



# Village News



Embrace the possibilities

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

October 2013

## Featured Articles

Giving Matters pg. 3

Senior Advocate pg. 5

Birthdays pg. 6

For Your Safety pg.8

Linda's Thoughts pg. 9

## The Greatest Pet Show on Earth!

The Greatest Pet Show on Earth was a HUGE success! Not only did we have a great time, we raised over \$1500 for projects and events at Spring Meadows!

It started out that we had one doggie wedding, residents Nickie Vance and Caroline Trine's dogs Lady and Reilly have become very close and it was suggested they "tie the knot." When it was announced on television that we would be having a doggie wedding, we started getting calls from other dog lovers in the area. We ended up getting four weddings scheduled. We had a minister (our own Andy Slayton), an official looking marriage certificate (from Lois Heady), flower girls, attendants and the wedding march played by Ms. Sonia Kellogg. It was very cute.

We had 30 animas, 25 vendors, a great raffle with lots of stuff; the walking tacos were a huge hit too!

Our celebrity Judges loved it and have asked to be invited again

next year, Bart Hawley (the Bart Hawley Show), Benny Poole (Jackson jazz legend) and our own Rev Bill Fuerstenau plus residents Carol Papineau and Sonia Kellogg.

The petting zoo from Puddingstone Farms (pigs, puppies, a horse, and goats) and Deputy Easter and his dog "Brix" were real highlights of the day. Deputy Easter hid some marijuana and Brix had to find it. We also want to thank Advanced K-9 for their demonstrations and help.



Look for PVM on:





## Guided Autobiography Starts November 5th

Our Guided Autobiography class is so amazing; we are getting ready to start another class in November.

I took a class through the University of Southern California and am certified to teach this amazing class. We have had it twice at SMI and I would be happy to have one at SMII if we have enough interest.

It is a 2 hour class once a week. One hour is spent in talking about ways to improve your writing skills, the second half of the class students read a two page story they have written.

At the end of the 10 week class, you have the beginnings of your own autobiography. It is so much fun and so very interesting.

At the end of the class, we have a film student from GVSU come and video tape you reading some of your stories. It is a wonderful gift for your children and grandchildren for the holidays.

Call the office if you are interested in this class, we can have one at SMI and one at SMII if there is enough interest. Classes will start on November 5<sup>th</sup> at 1:00 PM at SMI, if we have interest at SMII, we will start a class there too.

Please call the office to sign up.

*Special Thanks to American One Federal Credit Union,  
Great Lakes Heating and Air Conditioning and fm.HOME  
radio station for supporting our Pet Show!*

## Announcements

- Blood Pressure checks with healthy (sometimes not so healthy) treats with Trina. The Blood Pressure checks are free and are held from 8:30 – 10 every Thursday at Spring Meadows II.
- If you have not received orientation for the exercise equipment at Spring Meadows II, call the office! We have a beautiful treadmill and NuStep available. Call the office and set up an orientation and EXERCISE!!
- **Announcement:** Bill Sisco (our beloved Tai Chi instructor) has to have his knee replaced and will not be teaching Tai Chi until January 2014. He apologizes to all of his amazing students but.... It cannot be helped. He is in a lot of pain and the exertion would just be too much for him. So, plan on starting Tai Chi in January and get on our list ASAP.
- Bible Study is held every Tuesday at Spring Meadows II with Rev Bill 3:00 – 4:00 PM



## Donors Support Future Residents through Tax-Free IRA Rollover

Since becoming a Board member at The Village of Oakland Woods over nine years ago, Richard “Dick” Euler has been an active volunteer for PVM, participating on several committees and in various initiatives. One of his proudest moments was when he and his wife, Nancy, were co-chairs for the annual *It’s A Wonderful Life* Gala in 2012.

Over the years, as Dick and Nancy built strong connections to The Village of Oakland Woods and witnessed the devotion of PVM staff and volunteers to the PVM mission, they became annual donors to the PVM Foundation and saw how their philanthropic contributions were helping residents.

“Support is dictated by the needs of the mission of such a hard-working organization. Our continued involvement happens to keep a great entity going and to help more people,” says Nancy about why they support PVM. “Seeing residents smile is a big

motivator,” adds Dick.

A couple of years ago, Dick and Nancy decided it was the right time to take advantage of legislation that allowed them to make a tax-free gift to the PVM Foundation to support seniors, directly from their IRA.

“We chose to make a gift through an IRA charitable rollover because the IRS gives a tax advantage for distributions made directly to charity. Therefore, our minimum required distribution was not reported as income and we were able to support the charities we believe in,” Dick says. “Through our gift, we know we can help future residents and encourage others to walk down the same path!”

### How You Can Help

To learn more about how you can use your IRA to make tax-smart gifts to the PVM Foundation, contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

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## The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

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**Value and cherish your past, but don’t be trapped by it. Now is the time to look forward to the future** (from the book – things to do now that you are 60 or above).

***Try something new every day and you might like some of them enough to incorporate them in your future plans.***

(from the book – things to do now that you are 60 or above).

**Gift Your IRA** **What does this mean for you?**

**TAX-FREE!** If you are 70½ or older, you can distribute a portion of your IRA to Presbyterian Villages of Michigan Foundation, **tax-free.**




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

Brown's  
**ADVANCED Care**  
 Pharmacy Services



2136 Robinson Rd Jackson, MI 49203

517-750-2180

**It's time to look toward the fall for flu shots and who will help you get your medications when the weather is threatening. Call Brown's Advanced Care Pharmacy.**

**We will deliver your medications to you without adding a delivery charge. Just call Brown's Advanced Care Pharmacy 750-2180 with your prescription information and the name of your current pharmacy.**

**We will do the rest. Your medicine will be delivered to your door Monday through Friday.**

# Walking Club to Start Again November 5th

We walked to New Orleans as a group this summer, since we are already in New Orleans.... How about walking to Mexico (we can have a great Fiesta when we get there)!

The walking club will meet every Tuesday at 10:00 AM at the community building at SMI. If you would like a meeting at SMII, please let the office know and we will arrange meetings there too.

It's easy; we meet for a few minutes and then go for a walk. Everyone turns in steps taken during the week and they are converted into miles. It adds up pretty fast. We will be in Mexico in a few short weeks. It is worth it all just to see Mark at the Karaoke machine!

*All Service Requests*

**MUST BE CALLED INTO THE OFFICE!!**

*Do not ask Mark or Randy to do any work without calling the office.... We need a record of it and they won't forget that way!*



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### The Senior Advocate

#### FALL IS IN THE AIR

Fall is in the air! Our children and grandchildren start back to school. Art fairs appear at our favorite parks and community settings. We move our attention from family vacations to lifelong learning programs and organizational meetings. The cider mills are open; and the annual football rivalries are in full gear. Along with these pleasant routines, unfortunately, comes the revival of a number of scams which threaten our safety and well-being.

Recently the local news reported that perpetrators are going into homes on the pretense of being from the water company and that they need to check your water lines and internal spigots. In one case, a gentleman was lured into his own bathroom with one criminal and held there against his will while yet another criminal looted items from his bedroom. He managed to escape and call the police. Another scam which appears at this time of year involves someone showing up uninvited and claiming that your roof is in critical need of repair. They will claim that if you do not repair it now it will leak during inclement weather which is on the horizon. They will trick people into giving them money up front only to disappear with it.

Protect yourself from these scoundrels. Never open the door to a stranger. Utilities companies do not send staff out unannounced. Check out any contractors through the Better Business Bureau and always check with someone you know. Use contractors who come recommended by friends and family. And never buy into any transaction whereby they solicited you. Take charge of the process from the beginning.

Another positive aspect of the fall season is the arrival of flu clinics. Make sure to get your flu shot early to provide the best protection. Your physician or local health department can provide this service for you. Many senior centers also provide clinics for this. If you are over the age of 60 also consider a pneumonia vaccine and a shingles vaccine. With all of these protections in place you can enjoy the cider mills and art fairs in full swing!

***Have you received your Resident Satisfaction Survey yet?***

***It is very important and means a great deal to all of us.***

***Please fill it out and get return it as soon as possible.***

***We appreciate your assistance in this important survey!***

Programs

## Caroline Parker wins First Place in the PVM Essay Contest

We are delighted to announce that our own Caroline Parker is the First Place winner of the PVM essay contest.

Caroline’s essay was about her favorite decade, the 1960’s. She is a very talented writer (and a GAB graduate too).

Caroline will be attending the PVM Gala with Bill and Linda on Friday the 1<sup>st</sup> of November at the Henry Hotel in Dearborn. It is a very special evening with formal (or semi-formal) dress, dinner, entertainment and a raffle. It is a very special night and Caroline will be treated like a celebrity.

In addition, Ms. Joan Patterson’s photographs of her involvement with the war efforts in the 1940’s will grace the cover of the brochures.



**The Alzheimer’s Association support group meets at the Village of Spring Meadows I the second Friday of the month from 1 – 3 PM. Everyone is welcome to attend and learn.**

**If you are dealing with a friend or relative with Alzheimer’s or Dementia or worried about the warning signs.... Come to this great meeting.**

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Find role models in your age group who have gone off to try something new, exciting, and different, aim to become a role model yourself!

From the book- things to do now that you are 60 or beyond

## October Birthdays

Birthday extravaganza is held every month at Spring Meadows II - Last Friday of every month from 2 – 3 PM. (October 27th – celebrating October Birthdays..... everyone is welcome... cake, games and prizes) Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

- Janet Bell .....10/19
- Bea Daniel.....10/14
- Norma Lane.....10/12
- Ruth Ann Myers.....10/11
- Carol Papineau .....10/12
- Debra Sackett.....10/01

**Happy Birthday everyone!!**

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



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

# A Physical Therapy Primer

If you're like me, at one time or another you've had the need for physical therapy. Physical therapy is a type of medical treatment that can help improve mobility, relieve pain, and improve functional fitness. Physicians often recommend physical therapy following an injury or surgery or to treat long-term health conditions. It can be provided in a clinic, hospital, nursing care facility, and even your home. Regardless of where it is provided, it must be provided or supervised by a trained therapist.

While the treatment a therapist provides depends on the health condition being treated, it usually includes some form of exercise. Exercises to improve strength, flexibility, endurance, and balance are common. Other common treatments include ultrasound, electrical stimulation, massage, cold therapy, and heat therapy. The ultimate goal is to make daily tasks and activities easier to do.

If you have Medicare, it will only cover physical therapy if it has been ordered by a physician who indicates that it is medically necessary. It also caps the amount of physical therapy services it will pay for each year. It is possible to have this cap waived, but only if your therapist substantiates the medical necessity for continued therapy and your physician agrees. Otherwise, you may be responsible for paying for the additional therapy yourself. Because your doctor is most familiar with both your health history and medical needs, I strongly suggest you speak with him first before agreeing to any physical therapy suggested or ordered by anyone other than him. Not only will you be protecting your health, you could be protecting your wallet too!

## Popcorn Thursdays

**Popcorn will be served in the lobby at Spring Meadows  
II on Thursdays and in the Clubhouse at Spring  
Meadows I on Thursdays**

**Come and enjoy a free bag of popcorn  
Call and we will bring you some!**

**FREE**

**Kayla will be delivering if you want some!**



# For Your Safety.

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

## Medicare Fraud

Do you know that you have something valuable in your wallet which gives you many benefits during your senior years? No, I am not speaking of money, but rather your **Medicare card**. Your Medicare card opens many healthcare benefit doors for you. Unfortunately there are some unscrupulous providers who take advantage of that fact by billing for services not done or billing for a more complex procedure than was done, thereby charging more. These providers commit Medicare Fraud. Individuals and companies that have been convicted of Medicare Fraud can no longer bill Medicare for their services, pay huge fines and in many cases are sent to prison.

How can you help prevent Medicare fraud? You and your family need to be good consumers and stay alert. Read your explanation of benefits from Medicare which shows what services were billed to Medicare by a provider. Does your benefit statement show that you went to a doctor for four visits, when you actually only went once? That is Medicare Fraud. Have you been approached for services, which are covered by Medicare, by a provider that you really don't need or want? That is Medicare Fraud.

Don't give your Medicare card number, or actual card, to anyone without asking just what is this for? Do not give your Medicare card or number to someone who stops you in the store or hallway and tells you they can help you at no cost to you. You will need to be alert that Medicare is not going to be billed for services that weren't really needed.

Medicare Fraud is at an all-time high. You are an essential part in helping to see that Medicare does not pay for fraudulent services. If you believe that you have been a victim of Medicare Fraud, please contact Medicare at the **CMS Hotline: 1-800-MEDICARE (1-800-633-4227)**.



*Linda's Thoughts*

Wow! September was a blur of activities! What a great month! The pet show was a huge success, everything is starting to turn (Autumn is my favorite season... although winter is getting harder and harder).

Our trip to Denver was magical. The floods kept us away from the mountains to the North but we spent time with Bill's classmates from the Air Force Academy, Sully Sullenberger ( he landed the airplane on the Hudson River) was one of them. What a great bunch of gentlemen. Seeing the Grandkids and spending time with them was awesome. We had a little drama in Detroit when the plane landed but they gave us \$300 in travel vouchers so I guess it was worthwhile!

Spring Meadows looks beautiful this year, I am very proud of it (and of you... of course). A big thanks to Lois Tiffany for helping out this fall!

I am really excited about our new intern, she will be able to do some things that Michael and I just don't have time to do and will be able to make some calls, do some events and be an all-

around help in the office.

Bill and I have been invited to speak about positive aging at a national conference in Chicago and we were just invited to speak at the National Occupational Therapy Association's convention in Baltimore in April. They said we have important information and they want to hear it! We will get it across that just because we are over 60 doesn't mean we aren't vibrant, intelligent, creative people who have a lot to give to this world! The conference in Baltimore is a 3 hour workshop and over 4,000 people will be in attendance.

Bill and I will be traveling to Dallas Texas for my Graduation this month. I will also be attending the Leading Age Conference in Dallas at the same time. It is a very important conference for people in the aging field, can't wait to go!

I am so proud and excited about Caroline Parker winning first place in the writing competition. We had 11 people from Spring Meadows enter the

Competition. A total of 53 entries were submitted and Spring Meadows had two finalists! Thanks to everyone who entered.

I have so many people to thank for their help with the pet show. It was a huge success and we could never have done it without each and every one of you.

Thanks to everyone for filling out the resident satisfaction survey. We really care and work hard to make your lives full and continue to make Spring Meadows a special place to live. I have the best job in the whole world and get to work with the best people in the world!

The Halloween party will be held at SMI on the 31<sup>st</sup> of October.... Wear your scariest, funniest, or most fun costume and let's have a party! The staff will dress up so be prepared! Plus.... We'll pull out the Karaoke machine and that is always a good time.

It is time to start gearing up for winter in Michigan, make sure your cars can get inside the garages and you are prepared for the cold.

**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*

**Michael Mills**  
*Assistant Administrator*

**Randy Schulz**  
*Maintenance Superintendent*

**Mark Hartman**  
*Maintenance Tech*

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## EMERGENCY NUMBER

*(517) 251-2830*

## Additional 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)



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Meadows**

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