

# Mill Creek Scoop

## Embrace the possibilities

300 Carl Avenue • Battle Creek, Michigan 49037 • [www.pvm.org](http://www.pvm.org)

February 2017

### Featured Articles

Senior Advocate pg. 1

Giving Matters pg. 2

It's Your Life pg. 3

Service Excellence  
pg.4

Resident Birthdays/  
Administrators Column  
pg. 5

Calendar pg. 6



### The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

#### SILVER KEY COALITION PRODUCING RESULTS FOR MICHIGAN SENIORS

It is a true pleasure to be able to announce good news for Michigan seniors. You may be aware that PVM is very involved with advocacy and community partnering to assist with quality of life for Michigan seniors. We are a part of making Michigan a great place to live and age well. No doubt there is still much work to do. However, on the good news front, we are making progress! PVM is a member of the Silver Key Coalition which was formed in 2014 to advocate for an increase in state funding for in-home services supported through the Michigan Aging and Adult Services Agency (AAHSA). AAHSA is the state agency charged with providing senior services across Michigan and reporting to state and federal government agencies. An increase of \$7.5 million over the past three years was intended to remove wait lists and serve all in need of assistance.

Due to rising costs and increased need we still have been unable to eliminate wait lists; although many more seniors did receive help. And there are many more seniors who still need help. The services which are provided include: Personal Care, Homemaking, Respite, Home Delivered Meals, Chore Services/ Minor Repair, Adult Day Care, Personal Emergency Response Systems and Medication Management. Our next phase of advocacy will feature a rationale for the value and positive outcomes of in-home services. The main message will stress the exceptional productivity by the Aging Network to increase the number of individuals assisted, increase funding for those on the wait lists, and emphasize progress in addressing unmet needs. Governor Snyder and the Michigan Legislature have been quite receptive to our advocacy efforts. In fact, he recognized the success and importance of the Silver Key Coalition in his recent State of the State Address. So the good news is that we are poised to see another increase for the 2018 budget in support of the Silver Key Campaign and Michigan seniors.

Many experts have noted that seniors want to maintain as much independence as possible, yet have needed services and safety measures in place. PVM is proud to be a part of providing services which assist Michigan seniors to take charge of their Aging Well destiny and create new possibilities for embracing life at any age. We will continue to advocate daily at all levels for PVM and community initiatives in support of all Michigan seniors. I will keep you posted on our progress as well as any other new information regarding senior services throughout Michigan. Healthy aging for all!



The Village of  
Mill Creek

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





**ALL YOU NEED IS LOVE ❤️**

**...and amazing donors LIKE YOU.**

*Really!*

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

❤️ Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

Paul J. Miller, CFRE



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## “E” stands for Eat

In December I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on the “E” (eat).

In the words of Dr. Thomas, “In order to be well, we need to eat well.” So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but have since changed their minds and now claim it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say “whatever” and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore\*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

*\*To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*

## SERVICE EXCELLENCE



Presbyterian Villages of Michigan (PVM) is committed to provide excellent services to the elders we serve, their families and to each other. The vision of Service Excellence at PVM includes service excellence standards for all employees to show our commitment to be a great place to live and to work. The purpose of these standards is to support continuous improvement in the service PVM provides. The service standards of excellence are built on four core values: Respect, Relationship, Listening and Accountability. These values serve as a standard against which every action and thought can be measured and supports a culture where team members can share their best work, their gifts and talents.

Each month starting in March we will feature one of the core values of Service Excellence.

## Announcements

- ❖ **Resident Activity Meetings**  
The resident activity committee meets the 2nd Tuesday of every month in the community room from 3-4pm
- ❖ **Bible Study** – Every Friday 2pm in the community room
- ❖ **BINGO** - is held in the community room the last Thursday of Every month at 2pm
- ❖ **Health Screening & Exercise Group** –Every Wednesday at 10:30a.m. located the community room

### Don't forget!!

GAME NIGHT the 1st Friday & last Saturday of every month at 6pm in the community room

## FEBRUARY BIRTHDAYS

**Cheryl Price – 2-19**

Our Next quarterly B-Day Celebration is in March! Hope to see you all there. ☺



## Administrators Column

Happy February Everyone!

Make sure to check out our calendar for all the fun events in February. Should you have any suggestions/ideas for resident activity, please join us at one of our monthly resident activity meetings. Everyone is welcome and we are always looking for new ideas and resident input.

Our Annual Friends & Family Fundraiser will run the month of April, please keep your eye out for our fundraising efforts, to help residents of Mill Creek raise funds. We are planning an official kick-off party for this event – stay tuned! Join us at our resident meeting on the 28<sup>th</sup> for details.

*Jennifer*  
*Administrator*

## Did you know??

Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.

Happy Valentine's Day! ☺

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  <b>Health &amp; Exercise</b> 10:30am	2	3  <b>Bible Study</b> 2pm  <b>Game Night</b> 6pm	4
5	6	7	8  <b>Health &amp; Exercise</b> 10:30am	9	10  <b>Bible Study</b> 2pm	11
12	13  <b>Cooking With Jackie</b> 4pm	14 <b>Resident Activity Meeting</b> 3-4pm  <b>Valentine Party</b> 3:45pm	15  <b>Health &amp; Exercise</b> 10:30am	16	17  <b>Bible Study</b> 2pm	18
19	20	21	22  <b>Health &amp; Exercise</b> 10:30am	23  <b>Bingo!</b> 2pm	24  <b>Bible Study</b> 2pm	25  <b>Game Night</b> 6pm
26	27	28  <b>Resident Meeting</b> 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) 962-0605**  
**Fax: (269) 965-2285**

### Village Staff

**Jennifer Bouchard**  
*Administrator*

**Janice McPhail**  
*Service Coordinator*  
Phone: (269) 965-4058

**Joseph Stokr**  
*Maintenance Technician*

---

**MAINTENANCE EMERGENCY NUMBER: (269) 967-0002**



**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)



**300 Carl Avenue**  
**Battle Creek, MI. 49037**

## Embrace the possibilities