



Woodbridge Life



Embrace the possibilities

1300 Martin Luther King, Jr., Blvd. • Detroit, Michigan 48201 • www.pvm.org

April, 2014

Featured Articles

Working Together pg. 2

Independent Living pg. 2

Giving Matters pg. 3

April Recipe pg. 4

Don't Forget pg. 4

April Birthdays pg. 5

Featured Ad pg. 5

Spring into Action with April's Activities

April 2 (Wed): Floor Captain's and Resident Council Officer's Meeting..... Multi-Purpose Rm at 12:30 pm

April 4 (Fri): 1st Qtr. Birthday Party (Jan, Feb & Mar)..... Community Rm at 5 pm

April 5 (Sat): Alpha's & Mason's Friends & Family Fundraising Brunch.... Community Rm at 10 am

April 6 (Sun): Praise & Worship Service..... Community Rm at 3 pm

April 8 (Tues): Resident Fun & Brunch..... Community Rm at 10 am
(Games & Other Activities)

April 8 & 22 (Tues): Fresh Produce Multi-Purpose Rm at 10 am

April 11 (Fri): Luncheon with State Representative, Rose Mary Robinson.... Community Rm at 12 pm

April 11 (Fri): Friends & Family BINGO!
Community Rm at 6 pm
\$5 Donations = (5) Boards & Lunch
CASH PRIZES TO BE WON

April 13 (Sun): Friends & Family "Hop Into Spring" Fashion Show..... Community Rm at 4 pm
(hors d'oeuvres served)

April 21 (Mon): "12 Years A Slave" the movie discussed..... Community Rm at 3 pm

April 25 (Fri): Community Connections Group Meeting..... Community Rm at 12pm

April (Tues): Bible Study..... Library at 7pm

April (Wed): Dominos..... Multi-Purpose Rm at 10 am

April (Wed): Bible Study... Library at 7pm

April (Thurs, Fri & Sat): Pokeno..... Community Rm at 7 pm

April (Fri): Movie Matinee..... Mini-Theater Rm at 12 & 3 pm

I Didn't Know That....

(1) The word "lethologica" describes the state of not being able to remember the word you want; (2) Stressed is Desserts spelled backwards; (3) Charlie Brown's father was a barber; (4) Flying from London to New York by Concord, due to the time zones crossed, you can arrive 2 hours before you leave



The Village of
**Woodbridge
Manor**

A SENIOR LIVING COMMUNITY

Look for PVM on:



Working Together For Your Good

By Renee Venable, Resident Community & Social Worker Coordinator

CHECK...CONTROL...CHANGE....

As the American Heart Association (AHA) launches its annual **Go Red** for women's campaign, a new and exciting program will be rolled out here at Woodbridge in the coming months.

The program, called **Heart 360**, is a collaborative effort of the American Heart Association (AHA), the Hannan Foundation and Presbyterian Villages of Michigan (PVM). **Heart 360** is a self-monitoring blood pressure program that focuses on hypertension and high blood pressure, and is a great

way to help in the fight against disparities in your health. Woodbridge Manor hopes that all interested residents participate in this informative and interactive 4 week program offered in the Multi-Purpose Room (see bulletin board for more details)

If you would like to participate, or have any questions about the **Heart 360** presentations here at Woodbridge Manor, please contact your friendly Resident & Community Social Work Coordinator.

Independent Living - What Happens If A Medical Emergency Occurs

Carrie Moon Dupree, VP, Risk Management & Quality

PVM's independent living communities provide seniors with a maintenance-free retirement lifestyle. While independent living communities don't provide the amount of care offered at an assisted-living or skilled-nursing facility, they do offer the convenience and peace of mind of featured service amenities. That is precisely why it's so very important that every resident, including his/her loved one(s), understand what happens if a medical emergency should occur.

PVM offers an emergency response button to every resident in its independent living communities at no cost to him/her*. The emergency response button allows the resident to signal for help in case of an emergency in the resident's building. It is an alternative method to dialing 9-1-1, when the resident is unable to get to a phone; however, the resident must have the response button with him/her to be effective.

The staff at the independent living community is not medically trained, but if staff is aware of a medical emergency and in the building, they will: 1) help facilitate the appropriate authorities to get to the resident as quickly as possible 2) notify the resident's emergency contact person(s), if requested; yet, if staff is not in the building the resident will need to make his/her own preparations as necessary, i.e., use the emergency response button or call 9-1-1 directly.

PVM ask that every resident review his/her advance directive and place it in an accessible place for EMS to find. If a resident does not have an advance directive and needs assistance with this task, please contact the village service coordinator.

While PVM certainly hopes that none of its residents ever have a medical emergency, we ask that all residents be prepared to handle such an event. For more information about resident safety, contact your village administrator.

Once upon a time there lived a senior that dreamed of a place to stay. Oh, not just any place, but one that he/she could call home. A place that he/she would feel proud to bring his/her friends, family and guests; yes, this place would have to be very special: friendly neighbors much like him-/her-self, a well maintained building and lots of fun activities to participate in. This ideal place would have to make him/her happy to call it "my home." But alas, how could he/she afford such a luxury? How indeed?

Upon waking, the senior began his/her search for the perfect home and happened to see an unbelievable affordable housing ad that was so inviting, so filled with hope that he/she just had to see the place for him-/her-self. As fate would have it, the senior was enchanted by all that he/she saw and heard from the welcoming neighbors to the helpful staff; He/she was so pleased with the place, that the senior looking for a place began to look no further, for he/she had found his/her home forever more.

To Our Dearest Woodbridge Manor Residents: "Welcome Home....We are so glad you chose us."



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

By Paul J. Miller, PVM Foundation President

GIVING MATTERS - Presbyterian Villages of Michigan Foundation

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



Consider Making a Gift to the

ANNUAL FRIENDS & FAMILY APPEAL: APRIL 1-30

Your gift could be **MATCHED \$1.00 for \$1.00***!

Gifts of \$1,000+ are eligible to be MATCHED \$2.00 for \$1.00

Your gift will benefit residents at your local Village! See reverse for how to make a gift.

See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at 248.281.2040.

Tenants' Committee

2nd Wed of the Month
April 9th at 1:30pm
Community Rm

Committee Agenda:

- Meet Your Neighbors & Invited Guests
- Committee's Old & New Business
- Individual Committee Reports
- Planned Trips
- Resident Advocacy
- Fundraising Events
- Resident Concerns

2014 Friends & Family

Project: Resident Activities & Supplies for Senior Wellness

- New Donor Goal: 33
- Fundraising Goal: \$2,942
- Matched Dollars: Start April 1st

Village Victory Cup

June 27, 2014

**SIGN-UP at the OFFICE
Practice Dates TBA**

Events:
Volley Ball; Puzzle; Hoops;
Bake-Off; Spirit Award and So
Much More!

Limited Transportation Provided

Apple Crunch

“Eating Right is Basic” Cookbook - Low-Sodium Recipe

Ingredients:

8 Medium Cooking Apples (peeled and thinly sliced)		
1/4 c Sugar	1 1/2 tsp. Cinnamon (divided)	
1/3 c Flour	1 c Rolled Oats	
1/2 c Brown Sugar	1/3 c Margarine	Cooking Spray

Directions:

Preheat oven to 350° F.

- 1) Lightly spray baking dish.
- 2) Toss apple slices with sugar and ½ tsp. cinnamon in medium bowl.
- 3) Spread apple slices over the bottom of the baking dish.
- 4) Combine flour, 1 tsp. cinnamon, oats and brown sugar. Put margarine into mixture a dab at a time. Mix mixture with knife or fork (mixture should look crumbly).
- 5) Sprinkle flour mixture over apples. Press flour mixture lightly with fork over apples.
- 6) Bake 35 to 40 minutes.

Number of Servings: 16

Prep Time: 25 minutes

Serving Size: 2 inch square

Baking Time: 35 – 40 minutes

Per Serving:

275 Calories; 9 g, Fat; 2 g, Protein; 50 g, Carbohydrate; 4 g, Dietary Fiber;
0 mg Cholesterol; 95 mg, Sodium

Each Serving Equivalent To: ½ Grain/Starch, 1 ½ Fruit and 1 ½ Fat

*Serve warm or cold as a fruit serving for breakfast, lunch or dinner



TOP 10

- 1) FOBS Are For Residents Only
- 2) Do Not Open the Door/Allow Strangers Into the Building
- 3) Wear Your Life Line Pendant & Keep Your Cell Phone With You
- 4) NO SMOKING, No Incense & No Candles in Apartments
- 5) Check On Your Neighbors
- 6) Report All Work Orders
- 7) Pick Up After Yourself & Remind Your Guests to Do the Same
- 8) Garbage Must Be In Tied Trash Bag & Tossed Down Trash Chute or Put In Refuge Room Trash Can; Boxes Broken Down & Laid Flat on the Refuge Room Floor
- 9) Go To Tenant Committee Meetings
- 10) Overnight Guests Are Allowed 21 Days Per Year & Must Register With Office

Interested In Advertising In Woodbridge Life?

Be A Servant Leader In Your Industry:
“But among you it will be different; whoever wants to be a leader among you must be your servant.”
Mathew 20:6



See Featured Ad on pg. 5

Call us at
313-494-9000

~ or ~

Visit us at
Woodbridge Manor
1300 Martin Luther King, Jr., Blvd.
Detroit MI 48201
For More Details

Woodbridge Manor Advocates

Board Members

E. Kern Tomlin.....Chair
 John Gardner.....Vice Chair
 James Bradford....Treasurer
 Elaine Hearn.....Secretary
 Stacy Brackens
 Arthur Caldwell
 Ellen Childs
 Dakima Jackson
 Paul Johnson, III
 Lynda K. Jeffries
 Dana McAllister Armenteros
 Donald McSwain
 Michael Morrison



*In Support of All Things
Woodbridge*



Birthdays

Happy Birthday To You, You and You!

The Woodbridge Manor residents, board members and staff would like to wish each of our Woodbridge Manor neighbors celebrating a birthday, the happiest birthday yet. We love you and hope for many, many more birthdays with you. You are so very special to us.

April Birthdays

Aries

Mar. 21st – Apr. 20th

Arnell Isbell, Jr. 04/09
 Hugh Hefner.....Entrepreneur
 Doris Foy 04/14
 Loretta Lynn.....Country Singer

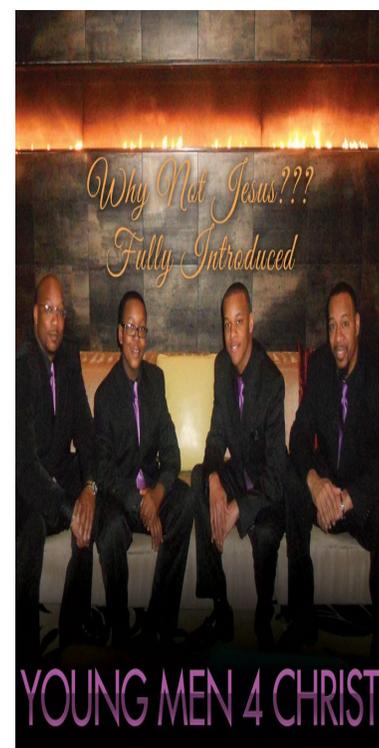
Taurus

Apr. 21st – May. 21st

James Nelson..... 04/21
 Queen Elizabeth II.....Royalty
 Koronne Alexander & Clara Lewis 04/30
 Willie Nelson.....Country Singer

Come meet the birthday guests at the 1st Quarter Birthday Celebration (Friday) April 4th at 5:00 pm in the Community Room

January		February		March	
Pender, Gloria	Haynes, Shirley	Johnson, Bertil P.		Gray, Willa Mae	
Carter, Betty	Sea, Ivory	Gray, Willa Mae		Berman, Navarro	
Turner, Myrtis	Davenport, George	Berman, Navarro		Wilson, Mildred	
Vaughn, William	Kirkland, Earlene	Wilson, Mildred		Colbert, Julia	
Moore, Columbus	McCleain, Barbara	Colbert, Julia		Foy, Carolyn	
Arnold, James	Lowery, Toni D.	Foy, Carolyn		Clark, Peggy	
Scott, Thelma	Lawrence, Hazel	Clark, Peggy		Chappelle, Toni	
Parker, Cassie	Webster, Gloria	Chappelle, Toni		Baskin, Lee	
Myles, Elgie		Baskin, Lee		Washington, Mary	
Johnson, Lorene		Washington, Mary			
McCoy, Essie					



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**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



**Presbyterian
Villages**

OF MICHIGAN

THE FOUNDATION

Office Numbers

Village Staff

Marla Bradford
Administrator

Janice McGee
Administrative Assistant

**Geneva Phillips, Detroit Area
Agency On Aging**
Front Desk Attendant

Phone: (313) 494-9000

**Renee Venable, Hannan
Foundation**
*Resident Community & Social
Worker Coordinator*

Sharita Johnson
Head, Housekeeping

James Munn
Head, Maintenance

Shelby D. Bradford
Village Mascot

EMERGENCY NUMBER

(313) 319-2018

Office Fax

(313) 832-7853



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



The Village of
**Woodbridge
Manor**

**1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201**

**“The time is always right to do what is
right.” *Martin Luther King, Jr.***



Please Recycle

Embrace the possibilities