



# Sage Grove View



## Embrace the possibilities

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

February 2017

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## Birthday Celebration!

*Annie S.* ----- February 1<sup>st</sup>  
*Claretha E.* ----- February 20<sup>th</sup>  
*Virginia D.* ----- February 23<sup>rd</sup>  
*Ron S.* ----- February 27<sup>th</sup>

*We wish ALL who have February 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.*

Look for PVM on:





# 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!

## Announcements

### Community Room Events

- ❖ **February 5<sup>th</sup>** –  
Birthday Celebration –  
5:30pm
- ❖ **February 1<sup>st</sup>** –  
Commodities Pick-up for  
those registered
- ❖ **February 11<sup>th</sup>** –  
Resident Luncheon  
**12:00pm**
- ❖ **February 8<sup>th</sup>** –  
AARP tax preparation @  
Westland Meadows –  
**9am - 12:00pm**
- ❖ **February 17<sup>th</sup>** –  
Sage Grove Board  
Meeting **9am – 10:30am**
- ❖ **February 6<sup>th</sup> & 20<sup>th</sup>** –  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **February 16<sup>th</sup>** –  
Bingo with Kim –  
3:00pm
- ❖ **February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> &  
22<sup>nd</sup> – Sage Grove  
Support Group meets –  
11a-12p All are welcome.  
The Comm. Rm is closed  
during the meetings.**
- ❖ **February 27<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am – **All Welcome!**
- ❖ **Community Van is back  
and running.**

See Calendar for more  
events.

Continued on page 5

Giving Matters...



# Giving Matters.

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

**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

**Maybe money CAN grow on trees... \$**

**WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$**

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller  
**248.281.2045** [www.pvmfgifts.org](http://www.pvmfgifts.org)

**UP TO 9.0% RETURN**

**Presbyterian Villages OF MICHIGAN THE FOUNDATION**



# 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 Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: tax preparation, communication with your doctor(s), and the Community Van schedule for February 2017.

If you are planning to file taxes, the workshops will be at **Westland Meadows** due to a shortage of volunteers at AARP. We are scheduling in blocks. Sage Grove tenants can sign up for time slots between **12p and 4p on Wednesday February 1<sup>st</sup>**. The other block is **9a – 12p on Wednesday February 8<sup>th</sup>**. The sign-up sheet is by the mailboxes. Please go a few minutes early for your appointment, in case another person is done early.

If you would like to go to another site to have your taxes done for free, please let me know. I have a list of locations and times that Chris (from AARP) provided. Chris also said that there is a free website (through the United Way). The address is: [myfreetaxes.com](http://myfreetaxes.com). If you are able to use it, please try.

Don't forget about the Michigan Home Heating Credit. You don't have to file Federal taxes or the Michigan return to apply. If you are approved for \$20 or more, let your DHHS case worker know. They use this information to calculate how much Food Assistance you can get. In most cases, the amount increases. I can provide a list of documents needed so that you can have them ready when you file.

The National Institute of Health recently released a document that is designed to help you to structure your conversations with your doctor(s). It includes concerns that you want to share, changes in your health (like pain, recent hospitalizations, your thoughts and feelings, and everyday living) and a current medication list. There are copies on the corkboard by my office. Please let me know if you take the last one. I can print as many as needed.

The Community Van will be running on February 7 and 17, 2017. It will not run on the 21<sup>st</sup> or the 28<sup>th</sup>. A sign-up sheet for March 7 will be under the notice about the 21<sup>st</sup> and 28<sup>th</sup>. Please see me if you have questions.

### Upcoming Presentations

**Chronic Obstructive Pulmonary Disease: Wednesday March 22, 2017 at 1pm.** Anne Zemlick, RN from the Area Agency on Aging 3A will be here to help you to understand this condition and how to manage it effectively.

*Rebecca Ogradowski, LMSW*  
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 – Not this month – see calendar
- ❖ 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 12:50pm**

## 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.**

**Save The Date** – 2017 Village Victory Cup – Friday, June 23, 2017 in Dearborn, MI.

The date of the **Virtual Village Victory Cup** will be announced as soon as the information is received. Usually it's around the same time. We won the VVC trophy last year; the trophy is in the lobby. It's not too soon to start practicing, please let me know if you have any questions. ...

Old Medication: If you have old medication you want to dispose of, please see Esther P. in unit #301. She has a contact who will dispose of them properly. Pills have to be in the bottle; no loose pills will be accepted. ... Thank you Esther!

Note: There will NOT be Loaves and Fishes delivery on Thursday's in February and possibly the first part of March as well.

PATH: If you are interested in participating in the PATH program and the fee is not within your budget ... please let

Rebecca know, there is still money in our resident activity grant fund and the fee could possibly be covered for you. We need a few more participants to warrant the class to be held here. It's a great class, please give it some thought.

Our Friends and Family campaign is April 1<sup>st</sup> – 30<sup>th</sup>. I will be sending out a flyer requesting your input regarding our project this year. We have accomplished a lot in the past five years. I truly can't think of a specific project to focus on this year. My thought is raising money for more resident activities; I will have it on the flyer. But, if you have an idea for a project, ALL suggestions are welcome.

As you know we have Bonnie's Bee Hive beauty salon here at Sage Grove. Bonnie helped to make our beauty salon project a success. In the near future Bonnie plans to retire out West and is in the process of making arrangements. ... If you know of a beautician who may want to take over for Bonnie, please have them contact the office @ 269-567-3300.

*Happy Valentines Day*

Paula Hager  
Administrator

# February 2017 – Happy Valentine’s Day!

## February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Commodities  Resident support group 11a-12p	2 No Loaves & Fishes  <b>Groundhog Day</b>	3  Games 3:00pm	4
5  Birthday Celebration 5:30pm	6  Bible Study 4p-5p  Team Bowling 6pm	7  Team Bowling 1:00pm	8  Resident support group 11a-12p <hr/> AARP Taxes @ Westland Meadows 9a-	9  No Loaves & Fishes	10  Games 3:00pm	11  Resident Luncheon– Soup & Sandwich @ Noon in comm. rm.
12	13  Team Bowling 6pm	14  Team Bowling 1:00pm  <b>Valentine’s Day</b>	15  Resident support group 11a-12p	16  No Loaves & Fishes  Bingo with Kim – Life EMS @	17  Games 3:00pm	18
19	20  Bible Study 4p-5p  Team Bowling 6pm	21  No community van  Team Bowling 1:00pm	22  Resident support group 11a-12p	23  No Loaves & Fishes	24  Games 3:00pm	25
26	27  Resident Activities Committee Meeting 10a in comm. rm. All are welcome. <hr/> Team Bowling 6pm	28  No community van  Team Bowling 1:00pm	<b>HAPPY VALENTINE’S DAY</b>			

**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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