



Village News



Embrace the possibilities

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

December 2014

49201 • www.pvm.org

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Happy Holidays!

Happy Holidays! Most people enjoy this time of year! Food, fun and families!

Our Christmas Holiday parties will be held on December 19th!

Spring Meadows II: December 19 from 1 – 2 PM.....Santa will arrive and we will have goodies (bring a dish to pass!) We will be judging doorways again this year.... Make your doorway festive and we will choose our favorite one for a prize!

Spring Meadows I (the cottages): The festivities start at 3 with appetizers and goodies... bring something to pass! Santa will arrive with gifts for all good residents (if you plan to bring little ones.. and we love it when you bring little ones..... please bring a gift Santa can give them).

Now is a good time to remind everyone that all of the staff **LOVE** our residents! Having jobs we love and being able to spend time with such amazing people is our greatest gifts.

We cannot accept gifts with a value of more than \$25 and we don't need any gifts! If you want to make us happy, fill out a "What I do Matters" card. Or just a nice thank you goes a long, long way! We are just happy to be here and enjoy all of you!

Bible Study will not be held in December..... plan to start in January!

Administrator meetings will not be held in December!
We will meet again in January 2015

Look for PVM on:



Notice of Grant for Spring Meadows I

Linda applied for Grants through the PVM Foundation for Spring Meadows I, we were awarded both grants! Spring Meadows I will be getting an accessible door at the office and clubhouse and three benches for the North side of the property!

The accessible door is really needed for people to have better access to the front door. This will allow people in wheelchairs, scooters and walkers better access to the facilities.

The property is a great place to walk with almost a mile of sidewalks, we currently have 2 benches, the addition of 3 more benches will give people a place to rest while out walking and may even encourage more walking! Get out and enjoy the day!

The door and benches will be here before the end of December!

The FLU

If you look at the “Center For Disease Control” regarding the flu, 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!”

You can still get your flu shot at the Village of Spring Meadows, give us a call and we will set you up with a shot.... Remember.... If you are not feeling well..... ***stay home!!***



- 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.
- And a Nustep at Spring Meadows I too! 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

We will not do our catered lunch in November and December...we will start up again in January 2015! A big thanks to Steve Rice!



Support Village Residents in Need

PVM offers financial assistance to residents who need it most: those who have outlived their resources and those who have an emergency financial need. Called Benevolence, this type of support impacts each PVM Village. **Please support residents in need by making a donation to the PVM Benevolence Fund today!**

Your December gift supporting the Benevolence Fund is eligible to be matched, \$1.00 for \$1.00, and a special **\$2 for \$1 double-match** is being offered on **Tuesday, December 2nd, or "Giving Tuesday,"** for any Benevolence gift received by the PVM Foundation office! Please note that all gifts are on a first-come, first-matched basis until matching funds are exhausted.

Maximize your gift today by visiting the front desk, your Village Administrator or our website at www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match). You can also call the PVM Foundation at 248.281.2040.

In addition to offering resident financial assistance, the PVM Foundation awards grants to Village projects and programs to

continually improve the lives of residents. I am pleased to share that this year, the PVM Foundation's **Grant Allocations Committee** awarded over \$300,000 to Villages. Some of the projects included:

- Upgraded security cameras at The Villages of Harmony Manor, Redford and Peace Manor
- Community room enhancements and additional outdoor landscaping at The Village of Hillside
- Improved outdoor lighting at The Villages of Oakman Manor and Peace Manor
- Paved service road at The Village of Sage Grove
- Park benches and automatic entrance doors at The Village of Spring Meadows

It's through the support of every Board member, employee, volunteer and donor that make projects and programs like these possible. To each of you, **thank you for making a difference** and best wishes for a wonderful holiday season!

Warm regards,
Paul J. Miller, CFRE
website, www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match).



The Village of Spring Meadows

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.

Calvin Coolidge

Maybe Christmas, the Grinch thought, doesn't come from a store.
Dr. Seuss



Help A Senior Who Needs It Most



Support a senior today who has outlived their resources or has an emergency financial need.

Your gift is eligible to be **matched \$1 for \$1** and a special double-match,

\$2 for every \$1 donated,

is being offered on **Giving Tuesday, Dec. 2nd!**

For more details, please see the front desk or your Village Administrator, or call PVM Foundation at 248.281.2040.

Match is on a first-come, first-matched basis until matching funds are exhausted.

Danielle's News

Welcome to the Season of Giving!

Whether you celebrate a Winter Holiday or choose not to do so is not the center of my focus. Everyone is entitled to their personal beliefs and to have those beliefs respected. The reason I am focusing on the Season of Giving is because of what that can do to benefit YOU! We all know giving helps others, but studies show that giving is also good for the giver. It can actually boost physical and mental health! Many studies over the last 15 years have linked individuals giving (by means of volunteering, helping those in need, exhibiting empathy towards others, etc.) to lower blood pressure, increased self-esteem, less depression, lower stress levels, longer life and greater happiness. Giving to others or helping others actually activates a part of the brain in the "pleasure center" making you feel happy and contented. You can live better, healthier and longer! There are some very interesting, health-enhancing side-effects of giving to others. Topping the list: lower mortality rates and lower risk of blood-pressure problems. Researchers have also seen reductions in the symptoms of heart disease and chronic pain, as well as boosted immune function. So.... Hug a friend, make cookies for a neighbor, help out someone when you can. It will help both YOU and that person!!

As always, I am here for you! If you need help with something, never hesitate to contact me! 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

GOOD NEWS FOR THE NEW YEAR

January is the time of year which we associate with something new... a new year, a fresh start, and new projects which we did not get around to during the busy holidays. I am pleased to report that 2015 will see a major initiative come to fruition for the State of Michigan. Some of our readers may recall that last year I was appointed by Governor Snyder to the Michigan Health Endowment Fund Board. The mission of the Michigan Health Endowment Fund is to improve the health of Michigan residents and reduce the cost of health care with special emphasis on the health and wellness of children and seniors.

As Vice Chair of this board, I am committed to responsible stewardship of these monies which will total \$1.56 billion over 18 years. This endowment will place the fund in the position of being the fourth largest foundation in Michigan. This past year we have set up the entire structure for the board while granting funds to statewide organizations, in addition to conducting a listening tour around the entire state to find out from professionals on the ground what is needed. Some of the major initiatives will include preventing falls for seniors, wellness programs for parks and recreation teamed up with senior centers and support for food banks across the entire state.

In 2015 we will expand our reach to allow for all organizations in the state who work with seniors and children to apply for grants. Our listening tour affirmed for me that there are many wonderful programs going on right now or in the planning stages which can help us meet our mission if they had an increase in funding. What does this mean for you? It could mean better transportation to doctor appointments and more programs to keep you active and aging well. It may mean improved programs to help your grandchildren get on the road to success. It will also mean a better Michigan for us all. Look for updates as we continue this good work.

Finally, I would like to thank Governor Snyder and the Michigan Legislature for working with Blue Cross Blue Shield of Michigan to create this important fund. On to a good year in 2015 for the State of Michigan and its residents!



It's Your Life. Live It Well.
 By Tom Wyllie,
 Director of Wellness

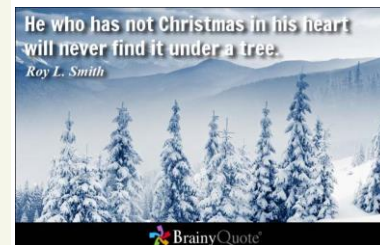
This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

10 Great Wellness Gift Ideas for The Holidays



Gift giving is a beautiful part of the holiday season and a time to have fun and be creative! Here are some great ideas for gifts that will benefit the health and well-being of your loved ones as well as your own:

1. Write a poem for your significant other.
2. Mail a card to a long-distance friend.
3. Paint a picture for a church or homeless shelter.
4. Give a flower (the December flower is the Narcissus) to a passing stranger.
5. Buy movie tickets for you and a friend.
6. Bake cookies or a pie for your neighbor.
7. Share your secret recipe with your best friend.
8. Make your own gift basket of homemade jam and jelly for your children.
9. Write a fun story about your life and read it to your grandchildren.
10. Spend quality time with your family and friends.



He who has not Christmas in his heart will never find it under a tree.

Roy L. Smith

If you haven't got any charity in your heart, you have the worst kind of heart trouble.

Bob Hope



Calendars for Sale \$10

Our First ever Spring Meadows Calendars have gone to print! They will be here on December 4th!

See a photo of Gloria and Sue Surfing, Peggy in a gondola, Nicki in Antarctica with emperor penguins or Janet and Caroline in a rickshaw in Barcelona?

Lots of fun..... already planning for next year! The 12 month calendar is just \$10 and will make a great Christmas gift!

Quantities are limited so get your order today!



I don't think Christmas is necessarily about things. It's about being good to one another, it's about the Christian ethic, it's about kindness.

[Carrie Fisher](#)

Our many different cultures notwithstanding, there's something about the holidays that makes the planet communal. Even nations that do not celebrate Christmas can't help but be caught up in the collective spirit of their neighbors, as twinkling lights dot the landscape and carols fill the air. It's an inspiring time of the year.

[Marlo Thomas](#)



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



Christmas at Spring Meadows

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

CAROLS
 GIFTS
 MANGER
 REINDEER
 SNOW

COOKIES
 ICE
 PARTIES
 SANTA
 STAR

FAMILY
 LIGHTS
 PIE
 SECRETS
 TREE

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 \$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!

We Need Singers

We are having a special Holiday appreciation luncheon for our Board at Spring Meadows I on December 3rd.

It would be wonderful if we could have some carolers to entertain, we have the karaoke with Christmas songs so it will be pretty easy. Also looking for about 6 servers! Call the office if you want to volunteer.

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

It's not too late to participate in Secret Pals...

we

still have a few names available so call the

office

and we will find you a partner!

It is great fun!

December Birthdays

Birthday extravaganza is held every month at Spring Meadows II – December 26th from 2 – 3 PM.
 (Celebrating November Birthdays..... everyone is welcome... cake, games and prizes)
 Thanks to Sherry from Faith Haven for the cake!

Timmie Behm 12/24

Marcia Wilkinson.....12/1

Barbara Gier.....12/9

Happy Birthday everyone!!

Nancy Herman.....12/17

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

Judy Martin.....12/24

Linda Metler.....12/22

Lois Tiffany.....12/2

Ed Toole.....12/23



Zatha Carl.....12/1

Mary Hale.....12/21

Gloria Hamlin.....12/17

Wellness Words: Tip #61 Boost Your Metabolism By Following These Tips!

As we age our body's ability to break down food to produce energy starts to slow down. We can combat metabolic slowdown by boosting and reviving our metabolism. Here are some tips you can follow:

1. **Eat breakfast** – eating a nutrient-rich morning meal 'wakes up' your metabolism and gets the day going right.
2. **Snack smart** – eat a snack or small meal every 3 to 4 hours to keep your metabolism going and to avoid crashes in your blood sugar levels.
3. **Choose aerobic exercise that you enjoy** – aerobic exercise can rev up your metabolism in the hours after a workout.
4. **Build muscle with weight training or resistance exercise** – muscle 'burns' more than fat; each pound of muscle uses about 6 calories per day just to sustain itself, while each pound of fat burns only 2 calories per day.
5. **Fuel up with water** – your body needs water to process calories!

For more information on metabolism, click on the links provided below:

<http://www.eatright.org/Public/content.aspx?id=6442471883>

<http://ods.od.nih.gov/factsheets/VitaminB6-Consumer/>

I am so excited about writing this to you this month!

Do any of you remember Dr. Bernie Siegel? Dr. Siegel wrote several best sellers in the 1980's and 90's he was a Harvard educated surgeon and one of my great heroes. Dr. Siegel wrote "Love, Medicine and Miracles" in the late 80's. My beloved husband, Michael, was diagnosed with leukemia in 1988 (he died in 1989). I read the book over and over, gave copies to each of his doctors and used it as a guide to get through a very difficult time in my life. Dr. Siegel helped me through. I met him in 1996 and he signed a copy of his book, Love Health and Healing and I still treasure the book.

A few years ago, I visited Bernie's website and wrote a letter to him and he answered me! I was stunned, did not for a moment expect that he would directly contact me. Now, about twice a year, I send him an email (I don't want to do it more than that and have him think I am a stalker) Bernie was born in 1932.

Yesterday, Roger Myers (PVM's COO) sent an email out about an article written by a 65 year old entitled, "Why I want to die at 75." The article was about the author's belief that we have no value after the age of 75! WHAT!!!

Mr. Myers was very upset that a person would even think such a thing, much less publish the garbage!

I want to invite the author to come to Spring Meadows and meet some of the amazing, vibrant, engaged people here!

I wrote to my mentor/hero Dr. Siegel and told him how offended I was with the article. That I looked at people here and at him (still writing and publishing, working with Depok Chopra and Wayne Dwyer) and saw creativity to spare! He wrote back almost immediately that this guy sounds like a doctor. He sent me a beautifully written article about "Grow Old Along with me, the best is yet to be!"

I have a copy of the article Dr. Siegel wrote if you would like to see it. If you have a chance to read anything by Dr. Siegel, I highly recommend it. He has so much wisdom and is a true treasure.

The point is, we are meant to live every moment for as long as we are granted a space on this amazing earth we live on. We are here to learn and grow and share and to take care of each other! The theory that 75 is the age we should be removed from life is ridiculous, I am honored to care about

People of all ages and to learn from many in their 70's, 80's and 90's!

Bill and I went to Myrtle Beach for a week, the weather was in the 70's all week. We took a cooking class in Charleston, we made roast game birds, stuffing, sweet potato casserole, prosciutto wrapped green beans and a pumpkin ginger cupcake with caramel drizzle! The chef taught us some pretty fancy knife skills too! I saw DOLPHINS!! We went to a couple of shows, and went to a couple of parties, walked on the beach and just had a nice time. We drove down; it takes about 15 hours with stops along the way so we drove 11 hours day one and 4 hours on day 2. Eleven hours is about all I can handle in a car then I am ready to get out!

Then back to this horrid weather! Good grief, it is too cold, too early! This feels like January not November!

For those of you keeping track, Scruffy is doing great, we got him a heater for his little coop and a heater for his water dish. His tail and neck feathers have all grown back in and he looks very handsome!

I am so excited about the new staff, they are catching on and doing a great job! Rae is training on certs and recerts and learning our computer system. Tom and Bruno love their jobs! Happy December, 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

Rae Stachnik
Assistant Administrator

Danielle Leithauser
Service Coordinator

Bruno Trout
Maintenance Lead

Tom Leach
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? Danielle, Rae, Bruno, Linda or Tom!
Fill this out and turn it into the office.... They might win a prize!
Linda won a \$25 gift card in October!**

Embrace the possibilities