



Sage Grove View



Embrace the possibilities

214 S. Sage Street • Kalamazoo, Michigan 49006 • www.pvm.org

April 2018

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Birthday Celebration!

Ann M. ----- April 12th

Madge B. ----- April 26th

We wish ALL who have April 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...

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 into your web browser.



The Village of
Sage Grove
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

An Aging Well Attitude Can't Be Beat!

I often speak about the importance of having an Aging Well Attitude as an important aspect of aging. Recently inspiration has arrived in the personhood of Sister Jean Schmidt, Loyola-Chicago's 98 year old chaplain. She has been their basketball team's good luck charm during their NCAA March Madness tournament journey. Sister Jean has a sense of humor and is talented when it comes to branding. During her team's Elite 8 game versus Kansas she was spotted wearing custom-made Nikes; and she is even the star of her own Bobblehead. She of course is not making any claim for profits but is simply supporting the team and university. She has become "the face of Loyola-Chicago".

Schmidt prays with the players before games and gives them scouting reports the next day, according to the Associated Press and Fox News. Her players consider her to be their not-so-secret weapon. They have proven themselves to be a team that can't be beat for now. Sister Jean has proven that having an Aging Well Attitude can't be beat. In fact, the qualities and assets inherent in this story match reports of studies as to what creates quality of life and even perhaps longevity: Having a passion, dedicating oneself to the pursuit of that passion, having a sense of belonging and being a part of something greater than oneself, to be engaged and engaging...

There's a lesson to be learned from this for us all. WHAT IS YOUR PASSION?

Announcements

Community Room Events

- ❖ **April 8th** –
Birthday Celebration –
5:30pm
- ❖ **April 4th** – Commodities
Pick-up for those
registered
- ❖ **April 5th** – Church Cards
– 1:00pm in Game Rm.
- ❖ **April 2nd & 16th** –
Bible Study Group Meets
4:00 – 5:00pm
- ❖ **April 4th, 11th, 18th & 25th**
– Sage Grove Support
Group meets – **11a-12p**
All are welcome. The
Comm. Rm is closed
during the meetings.
- ❖ **April 4th** – Friends &
Family Kick-off party–
12:30 – 2:30 – Lunch
provided
- ❖ **April 5th** – We Shop
Presentation – 12pm in
Comm. Rm
- ❖ **April 19th** – Bingo with
Kim Life EMS – 3:00pm
- ❖ **April 20th** – Board
meeting 8:45am – 9:30am
Cm. Rm. closed
- ❖ **April 30th** –
Activities planning
committee meeting –
10:00am – **All Welcome!**

See Calendar for more
events.

Continued on page 5

Giving Matters...



Giving Matters.

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

April is our Friends and Family Campaign

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

April 1 – 30

ONLINE: pvmf.org/SageGrove **CALL:** 248.281.2040

MAIL: PVM FOUNDATION 26200 LAHSER ROAD SUITE 300

SOUTHFIELD, MI 48033

You can make Sage Grove the BEST place to age Presbyterian Villages of Michigan Foundation is a 501(c)(3) nonprofit organization. Michigan Charitable Solicitation Registration #MICS 35871.

TO MAKE A GIFT:

See the front desk for a donation envelope or 2018 Goal: \$1,200

Thank you!

Generous donors like you have given residents at Sage Grove:

- Opportunities to socialize & avoid loneliness
- A more comfortable and functional community room
- A paved sidewalk to stay safe during walks

Give today, for Beatrice. Local seniors like Beatrice are growing older in fear every day. You can change that. Beatrice had numerous health issues. They kept her living in fear, and from living a full life. Thanks to programs at her Village—made possible by donors—she lost weight, got healthy and became more involved with her community. Your gift to Sage Grove means a better life for a senior like Beatrice. You can give residents the latest technology to stay safe and connected, social activities to stay engaged or exercise equipment to stay as healthy as possible. Will you give today?



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Alcohol: the Good, the Bad, & the Ugly

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits (≤ 2 drinks/day for men, ≤ 1 drink/day for women), it's excessive drinking that you have to worry about. Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits. If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol.

For more information on the health effects of alcohol, visit www.niaaa.nih.gov.

Service Coordinator Corner

Welcome to another edition of the SC Corner. This month, the subjects are: Qigong/TaiChi classes, Home Heating Credit, and Food Resources.

Qigong/Tai Chi – Since some people have expressed interest in having Qigong and/or TaiChi classes at Sage Grove, we are looking into ways to make that happen. Ed Kehoe (the leader) charges \$50 per class. I know of two possible sources for the funding: the PVM Foundation and the Wal-Mart Community Grant program. In order to apply to either, I need to have an idea of how many participants to expect. If you would like to attend classes, please make sure that you return the scheduling form to me. Friday is the best day for Ed, but we may be able to arrange another.

The exercises can be modified to use a chair rather than standing. Please make sure that Ed knows your preference.

Also, since Ed has worked with Westland Meadows before, I talked with their Service Coordinators. They have some folks who would be interested in coming here.

Home Heating Credit – You may have filled out the Michigan Home Heating Credit form when AARP was here. The Department of Health and Human Services includes a credit of \$20 or more when calculating Food Assistance. I can contact DHHS for you to submit the form for review.

Food Resources – The list of resources for food has grown! Nineteen organizations in the Kalamazoo area will provide food. The process and requirements vary by site. Please check the list on the bulletin board outside my office. I can print a copy for you. Some operate on Tuesdays, so it's possible to use the Community Van.

Upcoming Presentations

We Shop – April 5, 2018 (Thursday) 1pm – This membership-based personal shopping service could be beneficial if you have difficulty getting to a store. They do charge a fee to join and one for each store they visit on a member's behalf. When I talked with them, they didn't object to shared memberships (similar to Costco). They are able to purchase food items through the Bridge Card system. Lunch will be provided.

Meridian – April 26, 2018 (Thursday) 1pm – Meridian has many health plans that can be used with Medicare and Medicaid. They are a provider for MI Health Link. Jordyn will be here to discuss insurance options and how to find the right plan for you.

Rebecca Ogradowski, LMSW
Service Coordinator

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Announcements Continued

- ❖ **2nd Sunday in April** — (Due to Easter) **5:30pm – Birthday Celebration** for all who have birthday's during the month
- ❖ 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 3rd floor.
- ❖ Movie Matinee – 1:00pm **Movie showing in Parlor** If you have a movie you want to watch, please let us know.
- ❖ 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 1st come 1st serve basis.
- ❖ **Wal-Mart Bus – Every Monday – Pick-up is at 12:50 pm at front entrance.**

Administrator Column

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

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. – Please.**

There will not be a weekend resident luncheon this month due to our Kick-Off party and a presentation, where both will have lunch provided.

For those of you bowlers, Again, I apologize for messing up the big screen. I have a work request in to our IT department. They would have been here on the 14th, but that was they day AARP was scheduled to be here.

Unfortunately they didn't show and we had already cancelled. We are in the process of rescheduling a date for IT to visit Sage Grove to get everything working again. We will have it repaired and running again soon. Thank you for your patience during this time.

Resident feedback:

Residents Wendy E. and Mary Ellen B. have been taking care of our Library. Wendy has asked I share the following information with you.

We have received a generous donation of large prints books from (2) library systems, the

Cascade Library and Krause Memorial Library. They are shelved on the (2) shelves with a sign noting "New Donations." They are available for checkout.

Thank you Wendy and Mary Ellen for all you have done for our Library. We appreciate you!

The office will be closed April 6th through April 10th. I will be going to Green Valley, Arizona to visit family. I will be back in the office on the 11th.

I will be getting a hold of a few of you to replace the battery in your PHB. Please watch for the notice.

We are approaching the semi-annual unit inspections, furnace filter change and smoke detector battery maintenance. Please watch for the notice.



Wishing you a Blessed Easter

Paula Hager
Administrator

April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Easter Sunday April Fool's Day	Bible Study 4p-5p		<u>Commodities</u> <u>RSG 11a – 12p</u>	Church Cards - 1:00pm We Shop Presentation 12:00pm	Games Office Closed	
8	9	10	11	12	13	14
Birthday Celebration 5:30pm - Community Room	Office Closed	DEA– 5pm in Cm. Rm Office Closed			Games	
15	16	17	18	19	20	21
	Bible Study 4p-5p	DEA– 5pm in Cm. Rm	RSG 11a – 12p	Bingo with Kim Life EMS – 3pm	<u>Games</u> Sage Grove Board meeting 8:45am – 9:30am Cm. Rm. Closed	
22	23	24	25	26	27	28
Earth Day		DEA– 5pm in Cm. Rm	Resident support group <u>11am – 12pm</u>		Games	
29	30					
	Res. Activity Mtg. 10:00am in Cm. Rm. All are welcome.		RSP = Resident Support Group (Abbreviated so it will fit in the calendar.)	Don't Eat Alone = DEA (Abbreviated so it will fit in the calendar.) Every Tuesday @ 5:pm		

**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

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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

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

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