



Sage Grove View



Embrace the possibilities

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

January 2018

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Birthday Celebration!

Deanna H. ----- January 5th

Mary Ellen B. ----- January 5th

Gary B. ----- January 13th

Cheryl B. ----- January 17th

Mary P. ----- January 24th

We wish ALL who have January 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...

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 Village of
Sage Grove
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

This is very clever. I would probably fall for it if not warned. Give this wide distribution. This scam is actually very clever. Just when you thought you'd heard it all. Be very careful out there! Beware of people bearing gifts.

The following is a recounting of the incident from the victim:

Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: "Express Couriers," (The name could be any courier company). He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in roughly an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and a bottle of wine. I was very surprised since there was no special occasion or holiday, and I certainly didn't expect anything like it. Intrigued, I inquired as to who the sender was.

The courier replied, "I don't know, I'm only delivering the package."

Apparently, a greeting card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift.

He then went on to explain that because the gift contained alcohol, there was a \$3.50 "delivery/verification charge," providing proof that he had actually delivered the package to an adult (of legal drinking age), and not just left it on the doorstep where it could be stolen or taken by anyone, especially a minor.

This sounded logical and I offered to pay him cash. He then said that the delivery company required payment to be by credit or debit card only, so that everything is properly accounted for, and this would help in keeping a legal record of the transaction.

He added, "Couriers don't carry cash to avoid loss or likely targets for robbery."

My husband, who by this time was standing beside me, pulled out his credit card, and 'John,' the "delivery man," asked him to swipe the card on a small mobile card machine with a small screen and keypad. Frank, my husband, was asked to enter his PIN number and a receipt was printed out. He was given a copy of the transaction.

The guy said everything was in order, and wished us good day.

To our horrible surprise, between Thursday and the following Monday, \$4,000 had been charged/withdrawn from our credit/debit account at various ATM machines.

Apparently the "mobile credit card machine," which the deliveryman carried now had all the info necessary to create a "dummy" card with all our card details including the PIN number.

Upon finding out about the illegal transactions on our card, we immediately notified the bank which issued us a new card, and our credit/debit account was closed.

We also personally went to the Police, where it was confirmed that it is definitely a scam because several households had been similarly hit.

WARNING: Be wary of accepting any "surprise gift or package," which you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the gift or package. Also, never accept anything if you do not personally know or there is no proper identification of who the sender is.

Above all, the only time you should give out any personal credit/debit card information is when you yourself initiated the purchase or transaction!

Announcements

Community Room Events

- ❖ **January 7th** –
Birthday Celebration –
5:30pm
- ❖ **January 3rd** –
Commodities Pick-up for
those registered
- ❖ **January 8^h & 22nd** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **January 3rd, 10th, 17th,
24th & 31st** – Sage Grove
Support Group meets –
11a-12p All are welcome.
The Comm. Rm is closed
during the meetings.
- ❖ **January 24th** – Diabetes
Presentation– 1:00pm in
Cm. Rm.
- ❖ **January 31st** –
Presentation on Aging –
1:00pm – in Comm. Rm.
- ❖ **January 29th** –
Activities planning
committee meeting –
10:00am – **All Welcome!**
- ❖ **January 15th –MLK Jr.
Birthday** – Office,
Maintenance & Service
Coordinator Office
Closed.
- ❖ **January 16th** – Office
Closed – Admin in Detroit.
- ❖ **January 13th – Resident
Luncheon** - 12pm in
Comm. Rm.

See Calendar for more
events.

Continued on page 5

Giving Matters...



Giving Matters.

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

Older adults can THRIVE because of donors like YOU!

Going to the mall to return gifts today?...Or grocery shopping? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Michigan has moved from the **30th oldest state** in the USA to the **10th oldest**.

So what?

More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

You strengthen the economy by keeping seniors active in their communities. **You're the reason that ~~PVM residents~~ Michiganders can thrive as they age.**

Thank you for caring and THANK YOU FOR GIVING!!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



This is what Thriving looks like!
Whoo hoo!

THANK YOU

FOR YOUR DONATION!

...have you considered leaving your legacy for PVM residents?

A GIFT IN YOUR WILL
GETTING STARTED

How It Works: To make a charitable bequest, you need a current Will or revocable living trust. After your lifetime, Presbyterian Villages of Michigan Foundation receives your gift.

Without obligation, PVM Foundation would like to answer any questions you may have.

Please call The PVM Foundation at
248.281.2040
mylegacy.pvmf.org

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

10 TIPS FOR IMPROVING BRAIN HEALTH

This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

- 1) **BREAK A SWEAT.** Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.
- 2) **HIT THE BOOKS.** Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.
- 3) **BUTT OUT.** Quit smoking. Smoking increases your risk of cognitive decline.
- 4) **FOLLOW YOUR HEART.** Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.
- 5) **HEADS UP.** Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.
- 6) **FUEL UP RIGHT.** Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.
- 7) **CATCH SOME ZZZ'S.** Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.
- 8) **TAKE CARE OF YOUR MENTAL HEALTH.** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.
- 9) **BUDDY UP.** Pursue meaningful social activities. Staying socially engaged supports brain health.
- 10) **STUMP YOURSELF:** Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides short and long-term brain benefits.

Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: changes at Metro, our adopted family, and International Creativity Month.

Metro – As of this month, Metro is re-branding. Their services are the same. The names have changed. Metro Transit is now Metro. Metro County Connect is Metro Connect. The Community Van is Metro Share. Missy has no information on the possible insurance requirement for agencies using Metro Share. The services offered will not change.

Our adopted family – was very happy to receive the individual gifts, household items, and food. As a group, we raised \$250.00. The money was used to buy gifts for the younger children (socks, Cuddl Duds, etc.), \$20.00 gift cards for the older children and adults, and a wreath. Our beautician, Stephanie, donated a haircut for one of the boys. A huge, “thank you” goes to everyone who participated. I am sure that we made their holiday.

We talked about the process during the last Resident Activity Meeting and decided that two changes would improve the event: getting an earlier start and taking more time to plan. Our Village may choose a different way of giving back next year. We could join another agency’s effort, such as Toys for Tots. We made the effort to do something we had not in the past. As a result, we made some mistakes, learned some things, and changed our lives and those of our adopted family. We took a risk and made it work out. This subject leads me to the next one.

International Creativity Month – Who woulda guessed I’d pick up on that one? January is the month to be creative and celebrate the, “Whoohoo!” and “What am I gonna do with this?” of all kinds of imagination and inspiration. As Randall Munson (the founder of International Creativity Month) says, “Your success may depend on something startling – your failure.” Check out the website http://www.creativelyspeaking.com/creativity_month.html. If you want to do something you haven’t tried, expand your current talents, or just have a good time – GO FOR IT!

Upcoming Presentations

Living Well with Diabetes – Don Saldia from the Area Agency on Aging IIIA will be here **Wednesday January 24 at 1pm** to share information and approaches to managing Diabetes while living your best life.

State of Michigan Aging and Adult Services - Richard Kline (Senior Deputy Director, Aging and Adult Services) is coming to Sage Grove on **Wednesday January 31 at 1pm**. He will talk about the role of the agency and how the office connects with the Governor and other providers to coordinate services.

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.**

Happy New Year! ... Welcome 2018

I hope you had wonderful Holiday's and started the New Year the way you wanted to.

Now that the holidays are over, it's business as usual. I am currently working on my Chair Instructor certification and looking forward to bring this to Sage Grove upon completion. This course is more in depth than I had anticipated, so it's going to take a little while to complete, but I am hoping to complete it ASAP. Once completed and I'm certified, I will post a notice to let all know when the classes will begin. I hope you will give it try.

Our new beautician Stephanie has been here a few times now, I hope you're able to utilize her services. She isn't here on a regular schedule as of yet, you still need to call her

to make your appointment and/or find out when she's going to be here next, then look for the sign-up sheet located by the Salon/Fitness Center. Or ... Stephanie may call to let me know when she'll be here and have me put out the sign-up sheet by the Salon. If you are unsure, please feel free to call the office and I will let you know what I know. As of right now, the above is what I know. 😊

We've had a ton of snow so far and more to come. Please continue to use care when going outdoors, the parking lot may be slippery even though our snow removal company salts. This is Michigan, use care and dress warm.

Thank you all for participating in our Adopt a Family during the Christmas Holiday. I understand we were a huge success and they had a wonderful surprise. ... You all are Rock Stars!

As always, if you have any questions and/or concerns, please let me know.

Wishing you a wonderful New Year!

Paula Hager
Administrator

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 New Year's Day Office & Maint. Closed	2 Don't Eat Alone = DEA (abbreviated so it will fit in the calendar.) Every Tuesday @ 5:pm	3 <u>Commodities</u> Resident support group 11am – 12pm	4 Church Cards - 1:00pm	5 Games	6
7 Birthdays Celebration 5:30pm - Community Room	8 Bible Study 4p-5p	9 DEA– 5pm in Cm. Rm	10 Resident support group 11am – 12pm	11	12 Games	13 Resident luncheon 12:00pm
14	15 Martin Luther King, Jr. Day Office & Maint. Closed	16 DEA– 5pm in Cm. Rm VAT Meeting – Office Closed	17 Resident support group 11am – 12pm	18	19 Games	20
21	22 Bible Study 4p-5p	23 DEA– 5pm in Cm. Rm	24 Resident support group <u>11am – 12pm</u> Diabetes Presentation 1:00pm	25	26 Games	27
28	29 Res. Activity Mtg. 10:00am in Cm. Rm. All are welcome.	30 DEA– 5pm in Cm. Rm	31 Resident support group <u>11am – 12pm</u> Presentation on Aging 1:00pm		Games	

**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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