



# Village News



## Embrace the possibilities

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

September 2013

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## The Greatest Pet Show on Earth!

Our Second "Greatest Pet Show on Earth" is coming together!

Our celebrity judges will be Jackson Jazz Legend, Bennie Poole, The Star of the Bart Hawley Show, Mr. Bart Hawley, Our own Reverend Bill and two more (would you like to volunteer to judge)?

We have a list of exciting vendors coming out with arts and crafts, pet items, food, make-up, candles, jewelry, and so much more!

Our demonstrations this year will include a petting zoo (pot-bellied pigs, goats, sheep, bunnies and maybe a miniature horse), the Jackson Sheriff's Department will be bringing their dog "Brix." The State Police have promised a memorable show with their dogs. We are working on others (If you have some ideas, let us know).

Then come the pets. It only costs \$10 to enter and your dog/kitty/fish can do something spectacular or nothing at all (we have the fattest cat, fattest dog, longest ears, loudest voice, best

dressed and so on). We will be giving blue ribbons to the winners of 20 categories and trophies to the top three animals of the day! We need pets, invite your grandkids, kids, and bring your "fur babies too!" Animals must pre-register. If you want to come, call and we will get you and application!

We will have an inside food booth selling "walking tacos" and other foods.

We will be on TV again a week before the event.



Look for PVM on:





## Guided Autobiography Starts in October

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

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.

*Our Beautiful new televisions are getting set up; we are redoing our cable TV to make it more user friendly. At Spring Meadows I, come to the morning coffee and watch the news. Goodies, coffee and conversation will be held every weekday morning at 9 AM.*

## 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!!
- Tai Chi will start in October. Bill Sisco will be taking one day a week off from his teaching at Grand Valley State University to volunteer to teach Tai Chi. This Tai chi is an ancient martial art that has been adopted by the Arthritis Foundation. Bill and I took the class and are certified to teach this beautiful art form. It can be done seated and is specifically designed for people with arthritis (but it is good for everyone) call the office to sign up!



## Celebrate *Somewhere In Time* and Support PVM's Mission!

Do you want to positively impact the lives of PVM residents AND have a fun, memorable night? **Then join us for the 10<sup>th</sup> annual *It's A Wonderful Life* Gala on Friday, November 1<sup>st</sup> at The Henry Hotel in Dearborn!** This year's theme, *Somewhere In Time*, is a celebration of life's moments throughout the decades – where we have been and where we are going. You won't want to miss the inspirational resident stories that will be proudly displayed for our PVM family and friends to see!

- **When:** Friday, November 1, 2013
- 5:30 p.m. Sponsor & Patron VIP Pre-Reception
- 6:00 p.m. General Cocktail Reception & Raffle
- 7:00 p.m. Dinner & Program
- **Where:** The Henry Hotel, 300 Town Center Drive, Dearborn, Michigan 48126
- **Cost:** \$250 Individual

**Ticket** includes General Cocktail Reception, Dinner & Program

- **\$325 Patron Ticket** includes Private VIP Pre-Reception, Prime Seating at Dinner & Program
- Event proceeds will benefit the needs of more than 4,300 residents and community seniors throughout Michigan. **PVM employees can purchase tickets through payroll deduction or you can even donate PTO time.** For more information, contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org), or visit the "Events" page at [www.pvmfoundation.org](http://www.pvmfoundation.org).

Thank you for supporting the PVM mission and I hope to see you on November 1<sup>st</sup>!

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  
\*\*\*\*\*

**Retain a sense of humor when things go wrong. Succeed in this and you will always have a smile on your face, no matter what life throws at you. (from the book – things to do now that you are 60 or above).**

.....

***Work on your self-esteem. Confidence in all that you do is the key to feeling good about yourself.***

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



**10th Annual**  
*it's a wonderful Life*  
**2013 GALA**

**Presbyterian Villages OF MICHIGAN THE FOUNDATION**

*Somewhere In Time*

**Sponsorship Packages Starting at \$350**  
**Patron Tickets at \$325 per person**  
**Individual Tickets at \$250 per person**

For more information, contact PVM Foundation at **248.281.2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)

**Friday, November 1, 2013**  
The Henry Hotel, 300 Town Center Drive  
Dearborn, MI 48126

**5:30 p.m.** VIP Pre-Reception  
(Sponsors & Patron Tickets only)  
**6:00 p.m.** General Reception & Raffle  
**7:00 p.m.** Dinner, Program & Entertainment

**Brown's**  
*ADVANCED Care*  
Pharmacy Services



2136 Robinson Rd Jackson, MI 49203

517-750-2180

**Spring has come to Spring Meadows. So much to do so little time to do it. Don't stop your spring cleaning and flower planting to pick up your medication. 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.**

# Bible Study starts again in September

Our wonderful Reverend Bill took off the month of August and will be starting the Bible Study again in September.

If you haven't had an opportunity to sit down with Rev. Bill, he is a wonderful man and he is one of our great board members.

The Bible Study will take place at the community room at SMII every Tuesday at 3:00 PM. Everyone is invited to join this interesting and informative class.

*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

## DON'T BE SCAMMED

Recently I read an interesting anecdote which asked: What do you call a person with an offer you can't refuse offering amazing returns on your investment? The answer: a scam artist who belongs in jail! Don't be taken in by these unscrupulous criminals. Protect yourself! Here are some simple tips to follow. Remember: **If something seems to be too good to be true, it is!**

**If someone is really a prince or princess from some foreign country they do not need your help to claim their fortune.**

**Any legitimate person would not approach a total stranger and ask for money.**

**Tell telephone solicitors that you do not accept any requests over the phone.**

**Always check with a trusted source (relative, friend, long-time financial adviser before investing any money in anything.**

**Do not give in to pressure to buy. And if someone pulls that on you report them immediately.**

**Do not fall for the "grandparent scam" whereby someone calls telling you that your grandchild is in trouble and needs you to wire money to him or her.**

**Remember that for every dollar you own there are thousands of people trying to steal it.**

**If you think you may have already been scammed tell your family or trusted adviser immediately. Many times folks fail to report these incidents because they are embarrassed. Anyone can be scammed. Just don't let them get away with it. The faster it is reported the better chance there is of recovering losses.**

**Follow these simple tips; and you will be a smart and savvy senior. Cheat these scam artists out of the opportunity to cheat you! All the best to you and yours.**

*The biggest survey of the year is coming up!  
It is a very important time for us.  
In September you will be asked to fill out the  
Resident Satisfaction Survey!  
Please fill out the form and let Corporate know how special  
Spring Meadows is!  
Thank you so much!*

Programs

## Linda Graduates from University of North Texas Certified Leader in Aging Services

Linda has been taking a series of classes over the past year from the University of North Texas and has earned the prestigious “Certified Aging Services Professional” designation.

Funding for the class was awarded through a Grant from the Presbyterian Villages of Michigan Foundation – Schroeder Leadership Fund.

Linda and Bill will be traveling to Dallas Texas for her graduation ceremony on October 27, 2013.



### Birthdays

Birthday extravaganza is held every month at Spring Meadows II - Last Friday of every month from 2 – 3 PM. (September 27th – celebrating September Birthdays.... everyone is welcome... cake, games and prizes)

Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

## September Birthdays

- Carol Aldridge.....9/13
- Bev Reasoner.....9/09
- Eva Swager .....9/20
- Mary Waite.....9/15
- Emmarell Wilson.....9/29
- Mary Downard.....9/08
- Annabelle King.....9/13
- Elswith Petrakovic.....9/23
- JoAnn Walter.....9/28

Happy Birthday everyone!!

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



**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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Remember to look back and appreciate what you have done in your life. Don’t waste time regretting what you haven’t done. From the book- things to do now that you are 60 or beyond



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

By Tom Wyllie,  
Director of Wellness

### Are You Ready?

Did you know that September is National Preparedness Month? If there were an emergency, would you know what to do? According to the U.S. Centers for Disease Control, there are four steps we need to take to prepare for an emergency:

**1. Get a Kit:** In an emergency, food and water may be scarce. That's why you should store at least a 3-day supply of food and water for yourself and your family. Having a first aid kit available along with a flashlight and a battery powered radio (with extra batteries) is also important. Additional important items can be found at [www.ready.gov/basic-disaster-supplies-kit](http://www.ready.gov/basic-disaster-supplies-kit).

**2. Make a Plan:** Emergencies fall into one of two categories: those that require evacuation and those that require you to shelter in place. You should plan for both scenarios including determining what supplies you will need, where you will go, and how you will get there. For help making a plan, visit [www.ready.gov/plan-for-your-risks](http://www.ready.gov/plan-for-your-risks).

**3. Be Informed:** Learn how your local community will notify you of an emergency. Methods vary but commonly include emergency radio and TV broadcasts. To learn what methods are used in your area, contact your local public safety office.

**4. Get Involved:** Preparing for an emergency is a community-wide effort. There are many ways you can get involved including volunteering to be part of a Community Emergency Response Team, being a part of your community's planning process or donating needed emergency supplies. Additional ideas can be found at [www.ready.gov/get-involved](http://www.ready.gov/get-involved).

We have a Karaoke Machine!

**“Dance as though no one is watching you,  
Love as though you have never been hurt before,  
Sing as though no one can hear you,  
Live as though heaven is on earth.”**

I know this was in last month but.... It is so profound and so true! Just Dance!!

## Linda's Thoughts

Summer is almost over! School will be starting soon. I noticed this morning the trees are even starting to turn a little.

I try to walk the properties every morning and enjoy the beauty and quiet. I sent photos to Cheryl this morning to share with her how pretty everything is.

Bill and I are looking forward to a couple of trips this fall, Bill received his undergraduate degree from the Air Force Academy in Colorado Springs in 1973. This year is his 40<sup>th</sup> class reunion. We are going to attend a full week of "special events at the academy with a football game, dinners, tail gate and other parties. We also have a daughter and four grandchildren in the Denver area so are looking forward to seeing them. I can't wait!

We will be attending the Leading Age conference in Dallas Texas in late October for my graduation and for a great

conference. We are also presenting at a conference in Chicago in October on healthy aging.

The karaoke machine is so much fun! We had the best time at the New Orleans party. Mark and I have been buying karaoke CDs and donating them to the property (thank you Mark), we have hundreds of songs now. We need a volunteer to help us catalog all of the songs and put them in a book so people can easily choose a song they want to sing. We will include karaoke in some of our upcoming parties.

We really need some volunteers for the "Greatest Pet Show on Earth!" **PLEASE** sign up as soon as possible. We are meeting every Thursday until the event at SMI at 1:00 PM come to the meeting. If you need a ride, call the office and we will come and get you! We really need pets! I am going to

speak to the Jackson County Girl Scouts next week. Thanks to the special people out "beating the pavement" talking to people: Mary Waite, Lois Heady, Al Garrett, Andy Slayton, Judy Martin, Lois Tiffany and so many more..... if I didn't mention your name, it is not that I don't really appreciate you! You make all the difference in our program's success.

We are starting the budget process for Spring Meadows I.... It is very time consuming and an arduous process. If I look a little stressed that is why.... Any hugs would help.

Are you keeping up with your Secret Pals? I have to admit, I have gotten a little lax with mine, remember to keep them in your thoughts. We will be revealing them in a couple of months and it will be a good time when we do. So many of you are so faithful with your little surprises!

## Don't Forget ..... Popcorn Thursday & Friday

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

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

**FREE**





# For Your Safety.

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

## **We'd "Love" to Hear from you!**

It's that time of year; no not fall but rather "Resident Satisfaction Survey" time. In September you will receive a letter announcing that the annual resident satisfaction surveys are coming. Approximately a week later the actual survey, will be sent out. You will have approximately two week in which to return the survey, either in the return envelope, or in the survey box provided by your administrator. After all the surveys have been tabulated, each Village Administrator will receive the results, along with a list of comments, both good and bad. These results will be shared with you and the Board of Trustees. This year we have partnered with a new survey company, Holleran. They are a leader in the survey field for senior living / long term care. Holleran is helping Presbyterian Villages develop a survey that really captures what our residents think and feel about their interactions with us. Lest you think your voice doesn't matter, I can tell you personally that Presbyterian Villages of Michigan pays attention to the survey results. We do spend a great deal of time understanding what we are doing right and what needs improvement based on your answers. As a result of last year's survey, every Village worked on something that was identified in that Village's survey results that needed improvement. This year you can let us know how we did. I look forward to hearing from you and sharing the 2013 survey results. Your opinion does matter to us. Please take the time to take this confidential and anonymous survey and let your voice be heard.

**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)



The Village of  
**Spring  
Meadows**

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