



Village News



Embrace the possibilities

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

July 2014

49201 • www.pvm.org

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PVM Board will be visiting The Village of Spring Meadows

We are very excited that the PVM Board will be visiting the Village of Spring Meadows!

The date of the event is July 31st and the festivities will begin at 4:30 PM.

We will serve appetizers and offer lemonade, iced tea and water. Residents are invited to the office at Spring Meadows I for the events. Residents are planning a program for our dignitaries. We will have a Tai Chi demonstration, a skit from Spring Meadows II, something from Spring Meadows I residents, a slide show, special decorations and surprises.

We think Spring Meadows is the absolute **BEST** of all of the PVM properties and now is our chance to show everyone just how special we are!

Spring Meadows has won so many accolades and is considered



Presbyterian Villages

O F M I C H I G A N

SENIOR LIVING COMMUNITIES

Pet Show meeting at Spring Meadows I at 10:00 AM....July

10

At Spring Meadows II at 1:00 PM on July

10th.

PLEASE come and help!

a "Best Practices" community. We have made so many advances and the Board is just anxious to see what we are doing here.

Usually when the board goes on a "field Trip" it is to discuss the Property with the Administrator; At The Village of Spring Meadows, Linda wants to highlight the true "stars".... The residents! If you have something you want to show off... art work... books..... whatever, we can make a display and show your handiwork in the lobby!

At 5:30, the doors will be closed and the board will conduct a private meeting. Please let us know if you plan to attend!

Look for PVM on:



Let's Do Lunch!

Let's do lunch! Our Let's Do lunch was so successful! Great Food, Great get-together! We are going to do this every month. We had 35 people signed up and we delivered a few great meals! For just \$6 we get a salad, entrée, a brownie (or some form of sweet goodie) and beverages! This month's date is: Spring Meadows I community room or delivery to your door!

June 18, 2014
11:30 AM

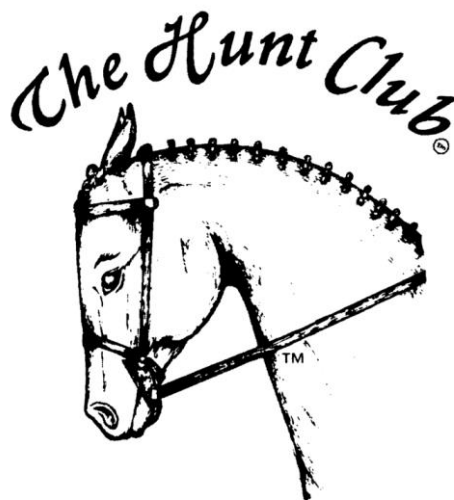
Spring Meadows Lunch Bunch

Spring Meadows is having a Lunch Bunch every month. A group of people are getting together and going to a new restaurant every month.

Last month's lunch spot was given a rating of 4 out of 10, this month, we hope to do better!

We are going to the Hunt Club for our lunch date, Linda and Danielle will be driving so be at either office at 10:30 and we will gather at Hunt Club by 11! You are welcome to drive yourself or hitch a ride from Danielle or Linda!

Great conversation and good food!



Tai Chi will continue through the end of July... then a month off and start up again in September!

- 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, call the office! We have a beautiful treadmill and NuStep available. Call the office and set up an orientation and EXERCISE!!
- Bible Study is held every Tuesday at Spring Meadows II with Rev Bill 3:00 – 4:00 PM Everyone is welcome to this great study group.

Meijer branch of Jackson Library is active and has lots of things going on! Let's get connected!

*Book Club meets the 1st Friday of the month

*We will be setting up a "tour" for Spring Meadows as soon as the weather is a little better!

*Computer Classes – Call the library for dates and times

*Chair Yoga

*Craft n' Chat at the library – 4th Tuesday at 5:30 PM



PVM Foundation Raises \$200,000 through Friends & Family Appeal and Inspire Possibilities Breakfast

Due to the generosity of over 860 donors, the PVM Foundation raised nearly \$200,000 through April and May to benefit residents from every PVM Village.

The 11th annual Friends and Family Appeal ran through the month of April and raised over \$138,000 toward various projects in many of the PVM Villages. A special incentive was offered for Villages who met their fundraising goals. Congratulations to **The Village of East Harbor, Rosebush Manor, Mill Creek and Harmony Manor** who all met and exceeded their fundraising goals! For more information on how much each individual Village raised, please visit www.pvmfoundation.org.

The 4th annual Inspire Possibilities event was held at The Hilton Garden Inn in Southfield on Thursday, May 8th. 300 guests attended and donated and pledged over \$60,000 to support the PVM Mission. Residents from **The Village of Oakland Woods** energized the crowd with a

wellness warm-up and resident presenters from **The Village of St. Martha's, Westland and Brush Park Manor Paradise Valley** all shared their stories and kept the crowd engaged. **Mike Damone** of **The Damone Group** also shared his story of how his family established the Claire Damone Fall Prevention Fund at the PVM Foundation in memory of his mother.

The fundraising success this spring would not have been possible without many donors and volunteers. Thank you to each and every one of you who made this possible and who contributed to a better life for so many seniors!

Warm regards,
Paul J. Miller, CFRE

With gratitude,

Different day and time.... You asked for it:

Resident Meetings with
Management
Spring Meadows I – July 14 @ 2:00
PM
Spring Meadows II – July 14 @
11:00 AM



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

**Safe Handling of
Medication!**

*With our own Deborah
Muhich*

*Spring Meadows II
Community Room
July 8, 11 AM*

**Ever wonder what
you can do with your old
medications? How old is
too old? Come to this
meeting with your
questions!**

**Hearing Clinics abound at
Spring Meadows I and
II....**

**Hearing tests,
cleaning, hearing aid
check ups... Quality Life
Hearing 9:30 – 11:30 July
10th....**

**Hear 4 You on July 17th at
1:00... Pleased call the
office for more
information!**

Make your money grow!

SUPPLEMENT OTHER RETIREMENT INCOME

...now or later!

UP TO 9% RETURN

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?


Presbyterian Villages
 OF MICHIGAN
 THE FOUNDATION

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

Danielle's News

Quickly coming upon my first six months as a part of the Spring Meadows Team, I have greatly expanded my network of resources that can be useful to our residents. I absolutely love being here and have very much enjoyed getting to know the wonderful people who live in this community. I would like to encourage phone calls and appointments if you have a concern you feel I may be of assistance.

If you're unsure what it may look like to meet with me, I would like to offer you some detail. I can meet with you privately in your home, or you may come to my office. My office is directly off SM2 community room. It is completely up to you and whatever you are most comfortable is fine with me. If you have not completed initial paperwork with me, we will have some forms to fill out with basic information as well as confidentiality forms. Confidentiality is very important and I cannot disclose anything we talk about to anyone without your written consent. I can provide assistance with DHS, finding a chore provider, food assistance through commodities, food banks or food stamps, will and advance directive preparation and many other concerns. Please keep in mind that I cannot provide transportation, perform services myself or run errands for residents.

Feel free to call my office at 517-788-5519 to set up an appointment if you feel there is something I can do to make your life easier.

Pet Show

The Pet Show is ON!! We are having meetings to get started on it and we need YOU!!

Spring Meadows I meeting is July 10th at 10:00 AM

Spring Meadows II meeting is July 10th at 1:00 PM

We need all of the help we can get! Come and join the fun!



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.

Spring Meadows Virtual Victory Cup





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

The Importance of Oral Health

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize.

Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis. As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk.

Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam. An annual checkup is vital to ensure that you are keeping your mouth healthy. Remember, oral health is important at any age.

What is the RAC committee?

If you live at Spring Meadows I and hear the words RAC committee, it is the Resident Activities Committee! You might just wonder what in the world that is? The RAC committee is a group of residents who get together monthly to come up with activities around the community. Watch your calendar... if there is something you are interested in... come to a meeting..... ALL residents are welcome to attend the meetings! The next RAC meeting is scheduled following the "meet the Administrator" meetings on July 14th. The Meet the Administrator meeting is scheduled for 2 and the RAC meeting will start at 3!

Today was good. Today was fun. Tomorrow is another one.
[Dr. Seuss](#)

.....
 Don't get older just to get wiser. If you get older, you will be wiser, I believe that - if you dare. But get older because it's fun!
[Maya Angelou](#)

 I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it, friends make life a lot more fun.
[Charles R. Swindoll](#)



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GOOD NEWS FOR MICHIGAN SENIORS

Governor Snyder presented his Message on Aging recently at the Rochester Older Person's Commission to a large and enthusiastic crowd. His message heralded great news for Michigan's seniors. In fact, our colleagues across the country have stated that he is the first governor in the country to draw such attention to the value and issues of our senior population. Some highlights of his message include:

Healthy Lifestyle: Promotion of Health & Wellness and a call for more innovation. Governor Snyder recognized us (Presbyterian Villages of Michigan) for our innovative and evidence based programs and mentioned our Village Victory Cup as an example of innovation.

Commitment to Home and Community Based Services and a pledge to make Michigan a "No Wait State" for aging services with a \$20 million investment in 2015.

Support for family caregivers by calling on employers to help their caregiver employees.

Support for a dementia pilot program in Michigan and expansion of innovations in this arena.

Promotion of culture change in nursing homes and reinvention based on task force recommendations.

Increased access to programs and services via a new website launched by the Michigan Office of Services to the Aging by 2015.

Enhanced protection of vulnerable adults by improving the Adult Protective Service program to offer timely assistance, comprehensive follow up and easy entry. Also, the state will work with financial institutions to further prevent financial exploitation and increase funding in this regard.

Creating an Age-Friendly Michigan via age friendly communities, access to transportation, volunteerism and support of an Older Adult Workforce as well as entrepreneurs. This would also include better trained health care providers, retirement planning, lifelong learning and utilizing senior volunteers for travel and recreation with our parks system.

To see the complete message, go to www.michigan.gov/snyder

July at Spring Meadows

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

FLIPFLOPS
 FLOWERS
 ICECREAM
 SHOWERS
 VACATION
 WEEDS
 BIKINI
 HAMBURGER HOTDOGS
 LIGHTENING MOWING
 STARGAZING THUNDER
 VEGETABLES WATERMELON

It's kind of fun
 to do the
 impossible.

[Walt Disney](#)

I've realized that being
 happy is a choice. You
 never want to rub anybody
 the wrong way or not be
 fun to be around, but you
 have to be happy. When I
 get logical and I don't trust
 my instincts – That's when
 I get in trouble.

[Angelina Jolie](#)

Don't ever become a pessimist... a
 pessimist is correct oftener than an
 optimist, but an optimist has more
 fun, and neither can stop the march
 of events.

[Robert A. Heinlein](#)

***Have you tried "First Fruits" Groceries!
You automatically qualify!
Great food Boxes at reduced prices!***

***Meats from Prime Cuts \$30
Produce from Keyes Produce \$20 (choose from 2 boxes)
Wise and Healthy Protein Booster Box \$31
Order forms at the office:***

July Birthdays

Birthday extravaganza is held every month at Spring Meadows II – July 25 from 2 – 3 PM. (Celebrating July Birthdays..... everyone is welcome... cake, games and prizes)
Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

**Make sure
you call in all
service
orders to the
office!
Mark and
Randy might
forget!**

Happy Birthday everyone!!

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

- Charles Adler.....7/9
- Evalyn Fogg.....7/26
- Sonia Kellogg.....7/10
- Barb Lewis.....7/15
- Anthony Paval.....7/30
- Betty Sterrett.....7/9
- Ann Meade.....7/8
- Thelma Richardson.....7/10





For Your Safety.

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

Summertime & the Outdoors

We thought winter would never end, but now that the summer is upon us, it is time for some common sense reminders about how to enjoy summertime, safely.

While it is wonderful to be able to open windows to let the fresh air in, just remember not to leave them open when you are not around. Especially if you live on a lower level, do not leave your patio door unlocked when you are not there. While it is tempting to put saucers of milk and food out for stray animals, please remember that this food also attracts unwanted non domesticated animals.

Here at Presbyterian Villages of Michigan, residents can cook outside with supervised barbequing. This means that outdoor cooking may be done as part of a supervised group activity with proper fire safety measures in place. Individual barbequing is not allowed anywhere on the property. This is due to fire safety concerns.

Be aware of the strength of the sun and protect yourself by wearing a hat and loose clothing. Drinking enough water to stay hydrated is always a good idea. Sunscreen is a must when you are going to be in the sun any length of time.

This is also time of the year where temperatures can soar to levels that make it difficult to breath, especially if you have a breathing problem. If you are having trouble with your air conditioning, opening windows or any other air quality issue, be sure to contact your building's maintenance department. Listen to your local radio station or TV station to learn of storms coming your way and stay inside in a windowless room if the local tornado sirens are going off. For most residents the inside of their bathroom or interior hallway is the safest place in the building. If you are not aware of your Village's emergency preparedness plans, ask your Administrator to provide you with the plan.

Summer is meant to be enjoyed and with a little preplanning, you can enjoy the summer safely.



Spring Meadows NuStep is here!
Come in to the office for a quick orientation and use
it every day to build muscle and get in shape!
Sign in and out required.

The Victory Cup was a **BLAST** again this year! I laughed so hard and was truly amazed at how people have fun, are super competitive and work hard to compete!

This year's spirit award should surly come back to Spring Meadows.... I can't believe anyone could show more spirit than right here. We will get the results soon. We have had the trophy for the past 3 years so.... Guess it is time to share..... NOT!!! I wanted to make sure they were received on time so drove them to Southfield!

The Jackson Rose Parade was fun again this year! Our bus driver said we were the most fun group he had ever been with! We had our Cub Scout troop with us, Danielle and her little ones, Michael and his family! A really fun day!

Speaking of Michael..... he and Amy are expecting a baby! It is due in February 2015! The way Amy told him was the cutest thing I think I have ever seen. For Father's Day, he was given a photo book of Taylor. About on the 3rd page she held up a sign that said: Guess What? On the next page she was holding a sign that said, "I'm going to be a big sister!" How cute is that?

Taylor will be a **BIG SISTER** Soon!



We have just returned from a long weekend with 3 of our granddaughters. Two 11 year olds and a 13 year old! It was fun but Grandma and Grandpa are exhausted! I learned a lot.... Three kids eat a lot! They are very active and busy all of the time! Seriously, we had a great time; we took them to Mackinaw Island and Mackinaw City then on to Michigan Adventure for a day of rollercoasters and water parks! Lots of fun.



This is a photo of them within 10 minutes of leaving the amusement park!

We took a horse drawn carriage ride around the island; the lilacs were all in bloom! It was beautiful. In Mackinaw City, the black flies were all hatching and

that was unpleasant but the rest was fun.

Spring Meadows will have some VIP's here on the 31st of July There will be a "meet and Greet" at 4:30 with appetizers, we will put on a little "show for them, then they will proceed with a meeting and we will all be excused. We are really excited about it! More information will be sent out soon.

Our Resident satisfaction surveys are out. Be sure to fill them out and get them sent back in.

What is it with all of the rain? It feels like the tropics right here in Jackson Michigan.

Glad the pet show is going ahead. We need lots of volunteers so help if you can! I will make arrangements to be on the Bart Hawley show again so get on board and join me!

Summer is just rushing by, we need to take advantage of every day it is sunny and warm! Remember January? I actually heard someone say they couldn't wait for winter! What?!! I guess People are entitled to their opinions. Love, Linda

**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

Michael Mills
Assistant Administrator

Randy Schulz
Maintenance Superintendent

Mark Hartman
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

Congratulations!

You are being recognized because
"What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

**** Please turn this card into Village Administrator for a chance to win a prize ****

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT

Is there someone on the staff who really helped you? Michael, Linda, Danielle, Randy or Mark? Fill this out and turn it into the office.... They might win a prize!

Embrace the possibilities