



# Sage Grove View



## Embrace the possibilities

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

January 2015

### Featured Articles

- Senior Advocate pg. 1
- For Your Safety pg. 2
- Giving Matters pg. 3
- It's Your Life pg. 4
- Service Coordinator's Corner pg. 5
- Administrator Column & Resident Birthdays pg. 6
- Calendar pg. 7



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### CONVERSATIONS TAKE US WHERE WE NEED TO GO

Throughout our lives conversations with trusted advisors have shaped our decisions and outcomes. Over the holidays we often have more time to engage in thoughtful discussions beyond the scope of who is doing the daycare pickup or what recipes will be a part of the tradition. Thus, many of us may have had conversations about the challenges of our health issues, whether for ourselves or a loved one. So I decided to refer to some basic principles from my book, Caregiver Tsunami. They cannot magically remove all challenges; but they can help us to deal with our situation more effectively and provide comfort and advice. Hope that you find them to be helpful:

**HOLD PEOPLE ACCOUNTABLE** - Track practices and procedures of medical and other personnel.

**MANAGE FAMILY RELATIONSHIPS** - This is no time for sibling rivalry. Work together.

**PRACTICE STRESS MANAGEMENT** - Take care of you! Yoga and relaxation techniques can help.

**CALL IN THE PROFESSIONALS** - PVM staff, Area Agencies on Aging, Seniors Centers and other Professionals can provide resource information to assist.

**TAKE DECISIVE ACTION** - Don't wait until a loved one falls or is in dire straits. Act now!

**BE VIGILANT** - Watch out for worsening conditions or a domino effect with symptoms.



The Village of  
**Sage Grove**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





# For Your Safety.

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

No "For your safety" article this month. ... Instead we have another article from resident Deanna H. ... Thank you Deanna

## Live ... Laugh ... Love ...

John won tickets to the Super Bowl. Being a big football fan, he was thrilled to go. Upon arrival he realized his ticket was for one of the nose bleed seats. He saw that there was an empty seat right up front in the most prized section. He decided to make his way to the empty seat. As he sits down, he asks the man next to him if anyone is sitting there. The man told him no, it was empty.

John is very excited to have a seat like this at the Super Bowl and asks why in the world no one is using it? The man replied that it was his wife's seat but she passed away. He said this was the first Super Bowl that they have not attended together since they were married in 1968. John said that it was really sad and asked if he couldn't find someone, a relative or a close friend to take the seat? "No" replied the man, "they are all at her funeral!"

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❖ A man asks a trainer in the gym: "I want to impress that beautiful girl, which machine should I use?" The trainer replied: "the ATM."

Q.: What did the old tomcat say when the mice went by on roller skates?

A.: Meals on Wheels

PEACE STARTS WITH A SMILE 😊

# Announcements

**Note:** No Community Van until we find a driver.

## Community Room Events

- ❖ **January 4<sup>th</sup>** –  
Birthday Celebration – 5:30pm
- ❖ **January 7<sup>th</sup>** –  
Commodities Pick-up
- ❖ **January 5<sup>th</sup> & 19<sup>th</sup>** –  
Bible Study Group Meets 4:00 – 5:00pm
- ❖ **January 14<sup>th</sup>** –  
Bingo with Sr. Nursing Care Services – 1:00pm
- ❖ **January 15<sup>th</sup>** –  
Bingo with Life EMS – 3:00pm
- ❖ **January 26<sup>th</sup>** –  
Activities planning committee meeting – 10:00am – All Welcome!!
- ❖ **Game Day** –  
Friday's at 3:00pm
- ❖ No Resident luncheon this month. We're trying to avoid sharing colds.
- ❖ If you are ill or feeling under the weather, please do NOT share with others. We love you, but don't want to get sick too.

Thank you! 😊

Continued on page 5



## Giving Matters.

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

### PVM Foundation Raises Most in Its History to Benefit Seniors

I am proud to share that in 2014, the PVM Foundation raised **over \$7.4 million** to benefit Michigan seniors, the most ever raised in a single year in its history!

This milestone could only be achieved through the support of many generous donors like you.

The \$7.4 million raised includes a \$5 million gift from the **Edward N. and Della L. Thome Foundation, Bank of America, N.A., Trustee** to name and complete the expansion of the Rivertown Neighborhood. The *Edward N. and Della L. Thome Rivertown Neighborhood* in Detroit is an innovative senior living community that delivers a full range of health and wellness services as well as affordable housing options for low-income seniors on one campus. The grant is the largest, single philanthropic gift received in the nearly 70-year history of PVM.

A large portion of the funds raised will also support two other major, transformative projects:

- The Health & Wellness Center at The Village of East Harbor, which will expand and combine the current rehabilitation room and wellness center into an 11,000 square foot state-of-the art facility with the ultimate goal of reinventing healthy living.
- The Village of Hillside/Friendship Center Renewal Campaign, a project to rebuild and modernize the oldest buildings on the campus as well as to enlarge the community's senior center to serve more local seniors and keep local seniors living in the Harbor Springs area.

The remaining funds will support other, much-needed projects and programs across all the Villages including transportation, upgraded security cameras, landscaping enhancements, technology upgrades, patio furniture, fitness equipment, resident activities and more!

Thank you making 2014 a resounding success and I look forward to what 2015 will bring to the residents and seniors we serve. If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Best wishes for a happy New Year filled with good health, peace and joy!

Warm regards,  
Paul J. Miller, CFRE

*Make your money grow!*

**SUPPLEMENT OTHER RETIREMENT INCOME**

*...now or later!*



UPTO  
**9%**  
RETURN

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?



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



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

***This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program***

## Practice Mindful Eating

With the beginning of the New Year it is fun to bring new healthy habits into your lifestyle! Eating mindfully is a great way to enjoy your food while also experiencing the wonderful health benefits that it has to offer. Mindful eating can help you look and feel better, lose weight, improve your digestion, and appreciate even the smallest meal.

Here are some ways that *you* can practice mindful eating today:

1. **Eat *before* your belly growls:** You can maintain healthy blood sugar levels by eating every 3 to 4 hours.
2. **Avoid distractions:** Set aside your phone, turn off the T.V. or computer. Don't let distractions disturb *your* mealtime.
3. **Take five:** Take five breaths before you begin eating. This will help calm your mind and body.
4. **Tune into your body:** Notice how hungry you are. Are you bored, stressed out, satisfied, full, or empty?
5. **Be observant:** Observe the full spectrum of colors, aromas, tastes, textures, and temperatures of your food.
6. **Offer gratitude before your meal:** Thank whoever or whatever played a role in the creation of your meal.
7. **Go slow:** Chew slowly and savor your food.
8. **Eat with the intention of brining yourself health:** Food is medicine. Think about the nutrients and energy you are brining into your body and how it will affect your health.



## Service Coordinator's Corner: Rebecca Ogrodowski

This month, I am encouraging advocacy. Many of you who receive Food Assistance have recently had your benefits cut by DHS. This is happening to people across the state, because of the 2014 Farm Bill and the way that DHS calculates eligibility for Food Assistance.

The Farm Bill included cuts of \$800 million across the country. Most people lost around \$90 per month. We can do something about this. Senator Debbie Stabenow is the Chair of the U.S. Senate Committee on Agriculture, the group that wrote the bill. I am planning to write to her as the Service Coordinator and tell her how the changes to Food Assistance have affected us. I hope that you will, too. She needs to know what is happening and be asked to act to make the situation better.

Her contact information is: **Senator Debbie Stabenow, 133 Hart Senate Office Building, Washington, DC 20510. The phone number is: (202) 224-4822.** When you write, put the issue you are writing about - [Agricultural Act of 2014 \(P.L. 113-79\)](#) – on the front of the envelope and address the letter to “Dear Senator Stabenow”.

DHS is now using information from your Michigan tax return to figure how much you are allowed to get in Food Assistance. They look at the Home Heating Credit. If you filed for that credit, you get more than someone who didn't. I am contacting the State Treasury Department and AARP to find out more details about this issue. If you are able to file a tax return, please do.

DHS needs to be aware that this process affects you. Because it is a statewide concern, I suggest that you call or write to **Maura D. Corrigan, Director**. Her contact information is **Department of Human Services, 235 S. Grand Ave., P.O. Box 30037, Lansing, Michigan 48909**.

When contacting DHS or Senator Stabenow, it's best to identify yourself as a client or constituent, tell them what you are writing about, how it affects you, and what you would like them to do to improve the situation. It's nice to thank the person for their work and ask them to get in touch with you. They appreciate personal letters written in your own words. Be brief, polite, and respectful.

I can help you to write a letter. Please let me know if you are interested in a workshop at Sage Grove. We could meet in the Community Room and work on drafting letters together. If you want, I can mail your letter(s) with mine and those of other residents. I am planning to send them in by the 17th of February. See me with any questions.

### Upcoming Presentation:

Wednesday January 14, 2014 at 1p in the Community Room - Julia Ridenour, Dietician from Bronson Hospital will share about healthful eating and cooking for one person.

**Rebecca**

Continued from page 2

## 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.
- ❖ Last Saturday of the month “Give away day” and Social Gathering- 10am – 12:00pm
- ❖ Movie Matinee – 1:30pm  
Tuesday – January 13<sup>th</sup>  
Tuesday – January 27<sup>th</sup>
- ❖ 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 12:15pm

## Birthday Celebration!

Deanna H. ----- January 5<sup>th</sup>  
 Mary Ellen B. ----- January 5<sup>th</sup>  
 Gary B. ----- January 13<sup>th</sup>  
 Cheryl B. ----- January 17<sup>th</sup>

*We Wish You a Fantabulous Day and a Blessed Year!!*



### Administrator Column

**Village happenings** – Please remember to check out the *Announcement, Community Room Events and Calendar sections of this newsletter.*

**Barber/Beauty Salon update:** You may have noticed Bonnie's Bee Hive is open to serve you. Everyone should have received a flyer with her contact information and price list. Hours of operation are Wednesdays 10:00am – 2:00pm. Call Bonnie to schedule your appointment. .... Pictured below: Beautician Bonnie with resident Karl K.



Recycling has been something we are looking into. Until we have recycling for the entire village, if you would like to recycle please contact resident Mary Jane in unit #207. ... Thank you Mary Jane!!

Rebecca has been working hard to get the

community van up and running again. She currently has a volunteer who will be going through the orientation this month with the Kalamazoo Transit. We are trying to get the van one day at the end of this month and hopefully at least one day a week the month of February. We will have the signup sheet back in the lobby when we are ready to go. Please watch for flyers with updates.

Looking to get out of your apartment during the cold months ahead? ... Friday's are Game Day in the community room. Cards, board games, Xbox bowling ... Starting at 3pm in the community room. ... Check it out. ☺

As you can see and/or feel WINTER has arrived. Please dress warm and wear proper footwear (boots) when venturing outside. As always, please take care in the parking lot and on sidewalks. If you see an icy spot, please let maintenance or the office know. Also, there are salt buckets at each entry door, please use the salt if we are not around. Safety First!!

I wish you all a Blessed and Happy New Year.

*Paula Hager*

# January 2015

| Sunday                                                                     | Monday                                                                                                                          | Tuesday                                                                                  | Wednesday                                                                 | Thursday                                                                 | Friday                                                                                                                                     | Saturday                                                                                           |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|                                                                            | <b>Walmart<br/>Bus <u>EVERY</u><br/>Monday<br/>Pickup @<br/>12:15pm<br/>Main<br/>entrance</b>                                   |                                                                                          |                                                                           | <b>1</b><br><br><b>New Year's<br/>Day</b><br><br><b>Office Closed</b>    | <b>2</b><br><br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b><br><br><b>Office Closed</b>                                                       | <b>3</b>                                                                                           |
| <b>4</b><br><br><b>Birthday<br/>Celebration<br/>5:30pm in<br/>Comm. Rm</b> | <b>5</b><br><br><b>Bible Study<br/>Group<br/>4 - 5pm</b>                                                                        | <b>6</b>                                                                                 | <b>7</b><br><br><b>Commodities<br/>pick-up for<br/>those<br/>enrolled</b> | <b>8</b>                                                                 | <b>9</b><br><br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b>                                                                                   | <b>10</b>                                                                                          |
| <b>11</b>                                                                  | <b>12</b>                                                                                                                       | <b>13</b><br><br><b>Movie<br/>Matinee<br/>1:30pm</b><br><br><b>"My Blue<br/>Heaven"</b>  | <b>14</b><br><br><b>Dietician<br/>Presentation<br/>1:00pm</b>             | <b>15</b><br><br><b>"Bingo"<br/>Life EMS –<br/>3:00pm in Cm<br/>Room</b> | <b>16</b><br><br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b>                                                                                  | <b>17</b>                                                                                          |
| <b>18</b>                                                                  | <b>19</b><br><br><b>Bible Study<br/>Group<br/>4 - 5pm<br/>in Cm</b><br><hr/> <b>MLK Jr. Day</b><br><br><b>Office<br/>Closed</b> | <b>20</b>                                                                                | <b>21</b>                                                                 | <b>22</b>                                                                | <b>23</b><br><br><b>"Bingo"<br/>Sr. Nursing<br/>Care Serv. –<br/>1:00pm in Cm<br/>Room</b><br><br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b> | <b>24</b>                                                                                          |
| <b>25</b>                                                                  | <b>26</b><br><br><b>Resident<br/>Activity<br/>Meeting<br/>10:00am</b>                                                           | <b>27</b><br><br><b>Movie<br/>Matinee<br/>1:30pm</b><br><br><b>"My Cousin<br/>Vinny"</b> | <b>28</b>                                                                 | <b>29</b>                                                                | <b>30</b><br><br><b>Game Day<br/>3:00pm in<br/>Cm. Rm</b>                                                                                  | <b>31</b><br><br><b>Give-<br/>Away-<br/>Day &amp;<br/>Social<br/>Gathering<br/>10am -<br/>noon</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**

*Administrator*

**Rebecca Ogradowski**

*Service Coordinator*

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)



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