



Sage Grove View



Embrace the possibilities

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

June 2017

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Birthday Celebration!

Cheryl D. ----- June 7th

Paula H. ----- June 2nd

We wish ALL who have June 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...



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

Look for PVM on:



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 Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Announcements

SCHEMES, SCAMS & SWINDLES

I have said for many years that for every dollar you make there are thousands of swindlers lining up to steal it from you! If only people used their cleverness for good, the world would be a better place. However, since that is not likely to happen, we need to protect ourselves and out-manuever these scoundrels. Here are some of the latest issues and what to do about them:

CAN YOU HEAR ME? - In this gambit, when you answer the phone a voice on the other end will ask: "Can you hear me?" Do not answer. **HANG UP IMMEDIATELY!** What they will do if you answer "Yes" is tape record your voice and use it to scam you by acting as if you are saying yes to a number of false transactions. Some savvy consumers have gotten to the point (me included) where we monitor calls on Caller ID and don't pick up for any number we do not recognize. If the call is important enough and legit, the person can leave a message for you.

FamilyTree.Now - This is a search site that gives information about you and your family members. Although the original intent of this site was most likely innocent and helpful in nature, it has been reported that it is being used for nefarious purposes by bad people. There is an opt out. Go to the site, get your information and then go to the privacy section. They will tell you how to opt out. Don't let these scoundrels ruin you financially. Be clever in a good way to offset their cleverness for evil. **PROTECT YOURSELF!**

**Article reran from April NL.

Community Room Events

- ❖ **June 4th** – Birthday Celebration – **5:30pm**
- ❖ **June 7th** – Commodities Pick-up for those registered
- ❖ **June 8th** – CapTel Presentation – 1:00pm in Community room.
- ❖ **June 10th** – No Resident Luncheon this month.
- ❖ **June 5th & 19th** – Bible Study Group Meets **4:00 – 5:00pm**
- ❖ **June 15th** – Bingo with Kim, Life EMS – 3:00pm
- ❖ **June 16th** – Board Meeting 9a – 10:00a – Cm. Rm. Closed
- ❖ **June 7th, 14th, 21st & 28th** – Sage Grove Support Group meets – **11a-12p** All are welcome. The Comm. Rm is closed during the meetings.
- ❖ **June 26th** – Activities planning committee meeting – 10:00am – **All Welcome!**

See Calendar for more events.

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Giving Matters...



Giving Matters.

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

AGE OUT LOUD!

Michigan's Everyone's aging, but who is listening?

Be the wake-up call! Your backing and your voice = a variety of services, safe housing for a wide range of older adults and putting veterans first.

YOU and PVM: we're up against a cultural indifference to the elderly.

It sounds harsh, but it's true.

Think about it:

"Over the hill." "Senior moment." "Past your prime."

Those are pretty rough words about older adults—and we hear them, or even say them without batting an eye.

You have the power to change that indifference and make this state a great place to live at any age. Every time you introduce someone new to PVM, or you make a gift, you're bringing aging out of the shadows. You're making it possible for you and your peers of all income levels, backgrounds and needs to **AGE OUT LOUD**. This month is Older American's Month, so **raise your voices and spread the word.**

World: listen up!

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

Thank you!

Paul J. Miller, CFRE

***P.S. YOUR IMPACT:** *In 33 Michigan counties, there are now more older adults than school-aged children. HUGE when you consider that those older adults will stay as many kids grow up and move away.**

**"The Age Wave: A Call to Action" Thomas B. Jankowski*

LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- > Make a bequest in your will
- > Start a Charitable Gift Annuity
- > Your Life Insurance Policy



**Presbyterian
Villages**
OF MICHIGAN
THE FOUNDATION

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller
248.281.2045 MyLegacy.pvmf.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Victoria Macioce-Stumpf. Victoria is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

June is Alzheimer's & Brain Awareness Month

As a person ages, they may begin to notice gradual changes in their memory, how they process things or even their ability to perform certain tasks. While most changes may be age-related, it is important to determine if there are any signs or symptoms of early Alzheimer's disease. Alzheimer's is a progressive and degenerative brain disease that may begin in middle or old age and is characterized by memory loss, confusion, behavioral changes and more.

According to the national Alzheimer's Association, there are 10 early signs and symptoms of Alzheimer's:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If you or a loved one has any of the signs and symptoms of Alzheimer's, please schedule an appointment with a physician for diagnosis, information and support. Treatments are changing all of the time, thanks to research and scientific breakthroughs. Early detection will lead to treatments that may help slow the progression of the disease, as well as provide relief of the symptoms.

To learn more about the signs and symptoms of Alzheimer's disease compared to typical age-related changes, read the [Alzheimer's Association 10 Warning Signs Checklist](#) and check out the information and activities from their [Alzheimer's & Brain Awareness Month](#) page.



Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: Food Assistance, Senior Project Fresh transportation, and changes to National Church policies.

Food Assistance benefit for seeds – “As summer approaches, so does the thought of eating delicious homegrown produce. Supplemental Nutrition Assistance Program (SNAP) benefit recipients can maximize their produce purchasing power when they use their Electronic Benefits Transfer (EBT) card to buy food-producing plants and seeds to grow a garden of their favorite fruits and vegetables. Regardless if you are a beginning gardener or seasoned gardener, there are excellent resources, instructions and recipes from [Michigan State University Extension](#), other state Extension services and the [United State Department of Agriculture \(USDA\)](#).”

If you would like more information on sites where you can use your Bridge Card to purchase seeds, please see me.

Senior Project Fresh Transportation– The Community Van will not be available on Thursday, July 13, 2017 for transportation to and from Senior Services (918 Jasper).. We can arrange a carpool. Those who are interested, let me know and I will post sign-up sheets. The event is from 8:30a – 12p.

Changes to National Church policies - National Church has made some changes to their policies. One requires that everyone attending a presentation sign-in. The sheet will be available at the time of the meeting. If you choose not to sign-in, I have been told that you should not be present.

Another involves a resource guide. I am in the process of creating a list of local resources. These include: benefits, community resources, meals and nutrition, medical services, pharmacies offering delivery, places of worship, and transportation. I can give you a copy if you want one.

Upcoming Presentations

CapTel Captioned phones – This presentation about how to get and use a free captioned and speaking phone will be on **Thursday, June 8 at 1p in the Community Room**. There is a small fee (\$40 for veterans, \$75 for non-veterans) if you do not have internet service. Arrangements can be made to cover the cost.

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 – Not this month – see calendar
- ❖ 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.**

Note – No Crafts until July 2017.

Save The Date: Our **Virtual Village Victory Cup** will be Wednesday, **June 14th** starting at **10:00am**.

Friends & Family: Our Friends and Family campaign was April 1st – 30th. – We did it!! **Thank you** to all who donated to help us meet our goal of **\$1,150**. **You guys are Rock Stars!** We couldn't do what we do without you! ☺ Thanks again ☺

The resident luncheon will not be taking place this month, due to the luncheon we will have during the Virtual Village Victory Cup on June 14th. Wes Kolb has generously offered to provide your pizza luncheon. He will also be attending part of our VVVC event. ... Thank you Wes for all you do for the Village of Sage Grove residents. We appreciate you and all that you do! Thank you. ☺

You will notice there is a “Shining Star” nomination form in your in-house mailbox. PVM has been doing this for years; I just

didn't realize I was supposed to be giving this out to each of you. So, if you would like to nominate a PVM staff member for a shining star award and/or recognition, please complete your form and return it via email, snail mail, fax, and/or give to me and I will mail it for you. If you do not wish to complete the form, please disregard it.

We will be having a VVVC meeting and practice on Wednesday, June 7th at 1:00pm. Please plan to join us if you are participating in the VVVC. We also received the new games for this year and will be going over the rules. We also need a group for the Lip sync competition. We need a song and eventually to video tape it. Please bring suggestions to the meeting.

Thank you everyone for your patience and understanding last week during the annual inspections and filter/battery change. ... I also want to thank everyone for working together during our bi/annual fire drill. You are ALL amazing.

As always, if you have any questions or concerns, please feel free to call or stop by the office.

**HAPPY
FATHER'S
Day!**

Paula Hager
Administrator

June 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 28	May 29	May 30	May 31	1	2	3
	Memorial Day Office Closed			Church group cards 1:00pm in cm. rm.	PATH Workshop 10am – 12:30pm – Cm Rm closed during workshop – Wk. #6 Final <u>Workshop</u> Games 3:00pm	
4	5	6	7	8	9	10
Birthdays Celebration 5:30pm - Community Room	Bible Study 4p-5p		<u>Commodities</u> Resident support group 11a-12p VVVC Mtg. & practice 1pm	CapTel Presentation - 1:00pm in Cm. Rm.	Games 3:00pm	No Resident Luncheon this month due to the luncheon at the VVVC on the 14 th .
11	12	13	14	15	16	17
			Virtual Village Victory Cup Event starting at 10:00am	Bingo with Kim – Life EMS @ 3pm	Board meeting 9:00a – 10:30a <hr/> Games 3:00pm	
18	19	20	21	22	23	24
Father's Day	Bible Study 4p-5p <hr/> KCASI Meeting @ Senior Services 1:15p		Resident support group 11a-12p		<hr/> Games 3:00pm	
25	26	27	28	29	30	July 1 st
	Resident Activities Committee Meeting 10a in comm. rm. All are welcome		Resident support group 11a-12p		Games 3:00pm	

**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

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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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