



Village News



Embrace the possibilities

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

December 2015

49201 • www.pvm.org

Bus committee

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We are planning to make good use of the bus.... We have 8 drivers who have volunteered their time and driving talents. Huge thanks to them!

The suggested trips:

- Wharton Center \$\$\$
- Turkeyville \$\$
- Christmas lights (fairgrounds) \$
- PACE program tour - free
- Sauderville \$\$
- Saugatuck/Holland \$\$
- Resale Shops in Ann Arbor \$\$
- MSU agriculture programs (i.e. Stallion Expo in March) \$\$
- Suburban Showcase \$\$
- Movie night \$
- Cascades \$
- Hidden Lake Gardens \$\$
- And more

(the \$ signs: \$ = low cost \$2 - \$20 \$\$=\$11-\$50/\$\$\$ costs over \$50)

Many great ideas were offered. One is a once a month shopping trip to Kroger, Meijer and Jackson Crossing.

Our bus trips for December are for:

Christmas lights at the fairgrounds \$5 covers your entry and gas for the bus! (we need 10 people to make a trip).

Turkeyville.... \$45 includes a show, buffet lunch and the transportation - date TBD before the 19th of December leave Spring Meadows at 10:30 arrive back at 3:00 PM. We need 20 people to make a trip.

Shopping Trip to Meijer, Kroger and Jackson Crossing (you will be dropped off at 1 of the 3 locations and will be picked up 2 hours later). \$2.00 – December 7 10:00 AM to noon.

Sign-up sheets at the offices.

We need 2 residents from Spring Meadows I to be on the "bus" committee. Please call the office to volunteer. Meet once a month.

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 baas!

Look for PVM on:



Share Christmas

At the offices we have:

Jackson Food Bank Collection box at SM1

Toys For Tots at SM2

.....
How about

Sending a Card to a Recovering Soldier

Address:

A recovering American Soldier

C/O Walter Reed Medical Center

6900 Georgia Ave

NW Washington, DC 2037-5001



Free Pancake Lunch!

Our Friends from Senior Nursing are planning a free Pancake lunch at both properties:

December 16, 2015

Spring 1 – 12:30 PM

Spring 2 – 2:30 PM

Come and enjoy some fellowship and enjoy some free Pancakes!

Please sign up at the office or call to reserve your spot!

.....
Sign up to go to the Jackson County Fair Grounds and see the Christmas Display of lights! Just \$7! We'll take as many bus loads as we have people who want to go!

Meet the Administrator Meeting
December 17

11:00 AM at SMII

2:00 PM at SMI



Danielle's Notes

Seniors can prepare now to stay healthy this winter

Winter is approaching and as the temperature drops, it's important for older adults to prepare for the potential risks that cold weather can bring. For the thousands of seniors living in the Michigan, winter may pose a number of risks. Reports have shown much higher incidences of injury and illness due to icy sidewalks, cold and dry air, flu viruses and in many cases, hypothermia. According to the Healthy Aging Partnership, older adults should keep these tips in mind to help ensure safety and optimum health this winter.

- Older adults are more susceptible to hypothermia, which occurs when too much heat escapes from the body. It is important to dress warmly and keep dry, but **equally important to remember good nutrition**. Food provides the fuel we need to keep warm. Hot food and warm drinks are best to warm the body.
- When going outdoors, remember to dress warmly. Wear layered, loose-fitting clothing and mittens. When possible, wear a hat to protect against heat loss since close to **half of all body heat is lost through the head**.

- Talk to your electric or gas companies to see if you can be put on a level billing system that averages your energy payments equally over 12 months. This doesn't save money, but it does help to budget during the heating season and prevent your heat from being shut off.

- To avoid slips and falls, wear non-skid boots or other shoes with plenty of traction.

- Cold weather can put extra strain on the heart. When doing winter chores such as cleaning off your car following a big snow, **do some warm-up exercises first** and take many breaks.

- We all want to conserve energy, but don't overdo your money-saving efforts: **keep your thermostat set to at least 65 degrees** this actually can prevent hypothermia.

- This is a smart time to get the oil changed in your car, have fluids checked and topped off as well as tire pressure. Also, make sure you have some extra windshield washing solvent since we use so much during the coming months. If you would like some extra information about getting prepared for winter or some resources that may be able to assist with cold-weather concerns, please call me! 517-788-5519.

Much Love,
Danielle



2136 Robinson Rd Jackson, MI
49203

517-750-2180

**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.

The BEST deal in the Universe!

My mother-in law is extremely hearing impaired! She came to the meeting at Spring Meadows I and was called that night about delivery of her new phone! She is very excited to get this phone and is excited to call people she hasn't talked to in years.

This phone is free with a certification from a health care professional that you have a hearing disability. The phone is brought to your home, set-up and you are given instructions to use it. There are information packets at the office!



A closed mind is a dying mind.

[Edna Ferber](#)

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.
~Norman Vincent Peale

May Peace be your gift at Christmas and your blessing all year through! ~Author Unknown

Christmas is forever, not for just one day, for loving, sharing, giving, are not to put away like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself...
~Norman Wesley Brooks



Our Board members have been GREAT In 2016! We want to thank them for their help!

We need your help! Do you want to volunteer for our Board Members Christmas Party?

December 8th from 11:00 am – 2:00 pm

- Needed:**
- Set-up**
- Entertainment (carolers/storytellers/comedy)**
- Clean-up (after the Board has their lunch)**
- Serving**



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

STAY HEALTHY BY FOLLOWING THE FOUR BASIC STEPS OF FOOD SAFETY.

With the upcoming holidays I would like to share important information from the Oakland County Health Division:

Hot foods should be kept at 140 degrees Fahrenheit or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice and replenishing ice as it melts. Otherwise, use smaller serving dishes and exchange with cold dishes of food from the refrigerator at least every two hours.

Here is a look at the Health Division's four basic steps of food safety in detail:

Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Keep food preparation surfaces clean.
- Rinse fruits and vegetables under running water and use a brush to remove any dirt so bacteria cannot spread from the outside in.
- Avoid washing meats, poultry, or eggs.

Separate - Don't Cross Contaminate

- Secure meats, poultry or seafood in plastic bags to keep the juices contained.
- Wash all plates, utensils and cutting boards that held raw meat, poultry or seafood before reusing for perishable or cooked food.
- The juices of raw meat or poultry should never come in contact with cooked meat or other ready-to-eat foods.

Cook

- Meat, poultry, and seafood should be cooked for a long enough time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.
- To check the temperature of a turkey, stick the thermometer into the inner most part of the thigh and wing and into the thickest part of the breast. Turkey's should be cooked according to package directions or at a minimum when internal temperature reaches 165 degrees Fahrenheit.
- Bring sauces, soups and gravies to a rolling boil when reheating them.

Chill

- Refrigerate foods and leftovers within two hours of serving to avoid bacterial growth. Cold foods should be stored at 40 degrees Fahrenheit or below.
- Defrost foods in the refrigerator, under cold running water, or in the microwave. Cook foods thawed under cold running water or in the microwave immediately.

Typical symptoms of foodborne illness include stomach pain, vomiting and diarrhea. Symptoms are not usually long-lasting in healthy people, but foodborne illness can be severe and even life-threatening to older adults, infants, young children, pregnant women, or people with HIV/AIDS, cancer or any condition that weakens the immune system.



Christmas Carolers!

The American Girls will be at SM1 again going door-to-door singing Carols. You must get on the list for them to stop!

Monday December 14th starting about 6:30.

The girls will come to the office after to sing some more songs and have hot chocolate and cookies!

"It came without ribbons! It came without tags! It came without packages, boxes or bags!... *Then* the Grinch thought of something he hadn't before! "Maybe Christmas," he thought, "*doesn't* come from a store. Maybe Christmas... perhaps... means a little bit more!" ~Dr. Seuss, *How the Grinch Stole Christmas!*



Christmas Parties

December 10th

Santa - Prizes - Food

11:30 AM @ Spring Meadows II

3:00 PM @ SM I

Bring a dish to pass

No Catered Lunch in December



Fluke Hearing is offering a \$10 Target Gift Card for anyone signing up and getting a free hearing test at Spring Meadows.

If you go to Fluke Hearing (across from Red Lobster), you will receive a \$20 gift card.

MSU Weight/Cooking/Nutrition Class

Michigan State University will start a class at Spring Meadows on January 14th (every Monday for 6 weeks!)... Please sign up as soon as possible. It is going to be a great class and time to lose some of that holiday weight and make 2016 your healthiest year ever! 10:00 AM at SM1.

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

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!

Meet the Administrator Meetings December 17, 2015

Spring Meadows I – 2:00 PM

Spring Meadows II- 11:00 Am



The Spring Meadows I RAC committee



*Is starting a program in January 2016, to help our Veterans;
we have a list of needed items and will focus each month on a particular item to be
collected.*

More information will be coming later.

December Birthdays!

Complaints about Mail Delivery? Call the Supervisor of Routes:

517-768-0721

Birthday extravaganza is held every month at Spring Meadows II December 31st from 2 – 3 PM. Celebrating December Birthdays..... Everyone is welcome... cake, games and prizes
Thanks to Sherry from Faith Haven for the cake!



Our Staff Christmas Party will be held on December 22nd Starting at noon. The office will be closed that afternoon. Maintenance will be available for emergencies.

December Birthdays

Sandy Goble.....12/8

Happy Birthday everyone!!

Mary Hale.....12/21

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

Gloria Hamlin.....12/17

Marcia Wilkinson12/1

Janice Baum.....12/26



Timmie Behm.....12/24

Barbara Gier.....12/9

Nancy Herman.....12/17

Judy Martin.....12/24

Linda Metler.....12/22

Lois Tiffany.....12/02

We have a new Board Member, Ms. Tracey Williams! Tracey is the manager of the new (opening in February) ThomePACE program. Tracey will be a great Board member and has already planned some exciting programs for The Village of Spring Meadows residents! Welcome Tracey!

November is almost over and we are looking at the Holidays coming in December and January!

Hope everyone had a nice Thanksgiving ours was nice.... ate too much and made to much! The Lions won so that was pretty Great! Speaking of Great... when the Spartans beat Ohio State, Bill and I screamed so much if we had neighbors, they would have called the police thinking there was some kind of crime taking place. It was so much fun to watch!

I am so busy with personal appearances and parades the next of couple of weeks I am so glad my husband is keeping track of them all. I have a performance at Ganton's this afternoon; have to be in Detroit tomorrow. Next weekend I have a parade in Saline on Saturday and one in Rochester on Sunday! I am scheduled to appear at the Holt Library and sing and read to the kids in December and several more that I can't remember. It is a lot of fun and it is a great opportunity to tell people that Seniors can do anything! Trust me, if I can sing in front of a crowd of 1500 people and get a standing ovation, I can do anything!

So Thanksgiving morning, my husband asked me if he could help in the kitchen. He was worried that I was going to hurt my arm slicing potatoes. When he took over for me, I knew better than handing over the job.... Next thing I knew we were on our way to the emergency room with him holding a paper towel over a profusely bleeding thumb!

The doctor's at Ready Care knew when they saw us walk in..... "potatoes?" was the first words from Doctor.... Great guess I said. She said it was too early for turkey so it had to be potatoes.



Lots of exciting things are happening at Spring Meadows. Make sure you sign up to get in on the fun!

Several bus trips are being planned.... Many just a few miles away so we won't be gone long! The American Girls caroling (we need you to sign up), some shopping trips, our Christmas parties on the 10th of December. I really need some help entertaining the Board on the 8th of December.... Plus feeding them. Call and let me know.

As most of you have heard, I am retiring in April or May 2016. I just turned 66 and it is time move on. Bill and I are moving to Myrtle Beach and I plan to work there (part time), do some writing (Bill and I are planning a book about aging positively... you might end up in the book!) I own a commercial embroidery /screen printing business and I plan to work more on that. I plan to

spend more time with my dogs and volunteer more with them. I will so miss Spring Meadows and the amazing people I have met here. I have learned lots of "lessons," good and bad. I have seen the best and the worst of people. But mostly the Best! I am so thankful for the experiences and have much to remember.

For those of you who have gone through the retirement process, it is hard Scary and exciting all at once! But.... I am going to Paris... that is my next goal and I want to be there next fall. My husband is a little younger than I am and I have been waiting for him to retire so that we can enjoy being retired together!

We are planning another trip to Myrtle Beach after the first of the year (weather depending) and I can't wait to see my house again! We are going to have an auction and sell all of our furniture at our current house in the spring! We are also planning a HUGE retirement party on April 3rd 2016 in Lansing. We are going to have Bill's mom go to assisted living for a couple of months while we make the arrangements. I will be in Michigan a great deal of the time until I give up my crown in July 2016 and have Ms. Senior Michigan duties to finish. Merry Christmas, 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

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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



The Village of
**Spring
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

70th
Anniversary

**Presbyterian
Villages**

OF MICHIGAN

Embrace the possibilities