

# Sage Grove View



### **Embrace the possibilities**

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

March 2015

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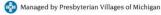
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Sage Grove

A SENIOR LIVING COMMUNITY



#### Look for PVM on:









### The Senior Advocate.

By Lynn Alexander, Vice President of Public Affairs

GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me"" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection.

They are:

1. Memory loss that disrupts daily life.

- 2. Challenges in planning or solving problems.
- 3. Difficulty completing familiar tasks.
  - 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 someone you know experience any of these warning signs, please see a doctor.

For more information call (800) 272-3900 or visit alz.org/10signs.

Word Search Puzzle #M779IX

EAFREWROTESDSCDKFPEEREFEREED
ITOTWGNOLANGLUNLEOECILAMENSMSETLTRIMMEDUIP
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Wicked

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#### **Announcements**

Note: No Community Van until March 17<sup>th</sup>.

#### **Community Room Events**

- ❖ March 1<sup>st</sup> Birthday Celebration – 5:30pm
- ❖ March 4<sup>th</sup> Commodities Pick-up
- ❖ March 16<sup>th</sup> Bible Study Group Meets 4:00 – 5:00pm
- ❖ March 11<sup>th</sup> Insurance & Financial Services Presentation 1:00pm
- ❖ March 19<sup>th</sup> Bingo with Life EMS – 3:00pm
- ★ March 26<sup>th</sup> F & F Kick-Off Party – 1:00 – 2:00pm
- ❖ March 30<sup>th</sup> Activities planning committee meeting – 10:00am – All Welcome!!
- ❖ Game Day Friday's at 3:00pm
- No Bible Study March 2nd ... unless someone else would like to lead it.

See Calendar for more events

Continued on page 5



### Giving Matters.

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

#### Save the Date! Friends & Family, April 2015

Save the date for the annual **Friends & Family Appeal**, being held **April 1**<sup>st</sup>**-April 30**<sup>th</sup>! Since 2002, this annual fundraising campaign has raised *over* \$950,000 toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or <a href="mailto:pvm.org">pvmfoundation@pvm.org</a>.

Warm regards, Paul J. Miller, CFRE



### Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

IMPROVE
<b>YOUR CASH</b>
FLOW!

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



For more information, call Paul Miller at the PVM Foundation 248.281.2045 www.pvmfgifts.org

The information in this publication is not intended as legal or tax advice.
Please consult your legal and tax advisors.



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

By Tom Wyllie, Director of Wellness

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Be Happy & Well In Your Relationships Through Constructive Communication

February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

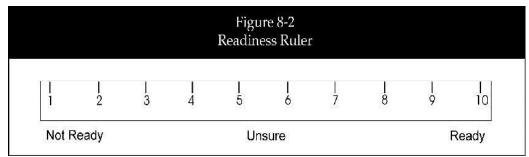
- 1. **Think positive** Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
- 2. **Center yourself** Take a deep breath. Think about what you truly want to say before you say it.
- 3. **Specify** Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
- 4. **Share your feelings** Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
- 5. **Be understanding** Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
- 6. **Accept responsibility** Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
- 7. **Offer to help** Ask your loved one: "How can I help *you*?" Act on the offer!



#### Service Coordinator's Corner: Rebecca Ogrodowski

Change is coming. Spring will be here (someday!) with warmer weather and Nature's annual wake up. During the cold of winter, you may have made a resolution that needs a restart or push to keep going. Maybe you are thinking about improving your diet, exercising, quitting smoking, etc. Spring is a great time to do that.

To help you along, I am providing the Readiness for Change Ruler. It is a tool that you can use to figure out where you are in the process of doing things differently. The directions are below the image (from **Kevin Glavin – Kent State University**).



1 Look at the ruler and decide where you fit. Are you a 1 (Not Ready to do anything), a 10 (Ready and willing), or somewhere in between?

2 Tell yourself (or someone else) why you placed yourself there? Have you taken any steps (like eating more fruit or limiting your cigarettes? Are you still thinking about it?

3 What do you need to do to get closer to 10? If you are a 5 (Unsure), what action could you take to get to 6?

4 DO IT! Take the next step and do what you decided you need to do.

#### **Recent Presentation:**

Medicare and Medicaid Assistance Program (MMAP): Lisa Fuller shared information about how MMAP can help with questions about Medicare and Medicaid, along with the MI Health Link program. MMAP's phone number is 1-800-803-7174. I have brochures in my office.

#### **Upcoming Presentations:**

Wednesday, March 11, 2015 at 1p

The Michigan Department of Insurance and Financial Services will speak about scams and how to plan for increased financial security.

Tuesday, March 17, 2015 at 1p

Char Brooks from Elder Law will share information about Project Healthy Living, a free four week wellness class.

Rebecca

**Continued from page 2** 

## Announcements Continued

- 1<sup>st</sup> 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.
- Last Saturday every other month "Give away day" and Social Gathering – 10am – 12:00pm ... Next give away day will be in March
- ❖ Movie Matinee 1:30pm Tuesday – March 10<sup>th</sup> Tuesday – March 24<sup>th</sup>
- 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 1<sup>st</sup> come 1<sup>st</sup> serve basis.
- Wal-Mart Bus Every Monday – Pick-up is at 12:15pm

### **Birthday Celebration!**

Sandra P. ----- March 10<sup>th</sup> Mildred B. ---- March 18<sup>th</sup> Karl K. ---- March 19<sup>th</sup>

We Wish You a Fantabulous Day and a Blessed Year!!



#### **Administrator Column**

**Village happenings** – Please remember to check out the Announcement, Community Room Events and Calendar sections of this newsletter.



Thank you EVERYONE who donated items to the Thornapple Arts Council Art Supply Pantry.

If you did not read the information given regarding the above ... Our Village received a request from a committee member of the Leadership Barry County Project for our participation in their 2015 Project – "The Art Pantry." This is an important project and your donations will help many youth and schools in our surrounding counties. More than 2000 students grades K – 12 will benefit from this program.

An array of items were collected, ranging from yarn, crayons, colored pencils, stickers, cork boards, material, scissors, and so much more. At the end of their project, a presentation will be made and we will be listed among the sponsors. I will pass on the final results of this project as soon as I receive the info. ... Way to go Sage Grove. Your generosity is outstanding!!!!

AARP will be here again this year on April 8<sup>th</sup>, to prepare your taxes Free of charge. Please see the signup sheet in the mail area. ... Thank you AARP.

The Friends and Family Campaign is April 1st through April 30th. **Kick-off party March 26th**, 1:00 – 2:00pm in community room. ... Anyone wanting to help stuff envelopes and apply address labels ... all are welcome. I will let you know when our materials are received. We always have a few laughs, the more the merrier.

Happy St. Patrick's Day

Paula Hager

### March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthday Celebration 5:30pm in Comm. Rm	2	No comm. Van today	Commodities pick-up for those enrolled	5	Game Day 3:00pm in Cm. Rm	7
8 Set Clocks Ahead 1 hour  Daylight Savings Time Begins	9	10 Movie Matinee 1:30pm  "Erin Brockovich"  No comm. Van today	Insurance & Financial Services Presentation 1:00pm	12	Game Day 3:00pm in Cm. Rm	14 Waffle Luncheon 12:00pm Comm. Rm
15	Bible Study Group 4 - 5pm	17 St. Patrick's Day	18	"Bingo" Life EMS – 3:00pm in Cm	Game Day 3:00pm in Cm. Rm	21
22	23	Movie Matinee 1:30pm "Notting Hill"	25	F&F Kick-Off Party 1 - 2pm in Cm. Rm.	Game Day 3:00pm in Cm. Rm	Give- Away Day 10am – 12pm in Cm. Rm.
29	Resident Activity Meeting 10:00am	31		Community Van runs on Tuesdays Need to sign up by 2pm the Monday before. No van March 3 <sup>rd</sup> or 10 <sup>th</sup>		Walmart Bus EVERY Monday Pickup @ 12:15pm Main entrance

#### 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**

#### **Village Staff**

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Administrator

Rebecca Ogrodowski

Service Coordinator Monday – Thursday – Phone: (269)382-9910

10am - 3pm

Joseph King

Maintenance Technician

#### MAINTENANCE EMERGENCY NUMBER: (269) 615-3804



Phone: (269) 567-3300

Fax: (269) 381-6733





**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.pymfoundation.org** 



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