



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

March

2015

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NOTES FROM THE ADMINISTRATOR

Dear Residents,

We recently added a new program at Oakland Woods named "One Call". This system allows the office and staff to communicate more effectively with our residents by automatic message. If you receive a call from the office and can't answer, please check your messages first as it may be a courtesy call about a pending issue or coming event. You do not need to return the call or respond to the message.

This March we have some exciting events for you including a day trip to Frankenmuth, our St. Patrick's Day Celebration and our first Victory Cup 2015 meeting to name a few so check the calendar of events and we hope to see all of you participating.

Attached to the newsletter you will find an updated version of the Oakland Woods house rules which govern the community. Please read these as there have been changes and updates made to them. I have highlighted the rules that have been amended, added or changed. The rules are not set by the Village Administrator. They are PVM system wide rules that are in place at every PVM Village. At your next recertification you will be asked to sign a copy of the new rules as acknowledgment of your receipt and understanding of them.

Also, our refer a friend program is still open. Help a friend or family member become part of the PVM family at Oakland Woods and at the same time gain some extra dollars for 2015. \$200 in cash for a successful referral. Several residents have already cashed in on this program and are now eligible for their payments. So hurry while the program is still being offered.

In the coming weeks we will be recognizing the staff at Oakland Woods through the Shining Star program. We are asking that any resident that feels a certain staff member has gone out of their way to assist or help you over the past year be recognized. You can find the nomination forms in the front office and they are due back by March 31, 2015. It is important to recognize good deeds and people who went above and beyond to bring a smile to your face over the past year. By nominating them, you help them become eligible for cash and prizes on our Shining Star recognition day coming in May. Please take a few minutes to complete one of the forms in you can.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

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

The Importance of Healthy Snacking

Snacking is our “go-to” for many situations. If we're bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name. Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you're on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you're in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I'm sure you'll enjoy the company too.

Healthy Snack Options

- ⇒ Almonds
- ⇒ Apples
- ⇒ Avocados
- ⇒ Bananas
- ⇒ Popcorn (without a lot of butter or salt!)
- ⇒ Cottage Cheese
- ⇒ Kale Chips





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection.

They are:

- 1. Memory loss that disrupts daily life.**
- 2. Challenges in planning or solving problems.**
- 3. Difficulty completing familiar tasks.**
- 4. Confusion with time or place.**
- 5. Trouble understanding visual images and spatial relationships.**
- 6. New problems with words in speaking or writing.**
- 7. Misplacing things and losing the ability to retrace steps.**
- 8. Decreased or poor judgment.**
- 9. Withdrawal from work or social activities.**
- 10. Changes in mood and personality.**

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit alz.org/10signs.





Giving Matters.

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

Friends & Family: Coming to Your Village in April!

The annual Friends & Family Appeal will be coming to your Village in the month of April! This fundraising campaign is an opportunity for PVM residents to raise funds for projects and programs to enhance and enrich their lives. The 2015 goal is to raise \$136,000 cumulatively across all participating PVM Villages.

Help your Village reach its individual project goal and make a gift during Friends & Family (F&F) from April 1st -30th! Every gift this year is eligible to be matched since the match will be awarded at the end of the appeal and will no longer be first-come, first-matched. The match will be based on the percentage each Village raises toward the cumulative F&F goal. So, the more funds your Village raises, the more matching dollars you'll receive! Example: If your Village raises 10% of the cumulative F&F amount raised, then your Village will receive 10% of the matching funds available.

To learn more about your Village's individual fundraising goal and project, attend your Village Kick-Off Party or look for flyers and posters. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, every gift matters!

To Make a Gift:

See the front desk or your Administrator for a donation envelope

Go online at pvmfoundation.org and select the Village you want to support

Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or pvmfoundation@pvm.org. Best of luck to ALL the Villages for a successful Friends & Family Appeal!

Warm regards,
Paul J. Miller, CFRE

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.**



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

Village Victory Cup

Team Meeting



There will be a meeting on Friday, March 6th at 2:00 pm in the Community Room for anyone who wishes to take part in the Village Victory Cup competition this June! It is very important that you are at this meeting as official practice schedules and dates will be handed out. Practices will be mandatory this time around. We want to bring home the cup this year! We hope to see many of you at the meeting!

Every resident is welcome to come to the meeting!

Events will include things like: balloon volleyball, walking, bean bag toss, the puzzler, etc.

Staff Member of the Month!

Alyssa Doslea, Wellness Intern

1. What is your biggest fear? **Scary movies**
2. What is one thing on your bucket list? **To go to Europe**
3. If you could only wear one color everyday for the rest of your life what would it be? **PURPLE!**
4. What is your favorite thing to do to pass time? **Sleep**
5. What is one thing you consider yourself addicted to? **My phone unfortunately**
6. If you could have any job what would it be? **Anything that allows me to help people be healthy**
7. Where was the best trip you have ever taken? **Puerto Vallarta, Mexico!**
8. Name one food you will never try. **Steak, I'm a vegetarian.**
9. How many siblings do you have? **I have three, two sisters and one brother.**
10. Any hidden talents? **My elbows and knees are double jointed.**

March News from our Wellness Coordinator

Hello everyone!

I hope that you are all warming up from the very cold February that we just had. Hopefully we will be getting warmer weather very soon! As the weather starts to warm up, I hope to see more of you in exercise classes or in our fitness center. Remember that the your first class is always FREE! Come try out our classes and find one that works for you. All classes are on the calendar and any time you have questions please do not hesitate to call me.

It's almost time for the yearly Village Victory Cup! I know that we can do better than last year! We will be having a mandatory team meeting on Friday, March 6th at 2:00 pm. If you would like to be a part of this year's team please be at the meeting. If for some reason you cannot make it, please see me as soon as possible! All residents are welcome to come be part of the team! More information will be discussed at the meeting and I hope to see you all there! We need you if we want to win!

We will be checking off our first two bucket list items this month with a trip to the Morley Candy Company for a tour and a day trip to Frankenmuth! I am so excited to be able to check things off of your bucket lists with you. I think this is going to be a fantastic way to see new things and learn new skills. Remember, all ideas are welcome and encouraged! They will be placed on the bulletin board in the bathroom hallway. We still have a lot of room on our board, so help us fill it up!

This is already the last month of our intern Alyssa's internship here at the village. Her last day will be Wednesday, March 25th. Be sure to wish her well if you see her before she leaves!

Have a great month!

Devin Fritzler, Wellness Coordinator



March News from our Wellness Coordinator

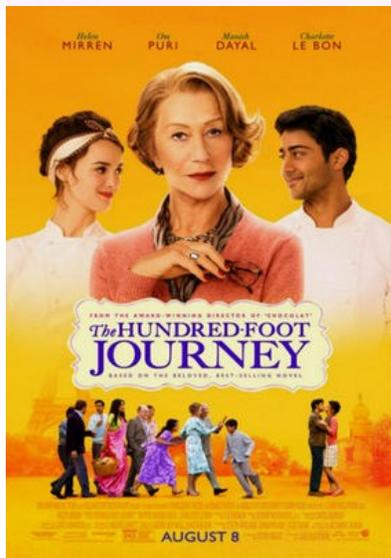
New Events in March

- ♣ **Morley Candy Company Tour: Monday, March 2nd at 11:00 am** We will be going to tour the candy factory! You will have the opportunity to purchase some sweet treats as well! **Join us as we check this item off of our village wide bucket list!**
- ♣ **VILLAGE VICTORY CUP TEAM MEETING: FRIDAY, MARCH 6TH AT 2:00 PM** If you wish to be a part of the team this year, please come to this meeting! All information will be discussed and all questions will be answered!
- ♣ **Big Lots & Lunch: Monday, March 9th at 12:00 pm** We will be shopping at Big Lots and having lunch at the Chinese Food Buffet in Waterford.
- ♣ **St. Patrick's Day Craft Session: Monday, March 16th at 1:00 pm** Come join Devin and Alyssa to make an adorable St. Patrick's Day themed wreath for the upcoming spring season! Cost will be \$5 per person! All are welcome!
- ♣ **St. Patrick's Day Celebration: Tuesday, March 17th at 11:00 am** We will be having a St. Patrick's Day Celebration!! Cost will be \$5 per person which will include: Food, beverages and of course some themed BINGO! Hope to see you there!
- ♣ **Frankenmuth Day Trip: Monday, March 23rd at 9:00 am** Travel with us to Frankenmuth for shopping, lunch and a whole day of fun! This trip will require a lot of walking. You are responsible for your own lunch and anything else you wish to purchase. **Join us as we check this item off of our village wide bucket list!**
- ♣ **Women's Afternoon: Monday, March 30th at 1:00 pm** March is ladies' month! So join Devin in the Community Room to celebrate. Light refreshments will be served, more details to follow!

REMEMBER, YOU MUST BE SIGNED UP FOR ALL EVENTS PRIOR TO THE DAY OF!

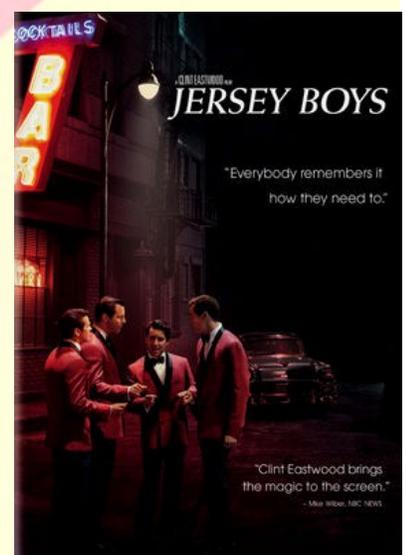
Theater Tuesdays

- ◆ Tuesday, March 3rd: “The Giver” - In a future society called The Community, pain, war and disease have been eradicated, as have individuality and free will. When a teenager named Jonas learns the truth about the real world, he must decide whether to reveal all or remain quiet.



- ◆ Tuesday, March 10th: “The Hundred—Foot Journey” - Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries.

- ◆ Tuesday, March 31st: “Jersey Boys” - Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons and their bumpy offstage lives stretches across four decades. Each of the musical act's four original members presents a different set of memories from their shared past.



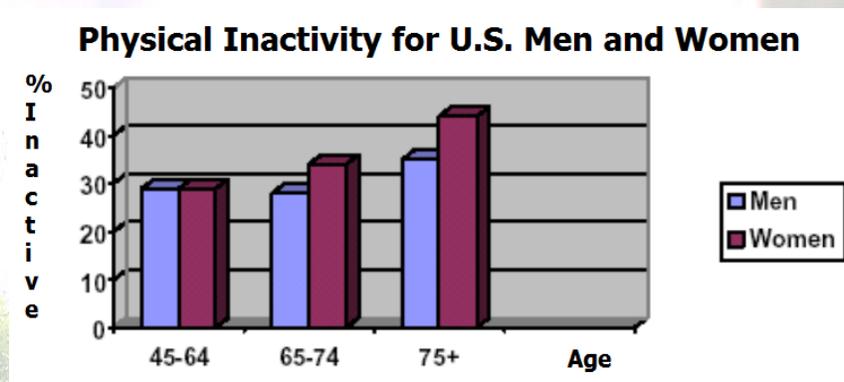
March News from our Wellness Intern

Physical Activity and Older Adults

It's never too late to become physically active! In fact, older people have more to gain by participating in physical activity than younger people. Physical activity works to prevent disease and illness and helps to manage disease and illness that is already present. Physical activity improves the ability to function and to live an independent life longer, despite any current health problems. Few other factors contribute to successful aging better than physical activity.

It is recommended for individuals to participate in 30 total minutes of exercise per day. The physical activity can be done in segments throughout the day or done all at once. There are many different options for physical activity with varying intensities, such as walking to the mailbox, parking further away at the grocery store, or participating in a fitness class.

Physical inactivity is a contributor to many of the chronic diseases that are plaguing Americans, such as type II diabetes, hypertension, obesity, heart disease, and colon cancer. The cost of physical inactivity is rising in health care, and costs us Americans billions of dollars every year. The figure below shows how physically inactive most older Americans are, so there is a lot of room for improvement.



Health benefits to physical activity in older adults that have been scientifically tested are plentiful, and include: lower overall mortality rates, lower risk for chronic disease, improved mood, decreased feelings of depression, improved quality of life, improved function for those with arthritis, decreased risk of falls and injury, and improved quality of sleep.

What You Can Do

1. **Make physical activity a part of your daily life and daily routines.**
2. **Contact your physician for medical clearance and safe levels of intensity.**
3. **Set specific goals. Start slowly and increase level of activity as time goes on.**

March News from our Service Coordinator

Depression and Older Adults Presentation

As people age, they tend to lose a lot of things. Physical and mental abilities, jobs, family, friends, and money. These changes can happen quickly and frequently causing someone to become depressed and feel very isolated and alone. 7 MILLION of adults aged 65 or older suffer from depression. People 65 and older account for 17% of people who commit suicide (www.cdc.gov). These are high numbers which can be alarming, but can also show you that if you suffer from depression, YOU ARE NOT ALONE! It is not a "normal" part of aging, but it is a serious symptom of aging. It is important to know the signs of depression in yourself or your friends and neighbors. And it is also important to know that there is help available and where to find it. Join Stacey on Thursday March 26th from 2-3 in the Community Room as she welcomes a representative to come and talk about depression and ways to be aware of it in yourself or others and how to cope. Even if you don't believe you suffer, someone you know may. This information can also help you assist them. PLEASE SIGN UP IN THE BOOK.

Food Assistance Benefits are Going Down

Many of you have come to me because your food assistance amounts have been significantly decreased in the last couple of months. Some of you may not have come to me, but have also seen this happening and experienced this. Unfortunately, this is not a mistake on DHS's part; this is the result of a decision made by the state of Michigan regarding how they want to use their funding for this program.

It's a very complicated situation to explain. The bottom line is that the state was providing extra assistance to all people receiving food benefits assuming they had expensive heating costs. However, not all people receiving food benefits had to pay for their heat (example, some people have their heat included in their rent). The state felt as if they were improperly spending money by providing extra assistance to "people who didn't need it". So, they cut benefits to save the state money in the end.

But, for those people receiving benefits who ARE responsible for paying for their heating bills (like everyone here at Oakland Woods), you CAN get your benefits raised by showing proof of your need for heating assistance. This is why it is VERY IMPORTANT to fill out the Home Heating Credit before the deadline on September 30th 2015. If your Home Heating Credit is \$20 or greater, this can show the state that you do in fact need the extra monetary assistance and your food benefits may be increased again.

I've included an article below that I found on www.MLive.com explaining the situation more in depth. Please read it and come to me if you have further questions or concerns.

"Food Stamp Cuts Coming to Michigan: 1 of 4 States Not Taking Action To Avoid Them

By Jonathan Oosting – September 24th 2014, www.MLive.com

LANSING, MI — Some 150,000 Michigan families are poised to lose an average of \$76 in food stamp benefits this fall due to federal cuts that many other states have taken action to avoid.

The latest farm bill, signed into law here in Michigan last winter, scaled back the Supplemental Nutrition Assistance Program, which includes a provision affording extra food benefits to families who also receive assistance with heating bills.

Some families who rent don't have utility bills, but states had been able to help them qualify for extra food stamps by providing just \$1 in heating assistance. Under the new farm bill, the minimum "heat and eat" payment is jumping to \$21.

Of the 16 states directly impacted by the federal rule change, 12 have decided to pay the higher tab to help recipients avoid food stamp cuts. Many are redirecting additional federal dollars from a separate low-income heating program.

But not Michigan.

March News from our Service Coordinator

Article continued from previous page....

“We decided we couldn’t justify spending \$21 per household for people that didn’t have any energy expenses, particularly in a year where the state had really cold temperatures,” said Department of Human Services spokesperson Bob Wheaton.

“We’re one of the states that made the decision, no, we’re not going to exploit this \$21 loophole. We’ll just provide energy assistance to families who actually have energy costs.”

Critics say Michigan is making a short-sighted mistake, however. They argue the state could invest additional resources -- even general fund dollars, as California is doing -- to avoid larger federal food stamp cuts affecting vulnerable residents.

Of the four states where recipients are poised to lose benefits, Michigan has the highest unemployment rate.

“Sadly, this is a missed opportunity to spend a little to get a lot for families in Michigan,” Gilda Z. Jacobs, president and CEO of the Michigan League for Public Policy, said in a statement.

“Michigan should find \$8 million to supplement heating assistance so that we can bring \$250 million in additional federal food benefits to Michigan families still struggling in this economy. And remember -- nearly half of those receiving food assistance are children.”

The states avoiding the food stamp cuts are mostly run by Democrats, according to the Associated Press, and they’ve infuriated Congressional Republicans who pushed to scale back the program during negotiations on the farm bill.

Michigan U.S. Rep. Fred Upton, R-St. Joseph, who chairs the House Energy and Commerce Committee, has reportedly joined a colleague in asking the Obama administration to “hold states accountable” for the work-around.

Most effected Michigan families will see cuts kick in this November, but a small number have already started to see reductions, according to Wheaton. An average family of four will see their monthly benefits cut by about 15 percent.

State Sen. Bruce Caswell, R-Hillsdale, helped re-work Michigan’s winter assistance heating program in 2012. The program is designed to prevent utility shutoffs for vulnerable residents and requires services to help recipients become self-sufficient, including assistance with household budgeting.

Caswell, who chairs the Human Services appropriations committee in the Senate, said he did not think the state should move to avoid the food stamp cuts by providing some heating assistance to families who don’t necessarily need it.

“Quite frankly, with the dollars we hand out with our heating program in the state, it’s my opinion we don’t have the money to just give it to people for no reason whatsoever,” he said. “We’re trying to build a system of self-reliance and self-personal responsibility.”

March News from our Resident Council

President: Judy Shatto (248) 499-8574

Vice President: Dolores Ochoa (248) 535-7306

Secretary: Vernice Johnson (248) 622-4470

Treasurer: Catheryn James (248) 891-9290

Sympathy Cards: Ruthie Griffin 248-322-4222

**Don't forget to
read your newsletters!**

The Garden Club is back just in time for spring!

The first meeting will be held in the Community Room on Monday, March 9th at 2:00 pm. All residents are welcome to join us! There is something for everyone to do! Nancy Chalton will be the President of the Garden Club this year. She plans to visit the Detroit Farmers Market and Belle Isle this year! Hope to see you all there!

- Contact Judy with any and all ideas for the Friends and Family campaign money this year!
- Contact Jackie Voyles if you would be willing to help out in our library.
- PLEASE REMEMBER TO PICK UP YOUR LIFE LINE BUTTONS AT YOUR APPOINTED TIME. THESE ARE VERY IMPORTANT TO KEEP WITH YOU AS MUCH AS POSSIBLE!
- Another reminder to check out both boxes by the mailboxes. They both have very important announcements for residents. Take the time to read them and sign up for the fun events going on around the village.

Wearing of the Green

It ought to come in April,
Or, better yet, in May
When everything is green as green —
I mean St. Patrick's Day.
With still a week of winter,
This wearing of the green
Seems rather out of season —
It's rushing things, I mean.
But maybe March is better
When all is done and said:
St. Patrick brings a promise,
A four-leaf-clover promise,
A green-all-over promise,
Of springtime just ahead!

-Aileen Fisher

MARCH BIRTHDAYS

Akiko McGhee—3/1

Willie D. Ferguson—3/3

Margaret Williams—3/6

Jacqueline Voyles—3/7

Valentine Robinson—3/8

Hazel Jones—3/9

David Dixon—3/10

Alice Alexander—3/11

Nancy MacDonald—3/11

Betty Fitzhenry—3/12

Margaret Mullen—3/14

John Peoples—3/18

Bertha Simpson—3/19

Katherine Williams—3/22

Lola Stewart—3/25

Lena Scott—3/26

Franzetta Hill—3/28

Quincy McCoy—3/31

Treva Wright—3/31

Vernice Johnson—3/13

Pamela Oppeneer—3/16

Douglas Herd—3/19

Irene Brown—3/26

Abraham Ramsey—3/27

STAFF BIRTHDAYS:

Stacey Molinaro—3/18

Please join us in celebrating our March birthdays!

We will be celebrating our birthdays this month at our St. Patrick's Day Celebration!



**BE SURE TO CHECK THE CALENDAR FOR ALL
EVENTS AND MAKE SURE TO CHECK THE DATE
FOR THE MONTHLY BIRTHDAY PARTY!**

HAVE A GREAT MONTH!

March 2015

Brain Injury Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 11:00 Morley Candy Company Tour 2:00 Strength Training	3 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday "The Giver"	4 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 2:00 Diabetes Presentation	5 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study	6 10:00 Total Body Workout 11:00 Walmart and Chase Bank \$1 2:00 Village Victory Cup Team Meeting	7 
8	9 10:00 Strength Training 12:00 Big Lots & Lunch 2:00 Garden Club Meeting	10 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday "The 100—Foot Journey"	11 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice	12 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 2:00 Wii Game Demo	13 10:00 Total Body Workout 11:00 Meijer \$1	14
15 	16 10:00 Strength Training 1:00 St. Patrick's Day Craft Session	17 NO EXERCISE 11:00 St. Patrick's Day and Birthday Celebration 11:00 TOPS 2:00 Painting Class	18 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice 2:00 Brain Health Presentation	19 10:00 Stretch and Flex 11:00 Zumba 11:00 Patti's Hatties 1:00 Bible Study FOCUS HOPE	20 10:00 Total Body Workout 11:00 Kroger \$1	21 
22	23 NO EXERCISE 9:00 Frankenmuth Day Trip	24 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 2:00 Resident Council Meeting	25 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 11:00 Aldi \$1 1:00 VVC Practice	26 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 2:00 Depression and Older Adults Presentation	27 10:00 Strength Training 2:30 Laundry Service Presentation	28
29	30 10:00 Strength Training 1:00 Women's Afternoon	31 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday "Jersey Boys"	1 APRIL NO EXERCISE 9:00 Prayer Group 11:00 Village Chorus 11:00 FRIENDS & FAMILY KICK OFF PARTY!!!	2 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study	3 10:00 Total Body Workout 11:00 Walmart & Chase Bank \$1	4 

The Village of Oakland Woods—Rent Lease Amendment - House Rules

Subject: Rental Collection Policy

- Rent is due the first of every month. A grace period of five (5) calendar days is granted to those who cannot pay on or before the first day.

Subject: Parking

- Each resident is allowed one car only. There are no assigned parking spaces, except that some spaces have handicapped signs. Only residents with OFFICIAL handicapped cards may park in handicapped spaces. Management does not act as a police person.
- No trailers, boats or other recreational vehicles are to be parked on the premises for more than 12 hours.
- Unlicensed or inoperable vehicles will be towed from the premises at the owner's expenses.
- The Village is not responsible for any theft, vandalism or damage to any vehicle or personal property while parked on the Village premises.
- Subject: Community Building/Room
- The community building/room will be open 8:00 a.m. to 4:30 p.m. Monday through Friday for scheduled activities. The laundry room will be open 8:00 a.m. thru 4:30 p.m. and Business Office will be open 8:00 a.m. thru 4:30 p.m.

Subject: Visitors

- A Visitor is anyone other than the person(s) who signed the apartment lease. Residents are allowed to have overnight visitors. However, visitors should not stay more than two weeks. Total number of visitors should not exceed a stay of more than 21 days per year. All visitors staying, more than 48 hours are to register with Management.

Subject: Visiting Pets

- All pets must be registered with the office and abide by the Pet Rules established by Management. If a resident has a visitor who owns a pet or the resident is "pet sitting" for someone, the following policy shall be in force:
- Overnight visiting pets shall be registered at the Management Office.
- Current pet policies and rules shall be given to the resident/guest when registering the pet.
- No fee shall be assessed up to three (3) days visit.
- After three (3) days, a \$25.00 per week deposit will be refundable if there is no damage to the apartment or grounds. A visiting pet cannot stay for more than eight weeks. After eight weeks, this pet will be considered a pet in residence.

Subject: Extended Absence

- HUD will allow a resident to keep an apartment for up to 180 days if they are hospitalized, or in convalescent care.
- Residents must not be absent for more than 60 continuous days for non-medical reasons. If a resident is absent for longer than 60 continuous days, management may seek possession of unit for abandonment.
- If a resident is leaving for more than 48 hours, they must give Management the name, telephone number, and address where they are staying.
- HUD's rule is that the Village must be the resident's ONLY place of residence and they may not receive any government subsidy other than that for the Village.

Subject: Unit Transfers

- A resident may transfer to a different apartment to reasonably accommodate a resident's needs with a Physician's verification.

Continued....

Subject: Smoke Free Environment

- As a leader in Quality Senior Living and in support of our ongoing commitment to the safety, health and well-being of our residents, staff, and guests, PVM has implemented a new Smoke Free Environment Policy. Effective July 1, 2010 indoor smoking is no longer allowed at the Village of Oakland Woods, including in individual apartments. Smoking will be permitted in designated outdoor smoking areas only. For purposes of this policy the term “smoking” means inhaling, exhaling, breathing or carrying any lighted cigar, cigarette, or other tobacco product or similar lighted product in any manner or form.
- The Village has the right to enter anytime if there is a complaint made or suspicion of smoking.
- Failure to observe this policy shall constitute material non-compliance with your Lease Agreement. A violation of this policy may result in the termination of your Lease.

Subject: Possession of Guns

- Guns of any kind are prohibited at the Village. The Village is private property; HUD therefore allows owners/management to set restrictions and guidelines for residents.

Subject: Illegal Use of Drugs

- Residents, household members, or guests under residents control may not engage in activities that may threaten another resident’s health, safety, or right to the peaceful enjoyment of the premises. These activities include, but are not limited to the following: Residents, or guest under resident’s control, may not engage in the illegal use, sale, distributions, or manufacture of drugs.
- Residents, or guest under resident’s control, may not engage in the abuse or pattern of abuse of alcohol.

Subject: Lock-outs

- For two (2) lockouts occurring after business hours, on weekends, or on holidays, a \$5.00 fee will be charged to the resident. This fee is due and payable at the management office within three (3) business days.

Subject: Harassment/Bullying

- Presbyterian Villages of Michigan (The Village) prohibits acts of harassment or bullying. A safe and civil environment is necessary for residents to feel safe and secure in their homes. Bullying can be defined as health-harming mistreatment of another resident, staff or guest to the campus that usually involves subtle methods of coercion such as intimidation.
- Bullying consists of four basic types of abuse – emotional, verbal, physical, and cyber (including electronically transmitted acts via the Internet, cell phone, personal digital assistant or wireless hand held device.)
- Residents and/or Guests should report incidents of bullying to the Executive Director/Administrator, Assistant Administrator, Service Coordinator or other members of management. The Village prohibits reprisal or retaliation against any person who reports an act of harassment or bullying.
- Violators will be subject to appropriate consequences up to and including termination of their lease.

Continued...

Subject: Rules and Regulations

- Proper attire including shirts and shoes must be worn in ALL common areas.
- All rubbish must be placed in plastic bags, tied securely, and put in the proper waste receptacles.
- There shall be no altering or installation of locks, ceiling fans, outside antennas, etc., without written consent of the landlord or landlord's agents.
- Patio areas and area around the apartments should be kept from being cluttered or used as a storage area. Clothing should not be hung on the patio.
- No waste receptacles, supplies, rugs/mats, footwear, umbrellas or other articles shall be left in hallways or hung from windows. Items may be kept under your ledge by your front door, but to avoid a tripping hazard, must not stick out into the walking path.
- Water usage is not for car washing.
- Car repairs and maintenance work of cars should not be done on the property of the Village.
- Common area laundry facilities are for residents only.
- Residents must provide their own personal property insurance.
- The unit or common areas are not to be used for unlawful purposes.
- Neutral colored BACKED house drapes, window shades and mini blinds, must be used in window treatment.
- Do not drive or park motor vehicles and trailers on the lawns of this campus (not even when moving in or moving out of the complex).
- All must participate in Tornado and Fire Drills. Residents may not tamper with, unhook, or disengage the smoke detector located in resident apartments.
- Appliances should be used in the manner for which they were designed. Appliance cords may not be damaged.
- Live Christmas trees are not allowed.
- No candles or incense are allowed.
- Individual Barbeque Grills are not allowed.
- Residents living at the Village are not allowed to store anything in the mechanical closet (furnace room), janitorial rooms or storage rooms.
- Once a written thirty day notice to vacate has been submitted, if the resident requests to retract that thirty day notice the Administrator has the right to deny the request to retract your thirty day notice based on the status of the current waitlist. If your request is denied and you do not vacate on or before your original thirty day notice to vacate, eviction proceeds will begin.

**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 Number (248) 334-4379

Kevin Centala, Administrator
Stacey Molinaro, Service Coordinator
Nichole Ledwell, Administrative Assist.
Sharon Benton, Administrative Assist.
Devin Fritzler, Wellness Coordinator
Tim Coil, Lead Maintenance
Heather Curtis, Leasing and Marketing

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

Embrace the possibilities

Pontiac, MI 48341

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

