendar pg. 7



The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Look for PVM on:



Birthday Celebration!

Cheryl H. ----- October 13th

Toni B. ----- October 24th

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

Happy Birthday... Happy Birthday... Happy Birthday...

PVM Store Features Goodies with Your Village Logo

By the PVM Marketing Department

The Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store in 2015. This was made possible via a grant from the PVM Foundation. The PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.

Along with our current stock of awesome apparel, if you have an item you'd like to see on the website, please bring item details to the office to forward to the Marketing Department.

To visit the PVM store, type www.pvmstore.org into your web browser.



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

BEING AFFIRMED BRINGS SUCH JOY

I think for most of us being affirmed by noted experts is a joyful experience. This just happened to me the other day upon reading the September 26, 2016 issue of Time Magazine. For years I have led the charge on the notion of embracing aging. The aging process is going to occur no matter what our response is. We can either deny it, defy it or embrace it. I have found it sad that so many folks choose to be in denial. Plastic surgeons can tell you that the quest for The Fountain of Youth is surging. Yet, aging is much like everything else in life. If we have a positive attitude we create a far better life experience for ourselves. So imagine the joy I felt upon reading the Time article which was headlined with "How and social ties affect the way you age". In it author Mandy Oaklander mirrors many of the messages my business as Your Aging Well Advisor has promoted over the years.

She reflects studies which suggest that some of the best ways to make the most of our extra years include to: Embrace technology; Have family be there for each other; Lighten up and enjoy a sense of humor; Set goals and take risks, Expect the best with a positive attitude; and my favorite, Welcome Aging.

Indeed this new longevity which many of us have been granted is providing opportunities our ancestors could only dream about. The chance to hold a great grandchild In our arms, be there for a grandchild's graduation or wedding, launch a business at middle age, travel around the world or volunteer at something we have always wanted to become involved with are just a few of the many life experiences we now hold dear.

We can take a cue from the popular saying: "Do not regret growing older. It is a privilege denied to many." by Edith Wharton. Embrace Aging and Enjoy the world!

Announcements

Community Room Events

- ❖ **October 2nd** –
Birthday Celebration –
5:30pm
- ❖ **October 5th** –
Commodities Pick-up for
those registered
- ❖ **October 8th** –
Resident Luncheon
12:00pm
- ❖ **October 13th** –
WMU Vision
Rehabilitation Clinic –
1:00pm
- ❖ **October 21st** –
VSG Board Meeting
9:00am-10:30am
- ❖ **October 3rd, 17th & 31st** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **October 20th** –
Bingo with Life EMS –
3:00pm
- ❖ **October – League**
Bowling SG Wild Cats –
Monday's; SG Ladies –
Tuesday's – both teams
bowl @ 7:00pm – 8:30pm
in community room
- ❖ **October 31st** –
Activities planning
committee meeting –
10:00am – **All Welcome!**

See Calendar for more events.

Continued on page 5

Giving Matters...



Giving Matters.

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

Seniors reap what YOU sow.

Sow seeds of opportunity at the PVMF Gala next month!

The air is crisp. The leaves are changing and time is running out to get your Gala ticket!

It's amazing! You can **change a life** by spending a Friday night at COBO Center.

You care about the needs of Michigan seniors. You want to see your parents, your family members—your peers **thrive**.

You can help by coming to the party or—
you can sponsor a resident's ticket!

There'll be great jazz, a raffle, a few surprises—AND—**every single ticket sold** has a direct benefit to Michigan seniors.

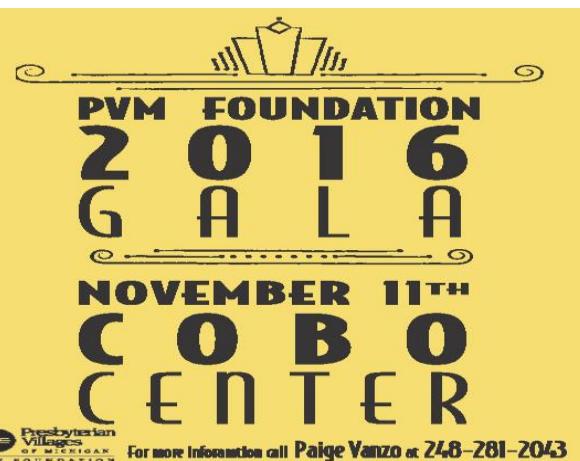
Harvest this opportunity by visiting PVMF.org/Gala2016 or calling 248-281-2040 today!

PVMF's 13th Annual Gala - All That Jazz!

November 11 at COBO Center

See you there!

Warm regards,
Paul J. Miller, CFRE





It's Your Life. Live It Well.

**By Tom Wyllie,
Director of Wellness**

Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the "Facts on Aging Quiz" first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breytspraak and Lynn Badura of the University of Missouri-Kansas City in 2015*. Do you know which ones are true and which ones are false? I'll publish the answers in next month's column. If you just can't wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser:

<http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

T F It is very difficult for older adults to learn new things.

T F Clinical depression occurs more frequently in older than younger people.

T F Personality changes with age.

T F Older adults have more trouble sleeping than younger adults do.

T F Physical strength declines in old age.

T F Older people are happier if they are allowed to disengage from society.

T F Older persons take longer to recover from physical and psychological stress.

T F Most older adults consider their health to be good or excellent.

T F Older workers cannot work as effectively as younger workers.

T F Research has shown that old age truly begins at 65.

*Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from <http://info.umkc.edu/aging/quiz/>

Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: rides to appointments through Senior Services and my schedule for October and November 2016.

Senior Services has a program called Volunteers 4 Seniors, which offers rides in private vehicles. The drivers are volunteers. Donations are accepted (but not required), riders can use walkers (no wheelchairs) and no sedation. Also, trip has to be within Kalamazoo County and they need a week's notice, preferably two. They do not provide rides to dialysis appointments. Physical therapy appointments are ok if there are other transportation sources to share the schedule. You can contact Kathy Cox at 269.382.0515 x 127 or kcox@seniorservices1.org for information and to arrange a ride.

The next two months bring many changes to my usual working hours. I will be posting weekly hours on the office door, so please check it when you have a chance. At the moment, I plan to work a short day on Oct 3. I will be tabling at the Senior Expo on the 4th, so won't be in the office. On the 11th, I will be in around 11:15a. On the 13th, I should be here from 11:30a – 4:30p. I will be off on the 17th, working 8:30a – 1:30p on the 21st instead.

In November, National Church Residences is hosting a conference in Ohio. I plan to be out of the office for the week of November 14 – 17. My hours may have to be adjusted either the week before or the week after, as well. More information coming once I have details. Please be patient with me during these times.

Upcoming Presentations

Western Michigan University Vision Rehabilitation Clinic – On Thursday Oct 13, at 1pm George Kremer will present about the services and resources available to people with visual impairments. If your vision is good, think about someone you know who might benefit from this presentation.

Michigan Disability Rights Coalition and Disability Network of Southwest Michigan - On November 10 at 1pm, the MDRC and DNSWM will be presenting information about the MI Health Link insurance program. I hope that DNSWM will also share tips about how to use the Metro Transit system (everyone here is eligible for a discounted fare).

Kalamazoo Department of Public Safety – On Wednesday December 7 at 1p, KDPS will be presenting about their services. If you have a specific topic you would like to talk about, please let me know so we can plan to have the information ready for you.

Rebecca Ogorodowski, LLMSW
Service Coordinator

Continued from page 2

Announcements Continued

- ❖ **1st 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 3rd floor.
- ❖ Movie Matinee – 1:00pm ***Movie showing in Parlor*** Movies are cancelled for a while due to nice weather.
- ❖ 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 12:50pm

Administrator Column

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

Wii or Xbox Bowling – PVM is currently working on putting together a **Village wide Bowling tournament**. This will be similar to the Virtual Village Victory Cup. Teams will compete against each other throughout the winter months with the winning village receiving the traveling Trophy to house until it's taken away by future winners. Teams will bowl without a handicap. Details are being worked out, watch for more information.

Resident Support Group:

We have a support group that meets every **Wednesday from 11am-12pm**. Meetings are now in the community room, which will be closed during the meetings. All are welcome to attend.

As you know the Sage Grove Board meetings are held here at that village in the community room every other month. We have changed the meeting days from Thursday to Friday starting this month October 21st, as well as the meeting time. The new time is 9:00am – 10:30am. The community room will be closed during the meetings.

Gardeners – With winter approaching, it's time to start cleaning out your flower beds and getting them ready for winter. If you need assistance, please let Joe and/or myself know we will do what we can to help.

Smokers – Please be advised the smoking tent will be coming down soon as we prepare for winter. Please remember there is *NO SMOKING* allowed indoors and/or anywhere near the building. You must continue to go out to the designated smoking area and/or leave the property, regardless of the weather.

If you would like information on smoking cessation, please come to the office, I will do what I can to obtain information for you.

We will be having our annual Halloween Party on October 27th at 1:00pm. Costumes are optional. Unfortunately there will not be a best costume contest and/or prizes due to lack of resident activity money. However, we will be playing Spooky bingo with canned goods for prizes. Please bring a can and/or white elephant prize for the bingo. As with previous years, please bring a dish to pass aka finger foods if you would like. We always have a fun time ... please join us!

October is a busy month!! You've received several flyers regarding several annual inspections, along with bi-annual maintenance i.e. – changing of the furnace filters, smoke detector batteries, and our resident Fire Drill. As May's fire drill was announced, October's will be unannounced. We will try to pick a decent day, regardless... ALL must participate!

... Thank you for your cooperation. ☺
If you never attend the Resident Activity Planning Committee, All are Welcome and we would love to have your input. Please keep in mind our annual resident holiday dinner is approaching. Having additional feedback on dates and /or menu is always helpful. Please join us...

Daylight Saving time ends on November 6th, watch for reminder flyers to adjust your clocks ... ☺

Happy Autumn!!

*Paula Hager
Administrator*

October 2016



October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Birthday's Celebration 5:30pm	3 Bible Study 4–5pm	4 SG Wild Cats— Bowling—7pm	5 Commodities for <u>those registered</u> Res. Support Grp 11:00am–12:00pm	6	7 Games	8 Resident luncheon 12:00pm in Cm. Rm
9	10	11 SG Girls— <u>Bowling—7pm</u> Annual Inspections Starting @ 9:00am	12 Res. Support Grp 11:00am–12:00pm. Inspections cont. if needed @ 9:00am	13 W/MU—Vision Rehab Clinic 1:00pm in Cm. Rm	14	15
16	17 Bible Study 4–5pm	18	19 Res. Support Grp 11:00am–12:00pm Annual Internal REAC Inspection	20 Bingo with Life EMS 3:00pm	21 SG Board Mtg. 9:00–10:30am Cm. Rm. <u>Closed</u>	22 Games
23	24	25	26 Res. Support Grp 11:00am–12:00pm	27 Annual Resident Halloween Party— 1:00pm in Cm. Rm	28	29
30	31 Resident Activity Comm. 10:00am All are Welcome Bible Study 4–5pm Halloween	NOVEMBER 1st & 15th	NOVEMBER	NOVEMBER	NOVEMBER	NOVEMBER

**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

Housing Administrator

Rebecca Ogrodowski

Service Coordinator – National Church Residences

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