



# Sage Grove View



## Embrace the possibilities

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November 2013

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## For Your Safety.

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

### Dress for the Season

Each fall I do the annual migration of clothes in my closet. I put the summer clothes away and replace them with winter clothes. This annual ritual is necessitated by the change in the weather and my need to be prepared for it. So my question to you is, "Is your wardrobe ready for the winter weather?"

My reason for asking is that I have often seen seniors going outside and not wearing the proper footwear, such as non-skid boots or shoes. Your comfortable slippers or shoes are just not going to cut it when there is snow or ice on the ground. While we do our best to clear the snow and ice, it is an impossible task in Michigan to get every spot cleared. Be prepared.

Do you have a winter coat available, along with a hat and gloves? You might not think you need them as you don't go out much in the winter, but what would you

do if you had to? Hypothermia, the loss of body heat, is a serious problem for seniors in the northern climates. Layering of clothes will keep you warm without a lot of bulk. Gloves are a must. Sunglasses can help with the glare that comes off the white snow. A scarf that you can pull up over your mouth and nose will help warm the air you are breathing in.

It is also important in the winter to check the weather forecast before you head out the door. Is a storm on the way? If so, perhaps that trip to the store can wait for another day. No one wants to stay in the house all winter as cabin fever can set in. It pays to be smart and be prepared for the weather. Those of us who have lived in Michigan for a number of years know that winter can be a wonderful season as long as we are ready for it.



The Village of  
**Sage Grove**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

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## Service Coordinator's Corner

Hello to all Sage Grove Residents! My name is Rebecca Ogradowski. I am the new Service Coordinator for this site. You may be wondering why I am here and what I can do to help you to live a better life. This article will give information about me (as a social worker) and what to expect from a Service Coordinator.

I have a Limited License with the State of Michigan as a Master's Level Social Worker. This means that I have a Master's Degree in Social Work and have passed an exam. Currently, I am working toward completing 4000 hours of supervised practice; I have about 300 left to go. This degree was earned in 2009 from Grand Valley State University. My undergraduate degree is in Art/Psychology – Art Therapy Emphasis. It is the preparatory program for the Art Therapy Master's degree.

In the past, I have worked with youth, people with disabilities, communities (especially in the areas of diversity and expressive arts), and elders in long term care and assisted living. I have met some of you and am looking forward to working with all of you in the future.

Some of the areas where we can work together are:

- \*Assessment (of your current situation, needs, and desires)
- \*Case management and referral (to help you to find resources to meet those needs)
- \*Coordination of external services (Meals on Wheels, nursing, counseling, healthcare, homecare, etc.)
- \*Policies and procedures (Presbyterian Villages of Michigan and other agencies)
- \*Presentations and trainings on a variety of subjects
- \*Problem solving
- \*Relationship building and communication

My hours are generally 10a – 3p, Monday – Thursday. At times, these hours will change. Feel free to stop in to the office (on the first floor) or ask questions when you see me around. If you would like to make an appointment, you can. I am excited to be here.

Rebecca

## Announcements

- ✚ November 3<sup>rd</sup> – Daylight savings ends
- ✚ November 11<sup>th</sup> – Veterans' Day
- ✚ November 28<sup>th</sup> – Thanksgiving

### Community Room Events

- ❖ November 6<sup>th</sup> – Commodities Pick-up. Announcement will be made when ready
- ❖ November 4<sup>th</sup> & 18<sup>th</sup> – Bible Study Group 4:00 – 5:00pm
- ❖ November 12<sup>th</sup> – Resident Meeting 1 – 2 pm.
- ❖ November 9<sup>th</sup> – 11:00am Fund Raiser Brunch – 2<sup>nd</sup> Saturday of the Month
- ❖ November 13<sup>th</sup> – Senior Services Presentation 2pm
- ❖ November 30<sup>th</sup> – Craft Sale 10am - noon
- ❖ 1<sup>st</sup> Sunday of the Month – Gospel music sing-along – **5:00pm**; Followed by *Birthday Celebration* for all who have birthday's during the month @ **5:30pm**

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# Giving Matters.

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

## Donor Names Bryant Garden In Honor of Mother

Detroit native Janet DeVold has been a resident at The Village of Oakland Woods for six years. After seeing how much her mother, Velma Smith Bryant, thrived at The Village of Woodbridge Manor in her first year, she wanted to experience that quality of life first-hand. "Living at Oakland Woods is like my own little paradise. I didn't know I would enjoy all the resident activities as much as I do," she says.

Velma had a wonderful passion for gardening and volunteered in the seniors' garden at the Hannan House in Detroit for years. She asked Woodbridge Manor for a raised bed garden for the seniors, but the funds were not available. Janet, knowing how much it would mean to mother, decided she would take action and made a generous donation to The Village of Woodbridge to make it happen. "I wanted to pay tribute to mother by honoring her passion for gardening and provide an outlet for others who love it," says Janet. When Velma found out the garden would be named after her, she was so pleased and proud.



Velma Bryant



Janet DeVold

The raised bed garden, named 1300 Bryant Garden, was completed this past summer with numerous vegetable and herbs planted, including collard greens, tomatoes, peppers and more. Sadly, Velma passed away in August at age 99, only a few days before the garden dedication took place. Janet attended the dedication with family members to honor her mother and to participate in the Resident Memorial Ceremony. "To anyone who is thinking about donating, do it. It could help seniors in so many ways," says Janet.

Thank you, Janet, for your generosity and thoughtful tribute in memory of Velma that will leave behind a wonderful legacy for current and future residents.

Warm regards,  
Paul J. Miller, CFRE



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If you are 70½ or older, you can distribute a portion of your IRA to Presbyterian Villages of Michigan Foundation, tax-free.



For more information, call Paul Miller at the PVM Foundation **248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

**READ ALL ABOUT IT!**



# It's Your Life. Live It Well.

By Tom Wyllie,  
*Director of Wellness*

## 'Tis the Season: Flu Season!

The flu is a highly contagious respiratory illness that can have serious health consequences, especially for seniors. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall/winter. It starts as early as October, peaks in January or February, and ends as late as May.

The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

- Washing your hands often with soap and water or an alcohol-based hand rub.
- Avoiding touching your eyes, nose, or mouth (germs spread this way).
- Avoiding close contact with sick people.
- Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food).
- Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it).
- Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

## Halloween Party

Our resident Halloween party was a lot of fun for all who attended. Thank you to everyone who came out, dressed up, laughed, ate, laughed, played games, laughed ... it was a blast! Also, we would like to thank the PVM Foundation for providing our party via the resident activity grant. Without the activity grant, residents of Sage Grove would not have been able to participate in and enjoy the party's and social gathers we've been able to have all year long. ... Thank you!!



Rebecca-SC, Ron S., Cheryl D.



Ron S. Paula-Admin

Next Party will be our Annual Holiday Dinner. Date and time TBA. Please plan to attend the next resident meeting on November 12th, your input is appreciated. ~ Thank you

## Birthday Celebration!

**Believe it or not ... We do not have anyone with a Birthday in November. However, the Sunday Birthday celebration will still take place with cake & ice cream.**



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## Announcements Continued

- ❖ Last Saturday of the month this month is our Resident Craft Sale.
- ❖ Loaves and Fishes – Delivery of Produce & Baked goods from Meijer Shopping Center. 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. An announcement will be made when a shipment arrives.
- ❖ Xbox Bowling – Every Wednesday @ 2:00pm {with exception for other scheduled events at the same time.}
- ❖ Movie Matinee every other Tuesday – 1:30pm
- ❖ Wal-Mart Bus – Every Monday – Pick-up is at 12:15pm

## Administrator Column

“Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind.”

*Emily P. Bissell*

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The Holidays are approaching, which also means the snow will be arriving soon as well. Please remember to dress warm and be very careful when venturing outside. If you see any icy spots in the parking lot or on the sidewalk, please avoid those areas, use caution and make sure to let the office or maintenance know. Salt buckets will be placed at both side and front entry doors for use during afterhours and on weekends if needed. Please only use when and where necessary, remembering safety comes first. We have a new snow removal company this year that will be taking care of the parking lot and sidewalks.

Congratulations to Mary Kay W. who picked the date of the first snow fall – October 23<sup>rd</sup>, yes it did snow and actually stuck for a while.

Congratulations to Pearl Koning who received an Honorable mention for her written story submitted during the Virtual Victory Cup in June. Pearl was going to attend the “It’s A Wonderful Life Gala” in Deerborn, MI on November 1<sup>st</sup> where she was to be Honored for being in the top five. Unfortunately she was unable to attend due to illness. Pearl also won the candy corn jar for guessing the closest correct total of how many candy corns were in the jar. Pearl’s guess was 249; actual count equaled 242.

Some of you have already met our newest community members, but for those who have not, please join me in Welcoming to Sage Grove ...

Joseph King – Maintenance Tech and Rebecca Ogradowski – Service Coordinator. Please see the “Service Coordinator’s Corner” for information about Rebecca and how her position here will benefit all residents.

The Calendar in this newsletter has a few changes, thanks to those who help me keep event dates straight. Due to scheduling conflict the resident meeting will be on Tuesday the 12<sup>th</sup> instead of Monday the 11<sup>th</sup>, same time.

Residents interested in baking cookies for the holiday’s ... There will be a Bake day on December 13<sup>th</sup> – with giving the cookies away on December 14<sup>th</sup>. Bakers are looking for additional bakers, as well as cookie recipes and ingredient donations. Also, the requests of plastic bags and/or empty throw away containers are also needed. The Bakers are looking to bake for 38 units, plus staff. Recipes will eventually be used to create a Sage Grove Resident “Cookie Cookbook” for all to share. Please join in the mixing of ingredients, baking, clean up, as well as visiting, tasting, any and all processes ... location is community kitchen. All are welcome.

I would like to extend a very “Heartfelt Thank you” to all of you who take such great care to look out for your neighbor and our community. You go that extra step to make new residents feel welcome; sick residents feel cared about; and staff appreciated. With the Thanksgiving holiday approaching, I am very thankful for each and every one of you! I wish you all a wonderful and Blessed Holiday.

Best wishes,

*Paula Hager*

Administrator

## Calendar

## Events for November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Every Monday Wal-Mart Bus pick up @ 12:15pm				1 ~ Comm. Van	2 ~ Set your Clocks back at Midnight
3 ~ Gospel Sing- Along 5pm – in Comm. Rm. ----- Birthday Celebration's 5:30pm in Comm. Rm.  Day Light Savings (End)	4 ~ Activity Planning Committee Meeting 10:00am in Comm. Rm.  Bible Study Group Meets 4 - 5pm in Cm Room	5 ~ Movie Matinee 1:30pm in Comm. Rm.	6 ~ Commodities pick-up for those qualified  Xbox bowling 2:00pm in Comm. Rm.	7	8 ~ Comm. Van	9 ~ Community Brunch 11:00am in Comm. Rm.
10	11 ~  Veterans Day	12 ~ <i>Resident Meeting 1 – 2pm</i>	13 ~ Senior Services Presentation 2:00pm	14	15 ~ Comm. Van	16 ~ Crafts – 1:00pm in Cm Room
17	18 ~ Bible Study Group Meets 4 - 5pm in Cm Room	19 ~ Movie Matinee 1:30pm in Comm. Rm.	20 ~ Consumers for Healthcare Presentation 1 - 2pm in Comm. Rm.	21 ~	22 ~ Comm. Van  Darr & Assoc. Hearing Loss Presentation 10:30am	23
24	25 ~ Activity Planning Committee Meeting 10:00am in Comm. Rm.	26	27  Hanukkah Begins	28  Office Closed  Thanksgiving	29 ~ Comm. Van  Office Closed	30 Resident Craft Sale 10am- 12pm

**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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