



# Sage Grove View



## Embrace the possibilities

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

August 2013

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## For Your Safety.

By Carrie L. Moon-Dupree,  
Vice President of Risk Management & Quality

### Ambulation Aids

It's no secret that as we age, walking can sometimes become more difficult. This can be for a variety of reasons. Whether it is a medical condition or age, it is important for most of us to remain independent as long as possible. If after trying exercise or physical therapy and you find that you need to use an ambulation aid to stay safe, then that is the way to go. There is no shame in needing some assistance. It is certainly better than falling.

There are a number of ambulation aids that are available for your consideration. Keep in mind that these aids do not solve the underlining problem, just offer more support and mobility. A good first step is to speak with your doctor and or physical therapist to see which type of aid is the best for your needs. You should work together to select the most appropriate aid and to ensure that the device is properly fitted to you. Proper fit and

assessment, along with education on how to use the device, are keys to making sure the ambulatory aid actually helps.

Some items to consider before purchasing:

- Weight Load: Different devices can hold different size people; be sure yours can hold your weight.
- Design of the device: Does it fit your lifestyle?
- Are adjustments offered as you change over time?
- Are the handgrips comfortable and contoured?
- Is it easy to use?

Once you have your device, work with it until you are familiar how to use it safely. Soon you will be ready to get out there and walk with a smile on your face. Happy walking and stay safe!



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,  
Vice President of Public Affairs

### Attitude Makes The Day

Not long ago I wrote about an excellent customer service interaction I experienced. Recently I experienced the exact opposite. This experience was so negative in such a shocking manner that I was left speechless, which is a rare occurrence for me!

On this occasion I approached a front desk of an organization. In a friendly manner I asked the person behind the desk how she was that day. She replied: "I am great. This is my favorite part of the day since I am almost ready to leave for the day." That is not the first impression that any organization should find acceptable. And it is not what any of us would like when visiting an organization. And I'll bet the sender of this communication would not like to have this happen when she goes to the grocery store or the bank. What she may not realize is that she is creating a negative experience for herself as much as for anyone else.

Attitude plays a very large role in our lives. If we have a great attitude we are more likely to attract positive experiences. At the very least a positive attitude will help us cope with what comes our way. This is magnified when it comes to the aging process. For some folks any little thing can bring them down and ruin their day. For others with many challenges, they seem to rise above it all and appreciate all that is good.

Another person whom I met recently is the perfect example of positive attitude. She was so ill that she could barely get out of bed and was worried about her future and quality of life. She decided she had better do something about this. So she found out about the Center for Senior Independence (CSI) at our Rivertown location in Detroit. This program helps her deal with all aspects of her health and daily living. Some months later she is still living independently in her apartment and riding the bus to the center. She is much more mobile and feeling great. When I saw her she was all decked out in her finest with jewelry and makeup adding to her glowing persona. She is even the deejay for events at CSI. Here is a woman who could have given up on life. Yet her attitude turned her life around in a very positive way. Let's all keep this lovely lady in mind when something seems challenging. Attitude makes the day!

## Announcements

- ✚ August 22<sup>nd</sup> –  
First Day of Autumn
- ✚ September 2<sup>nd</sup> –  
*Labor Day*

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### Community Room Events

- ❖ August 7<sup>th</sup> –  
Commodities Pick-up.  
Announcement will be  
made when ready
- ❖ August 5<sup>th</sup> & 19<sup>th</sup> –  
Bible Study Group  
4:00 – 5:00pm
- ❖ August 20<sup>th</sup> – Movie  
Matinee 1:30pm in  
Community room  
"Some Like It Hot" –  
Romantic Comedy  
Starring: Marilyn  
Monroe, Tony Curtis,  
Jack Lemmon and more
- ❖ August 22<sup>nd</sup> – Sage  
Grove Board Meeting  
9:30am – 11:00am  
Community Room  
Closed
- ❖ August 22<sup>nd</sup> – Bingo  
with Kim – Life EMS  
2:30pm

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# Giving Matters.

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

## Leave Your Legacy: Support the PVM Mission During Your Lifetime and Beyond

Did you know that there are other ways you can support your PVM Village besides writing a check? You have the power to leave a legacy for future residents through a planned gift to the PVM Foundation, like Andy Lonyo did. Andy, a resident at The Village of East Harbor, passed away in May and we were blessed to be the recipient of his planned gift that will support the chapel at East Harbor.

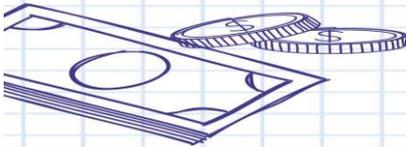
You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a big difference. There are many planned giving options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **Gifts that pay you income, like a Charitable Gift Annuity** – an agreement between a donor and PVM where the donor makes a gift to PVM and, in exchange, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (\_\_\_\_ percent of the residue of my estate) or (the sum of \$\_\_\_\_), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*
- **Gifts you make today, like an IRA Charitable Rollover** – under the extended IRA legislation for 2013, donors age 70½ or better are eligible to make charitable gifts of up to \$100,000 from their IRAs directly to PVM without paying income taxes on the gift.

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

We are truly grateful for donors like Andy Lonyo, whose legacy is a testament to who he was and he will continue to make a lasting impact on future residents.

Warm regards,  
Paul J. Miller, CFRE



### Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

IMPROVE YOUR CASH FLOW!

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



For more information, call Paul Miller at the PVM Foundation **248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.



# It's Your Life. Live It Well.

*By Tom Wyllie,  
Director of Wellness*

## The “Non-Nutrient” Nutrient

Here's a riddle: It can't be digested, yet it's an important part of a healthy diet. Here are a few hints:

- It comes in two varieties: soluble and insoluble.
- It helps prevent constipation, regulates bowel activity, and promotes digestive health.
- It helps control cholesterol and blood sugar levels and reduces the risk of heart disease, stroke, and type 2 diabetes.
- Women over age 50 need 21 grams daily; men over age 50 need 30 grams daily.
- It's found only in plants.

If you haven't yet guessed it, the answer is fiber.

Good sources include fruits, vegetables, whole grains, seeds, nuts, and legumes. Fortunately, you don't have to eat them raw to get the benefit. Because how you prepare them won't reduce their fiber content, let your imagination be your guide. Make an easy-to-swallow fruit smoothie by blending your favorite frozen fruit with some low-fat yogurt and skim milk. Make vegetables easier to chew by steaming them. You can also sauté them then puree them into a sauce that you can serve over whole wheat pasta. The possibilities are endless.

Remember, however, suddenly adding fiber to your diet can cause abdominal distress, so it's best to add it gradually. Because fiber absorbs water, it is also important to drink up to 8 cups per day. And, because fiber can interact with certain medications, talk to your doctor before you change your diet. By taking these precautions, you will be able to safely enjoy the benefits of a diet rich in fiber.

## Administrator Column



Dear Resident:

The summer is going by far too quickly and soon it will be Autumn. I hope all of you have gotten out and enjoyed the beautiful weather we've had, whenever possible.

To all of our gardeners: Our Raised Bed Gardens are in full bloom and look fabulous! Please see the pictures on the following pages. We have received an abundance of compliments from family and visitors. I want to pass on the compliments and give you Cu do's for all of your hard work. "You're amazing!"

We will be resuming the "Movie Matinee" starting next week, August 20<sup>th</sup>. Movie day has changed from Wednesday to Tuesday afternoon's at 1:30. Please look for movie flyer posted to see movie to be shown. If you have a movie you would like to see, please let me know (write it down and drop in suggestion box located next to the Office or place in the rent box. If it's one we do not own, it may be available through the library. We will do our best to try to get a hold of a copy.

We will also be starting a "Popcorn Day" once a week for all to enjoy. It does make the building smell so yummy. 😊

We will be resuming the monthly resident meetings in the near future; Date and time TBA.

The Resident Activity Committee meets the last Monday of the month at 10:00am in the community room. Please join them whenever possible. All suggestions for planning activities are welcome and appreciated.

"Flower with rain drops" photo used for Administrator Column taken by Thema B. Thank you Thema!

If anyone would like to help with the monthly newsletter by submitting photo's, funny – inspirational – positive stories, poems, recipes, tid-bits, etc. Please turn in to the Office by the 25<sup>th</sup> of each month.

Wishing you a wonderful day!

Sincerely,

Paula  
Administrator

**Resident Bits:**

## Raised Bed Gardens in Full Bloom



## Raised Bed Gardens in Full Bloom – continued



### Birthday Celebration!

- Marilyn H. ....August 15<sup>th</sup>
- Pete D. ....August 17<sup>th</sup>
- Carol L. .... August 21<sup>st</sup>
- Esther P. ....August 26<sup>th</sup>
- Clarajune W. ....August 28<sup>th</sup>

**Wishing you a Happy Birthday and a Special Year!**



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## Announcements Continued

- ❖ Last Saturday of the month is “Give-Away-Day” and Social gathering 10:00am – Noon. All items are FREE
- ❖ Loaves and Fishes – Delivery of Produce & Baked goods from Meijer Shopping Center. 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. An announcement will be made when a shipment arrives.
- ❖ Welcome new resident Madge B. – unit 315
- ❖ Welcome new resident Cherry B. – unit 313
- ❖ **Wal-Mart bus 12:15pm every Monday.** Bus will pick you up out front at main entrance, drop you off at Wal-Mart to shop and bring you back.

## Calendar

**Events for August 2013**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 ~ Comm. Van	3 ~
4	5 ~ Wal-Mart bus 12:15pm  Bible Study Group 4 - 5pm in Cm Room	6	7 ~ Commodities pick-up for those qualified -----	8	9 ~ Comm. Van	10 ~
11	12 ~ Wal-Mart bus 12:15pm	13	14	15	16 ~ Comm. Van	17
18	19 ~ Wal-Mart bus 12:15pm  Bible Study Group 4 - 5pm in Cm Room	20 ~  Movie Matinee 1:30pm Comm. Rm.	21	22 ~ Sage Grove Board Mtg. 9:30 – 11am Comm. Rm. Closed "BINGO" with Bob ~ Life EMS 2:30pm in Comm. Rm.	23 ~ Comm. Van	24
25	26 ~ Wal-Mart bus 12:15pm  Resident Activity Committee Mtg. 10:00am in Comm. Rm.	27	28	29	30 ~ Comm. Van	31 ~ "Give Away Day" and Social Gathering ~ 10am-12pm - ALL are items FREE

## 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

### Village Staff

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*Administrator*

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**Mark E. – Village of Mill Creek**  
*Maintenance*

**Maintenance Emergency Phone: (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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