



Sage Grove View



Embrace the possibilities

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

October 2017

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Birthday Celebration!

Cheryl H. ----- October 13th

Toni B. ----- October 24th

We wish ALL who have October Birthday's a Wonderful Day and a Blessed Year!!!

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

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

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



The Village of Sage Grove
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:



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.

Sage Grove residents take on Zip-Lining:

In August we had a group of residents and a few of their friends from other communities take on the Zip-Line in Allegan, MI. The group ventured out to celebrate Esther's birthday. ... You ladies are AMAZING!



Above Left: Esther P. – The birthday girl. ... Above right: Cheryl D.
Below front L-R: Toni B., Cheryl D., Thema B., Back row L-R: Friends of the Sage Grove residents with Esther P. on the end.



The group took the day to adventure out and try something new. In the first photo above you'll find Esther making her way up the stairs to the zip-line. In the photo on the top right, you'll find Cheryl D. coming back from her trip across the river. ... Looks like they had a beautiful day for an adventure. ... Good times and great friends.

It's never too late to try something new... Way to go Ladies!!

Announcements

Community Room Events

- ❖ **October 1st** – Birthday Celebration – **5:30pm**
- ❖ **October 4th** – Commodities Pick-up for those registered
- ❖ **October 14th** – Resident Luncheon 12pm
- ❖ **October 2nd & 16th** – Bible Study Group Meets **4:00 – 5:00pm**
- ❖ **October 19th** – Bingo with Kim, Life EMS – 3:00pm
- ❖ **October 20th** – Sage Grove Board Meeting 9am-10:30 – Cm. Rm. Closed
- ❖ **October 4th, 11th, 18th & 25th** – Sage Grove Support Group meets – **11a-12p** All are welcome. The Comm. Rm is closed during the meetings.
- ❖ **October 30th** – Activities planning committee meeting – 10:00am – **All Welcome!**
- ❖ **October 31st** – Resident Halloween Party – 2pm Bring a dish to pass.

See Calendar for more events.

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Giving Matters...



Giving Matters.

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

PVMF Gala—November 17th!

Come join the fun Friday, November 17th at
The Henry Ford Museum of American Innovation!

PVMF's 14th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

The best part?! By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan a better **the best** place to live at any age!

Join the Fun! Book your Sponsorships & Tickets:

\$375 Patron Ticket* Strolling Dinner & Program, Name recognition in event program
\$250 Individual Ticket* includes Strolling Dinner & Program

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

Learn more about how to attend at pvmf.org/Gala2017. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S.** Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!

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- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 MyLegacy.pvmf.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

National Check Your Meds Day

This year on **October 21st** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21st** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21st** don't worry, this is a service that most major pharmacies will perform any day.



Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: TEFAP (The Emergency Food Assistance Program), Open Enrollment, and four years!

TEFAP – This service is administered through the United States Department of Agriculture. It is similar to Commodities, but has higher income requirements. If you make too much for Commodities, you may be eligible for TEFAP. The income limits are: one person annual income = \$24,120. Monthly = \$2,010. Weekly = \$464. I am working with the Food Bank of South Central Michigan to see if we can have the program at Sage Grove. As soon as I know, I will post information.

Open Enrollment – Tis the season to explore whether you should change your healthcare coverage. If you have questions, I can help you to figure out what options are best for you. You can also contact MMAP (Michigan Medicare Medicaid Assistance Program) for free assistance. Their office is at Senior Services. The phone number is 1.800.803.7174.

Four Years! – This month is my four year anniversary at Sage Grove. In that time, I have met and worked with many great people. My favorite parts of this job are advocacy (aka Professional Harassment), problem solving, and parties. Much has changed since Day One and it's been fun and challenging to dig into areas where we can all benefit from learning about the programs and services that are out there. Since November 2015, I have helped my Sage Grove peeps to save \$15, 647.00! Thank you for your concern about me and each other. That is the reason that I am still here and hope to be for a long time.

Upcoming Presentations

Senator Gary Peters office – On **October 5, 2017 at 1pm**, Peter Ross from Senator Peters' office will be here to provide information about services available through the Senator's office. Subjects will include: Medicare, Medicaid, Social Security, and how to contact the Senator.

Kalamazoo Public Library – On **October 12 at 1pm**, staff from the library will share the resources available to Kalamazoo residents (especially genealogy, history, and delivery of library materials).

Reiki – Loyd Hampson (a Reiki master and teacher) will present information about the use of Reiki and its homeopathic and holistic uses for healing. He plans to demonstrate the techniques and show us how to use crystals, as well. The date will be announced once it has been set.

Rebecca Ogradowski, LMSW
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**
If you have a movie you want to watch, please let us know.
- ❖ 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 12:50 pm at front entrance.**

Administrator Column

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

Resident Support Group:

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

Note – No Crafts until there is an interest.

Summer has gone and Autumn is upon us. Next thing you know we'll be getting ready for the snow. But... not yet!

Gardeners, please start getting your flower beds ready for the winter. If you need assistance, please let Joe and/or the office know.

October is our month for unit inspections, replacing the furnace filters and smoke detector batteries. Watch for the notice with the date and time.

October is also our fire drill month. If the last one in May was announced, this one will be unannounced and vice-versa. If you hear the extremely loud fire alarm, please exit the building ASAP.

We will be having our annual resident Halloween party on October 31st at 2:00pm. Costumes are optional, but also

more fun, the more dress up. Please bring a dish to pass, if you are able. We will be playing grocery BINGO. Prizes provided by our F&F resident activity grant. We always have a good time. I hope you plan to join us.

On Sunday, October 15th the Darner family will be having a gathering in the community room. They are NOT closing the community room. Cheryl has said all are welcome to join them. ☺

Please note the community van schedule. There will NOT be a van on October 10th and 17th. The van will only run until 1:30 on Tuesday, October 3rd.

Thank you Ralph and Rebecca for all you do for this program. Without your continued attention to detail and follow-up, our residents would not have this service. ... If you use the van, please let Rebecca and Ralph know you appreciate them.... "Thank you!"



Paula Hager
Administrator

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Birthday Celebration 5:30pm - Community Room	2 Bible Study 4p-5p	3 VAN UNTIL 1:30pm	4 <u>Commodities</u> Resident support group 11a-12p	5 Sen. Peters Presentation 1pm Church Cards - 1:00pm	6	7
8	9	10 NO VAN	11 Resident support group 11a-12p	12 Kalamazoo Public Library 1pm	13	14 Resident Luncheon – Pizza on a bun, salad, bread sticks – 12pm
15 Darner Family Gathering 1 – 4pm in Cm. Rm	16 Bible Study 4p-5p	17 NO VAN VAT Meeting Office Closed	18 Resident support group 11a-12p	19 Bingo with Kim – Life EMS @ 3pm	20 Sage Grove Board Mtg. 9am-10:30am Cm. Rm. Closed	21
22	23	24 VAN	25 Resident support group 11a-12p	26	27	28
29	30 Resident Activities Committee Meeting 10a in comm. rm. All are welcome	31 VAN Halloween Party - 2pm	November 1	November 2	November 3	November 4

**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



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10am – 3pm

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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

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