



# Village News



## Embrace the possibilities

3501 Cherry Blossom/3300 County Farm Rd • Jackson, Michigan

March 2016

49201 • www.pvm.org

## Friends and Family April 2016!

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**Please don't put your trash out before Wednesday night! We are having a problem with people putting it out early and animals get into it, then the guys pick it up and it falls on the ground. Also... you must use trash baags!**



We are going to have a Block Party! For our Friends and Family Kick-off!

The Serafins, a singing group with Karaoke and fun for all will be performing in the parking lot in front of the Spring Meadows Clubhouse. In a tent donated by American 1 Federal Credit Union!

We will have the tent in the parking lot, a stage and seating; we will be selling "walking tacos" and hot dogs, pop, chips and candy bars.

Residents will be selling some items to help the cause too!

**When: Saturday, April 2<sup>nd</sup>  
Spring Meadows I parking lot and clubhouse!**

Unfortunately, we are going to have to really watch the weather and it is too early to predict! Sooooo... if it looks like it will be a nice week with warmer weather, we will have it outside and we want you to invite **EVERYONE YOU KNOW!!!** If it is going to be nasty weather, we will still have it but it will have to be inside so we can't have a huge crowd! We will keep you informed through calls what is going on.

We are working for:

- Spring I: An outdoor Gazebo and picnic area
- Spring II: a screened in seating area on the patio, some video cameras and a laundry room on the 1<sup>st</sup> floor.

**We need some volunteers to help with this event to make it a huge success!**



Look for PVM on:



# Guided Autobiography!

We are planning one more Guided Autobiography Class at Spring Meadows I. The classes are from 10 – Noon Starting on March 2<sup>nd</sup>. The last class will be held on April 13<sup>th</sup>. If you have been a participant prior, you are welcome to join again! If you have thought about writing some stories about your life, now is the time to get it started!

This is an amazing time to get to know each other and yourself! EVERYONE has a story! You will enjoy listening as much as you enjoy writing and telling your story!



Meet the Administrator Meeting  
March 24th  
**11:00 AM at SMII**  
**2:00 PM at SMI**



Linda has been invited to throw out the first pitch at the Lugnuts game on April 8<sup>th</sup> (Friday night).

We need to have a bus full to take up to the game and we need to make reservations asap! \$15.

Even those who don't love sports will love the Lugnuts.... It is more an entertainment than sport. Come and join the fun and support our Senior Ms. Michigan!

We need some sign ups in advance so we can make arrangements. Please let us know asap.

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# Danielle's Notes

## Tips for Staying Mentally Sharp throughout Retirement

Promising research indicates that there are several steps that can be taken to help keep your mind sharp as you age:

- \* Control cholesterol problems and high blood pressure. These conditions can increase your risk for heart disease and stroke, which are thought to contribute to the development of certain types of dementia. Cardiovascular health — having healthy blood sugar, cholesterol levels, and blood pressure, along with being physically active, eating a nutritious diet, maintaining a healthy weight, and not smoking is all associated with staying mentally sharp.

- \* Don't smoke or drink excessively. Because these are both seen as putting you at increased risk for dementia, kick the habit if you smoke and, if you drink, do so only in moderation.

- \* Exercise regularly. Regular physical activity is thought to help maintain blood flow to the brain and reduce your risk for conditions such as high blood pressure that are associated with the development of dementia. Consistent vigorous exercise helps lower the risk for dementia.

- \* Eat a healthy diet. People who consume plenty of vegetables and fatty fish and keep away from saturated fats are thought to have a lower risk for cognitive decline.

- \* Stimulate your brain. Mental stimulation throughout your lifetime is important for your brain health. Keep your mind active by increasing your level of social interaction, learning a new skill or hobby, playing challenging games, and doing other activities that require an engaged mind. Even crossword puzzles, Sudoku, Candy Crush or Tetris will help keep those neurons firing! So take some time to exercise your brain as well as your body!!

Mental stimulation and physical activity are vitally important to keeping yourself sharp. You know that feeling when you step outside on a spring day and the breeze is so full of scents and it just perks your senses? That is something you cannot get inside your apartment! Even if bingo isn't your idea of a good time, there are many things available here at Spring Meadows or at the PACE day programs that can provide you with socialization and stimulation!

Much Love,  
Danielle





# Drum Circle

Drum Circles have been around for decades but became very popular in the 60's as a way to connect with each other, relax and build a team..... make music and have a lot of fun! Our friends from the PACE Program have offered to hire a professional Drum Circle Facilitator and hold a Drum Circle at Spring Meadows. Come and enjoy a fun-filled activity and join the excitement.

*When: March 1st*

*Where: The Village of Spring Meadows I*

*Time: 1:00 PM*





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Eat Better to Feel Better!

As we age, we often consider our daily aches and pains to be a sign that we are getting "old". We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the "fact" that there's nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body's ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it's best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit [www.choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate)



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### Dessert Cook-Off a Rousing Success!

Our Celebrity Judges enjoyed a great afternoon tasting wonderful baked goods at our Valentine themed Dessert bake off!



Alice Chisolm, Gloria Hamlin and Barb Lenardson were the Big winners with a their beautiful Valentine inspired goodies! After the judging, residents were able to partake in the yummy goodies too!

It was a great day full of fun and calories!



Our Water donation!

**Sign - ups needed Soon!**

**Please sign up or call to get your names on the list!**

- 1. Lugnuts game – April 8<sup>th</sup>
- 2. Catered Luncheon – March 25th
- 3. Taxes – March 25th
- 4. Guided Autobiography – March 2 – April 18
- 5. St Patrick’s Day Soup Cook-Off with games and prizes  
 March 17 – SM2 @ 11:30 Am  
 March 17 –SM1 @ 1:00 PM
- 6. Drumming Circle – March 1<sup>st</sup>
- 7. Block Party – April 2nd



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December days were brief and chill,  
The winds of March were wild and drear,  
And, nearing and receding still,  
Spring never would, we thought, be here.  
~Arthur Hugh Clough (1819–1861)

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It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

[Charles Dickens](#)

\*\*\*\*\*

Early spring is the time for vigorous change, a preparation for the heat-driven oppression that is to come.  
[Henry Rollins](#)

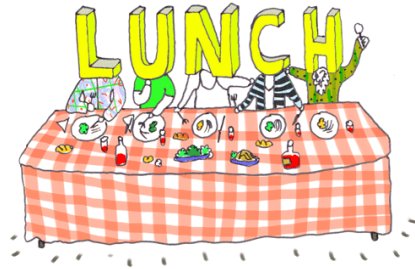
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As through the poplar's gusty spire  
The March wind sweeps and sings,  
I sit beside the hollow fire,  
And dream familiar things;  
Old memories wake, faint echoes make  
A murmur of dead Springs...



**“I Refuse to be Average!”**

**Catered Lunch – March 24, 2016**



Steve Rice will be cooking for us again in March!  
Homemade Macaroni and Cheese dinner with all the trimmings!

Just \$6  
And we deliver!

**Friday, March 24th**

**11:30 AM**

**Spring Meadows I**

**\$6**

Please sign up at the office or call in a reservation.

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**Spring Meadows Collecting Water for Flint!**



The Village of Spring Meadows was able to purchase 1,200 bottle of water for our neighbors in Flint!

So proud to be associated with such an amazing group of people!



**Have you tried "First Fruits" Groceries!**  
**If you live at Spring Meadows you automatically qualify!**  
**Great food Boxes at reduced prices!**

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**Meats from Prime Cuts \$25 or \$49**  
**Produce from Keyes Produce \$20 (choose from 2 boxes)**  
**Order forms at the office**  
**Pay with check or money order, orders can be placed at the office!**



## St. Patty's Day



**Soup Cook-Off**  
**And**  
**St. Patrick's Day Spirit!**  
**Contest** (Wearing of the Green! )

Spring 2 - 11:30 Am  
 Spring I - 1:00 PM  
 March 17, 2016

## Important Announcement

### Spring Meadows I

## MSHDA Physical Inspection

### March 15<sup>th</sup> 9:00 AM

Please prepare for an inspection. MSHDA will choose 18 cottages to inspect we will not know until that morning which will be chosen. We will call you as soon as we know who has been selected!



# March Birthdays!

**Bus Committee Meets  
March 14<sup>th</sup>  
10:00 AM  
Spring Meadows II**

Birthday extravaganza is held every month at Spring Meadows II March 25 from 2 – 3 PM. Celebrating March Birthdays..... Everyone is welcome... cake, games and prizes  
Thanks to Sherry from Faith Haven for the cake!

## March Birthdays

- Charlotte Conner.....3/4
- Lou Fry.....3/13
- Grant Gibson.....3/20
- Barb Lenardson.....3/28
- Eleanore Lowden.....3/26
- Vivian Lutz.....3/22
- Pat Molesworth.....3/8
- Betty Randall.....3/16
- Virginia Roberson.....3/29
- Wanda Worthington.....3/25
- Bernie Baldwin.....3/24

Happy Birthday everyone!!

We are so glad you were born  
and choose to be a part of  
Our wonderful family!



- Susan Louis.....3/11
- Jeanette Swider.....3/28
- Linda Williams.....3/21



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### March: In Like a Lion



### Out Like a Lamb

## Please don't feed the wild animals!

They become dependent on our handouts plus...  
Your food also draws mice, snakes, bugs and other undesirable  
"critters"

It is March and this is my last full month at The Village of Spring Meadows. It is going to be so difficult to leave here. I am leaving much of my heart behind. I am excited about the new chapter of my life but Spring Meadows has been my baby for the past 5 years. I have learned so much (Both Good and Bad). I have made so many friends and met some amazing people here!

At this time a replacement has not been hired but interviewing is starting. We have some excellent resumes turned in and I know that PVM will make a good decision on my replacement.

Bill and I are working hard getting ready for the changes. My husband is wonderful and is doing a lot of the leg-work preparing for this. Our April and May schedules are like a war strategy. We are starting an on-line auction of all of our belongings on the 26<sup>th</sup> of March, it will end on April 26th and people will come and take the stuff on the 27<sup>th</sup>. We are spending every moment packing and getting ready for the move. My house looks sparse

My dogs are a little confused about the move and I am sure they are wondering what in the world is going on. I guess as long as they have their toy box, food dishes and beds they are okay.

We did find a nice home for our cat so I am thankful for that! She will be happier not having dogs around.

I can't say enough about the new PACE program down the street ! We are so excited to have 7 Spring

Spring Meadows residents who have qualified for the program! It is a great start for PACE but an even greater start for our residents.

Tracy and Dr. C from the PACE program came to our Diversity Day and it was AWESOME! They talked about what it was like being black in a primarily white area! They were very candid and spoke from the heart! Both highly educated and accomplished black women, Tracey and Dr. C shared their experiences and hopes with us. We played some games, ate amazing food and laughed a lot. It was a perfect get-together!

A group of residents went to Cellblock 7 at the Michigan State Prison on Cooper Street. I have heard some really amazing things about the prison museum and can't wait to go and visit.

A group of residents with Linda, Bill and Bruno went to Gene Davis Banquet facility on Francis Street. I sang and talked about Positive Aging to a group of 250 people! It was a fun event. It was really nice when a woman I graduated from East Jackson High School with introduced herself to me! Huge thanks to Mary Lou Overmyer for thinking of me!

So many new and exciting things are being planned for the upcoming months. The Block Party... my personal favorite Guided Autobiography, The St Patty's Day party. The Lugnuts Game is coming up real soon, taxes will be done again this year, I am trying to get the Arts

school to plan a day for Spring Meadows residents to take a class there. ... I am trying to keep the costs nice and low so as many people as possible can go. I will let you know.

I was so proud of being a part of Spring Meadows when we went to Sam's club and purchased 1,200 bottles of water for the people in Flint! It is so wonderful to give to others and while people just bought a few each... look what we did as a group! Wow!!

Well, the storm hit us with a vengeance. Oh how I hate winter!

The drum circle is on for Tuesday the 1<sup>st</sup> of March! What a great event..., I can't wait! This is something that has been used in corporate America to bring people together and have fun and work as a team. The PACE program is paying for this professional event and we are really excited about it. Please come and try it out.

Wow... the brown out was scary but I am so glad we never lost real power. It is a time to evaluate your situation in an emergency. If you have oxygen and need help call 911. If we lose power, find a relative to come and get you. If the heat is out and you have nowhere to go, we will try to get you to a Red Cross safe house..it might be a gymnasium. Looks like we made it through with few real anxious people. You guys are amazing!

Lots of Love, Linda

**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

(517) 788-6679

(517) 788-7502

### Village Staff

**Linda Sisco**  
*Housing Administrator*

**Rae Stachnik**  
*Assistant Administrator*

**Bruno Trout**  
*Maintenance Lead*

**Tom Leach**  
*Maintenance Tech*

**Danielle Leithauser -788-5519**  
*Service Coordinator*

**EMERGENCY NUMBER**

**(517) 748-1460**



**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)



The Village of  
**Spring  
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



**what  
I do  
matters**

**Embrace the possibilities**



## Giving Matters.

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

### A Culture of Philanthropy at PVM

What is “philanthropy” and what does it mean to have a “culture of philanthropy?” In simple terms, philanthropy is an act done or gift made **to help make life better for others**. Philanthropy is a values-based process that happens when someone feels compelled to give, not because they felt pressured, but because their interests match that of the organization. Philanthropy is rarely transactional—it’s transformative, it’s an investment.

Without philanthropy, Presbyterian Villages of Michigan would not exist. PVM’s flagship Village, The Village of Redford, was established in 1945 through a \$10,000 philanthropic gift made by Clarence D. Sterling. Philanthropy is integral to PVM’s history *and* future, with 27 Villages and the many numerous programs and services that impact residents every day.

As an example, through the generous philanthropy of donors, the PVM Foundation granted **\$7,457,530\*** in 2015 for Village projects and programs including the following:

- Pre-development activity at **The Thome Rivertown Neighborhood** for the Weinberg Green Houses® and community space
- A new bus at **The Village of Holly Woodlands**
- Wellness Center upgrades at **Perry Farm Village**
- A new computer and printer at **The Village of Bethany Manor**
- Funding for resident activities at **16 Villages**
- Beauty shop renovations at **The Village of Westland**

At PVM, we encourage everyone to embody a culture of philanthropy as a way of life, to inspire and encourage others to give back to their community. Our goal is to educate about the importance of philanthropy, honor those who give, and ensure that the tradition of philanthropy is continued by future generations.

We are very appreciative and thankful to all donors and supporters of the PVM mission—**THANK YOU** for all you do to help seniors thrive and to create a culture of philanthropy! 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

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Or for more information, call Paul Miller at the PVM Foundation 248.281.2045