



# Sage Grove View



## Embrace the possibilities

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

December 2017

### Featured Articles

Resident Birthdays & PVM online store pg. 1

Senior Advocate pg. 2

Giving Matters pg. 3

It's your Life/ Live it well pg. 4

Service Coordinator's Corner pg. 5

Administrator Column pg. 6

Calendar pg. 7

## Birthday Celebration!

Wendy E. ----- December 26<sup>th</sup>

Dora G. ----- December 31<sup>st</sup>

*We wish ALL who have December Birthday's a Wonderful Day and a Blessed Year!!!*

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

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

*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:





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

## Announcements

### OVER THE RIVER AND THROUGH THE WOODS

Over this past Thanksgiving weekend I kept hearing this popular holiday song playing on the radio and began thinking about all the changes America has experienced since this song was first introduced. Most likely none of us took a sleigh to visit Grandma; and very likely many of us traveled to a condo or a PVM Village to visit with their parents and grandparents. However, some universal concepts and experiences carry on through the changing decades. Among these are:

#### The Importance of Tradition

A sense of belonging and constancy for children and grandchildren is helped along by maintaining family traditions. One family every Christmas rings a bell at the top of the stairs when they are the first to awaken; and everyone gathers there to view the first sight of the tree and presents all together. Many Jewish families light the Hanukkah candles together and recite Hebrew as they carry on this tradition. Every faith and country has traditions which are carried on for generations. It is important to instill this love of tradition in our children since it provides a tie to their family background and values.

#### The Honor Given to Our Elders

Many countries revere their elders. And in many cases that is true in America. Yet there are many instances of exploitation, abuse and neglect of our elders. These are among the most despicable crimes imaginable. It has been said that a society is judged by how it treats its most vulnerable citizens. We all need to step up our actions to look out for others and report these situations.

#### Taking Care of Our Parents and Grandparents

Our parents gave us life and raised us to the best of their ability. I have little tolerance for grown adults who complain about what their parents did or did not do for them and use that as an excuse to be less than they can be. It is important to help our parents when they need assistance, to make sure that they know they are loved and not alone and to provide moments of joy through family gatherings or some of those traditions mentioned earlier. Make sure they are visited by family and friends. A grandchild can spark joy in ways that very few other can. Keep in mind that one of the best examples we can set for our children is to show love and care for their grandparents. We reap what we sow. They will probably model after us when it comes time for us to need their help. Enjoy the upcoming holidays and share them with someone you love!

### Community Room Events

- ❖ **December 3<sup>rd</sup>** – Birthday Celebration – **5:30pm**
- ❖ **December 6<sup>th</sup>** – Commodities Pick-up for those registered
- ❖ **December 4<sup>th</sup> & 18<sup>th</sup>** – Bible Study Group Meets **4:00 – 5:00pm**
- ❖ **December 6<sup>th</sup>** – Foster Grandparent Presentation – 1:00pm
- ❖ **December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>h</sup>** – Sage Grove Support Group meets – **11a-12p** All are welcome. The Comm. Rm is closed during the meetings.
- ❖ **December 21<sup>st</sup>** – Annual Holiday Dinner – 12:00pm in Cm. Rm.
- ❖ **December 21<sup>st</sup>** – Bingo with Kim, Life EMS – 3:00pm
- ❖ **December 26<sup>th</sup>** – Activities planning committee meeting – 10:00am – **All Welcome!**
- ❖ **December 25<sup>th</sup>** – **Christmas Day – Office, Maintenance & Service Coordinator Office Closed.**

See Calendar for more events.

Continued on page 5

## Giving Matters...



# Giving Matters.

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

## Will you remember your peers in your year-end giving?

Until no seniors need us, we need *you*.



### Picture this.

You're a healthy, working older adult close to retirement. Then one of your worst fears comes true. A car accident leaves you unable to work and you're forced to retire early. You now need an affordable home with your new, limited income.

### Where do you turn?

### It happened to Brenda. It may have even happened to you or someone you know.

Without faithful donors, Brenda would've had nowhere to turn.

But, because donors made quality housing possible, Brenda's now thriving at a PVM community. She's living out the retirement she always hoped for but didn't think existed. Her schedule is filled with fitness classes, movies, arts and crafts, picnics and cultural trips—all the things she needs to age actively.

**Please be a hero for someone like Brenda and make your gift today.** You are needed now, more than ever!

Thank you for being a hero!

Paul J. Miller, CFRE

**\*P.S. You can make your gift by calling 248-281-2040 or by visiting [GiveToPVMF.org](http://GiveToPVMF.org) today!**



# THANK YOU

## FOR YOUR DONATION!

...have you considered leaving your legacy for PVM residents?

### A GIFT IN YOUR WILL GETTING STARTED

**How It Works:** To make a charitable bequest, you need a current Will or revocable living trust. After your lifetime, Presbyterian Villages of Michigan Foundation receives your gift.

**Without obligation, PVM Foundation would like to answer any questions you may have.**

Please call The PVM Foundation at  
**248.281.2040**  
[mylegacy.pvmf.org](http://mylegacy.pvmf.org)



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## A Caroling We Should Go

Whether you can carry a tune or not, it turns out that not only is singing good for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.



If done in a group, singing can improve our social lives and widen our circle of friends. And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow. To learn more about the health benefits of singing visit

<http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.

## Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are Energy Assistance Programs and a, "Thank you".

I recently attended a forum about the resources available for people who would like help managing the costs of their energy bills. The presenters were from a variety of agencies (United Way, 2-1-1/Gryphon Place, Department of Health and Human Services, Salvation Army, St. Vincent DePaul, Community Action Agency, True North, and Consumers Energy). Each partner has its own requirements and ability to provide funds. This can get confusing, so if you want me to work with you to figure it out, let me know. I have posted a chart with the agencies, programs, eligibility requirements, assistance available, and application process on the board outside of my office. If you take the last copy, please tell me.

The most important things to remember are:

1 Most agencies require a shut-off notice or pending shut-off to start the process. The maximum amount per person is \$3,000 for all sources.

2 Income limits apply; a person's income has to be at or below 150% - 200% of the Federal Poverty Level. This is \$1,025.00 to \$2,010.00 (or less) per month for a single person.

3 Except for St. Vincent DePaul, the agencies work through a single provider system. This means that a client has to continue working with the first agency where s/he enrolled. For example, if you request help from DHHS, they would have to make all referrals for you.

4 Many programs have waiting lists or limited enrollment. The earlier you contact them, the more likely they are to be able to work with you.

5 Applications are processed in different ways. Some agencies require online submissions; others want paper copies mailed to them. The Salvation Army is a walk-in only service.

Also, thank you to everyone for the cards and "Happy Birthday" wishes. You have made this most recent trip around the sun a good one.

### Upcoming Presentation

**Foster Grandparents and Senior Companions – Thursday December 6, 2017 at 1pm** in the Community Room. Josh from Senior Services will explain the programs and how you can participate.

*Rebecca Ogradowski, LMSW*  
Service Coordinator

Continued from page 2

## 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 – 1:00pm **Movie showing in Parlor** If you have a movie you want to watch, please let us know.
- ❖ 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 12:50 pm at front entrance.**

## Administrator Column

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

### 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.**

Tis the season ... Hopefully you've noticed the holiday decorations. This month is a busy month for Sage Grove. We have our Resident Cookie Bake on December 14<sup>th</sup>, all are welcome to participate. Our Sage Grove board meeting is on December 15<sup>th</sup>; our Annual Holiday Dinner on December 21<sup>st</sup> with Bingo with Kim from Life EMS the same day at 3pm; and our New Year's Eve party on Friday, December 29<sup>th</sup>.

Along with the Holiday happenings, we will also have our Beauty Salon open again. Watch for the phone number and price list to follow shortly. Stephanie (our new beautician) and her assistant will be here on **Sunday, December 10<sup>th</sup> from 9:00am - 12:00pm**. She will be doing washes, cuts and styles. You can discuss future appointments and other styles with Stephanie directly. I will post her number as soon as I clarify the number she wants us to use.

As some of you know I've requested a grant from the Wellness Department to become a Chair Exercise Instructor. My requested was approved! Thank you PVM Foundation and Wellness Department! I plan to be certified ASAP with the goal to have our first class here at Sage Grove before the end of the year. We will be having weekly classes going forward. All residents are welcome, male and female. I'm hoping this will be a fun time and also give us more quality time together.

Our "don't eat alone" is going GREAT! I hear more and more of you are participating. Wonderful!!! Tuesday evening at 5:00pm is the night. If you don't want to eat alone, bring your plate and dinner to the community room and join others who feel the same way. Some are even making bigger dishes to bring to share. It's all up to you. ... Don't eat alone, if you don't want to.

# Happy Holidays!

Paula Hager  
Administrator

# December 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Don't Eat Alone = DEA</b> (abbreviated so it will fit in the calendar.) Every Tuesday @ 5:pm			1 <b>Games</b>	2
3 <b>3</b> <b>Birthdays Celebration</b> 5:30pm - Community Room	4 Bible Study 4p-5p	5 Sage Grove <u>Bowling starts</u>  Set up X-Mas <u>Tree 2:00pm</u>  Don't eat alone – 5pm in Cm. Rm	6 <u>Commodities</u>  Resident support group 11am – 12pm  Foster Grandparents Presentation 1pm in Cm. Rm	7 Church Cards - 1:00pm	8 <b>Games</b>	9 No resident luncheon this month due to our annual Holiday Dinner on the 21 <sup>st</sup> .
10	11	12 Don't eat alone – 5pm in Cm. Rm	13 Resident support group 11am – 12pm	14 Holiday Cookie Bake approx. 10:00am in Cm. Rm. All are welcome.	15 <b>Games</b>  <b>Sage Grove Board Mtg. 9:00a-10:30</b>	16
17	18 Bible Study 4p-5p	19 Don't eat alone – 5pm in Cm. Rm	20 Resident support group 11am – 12pm	21 Annual Holiday Dinner 12 PM in Cm. Rm  Bingo with Kim Life EMS 3pm	22 <b>Games</b>	23
24  <b>31<sup>st</sup></b> New Year's Eve	25 <b>OFFICE CLOSED</b>  <b>CHRISTMAS DAY</b>	26 <u>NO VAN</u> Res. Activities Comm. Mtg. <u>10am</u> DEA– 5pm in Cm. Rm	27 Resident support group 11am – 12pm	28	29 <b>Games</b>  <b>New Year's Eve Party 1:30pm in Cm. Rm.</b>	30

**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)



**Presbyterian  
Villages**  
OF MICHIGAN  
THE FOUNDATION

## 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*

---

**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)

**214 S. Sage Street  
Kalamazoo, MI 49006**

## Embrace the possibilities

---