



Sage Grove View



Embrace the possibilities

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

February 2018

Featured Articles

Resident Birthdays & PVM online store pg. 1

Senior Advocate pg. 2

Giving Matters pg. 3

It's your Life/ Live it well pg. 4

Service Coordinator's Corner pg. 5

Administrator Column pg. 6

Calendar pg. 7

Birthday Celebration!

Mary Jo A. ----- February 16th

Claretha E. ----- February 20th

Virginia D. ----- February 23rd

Ron S. ----- February 27th

We wish ALL who have February 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

Since Phil recently saw his shadow looks like we will have six more weeks of winter from Groundhogs Day on! Beyond surviving the snow and cold we need to protect ourselves from the health challenges that come with this time of year. The Cleveland Clinic has published some important tips to protect us from disease:

1. Wash your hands

It sounds simple because it is. Frequent hand washing is perhaps the best way to prevent norovirus—especially if you spend time in one of those crowded settings. Work up a good lather with soap, and wash for at least 20 seconds. Avoid contact with anyone who's recently had vomiting and diarrhea if you can. But "that's not 100 percent effective because occasionally you'll be around people who don't have symptoms yet," Dr. Sabella says. If you are exposed to a sick person, wash your hands immediately. If you are caring for someone with norovirus, wash your hands every time you come into contact with them. Hand sanitizer also may help as an addition to hand-washing, but not a substitution.

2. Keep your hands away from your face

To get this virus, you basically have to ingest it. That means you should consciously avoid touching your face.

Why? If you have come into contact with the virus, touching your mouth, nose or eyes before you get a chance to wash your hands makes it easier for the virus to enter your body.

"The main sources of transmission are contaminated foods and person-to-person contact. That means wiping a doorknob isn't going to be as effective as your absolute best prevention tip: Wash your hands."

3. Pay attention to your surroundings

"Be careful about what you see out there," Dr. Sabella advises.

For example, you don't have to be a food inspector to spot bad safety practices. If you're at a buffet where the food is not being handled appropriately—for instance, people are directly touching the food without gloves—then find another place to eat.

4. Practice food safety at home

Remember tip No. 1 about hand washing? It is especially important in the kitchen because norovirus spreads by ingestion. As you prepare food, wash your hands frequently—especially right before serving anything to others. Also, if you have symptoms or know you are sick, stay out of the kitchen and avoid spreading the virus to others.

5. Use appropriate cleaning methods

Someone who is infected with norovirus might be asymptomatic for several days, Dr. Sabella notes. That means you can't always keep it out of your house—and norovirus is difficult to contain once it has entered your house. Still, you can take steps to clean up and prevent its spread. For example, focus on scrubbing any commonly touched surfaces such as doorknobs and counter tops. Just remember—the main sources of transmission are contaminated foods and person-to-person contact. That means wiping a doorknob isn't going to be as effective as your absolute best prevention tip: Wash your hands.

Announcements

Community Room Events

- ❖ **February 4th** –
Birthday Celebration –
5:30pm
- ❖ **February 7th** –
Commodities Pick-up for
those registered
- ❖ **February 5^h & 19th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **February 7th, 14th, 21st &
28th** – Sage Grove
Support Group meets –
11a-12p All are welcome.
The Comm. Rm is closed
during the meetings.
- ❖ **February 21st** –
Advanced Directives &
MMAP Presentation–
1:00pm in Cm. Rm.
- ❖ **February 26th** –
Activities planning
committee meeting –
10:00am – **All Welcome!**
- ❖ **February 15th** – Bingo
with Kim Life EMS @ 3pm
in Cm. Rm
- ❖ **February 16th – Board
Meeting** - Community
Room Closed 8:45am-
10:00am
- ❖ **February 10th – Resident
Luncheon** - 12pm in
Comm. Rm.
- ❖ **February 23rd – Office
Closed** – Admin in Detroit
on Business.
*See Calendar for more
events.*

Continued on page 5

Giving Matters...



Giving Matters.

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



Love, Love, Love! ♥

...and incredible donors like YOU.



That's how **the world** becomes a better place.

That's how **MICHIGAN** becomes the best place to live at any age.

It's people like you, who selflessly, **LOVINGLY** give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

♥ Happy Valentine's Day!

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

Warm regards,

Paul J. Miller, CFRE

A GIFT IN YOUR WILL
can change the lives of seniors.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045
mylegacy.pvmf.org



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Exercise as a Spiritual Practice

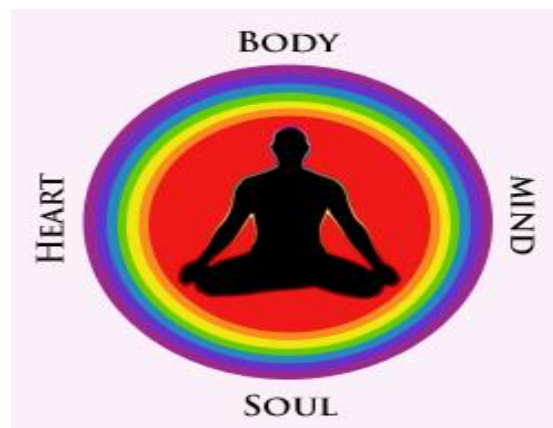
We've all heard about the physical benefits of exercise, but did you know it can also be good for our souls? Though spirituality means different things to different people, at its core is a sense of connection to something greater than ourselves that fills us with awe and provides us with meaning and purpose. Cultivating that sense of connection requires practice, and one way to practice is through exercise.

As Dr. Stephanie Ludwig, Director of Spiritual Wellness for Canyon Ranch Wellness Resort so aptly put it, "to exercise is to move, and to move is to be alive. The more intentionally we move and experience the connection that is available through it, the more alive we become." The key is to move with intention.

Any form of movement (i.e., exercise) will do. The goal is to stay in the moment, to be and remain in the here and now. When you first start exercising you might notice a myriad of thoughts pop into your head. You might start thinking about all the things you still need to do or all the things you didn't do that you should have done. Rather than be in the present, you find yourself either dwelling on the past or planning for the future. When this begins to happen, shift your focus from your thoughts to the rhythmic movements of your body.

Focus on your breathing. Notice the rise and fall of your chest and abdomen as you breathe. Listen to the sound of the air as it enters and leaves your body. Feel the beating of your heart in your chest. Attend to the movement of your arms and legs and the placement of your hands and feet. Notice your surroundings. Hear the sounds. Smell the smells. See the sights. Know that because you are breathing and moving you are alive and well.

Over time, with regular practice you will begin to attain a heightened sense of awareness and achieve an unwavering connection to that which is greater than yourself whether for you it is nature, the universe, the sublime, the divine or God. Through exercise it is possible to experience a spiritual awakening. All it takes is a little practice.



Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: AARP Tax-Aide Workshop, Wii Bowling, our adopted family, concerns about transit and new Medicare cards.

AARP Tax-Aide Workshop – We are scheduled to have AARP here to do taxes from **9a – 12p on Wednesday March 14**. The sign-up sheet posted by the mailboxes, with sixteen appointments available. The list of needed documents is in your in-house box. Extras are on the board outside of my office.

Depending on demand at Westland Meadows, some people might be able to go there on Wednesday March 7. If you would like to go to Westland, please see me so I can arrange a time with you, AARP, and Westland.

Wii Bowling – For those who bowled in the recent Sage Grove league, thanks for your patience as I learned the scoring process. Some people have asked if we would be doing another round. We could do another round if enough residents are interested (more than two). Please let me know whether you want to participate.

Adopted Family – I just received an adorable Thank You drawing from one of the children in the family that we adopted for the holidays. It's on my corkboard, along with a card from KRESA (the agency that helped us to find them). Take a look and feel your heart melt.

Transit Concerns – It has been reported to me that many of you expressed concerns about transit (other riders' behavior, making reservations, availability of options, and driver behavior (both good and bad). I plan to discuss these things with Metro and see if they can help. Any specific questions, please talk with me personally and I will share the information.

New Medicare Cards - According to Medicare, they are planning to mail the new cards to everyone in Michigan after June 2018. No actual date(s) have been provided. They are planning to have all cards replaced by April 2019.

Upcoming Presentation

Advanced Care Planning and MMAP – Hillary Kerr from Bronson Health will be here to talk about Advance Directives (especially Power of Attorney for Healthcare) and the Michigan Medicare Medicaid Assistance Program (a free service for people with questions about Medicare and/or Medicaid). The presentation will start at **1pm on Wednesday February 21, 2018**.

Rebecca Ogradowski, LMSW
Service Coordinator

Continued from page 2

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.**

Our beautician Stephanie has been here a few times now, and requested we use the phone number to Bliss Salon to call her to make an appointment. The number is **(269)381-6999**. Stephanie will be here on March 2nd between 1:30pm - 3:30pm, the sign-up sheet is located by the Salon/Fitness Center.

As you may have noticed, Joe is out on FMLA and will hopefully be back in a few weeks. In his absence you may have seen others doing the cleaning. They are from Fast Eddie's and are doing a wonderful job helping keep our Village clean while Joe is out. Thank you for your patience and all the positive feedback on the job they're doing. We do appreciate them!

In the community room you will find a box of goodies like candy, chips, sweet/salty, pop

tarts and much more. We are on a trial basis with Snack Time Service. They will come back every few weeks to refill the box and collect the money. This is on an honor system. It's \$1.25 per snack, just leave the money in the box. If we end up with a money missing problem, they will remove it and be done. If this is something we find is not of interest here, we will have them remove it. For now, let's see how it goes.

Grocery B-I-N-G-O with Kim from Life EMS starts back up. Kim will be coming every OTHER month starting this month. She will be here on Thursday, Feb. 15th at 3pm. Please join in the fun; she always has the best prizes.

I will be out of the office on February 23rd, in Dearborn for our annual Winter Governance Summit. The office will be closed.



Paula Hager
Administrator

February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Don't Eat Alone = DEA (abbreviated so it will fit in the calendar.) Every Tuesday @ 5:pm</p>		<p>1 Church Cards - 1:00pm</p>	<p>2 Games</p>	<p>3</p>
<p>4 Birthdays Celebration 5:30pm - Community Room</p>	<p>5 Bible Study 4p-5p</p>	<p>6 DEA- 5pm in Cm. Rm</p>	<p>7 <u>Commodities</u> Resident support group 11am – 12pm</p>	<p>8</p>	<p>9 Games</p>	<p>10 Resident luncheon 12:00pm</p>
<p>11</p>	<p>12</p>	<p>13 DEA- 5pm in Cm. Rm</p>	<p>14 Resident support group 11am – 12pm Valentine's Day</p>	<p>15 Grocery Bingo with Kim Life EMS 3:00pm in Cm. Rm.</p>	<p>16 Games Board Meeting 8:45a-10:00a Cm. Rm. Closed</p>	<p>17</p>
<p>18</p>	<p>19 Bible Study 4p-5p</p>	<p>20 DEA- 5pm in Cm. Rm</p>	<p>21 Resident support group <u>11am – 12pm</u> Adv. Dir. MAAP Presentation 1:00pm</p>	<p>22</p>	<p>23 Games Office Closed Admin in Detroit</p>	<p>24</p>
<p>25</p>	<p>26 Res. Activity Mtg. 10:00am in Cm. Rm. All are welcome.</p>	<p>27 DEA- 5pm in Cm. Rm</p>	<p>28 Resident support group 11am – 12pm</p>			

**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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10am – 3pm

Joseph King

Maintenance Technician

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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

**214 S. Sage Street
Kalamazoo, MI 49006**

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