



Village News



Embrace the possibilities

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

October 2014

49201 • www.pvm.org

Featured Articles

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New Staff!

Wow! What an eventful October we had!

Our new staff is starting and we are so excited to make Spring Meadows the best it can be!

Bruno Trout is our new maintenance lead, Bruno is a married man with a lovely wife, Lori. Bruno is the proud father of 3 children and Grandpa to 3 Grandchildren. He grew up in Homer and Albion and moved to Jackson in 2007. Bruno has many years of experience in the field.

Tom Leach is our maintenance tech and is also a Jackson native. Tom has spent many years in property management and many of you might remember him from Woodland Hills. Tom is married to Cindy and they have 5 children and 3 Grandchildren and another due the first of November! Tom grew up in Jackson and went to High School at Western. Tom has a certificate in HVAC and many years of experience.

Rae Stachnik is our new Administrative Assistant and is another Jackson person. Rae is married to her wonderful husband and they have 2 children (10 & 12). One of the biggest reasons Rae took the job at Spring Meadows is she will be able to spend more time with her young family. Rae has been in property management for years and has lots of experience with tax credit and HUD.

Are you signed up for the calendar?

Meetings on Tuesday Nov. 4

SMI@2:00

SMII @ 11

Photo shoots

Nov 6

SMI @ 2

SMII @ 11

Look for PVM on:



Inspections:

**Spring Meadows I
November 17 - 20**

**Spring Meadows II
November 24 - 26**

**Please be prepared
You will be notified the day
before they come to your
door.**

What are you doing Sunday Afternoon?

A group of residents from Spring Meadows I want to know if you want to get-together on Sunday afternoons:

Do you find Sunday long, dull, and lonely? Some of us wonder if we might have a good turnout for cards and games at the community room on Sunday at 2:00 pm.

We can play euchre, hand and foot, rummicube, scrabble, dominoes, or whatever you like!

If interested, please call: Mary 817-6868, Millie 395-4758, Barb 796-0366 or Lois 990-2988.

Is there another day that would be better?

FLU SHOTS

If you look at the “Center For Disease Control” regarding the flu, this is their recommendation:

“Have you taken the steps to prevent flu this season? As long as flu viruses are still circulating, you can still benefit from a flu vaccine. Flu vaccination is the first and most important thing you can do to protect against flu. Get yours today!”

Debbie Muhich from Brown Pharmacy and one of our Board Members will come to your home if you cannot get out or meet at

at the office to make sure you are safe from the flu!

Everyone should get a flu shot. The CDC predicts this year will be very hard on people over the age of 65! There is no shortage..., get yours as soon as possible!



- 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.
- And a Nustep at Spring Meadows I too! Call the office and set up an orientation and EXERCISE!!

Meijer branch of Jackson Library is active and has lots of things going on! Let's get connected!

*Book Club meets the 1st Friday of the month

*We will be setting up a “tour” for Spring Meadows as soon as the weather is a little better!

*Computer Classes – Call the library for dates and times

*Chair Yoga

*Craft n' Chat at the library – 4th Tuesday at 5:30 PM

We will not do our catered lunch in November and December...we will start up again in January 2015! A big thanks to Steve Rice!



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
and are honored annually at a special event. For more information about Charitable Gift Annuities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

You asked for it:
Resident Meetings with Management
Spring Meadows I – November 20 @ 2:00 PM
Spring Meadows II – November 20 @ 11:00 AM



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

Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.

Henry Van Dyke

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



Danielle's News

Just like every Fall in Michigan, October gave us some beautiful colors, sunshiny days and the days that remind us that another winter is on its way! Even though we may not want to talk about the "s-word" (snow), it will be here before too long and there are some great things you can do to prepare yourself for the upcoming season. 1. Get a tune up for your car, or at least have it looked at. Being stranded by a vehicle malfunction in May is unpleasant, being stranded in January is dangerous. 2. If you have a doctor's appointment or even just a physical that you have been putting off, go ahead and get in there before the winter makes you *really* put it off! Also, don't forget your flu shot! (Debbie Muhich... Our Board member will come to Spring Meadows anytime you want).

On a warmer and more cozy note, it's time for #3. Pull out those nice sweaters! Bring them to the front of your closet again and enjoy re-visiting that snuggly wardrobe! 4. If dryness (eyes, nose, throat) is an issue for you then you may want to look into a humidifier. It will help keep the air moist and can alleviate some sinus discomfort. Finally, Tis the Season!! As of November 1st, Christmas will be 55 days away! Enjoy the lights, the comradery and smile through even the stressful moments!

As always, feel free to call me with any questions you may have! I am here to help! I will also be contacting everyone in the coming weeks just so I can ensure that I am being as useful to you all as I strive to be! Many Blessings, Danielle Leithauser, Service Coordinator

Brown's
ADVANCED Care
Pharmacy Services



2136 Robinson Rd Jackson, MI
49203

517-750-2180

**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.



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.



This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Tips for Making a Healthy Pie for the Holidays

Delicious pies can be sneaky with their calorie, salt, fat, and sugar content; however, healthy pies can be just as delicious by applying these simple and fun tips when you bake away for the holidays!

1. **DIY – Make your own crust out of simple ingredients: flour, fat, salt, sugar, water.**
2. **Sub in sour cream or yogurt – Add a dollop of reduced-fat sour cream or Greek yogurt to pie crust in place of some of the butter.**
3. **Fill with fiber – Substitute white flour with whole-wheat flour. Whole-wheat pastry flour is good for a finer crumb.**
4. **Go nuts – Replace some of the flour with nuts to add in protein, vitamins, and fiber. Try using almond flour or grinding your own pecans.**
5. **Sweeten smart – Reduce sugar by using fruits that are naturally sweet on their own. For extra flavor, spice up your pie with nutmeg (pairs well with berries), cinnamon (pairs well with apple pie), or ginger (pairs well with peaches).**
6. **Spread lightly – Melt a teaspoon of butter then dab it on the pie pan with a paper towel, or use a light mist of cooking spray.**
7. **Experiment with different flours – Quinoa flour is a unique option; it is nutrient-rich, packed with protein, and easy to digest.**
8. **Toss in tofu- Use tofu as a filling base that is creamy and guilt-free! Tofu can adapt to whatever it is flavored with – like adapting to the chocolate flavor in a pumpkin chocolate mousse cake.**



If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get.

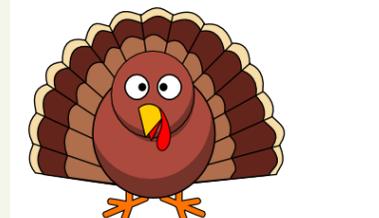
Frank A. Clark



Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.

Willard Scott





Kelly Family Singers to Entertain at Spring Meadows

Come to Spring Meadows I on October 19th from 3:30 – 5 to enjoy the musical entertainment from The Kelly family ! They play instruments and sing..... Specializing in music from the 50's and 60s!

Let's Dance!!

Spring Meadows I Community Room



PLEASE.....
Don't feed the
Wild Animals!



Thanksgiving is one of my favorite days of the year because it reminds us to give thanks and to count our blessings. Suddenly, so many things become so little when we realize how blessed and lucky we are.

Joyce Giraud

If no one shopped on Thanksgiving Day, the stores wouldn't open. End of story. I say we all take the pledge and stay home. Thanksgiving is a day to give thanks for what you have, not to save a few dollars to get more.

Regina Brett

Thanksgiving at Spring Meadows

P V P D S S B O P T U O D M S
 J G Z E H E S M U I L H A A N
 M Z A Q C L I R Y L E S L E A
 Q Q F Q L A K R E V H P A T E
 P V G O P E N N R E A T S A B
 U V R E Y S P P D E Z R O P N
 M H S A U Q S P I M B D G U E
 P B Q L Z J O G G E Y N Q H E
 K J M T Z T N F Z A T G A C R
 I I K C A I S H E W G K B R G
 N W S T F C Z F I H P F G A C
 A J O F R K D E X Z X W C W Z
 M E U W V R C O R N H J X Y F
 S T U O R P S L E S S U R B O
 S P A R S N I P S U B T S I X

BRUSSELSPROUTS
 GRAVY
 PARSNIPS
 PUMPKIN
 SQUASH

CORN
 GREENBEANS
 PECANPIE
 ROLLS
 STUFFING

CRANBERRIES
 MASHEDPOTATOES
 PIE
 SALAD
 TURKEY

Have you tried "First Fruits" Groceries!
If you live at Spring Meadows you automatically qualify!
Great food Boxes at reduced prices!

Meats from Prime Cuts \$30
Produce from Keyes Produce \$20 (choose from 2 boxes)
Wise and Healthy Protein Booster Box \$31
Order forms at the office
Pay with check or money order, orders can be placed at the office!

Many, Many, Many Thanks!

This month would have been impossible without the help of Danielle's husband, Dan, our Danielle, my husband William, my Granddaughter Kelsey, and all the others who assisted and volunteered. I appreciate you so very much... thank you!

The Maintenance cell phone is for
EMERGENCIES ONLY!
Please don't call with regular
Service calls ..CALL THE OFFICE.

Time to reveal our Secret Pals... One of the most fun things we do! Come to SMII on November 21st at noon. Bring a dish to pass and your final “gift.” Now’s the time to thank your secret pal! Even if you weren’t in on it last year but want to participate this year, come to the party, we will draw names for 2015!

November Birthdays

Birthday extravaganza is held every month at Spring Meadows II – November 28 from 2 – 3 PM.
 (Celebrating November Birthdays..... everyone is welcome... cake, games and prizes)
 Thanks to Sherry from Faith Haven for the cake!

Loretta Covill..... 11/27

Happy Birthday everyone!!

Lois Heady.....11/6

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

Barbara Jordan.....11/15

Nola Kaminski.....11/20

Mary Lou Overmyer.....11/17

Fred Baker.....11/21

Alice Chisholm.....11/26





Numerous studies conducted by scientists in the U.S., Australia, and the United Kingdom have confirmed that when flushed, toilets act like “mini-volcanoes” and spew some of their contents into the air in the form of water vapor. If flushed with the lid up, these bacteria filled droplets have been found to land up to twenty feet away from the center of the toilet! Anything within that radius - including your tooth brush - has the potential to become polluted with the contents of the toilet.

While a recent review of the scientific literature conducted by Dr. David Johnson and his colleagues at the University of Oklahoma Department of Occupational and Environmental Health found no evidence of anyone becoming ill from bacteria spread through “toilet-plumes”, the potential *does* exist.

Take these precautions to **avoid** “toilet-plumes”!:

- 1) Always flush the toilet with the lid down
- 2) Keep your tooth brush in your medicine cabinet
- 3) Disinfect your tooth brush with mouthwash or peroxide before each use
- 4) Clean your bathroom sink daily with a chlorine bleach-based cleanser

For more tips on keeping your bathroom germ free, click on the link provided below:

<http://www.webmd.com/a-to-z-guides/features/germs-in-bathroom>

Oh my goodness! I don't want to have another month like October 2014! But....we have made it! Thanks to all of you for being understanding and helping in so many ways....even if just for the moral support!

I am so excited about our new staff and really look forward to working with them.

So, November is going to be a better month.

We are going to have meetings for our calendar project, it will be so much fun. We have a lot of people signed up so if your name is on the list, make sure you come to the meeting on November 4th! I want to have it done so I can get some printed before the holidays!

Bill and I are going to Myrtle Beach for a week in November! Can't wait! We are taking a cooking class in Charlotte, taking some plantation tours, checking on our house, walking on the beach and just enjoy being together in a beautiful place. There is a technical college about a mile from us and they have a culinary school, we have signed up to go to a 3 course luncheon prepared by the 2nd year culinary students.. it is supposed to be fabulous!

When I was younger, I loved winter. It was my second favorite season. Now, not so much... but I

Do love Thanksgiving! It is my favorite holiday. I was born at 4 PM on Thanksgiving so I guess I have always felt it was my personal holiday. I love the fact that it is a holiday to spend with people you love without all of the other "stuff." I love the fact that it is a day to just take time and be thankful for all of the wonderful blessings we have. At our house, we go around the table and people say out loud what they are most thankful for. We always have lots of laughs and tears. When Kelsey (my middle Michigan Granddaughter) was about 4, she said she was thankful for crayons. I am thankful for my wonderful husband, my children and grandchildren, my pets, my job.... And I am so very thankful for all of you!

Can't wait to tell my secret pal who I am! It has been really hard for me to not tell her. I wonder if she suspects it is me! We will have the luncheon on the 21st at noon at SMII. If you weren't in on it last year but want to be this year, just come to the luncheon. Bring a dish to pass!

November 19th, the Kelly singers will be visiting us at SMI from 3:30 - 5. They have a singing group with

60's music . A huge Thank You to Evalyn Fogg (they are her family) for inviting them! It sounds like a great time.

Speaking of a great time. A Huge thanks to the Northwest High School group "Do Something" for entertaining at SMII. I was at appointments all day but heard it was a lot of fun. The kids had so much fun they have asked to come back in January.

Community room rentals are filling fast! Get your name on the list if you are interested. A few rules: We only rent to residents (no outside rentals), no smoking, no alcohol. The limit for a comfortable party at SMI is 35 or less at SMII probably 25 or less. Cost is \$25 with a \$50 deposit that will be refunded when the party is over and it is clean and shiny!

We had a great time at our first Halloween party (at SMII), it was a small crowd but we were rocking the building! Who knew! Bruno is a very good singer! We did a trio of "Twist and Shout" that will not be forgotten.....(nightmares anyone). Can't wait for the next one at Spring Meadows I tomorrow!

Have a great November and stop and meet the new staff!

Linda

**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

Rae Stachnik
Assistant Administrator

Danielle Leithauser
Service Coordinator

Bruno Trout
Maintenance Lead

Tom Leach
Maintenance Tech

EMERGENCY 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

**Is there someone on the staff who really helped you? Danielle, Rae, Bruno, Linda or Tom!
Fill this out and turn it into the office.... They might win a prize!
Linda won a \$25 gift card in October!**

Embrace the possibilities