



Sage Grove View



Embrace the possibilities

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

November 2014

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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

THANKSGIVING – A TIME TO THANK OTHERS

The holidays are in full swing! Alongside the Halloween costumes are displays of Thanksgiving and (YES!) Christmas and Hanukah decorations. Thanksgiving is reportedly one of the most traveled holidays while airports and highways are clogged with people trying to return to their hometowns to reconnect with family and friends.

Let's also think about the folks who helped us get to where we are in life. Chances are there were many others in your life other than your parents who guided you along life's journey. It could be an aunt or uncle, grandparents or a neighbor or teacher who were part of your growing up years. I was reminded recently of a former neighbor, "Uncle Pat", who used to pack his five children into their blue station wagon for a trip to the local swimming pond. As an only child it was always an adventure for me to be part of the gang. And they always seemed to find room for me to join in.

Recently my mom and I went to visit friends and relatives in my hometown located about five hours from here. We

had a packed schedule which included relatives and friends from my parents' genealogy society. There was little time to spare. Yet, there were two visits which meant a great deal to my mom. They were stops to visit my aunt as well as a long-time friend of my parents. Both are presently in nursing homes. One visit involved driving a great distance into the countryside of Pennsylvania and was not very desirable geographically. I reminded myself that she had been a very good aunt to me and that her son has been wonderful to my parents by making a visit to them a top priority during the last days of my father's life.

Once we were deep into the countryside I noticed what a beautiful scene lay before us. It was truly spectacular scenery. "This is a good adventure!" I said to myself. However, nothing could compare to the look of joy on my Aunt Mary's face, as well as that of my mom's friend at the other nursing home, when they enjoyed our visits. So along with enjoying touch football, games on television, favorite recipes of family and catching up with family and friends, please remember those who can't join in the festivities with a visit and celebrate the important message inherent in Thanksgiving! I wish all of our readers a wonderful holiday.



The Village of
Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





For Your Safety.

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

Keeping Food Safe

One in six Americans will experience food poisoning each year according to the CDC (Center for disease Control). In its mild form food poisoning can cause stomach distress that is uncomfortable and nasty. In more serious forms it can cause hospitalization and in severe cases even death. The CDC has issued some simple guidelines to keep your food preparations safe. There are four simple steps:

- **Clean: Wash hands and surfaces often**
- **Separate : Don't cross-contaminate**
- **Cook: Cook to the right temperature**
- **Chill: Refrigerate promptly**

When washing your hands, be sure to wash with soap and running water. While you do not have to wash poultry, meat or eggs, you should wash fruits and vegetables- including the pre-cut packaged ones. Counter tops and cutting boards should also be washed with hot water and soap to prevent bacteria from forming on them after use.

You should always keep meat, poultry, eggs and seafood separate from your other food both in your shopping basket and in your refrigerator. This will prevent bacteria from spreading between packages.

You cannot tell by looking at the food if it is cooked to the right temperature. Food is only safe if it is cooked to a high enough temperature to kill bacteria. Different foods have different temperatures where that occurs. Use a food thermometer for the most accurate way to tell if your food is done. These can be purchased very inexpensively. Once your food is cooked, keep it hot or chill it right away. Years ago we used to leave food out to cool, but it has been proven that while food is cooling, bacteria is growing. Perishable food should be refrigerated within two hours. When on a picnic in hot weather, that should be an hour or less.

Don't let poor food sanitation lead to illness or something more serious.

A few simple steps in food preparation will keep you safe.

Announcements

Note: No Community Van until we find a driver.

Community Room Events

- ❖ **November 1st** –
Craft Sale & Blanket drawing
10am – 12pm
- ❖ **November 2nd** –
Birthday Celebration –
5:30pm
- ❖ **November 5th** –
Commodities Pick-up
- ❖ **November 5th** –
Gryphon Place / 2-1-1
Presentation
1:00pm
- ❖ **November 8th** –
Resident Luncheon
12:00pm
- ❖ **November 3rd & 17th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **November 12th** –
Flu Shot Clinic by
Walgreens
1:00pm
- ❖ **November 20th** –
Bingo with Life EMS –
3:00pm
- ❖ **November 24th** –
Activities planning
committee meeting –
10:00am – All Welcome!!
- ❖ **November 27th** –
Thanksgiving Dinner
prepared by Madonna S.
Please see signup sheet
in Lobby

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Giving Matters.

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

Help PVM Residents Who Need It Most

Did you know that PVM offers financial assistance to residents who have outlived their resources, so they are always able to call PVM their home? And did you also know that PVM also supports residents in an emergency financial need? This type of support is offered through the Benevolence Fund and positively impacts *each and every PVM Village*. **You can help support residents who need it most by making a donation to PVM's Benevolence Fund today!**

The residents using Benevolence funds today did not plan to be in dire financial circumstances. Savings may have disappeared due to an unexpected healthcare expense or simply because they lived to be over 100 years old! Other residents only need temporary help, perhaps with an unexpected expense such as expensive medical equipment for a resident who is nearly blind, food for a resident who was the victim of a phone scam and countless other examples.

Your gift supporting the Benevolence Fund during November and December is eligible to be matched, \$1.00 for \$1.00! Maximize your gift today by visiting the front desk, your Village Administrator or our website, www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match).

And, new this year, for any Benevolence gift received by the PVM Foundation office on **Tuesday, December 2nd, or "Giving Tuesday," we will double the match, \$2 for every \$1 donated!** For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you for supporting residents and for making a difference!

Warm regards,
Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation

presents its 11th annual Gala

Get Your Motors Running!

Sponsorship Packages Available!

Patron Tickets \$375

Individual Tickets \$250

For more information, contact
PVM Foundation at 248.281.2040
or visit www.pvmfoundation.org



Friday, November 14, 2014

COBO Center, Detroit

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



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

No" It's Your Life. Live It Well" article this month

The following is submitted by resident Deanna H. – Author unknown. ... A little something to make you smile 😊

A girl potato and a boy potato had eyes for each other, and finally got married and had a little sweet potato, which they called "Yam."

Of course, they wanted the best for Yam. When it was time, they told her about the facts of life. They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed, and get a bad name for herself like "hot potato" and end up with a bunch of tater tots. Yam said not to worry, no Spud would get her into the sack and make a rotten potato out of her! But on the other hand, she wouldn't stay home and become a couch potato either. She would get plenty of exercise so as not to be skinny like her shoestring cousins.

When she went off to Europe, Mr. and Mrs. Potato told Yam to watch out for the hard-boiled guys from Ireland and the greasy guys from France called the French fries, and when she went out West, to watch out for the Indians so she wouldn't get scalloped. Yam said she would stay on the straight and narrow and wouldn't associate with those high class Yukon Gold, or the ones from the other side of the tracks who advertise their trade on all the trucks that say "Frito Lay."

Mr. and Mrs. Potato sent Yam to Idaho P.U. (That's Potato Chip University) so that when she graduated she'd really be in the chips. But in spite of all they did for her, one day Yam came home and announced she was going to marry Tom Brokaw.

Tom Brokaw! Mr. and Mrs. Potato were very upset. They told Yam that she couldn't possibly marry Tom Brokaw because he is just a ... Commontater!

Thank you Deanna for the laughter "Happiness is good for our health. "

Service Coordinator's Corner: Rebecca Ogradowski

This month's column is about taking care of yourself and others. As we all know, the end of the year is holiday season. This time can be both fun and stressful, with a lot of time spent at parties and events. It's easy to forget that we all need to relax and do something just for ourselves. Do you want some peace? How about a bit of activity, then rest, then activity? I encourage you to take a minute, an hour, a day to do something fun that you enjoy.

It's also an opportunity to decide what is most important to you. Having priorities (and sticking to them) can make life much simpler. A "holiday bucket list" can help you to keep track of what you want to do and when. This is a great way to deal with the tension that can be part of the season. While cheer and joy are expected, not everyone feels the spirit. Some people remember and miss those that they have lost. Others feel overwhelmed. If you think another person isn't in the mood, please remember that we all have rough times. A little space or compassion might be what someone else needs. If you ask what the other person wants and respect that choice, you could avoid a disagreement. If you have a hard day later, someone might show some understanding to you.

I hope that you enjoyed Halloween.

Rebecca

Recent Events

Senior Nursing Care did a presentation and health check clinic on October 7. Those who came had their blood sugar, weight, oxygen level, and blood pressure checked by Laura Bennett. If you would like more information about this agency, I can provide it.

Upcoming Events

The Gryphon Place/2-1-1 presentation is scheduled for November 5, 2014 at 1pm in the Community Room. Two staff will be coming to talk about the agency's services (especially referrals to local resources and mediation). They will probably know about an agency that you can use.

A Flu Shot Clinic (by Walgreens) is planned for November 12, 2014 at 1p in the Community Room. Walgreens is asking that you provide your insurance information in advance, so they can bill ahead of time. Traditional Medicare should cover the cost of the immunization. Please see me if you are interested in participating.

... Happy Thanksgiving ...

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.
- ❖ Last Saturday of the month "Give away day" and Social Gathering- 10am – 12:00pm
- ❖ Movie Matinee – 1:30pm
Tuesday – November 4th
Tuesday – November 18th
- ❖ 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 12:15pm

Birthday Celebration!

Helen A.November 13th

We Wish You Great Day and a Blessed Year



Administrator Column

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



This gorgeous lap blanket was hand made by resident Carol L. The drawing is on November 1st at the Craft sale. All proceeds will go toward our Friends & Family project of paving our service road. Blanket measurements: 52”W by 52”L, color – Aran. If you wish to get a ticket for the drawing, please see Carol in apartment #204 ... Thank you Carol for your hard work, its beautiful!!

The barber/salon will be finished and ready for operation within the next few

weeks. Just in time for the holidays. Beautician Bonnie will be preparing her schedule with contact information, the closer we get to completion. I will get the information to you as soon as I receive it. We are very excited to add this service to our village.

Our Annual Holiday dinner will be December 11th. Watch for more information closer to the date.

Thanksgiving day, Madonna S. will be cooking again for those without plans for the holiday. Please see sign-up sheet in the lobby, so she'll know how many to cook for.

Thanksgiving is approaching quickly ... I am always thankful for the many blessing in my life. But ... I tend to reflect on the extra blessings at this time of year. I am truly thankful for my family and friends ... and all of you. You have a special place in my heart and I appreciate each of you in your many different and special ways. I won't get all mushy on you ... but please know how special you are to me ... each and every day! ... Thank you for being you!!!

I wish each of you a peaceful, memorable and Happy Thanksgiving.

Paula Hager

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Birthday Celebration 5:30pm in Comm. Rm Daylight savings ends	3 Bible Study Group Meets 4 - 5pm in Cm Room	4 Movie Matinee 1:30pm "The American President"	5 Commodities pick-up for those enrolled ----- Gryphon / 211 presentation 1:00pm	6	7	8 Resident Luncheon 12:00pm in Comm. Room
9	10	11 Veterans Day <i>"Thank you for your Service!"</i>	12 Walgreens Flu Shot Clinic 1:00pm	13	14	15
16	17 Bible Study Group Meets 4 - 5pm in Cm	18 Movie Matinee 1:30pm "Dave"	19	20 "Bingo" Life EMS – 3:00pm in Cm Room	21	22
23	24 Resident Activity Meeting 10:00am	25	26	27 Thanksgiving Office Closed	28 Office Closed	29 Give-Away-Day & Social Gathering 10am - noon
30	December 1	December 2	December 3	December 4	December 5	Walmart Bus <u>EVERY Monday</u> Pickup @ 12:15pm Main entrance

**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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**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



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