



Sage Grove View



Embrace the possibilities

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

September 2017

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Birthday Celebration!

Sharon E. ----- September 4th
Maryjane F. ----- September 6th
Raquel V. ----- September 9th
Cherry B. ----- September 18th

We wish ALL who have September 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

Aging Well Is In!

How exciting it is to report that a major magazine is echoing my message of many years. The term anti-aging is out, and the notion of aging well is in! Allure Magazine has announced in its latest issue that they are making a resolution to stop using the term anti-aging. They state, "changing the way we think about aging starts with changing the way we talk about aging."

I have said that embracing aging is the way to go. Denying anything about ourselves is a futile task. Ponce de Leon never found that Fountain of Youth, and never will we.

Of course we want to be our best, but obsessing over age robs us of the joy in life. And as they say, it beats the alternative! Now is the time to enjoy every moment and rejoice in our longevity as well as second chances, creating a legacy and appreciating all that has been given to us. Enjoy life!



Community Room Events

- ❖ **September 3rd** – Birthday Celebration – **5:30pm**
- ❖ **September 6th** – Commodities Pick-up for those registered
- ❖ **September 9th** – Resident Luncheon 12pm
- ❖ **September 11th & 25th** – Bible Study Group Meets **4:00 – 5:00pm**
- ❖ **September 21st** – Bingo with Kim, Life EMS – 3:00pm
- ❖ **September 19th** – Ice Cream Social – 2pm
- ❖ **September 6th, 13th, 20th & 25th** – Sage Grove Support Group meets – **11a-12p** All are welcome. The Comm. Rm is closed during the meetings.
- ❖ **September 25th** – 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

Goodbye Summer; Hello Fall!

Seeds sown years before are bearing fruit.

Almost nothing is more satisfying than seeing hard work and preparation pay off. This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—*it's cider mill season!*

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer 😊... become so very worth it.

The season is also a great metaphor for a planned gift, **such as a gift in your will.** Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

By doing the hard work now—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—**you can create a bountiful harvest** which will survive long into the next “season.”

Learn how you can leave a gift in your will and start planning at MyLegacy.pvmf.org. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S.** Want to volunteer with the PVM Foundation? Call us at 248-281-2043!



**LEAVE A
Legacy**

Help support
the PVM
Mission during
your lifetime
and beyond.

**CONTACT
US TO
LEARN MORE**



**Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION**

For more information,
call Paul Miller at the
PVM Foundation
248.281.2045
MyLegacy.pvmf.org

WAYS TO MAKE A PLANNED GIFT

- [> Bequest in your will](#)
- [> Charitable Gift Annuity](#)
- [> Life Insurance](#)



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Fall is in the Air

As the weather starts to change we are reminded that fall is in the air. To some, fall reminds us of crisp cool air, warm delicious drinks and the color change. To others the word fall might mean something entirely different. According to the National Council on Aging (NCOA), every 11 seconds an older adult is seen in an emergency department for a fall-related injury. As we begin to age a fear of falling can become a part of our everyday lives, dictating the things we do and places we go. Luckily there are easy ways to manage your risk for falling!

The NCOA has six tips to help reduce your risk for falling:

- Find a good balance and exercise program
- Ask your health care provider for an assessment of your risk of falling
- Regularly review your medications with your doctor or pharmacist to make sure the side effects aren't increasing your risk of falling
- Get your vision and hearing checked annually and update your eye glasses
- Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars in key areas
- Enlist the support of your family members and PVM staff in taking simple steps to stay safe

By implementing some or all of these tips you can help reduce your risk of falling. Instead of worrying about **A** fall, you can instead enjoy **THE** fall!

More information on how to reduce your risk of falling is available on the NCOA website: <https://www.ncoa.org/healthy-aging/falls-prevention/>



Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: the Commodities inspection, community resources, and the Community Van.

Thank you to everyone who cooperated with the Commodities inspection last month. The reviewers were very happy with the operation and had no concerns.

If you have any questions about what resources are available in the Kalamazoo area, I have posted a list on the bulletin board outside of the office. I can print information for specific questions as needed. This includes many areas (such as transportation, Department of Health and Human Services, Social Security, Area Agency on Aging, Gryphon Place/2-1-1, Kalamazoo Department of Public Safety, Senior Services, Michigan Medicare Medicaid Assistance Program, meals and nutrition, housing, medical services, pharmacies with delivery service, and places of worship). Feel free to make copies of the information and return the original to the bulletin board.

The Community Van trip to South Haven will be on September 7, 2017. The van will leave here around 9:30am. It is reserved until 5pm. Please use the sign-up sheet by the mailboxes if you want to go.

The hours for the Community Van will be temporarily shortened. It will run on Tuesdays as usual, but the last trip will be at 1:30p. This is expected to last until October 3, with regular hours resuming on October 10.

Some residents are interested in going to the Van Buren County Historical Society/Van Buren County Museum. If you would like to take this trip, please let me know soon. I will ask Ralph if he can drive, should enough people want to.

Upcoming Presentations

Retirement Solutions – On Wednesday, September 6, 2017 at 1pm, David Reed will share information about Medicare and Medicaid in advance of the Open Enrollment season.

Senator Gary Peters Office – On Wednesday, September 20, 2017 at 1pm, a representative of the Senator's office will be here to discuss the Senator's activities, issues of interest, and how to contact the office.

Kalamazoo Public Library - Thursday, October 12, 2017 at 1pm. Staff from the library will be here to talk about their services, especially delivery of materials and how to do genealogical research.

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 –
- ❖ 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 there is an interest.

The summer is coming to an end and autumn is right around the corner. My, how time flies when you're having fun. ... With autumn coming, it's time for our gardeners to start getting their flower beds ready for winter. No hurry on this, just time to start thinking about it. It will need to be completed before the snow flies. If you feel you are in need of assistance with doing this, please complete a work request and we will be happy to help you.

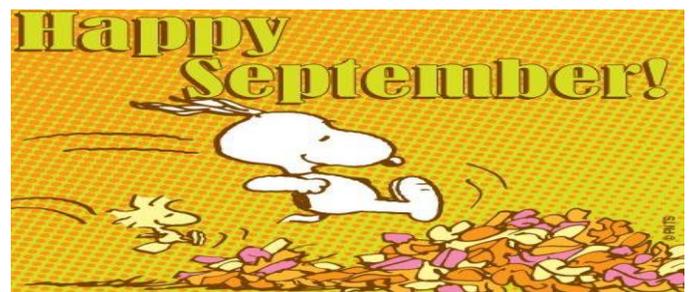
Maintenance will be closed on September 20th. Joe will be out of town at the Maintenance Team meeting in Detroit. If you have a maintenance request or think you're going to need Joe prior to the 20th, please get your work request in so he can take care of any issues before the 20th. ... The office will also be closed on September 22nd, as I will be out of town on business.

Thank you everyone who submitted a

“Shining Star” nomination form. Both Joe and I have been recognized. We will be attending the Shining Start banquet in Detroit on October 6th. Joe has also been nominated for the “Giving Sprit Award”, keep your fingers crossed, we're hoping he wins! ... We **thank you** for your votes!! 😊

As you may be aware we have lost our beautician, Bonnie has since retired and moved out west. I've been playing phone tag with one of the names I received. I am unable to reach the other. If you know of a traveling beautician or a beautician who may be interested in coming here once or twice a week, please give me their name and number. It would be great to have our salon open again.

Note: The dinner Cherry was going to prepare on the 20th has been postponed. We will let you know when it will be rescheduled.



Paula Hager
Administrator

September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Birthday Celebration 5:30pm - Community Room	4 Labor Day Office, Maintenance & SC Office Closed	5	6 <u>Commodities</u> Resident support group 11a-12p	7 South Haven Trip -9am	8	9
10	11 Bible Study 4p-5p	12	13 Resident support group 11a-12p	14 Church Cards - 1:00pm	15	16 Resident Luncheon – Smoked sausage on a bun. – bring a dish to pass
17	18 KCASI Meeting @ Senior Services 1:15p	19	20 Resident support group 11a-12p Maintenance Closed	21 Bingo with Kim – Life EMS @ 3pm	22 Office Closed Amin in Det.	23
24	25 Bible Study 4p-5p Resident Activities Committee Meeting 10a in comm. rm. All are welcome	26 Ice Cream Social - 2pm	27 Resident support group 11a-12p	28	29	30

**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

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

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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