



# Village News



## Embrace the possibilities

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

June 2013

### Village Victory Cup in June Time for a “3” peat!!

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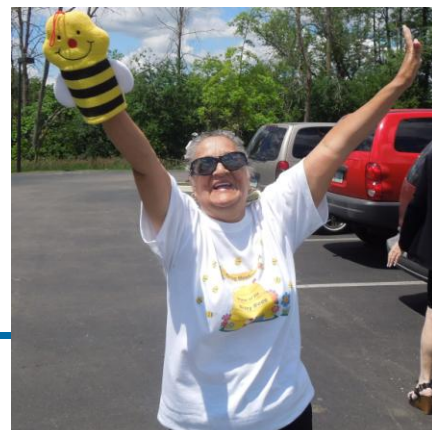


The Village of  
**Spring  
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



the spotlight.

We need people to start signing up for the events. Forms will be in the community rooms.

For the relay and the quarter mile wellness walk, we need people in age groups: 55-64, 65-74, 75-84 and 85 and over. If you do not have a younger person, you can substitute an older person; you cannot substitute a younger for an older.

Now is the time to get ready to Win this and KEEP our trophy!!

This year, we are also having a Wellness essay.... The deadline is coming right up so get those entries in as soon as possible!

It is time to prepare for the upcoming Village Victory Cup again. It doesn't seem possible that a year has passed since the last Victory Cup.

The games will be: The Puzzler, The bean bag toss game, the hoop shoot, the quarter mile wellness walk, the relay race, and the “Spirit Award.”

Two years ago Spring Meadows won overall, last year, we had so many participants, we split it into 2 contests..... Spring Meadows I and Spring Meadows II. Last year SMI won the overall and SMII won the Spirit award!

Now.... We have other properties looking to take us out of





## Arthritis Foundation Walking Club

Tuesday at 10:00 AM - SMI -

Eighteen people have signed up for our “Walking With Ease Club” It is a great program and you are given a walking buddy. It is great to see so many people out walking around the property!

The AMA suggests that you walk 30 minutes a day 5 days a week for optimal health.

You start where you can.

All participants were given a pedometer and a workbook. We are gathering the information and will have celebrations when we reach

“goals”

We are walking toward my house right now; I live 151,324.80 feet from Spring Meadows. Each of us have different goals but just if we walk just 3,000 steps a day, we’ll be there in less than 3 days!

The class meets on Tuesdays at 10:00 AM at the clubhouse at Spring Meadows !!

## Videos

We have some STARS in our midst. Lois Heady, Carolyn Barron and Nancy Herman (with models Bernie Baldwin and Maria Ramos) made some great videos!

Lois taught us how to make those adorable parasols.

Carolyn taught us to make

laundry detergent that costs about \$ .30 a gallon!

Nancy showed us how to use scarves and pins to spruce up our wardrobes.

Let the office know if you want to see a copy.

## Announcements

- Bible Study with Reverend Bill is being held at Spring Meadows II every Tuesday at 3:00PM.
- 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!!
- We are planning our “World’s Greatest Pet Show” for 2013. If you would like to be in on the planning of this amazing event, call and get on a list. WE need your help!
- We are going to have a big event here on July 25<sup>th</sup> with the PVM Board here for dinner and a program. You will be invited to come for appetizers. More info to come!



# Giving Matters.

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

## Inspire Possibilities Breakfast Raises Over \$117,000

The PVM Foundation's third annual *Inspire Possibilities* fundraising breakfast event on April 26<sup>th</sup> was a success, raising over \$117,000! In its two previous years, this event has netted more than \$237,000 for many innovative, life-enhancing programs and services for Michigan seniors. Nearly 300 guests attended the complimentary, one-hour event held at the **Centerpoint Marriott** in Pontiac.

The event featured three inspirational testimonials from residents and a family member of a resident, who shared how their lives were impacted by the possibilities PVM provides:

- **Motoko Huthwaite**, a resident at The Village of Westland. For health reasons, Mrs. Huthwaite was unable to attend, so her story was shared by Ellen Byrne, executive director at The Village of Westland.
- **Reva Wujcik**, a Board Member and family member of a resident at The Village of Redford,

and

- **Janet DeVold**, a resident at The Village of Oakland Woods.

We deeply appreciate and thank all the new Peterson Mission Maker members (\$1,000 or greater pledge over two or more years) for their long-term commitment to PVM seniors, as well as the donors and Table Captains who helped make the third annual *Inspire Possibilities* breakfast such a success. Thank you for making a difference in the lives of Michigan seniors!

If you are interested in learning more about this event or about becoming a Peterson Mission Maker Society member, please contact me at 248.281.2040 or [pmiller@pvm.org](mailto:pmiller@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

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*The Kentucky Derby Party was so much fun! The hats, the clothes, horses and a great race....and prizes! Who could ask for more?*



\*\*\*\*\*

*I do believe we're all connected. I do believe in positive energy. I do believe in the power of prayer. I do believe in putting good out into the world. And I believe in taking care of each other.*  
**Harvey Fierstein**



*Your Life. Your Legacy.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...  
and leave a legacy.**



Presbyterian Villages  
OF MICHIGAN  
THE FOUNDATION

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



Brown's  
**ADVANCED Care**  
Pharmacy Services



2136 Robinson Rd Jackson, MI 49203

517-750-2180

**Spring has come to Spring Meadows. So much to do so little time to do it. Don't stop your spring cleaning and flower planting to pick up your medication. 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.**

# We're Going to the Ballgame!

## June 16, 2013

We have 30 tickets to the Lugnuts game on June 16<sup>th</sup>! We have some great seats (in the shade)... If you haven't been to a ballgame at this stadium, you are really missing something. The stadium is almost new, great bathrooms and not a long walk from parking. The food is really good and very reasonably priced too.

We have 27 people who have reserved tickets, so just have 3 left. If you want to go, give us a call. Tickets are just \$10 each. We are going to have a GREAT TIME!!!

Date: June 16th  
Time: Game time is at 2:05 pm  
Cooley Law School Stadium in Lansing

*Please.....*

**NO PERSONAL SPRINKLERS!!**

*If you have to use a sprinkler for your lawn, you will be charged an additional \$50 a month.*



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### The Senior Advocate

Recently I made a small purchase at a deli of a grocery store. In order to assist me the employee had to interrupt another large scale job she was doing. I said to her that I was sorry she had to interrupt her task for such a small purchase. Without missing a beat she smiled and replied: "You are not an interruption. You are our customer. We are here because of you." This store now has a customer for life on me thanks to her!

This is the core philosophy of all that we do here at PVM; and our Service Excellence training along with our strategic planning support that philosophy. We exist to serve you and appreciate your business. Thanks for entrusting your quality of life with us!

## Fun and Games!

### Spring Meadows I

**Tuesday Bingo 6 – 8 PM**

**Wednesday Pokeno 6 – 8 PM**

**Friday - Euchre 6 - 8 PM**

**Friday - Wii Games 4 – 5 PM**

### Spring Meadows II

**Wednesday – Bingo at 1 PM**

***Everyone is Welcome!***

Programs

# MSHDA Inspection at SMI is being held on May 29<sup>th</sup> !



Remember, the MSHDA inspection is being held at Spring Meadows I on Wednesday, May 29<sup>th</sup> from 9 am to about 4 pm. The MSHDA rep will be choosing 18 units to inspect, “She” won’t tell us in advance what 18 those might be so everyone needs to be prepared.

Please make sure there is nothing in the utility rooms near the furnace to water heater, also, you must be able to get out of your bedroom window in case of a fire.

## Birthdays

Birthday extravaganza is held every month at Spring Meadows II - Last Friday of every month from 2 – 3 PM. (May 31<sup>st</sup> – celebrating May Birthdays..... everyone is welcome... cake, ice cream, games and prizes)

Thanks to Sherry from Faith Haven for the cake!

## June Birthdays

JoAnn Bisbee..... 6/18  
 Tom Dunn..... 6/12  
 Marge Simko..... 6/15  
 Sharon Stone..... 6/8  
 Victoria Strobel..... 6/10  
 Janice Wenk..... 6/21  
 Linda Johnston ..... 6/19  
 Nancy Kirby ..... 6/25  
 Eileen Oakley..... 6/25

John Willis ..... 6/5

Happy Birthday everyone!!



The Alzheimer’s Association support group meets at the Village of Spring Meadows I the second Friday of the month from 1 – 3 PM. Everyone is welcome to attend and learn.

\*\*\*\*\*  
*Life Hearing Center will be here on July 1<sup>st</sup> at Spring Meadows I and July 3<sup>rd</sup> at Spring Meadows II in the community rooms from 9:30 AM – 11:00 AM They will be checking hearing and cleaning ears.*

But I have found that in the simple act of living with hope, and in the daily effort to have a positive impact in the world, the days I do have are made all the more meaningful and precious. And for that I am grateful.

Elizabeth Edwards



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Listening to the Classics

The other day, while preparing for a trip to Chicago, I made a delightful discovery. Knowing that I was going to be stuck in the car for 4 hours, rather than listen to the radio, I wanted to occupy my time a little more productively. Years ago, when my kids were young, we rented an audio book for a trip to Indianapolis and despite the fact that my car's cassette player kept eating the tape, it was an experience we thoroughly enjoyed. Given today's more advanced technology, I did a quick Google search to see what might be available from the internet and that's when I stumbled upon LibriVox.org.

LibriVox has a catalogue of over 6,300 audio books all of which are in the public domain and thus copyright free. Their catalogue contains poems, short stories, dramatic readings, and classic works from Jane Austen, Robert Louis Stevenson, Langston Hughes and many other literary pioneers. And the best news of all is that they are **FREE** and can be easily downloaded to your computer, iPad, or smart phone.

I had so much fun listening to Lewis Carroll's "Alice's Adventures in Wonderland" during my trip, that now, rather than stare blankly at the TV at the end of a long day, I close my eyes and listen to classic literature. I consider it to be "nourishment" for my brain. You might want to give it a try!

### Getting to Know you Party!

We are having a party on Thursday May 30<sup>th</sup> !  
Spring Meadows II is at 11:00 AM  
Spring Meadows I is at 2:00 PM  
Games to help you get to know your neighbors  
And the staff at Spring Meadows!

## Linda's Thoughts

Wow.... What a busy month, May just Zoomed by! We are now in first place for the Friends and Family campaign. I am just hoping there are no "Sand-Baggers" waiting until the last minute to turn in their campaign contributions. At this writing we have about 175 names and about \$2500 in giving (that does not include any of the doubling so we should have much more. If we win the \$2500 prize, we will be in a really good spot!

I sincerely want to thank all of you who helped with this busy month and helped gather all of the names. It was AWESOME!!

Wanted to thank those of you who helped with the flowers. It was so much appreciated. The flowers look beautiful and I am really excited to watch them grow. Thanks to those of you who have volunteered to keep them watered when we are not here.

I am not very happy with the lawn but thanks for your understanding. We decided to go with Tru-Green this year and I can't say I am thrilled with their work. They have PROMISED that by this time next week it will look 100% better..... sure hope so. They put down weed killer last week and will give it a good shot of fertilizer on Tuesday.

The Senior Festival at Westwood Mall was a different experience. I don't think we will participate next year, unless they make some changes. Thanks to all of you who came and supported Spring Meadows.

Spring Meadows hosted a group of health care professionals who work with people over 60 the beginning of the month. It was a great meeting and we passed around our hands, we got more than 25 new names just from that meeting.

We have a bus for the Jackson County Rose Festival Parade! **We will be in the parade!!** Our own Board member, Debbie Muhich has helped us get a spot in the parade and obtain a vehicle to use. We will get a small Jackson Transit Bus with nice big windows, we can fill the bus with residents who are all dressed up (Kentucky Derby Hats would be perfect), we need music, sparkling grape juice in wine glasses, banners, signs and lots of balloons. We will ask for a few people to walk next to the bus (maybe some kids or grandkids) and carry a banner and hand out candy to people along the way too. There will be a sign up sheet in both community rooms.... We will only have room for about a dozen people so sign up quickly!

Reverend Fuerstenau was honored by PVM with an award for going over and above for our community. I was honored to present him with his award at a very nice luncheon in Southfield.

Speaking of award ceremonies... Our own Mark Hartman was a finalist for the PVM Shining Star! Mark was in the top ten finalists for the prestigious award. We couldn't be prouder of him. Thanks to all for the nominations and kind words... they meant the world to us.

Mother's Day was so much fun! We served about 85 residents and their families. This year we had massage therapists from Baker College, hair dressers from Jackson Intermediate School District, Mark was our outstanding photographer, Faith Haven and Arbor Woods supplied our wonderful brunch, and Mary Busha with MaryKay brought a blush to everyone's face. It was a beautiful day.

The Kentucky Derby Parties were a lot of fun and we thoroughly enjoyed the race, the food was great, the photos were fun and the hats and clothes were amazing! I laughed so hard I cried a couple of times! We had some really interesting hats too. Nancy Herman won the Derby at Spring Meadows I and Bob Allen won at Spring Meadows II.

## Popcorn Thursday/Friday

**Popcorn will be served in the lobby at Spring Meadows II on Thursdays and in the Clubhouse at Spring Meadows I on Fridays**

**Come and enjoy a free bag of popcorn**

**Call and we will bring you some!**

**FREE**







# For Your Safety.

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

## Fire Safety

May was one of our two fire drill months for independent living. By now you should have participated in a fire drill at your Village. Why should you participate in these drills? You should participate in these drills because it just might save your life. We do drills so that in the event there is a real fire, you will know how to react. Last year, we had a fire in one of our units that completely burnt the unit down. It pays to know what to do when the alarm goes off.

During a fire drill, staff is looking for barriers to evacuating the building in a fast safe manner. Do some residents need assistance? Can all the residents hear the actual alarm ringing? Do residents know where to go when the alarm does go off? Can the building be evacuated quickly? Can we improve the time? Each time a drill is completed; staff de-briefs and looks for ways to improve.

If you cannot hear your fire alarm or do not know what to do in the event the alarm goes off, please contact your administrator. We can help. Please do your part and make yourself available to participate on the day of the drill.

Remember, all our campuses are non-smoking. The fire last year was caused by a cigarette burning on a couch. Bar-b-que grills are not allowed on balconies or patios that are near the building. Never use an open flame, such as a candle in your apartment. Use a timer to remind you that you have placed something on the stove. All these tips, plus participating in fire drills, will go a long way to keep you and fellow residents safe.

***This year we had a “surprise” fire drill at Spring Meadows II, thanks for emptying the building to quickly! Great Job!***

**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

(517) 788-6679

(517) 788-7502

## Village Staff

**Linda Sisco**  
*Housing Administrator*

**Michael Mills**  
*Assistant Administrator*

**Randy Schulz**  
*Maintenance Superintendent*

**Mark Hartman**  
*Maintenance Tech*

**EMERGENCY NUMBER**

(517) 251-2830

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



The Village of  
**Spring  
Meadows**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



**Spring Meadows will be in the Jackson County Rose Parade. Want to ride in the bus??? Sign up soon!!**

# Embrace the possibilities



**3501 Cherry Blossom Drive  
Jackson, MI 49201**