



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

January 2014

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A Little Humor to start the New Year!



God, grant me the senility to forget the people I never liked anyway,
 The good fortune to run into the ones that I do,
 And the eyesight to tell the difference.

As in many homes on New Year's Day, Janet and Nigel, a happily married couple, faced the annual conflict of which was more important: the football match on television, or the lunch itself.

Hoping to keep the peace Nigel ate lunch with the rest of the family, and even lingered for some pleasant after-lunch chat before retiring to the lounge to turn on the television.

Some minutes later, Janet looked in to see how he was and graciously even bought a cold beer for Nigel. She smiled, kissed him on the cheek and asked what the score was. Nigel told her it was half time and that the score was still 0-0.

'See?' Janet said happily, 'You didn't miss a thing.'



The Village of
**Oakland
 Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





Giving Matters.

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

Statewide Comprehensive Campaign Reaches \$13.6M For Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM's strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project.

I am also happy to report that in 2013, the PVM Foundation awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities

And more!

None of this could be accomplished without the continued support of our donors, **so thank you for all you do to further PVM's mission!** If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. We wish you a happy new year filled with good health, peace and joy!

Warm regards,

Paul J. Miller, CFRE

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- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.

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

Notes from the Administrator

As we enter the winter months the snow and ice season is upon us. We are working hard long with our contractors to ensure the sidewalks and roads are clear of ice and snow. We do need your help in keeping the office informed of dangerous areas in the development. With your assistance we will continue maintain the highest level of service in this area.

An important reminder to all residents that using the oven to heat your unit is not only extremely dangerous it is a lease violation. Please refrain from this practice. If your thermostat is malfunctioning or you need instructions on its' use please contact the office.

Please see the holiday business hours schedule in the newsletter for office hours in the coming weeks. From all of the staff at Oakland Woods, may you and your family have a safe and enjoyable Holiday season and a happy New Year!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Power of Volunteering

With the arrival of the New Year, many of us will use it as an opportunity to make a fresh start. We'll re-examine our lives, establish new goals, and resolve to make this year the best one yet. To that end, something you may want to consider doing this year is becoming a volunteer. While most of us volunteer without expecting to get anything in return, research has recently revealed that along with providing a societal benefit, volunteering provides direct health benefits to those who volunteer. Compared to their non-volunteering peers, volunteers have lower rates of depression, greater functional ability, and lower mortality rates. And though it may be true that healthier individuals may be more likely to volunteer (thus accounting for these differences), the evidence suggests that volunteering itself can actually lead to improved health, both physically and mentally. This seems to be particularly true for adults who volunteer at least 100 hours per year and are 60 years of age or older. So, the next time you're looking for a way to improve your health, consider volunteering. There are plenty of organizations in need and plenty of opportunities available. A good place to start looking is www.VolunteerMatch.org. Simply follow the link.

Proverbs 11:25 "Generous persons will prosper; those who refresh others will themselves be refreshed"
(Common English Bible translation)

Half off all fitness classes during the month of January!!!!!!

Start the new year right and join me in the fitness center to shed those unwanted pounds and to improve your overall wellbeing!

We have something for everybody, come check us out!

Fitness in the Woods



Did you know...

- The risk of falling increases with age and is greater for women than for men.
- Two-thirds of those who experience a fall will fall again within six months.
- A decrease in bone density contributes to falls and resultant injuries.
- Failure to exercise regularly results in poor muscle tone, decreased strength, and loss of bone mass and flexibility.

At least one-third of all falls in the elderly involve environmental hazards in the home.

Be safe this winter, sidewalks become slippery due to ice, snow, and low temperatures. Engage in daily exercise to warm up your muscles and bones and prevent falls and fractures

Join us in the Fitness Center in our attempt to prevent falls and fractures by increasing muscle and bone strength and improving balance and flexibility.

Stop in to see a description of all the classes we offer and to check out a class you may be interested in joining!



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

This is the time of year we focus on giving thanks and giving to others. I am thankful for a team of colleagues who incorporate that spirit of giving into their everyday lives. From benevolence in the form of assisting PVM residents to stay in their own homes to beautification and security

our PVM employees, PVM board, PVM Foundation Board, and Village Board members all represent servant leadership at its finest. Giving to food pantries, hosting neighborhood community meetings, providing mobile health services and immunization sites, donating clothing and essentials for the homeless, building houses alongside Habitat For Humanity and promoting elder abuse prevention are among the many initiatives in which we have been engaged over the past year.

And we also reached out to improve the quality of life of Michigan children. Many of our Villages have provided giving trees whereby local families are adopted for Christmas. And, in one instance, they transformed an old and rusty tricycle into a sparkling new red tricycle which will be treasured by a youngster with memories to last a lifetime.

Protecting our environment also made the list of contributions via recycling projects including medication disposal sites and community recycling events. What a joy it is to work with individuals and teams of people who think of their work as a mission instead of a job. As Albert Einstein once said: "Only a life lived for others is worthwhile."

May the joys of the season be with all of our readers over the upcoming holidays and on into the New Year.

Service Coordinator

Food Safety

Have you found yourself looking at leftovers and wondering "Is this still good?"

How about checking "Best By" dates and wondering if two days past is too many?

Do you know the proper way to freeze, can and preserve your food?

Join Stacey as she welcomes the Oakland County Health Department

to discuss proper food safety techniques.

Monday January 27th at 2:00 in the Community Room.

At LEAST 10 people are required for this presentation!

Please sign up in the book and keep your appointment! Light Refreshments will be served

RESOURCE OF THE MONTH!

Do you get confused by all of the different Medicare supplemental options available to you? How do you pick prescription drug plans?

Do you wonder if you have the "right" and most affordable plan for your needs?

Could there be a plan out there that provides better coverage? Do you have Medicare AND Medicaid and find it difficult to know what services are covered by which?

The Area Agency on Aging 1-B provides you with MMAP

(Medicare Medicaid Assistance Program) counselors.

They are specifically trained on all of the insurance plans available to seniors and know how to help you navigate your benefits and your options.

Their assistance is FREE OF CHARGE.

To contact them, call 1-800-803-7174



For Your Safety.

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

Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid, unless needed to support tax filings
- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997.

More information can be found on the government web site www.USA.gov / [Managing Household Records](#)

Announcements

Monday Matinee

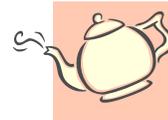
Starting this month there will be an open snack bar!

Snacks to purchase include: pop, candy, soft pretzels and FREE popcorn!



Movies are listed on the calendar, if you have movie suggestions please see Lisa!

Calling all Ladies...



January is National Tea month so what's a better way to celebrate than to have a Tea Party?

Join me in the community room on the 23rd at 2:00 for a tea party , don't forget to wear your white gloves and big hats!

If you have a tea set you would like to bring, please see Lisa.

Wii Bowling

Starting in February the Village of Oakland woods will be putting together a wii bowling team to compete with other senior living communities to win a championship title! If this interests you, join us every morning in the community room for wii bowling practice.

More information to come!



JANUARY BIRTHDAYS

- Beverly Galliher– 1-1
- Robert James– 1-2
- Catherine Branch– 1-6
- Tashika Johnson– 1-9
- James Jones– 1-11
- Edwin Byrd– 1-18
- Barbara Edridge– 1-20
- Betty Ridley– 1-20
- Mary Alice Mcneal– 1-20
- Sue Bevans– 1-23
- Conception Neidrick– 1-25
- Johnie Johnson– 1-25
- Mary Conrad– 1-28
- Lucinda Evans– 1-30
- Will Baldwin– 1-30



Please join us in celebrating our January birthdays!

We will have a party in the community center on 1-31-14 @ 1:00

BINGO!

Join us in the Community room on Friday, January 31st @ 1:30 for a fun game of BINGO. The cost for this program is \$2.00 for 3 BINGO cards.

You have the chance to win prizes, so bring your friends and get ready to shout BINGO!

Headlines

Resident council

The resident council suggestion box is up in the community room, please stop by and leave any suggestions, concerns, comments in the box that will be addressed at resident council meetings held every month.

Learn who your area reps are by looking on the bulletin board in the community room. The resident council is looking to recruit more area reps. If you are interested please see Judy Shatto!

The next resident council meeting will be held on January 28th at 2:00.

The resident council would like to welcome the newest members: Delores Ochoa and Catheryn James.

President-Judy Shatto

Vice President- Dolores Ochoa

Secretary- Vernice Johnson

Treasurer- Catheryn James

The Village People Chorus

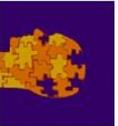
meets every Wednesday at 11:00 in the community room. The chorus is always accepting new members, so stop in to join or just to listen!



January 2014



Look what the Community Center has to offer!

SUN	MON	TUE	WED	THU	FRI	SAT
			<p>1 </p> <p>OFFICE CLOSED</p>	<p>2 </p> <p>OFFICE CLOSED</p>	<p>3 </p> <p>OFFICE CLOSED</p>	<p>4</p>
<p>5</p> <p>6</p> <p>10:00 Muscles in Motion 1:00 Healthy Joints 2:00 Monday Matinee "Jailhouse Rock"</p>	<p>7</p> <p>10:00 Yoga 11:00 TOPS 2:00 Fit Ball 3:00 Eye-Q</p> 	<p>8</p> <p>9:00 Prayer group 10:00 Step & Balance 11:00 Village Chorus 12:00 Patties Hatties 1:00 Wal-Mart \$2</p> 	<p>9</p> <p>10:00 Yoga 11:30 Muscles in Motion 2:00 BINGO</p> 	<p>10</p> <p>10:00 Total Body Wakeup 1:00 Garden Ridge \$2 1:00 Maintain Your Brain</p>	<p>11</p>	
<p>12</p> <p>13</p> <p>10:00 Muscles in Motion 1:00 Healthy Joints 2:00 Monday Matinee "42"</p>	<p>14</p> <p>10:00 Yoga 11:00 TOPS 2:00 Rhythm Sticks</p>	<p>15</p> <p>9:00 Prayer Group 10:00 Step & Balance 11:00 Village Chorus 1:00 Big Lots \$2</p> 	<p>16</p> <p>9-11 Focus Hope Pickup 10:00 Yoga 11:30 Muscles in Motion 2:00 Winter Craft</p>	<p>17</p> <p>10:00 Total Body Wakeup 1:00 Maintain Your Brain 1:00 Kroger \$2</p> 	<p>18</p>	
<p>19</p> <p>20</p> <p>Martin Luther King Jr. Day Observed OFFICE CLOSED</p> 	<p>21</p> <p>10:00 Yoga 11:00 TOPS 2:00 Fit Ball 2:00 Painting Class</p> 	<p>22</p> <p>9:00 Prayer Group 11:00 Village Chorus 12:00 Meadowbrook Lunch & Theatre</p> 	<p>23</p> <p>10:00 Yoga 11:30 Muscles in Motion 2:00 Tea at Two</p> 	<p>24</p> <p>NO EXERCISE 1:00 Maintain Your Brain 1:00 Meijer \$2</p>	<p>25</p>	
<p>26</p> <p>27</p> <p>10:00 Muscles in Motion 1:00 Healthy Joints 2:00 Monday Matinee "The Great Gatsby" 2:00 Food Safety</p>	<p>28</p> <p>10:00 Yoga 11:00 TOPS 2:00 Rhythm Sticks 2:00 Resident Council Mtg</p>	<p>29</p> <p>9:00 Prayer Group 10:00 Step & Balance 11:00 Village Chorus 1:00 family Dollar \$2</p>	<p>30</p> <p>10:00 Yoga 11:30 Muscles in Motion 1:00 Chinese Restaurant</p>  <p>*FREE TABLE*</p>	<p>31</p> <p>10:00 Total Body Wakeup 1:00 Birthday Social 1:30 BINGO</p> 		

**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

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Kevin Centala, Administrator
Stacey Molinaro, Service Coordinator
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Tim Coil, Maintenance Technician

Emergency Maintenance

(248) 330-0213

On-Site Security

(248) 917-2539



**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION

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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Pontiac, MI 48341

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

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Oakland Woods**

