



# Sage Grove View



## Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • [www.pvm.org](http://www.pvm.org)

January 2017

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## Birthday Celebration!

*Deanna H.* ----- January 5<sup>th</sup>

*Mary Ellen B.* ----- January 5<sup>th</sup>

*Gary B.* ----- January 13<sup>th</sup>

*Cheryl B.* ----- January 17<sup>th</sup>

*Mary P.* ----- January 24<sup>th</sup>

*We wish ALL who have January 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](http://www.pvmstore.org) into your web browser.*

## Announcements

### **Community Room Events**

- ❖ **January 8<sup>th</sup>** –  
Birthday Celebration –  
5:30pm
- ❖ **January 4<sup>th</sup>** –  
Commodities Pick-up for  
those registered
- ❖ **January 14<sup>th</sup>** –  
Resident Spaghetti  
Luncheon **12:00pm**
- ❖ **January 11<sup>th</sup>** –  
P.A.T.H.  
Presentation – **1:00pm**
- ❖ **January 25<sup>th</sup>** –  
Disability Network  
Presentation - **1:00pm**
- ❖ **January 9<sup>th</sup> & 23<sup>rd</sup>** –  
Bible Study Group Meets  
4:00 – 5:00pm
- ❖ **January 19<sup>th</sup>** –  
Bingo with Kim –  
3:00pm
- ❖ **January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> &  
25<sup>th</sup>** – **Sage Grove  
Support Group meets –  
11a-12p** All are welcome.  
The Comm. Rm is closed  
during the meetings.
- ❖ **January 30<sup>th</sup>** –  
Activities planning  
committee meeting –  
10:00am – **All Welcome!**
- ❖ **Community Van is back  
and running.**

See *Calendar* for more  
events.

Continued on page 5



Happy Holidays from our Village to yours...

Wishing you a very Happy New Year 😊

Giving Matters...



## Giving Matters.

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

### Michigan, we're not getting any younger.

Going to the mall to return gifts today?...Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30<sup>th</sup> oldest state** in the USA to **10<sup>th</sup> oldest**.

So what?

So, an aging population means **the services YOU help provide to seniors are more important than ever.**

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. **You are the reason that ~~PVM residents~~ Michiganders can thrive as they age.**

Thank you for your continued dedication to Michigan's older adults!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

**Maybe money CAN grow on trees... \$**

**WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$**

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller  
**248.281.2045** [www.pvmgifts.org](http://www.pvmgifts.org)



**Presbyterian Villages OF MICHIGAN THE FOUNDATION**





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## “M” stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase “use it or lose it”. It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.



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## Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: annual assessments, the Confidentiality Agreement, and resources.

Since I have been working with National Church Residences for over a year, it is time to start doing annual reassessments. If you are due for a reassessment in 2017 (some of you are due in 2017 and others are in 2018), we will need to review and update all of the information in the assessment. I will be in touch before that date.

You should have received the updated National Church Residences Confidentiality Agreement if you are active for Service Coordination. Thanks to those who have signed the new form and/or contacted me about the process. If you have not signed the form and you want to stay active, you don't need to do anything; the update is automatic. Please see me with any questions.

Whether you participate in Service Coordination or not, there are many resources I can provide. These vary from information about governmental agencies (like the Department of Health and Human Services and Social Security) to local resources (for food, transportation, etc.). If you have a question, feel free to ask and I will help you to find an answer. A resource list is posted on the bulletin board outside of the office. I can provide printed copies of any of the information contained in the list.

### Upcoming Presentations

**PATH – On Wednesday January 11, 2017**, the Area Agency on Aging will be here to present about the PATH program (Personal Action Toward Health). The focus of this event will be dealing with Chronic Pain. They have other programs, such as Diabetes, that could be done here.

**Disability Network Southwest Michigan – On Wednesday January 25, 2017**, staff from Disability Network will talk about their services, particularly the use of the Metro Bus system and Disability Network's Travel Trainer.

I am working with the Area Agency on Aging to host a presentation about Chronic Obstructive Pulmonary Disease and will share more information when it is available.

Please let me know if you have ideas for presentations. I would like to be able to provide information and resources that are relevant to you.

Rebecca Ogradowski, LLMSW  
Service Coordinator

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## Announcements Continued

- ❖ **1<sup>st</sup> 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 3<sup>rd</sup> floor.
- ❖ Movie Matinee – 1:00pm ***Movie showing in Parlor*** Movies can resume now that winter is back.
- ❖ 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 12:50pm

## Administrator Column

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

**Wii or Xbox Bowling** – PVM 1<sup>st</sup> Annual Wii Bowling Tournament – Congratulations to the Village of Oakland Woods who took the championship! ... Congratulations to our Village for staying in the competition up to the second to last battle. We took third! Way to go Sage Grove ZOO!

### **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.**

**Thank you everyone who participated** in our annual Holiday Dinner. We had a wonderful time with an abundance of food. Not an empty seat in the room. Thank you PVM Foundation – Resident Activity Grant for supplying the major portion of the meal. As always, we appreciate you!! ... Thank you Joe King – Who always goes above and beyond by doing the major portion of the cooking and preparing such a wonderful meal ... Thank you Rebecca O., Sandy P., Marilyn H., Ann M., and everyone else who helped prepare, serve and clean up after the dinner. You ALL are ROCK STARS!!!

If you never attend the Resident Activity Planning Committee, All are Welcome and

we would love to have your input.

Winter is upon us! Please dress appropriately when venturing out of doors. Take it slow on ice and snow. If you come across an icy spot during normal business, please let Maintenance and/or the office know, so we can put more salt out. If it's on the weekend or after normal business hours, we have salt buckets by each entry door, please help yourself.

Please note: Our recycling pick-up day has changed from Monday to Tuesday, effective immediately.

We will be having our annual New Year's Eve party on Friday, December 30<sup>th</sup>. We will be playing grocery Bingo. ... We always have a good time, please join us.

The office will be closed on Monday, January 2<sup>nd</sup> in observance of New Year's Day.

Wishing you a Safe & Happy New Year!

*Paula Hager*  
Administrator



# January 2017 - Happy New Year!



## JANUARY 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2 Office Closed	3 Community Van	4 Commodities for those registered Resident Support Group 11a-12p	5 Church cards - 1:00p	6 Games 3:00pm	7
8 Birthday Celebration 5:30pm	9 Bible Study 4-5p Team Bowling 6:00pm	10 Comm. Van Team Bowling 1:00pm	11 Resident Support Group 11a-12p P.A.T.H. Seminar - 1:00pm	12	13 Games 3:00pm	14 Resident Luncheon Spaghetti Dinner - 12:00p
15	16 Team Bowling 6:00pm	17 Comm. Van Team Bowling 1:00pm	18 Resident Support Group 11a-12p	19 Bingo with Kim - Life EMS 3:00pm	20 Games 3:00pm	21
22	23 Bible Study 4-5p Team Bowling 6:00pm	24 Comm. Van Team Bowling 1:00pm	25 Resident Support Group 11a-12p Disability Network Presentation- 1:00p	26	27 Games 3:00pm	28
29	30 Resident Activity Planning Mtg. Team Bowling 6:00pm	31 Comm. Van Team Bowling 1:00pm				

**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](http://www.pvm.org)



## Office Numbers

**Phone: (269) 567-3300**

**Fax: (269) 381-6733**

### Village Staff

**Paula Hager**

*Housing Administrator*

**Rebecca Ogradowski**

*Service Coordinator – National Church Residences*

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

10am – 3pm

**Joseph King**

*Maintenance Technician*

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**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](http://www.pvmfoundation.org)

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