



# Village News



## Embrace the possibilities

420 S Opdyke Rd • Pontiac, MI 48341 • [www.pvm.org](http://www.pvm.org)

March 2016

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### Notes From the Administrator

March is upon us, the month of Spring! This is the time we can start to look towards warmer temperatures and outside activities to come.

With April being Friends & Family month we must choose as a Village our project for Village improvement. We are asking for your help and input in choosing the most valuable project that will benefit the community as a whole. We have received many great suggestions and ideas so far and now we need to narrow the field.

In the coming days we are asking you to speak with your area reps or call into the office and give us your opinion of the four choices listed below. Please rank these projects from most to least important to you.

the property

- Community Garden
- Putting Green

All of these are worthwhile projects and we are anxious to hear your thoughts.

Please look at the events calendar as we have many exciting things happening in March for you to share with us. Also please note that the events board located in the lobby of the community center has additional events that are non Village sponsored events being thrown by our partners at Lighthouse and Centerline Parks and recreation. It is a great list with a lot of variety to choose from, please take a look.

- Automatic handicap door opener for the front door of the Community Center
- Additional sitting benches for



## 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

## Eat Better to Feel Better

As we age, we often consider our daily aches and pains to be a sign that we are getting “old”. We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the “fact” that there’s nothing we can do about it.

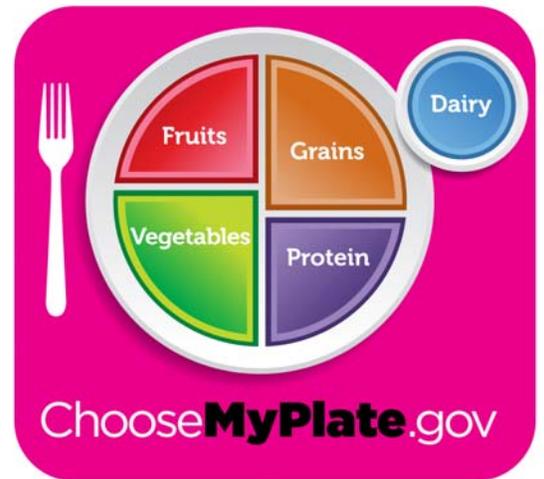
While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body’s ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it’s best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit [www.choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate).

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.





# Giving Matters.

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

## A Culture of Philanthropy at PVM

What is “philanthropy” and what does it mean to have a “culture of philanthropy?” In simple terms, philanthropy is an act done or gift made **to help make life better for others**. Philanthropy is a values-based process that happens when someone feels compelled to give, not because they felt pressured, but because their interests match that of the organization. Philanthropy is rarely transactional—it’s transformative, it’s an investment.

Without philanthropy, Presbyterian Villages of Michigan would not exist. PVM’s flagship Village, The Village of Redford, was established in 1945 through a \$10,000 philanthropic gift made by Clarence D. Sterling. Philanthropy is integral to PVM’s history and future, with 27 Villages and the many numerous programs and services that impact residents every day.

As an example, through the generous philanthropy of donors, the PVM Foundation granted **\$7,457,530\*** in 2015 for Village projects and programs including the following:

- Pre-development activity at **The Thome Rivertown Neighborhood** for the Weinberg Green Houses® and community space
- A new bus at **The Village of Holly Woodlands**
- Wellness Center upgrades at **Perry Farm Village**
- A new computer and printer at **The Village of Bethany Manor**
- Funding for resident activities at **16 Villages**
- Beauty shop renovations at **The Village of Westland**

At PVM, we encourage everyone to embody a culture of philanthropy as a way of life, to inspire and encourage others to give back to their community. Our goal is to educate about the importance of philanthropy, honor those who give, and ensure that the tradition of philanthropy is continued by future generations.

We are very appreciative and thankful to all donors and supporters of the PVM mission—**THANK YOU** for all you do to help seniors thrive and to create a culture of philanthropy! If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

\*Unaudited



# Service Coordinator News

By Danette Pye,  
Service Coordinator

## Meet your New Service Coordinator

Hello! My name is Danette Pye. I have worked with a wide range of individuals assisting them with a multiple of different issues.

I look forward to working with the residents here. I enjoy helping others help themselves! I hope to aid and support you in maintaining your independence. Feel free to stop in and introduce yourself!

## What Does A Service Coordinator Do?

A Service Coordinator can help you arrange needed services like: Meals on Wheels, companionship programs, and homemaking assistance for example. They can help you read, understand, and complete bills and forms. A Service Coordinator can help you locate churches, support groups, medical supplies, or discount prescriptions. The Service Coordinator is an advocate for you maintaining your independence

The Service Coordinator will also organize a monthly presentation related to wellness or an area of importance that concerns the aging population. Please feel free to share your interests with your Service Provider.

The Service Coordinator CANNOT provide direct care or homemaking services, but they can help you find it! The Service Coordinator does not fill the role of property manager or activity director.

## Confidentiality

Service Coordinators are bound by a code of ethics that require all of the personal information you share with them to remain confidential. The service coordinator will explain, and have you sign, an agreement of confidentiality during your first meeting. You will be supplied with a copy for your

records.

The following are some examples of needs you may have that the coordinator can help you address.

Your Service Coordinator can help you locate:

- Financial Assistance
- Medical Assistance
- Educational and Emotional Support
- Homemaker Assistance
- Legal Issues

Your Service Coordinator can help you with:

- Understanding Medicaid/Medicare
- Filling out Forms
- Budgeting
- Transportation

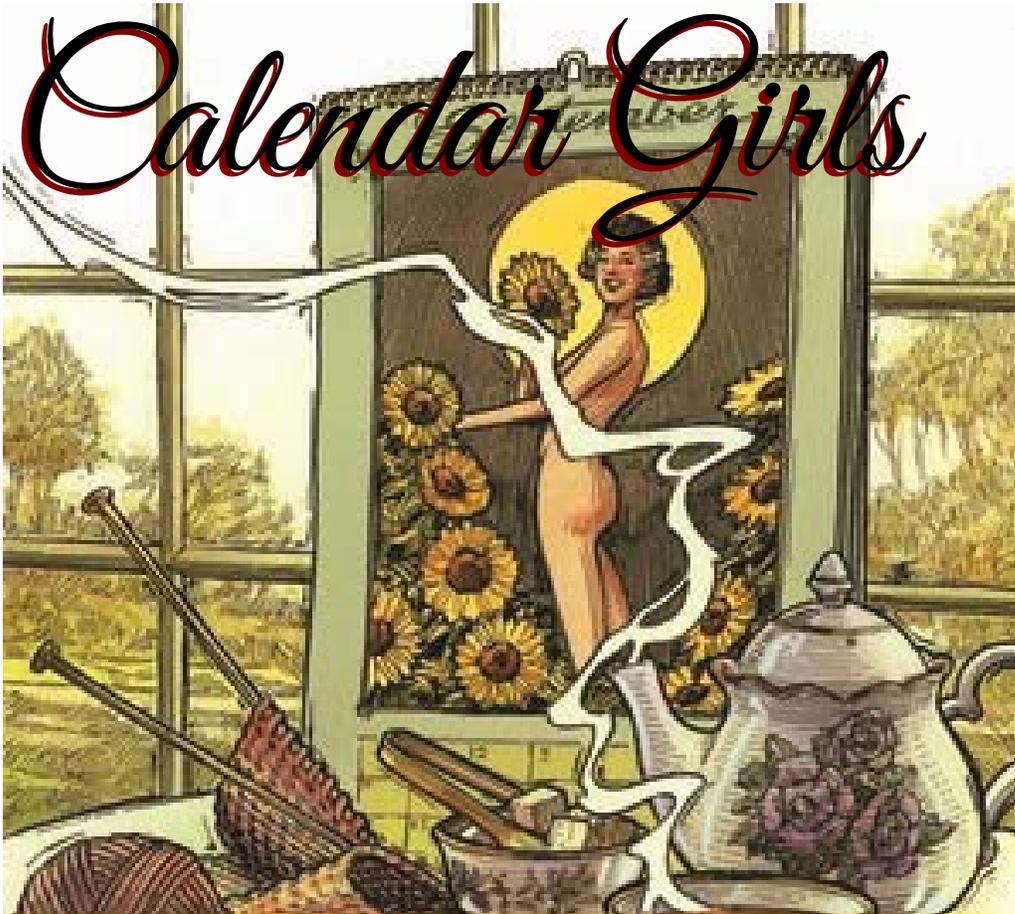
A Service Coordinator's role is not limited to just this list. Feel free to ask if you are unsure your need can be fulfilled through service coordination!



Join us on **March 14** at **1 pm** in the Community Room to learn about this new

joint venture with CareSync Solutions. This new service allows us to expand and provide quality home and community based services to our residents.

# Calendar Girls



Meadow Brook Theatre, Rochester

Wednesday, March 30, 2 pm

FREE Tickets at the Front Desk

*No transportation to this event*

Join Myra Enders on **Friday, March 11 at 1 pm** in the Community Center for a presentation on her memoir.

MY  
LETTERS

And other Tidbits

By M. K. Enders

– SUPPLEMENT INCOME WITH FIXED ANNUAL PAYMENTS FOR LIFE –

**HELPING OTHERS**  
*helps you!*

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

UP TO  
9%  
RETURN

 **Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

Check out your possible rate of returns by visiting [www.pvmgifts.org](http://www.pvmgifts.org)

Or, for more information, call Paul Miller at the PVM Foundation  
**248.281.2045**

# PREVNT

(PREVENT ELDER AND VULNERABLE ADULT ABUSE,  
EXPLOITATION, NEGLECT TODAY)

Presented by the Disability Network Oakland & Macomb

Elder abuse can truly happen to anyone. Research indicates that one in ten American elders are affected by abuse. Unfortunately, elder abuse can happen in all types of relationships as a result of family dynamics, caregiver interactions, or targeted scams that prey on vulnerability. Through the PREVNT program you can learn how to recognize high risk situations and various ways to get assistance. Only through YOU can we make progress in changing the statistics and address the abuse that is occurring in our communities.

- ◆ Learn to recognize financial exploitation.
- ◆ Learn tips and tools to protect yourself from financial scams.
- ◆ Learn to recognize physical and behavioral signs of abuse.
  - ◆ Discover where to seek help.
- ◆ Receive a toolkit of community resources.

Light refreshments provided!!!

The more you know the more you can help those around you!

**Rescheduled for March 2—1 pm**

Sign up today!

# Theater Thursday

- ❖ **Thursday, March 3 “Age of Adeline”** - Adaline Bowman has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever.
- ❖ **Thursday, March 10 “I’ll See You In My Dreams”** - After realizing how lonely and routine her life has become, a longtime widow begins relationships with two very different men.
- ❖ **Thursday, March 31 “Cinderella”** - After her father unexpectedly dies, young Ella (Lily James) finds herself at the mercy of her cruel stepmother (Cate Blanchett) and stepsisters, who reduce her to scullery maid. Despite her circumstances, she refuses to despair. An invitation to a palace ball gives Ella hope that she might reunite with the dashing stranger (Richard Madden) she met in the woods, but her stepmother prevents her from going. Help arrives in the form of a kindly beggar woman who has a magic touch for ordinary things.



Bring your Luck 'o the Irish to the  
© St. Patrick's Day & ©  
March Birthday Celebration  
plus Meet the new Wellness Coordinator



March 17 at 1 pm



We will be serving cookies, punch and playing Bingo

Sign up in the sign up book.



Everyone's Irish  
On March 17th.

## March

*LaVerne P. Larson*

March leads the way to springtime,  
And can't make up her mind  
To follow gentle paths  
And leave the snow behind.

One day she's tame and mild  
And beckons birds on wing,  
Coaxing green buds forth  
Acting much like spring.

Next day she's fierce and wild  
With blustery winds that blow,  
Tossing starlike flakes  
Of winter's crystal snow.

Her playful tricks are typical,  
And we have learned to smile  
When March starts cutting capers  
In her naughty style.

The children love her mischief  
And sail their kites with glee,  
As March winds romp and play  
O'er the land and sea.



Flower: Jonquil



Gem:  
Aquamarine

## Birthday Celebration!

The Birthday Party will be held on Thursday, March 17. Please join us in the community room at 1 pm for the celebration and bingo.

<b>Willie Ferguson</b> .....	<b>3/3</b>
<b>Margaret Williams</b> .....	<b>3/6</b>
<b>Jacqueline Voyles</b> .....	<b>3/7</b>
<b>Valentine Robinson</b> .....	<b>3/8</b>
<b>Hazel Jones</b> .....	<b>3/9</b>
<b>David Dixon</b> .....	<b>3/10</b>
<b>Nancy MacDonald</b> .....	<b>3/11</b>
<b>Betty Fitzhenry</b> .....	<b>3/12</b>
<b>Vernice Johnson</b> .....	<b>3/13</b>
<b>Margaret Mullen</b> .....	<b>3/14</b>
<b>Pamela Oppeneer</b> .....	<b>3/16</b>
<b>Edward Lance</b> .....	<b>3/17</b>
<b>John Peoples</b> .....	<b>3/18</b>
<b>Douglas Herd</b> .....	<b>3/19</b>
<b>Bertha Simpson</b> .....	<b>3/19</b>
<b>Kathryn Price</b> .....	<b>3/23</b>
<b>Lola Stewart</b> .....	<b>3/25</b>
<b>Irene Brown</b> .....	<b>3/26</b>
<b>Abraham Ramsey</b> .....	<b>3/27</b>
<b>Franzetta Hill</b> .....	<b>3/28</b>
<b>Quincy McCoy</b> .....	<b>3/31</b>

## Announcing Veteran Preference

The Department of Housing and Urban Development (HUD) has approved Presbyterian Villages of Michigan and The Village of Oakland Woods to implement a "Veterans Preference" to the Tenant Selection Plan.

This letter serves as notification that the preference is now in place at Oakland Woods. If you qualify for this preference, please see documentation required below and submit this to the office to verify your preference status.

Wait list preference at The Village of Oakland Woods is given to:

- Applicants currently residing in the city of Pontiac.
- Applicants who are considered to be veterans of the United States Military or surviving spouses of veterans who have not remarried. Proper documentation should be submitted to verify this, i.e. Certificate of Veteran Status, DD Form 214, Benefit Eligibility Statement or other documentation provided by the Veterans Administration or Department of Defense.

What does a preference mean? If you qualify, your name goes to the top of the waiting list, above those applicants who do not qualify for a waiting list priority (e.g. not a Pontiac resident or not a Veteran).

Applicants must meet other qualifications to be placed on the wait list. Discrimination against those not meeting the preference is prohibited.

# Resident Council News

By *Judy Shatto,*  
*Resident Council President*

## SOMETHING NEW

Jackie had a great idea for celebrating our birthdays. Every month we will publish a special birthday poem along with that month's flower and gemstone. See this month's on page 9. Thank you, Jackie Voyles.

## VILLAGE PROJECT

Please take a few minutes to make your suggestions for what to do with the money raised during Friends and Family Month. Based on preliminary inquiries, there are four options:

1. Automatic handicap door opener for the front door of the Community Center
2. Additional sitting benches for the property
3. Community Garden
4. Putting Green

We want to know your preference, or let us know if you have another suggestion by putting a note in the Suggestion Box (in the Community Room), informing Kevin, calling the office or letting Judy know. Please rank these in order of your preference.

## FRIENDS AND FAMILY

Resident Council will gladly make our annual donation to Friends and Family. We ask that ALL residents donate what you can. Every dollar is matched by PVM Foundation. It all comes back to us in some way!

## MEETING

Come to the Community Room for the next Resident Council meeting on March 29 at 2 pm. You may meet some neighbors or make some new friends. We welcome your questions—someone will surely be able to answer them for you.

## VILLAGE GARDEN CLUB

We will give Spring a warm welcome on Tuesday, March 8 at 2 pm. If you are interested in gardening, please join us. If not, please at least check out what we do—we need you! Jackie 248.874.0478.

## Resident Council Board

**Judy Shatto,** *President*  
(248) 499-8574

**Dolores Ochoa,** *Vice President*  
(248) 535-7306

**Vernice Johnson,** *Secretary*  
(248) 622-4470

**Catheryn James,** *Treasurer*  
(248) 891-9290

**Ruthie Griffin,** *Sympathy Cards*  
(248) 322-4222

# March 2016

## National Colorectal Cancer Awareness Month

SU	MON	TUE	WED	THU	FRI	SAT
28	29 10:00 Strength Training 2:00 Bible Study	1 11:00 Zumba 11:00 TOPS <b>11:00 Blood Pressure Clinic</b>	2 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus <b>1:00 PREVNT Presentation</b>	3 10:00 Stretch and Flex 11:00 Zumba <b>1:00 Theater Thursday</b>	4 <b>10:00 Walmart and Chase</b>	5
6	7 10:00 Strength Training 2:00 Bible Study	8 11:00 Zumba 11:00 TOPS <b>11:00 Blood Pressures and Bingo</b> <b>2:00 Garden Club Meeting</b>	9 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	10 10:00 Stretch and Flex 11:00 Zumba <b>1:00 Theater Thursday</b>  <b><u>FRUITS AND VEGGIES</u></b>	11 <b>10:00 Kroger</b> <b>1:00 Myra Enders Book Talk</b>	12
13	14 10:00 Strength Training <b>1:00 CareSync Presentation</b> 2:00 Bible Study	15 11:00 Zumba 11:00 TOPS <b>11:00 Blood Pressure Clinic</b>	16 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	17 <b>1:00 St. Patrick's Day and Birthday Party with Bingo</b> <b>1:00 Wellness Coordinator Meet and Greet</b> <b><u>FOCUS HOPE</u></b>	18 <b>10:00 Meijer</b>	19
20	21 10:00 Strength Training 2:00 Bible Study <b>6:15 Holy Week Service, First Presb. Church Bus Pickup</b>	22 11:00 Zumba 11:00 TOPS <b>11:00 Blood Pressure Clinic</b> <b>2:00 Resident Council Meeting</b>	23 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus <b>1:00 Hollywood Market</b>	24 10:00 Stretch and Flex 11:00 Zumba <b>12:00 Pre-Easter Service and Lunch</b>	25 <b>GOOD FRIDAY— NO ACTIVITIES</b>	26
27	<b>28 OFFICE CLOSED FOR EASTER OBSERVANCE</b>	29 11:00 Zumba 11:00 TOPS <b>11:00 Blood Pressure Clinic</b> <b><u>FREE TABLE</u></b>	30 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus <b>2:00 Meadow Brook Play</b>	31 10:00 Stretch and Flex 11:00 Zumba <b>1:00 Theater Thursday</b>	1 <b>10:00 Walmart and Chase</b>	2

**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 Number

**(248) 334-4379**

## Village Staff

**Kevin Centala**  
*Administrator*

**Sharon Benton**  
*Administrative Assistant*

**Nichole Ledwell**  
*Administrative Assistant*

**Danette Pye**  
*Service Coordinator*

**Heather Curtis**  
*Marketing and Occupancy Specialist*

**Tim Coil**  
*Maintenance Lead*

**Matthew Myers**  
*Maintenance Tech*

**EMERGENCY MAINTENANCE**

*(248) 330-0213*

**On-Site Security**

*(248) 917-2539*



**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)

**Embrace the possibilities**

**Pontiac, MI 48341-3145**

**420 S Opdyke Rd**

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**Oakland Woods**  
The Village of

