



# Sage Grove View



## Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • [www.pvm.org](http://www.pvm.org)

November 2016

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## Birthday Celebration!

*Yvette A. ----- November 4<sup>th</sup>*

*Rebecca – SC ----- November 17<sup>th</sup>*

*Joe – Maint. Tech ----- November 22<sup>nd</sup>*

*We wish all who have November Birthday's a Fantabulous Day and a Blessed Year!!!*

*Happy Birthday... Happy Birthday... Happy Birthday...*

### 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](http://www.pvmstore.org) into your web browser.*



The Village of Sage Grove

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## Announcements

### Community Room Events

- ❖ **November 6<sup>th</sup>** –  
Birthday Celebration –  
5:30pm
- ❖ **November 2<sup>nd</sup>** –  
Commodities Pick-up for  
those registered
- ❖ **November 12<sup>th</sup>** –  
Resident Luncheon  
**12:00pm**
- ❖ **November 3<sup>rd</sup>** –  
MI Disability Rights Col.  
Presentation – **1:00pm**
- ❖ **November 30<sup>th</sup>** –  
Teter Orthotic Shoes  
Presentation – **1:00pm**
- ❖ **November 7<sup>th</sup> & 21<sup>st</sup>** –  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **November 17<sup>th</sup>** –  
Bingo with Life EMS –  
3:00pm
- ❖ **November – League  
Bowling SG Wild Cats** –  
Monday's 6:00 – 7:30pm;  
**SG Ladies** – Tuesday's –  
1:00 – 2:30pm *in Comm.  
room* – *Both teams are  
taking a break Nov. 7<sup>th</sup>  
thru Nov. 20<sup>th</sup>*
- ❖ **November 28<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am – **All Welcome!**

See Calendar for more  
events.

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Giving Matters...



## Giving Matters.

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

### Seniors reap what YOU sow.

*Sow seeds of opportunity at the PVMF Gala next month!*

The air is crisp. The leaves are changing and time is running out to get your Gala ticket!

It's amazing! You can **change a life** by spending a Friday night at COBO Center.

You care about the needs of Michigan seniors. You want to see your parents, your family members—your peers **thrive**.

You can help by coming to the party or—  
you can **sponsor a resident's ticket!**

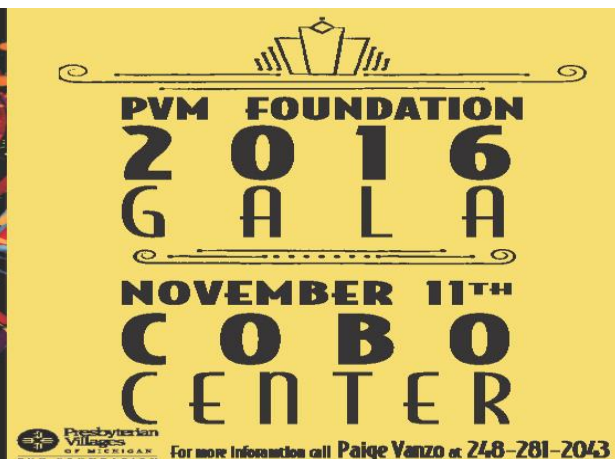
There'll be great jazz, a raffle, a few surprises—AND—**every single ticket sold** has a direct benefit to Michigan seniors.

Harvest this opportunity by visiting [PVMF.org/Gala2016](http://PVMF.org/Gala2016) or calling 248-281-2040 today!

**PVMF's 13<sup>th</sup> Annual Gala – All That Jazz!**  
**November 11 at COBO Center**

See you there!

Warm regards,  
Paul J. Miller, CFRE





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Answers to Fact or Fiction?

Below are the answers to the true or false statements published in last month's column.

1. **FALSE.** It is NOT very difficult for older adults to learn new things. It is well established that those who regularly practice their learning skills maintain their learning efficiency over their life span.
2. **FALSE.** Clinical depression DOES NOT occur more frequently in older than younger people. There is no evidence that depression occurs more often in older adults than younger groups, and it should not be considered a normal part of aging.
3. **FALSE.** Personality DOES NOT change with age. Particular traits in youth and middle age will not only persist but may be more pronounced in later life.
4. **TRUE.** Older adults DO have more trouble sleeping than younger adults do. They often experience sleep changes such as taking longer to fall asleep, frequent awakenings, daytime napping, and lighter sleep.
5. **TRUE.** Physical strength DOES decline in old age. However, research shows that weight bearing exercise, aerobics, and weight resistance can restore muscle strength, increase stamina, stabilize balance and minimize falls.
6. **FALSE.** Older people are NOT happier if they are allowed to disengage from society. There is substantial evidence that people who remain active and engaged have higher levels of function and happiness.
7. **TRUE.** Older persons DO take longer to recover from physical and psychological stress. However, older adults who have developed active and health lifestyles may be able to resist some of the negative effects of stress or illness.
8. **TRUE.** Most older adults DO consider their health to be good or excellent. Overall, most people over the age of 65 still rate their health positively.
9. **FALSE.** Older workers CAN work as effectively as younger workers. Research has identified characteristics of low turnover, less voluntary absenteeism and fewer injuries in older workers.
10. **FALSE.** Research DOES NOT show that old age truly begins at 65. Old age is a social construct. Meanings, definitions and experiences of aging vary across cultures and throughout history.

## Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: Social Security and Medicare payments and costs, my schedule for November 2017, and the presentations planned for the rest of 2016.

As you many know, the Social Security Administration is planning to raise the Cost of Living Adjustment (COLA) by 3% in 2017. This applies to monthly Social Security payments and Supplemental Security Income (SSI). If Social Security pays your Medicare premium, you should not be charged more than the 3% COLA. Social Security is expected to send letters about the changes soon.

My schedule for November is going to be different from the usual. I will be out of the office the week of November 14 for a National Church Residences conference. The following week, my hours will have to be adjusted based on the Thanksgiving holiday (office closed that day) and the number of hours I work during the conference. I will post these changes on the office door and contact anyone with whom I need to reschedule appointments. Please see me if you have questions.

### Upcoming Presentations

**Michigan Disability Rights Coalition (with Disability Network Southwest Michigan and Michigan Medicare Medicaid Assistance Program) – Thursday November 3, 2016 at 1pm.** This presentation will focus mostly on the MI Health Link health insurance program. Disability Network can do an additional program about their services (including how to use the bus system in Kalamazoo). If you would like a separate presentation about the Medicare and Medicaid changes for 2017, let me know and I will work with them to make that happen.

**Teter Orthotics Prosthetics – Wednesday November 30, 2016 at 1pm** – Clark from Teter will share information about the process of getting diabetic shoes through their company. They participate with Medicare, so he can help with meeting the requirements to get the shoes covered by Medicare.

**Kalamazoo Public Safety – Wednesday December 7, 2016 at 1pm** – Karianne Thomas (Deputy Chief) of Kalamazoo Public Safety will talk about the Department's services and how you can protect yourself. This should be a great source of information.

Rebecca Ogradowski, LLMSW  
Service Coordinator

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## Announcements Continued

- ❖ **1<sup>st</sup> 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 3<sup>rd</sup> floor.
- ❖ **Movie Matinee – 4:00pm *Movie showing in Parlor*** Movies are cancelled for a while due to nice weather.
- ❖ **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 1<sup>st</sup> come 1<sup>st</sup> serve basis.
- ❖ **Wal-Mart Bus – Every Monday – Pick-up is at 12:50pm**

## Administrator Column

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

**Wii or Xbox Bowling** – PVM 1<sup>st</sup> Annual Wii Bowling Tournament – It has begun.... We will have a team of 4 representing our Village with hopes of bring home the Trophy. This tournament is PVM Village wide, with (6) villages participating. Bowlers will bowl (2) games each week and submit their combined team score. Teams will continue to compete until they lose twice and then are out. Please join me with cheering our Team on. Date and time of Village team bowling will be announced, if you care to watch and show your support. As always, ALL are welcome. ... Good Luck Sage Grove! ☺

### 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.**

**Gardeners** – With winter rapidly approaching, it's time to clean out your flower beds and get them ready for winter. If you need assistance, please let Joe and/or myself know we will do what we can to help.

Our annual Halloween Party on October 27<sup>th</sup> was a lot of fun. Thank you to the PVM Foundation! I was informed we had some money left in our Resident Activity Grant from last year. With that, we were able to purchase bingo prizes and had a lot of fun! Thank you everyone for coming out and participating, you all continue to amaze me. Please see picture on page 2 of this newsletter.

Our unannounced fire drill was a great success. We invited the Kalamazoo Fire Dept. for feedback

and suggestions they may have. Sergeant J. Mack attended and was pleased with our process. He offered a few suggestions to both staff and residents. We have taken his suggestions and implemented them. Thank you ALL for your cooperation. ☺

If you see a Christmas tree go up in the next few days, no, we are not decorating OUR tree just yet. We are participating in the Annual Tree Lighting and Festival of Trees with the Beacon Club. We have some very talented and crafty residents who are helping with this project. On the calendar you will see "Beacon Tree Decorations – 1pm," this is the time we will be making decorations for the Tree. We will give the Tree to the Beacon Club on November 26<sup>th</sup>. If you like to help make decorations and I hope you will, please come and join us. If you have craft supplies you would like to donate and/or lend for use, please bring to community room (a box will be provided) by November 9<sup>th</sup>.

If you never attend the Resident Activity Planning Committee, All are Welcome and we would love to have your input. We had 10 residents participate this month. Thank you!

Our annual resident holiday dinner will be on December 15<sup>th</sup> at Noon. As we still have funds available from our Resident Activity Grant, the main course will be provided by PVM Foundation. We always have a great meal. Please join us...

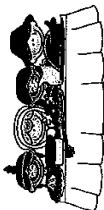
Daylight Saving time ends on November 6<sup>th</sup>, please set your **clocks BACK (1) hour.**

Wishing you a very Happy Thanksgiving!!

Paula Hager  
Administrator



# November 2016



## November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>31</b> SG Wild Cats— Bowling—6:00pm  Halloween	<b>1</b> SG Girls— Bowling—1:00pm  No Comm. Van	<b>2</b> Commodities for those registered Res. Support Grp 11:00am—12:00pm	<b>3</b> Disability Co. MI Rights Presenta- tion—1:00 pm	<b>4</b> Beacon Tree Decorations-1pm  Games—3pm	<b>5</b>
<b>6</b> Birthday's Celebration 5:30pm	<b>7</b> Bible Study 4—5pm	<b>8</b>  Election Day	<b>9</b> Res. Support Grp 11:00am—12:00pm. Beacon Tree Decorations-1pm	<b>10</b>	<b>11</b> Beacon Tree Decorations-1pm  Games—3pm	<b>12</b> Resident luncheon 12:00pm in Cm. Rm
<b>13</b>	<b>14</b>	<b>15</b>  No Comm. Van	<b>16</b> Res. Support Grp 11:00am—12:00pm Beacon Tree Decorations-1pm	<b>17</b> Bingo with Life EMS 3:00pm	<b>18</b> Beacon Tree Decorations-1pm  Games—3pm	<b>19</b>
<b>20</b>	<b>21</b> Bible Study 4—5pm SG Wild Cats— Bowling—6:00pm	<b>22</b> SG Girls— Bowling—1:00pm	<b>23</b> Res. Support Grp 11:00am—12:00pm Beacon Tree Decorations-1pm	<b>24</b>  Office Closed Thanksgiving	<b>25</b> Beacon Tree Decorations-1pm Games—3pm Office Closed	<b>26</b> Beacon Club Christmas Tree Donation—Thank you SG Residents
<b>27</b>	<b>28</b> Res. Activity Comm. Mtg. 10:00am All are Welcome  SG Wild Cats— Bowling—6:00pm	<b>29</b> SG Girls— Bowling—1:00pm	<b>30</b> Res. Support Grp 11:00am—12:00pm Teeter Shoes Presentation—1pm			

**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**  
*Housing Administrator*

**Rebecca Ogradowski**  
*Service Coordinator – National Church Residences*  
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 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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Kalamazoo, MI 49006**

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