



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

February 2014

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NOTES FROM THE ADMINISTRATOR

Dear Residents: Spring has sprung at the Village and as we move into April please make note that this starts our annual Friends and Family campaign. You will receive a letter in the mail asking for your help in reaching our goal of \$5,000 raised for our community this year. PVM is offering to match individual donations up to \$1,000 dollar for dollar but only while the funds last. So if you are considering making a donation, please make it early so we can capture the matching dollars. There will be a kick off party on April 1st at the Community Center. We will have food, entertainment, door prizes and other giveaways for attendees. So mark the date and come up and join us for this wonderful event. More information about the party and campaign will be coming in the mail and posted throughout the Village.

Please remember that you are required to report any overnight guests to the office prior to their arrival. Guests can only stay up to 10 days in a given year. We will be monitoring the property for residents who have unregistered guests and that exceed the allowable time of stay. Please register your guests and help us keep community rules enforced.

The Victory Cup is fast approaching and with our second place finish last year, I know a lot of you along with the staff are eager to recapture the title. Sign up sheets for the events and practice times will be in the lobby or in Devin's office. Let's come together and make Oakland Woods the top dog again.

We have opened up the community center room for rental again. It is available to residents and their family to utilize for birthdays, showers, and other family activities. The cost of rental is \$35/hr until 7:00 p.m. and \$45/hr from 7 till 9 p.m. The Village does not make money from this service. The fees are used to pay staff to be here on a weekend or after hours to open and close for the events. You must come to the office and fill out the rental application and leave a deposit for the dates you request. We can't accommodate every request but we will try our best.

Please see the Resident Council announcements in the newsletter for more events going on in the month of April.



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

Fitness in the Woods



Last Month's Word Search Answers

We hope you enjoyed last month's word search. Below are the answers. If you like doing word searches, check out <http://onlinewordsearch.org>. When you go to the site you will immediately be greeted with a word search. When you find a word put your mouse cursor on the first letter, hold down the left mouse button and drag the cursor over the word. If it's a word from the list, it will end up being highlighted in gray and crossed off the list. There are several categories to choose from for hours of fun and mental stimulation!

CDC RECOMMENDED VACCINES

Answers

F	T	N	B	N	R	X	U	L	V	B	B	P	N	D
V	C	E	E	D	N	B	S	D	V	N	C	G	Y	R
G	L	P	N	E	U	M	O	C	O	C	C	A	L	S
T	Y	E	P	S	X	S	H	E	J	I	I	G	E	Q
G	C	L	O	I	A	D	D	U	A	M	X	L	P	C
V	J	S	I	T	I	T	A	P	E	H	G	Y	X	N
X	A	J	M	S	J	S	M	V	A	N	C	T	D	U
U	T	I	X	D	Y	R	L	B	I	Z	X	X	F	K
Y	M	C	S	Z	O	W	H	H	I	K	O	S	I	C
X	K	P	E	R	T	U	S	S	I	S	B	Z	B	F
T	A	D	I	P	H	T	H	E	R	I	A	W	F	M
L	U	I	M	A	Z	N	E	U	L	F	N	I	A	I
K	G	X	E	Z	G	L	K	G	W	K	B	H	J	L
W	K	F	G	C	M	Q	P	M	W	R	W	A	J	K
S	T	E	T	A	N	U	S	P	C	B	I	A	B	P

Diphtheria	Pertussis	Tetanus
Hepatitis	Pneumococcal	
Influenza	Shingles	

- Only one in three children are physically active every day.
- Only 35 – 44% of adults 75 years or older are physically active, and 28-34% of adults ages 65-74 are physically active.
- Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, video-games, computer).





Giving Matters.

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

Friends & Family Kicks Off; Consider Joining a PVMF Giving Society

The annual Friends & Family Appeal kicked off on April 1st and we are thrilled to offer a \$1.00 for \$1.00 match for eligible gifts received through April 30th and a \$2.00 for \$1.00 match for eligible gifts over \$1,000 (up to \$5,000)! Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project for this year. Please encourage all of your friends and family members to make a gift during the month of April and take advantage of the opportunity to double or triple their impact!

There are several ways to make a gift (match guidelines apply):

See the front desk or your Village Administrator

Online at www.pvmfoundation.org (you must select the Village you would like your gift to benefit)

Call the PVM Foundation at 248.281.2040

Mail your gift to: PVM Foundation

26200 Lahser Road, Suite 300

Southfield, MI 48033

With our Calvin, Sterling and Mission Maker Societies' Recognition Luncheon coming-up on June 9th at the Edsel & Eleanor Ford House, I thought I would give you a description of the types of donors that are members of these societies:

Calvin Society: Donors who have made a planned or deferred gift to PVM, such as inclusion in a Will/Estate Plan, including PVM as an insurance policy beneficiary, or a Charitable Gift Annuity, to name a few.

Mission Makers Society: Make a multi-year pledge to PVM for \$1,000 or more and for two or more years.

Sterling Society: Donors that have cumulatively given over \$50,000 to PVM.

Please give me a call at 248.281.2040 or email at pmiller@pvm.org if you are interested in learning more about these Giving Societies and how you can become a member.

Warm regards,
Paul J. Miller, CFRE





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

SAVVY SENIORS TAKE NOTE

There are several alarming trends these days we need to be alert for and protect ourselves!

The first of these occurs in our healthcare arena and in hospital settings. Lately hospitals have been keeping patients on observation status when they arrive rather than admitting them, which has gone as long as ten days in some cases. This is reportedly a less than transparent transaction since they do not notify patients that rehabilitation services will not be covered by Medicare without an official hospital admission taking place. If you are being held in observation status, insist that you be formally admitted so that you will not be denied payment coverage if services are needed at a later date.

Several more sinister interactions going on right now are scams being operated by criminals. These have both surfaced once in a while but are in full swing right now. In the one scenario people are being called by someone claiming to be with the IRS demanding money for supposed delinquent taxes. The callers are quite intimidating and have tricked many into sending money to them. The other involves a consistent scam of calling grandparents and pretending to be their grandchild who is in trouble and needing to have them wire money to a specified location. In many instances the perpetrators even have the name of the grandchild and have been successful at stealing large sums of money. Locally there was a woman recently who lost \$10,000 in one transaction and was about to send more money when she realized that it was a scam and called the authorities.

As a reminder, do not give money to strangers who call or approach you unsolicited. Reputable groups do not ask for money in this manner. And always check with another person such as a friend, family member or senior services professional/senior center director before responding to these requests. Do not engage in conversation with them. Hang up or walk away and notify the authorities immediately. BE SAVVY!





For Your Safety.

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

Independent Living, What happens in a medical emergency?

Presbyterian Villages' Independent living apartments provide seniors with a maintenance free retirement lifestyle. We offer service amenities at our independent Villages. Each Village offers a different menu of services. What is true across our independent villages is that we do not provide medical services. Apartment living does not provide the oversight that assisted or skilled nursing offers. That is why it is important you and your family understand what happens if a medical emergency should occur.

When you, or someone else, dial 911, local emergency personal will respond. During non-business hours EMS, Police and Fire dept. personnel can enter the building by using the keys left for them in the locked box outside the building. The quickest response comes from dialing 911. Each resident in independent living is also offered an emergency response button at no cost to them. This is an additional way to summon emergency help when you are not within reach a phone. However, you must wear your response button in order for it to be most effective. If your response button is on your dresser and you fall in the bathroom, it won't be of much use.

Our Staff at our independent living Villages are not trained in CPR or other medical procedures. This means they will not be rendering medical care. If they are aware of the emergency and are in the building, they will help facilitate the EMS personnel to get into the building and to you as quickly as possible. They will notify your emergency contact person, if you so request. If they are not in the building they may not know about your situation at all.

Now might be a good time to review your advance directive and place it in an accessible place for the EMS personnel to find. Only medical personnel can interpret your wishes as outlined in your advance directive. If you do not have one and wish assistance with this task, please contact your Village Service coordinator or social worker.

We certainly hope that you never have a medical emergency, but if you do local emergency personnel will respond quickly, with the proper equipment and the necessary knowledge. It is nice to know that we live in communities where local emergency response service is top rate and available.



April News from our Wellness Coordinator

Hi everyone! First things first, thank you all for being so welcoming to me in my first few months here at Oakland Woods! I am really enjoying my new position here and I look forward to working with all of you in the future. Please remember that my door is still always open for comments, questions and concerns. Keep in mind that I am trying to offer many different activities and outings for everyone in the village and there may be things planned that you do not want to take part in, but please remember that there are others who may enjoy it. That being said please keep a look out for new programs and activities in the calendar and newsletter.

Some of you may know that the Village Victory Cup is once again coming up! If you would like to participate this year please see me to sign up, there will be no sign up sheet for this. You must come to me or call me to sign up. There will be practices for the events Friday afternoons in April and continuing until the big day! I hope to see a lot of you come out to join us for the Oakland Woods Cardinals Team!

Also coming up in May will be an event held at the Detroit Zoo. It is the Walk to Cure Arthritis, put on by the Arthritis Foundation. If you would like to be on the team please come to see me for more information. It is held on May 10th at 8:00 am at the Detroit Zoo.

I would also like to see more of you come to fitness classes here at the Community Center. **During the week of March 31st-April 4th there will be free classes all week.** Please come out and try a new class. Once again, thank you all so much for helping to make me more comfortable here at The Village of Oakland Woods. I look forward to working with all of you in the future!

-Devin Ranger, Wellness Coordinator

Exercise Class Descriptions

Strength Training

In this class you will be training all of your major muscle groups, like your arms, legs and abs. We use free weights, exercise bands and sometimes exercise balls. Great class for all looking to gain strength and can be personalized to each person.

Total Body Workout

In this class we change up our routine weekly. At times we will make it more of a step aerobics class and sometimes we focus more on strength exercises. Great beginner class!

Yoga

In this class we use our yoga mats and we do yoga stretches and poses. We do standing and floor exercises. This class is designed to increase flexibility and to also help with relaxation.

Chair Yoga

This class is very similar to our yoga class, except we are sitting in a chair the entire time and do not go to the floor. This class will also help to improve flexibility and relaxation.

New events in April:



Easter egg dyeing: Come and join Devin in the Community Center on Monday, April 7th at 1:00 pm to dye Easter eggs to kick off the spring season!

Aquatics Class: There is still time to sign up for the aquatics class but you must see Devin to sign up and hand in your money by the first week of April if you choose to participate. We will leave every Monday at 11:30 am for class.

Village Victory Cup Practice: Please see Devin as soon as possible to sign up for the Oakland Woods Cardinals team. Practices will begin in April every Friday at 2:00 pm in the fitness room.

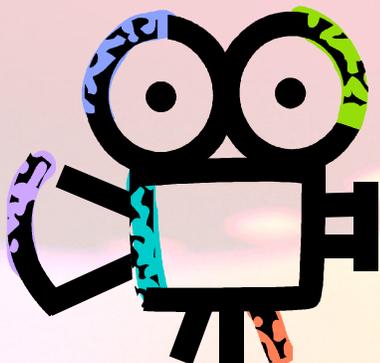
Blood Pressure Checks: There will now be monthly blood pressure checks available free of charge. This month it will be on Tuesday, April 15th at 3:00 pm in Devin's office. You will come in one at a time to get a reading and we can keep the readings on record here for you.



Theater Thursday

Feature Presentations:

- Thursday, April 3rd: "Lincoln" - As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield and as he fights with many inside his own cabinet on the decision to emancipate the slaves.
- Thursday, April 10th: "Life of Pi" - A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery. While cast away, he forms an unexpected connection with another survivor: a fearsome Bengal tiger.
- Thursday, April 17th: "The Help" - An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African-American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis.



April News from our Service Coordinator

Food Safety

Please join Stacey on Wednesday April 16th at 2:00 PM in the Community Room as she welcomes the Oakland County Health Department to discuss food safety. During this program you will learn how to properly store and prepare your food. Avoid contamination and learn how to know for sure if food has gone bad.

Prevent illness and preserve money!

Presentation is at 2:00 PM in the Community Room.

Light refreshments will be served.

Please sign-up!

How to Talk to Your Doctor

Join Stacey on Monday April 21st at 2:00 PM in the Community Room as she welcomes the Oakland County Health Department to discuss “How to talk to your doctor”.

During this presentation, you will learn questions to prepare when going to see your physician.

You will learn ways to express your concerns and get the answers you need!

If you don't know what to ask or if your doctor does not

give you the information you need, learn how to advocate for yourself!

Take charge of your physical well-being and be proactive in your health care!

Light refreshments will be served.

Please sign-up!

Free Bingo and Health Plan Options

Join Stacey on Thursday April 24th in the Community Room from 1-3 PM for FREE BINGO!

A representative from Meridian Health Plan will be here calling numbers and giving out prizes!

She will also be here to answer any and all of your Medicare Advantage Plan questions.



April News from our Service Coordinator

What Medicare Drug Plan is Right for You?

Join Stacey on Tuesday April 29th at 2:00 PM in the Community Room as she welcomes a representative from the Area Agency on Aging to discuss Medicare Prescription Drug Plan options. Navigating the system and knowing what prescription plans best meet your needs can be confusing and frustrating. Allow us to help explain what is out there, how to choose what works for you, and how to change your plan or sign up for a new one. Light refreshments will be served. Please sign-up!

Managing Grief and Loss

Join Stacey on Wednesday April 30th in the Community Room at 2:00 PM as she welcomes a representative from Hospice of Michigan to discuss the difficult issues of grief and loss. As older adults, we have many losses occurring, including those of family and friends. It can be challenging and scary to lose a loved one and sometimes difficult to cope. Come be in a safe place to learn methods of coping and ways to handle your grief in a positive way. Come share your experience or just listen. Opportunities for support groups will be available. You are not alone. Light refreshments will be served. Please sign-up!



April News from our Resident Council

President: Judy Shatto (248) 499-8041

Vice President: Dolores Ochoa

Secretary: Vernice Johnson

Treasurer: Catheryn James

- April 6-13 is Volunteer Week! We would like to thank each and every one of our volunteers! We appreciate all of your dedication and help more than you will ever know. Volunteers are always needed here at The Village of Oakland Woods!
- Do you have something you need to get rid of, or even something that you are looking for? Try posting it on our Bulletin Board Want Ads! The bulletin board for this is located right inside our community laundry room. Check it out to see if there is anything that you could help with!
- Donations are highly encouraged to our Friends and Family Fundraiser starting in April! Every penny counts and comes right back to the residents! Donations can be dropped off at any time to Kevin in the main office!



April News from our Resident Council

- Please notify the office as soon as you change or delete your phone number. This number is very important, as it is used to notify us from your Lifeline button when are in need of help. It is very important to keep this updated so that your Lifeline button is used efficiently.
- Coming up in May (May 5th) we will be having a Cinco De Mayo Fundraiser here at the village! More details will be posted closer to the event. Everyone is welcome, but remember to sign up!
- Remember the 4 R's for Recycling: Earth Day is April 22nd!

Recycle, Reuse, Reduce, Rethink

You can recycle paper and plastics at the community center in the bins located outside by the garbage dumpster.

Also, every Saturday from 9:00 am—2:00 pm at the Pontiac City Hall parking lot on Auburn Rd, there are large divided containers for glass, plastics, paper, cardboard, etc. For any further details please contact Judy Shatto, resident council president. She has many more tips and tricks being as she herself, has been recycling for over 20 years!

APRIL BIRTHDAYS

Wanda Jones, 4/3/14

Clara Kelley, 4/4/14

Edna Martin, 4/21/14

Cheryl McKenzie, 4/20/14

Shige Taylor, 4/4/14

Diane, Terry 4/16/14

Sharon Watson, 4/26/14

Rosemary Williams, 4/8/14

Portia Wynn, 4/19/14

Herbert Edridge 4/23/14

Dolores Ochoa, 4/8/14

Dianne Phillips, 4/22/14

Philomena Torma, 4/11/14



Please join us in celebrating our April birthdays!

We will have a party in the community center on 4-25-14 @ 1:00

BINGO!

Join us in the Community room on Friday, April 25th @ 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!

April 2014

Foot Health & Alcohol Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10:00 Yoga 11:00 TOPS <u>1:00 Friends and Family Kick Off Party!</u>	2 9:00 Prayer group 10:00 Strength Training 11:00 Village Chorus 12:00 Meadow Brook Theater and Lunch	3 10:00 Yoga 11:00 Zumba 1:00 Bible Study <u>2:00 Theatre Thursday "Lincoln"</u>	4 10:00 Total body workout 11:00 Walmart and Chase Bank 1\$ 1:00 Maintain Your Brain 3:00 Village Victory Cup Practice	5 
6 	7 9:00 Chair Yoga 10:00 Strength Training 1:00 Easter Egg Dying 3:00 Computer Class	8 10:00 Yoga 11:00 TOPS 1:00 Zumba 2:00 Garden Club	9 9:00 Prayer group 10:00 Strength training 11:00 Village Chorus 1:00 Hollywood Market	10 10:00 Yoga 11:00 Zumba 1:00 Bible Study <u>2:00 Theatre Thursday "Life of Pi"</u>	11 NO EXERCISE 11:00 Meijer 1\$ 11:00 Patti's Hatties 1:00 Maintain Your Brain 3:00 Village Victory Cup Practice	12 
13 	14 9:00 Chair Yoga 10:00 Strength Training 11:30 Aquatics Class 3:00 Computer Class	15 10:00 Yoga 11:00 TOPS 1:00 Zumba 3:00 Blood Pressure Checks	16 9:00 Prayer group 10:00 Strength training 11:00 Village Chorus 12:00 Salvation Army 1\$ 2:00 Food Safety Presentation	17 9-11 Focus Hope Pickup 10:00 Yoga 11:00 Zumba 1:00 Bible Study <u>2:00 Theatre Thursday "The Help"</u>	18 10:00 Total body workout 11:00 Kroger Marketplace 2\$ 1:00 Maintain Your Brain 3:00 Village Victory Cup Practice	19
20 HEALTHY	21 9:00 Chair Yoga 10:00 Strength Training 11:30 Aquatics Class 2:00 How to Talk to Your Doctor Presentation FREE TABLE	22 NO EXERCISE 11:00 TOPS 2:00 Resident Council Meeting	23 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 12:00 Family Dollar 1\$ 2:00 Grief and Loss Presentation	24 NO EXERCISE 1:00 Bible Study 1:00 Free Bingo and Health Care Options Presentation	25 10:00 Total body workout 1:00 Birthday Social 1:30 BINGO 3:00 Village Victory Cup Practice	26 
27 	28 9:00 Chair Yoga 10:00 Strength Training 11:30 Aquatics Class 3:00 Computer Class	29 10:00 Yoga 11:00 TOPS 1:00 Zumba 2:00 Medicare Presentation	30 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus			

**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
Nancy Morin, Administration Assist.
Sharon Benton, Administration Assist.
Devin Ranger, Wellness Coordinator
Stephanie Cooper, Administration Assist.
Tim Coil, Lead Maintenance
Anthony Maitland, Maintenance

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

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**

