



# Sage Grove View



## Embrace the possibilities

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February 2014

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## For Your Safety.

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

### Resident Satisfaction Survey Results

During the last quarter of 2013, over 1,394 residents and families made their voice heard by filling out the Presbyterian Villages of Michigan annual resident satisfaction survey. Many of you also left handwritten comments in the comment section. We have now received the results, along with a list of the comments. The survey is completely anonymous and we do not know who wrote what. We do know what Village and what level of care the survey and comments are from. Demographic information, such as age, gender and length of residency are also part of the data we have access to. You may be asking, now that we have the results, what are the next steps?

The first step is for PVM leadership to dig into the data and understand what this information is telling us, the good, bad and ugly. What are our residents and families saying to us? Are we meeting their expectations? If not, in

what areas? How can we improve?

The next step is to report the results to residents, families, staff, board members and other interested parties. This is done both at an individual and organizational level. The results will be transparent to all.

The third step is to develop a plan to improve in areas that need improvement. Sometimes that means asking more questions to get clarification. Once the improvement plan is implemented, we can then measure how we are doing. Both the improvement plan and the results should be an ongoing conversation with our residents and families. Throughout the year you should hear how we are doing in newsletters and at resident meetings. If you don't hear, ask why!

Thank you to those who took the time to submit a survey. It is now our responsibility to take that information and use it to improve your experience with Presbyterian Villages of Michigan. We understand that this is your home and you deserve the best.



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,  
Vice President of Public Affairs

Prescription drug abuse is at epidemic proportions. Today, 2500 12 to 17 year olds will use prescription medication to get high for the first time. One in four high school seniors admit to abusing prescription drugs. Seventy percent say they get them from a friend or relative.

The non-medical use or abuse of prescription drugs is the fastest growing drug problem in the United States and has become a top priority for public health. Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults.

Because prescription drugs are legal, they are easily accessible, often from a home medicine cabinet. Further, some individuals who misuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional. Past year abuse of prescription pain killers now ranks second—only behind marijuana—as the Nation’s most prevalent illegal drug problem.

The health risks associated with prescription drug abuse vary depending on the drug. For example, abuse of opioids, narcotics and pain relievers can slow or stop breathing. The abuse of depressants, including benzodiazepines and other tranquilizers, barbiturates and other sedatives, can result in seizure, respiratory depression and decreased heart rate. Stimulant abuse can lead to high body temperature, irregular heart rate, cardiovascular system failure and seizure. Inappropriate use of prescription drugs, including use without a prescription or medical supervision, or using in a manner other than exactly as prescribed, can lead to addiction in some cases and even death.

It is important, therefore, that we talk to our kids about the dangers of misusing prescription drugs and to make sure they are not easily accessible. Leaving unused prescription drugs in your medicine cabinet can be very tempting for a young person. We encourage everyone to properly dispose of unused prescriptions and not leave them where they can be used for non-medical reasons by youth or get flushed into our waterways. Holly Woodlands in Holly, MI has partnered with the Village of Holly Police Department and the Holly Area Community Coalition to collect and properly dispose of outdated and unused prescription drugs. The Holly Police Department is one of the state’s many community drop off sites, collecting over 300 pounds per year. Check with your local police department or pharmacy for a site near you.

Additional resources: Office of National Drug Control Policy (ONDCP) or NIDA for Teens.

## Announcements

- ✚ February 2<sup>nd</sup> – Groundhog Day
- ✚ February 14<sup>th</sup> – Valentine’s Day
- ✚ February 17<sup>th</sup> – Presidents Day
- ✚ February 24<sup>th</sup> – Flag Day

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### Community Room Events

- ❖ February 5<sup>th</sup> – Commodities Pick-up.
- ❖ February 3<sup>rd</sup> & 17<sup>th</sup> – Bible Study Group Meets 4:00 – 5:00pm
- ❖ February 10<sup>th</sup> – Meet State Representative Sean McCann– 2:00pm.
- ❖ February 27<sup>th</sup> – Bingo with Life EMS – 2:30pm
- ❖ February 24<sup>th</sup> – Activities planning committee meeting – 10:00am
- ❖ February 15<sup>th</sup> – Crafts 1:00pm in Comm. Room
- ❖ February 22<sup>nd</sup> – Social Gathering and “Give away day” all items are free.

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## Friends & Family Held in April This Year!

Save the date for this year's **Friends & Family Appeal**, which will be held from **April 1<sup>st</sup> – April 30<sup>th</sup>**! Since 2002, this annual fundraising campaign has raised over **\$800,000** toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

The **\$1 for \$1 match** is back and, new this year, **any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1** by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

Stay tuned for more information next month! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

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AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.

For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)





## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### The Healing Power of Writing

Twenty years of research has revealed that writing about emotional experiences can positively impact health. Pioneered by Dr. James Pennebaker, Chair of the Psychology Department at the University of Texas at Austin, writing about past traumas can decrease anxiety, improve immune function, increase working memory, and improve sleep. When writing, Dr. Pennebaker recommends:

- Finding a place and time to write where you won't be disturbed.
- Writing about something you are over-worrying about, is affecting your life in an unhealthy way, or you have been avoiding.
- Writing continuously for 15-30 minutes (not worrying about spelling/grammar) for 3-4 consecutive days.
- Repeating what you've written if you run out of things to write about.
- Letting go and exploring your deepest emotions and thoughts.

During or shortly after you finish writing Pennebaker indicates it's common to feel sad or depressed, however, these feelings usually subside. If you start getting extremely upset, stop writing or change topics. Also, he recommends not writing too soon after a traumatic event.

Your writings are for you only. What you do with them is your decision. Some people save and periodically revisit them, some edit and turn them into stories, while others erase, burn, shred, flush, or tear them into tiny little pieces and cast them into the wind. Whatever you decide, the important thing is to write and be as honest with yourself as possible. You may be pleasantly surprised at how good you feel and how your outlook on life changes after you put pen to paper.



## Service Coordinator's Corner: Rebecca Ogradowski

This month, The Service Coordinator's Corner will focus on stress relief.

Stress is a part of all of our lives and we have to deal with it in some way. Whether a planned part of the day or an in-the-moment response, our reactions to challenging situations are important. Those responses affect us mentally, physically, and socially.

Letting go of stress has benefits. I'm sure your doctor (and/or the TV) has told you that high stress levels can lead to all kinds of health problems. The opposite is also true. While a certain amount of stress is necessary to functioning, less is generally better. Headaches, colds, insomnia and countless other physical conditions can be worsened or improved by stress levels.

The best approach is going to be different for each person. Music, reading, exercise, creativity, TV, socializing, meditation, playing games, and a wide variety of other activities can help us to find a few minutes of peace. Sometimes the best thing you or I can do is to take five minutes of "Me Time" and do absolutely nothing.

One of the best methods I have found is the "Big Deal Test". If something is bothering me, I look at the situation and decide if it is a big deal or not. In other words, do I have to deal with it NOW? Do I have to allow myself to get upset or angry? Is the world going to explode if I just let it go (for now or forever)?

The answers to those questions change, depending on the situation and my mood. Sometimes, I forget and just go from whatever is bothering me to explosion with no steps in between. Most of the time, I remember to stop a second and think about what is happening and how I want to respond. It's an ongoing process.

My point is that each of us is in charge of finding the right balance point. With people, very few things are either/or. There are a lot of grays. What is acceptable for one person is intolerable for the next. No one else can decide which is which for you. What we can do is try to help each other to think about whether this moment is a BIG DEAL or not.

I hope that my thoughts about stress and dealing with it have been helpful. The last thought for this month is that we are all in the process of living life, whatever that means. The best thing we can do is to help the next person through struggles and look for help when we need it. Life will be what it will be; we will become who we choose to be.

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## Announcements Continued

- ❖ 1<sup>st</sup> Sunday of the Month – Gospel music sing-along – **5:00pm**; Followed by *Birthday Celebration* for all who have birthday's during the month
- ❖ Last Monday of the month, Activity Planning Committee meet @10am
- ❖ Last Saturday of the month "Give away day" and Social Gathering – 10am – 12pm
- ❖ Movie Matinee every other Tuesday – 1:30pm
- ❖ 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 12:15pm

## Birthday Celebration!

Claretha E. ....February 20<sup>th</sup>  
 Modesto M. ....February 24<sup>th</sup>  
 Ron S. ....February 27<sup>th</sup>

*Wishing you a Great Day and a Blessed Year*



### Administrator Column

Punxsutawney Phil saw his shadow ... Six more weeks of winter ... I hope he's right. I'm ready for spring. How about you? ☺

February is a short month, yet we have some things going on. One event, State Representative Sean McCann will be here – Monday, February 10<sup>th</sup> at 2pm. Please feel free to invite your friends and family to join us.

Some of us may be experiencing a little bit of cabin fever. In an effort to alleviate some of the feeling of being cooped up, we will be having social games on Wednesdays in the community room. Please come down and join in to play cards, dice games, and Xbox bowling for those interested. Also, if you're into puzzles, a community puzzle is usually being worked on in the community room. All are welcome to join in.

I will be scheduling a fitness room orientation for our new residents and

anyone who has not participated in a previous orientation and would like to have access to the fitness center. Please see me or leave a note at the office to let me know you're interested.

I will be putting the shredder in the community room on Tuesday and Thursday during normal business hours for residents who have items to be shredded. Please do not remove from the community room, but please do remind me if I forget to put it out. ☺

As we continue to receive an abundance of snow, accompanied by below zero wind chills ... please remember to dress warm and wear proper footwear when venturing outside ... Safety first!!

*Thank you,*

*Paula Hager*  
 Administrator

## Calendar

## Events for February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walmart Bus EVERY Monday pickup @ 12:15pm ... Weather permitting					1
2 ~ Gospel Sing-Along 5pm – in Comm. Rm.  _____ Birthday Celebration's 5:30pm in Comm. Rm.	3 Bible Study Group Meets 4 - 5pm in Cm Room  _____ 10:00am meet to plan community luncheon	4	5 Commodities pick-up for those qualified	6	7	8
9	10 Meet State Rep. Sean McCann 2:00pm in Comm. Rm	11 Movie Matinee 1:30pm in Comm. Rm.	12 2:00pm in Comm. Rm Games, Cards, Bowling	13	14 Resident Spaghetti Luncheon 1:00pm & <i>Valentine's Day Party</i>  <i>Valentine's Day</i>	15 Crafts – 1:00pm in Comm. Rm
16	17 Bible Study Group Meets 4 - 5pm in Cm Room  _____ <i>Presidents' Day</i>	18	19 2:00pm in Comm. Rm Games, Cards, Bowling	20 <i>Board Meeting 9:30am– 11:00am Comm. Rm Closed</i>	21	22 "Give Away Day" & Social Gathering – 10am-12pm – ALL items Free
23	24 Activity Planning Committee Meeting 10:00am in Comm. Rm.  <i>Flag Day</i>	25 Movie Matinee 1:30pm in Comm. Rm.	26 2:00pm in Comm. Rm Games, Cards, Bowling	27 "Bingo" Life EMS – 2:30pm in Cm Room	28	

**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**  
*Administrator*

**Rebecca Ogradowski**  
*Service Coordinator*

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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