



# Sage Grove View



## Embrace the possibilities

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

March 2017

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## Birthday Celebration!

*Sandra P.* ----- March 10<sup>th</sup>

*Mildred B.* ----- March 18<sup>th</sup>

*Randy C.* ----- March 20<sup>th</sup>

*We wish ALL who have March 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...*



The Village of  
**Sage Grove**  
A SENIOR LIVING COMMUNITY  
Managed by Presbyterian Villages of Michigan

Look for PVM on:



### 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 Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### HERITAGE AND LEGACY

With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!

Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michiganians do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications, conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at [www.michigan.gov/library](http://www.michigan.gov/library) or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday – Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy. Enjoy!

## Announcements

### Community Room Events

- ❖ **March 5<sup>th</sup>** –  
Birthday Celebration –  
5:30pm
- ❖ **March 1<sup>st</sup>** – Commodities  
Pick-up for those  
registered
- ❖ **March 11<sup>th</sup>** –  
Resident Luncheon - Hot  
Dogs – **12:00 pm** in  
Community room. Please  
bring a dish to pass.
- ❖ **March 12<sup>th</sup>** – **Day Light  
Savings Begins – Set  
clocks ahead 1 hour the  
night before.**
- ❖ **March 6<sup>th</sup> & 20<sup>th</sup>** –  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **March 16<sup>th</sup>** –  
Bingo with Kim – 3:00pm
- ❖ **March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> &  
29<sup>th</sup>** – **Sage Grove  
Support Group meets –  
11a-12p** All are welcome.  
The Comm. Rm is closed  
during the meetings.
- ❖ **March 23<sup>rd</sup>** – **VVVC  
(Virtual Village Victory  
Cup) meeting – 1:00pm  
in Community room.**
- ❖ **March 27<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am – **All Welcome!**

See Calendar for more  
events.

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## Giving Matters...



# Giving Matters.

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

## Saving More Than Daylight

### *Your legacy can change a life.*

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, ***it's a gift.***

The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization.

The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service.

***Spring forward—and into action this March.*** The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you.

Visit [mylegacy.pvmf.org](http://mylegacy.pvmf.org) for more information.

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

A GIFT IN  
YOUR WILL  
*can change  
the lives  
of seniors.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...**

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

**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)



**Presbyterian  
Villages  
OF MICHIGAN  
THE FOUNDATION**



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## “S” stands for Sleep

In December, I introduced you to MESH. It's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the “S” (sleep).

According to Dr. Thomas, we shouldn't accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it's not. Everyone needs sleep. Sleep is nature's way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won't adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it's time for sleep;
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.

For more tips and other information on sleep, visit [www.sleepfoundation.org](http://www.sleepfoundation.org).

## Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: Chronic Pain PATH and Confidentiality.

The Chronic Pain PATH series through the Area Agency on Aging will be running on Friday mornings from 10a – 12:30p in the Community Room. The dates are April 28, May 5, May 12, May 19, May 26, and June 2. Healthful snacks and written materials will be provided. Due to the generosity of an anonymous donor and our Resident Activity Fund, there will be no charge to those participating. The goal of this program is to help you to find ways to better manage chronic pain. **Preregistration is required.** Please see me in person or call 269.382.9910 to sign up.

Several people have asked me about Confidentiality. According to HIPPA (Health Insurance Portability and Accountability Act), a federal law, I am only allowed to share your personal information with National Church Residences under normal circumstances. The form that we sign limits National Church, too. They share information with partners (such as health insurers and providers) so that National Church can make them aware of how Service Coordination can benefit you and the other agencies. This is generally done in aggregate (meaning nothing identifying you as an individual). National Church would like to find additional funders (besides HUD) and this is a way of showing that Service Coordinators are a less expensive way of keeping people healthy.

I have to share your information in cases where I **suspect** abuse, neglect, or illegal activity. Lease violations also require disclosure. In most cases, you will know about the situation before I do that. If I believe that the matter will become worse, I may not tell everyone involved. That is done case by case and person by person. I appreciate your trust in me as your Service Coordinator. It is the basis of all of the work that we do together. If you ever have a question about Confidentiality, please talk to me so we can figure out how to handle things.

### Upcoming Presentations

**Wednesday March 22, 2017** – The Area Agency on Aging will be sharing information about **Chronic Obstructive Pulmonary Disease**. If you have, or know someone who has, this condition the benefits of attending are awesome! It will be held at **1pm in the Community Room**.

**Thursday April 13, 2017** – Go Docs Go will be here at **1pm in the Community Room** to talk about High Blood Pressure and how you can improve your health around this diagnosis. Please come and learn what you can do to make your life better.

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 12:50 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.**

**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 will be having a meeting to plan our spirit project, costumes so to speak and any other suggestions for making this year's event better than last year. And ... remember we **WON** the trophy last year. Let's see what we can do to keep it at Sage Grove. The meeting is Thursday, March 23<sup>rd</sup> at 1:00pm in the community room. All are welcome!!

### Resident Service Excellence Workshop

I have passed out flyers with information regarding the workshop. Please check your in-house mail box. This is a great workshop and lunch will be provided. I hope you will attend.

Friends & Family: Our Friends and Family campaign is April 1<sup>st</sup> – 30<sup>th</sup>. – Thank you to those of you who have returned your vote for our F&F project. So far the majority of votes are for raising money for Resident Activities. If you have not turned in your vote, please do so by Friday, March 3<sup>rd</sup>. I will let you know the final decision at the Kick-Off party, date and time TBA.

Gardeners: With winter almost over and spring right around the corner, we will be having a meeting around the beginning of April. We will have (2) vacant beds available if anyone who would like to give it a go.

On March 22<sup>nd</sup> in the morning, we will have PVM Risk Management here for a site visit. They will NOT be entering your apartment. This is a safety visit of building and grounds. I wanted to let you know ahead of time. As always, if you have any questions, please feel free to call or stop by the office.



Paula Hager  
Administrator

# March 2017 – Happy St. Patrick's Day!

## March 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Commodities Resident support group 11a-12p	2 Church Group Cards – 1:00p in Cm. Rm.	3 Games 3:00pm	4
5 Birthday Celebration 5:30pm	6 Bible Study 4pm - 5pm	7	8 Resident support group 11a-12p	9	10 Games 3:00pm	11 Resident Luncheon– Hot Dogs – Bring a dish to pass - 12p in comm. rm.
12 <b>Day light Saving's begins – Set clocks ahead 1 hour</b>	13	14	15 Resident support group 11a-12p	16 Bingo with Kim – Life EMS @ 3pm	17 Games 3:00pm <b>St. Patrick's Day</b>	18
19	20 Bible Study 4pm - 5pm	21	22 Resident support group 11a-12p 1:00pm COPD Presentation	23 VVVC Meeting 1:00pm in Comm. Rm.	24 Games 3:00pm	25
26	27 Resident Activities Committee Meeting 10a in comm. rm. All are welcome.	28	29	30 Resident Service Excellence workshop 10a-12p – Lunch is provided	31	

**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

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**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)

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

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