



# Sage Grove View



## Embrace the possibilities

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

March 2018

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## Birthday Celebration!

**Sandra P. ----- March 10<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...**

### 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

**Note:** Article previously ran last month – Repeating his month

Beyond surviving the snow and cold we need to protect ourselves from the health challenges that come with this time of year. The Cleveland Clinic has published some important tips to protect us from disease:

## 1. Wash your hands

It sounds simple because it is. Frequent hand washing is perhaps the best way to prevent norovirus—especially if you spend time in one of those crowded settings. Work up a good lather with soap, and wash for at least 20 seconds. Avoid contact with anyone who's recently had vomiting and diarrhea if you can. But "that's not 100 percent effective because occasionally you'll be around people who don't have symptoms yet," Dr. Sabella says. If you are exposed to a sick person, wash your hands immediately. If you are caring for someone with norovirus, wash your hands every time you come into contact with them. Hand sanitizer also may help as an addition to hand-washing, but not a substitution.

## 2. Keep your hands away from your face

To get this virus, you basically have to ingest it. That means you should consciously avoid touching your face.

Why? If you have come into contact with the virus, touching your mouth, nose or eyes before you get a chance to wash your hands makes it easier for the virus to enter your body.

"The main sources of transmission are contaminated foods and person-to-person contact. That means wiping a doorknob isn't going to be as effective as your absolute best prevention tip: Wash your hands."

## 3. Pay attention to your surroundings

"Be careful about what you see out there," Dr. Sabella advises.

For example, you don't have to be a food inspector to spot bad safety practices. If you're at a buffet where the food is not being handled appropriately—for instance, people are directly touching the food without gloves—then find another place to eat.

## 4. Practice food safety at home

Remember tip No. 1 about hand washing? It is especially important in the kitchen because norovirus spreads by ingestion. As you prepare food, wash your hands frequently—especially right before serving anything to others. Also, if you have symptoms or know you are sick, stay out of the kitchen and avoid spreading the virus to others.

## 5. Use appropriate cleaning methods

Someone who is infected with norovirus might be asymptomatic for several days, Dr. Sabella notes. That means you can't always keep it out of your house—and norovirus is difficult to contain once it has entered your house.

Still, you can take steps to clean up and prevent its spread. For example, focus on scrubbing any commonly touched surfaces such as doorknobs and counter tops. Just remember—the main sources of transmission are contaminated foods and person-to-person contact. That means wiping a doorknob isn't going to be as effective as your absolute best prevention tip: Wash your hands.

## Announcements

### Community Room Events

- ❖ **March 4<sup>th</sup>** –  
Birthday Celebration –  
**5:30pm**
- ❖ **March 7<sup>th</sup>** – Commodities  
Pick-up for those  
registered
- ❖ **March 5<sup>th</sup> & 19<sup>th</sup>** –  
Bible Study Group Meets  
**4:00 – 5:00pm**
- ❖ **March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> &  
28<sup>th</sup>** – Sage Grove  
Support Group meets –  
**11a-12p** All are welcome.  
The Comm. Rm is closed  
during the meetings.
- ❖ **March 7<sup>th</sup>** – Metro  
Presentation– 1:00pm in  
Cm. Rm.
- ❖ **March 10<sup>th</sup> – Resident  
Luncheon – Pot Luck**  
12:00pm in Comm. Rm.
- ❖ **March 14<sup>th</sup> – AARP**  
Taxes here @ 9am –  
12pm in Cm. Rm
- ❖ **March 14<sup>th</sup> – Kehoe**  
Martial Arts Presentation  
– 3:00pm in Comm. Rm
- ❖ **March 21<sup>st</sup> – Adv. Dir.**  
MMAP Presentation –  
1:00pm in Comm. Rm.
- ❖ **March 26<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



*You have the power to leave an amazing legacy.*

***Betty honored her new home, friends and family by leaving a gift in her will.***

Betty left a gift in her will to help build the Kleemann Chapel at The Village of East Harbor and provide stained-glass windows. Before her passing, Betty said she always believed in the PVM mission to serve older adults and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her “happy home for these many years.”

To learn more about leaving a gift in your will, please visit [mylegacy.pvmf.org](http://mylegacy.pvmf.org). You'll be asked simple questions to help you plan the joy you'll bring.

Your legacy has the power to delight others well into the future. Betty's gift is bringing joy to her fellow residents every day at The Village of East Harbor.

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

Are you over the  
age of 70½?

Do you file a  
standard tax return?

Do you have an IRA?

If you answered “Yes” to all three  
questions, then you can roll over up  
to \$100,000 to your favorite public  
charity—**TAX FREE\***!

With your IRA charitable donation to  
the PVM Foundation, you can give  
older adults a safe place to call home,  
new friends and experiences, and a  
chance to thrive!

To learn more, visit  
[MyLegacy.pvmf.org](http://MyLegacy.pvmf.org) or call  
**Bobbie Clement at 248.281.7252**

\*IRA Charitable Rollover is permanent law as of  
December 18, 2015.



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Oral Health is as Easy as 1, 2, 3

March is national nutrition month, so you might expect this article to focus on healthy eating, however, if you suffer from poor oral health, eating healthy may be the last thing on your mind. The pain and discomfort associated with tooth decay, gum disease, dry mouth and other oral health problems can make chewing and swallowing difficult. You may skip eating altogether or turn to softer foods, which tend to be highly processed, contain a lot of fat and sugar, and are far from healthy.

The good news is that poor oral health is not an inevitable part of aging. Taking good care of our mouths is just as important, if not more so than when we were younger. That's because if left untreated, oral health problems in older adults not only cause tooth loss, they substantially increase our risk of heart disease and stroke.

The three most important things you can do to keep your mouth healthy are 1) brush your teeth twice daily with a soft bristled toothbrush; 2) floss once per day; 3) and visit your dentist regularly. Brushing your teeth removes food particles and bacteria (called plaque) from your teeth that if left in place cause cavities. Flossing removes food particles and plaque from between your teeth and below your gum line, which if not removed can lead to gum disease. And visiting your dentist regularly can catch problems early should you have any and keep them from becoming more serious.

As we get older, our hands may not be as steady as they used to be so performing daily tasks such as brushing our teeth and flossing may be a lot more challenging and as a result we may skip them. However, using a wide-handled or electric tooth brush can make brushing easier and using a floss pick or water flosser can make flossing easier. For other oral health tips geared toward older adults visit the website [www.toothwisdom.org](http://www.toothwisdom.org). Should you need them, the site also has a low cost dental care locator that may help you find nearby low cost dental services.





## Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: Commodities, AARP Tax-Aide Workshop, and local food resources.

**Commodities** – Some changes are happening with Commodities. This month, they will begin packing the food in reusable containers. Joe from Loaves and Fishes has asked that we return the boxes. You can leave them in the Community Room to be picked up with Loaves and Fishes deliveries. If this is difficult, please tell me and we can arrange another method.

Also, the new income guidelines are out. For a single person sixty or older, the annual amount is \$15,782.00. Monthly is \$1,316.00. Weekly is \$304.00. The availability of openings for the program changes, so it's best to apply and reapply as soon as possible. Reapplications are done every year, starting from the date that you first signed up. Please talk with me if you have questions.

**AARP Tax-Aide Workshop** – We are scheduled to have AARP here to do taxes from **9a – 12p on Wednesday March 14**. The sign-up sheet posted by the mailboxes, with sixteen appointments available. The list of documents to bring when you go is on the board outside of my office. If you need landlord information from Paula, talk with her **before the 14<sup>th</sup>**. **She will not be able to provide that information on the day of the workshop.**

Depending on demand at Westland Meadows, some people might be able to go there on Wednesday March 7. If you would like to go to Westland, please see me so I can arrange a time with you, AARP, and Westland.

**Food resources** – I am in the process of updating my list of food resources in this area. Some are through Loaves and Fishes (see chart on corkboard outside of my office). Others are separate. Since each agency/site has its own requirements, pay close attention to what those are before you go. Once the information is finalized, I will post it.

### Upcoming Presentations

**Metro/CCTA** – On Wednesday **March 7, 2018 at 1pm**, Sean McBride from Metro/CCTA will be here to talk about concerns regarding the way the system operates and how we can work together to make improvements.

**Kehoe Martial Arts** – Ed Kehoe will present on TaiChi/Qigong and how to use these ancient health techniques to stay well on Wednesday **March 14, 2018 at 3p**. **Please note that this is later than the usual presentation time.**

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 –
- ❖ 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.** – **Please Note:** This month on March 14<sup>th</sup> the group will meet in the game room on the 3<sup>rd</sup> floor, due to AARP here doing taxes.

Joe is BACK! Welcome back Joe, we sure did miss him. In Joe's absence, we've had Ed Bartz and Mike from Bartz LLC., here helping with unit turnovers, cleaning and misc. maintenance requests. Thank you so much to Ed Bartz and Mike for taking such great care of our village. We truly APPRECIATE you and your hard work!!

For those of you bowlers, I do apologize for messing up the big screen. When hooking up the flat screen TV donated by the family of deceased resident Raquel Vergara, wires were crossed and the projector is not connected to either the TV or Xbox. Currently everything works via the TV, except there is surround sound coming from the speakers on the wall when watching a movie VHS/DVD. I have a work request in to our IT department. They will be coming here in the near future to get everything working like it used to. Thank you for your patience during this time.

I have been asked by your fellow residents; if you have something large you would like to give away, please do not put it in the "Give Away" room on the 3<sup>rd</sup> floor. Please take a picture and/or list description on a card/paper then place on cork boards in laundry room or mail room area. The Give Away room isn't that big and is used for different reasons. ... Thank you for your suggestions and feedback. Your input is always welcome.

March is Daylight savings time again; don't forget to set your clocks ahead on March 11<sup>th</sup>. ... Spring ahead, Fall back.

Spring will be coming soon, if you wish to participate in the Garden Club, please watch for flyers as the weather turns nicer. We have some new residents; depending on how many participate will determine the size of each garden. We love to see the gardens in full bloom.



Paula Hager  
Administrator

# March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
	<b>RSP = Resident Support Group</b> (Abbreviated so it will fit in the calendar.)	<b>Don't Eat Alone = DEA</b> (Abbreviated so it will fit in the calendar.) Every Tuesday @ 5:pm			<b>Games</b>	
4	5	6	7	8	9	10
Birthday Celebration 5:30pm - Community Room	Bible Study 4p-5p	DEA- 5pm in Cm. Rm	<u>Commodities</u> <u>RSG 11a - 12p</u>  Metro Presentation 1:00pm - In Comm. Rm	Church Cards - 1:00pm	<b>Games</b>	Resident luncheon - Pot Luck 12:00pm
11	12	13	14	15	16	17
<b>Daylight Savings Time Begins - Set clock ahead 1 hour</b>		DEA- 5pm in Cm. Rm	RSG 11a - 12p <u>in Game Rm.</u> AARP Taxes <u>9:00a-11:30a</u> Kehoe Presentation 3:00pm		<b>Games</b>	<b>St. Patrick's Day</b>
18	19	20	21	22	23	24
	Bible Study 4p-5p	DEA- 5pm in Cm. Rm	Resident support group <u>11am - 12pm</u> Adv. Dir. MAAP Presentation 1:00pm		<b>Games</b>	
25	26	27	28	29	30	31
<b>Palm Sunday</b>	<b>Res. Activity Mtg. 10:00am</b> in Cm. Rm. All are welcome.	DEA- 5pm in Cm. Rm	Resident support group 11am - 12pm		<b>Games</b>	
					<b>Good Friday</b>	<b>Passover Starts</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)

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

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