



Village News



Embrace the possibilities

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

October 2014

49201 • www.pvm.org

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Fire Drills!

October at Spring Meadows means it is time again for our Fire Drills! Your lease states that you will participate in fire drills.

This October the date is October 14th at 11 AM for Spring Meadows II and at 2:00 PM at Spring Meadows I.

At Spring Meadows II, the alarm will be pulled and we have to account for everyone in the building, if you will be gone, please let the office know not to look for you! We have asked Blackman Township to be in attendance for the drills.

At Spring Meadows I, we will have a safety talk, the most important thing at Spring Meadows I is to GET OUT! We can replace the buildings, we can't replace YOU! You are what is important and you have 5 ways to get out of your home if there is a fire, we just want to make sure you use one of those exits.

We will be serving brownies at the office and you have an opportunity to meet some of our Blackman Township "first responders." The Fire Chief told me they would love to meet you "unless" they have an emergency going on at that time.

Halloween Parties:

Spring Meadows II,

October 30th 1 - 3

PM

Spring Meadows I

October 31,

3 - 5 PM

Food, Karaoke,

Prizes for the best

Costumes!

Inspections:

**Spring Meadows I
October 20 - 24**

**Spring Meadows II
October 13 - 15**

Please be prepared



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!

Spring Meadows I community room or delivery to your door!

**October 17, 2014
11:30 AM**

FLU SHOTS

If you look at the "Center For Disease Control" regarding the flue, this is their recommendation:

"Have you taken the steps to prevent flu this season? As long as flu viruses are still circulating, you can still benefit from a flu vaccine. Flu vaccination is the first and most important thing you can do to protect against flu. Get yours today!"

Debbie Muhich from Brown Pharmacy and one of our Board Members will come to your home if you cannot get out or meet at

At the office to make sure you are safe from the flu!

There is a flu shot clinic being held at Spring Meadows II community room on the 15th of October. Just bring your insurance card. All staff members have been immunized!



- 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!!

• 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



Support Future Residents *and* Generate Income for Life!

Did you know that there are other ways you can support your PVM Village besides writing a check? You can leave a legacy for future residents through a planned gift to the PVM Foundation, like a charitable gift annuity.

A charitable gift annuity is an agreement between a donor and PVM where the donor makes a gift to PVM. In exchange, the donor receives **fixed payments for life** with as high as a 9% rate of return, depending on the donor's age. You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big difference.

With your gift, you can help improve the lives of future residents at your Village in so many ways, such as through Benevolence to help residents in emergency financial situations or fitness programs like *A Matter of Balance* to reduce falls.

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society

and are honored annually at a special event. For more information about Charitable Gift Annuities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you to all our donors who support the PVM Mission and make a lasting impact on future residents!

Warm regards,
Paul J. Miller, CFRE
at Dinner & Program

You asked for it:
 Resident Meetings with Management
 Spring Meadows I – October 16 @ 2:00 PM
 Spring Meadows II – October 16 @ 11:00 AM



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Don't second guess your intuition. If you get a strong hit, gut reaction or a deep "knowing" about someone or something, trust it. Second guessing happens when you go inside your head and allow your thoughts to take over. Logic has it's place, but leave it out of intuitive hits.

*****Y

ou are not responsible for the happiness or well-being of another grown individual. Stop people pleasing, rescuing or taking responsibility in any other form for other people's lives. Pour that energy into become the best, healthiest and happiest person you can be - THAT is the best way to serve others.

Presbyterian Villages of Michigan Foundation
presents its 11th annual Gala

Get Your Motors Running!

Sponsorship Packages Available!

Patron Tickets \$375
Individual Tickets \$250

For more information, contact
PVM Foundation at 248.281.2040
or visit www.pvmfoundation.org

Friday, November 14, 2014
COBO Center, Detroit

5:30 p.m.
VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.
General Reception & Raffle

7:30 p.m.
Dinner, Program & Entertainment



Danielle's News

Happy Fall Spring Meadows! The mornings are brisk, the leaves are changing and warm apple cider is sounding mighty sweet! If this fall has found you with questions about how to get active or stay active, please see the display in the SM2 Community Room. Jackson Parks and Recreation puts on many events geared towards those over 50 – most are free! Senior Yoga, Monthly Dump Soup Gatherings and many others. If you are finding yourself having trouble navigating DHS or a community provider, please call me! That's what I am here for! Also, as the... dare I say it... *winter* months approach, it's very important to maintain social activity. On that note, please join me for a presentation on the Importance of Social Interactions for Seniors. This presentation will take place in the SM2 community room on Tuesday, October 21 at 11AM. Of course, refreshments will be provided! Please take advantage of this presentation as I cannot stress enough the impact human interaction has on your physical and mental well-being. Finally, I would like to remind you all of the Spring Meadows Lunch Club! This has been such a fun adventure for us since June of 2014!! We will be drawing our October destination on Wednesday October 1st and posting them in both SM1 & SM2 Community Rooms. Lunch is ALWAYS the first Monday of the month; this month will be October 6th.



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.

Resident Satisfaction Survey at Spring Meadows:

One resident wrote: I wish we could have more say in the Friends and Family and know how much money we had to work with.

Answer: We announce and have meetings every year and ask for suggestions for what to work for with Friends and Family. Last year, only a handful of residents showed up for the meeting, it was voted that we would work for televisions and a bus. The amount of money depends on how much we raise. In the beginning of the campaign, we have no idea how much money we will have until it is over.

One Resident wrote: They were not pleased with one staff member's hair. That it was too long and they felt it was greasy.

Answer: The concern was about Michael's hair. Michael pointed out that it is a sexist thing to say, "if a woman had long hair there would be no problem with that." While management expects everyone to be well-groomed and presentable, it is not up to us to make decisions on the length of a person's hair or the style of someone's hair.

One resident wrote: He/she was concerned about the number of pets in this community and that watching people pick up after their dogs bothered him/her.

Answer: PVM made the decision to allow pets as a way to keep people engaged and happy. It has been proven over and over that a pet is good for you. PVM does not allow puppies or kittens (they must be full-grown animals). Nothing will change about allowing pets. People have to be responsible and take their animals out regularly and pick up any waste from them but we are very happy to have pets at Spring Meadows.

One Resident wrote: I would like the rent not to go up every year.

Answer: We don't like to see the rent go up every year either. It goes up because our expenses go up. We are fortunate that our rent increases are not \$50 or \$60 like most apartment communities are but the property has to sustain itself.

One Resident Wrote: Would like to see more educational classes, Baker or Jackson College for Free. Not happy about the pet shows and pet things.

Answer: We have one pet show in the fall and if a resident does not want to be involved, they don't have to be. It is a totally self-supporting event. Baker College is a privately owned college and while we have contacted them, they are not willing to offer free classes. Jackson College has a program for people over the age of 62 to attend classes free. Contact Jackson College at: 517.787.0800

Of Course, we had lots of great responses too! Thanks for your input!



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

Bullying and RESPECT

When you think of the word 'bullying,' your mind may go back to the days on the schoolyard playground, in high school halls, or even in the professional workplace. Bullying, however, can occur at any time and any place in a person's life including our later years. Although it is a growing problem, we can take effective steps toward addressing the issue and perhaps redefine what bullying means.

Bullying can take on many forms which may include name calling, gossiping, insults, racial slurs, shunning, belittling jokes, bossy behavior, invading personal space, spreading rumors, making fun of physical or mental disabilities, making offensive gestures or facial expressions, and engaging in mental and/or physical abuse. It can lead to reduced self-esteem, feelings of rejection, fear and anxiety, depression, suicidal thoughts or actions, self-isolation, increased stress, negative changes in eating and sleeping habits, and negative effects on activities of daily living.

To bully is to essentially disrespect your peers.

There are steps YOU can take to prevent and stop disrespectful thoughts and actions. Everyone can practice RESPECT:

- **R**ecognize others for who they are and appreciate their differences
- **E**nergize your environment; make it welcoming for others
- **S**upport and uplift the spirit of your peers
- **P**ractice empathy; put yourself in their shoes
- **E**xpand your social network, connect with your peers
- **C**ommunicate with kind words and gestures
- **T**reat others how you would want to be treated

Fall has arrived. Behold the changing leaves, and enjoy the crisp breeze. Let your eyes take in the bursts of color. Transformation is afoot and hope is in the air.



“Autumn, the year's last, loveliest smile.”

William Cullen Bryant



"Every leaf speaks bliss to me, fluttering from the autumn tree."

Emily Bronte

Western High School Key Club to volunteer at SM

The Western High School Key Club has offered to volunteer at the Villages of Spring Meadows.

These high school students are a part of Kiwanis Club of Jackson and want to work with our residents.

They are planning some computer training classes and other ways to help out.

If you have ideas, let us know, more information will be coming soon.



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

October is the fallen leaf, but it is also a wider horizon more clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again.

[Hal Borland](#)

If you look around, complacency is the great disease of your autumn years, and I work hard to prevent that. [Nick Cave](#)

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

Elizabeth Lawrence

Fall is in the Air at Spring Meadows

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

APPLES
 CIDER
 FESTIVALS
 HALLOWEEN
 SOUP

CANDYCORN
 DOUGHNUTS
 GHOSTS
 HAYRIDES
 SPIDERS

CEMETERY
 FALLINGLEAVES
 GOBLINS
 PUMPKINS
 WALKING

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
Pay with check or money order, orders can be placed at the office!

Meet with the Administrator meetings!

October 16th at 11 AM for Spring Meadows II
And
October 16th at 2:00 PM at Spring Meadows I

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

**Halloween Parties:
 Dress up.... Prizes for the top
 costumes!
 Spring Meadows II, October 30, 1-3 PM
 Spring Meadows I, October 31, 3-5 PM**

October Birthdays

Birthday extravaganza is held every month at Spring Meadows II – October 24 from 2 – 3 PM. (Celebrating October Birthdays..... everyone is welcome... cake, games and prizes)
 Thanks to Sherry from Faith Haven for the cake and Michael for the Games!!

- Janet Bell.....10/19
- DuWana Bertke.....10/14
- Anna Cook.....10/14
- Bea Daniel.....10/14
- Wes Wheeler.....10/29
- Norma Lane.....10/12
- Ruth Ann Myers.....10/11
- Carol Papineau.....10/12

Happy Birthday everyone!!

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





For Your Safety.

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

2014 Resident Satisfaction Survey

Thank you to the 1,316 residents and families across Presbyterian Villages 25 Villages who took the time to respond to the 2014 Resident Satisfaction survey. Those surveys, plus your written comments, provided us with valuable information concerning what we are doing right and where improvements need to be made. Your administrator, after reviewing the results, will develop steps to improve in key areas that you have indicated are important to you. The results of the survey as well as action plans will be shared with residents, families, board members and staff. Measureable goals are set along with a touch points throughout the year to see what progress is being made.

An important aspect of feedback to residents and families is an explanation of why we can or cannot act on their concerns. For example if a resident at an affordable housing site offered the observation that their rent is too high, we can pass that information along to HUD and MSHDA, but we cannot change how rent is calculated. If however residents do not feel they have received value for their rent money, that is an area we can do something about. The first step would be to find out from the residents what would more value look like to them. In both instances, an explanation is in order.

Communication between administrators and residents is an ongoing process, not just at survey time. It is important that when the 2014 survey results are presented at your Village you attend the resident meeting to discuss the results. Perhaps your administrator needs some clarification on a particular issue or can offer a more detailed explanation as to why something is the way it is. When people work together for the common good, much can be accomplished. The one thing that comes through on both the employee and resident surveys is that we care about each other, which is a great place from which to start.

Presbyterian Villages of Michigan is committed to Service Excellence and the four pillars of: Respect, Relationship, Accountability and listening. You have spoken and we are listening. Together we can accomplish great things.

Unfortunately, Mother Nature wasn't with us for our 3rd annual Pet Show. We still had a GREAT time and didn't lose any money. We broke even and everyone had a lot of fun so in that way it was a success!

Big Thanks to 7-Eleven, American One Federal Credit Union and 106.9 fm HOME for all of their help! Lots of residents helped, especially Al Garrett and Barb Lewis! Thanks to all!

The lucky winner of the tree Skirt was Mike Garrett!

It is hard to believe that winter is fast approaching! Some say it will be worse than last year and some say it won't be that bad (it was the worst winter in 100 years), I am hoping it is milder than last year. I guess we all just have to wait and see.

Bill is enjoying his Tai Chi class this year (as always). Tai Chi is such a great class and can be done sitting or standing. Remember, Tai Chi is every Friday morning from 9 - 10 at SMI.

We are starting to plan for our Halloween parties, we will be putting out sign up sheets soon. Start dusting off your favorite Halloween costumes .

Every year, Bill and I host an overnight Halloween party for our

Granddaughter, Paige. We have 5 or 6 girls 10 - 11 year olds and plan a party to scare them! Last year we had it in the community room at SMI and boy.... We really scared them! I am trying to come up with something at least as scary as last years (for those of you who helped me, you know that is going to be hard to do)!

Yes, Scruffy is still living on my deck and following me around. I have spoken to many people with chickens and they don't want a rooster! I found someone I am hoping takes him but they are afraid that he will get "picked-on" by the other roosters. He is such a funny little guy, to see him run across the lawn when I whistle for him is the cutest thing ever! I know they can be mean but he is just sweet. He stands outside the door to my house and just crows, right on the welcome mat! I feed him corn and grapes (he loves grapes and cornbread).

Bill and I are volunteering with our dogs and meeting at a local home for people with cognitive disabilities every Sunday. I love these people, they are the kindest, bravest people I have ever met and they really love the dogs!

As much as I hate the thought, we do need to start thinking about winter safety already. Remember, as much as we try, we can't keep the snow off of everything! Watch your step; ask for salt if you need it. Snow has a way of thawing and refreezing into ice! Be Careful when you step outside your door! Most of us are not new to Michigan winters and understand that we have inclement weather and we have to be careful!

Budgets are almost done for SMI (we don't start SMII until February). Fall is our time for inspections and audits, we have had inspections and now have audits on the 1st and 28th, we do very well on all of them but they are always stressful. Plus meetings, classes and webinars, seems like we are always on the run!

As you know, I drive from Lansing every day, the weather and the trees are so beautiful! I do love autumn and this year is spectacular! The trees are changing and the smells of autumn just can't be beat! The evenings are cool but the days are warm and beautiful.

Hope you have time to get outside and enjoy the spectacle going on outside your window!

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

Danielle Leithauser
Service Coordinator

Randy Schulz
Maintenance Superintendent

Mark Hartman
Maintenance Tech

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