



Sage Grove View



Embrace the possibilities

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

December 2014

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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GOOD NEWS FOR THE NEW YEAR

January is the time of year which we associate with something new... a new year, a fresh start, and new projects which we did not get around to during the busy holidays. I am pleased to report that 2015 will see a major initiative come to fruition for the State of Michigan. Some of our readers may recall that last year I was appointed by Governor Snyder to the Michigan Health Endowment Fund Board. The mission of the Michigan Health Endowment Fund is to improve the health of Michigan residents and reduce the cost of health care with special emphasis on the health and wellness of children and seniors.

As Vice Chair of this board, I am committed to responsible stewardship of these monies which will total \$1.56 billion over 18 years. This endowment will place the fund in the position of being the fourth largest foundation in Michigan. This past year we have set up the entire structure for the board while granting funds to statewide organizations, in addition to conducting a listening tour around the entire state to find out from professionals

on the ground what is needed. Some of the major initiatives will include preventing falls for seniors, wellness programs for parks and recreation teamed up with senior centers and support for food banks across the entire state.

In 2015 we will expand our reach to allow for all organizations in the state who work with seniors and children to apply for grants. Our listening tour affirmed for me that there are many wonderful programs going on right now or in the planning stages which can help us meet our mission if they had an increase in funding. What does this mean for you? It could mean better transportation to doctor appointments and more programs to keep you active and aging well. It may mean improved programs to help your grandchildren get on the road to success. It will also mean a better Michigan for us all. Look for updates as we continue this good work.

Finally, I would like to thank Governor Snyder and the Michigan Legislature for working with Blue Cross Blue Shield of Michigan to create this important fund. On to a good year in 2015 for the State of Michigan and its residents!



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

No “For your safety” article this month. ... Instead we have another article from Morgan Nelson – 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.**

These tips were adapted from *greatist.com*

Announcements

Note: No Community Van until we find a driver.

Community Room Events

- ❖ **December 1st –**
Tree Trimming Party
3pm – 4pm
- ❖ **December 7th –**
Birthday Celebration –
5:30pm
- ❖ **December 3rd –**
Commodities Pick-up
- ❖ **December 3rd –**
CentraCare Presentation
1:00pm
- ❖ **December 11th –**
Annual Resident Holiday
Dinner
12:30pm
- ❖ **December 1st & 15th –**
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **December 18th –**
VSG Board meeting
9:30am – 11:00am
- ❖ **December 18th –**
Bingo with Life EMS –
3:00pm
- ❖ **December 20th –** Holiday
Cookie Bake – 10:00am
- ❖ **December 29th –**
Activities planning
committee meeting –
10:00am – All Welcome!!
- ❖ **December 31st –**
New Year’s Eve Party
1:30pm – 3:30pm
Bingo with Paula

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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

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

10 Great Wellness Gift Ideas for The Holidays



Gift giving is a beautiful part of the holiday season and a time to have fun and be creative! Here are some great ideas for gifts that will benefit the health and well-being of your loved ones as well as your own:

1. Write a poem for your significant other.
2. Mail a card to a long-distance friend.
3. Paint a picture for a church or homeless shelter.
4. Give a flower (the December flower is the Narcissus) to a passing stranger.
5. Buy movie tickets for you and a friend.
6. Bake cookies or a pie for your neighbor.
7. Share your secret recipe with your best friend.
8. Make your own gift basket of homemade jam and jelly for your children.
9. Write a fun story about your life and read it to your grandchildren.
10. Spend quality time with your family and friends.

Service Coordinator's Corner: Rebecca Ogradowski

This month's SC Corner is a bit of a grab bag. In addition to the usual **Upcoming Events**, I have news about other areas (including events during December, Project Healthy Living, and the Community Van). Read away.

Holidays and Observances - While we are aware of the Christmas season, many other holidays and observances take place during December. Some of them are:

World AIDS Day - recognition of the effect of HIV and AIDS (Dec.1)

The awarding of the Nobel Prizes and Human Rights Day (Dec. 10)

Monkey Day – the best day of the year to engage in monkey business and help to find ways to protect primates of the non-human kind. Yes, it is a real holiday. (Dec. 14).

Project Healthy Living – Elder Law has offered to hold a series of sessions called Project Healthy Living at Sage Grove. Participants and leaders would meet once a week for four weeks to find ways to exercise and eat more fruits and veggies. The meetings will last for an hour each time. This is a free program that requires at least five people to commit to be there each time. If you are interested, please **let me know what days/times are best for you**. We are planning to start in **May of 2015**. I will be putting out fliers soon.

Community Van - We have a potential driver for the van. Metro will be holding the required orientation in January, so he could start around that time. The sign-up sheet will be on a clipboard near Paula's office when the time comes. Remember that medical appointments have priority.

Upcoming events - Please attend as many of these as you can.

Sunday, December 21st, 2014 - Sangha Yoga – a local yoga studio - is offering a free day. "As a parting gift to you, please join us for a free day of classes on the Winter Solstice, starting at 9am, followed by a Community Social at 3:30pm." Their current location is 157 S. Kalamazoo Mall, Mall Plaza Suite 140, Kalamazoo.

Wednesday, December 3, 2014 – Will be the CentraCare presentation about their services, the benefits of forgiveness, and dealing with holiday stress. Cookies and punch will be served at 1p in the Community Room.

Wednesday, January 14, 2015 - Julia Ridenour (Registered Dietician) from Bronson Hospital will talk about nutrition, especially focused on fact and fiction. I have asked her to talk about how to cook for one person to help you to avoid having leftovers.

Thanks for reading. *Rebecca*

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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 – December 2nd
Tuesday – December 16th
Tuesday – December 30th
- ❖ 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!

Dora G.December 31st
Thema B.December 31st

*To ALL who have December birthday's ...
We Wish You a Fantabulous 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.*

Barber/Beauty Salon update: As many of you may have noticed, the Fitness Center has a new addition. The Barber/Beauty Salon is almost ready. The **tentative** open date is December 17th. The Shop will be open on Wednesday's from 10am – 2pm for appointments. I will be posting Bonnie's services and prices as soon as she gives them to me. A flyer will be circulated. Friendly reminder ... because the barber/beauty salon was donated to our village, outside beauticians will not be permitted on site. If you have any questions, please contact the office.

I'd like to give a much appreciated **“Thank you”** to the following residents ...
Madonna S. for cooking Thanksgiving dinner, and sharing your day with others.
...
Marilyn H. for taking care of the community room kitchen.
...
Sandra P. for picking up commodities every month. ... **What you do Matters!!**

Our Annual Holiday dinner will be December 11th at 12:30pm. Dinner is being provided by the PVM Foundation Resident Activity Grant ... Thank you PVM Foundation.

If you would like to bring a dish to pass to go with the dinner, please do so. I will be bringing my green bean casserole as requested. ☺

It's that time of year again ... “Best decorated Holiday doorway.” The winner will be announced at the New Year's Eve party on December 31st ... Don't forget to vote.

If you have a Holiday pin and would like to contribute to the “Holiday Pin Christmas Tree” in memory of Betty Zuidema, please watch for the Pin Tree coming to the community room. ... Betty had mentioned doing a “Holiday Pin Christmas Tree” as another way to bring residents together. We thought it would be nice to do it this year in memory of Betty. More information will be given at the Tree Trimming party on December 1st.

Wishing you all “Happy Holiday's”

Paula Hager

December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walmart Bus <u>EVERY Monday</u> Pickup @ 12:15pm Main entrance	1 Bible Study Group 4 - 5pm ----- Tree Trimming Party 3- 4p	2 Movie Matinee 1:30pm “The Great Rupert”	3 Commodities pick-up for those enrolled ----- CentraCare presentation 1:00pm	4	5	6
7 Birthday Celebration 5:30pm in Comm. Rm	8	9	10	11 Annual Holiday Dinner 12:30 pm	12	13
14	15 Bible Study Group 4 - 5pm in Cm	16 Movie Matinee 1:30pm “Christmas in Connecticut”	17	18 VSG Board Meeting 9:30 – 11:00am ----- “Bingo” Life EMS – 3:00pm in Cm Room	19	20 Holiday Cookie Bake 10am in Comm. Room
21	22	23	24	25	26	27
		Office Closed	Office Closed	Christmas Office Closed	Office Closed	Give-Away-Day & Social Gathering 10am - noon
28	29 Resident Activity Meeting 10:00am	30 Movie Matinee 1:30pm “The Miracle on 34th Street”	31 New Year’s Eve Party 1:30 – 3:30pm	January 2015 New Year’s Day Office Closed	January Office Closed	January

**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

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Village Staff

Paula Hager

Administrator

Rebecca Ogradowski

Service Coordinator

Monday – Thursday – Phone: (269)382-9910

10am – 3pm

Joseph King

Maintenance Technician

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



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