



Village News



Embrace the possibilities

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

April 2015

49201 • www.pvm.org

Spring Fling! Friends and Family Kick-Off Party

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Garage Sale and Craft Show/Sale
Spring Meadows I
May 1 & 2, 2015
Garage Sale
Friday/Saturday
from 9 - 5.
Craft show/Sale
Saturday only 9-5

Look for PVM on:



Dust off your Easter Bonnet and get ready to celebrate our Spring Fling!

Fun, Food, Contests and a Visit from the Easter Bunny!

Dress in your Easter Best and don't forget your hat!!

We are having an Easter Bonnet/Hat contest and will have prizes for the most beautiful or handsome and the Craziest! Contestants will parade in front of the judges and they will make their choices.

We will be selling Easter Eggs filled with an assortment of: Candy, Lottery Tickets, money and other surprises. Just \$2 an egg (all proceeds will go to Friends and Family)! Take a chance and maybe you will win a fortune!!

We will make ham and scalloped potatoes.... You can bring the rest of the goodies. Rae is making cookies, Danielle is making some "Hot Cross Buns" and Linda will make something yummy too. It is going to be a great party and we will have entertainment!

More Friends and Family events:

Spring Meadows II is having food every Thursday. Call Danielle for full menu! 517-788-6679!

A HUGE thanks to the organizers at Spring Meadows II, they are having activities, food, silent auctions and are raising money for Friends and Family!

They raised \$340 on a bake sale for our campaign! Plus \$52 for a dinner & \$29 from a 50/50 drawing! Wow! Way to go Spring 2!!!!!! Over \$500 now

Spring 2 Food for Friends and Family!

We can also deliver these great meals!

- 04/01: Goulash with Garlic Bread**
- 04/09: Homemade Mac n Cheese, Broccoli and Roll**
- 04/16: Cookout!! ('Dogs and Burgers, Banana Pudding and Pasta Salad)**
- 04/23: Liver & Onions, Potato, Veg**
- 04/30: Walking Tacos (available during Not Your Mama's Bake Sale)**

Lots of Inspections coming up!

Spring Meadows II has the first REAC inspection on April 23rd. HUD inspectors will be here and will need to have access to your apartment.

Spring Meadows I - MSHDA inspection is coming up on the 31st of March. We need access to all apartments; the inspector will choose 18 cottages to inspect. We will not be privileged to those addresses until the morning of the inspection. As soon as the 18 are selected, Linda and Rae will call and let you know that you have been chosen so be prepared!

Make sure you do not have furniture placed in front of your windows (big dressers or your bed) making it impossible for your to get out in case of fire. You can have small things as long as they can be pulled out easily in the case of a fire.

Linda is a Finalist for Senior Ms. Michigan!

Senior Ms. Michigan is for women over the age of 60 with a positive outlook on life and who do a lot of volunteer work in their communities.

Linda was asked to run and is now in the final 10 women.

The competition is being held in Rochester on July 15th. Lunch is at 11:30 and the pageant begins at 1:00.

There is four parts to the contest:

- Philosophy of life
- Talent
- Panel interview
- Evening Gown

There are 10 tickets available for residents who might want to go. Tom Draper has volunteered to get a bus to take as many residents who might want to attend.

It will probably be a full day with the bus leaving about 9:30 and getting back about 6 (not real sure yet). If you are interested, please sign up ASAP. The cost per resident is \$15 and includes lunch, the performance and transportation to the pageant! Call if you want to attend!

Meet the Administrator/ getting to know you parties!

Meet the Administrator Meeting for April:
April 16th

11:00 AM at SMII

Getting to know you party following at 11:30
food, prizes and fun!

2:00 PM at SMI

Getting to know you party at 2:30 PM food
prizes and fun!

Visiting Nurses' Blood Pressure Checks at SMII

Thursdays 8:30 – 9:30 AM
The Village of Spring Meadows II

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

April 1-30

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.
Your gift today will change the lives of seniors for years to come!

TO MAKE A GIFT:
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at 248.281.2040 or visit www.pvmfoundation.org.

Your gift can be **MATCHED!**
Match guidelines apply.

Danielle's News

Spring Forward, Spring Meadows!

We have been focusing on the importance of staying happy, social and engaged as that rough end-part of Michigan winter stormed around us. I hope you have enjoyed some of the activities and functions available such as the St. Patrick's events, Aging Gracefully and Thursday Lunch Specials. The Thursday Lunch Specials will be continuing through the month of April with a different meal offered each week. It is VERY important that you sign up for a meal as it gives us how many servings to make. The schedule for April is as follows:

04/02: Goulash with Garlic Bread

04/09: Homemade Mac n Cheese, Broccoli and Roll

04/16: Cookout!! ('Dogs and Burgers, Banana Pudding and Pasta Salad)

04/23: Liver & Onions, Potato, Veg

04/30: Walking Tacos (available during Not Your Mama's Bake Sale)

Also, we will be holding one more "Not Your Mama's Bake Sale" on April 30th from 9am to 5pm.

All volunteers to assist with Thursday Specials or donations to the Bake Sale are greatly appreciated. All profits for these events are fundraising for The Village of Spring Meadows.

Get some of that spring air in your lungs and sunshine on your face. You can't help but smile!

One of the great things about physical activity is that there are so many ways to be active. For example, you can be active in short spurts throughout the day, or you can set aside specific times of the day on specific days of the week to exercise. Many physical activities such as a walk around the neighborhood or taking the stairs whenever you can, are free and don't require special equipment. You could also check out an exercise video from the library or use the fitness center at either facility.

One of the things I like to do during my day is go up and down the stairs a few times; especially when I am starting to get that mid-afternoon drowsiness. A few jaunts up and down the steps gets my heart beating and perks me up for the next stretch of the day! As always, I am here for YOU! If you need assistance, I am just a call away! Much Love, Danielle.

Brown's
ADVANCED Care
Pharmacy Services



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 Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!



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

Write Your Worries Away



Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of

getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.

Linda's Note:

Writing is a passion of mine... it works folks!

Join the Autobiography class and get yourself writing. The workshop will be a catalyst for you to start writing and speaking to yourself and people you will never meet, it will make a difference in your life..... promise!

We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives.

Gary Zukav

I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen.

Anne Lamott

Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again.

Gustav Mahler

Catered Lunch

Steve Rice will be cooking for us again in April!
The catered lunch is great! Yummy homemade food at very reasonable prices!

Catered Lunch
Spring Meadows I, Community Room
April 10, 2015
11:30 AM

Grilled Cuban Ruben, Minestrone soup, chocolate cake

PLEASE.....
Don't feed the
Wild Animals!

A Matter of Balance

Rae is teaching the Matter of Balance class starting on April 23rd from 11 - 1. The class will last 8 weeks and will give you so much information about one of the most important things for all of us..... falls!

This is a nationally recognized program for anyone with balance issues or want to prevent balance issues.

Preventing falls and socialization are two of the most important things you can do to maximize your life.

Matter of balance hits both of those items.
Come and learn a lot, make new friends and enjoy yourself. Space is limited..sign up soon!

I believe in process. I believe in four seasons. I believe that winter's tough, but spring's coming. I believe that there's a growing season. And I think that you realize that in life, you grow. You get better.

Steve Southerland

The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.

Harriet Ann Jacobs

Spring is nature's way of saying, 'Let's party!'

Robin Williams

April at Spring Meadows

P N J B F F R S X H R N S G D
 U V O O U E U N D G I M U N A
 W B O J T N I N L N R A U I F
 O L Q S E K N V D O E W P R F
 B F A M I L Y Y T R S I H P O
 M E H E C X Q S X U A U R S D
 O O Q B F W R F A J Q I B F I
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 M C U C N F O C S M N J P N F
 A H Q S G G E H Q M T E I U Y
 T J J X S E I T R A P E K Q G
 V I G O U N H A M Q C Y Y O S
 I H H K E S X M X I C D S U A

BUNNY
 EASTER
 FOOL
 INSPECTIONS
 SPRING

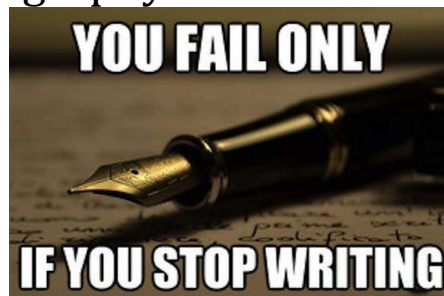
BUS
 EGGS
 FRIENDS
 MONEY
 SUNSHINE

DAFFODILS
 FAMILY
 FUNDRAISER
 PARTIES
 THUNDERSTORMS

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!

Interested telling your story?
Guided Autobiography class will be starting in April



April 13th from 1 – 3 PM

Don't miss the great Lunches at Spring Meadows 2
Friends and Family events
April 1st,
April 9th, April 23, April 30th!

The Maintenance cell phone is for
EMERGENCIES ONLY!
Please don't call with regular
Service calls ..CALL THE OFFICE.

Birthday extravaganza is held every month at Spring Meadows II – April 24th from 2 – 3 PM. Celebrating April Birthdays..... Everyone is welcome... cake, games and prizes)

Thanks to Sherry from Faith Haven for the cake!

April Birthdays

Barbara Brandt..... 4/3

Thelma Corravo.....4/26

Delores Craft4/12

Holly Fransted.....4/29

Barbara Lindsey.....4/1

Caroline Parker.....4/11

Mary Seitz.....4/1

Bruce Seitz.....4/3

Norma Sullivan.....4/6

Corine Williams.....4/5

Richard Wirebaugh.....4/24

JoAnn Beard.....4/27

Ken Strickler.....4/24

Happy Birthday everyone!!

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



Tai Chi

We have been asked to perform our Tai Chi at Ganton’s Countryside on April 24th at 1:30 PM

Anyone who has taken Tai Chi

Is encouraged to get together to practice for this event!

Practice Days:

April 3rd 9:00 AM

April 10th at 1:00 PM

No Tai Chi on April 17th

Final Practice April 24th at noon.... Travel to Ganton’s for a 1:30 performance.

Oh, my Goodness, what a whirlwind March was!

My husband called me at work, "Are you sitting down?" I could hear a catch in his voice and I thought something had happened to his mother. I started to "freak out." No, it is good, he said, I am taking you out to dinner tonight to celebrate.

He proceeded to tell me that I had been awarded the "Leadership in Action" award from LeadingAge of Michigan.

This is a HUGE award and I will be presented it on May 19th in Detroit.

Last week a film crew came here and interviewed me, several residents, and my wonderful husband. They filmed me working and talking with residents. They will show the video at the LeadingAge Conference on May 19th (just before my award is given). The interviewer promised me I would cry! Great! Now I need some waterproof mascara!

Bill and I attended the Aging in America conference in Chicago (the weather was horrible so we never left the hotel) but.... We presented our positive aging talk to a very excited group! I am going to try to get a copy of the Keynote speakers address! It was very motivating! One of the

Biggest issues with people over 60 is that most of us spend an average of 49 hours a week watching TV! If you want to extend your life, want to deter dementia, you need to Socialize! You need to use your brain and move your body! Get off that Couch!

Other than that, we went to Myrtle Beach for a week in March, had a good time, ate some really good food.... I learned I LOVE cheesy grits! I always thought I hated grits... guess it depends on how they are cooked. We went to 2 different places and had fried green tomatoes and cheesy grits... yum! I didn't gain any weight... but I think I was trying really hard to. Of course we walked 5 miles a day and worked out every day too.

I am so excited about the new phone system; it will be such a great asset. If there are tornado warnings, lots of "black ice", inspections, events or cancelled events, this is a great way to let everyone know. Only one person has opted out of the system! It is "cutting edge" technology and a huge thank you to the PVM Foundation for our Grant! Isn't technology amazing! We can contact you within minutes of an event!

Lots of classes, conventions, focus groups and other things will have me running for the next few months!

I am taking a class through Non-Profit network at Baker College that deals with grants and how to apply for them!

Focus Groups are meeting once a month for: Diversity and Inclusion, Web site design, and Engagement focus.

I am taking my dogs to Rainbow Homes tonight. It is fun and the people love them. We have a good time. Otis (my heart dog) does a lot of tricks. He will take a dollar bill out of your hand and put it in a box.... He will crawl on his belly, he sits up, waves, rolls over, and a few other fun tricks he has learned. He is a pretty good little guy. When I come here on the weekends I will usually bring him with me.

I am amazed at Spring Meadows II... wow! They are just doing everything to raise money for friends and family! I have over \$500 from them so far for our friends and family campaign! We will have a lot of stuff going on during the next month so be prepared; Lots of food, fun and events.

I am so ready for spring! This winter, in many ways, was worse than last year. The temperatures have been so low. Now it is time to look forward to spring!

Happy April

**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

(517) 788-6679

(517) 788-7502

Village Staff

Linda Sisco
Housing Administrator

Rae Stachnik
Assistant Administrator

Bruno Trout
Maintenance Lead

Tom Leach
Maintenance Tech

Danielle Leithauser
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

SERVING SENIORS & COMMUNITIES

Friends &

Embrace the possibilities



Giving Matters.

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

April 1st will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30th!** The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040
- Mail your gift to: PVM Foundation,
26200 Lahser Road, Suite 300
Southfield, MI 48033

With the PVM Foundation's 21st Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8th at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

