



Village News



Embrace the possibilities

3501 Cherry Blossom/3300 County Farm Rd • Jackson, Michigan

November 2013

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Halloween Party 2013

The Halloween party 2013 was so much fun! There were about 45 people at the party and it was great! Great food, fun and lots of costumes. Randy was a fabulous Captain Jack Sparrow! Mark was Sonny (minus Cher), Michael was Dr. Jekyll and Mr. Hyde and Linda was Glenda the "Good Witch" we had a devil, an angel, a clown (she won first prize for the best costume), an elf (second prize), the devil won third prize. We had witches and pumpkins, a kitty cat, and vampires, salt and pepper shakers and so many others. Randy grilled hot dogs and lots of people brought dishes to pass.... Some people brought their grandchildren... and then there was the karaoke! We sang and danced and had a great time. From the Beatles to the old standards and everything in between.... Music is the greatest gift!

Kayla came up with some great games and Prizes for the group. It was a great party!



Look for PVM on:





Guided Autobiography Starts November 5th

Our Guided Autobiography class is so amazing; we are getting ready to start another class in November.

I took a class through the University of Southern California and am certified to teach this amazing class. We have had it twice at SMI and I would be happy to have one at SMII if we have enough interest.

It is a 2 hour class once a week. One hour is spent in talking about ways to improve your writing skills, the second half of the class students read a two page story they have written.

At the end of the 10 week class, you have the beginnings of your own autobiography. It is so much fun and so very interesting.

At the end of the class, we have a film student from GVSU come and video tape you reading some of your stories. It is a wonderful gift for your children and grandchildren for the holidays.

Call the office if you are interested in this class, we can have one at SMI and one at SMII if there is enough interest. Classes will start on November 5th at 1:00 PM at SMI, if we have interest at SMII, we will start a class there too.

Please call the office to sign up. You do not have to be a writer to sign up and I promise you will enjoy it!

Announcements

- Blood Pressure checks with healthy (sometimes not so healthy) treats with Trina. The Blood Pressure checks are free and are held from 8:30 – 10 every Thursday at Spring Meadows II.
- If you have not received orientation for the exercise equipment at Spring Meadows II, call the office! We have a beautiful treadmill and NuStep available. Call the office and set up an orientation and EXERCISE!!
- **Announcement:** Bill Sisco (our beloved Tai Chi instructor) has to have his knee replaced and will not be teaching Tai Chi until January 2014. He apologizes to all of his amazing students but.... It cannot be helped. He is in a lot of pain and the exertion would just be too much for him. So, plan on starting Tai Chi in January and get on our list ASAP.
- Bible Study is held every Tuesday at Spring Meadows II with Rev Bill 3:00 – 4:00 PM



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. 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



*Velma Bryant
Janet DeVold*

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



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

Oprah Winfrey

When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself.

Tecumseh



TAX-FREE RELIEF IS DOG GONE GOOD NEWS!

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

READ ALL ABOUT IT!

Brown's
ADVANCED Care
Pharmacy Services



2136 Robinson Rd Jackson, MI 49203

517-750-2180

It's time to look toward the fall for flu shots and who will help you get your medications when the weather is threatening.

Call Brown's Advanced Care Pharmacy.

We will deliver your medications to you without adding a delivery charge. Just call Brown's Advanced Care Pharmacy 750-2180 with your prescription information and the name of your current pharmacy.

We will do the rest. Your medicine will be delivered to your door Monday through Friday.

Walking Club to Start Again November 12th

We walked to New Orleans as a group this summer, since we are already in New Orleans.... How about walking to Mexico (we can have a great Fiesta when we get there)!

The walking club will meet every Tuesday at 10:00 AM at the community building at SMI. If you would like a meeting at SMII, please let the office know and we will arrange meetings there too.

It's easy; we meet for a few minutes and then go for a walk. Everyone turns in steps taken during the week and they are converted into miles. It adds up pretty fast. We will be in Mexico in a few short weeks. It is worth it all just to see Mark at the Karaoke machine!



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

The Senior Advocate

FALL IS IN THE AIR

Fall is in the air! Our children and grandchildren start back to school. Art fairs appear at our favorite parks and community settings. We move our attention from family vacations to lifelong learning programs and organizational meetings. The cider mills are open; and the annual football rivalries are in full gear. Along with these pleasant routines, unfortunately, comes the revival of a number of scams which threaten our safety and well-being.

Recently the local news reported that perpetrators are going into homes on the pretense of being from the water company and that they need to check your water lines and internal spigots. In one case, a gentleman was lured into his own bathroom with one criminal and held there against his will while yet another criminal looted items from his bedroom. He managed to escape and call the police. Another scam which appears at this time of year involves someone showing up uninvited and claiming that your roof is in critical need of repair. They will claim that if you do not repair it now it will leak during inclement weather which is on the horizon. They will trick people into giving them money up front only to disappear with it.

Protect yourself from these scoundrels. Never open the door to a stranger. Utilities companies do not send staff out unannounced. Check out any contractors through the Better Business Bureau and always check with someone you know. Use contractors who come recommended by friends and family. And never buy into any transaction whereby they solicited you. Take charge of the process from the beginning.

Another positive aspect of the fall season is the arrival of flu clinics. Make sure to get your flu shot early to provide the best protection. Your physician or local health department can provide this service for you. Many senior centers also provide clinics for this. If you are over the age of 60 also consider a pneumonia vaccine and a shingles vaccine. With all of these protections in place you can enjoy the cider mills and art fairs in full swing!

All Service Requests

MUST BE CALLED INTO THE

OFFICE!!

Do not ask Mark or Randy to do any work without calling the office.... We need a record of it and they won't forget that way!

Thanksgiving

My personal favorite holiday of the year is Thanksgiving (I was born on Thanksgiving too). It is a time to really think about what blessings you have in your life. There are no gifts to worry about, no stressful running around, just a time of reflection and love.

I asked the staff and everyone said about the same thing, they are thankful for our wonderful Spring Meadows family both staff and residents and then:

Michael: "I am thankful for, Grand Theft Auto On-Line and that my family is happy and healthy."

Randy: "Friends, family, my dog and home."

Mark: "I am thankful for family, friends, ABBA, and diet Dr. Pepper."

Linda: "My husband, my corgi Otis (and his sisters), my family and friends and the greatest job in the world."

Sometimes our light goes out but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.

Albert Schweitzer

November Birthdays

Birthday extravaganza is held every month at Spring Meadows II - Last Friday of every month from 2 – 3 PM. (November 29th – celebrating November Birthdays..... everyone is welcome... cake, games and prizes)

Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

Loretta Covill11/27

Lois Heady11/06

Mary Lou Overmyer11/17

Leona Patton.....11/29

Terry Rudd11/07

Queen Worthey.....11/23

Fred Baker.....11/21

Alice Chisolm.....11/26

Katherine Junkett.....11/05

Billy Wilcoxon.....11/21

Happy Birthday everyone!!

**We are so glad you were born
and choose to be a part of
Our wonderful family!**

All I ever wanted really, and continue to want out of life, is to give 100 percent to whatever I'm doing and to be committed to whatever I'm doing and then let the results speak for themselves. Also to never take myself or people for granted and always be thankful and grateful to the people who helped me.

Jackie Joyner-Kersee



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.

Popcorn Thursdays

Popcorn will be served in the lobby at Spring Meadows II on Thursdays and in the Clubhouse at Spring Meadows I on Thursdays

Come and enjoy a free bag of popcorn

Call and we will bring you some!

FREE



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.

Linda's Thoughts

Gotta Love Fall! Fall is my favorite time of year.... However, I find that I am less enthusiastic every year for the cold weather to follow.

Have you noticed how beautiful the skies in Michigan are in the fall? This has been an especially beautiful fall and it has lasted a long time. While I am writing this (in late October) the flowers are still blooming and the trees are so beautiful. I have checked several websites predicting our winter and we are supposed to have more snow than usual. So prepare for the worst and hope for the best!

I attended a PVM meeting a week or so ago and they have some announcements that I need to share. First, with the "holiday season" coming up, we have to remind all residents that staff cannot accept any gifts worth more than \$25 and cannot accept any cash (that includes gift cards). We don't need anything..... Keep it for your families or for yourself. If you feel you need to share something with the staff, a nice card or a letter of thanks goes a lot further than you can ever imagine! Plus that is a good time to fill out the "What I do Matters" cards available in the lobby (also, one is on the back page of the newsletter).

Budget time has come and gone and we

are going to have a rent increase at Spring Meadows I again this year. Our insurance rates have gone up as well as trash removal and lawn care.

Our trip to Dallas was a great experience and I got to ride a long horned steer! Yep.... That is a real animal! We went to visit "South Fork" made famous by the "Dallas" television show. They are still filming there in the current "Dallas" series. We went to the JFK memorial. We toured the building where the shots were fired. It was so very, very emotional! I couldn't speak for a couple of hours after the experience. It was very moving.

My graduation ceremony was great.... Roger Myers came along with many people from PVM and the board chairs. It was a very nice show of support.



The convention was good with lots of classes and some great keynote speakers. But.... I am glad to be home.

Now it is back to work with lots of things going on. Can't wait to start another autobiography class, the walking club is starting up and we have other things coming soon.

The Halloween party was a HUGE success with over 45 people here and lots of fun, food, games and prizes (Thanks to Kayla for working so hard on this).

The Gala is one of the most special nights at PVM and Bill and I are delighted to be able to take Caroline Parker to the Gala with us. It is such an honor!

In this season of Thanks, I want to thank PVM for hiring me, for my wonderful staff who go over and above for those we serve, to my wonderful board and most of all, to the amazing residents of Spring Meadows, I truly learn from you every day, I have learned what true strength, grace and compassion is.... I am so blessedThank you!

**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

(517) 788-6679
(517) 788-7502

Village Staff

Linda Sisco
Housing Administrator

Kayla Kimlin
Intern

Michael Mills
Assistant Administrator

Randy Schulz
Maintenance Superintendent

Mark Hartman
Maintenance Tech

EMERGENCY NUMBER

(517) 251-2830

Additional Number

(517) 748-1460



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



The Village of
**Spring
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Congratulations!

You are being recognized because
"What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

** Please turn this card into Village Administrator for a chance to win a prize **

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT

Fill this out and turn into the office. The staff member being recognized could win a prize and will be acknowledged for their hard work and extra efforts to make your life at Spring Meadows better! Can't choose, more forms are available in the lobby.

Embrace the possibilities