



Sage Grove View



Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • www.pvm.org

April 2017

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Birthday Celebration!

Ann M. ----- April 12th

Ann S. ----- April 13th

Madge B. ----- April 26th

We wish ALL who have April 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 into your web browser.



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Announcements

SCHEMES, SCAMS & SWINDLES

I have said for many years that for every dollar you make there are thousands of swindlers lining up to steal it from you! If only people used their cleverness for good, the world would be a better place. However, since that is not likely to happen, we need to protect ourselves and out-manuever these scoundrels. Here are some of the latest issues and what to do about them:

CAN YOU HEAR ME? - In this gambit, when you answer the phone a voice on the other end will ask: "Can you hear me?" Do not answer. **HANG UP IMMEDIATELY!** What they will do if you answer "Yes" is tape record your voice and use it to scam you by acting as if you are saying yes to a number of false transactions. Some savvy consumers have gotten to the point (me included) where we monitor calls on Caller ID and don't pick up for any number we do not recognize. If the call is important enough and legit, the person can leave a message for you.

FamilyTree.Now - This is a search site that gives information about you and your family members. Although the original intent of this site was most likely innocent and helpful in nature, it has been reported that it is being used for nefarious purposes by bad people. There is an opt out. Go to the site, get your information and then go to the privacy section. They will tell you how to opt out. Don't let these scoundrels ruin you financially. Be clever in a good way to offset their cleverness for evil. **PROTECT YOURSELF!**

Community Room Events

- ❖ **April 2nd** –
Birthday Celebration –
5:30pm
- ❖ **April 5th** – Commodities
Pick-up for those
registered
- ❖ **April 8th** –
Resident Luncheon -
Lasagna – **12:00 pm** in
Community room. Please
bring a dish to pass.
- ❖ **April 21st** – **Sage Grove
Board meeting 9:00am –
10:30am – Comm. room
closed**
- ❖ **April 3rd & 17th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **April 13th** – ****PVM Risk
Mgmt. site visit – 10am**
****Bingo with Kim, Life
EMS – 3:00pm**
- ❖ **April 5th, 12th, 19th & 26th**
– **Sage Grove Support
Group meets – 11a-12p**
All are welcome. The
Comm. Rm is closed
during the meetings.
- ❖ **April 27th** – **Go Docs go
Presentation – 1:00pm
in Community room.**
- ❖ **April 24th** –
Activities planning
committee meeting –
10:00am – **All Welcome!**

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See Calendar for more
events.

Giving Matters...



Giving Matters.

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

Why does Friends & Family campaign matter?

Giving to your local Village = residents' power to choose.

Friends and Family is a time when residents can look around and say, "What is the number one thing we need?" Sometimes it's funds for **resident activities combating isolation**. Sometimes it's **technology upgrades tools to stay connected**.

Always, it's something important to the residents that can't be done by the Village alone.

Residents **can't do it without you**. Below are the PVM residents' wish lists:

<p>Resident Activities</p> <p>The Village of Hampton Meadows The Village of Harmony Manor The Village of Holly Woodlands* The Village of Mill Creek The Village of Oakman Manor The Village of Sage Grove The Village of St. Martha's The Village of Warren Glenn</p>	<p>Technology Upgrades</p> <p>The Village of Our Saviour's Manor The Village of Peace Manor The Village of Redford The Village of Westland</p> <p>Exercise Equipment for the Health & Wellness Center – The Village of East Harbor</p>	<p>Rainy Day Fund – The Village of Rosebush</p> <p>Outdoor Furniture or Enhancements The Village of Oakland Woods</p> <p>Perry Farm Village The Village of Spring Meadows</p> <p>Visit PVMF.org to see more and to learn how YOU can help.</p>
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If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

** and Community Space Enhancements*

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





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“H” stands for Heal

In December I introduced you to MESH, which is an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. It was coined by renowned geriatrician Dr. Bill Thomas and is what he considers to be the key to healthy aging. This month I will focus on the last letter: “H” (Heal).

Contrary to what he was taught to believe in medical school, Dr. Thomas’ vast experience working with older adults has led him to conclude that healing does not come from doctors, rather it comes from patients themselves. Dr. Thomas acknowledges that doctors prescribe medicine, provide compassionate care, and give good counsel (all of which are helpful) but they don’t actually heal. Instead, he believes healing comes from within. It happens when after suffering a serious injury or illness we move forward and define a new normal for ourselves. It happens when we reject the “tragedy narrative” with its paralyzing and debilitating focus on loss and begin to create and tell a new story; a story of love, growth, and possibility. And it happens when we return to living life with meaning and purpose; when there is something in our lives that matters more than our own problems or physical ailments.*

In sum, if we weave these four things (move, eat, sleep, heal) into the fabric of our lives, Dr. Thomas believes we will create a structure that supports our desire to live a full, productive, and meaningful life; in essence to live life well.

**To learn more about how purpose and meaning impact our health and wellbeing visit www.dungbeetle.org.*

Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subject is the Federal Budget.

As most of you know, the President proposing the Federal Budget for 2018 with changes to the funding for the Health and Human Services Department and HUD. Both agencies would have a reduction. According to Leading Age Michigan, the impacts could be substantial (<https://leadingagemichigan.org/page/LastestWrink3172017>)

"...Most other governmental agencies see spending cuts – in particular for the senior care industry: 16.2% reduction for Health and Human Services and a 13.2% reduction for House and Urban Development. Transportation would experience a 12.7% reduction."

"The budget eliminates funding for Senior Community Service Employment programs and community block grants which would reduce resources to repair and update public housing developments."

"...Decreasing funding for HUD - possibly eliminating rental assistance for more than 23,000 households and HUD faces a 14% budget cut for FY 2018: HUD funding had already been reduced by 8.4% in 2016 compared to 2010. Housing for seniors and persons with disabilities are programs that may be hard hit."

"...LeadingAge projects that 23,496 older adult households, with average annual incomes of \$13,311, will lose their Section 202 Housing for the Elderly rental assistance if the leaked, potential budget cuts being considered by the White House are enacted by Congress for fiscal year 2018 (FY18). LeadingAge also predicts that 360 Service Coordinators will lose their funding in FY18 if these potential cuts are enacted."

If these areas concern you, please contact our Federal officials:
 Senator Gary Peters - 616.233.9150, www.peters.senate.gov.
 Senator Debbie Stabenow - 517.203.1760, www.stabnow.senate.gov.
 Congressman Fred Upton - 269.385.0039, www.upton.house.org
 I have street and email addresses, too.

Upcoming Presentations

Thursday April 27, 2017 – Go Docs Go will be here at **1pm in the Community Room** to talk about blood pressure and how to keep your numbers in a good place.

Friday, April 28, 2017 – First meeting of the Chronic Pain PATH series at **10am in the Community Room**. The materials fee for this series is paid, so there won't be an out of pocket expense. The classes will meet every **Friday from April 28 – June 2 from 10a – 1230p**. Snacks will be served. Please see me to register, if you haven't already done so.

Rebecca Ogradowski, LMSW
 Service Coordinator

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Announcements Continued

- ❖ **1st 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 3rd 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 1st come 1st 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.**

Note – No Crafts until July 2017.

The date of the **Virtual Village Victory Cup** will be announced as soon as the information is received. Thank you all who came out for the initial meeting! Your input was/is greatly appreciated. I will let you know when I have more information on the shirts for those who may want to order one.

Resident Service Excellence Workshop

Thank you everyone who came down to the service excellence workshop last week. Yulanda (from Corporate) thoroughly enjoyed her time with you and visiting our village. You ALL make me look good, when in reality it's all YOU!! You ROCK! ☺

Friends & Family: Our Friends and Family campaign is April 1st – 30th. – Thank you to those of you who came down for the Kick-off party. A great time was had by all! I would like to give a very special

“Thank you” to Madonna S. for making and/or purchasing so many wonderful gifts for the grocery bingo. “Thank you” Cheryl D., Jose Santamaria, Josie Howard-Wyne and anyone else who donated items for the bingo.

Gardeners: Fear not my gardeners, winter will eventually head out of town and spring will actually arrive. When the weather looks like it's going to stay nice, we'll schedule a meeting for any input and/or questions. Watch for the notice with date and time TBA.

PVM Risk Management had to reschedule their site visit. They will be here on April 13th in the morning. 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.

Walkers: As the weather gets better the walking club will be starting up again. If you like to walk, but don't want to walk alone ... watch for info to be posted, coming soon.



Paula Hager
Administrator

April 2017 – April showers bring May flowers

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 April Fool's Day
2 Birthday Celebrati on 5:30pm	3 Bible Study 4p- 5p	4 Office Closed – Training 1:00 – 4:00pm	5 Commodities <hr/> Resident support <hr/> Office Closed – Training 1:00 – 4:00pm	6 Church group cards 1:00pm in cm. rm. <hr/> Office Closed – Training 1:00 – 4:00pm	7 Games 3:00pm <hr/> Office Closed – Training 1:00 – 4:00pm	8 Resident Luncheon– Lasagna, salad & garlic bread @ 12pm in comm. rm.
9 Palm Sunday	10	11	12 Resident support group 11a-12p	13 PVM Risk Mgmt. site visit @ 10am <hr/> Bingo with Kim – Life EMS @ 3pm	14 Games 3:00pm <hr/> Office Closed Good Friday	15
16 Easter	17 Bible Study 4p-5p <hr/> KCASI Meeting @ Senior Services 1:15p	18	19 Resident support group 11a-12p	20	21 Sage Grove board meeting 9:00a – 10:30a – Cm. Rm Closed during <u>meeting</u> Games 3:00pm	22
23	24 Resident Activities Committee Meeting 10a in comm. rm. All are welcome	25	26 Resident support group 11a-12p	27 Go Docs Go presentation 1:00pm in Cm. Rm.	28 PATH Workshop begins 10:00am – 12:30pm in community room – Community room will be closed during the workshops. This is a 6wk program – Wk. #1	29

**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



Office Numbers

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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

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

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Kalamazoo, MI 49006**

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