



# Village News



## Embrace the possibilities

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

April 2016

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### Notes From the Administrator

Spring has sprung and April is upon us everyone! With the welcoming of April we ask that you join us in welcoming our newest member of the Oakland Woods team. Our new Wellness and Events Coordinator Daniela Blechner starts at the Village on Tuesday March 29. She comes to us with an incredibly strong background in dance and Pilates. Her excitement is only eclipsed by her passion for the PVM Wellness mission. Please look for a new and improved monthly exercise and events schedule beginning in April. Also with the Village Victory Cup only 3 months away our practice schedule will be ramped up in preparation for our anticipated first place finish this year. For our newest residents that have not had a chance to experience the Victory Cup it is a wonderful competition between Oakland Woods and our sister Villages. Please see the calendar of events and practice sessions and come be part of the winning team.

I would be remised if I didn't remind everyone that April is also Friends and Family month. This year the Village has chosen an automatic door opener for the main office entry. We will be working with all of you to raise funds to meet the goal of funding this wonderful and needed amenity to the Village. Every dollar counts and will be matched by the PVM Foundation which means even your one dollar donations can become two dollars and so on. Please spread the word to your family and friends as we will do the same to ours and together we can ensure a very successful campaign to improve our home. You can donate at any time during April and to show our appreciation for your past support and anticipated future support we will be holding a kickoff party on Friday April 8 at the Community Center. Food, refreshments, raffles and a great opportunity to meet our newest team member and Wellness Coordinator Daniela. So please mark your calendar and join us for the celebration and welcoming.

Every May the PVM Foundation holds an Inspire Possibilities breakfast event to make the public aware of our mission and the excellence in service we strive for every day. As part of that event we enjoy sharing positive and inspirational stories from our residents about how PVM has impacted their lives. If you have a story to share we want to hear it. Please write a few paragraphs about your experience and we will share it with our friends.

April is also Income tax month and we want you to get every dollar back that you deserve so when preparing your returns please be aware that residents of our Village are eligible for the 10% Homestead property tax credit. Ask your tax professional about details or contact our Service Coordinator, Danette Pye about getting help with your returns.



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.

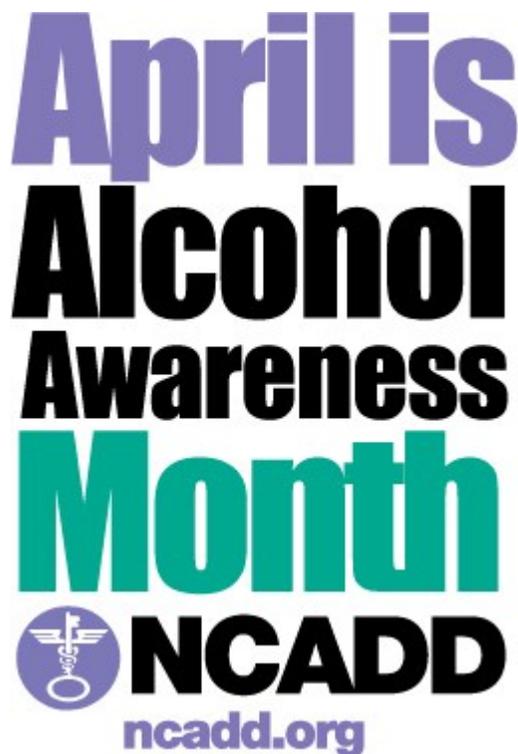
By Tom Wyllie,  
Director of Wellness

## April is Alcohol Awareness Month

This April during Alcohol Awareness Month, I encourage you to educate yourself and your loved ones about the dangers of drinking too much. In 2014 there were more than 9,300 drunk-driving accidents in Michigan. Of the 806 fatal car accidents that occurred in Michigan in 2014, nearly 30% involved alcohol and/or drugs. Excessive alcohol consumption also increases your risk of non-auto related injuries, violence, drowning, liver disease, and some types of cancer. If you are concerned that you or a loved one may be drinking too much, here are some strategies you can use to help you cut back or quit drinking:

Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.	Choose a day each week when you will not drink.
Keep track of how much you drink.	Avoid places where people drink a lot.
Don't drink when you are upset.	Make a list of reasons not to drink.

For more information visit the National Council on Alcoholism and Drug Dependence website at [www.ncadd.org](http://www.ncadd.org) or call 1-800-622-2255.





# Service Coordinator News

By Danette Pye,  
Service Coordinator

It has been a pleasure meeting those of you that I have met and making sure that I can meet your needs. To those of you that I have the pleasure of meeting, I would like to thank you for welcoming me in with open arms. I look forward to getting to know the rest of you as the weather continues to warm up. I hope my upcoming presentations will address your needs and any concerns as they were designed for you. I would love your input and participation.

## **COME JOIN US FOR THE FOLLOWING PRESENTATIONS:**

### **HOW TO TALK TO YOUR DOCTOR**

*April 13, 2016 at 1:00 PM*

### **PARKINSON 'S AND STROKE**

*April 19, 2016 at 12:00 PM*

### **ESTATE PLANNING CLINIC**

*APRIL 21, 2016 at 11:00 AM*



# Notes From Your Service Coordinator

## Presentations in the Community Room:

### HOW TO TALK TO OUR DOCTORS

Wednesday, April 13, 2016 @ 1:00 PM

Get information on:

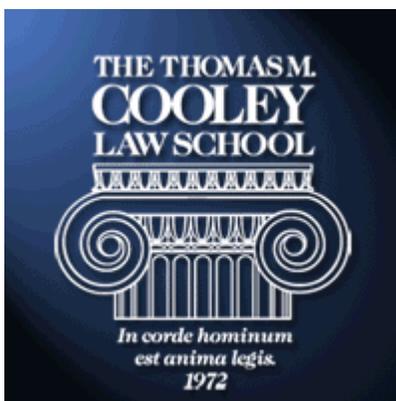
Ways to talk to your Doctor so he or she listens

Relaying the proper information to your doctor for the best care

### EDUCATIONAL ESTATE PLANNING CLINIC

Thursday, April 21, 2016 @ 11:00 a.m.

Get information on:



*Wills*

*Living Trust*

*Healthcare Documents*

*Power of Attorney*

*And much more*



**\*\*Refreshments will be served\*\***



# Wellness Coordinator News

By Daniela Blechner,  
Wellness and Activities Coordinator

## Meet your New Wellness Coordinator:

Hello! My name is Daniela Blechner, and I am your new Wellness Coordinator here at Oakland Woods. I am very excited to be here, and I look forward to meeting each of you. My previous work in health and fitness has allowed me to work with a variety of people, and I look forward to sharing those experiences with the residents of Oakland Woods! Please feel free to stop by my office and introduce yourself.

## My Job as a Wellness & Activities Coordinator:

I am here to serve you! I am responsible for organizing and leading all fitness classes held in our Wellness Studio, as well as monitoring & maintaining the Fitness Center. In addition, I will help to coordinate all outings and events happening at Oakland Woods. Keeping the community healthy, active and happy is my main mission!

## Your Feedback:

I am eager to receive your suggestions and input for upcoming outings, events and classes. I have sent out a survey to each of you in hopes of gaining a better understanding of what is working, or what you may like to see change. Additionally, if there are special activities or outings you have always wanted to try, please come speak with me! We have our "bucket list" of activities, and I am hoping to check-off a few more of those this year! Your feedback and participation is much appreciated!



# New Events & Classes in April

- **D.I.A.:** Join us for an afternoon at the D.I.A. on Wednesday, April 20th. We will depart at 11:30am, and an optional guided tour of the museum will take place starting at 1pm. The tour is free of charge. Lunch will be provided at the cafeteria located within the D.I.A.



- **Great Lakes Crossing Outlet Mall:** We will be making a trip to the Outlet Mall on Wednesday, April 27th at 12:00pm. You will be responsible for bringing or purchasing your own lunch.



- **Victory Cup Practice:** The Village Victory Cup is just around the corner! We will begin arranging teams and practicing team events on Thursday, April 21st. Let's show some Oakland Woods team spirit by having a great turn out for all of our events! A listing of this year's events and activities will be provided shortly.



- **Balance and Core Class:** A new class has been added to the exercise schedule! Balance and Core will be based on the principals of both Pilates and classical dance forms. Using weights, small props and your body's own resistance we will work to strengthen and stabilize your core, allowing for easier range of movement and better balance! Join me in the Wellness Studio every Tuesday and Friday morning.



**BE SURE TO SIGN UP FOR ALL EVENTS—INCLUDING GROCERY SHOPPING TRIPS—PRIOR TO THE DAY OF!!**

## Exercise Class & Activity Survey

Of the exercise classes currently offered—Zumba, Strength Training & Stretch and Flex—which do you enjoy and participate in the most?

Would you like to see additional classes and/or activities added to the calendar? If so, what sort of classes/activities are you interested in?

- Basketball/H.O.R.S.E. Pick-up League?
- Billiards?
- Bocce Ball League?
- Walking Tour?
- Dance Classes?
- Bowling League?
- Other Suggestions:

Would you like to see more morning class times/activities (i.e. 8am; 9am)?

Would you like to see more afternoon class times/activities (i.e. 1pm; 2pm)?

Are there any additional comments, concerns or suggestions you have for me as the new Wellness Coordinator?

**Thank you for your feedback!!**

April  
1 - 30

# 2016 FRIENDS & family

**Help The Village of Oakland Woods raise funds for an automatic door opener for the safety and convenience of residents.**

Thanks to the generosity of donors for last year's Friends & Family Campaign, \$2,655 was raised to provide residents with new kitchen appliances and flooring in the Community Room.

**Our 2016 Goal:  
\$5,000**

*Your gift today will impact the lives of Oakland Woods seniors for years to come!*

**Your gift can  
be MATCHED!**  
Match guidelines apply.

**TO MAKE A GIFT:**

See the front desk for a donation envelope or

**ONLINE:**  
[www.pvmfoundation.org/  
OaklandWoods](http://www.pvmfoundation.org/OaklandWoods)

**CALL:**  
248.281.2040

**MAIL:**  
PVM Foundation  
26200 Lahser Road  
Suite 300  
Southfield, MI 48033



**The Village of  
Oakland Woods**

A MICHELE LIVING COMMUNITY

A Member of Presbyterian Villages of Michigan

## Match Guidelines

- Match amount will equal the **percentage** of the Village amount raised toward the total Friends & Family amount raised.  
*Example: If Village X raises 10% of cumulative F&F amount raised (across all Villages), then Village X will receive 10% of the matching funds available.*
- Gifts must be **received by April 30, 2016 by the PVM Foundation office** (gifts post-marked on or before April 30 are eligible).
- Gifts must be **designated for a Village Friends & Family project** to be eligible.
- **Payments on existing pledges** are eligible to be matched — please note that your gift is a pledge payment.
- Planned Gifts (e.g., Bequest, Charitable Gift Annuity) and New Pledge commitments are not match-eligible.

**Dear Friends and Residents of The Village of Oakland Woods:**

If you seek a beautiful village, look about you. Just think, you are living in one! I have never talked to a person who lives here who is not more than happy to be here. Our families are also more than happy to have us here knowing we are safe and well cared for.

I give a little each month because I personally not only feel obligated to do what little I am able to give back for all we receive, I truly want to do so.

So I urge you and all your friends and relatives to make a donation, no matter how small, toward the 2016 Friends and Family Campaign. (Remember, every dollar received is eligible to be matched by the PVM Foundation.)

Sincerely,

Gloria Stokes

Former Board of Trustees Member, Former President of the Resident Council and a present resident of The Village of Oakland Woods



**A Promising Garden**

First plant four rows of peas.

- Presence
- Preparedness
- Perseverance
- Promptness

Next plant three rows of squash.

- Squash gossip
- Squash criticism
- Squash indifference

Now put in three rows of lettuce.

- Let us be faithful
- Let us obey rules and regulations
- Let us love one another

No garden is complete without turnips.

- Turn up for meetings
- Turn up with a smile
- Turn up with new ideas
- Turn up with determination to make everything count
- for something good and worthwhile.
- Turn up on time.

# Earth Day Word Search



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

CLIMATE  
DAY  
ENDANGERED  
GARDEN  
RECYCLE

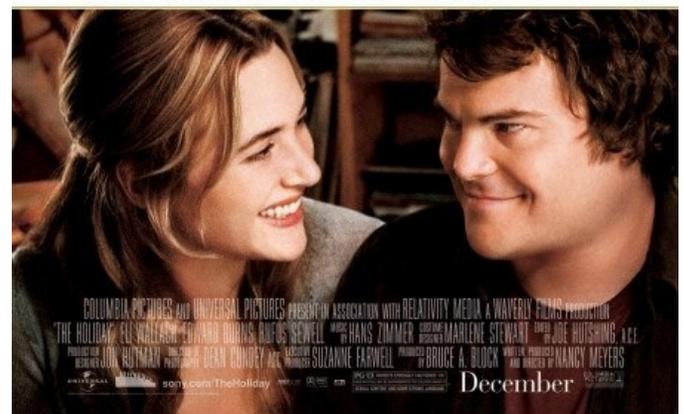
COMPOST  
EARTH  
ENERGY  
ORGANIC  
REDUCE

CONSERVATION  
ECOLOGY  
ENVIRONMENT  
POLLUTION  
REUSE

# Theater Thursday



- ♣ **Thursday, April 14 Jurassic World**- Once a popular, state-of-the-art dinosaur-themed attraction, Jurassic Park has fallen behind the times. In response, the owners decide to design a bold new exhibit, but the terror it inspires becomes all too real after the technology malfunctions
- ♣ **Thursday, April 28 The Holiday**- Stuck in a vicious cycle of dead-end relationships with two-timing men, Los Angeles resident Amanda (Cameron Diaz) and Londoner Iris (Kate Winslet) decide to swap homes. In the process, their trade paves the way for romances they never imagined possible. This charming comedy from writer-director Nancy Meyers features an all-star cast that includes Jude Law, Jack Black, Edward Burns and Rufus Sewell.



## April



Flower: Sweet Pea



Gem: Diamond

So lovely is April  
with her gossamer wings,  
As with wild abandon  
she dances in spring.  
Shy little flowers  
peep from her eyes,  
And the south wind breathes  
with ecstatic sighs.  
The fragrance of lilacs  
wafts on the air,  
And April wears a tulip  
in her golden hair.  
Her dress is the green  
of the new budding leaf,  
And she has stolen my heart  
like a leprechaun thief.  
Her voice is as sweet  
as the songbird's trill...  
Oh, so lovely, so lovely  
is April.

## **Birthday Celebration!**

The Birthday Party will be held on Friday, April 29. Please join us in the community room at 1 pm for the celebration and bingo.

Wanda Jones .....	4/3
Clara Kelley .....	4/4
Shige Taylor .....	4/4
Bryant Madden .....	4/4
Rosemary Williams .....	4/8
Dolores Ochoa .....	4/8
Philomena Torma .....	4/11
Ramona Bard .....	4/12
Diane Terry .....	4/16
Portia Wynn .....	4/19
Cheryl McKenzie .....	4/20
Edna Martin .....	4/21
Marilyn Ross .....	4/21
Dianne Phillips .....	4/22
Herbert Edridge .....	4/23
Janet Bushman .....	4/26
Sherry Watson .....	4/26
Irene Patterson .....	4/27

## Special Poem for Volunteers

Many will be shocked to find  
When the judgment nears,  
That there is a special place in  
Heaven, set aside for volunteers,

Furnished with big recliners,  
Satin couches and foot stools,  
Where there is no chairman,  
No group leaders or carpools.

No eager team that needs a coach,  
No bazaar and no bake sale,  
There will be nothing to staple,

Not one thing to fold or mail.  
Telephone lists will be outlawed,  
But a finger snap will bring  
Cool drinks and gourmet dinners;  
Rare feasts for queen and king.

You ask, "who will serve these Privileged Few,  
And work for all they're worth?"  
Why, all those who reaped the benefits  
And not once volunteered on earth!

# Resident Council News

By Judy Shatto,  
Resident Council President

## WELCOME SPRING

### April 10-16 is National Volunteer Week

We would like to give a gigantic THANK YOU to all of our dedicated VOLUNTEERS who quietly give their time to make our Village beautiful! We appreciate all of you.

### Friends and Family Fundraiser

Our Resident council voted to give a generous donation towards the Friends and Family fundraiser. Please give individually as much as you can. We are matched dollar for dollar for all contributions. These funds will go towards getting our Automatic Double Front doors which are greatly needed!

### Earth Day is April 22<sup>nd</sup>!

We may be doing something special for Earth Day but with that thought in mind, let's talk about RECYCLING. We have several bins for recycling positioned by the garage. The two GREEN tall bins to the left are for paper only-no cardboard. The others are for cans and plastics. They should be separated in plastic bags. NO GLASS containers are being accepted at this time. Please do not put any garbage of any sort in any of the bins.

### Pre-Easter Luncheon

Let's give a hearty THANK YOU to the ladies as well as Pastor McDonald from Prospect Street Missionary Baptist Church for the Pre-Easter Lunch. A Special thanks to Sharon Benton who graciously organized the event. It was delicious. We had Croissant chicken salad sandwiches, soup and dessert-all free and compliments from the church. At least 40 residents attended. See what you missed out on, it was just a little rain!

### Someone New at the Village

We would like to give a warm and highly appreciated welcome to Daniela Blechner. She is our new Wellness Activities Coordinator. Please give her your support.

## Village Garden Club

The Garden Club is having their yearly "Clean-Up" on Tuesday April 12<sup>th</sup> beginning at 10 am. At this time, they take care of the gazebo, flagpole flowers and the large planter in front of the Community Center. This year, we will be changing things up a little bit. Soon, we will have beautiful flowers blooming galore. Come and join us-we always can find a task for you to do. We also would like to welcome 3 new volunteers- Gertrude Rankin, Joyce Parlor and Thelma Anderson.

The Garden Club will also be holding a fundraiser to purchase more flowers. The Garden club will be selling ice cream novelties (drumsticks and/or Ice cream sandwiches) at the Resident Council Meetings.

## 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

# April 2016

## April is Alcohol Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1 10:00 Walmart and Chase	2
3	4 9:00 Strength Training 2:00 Bible Study	5 10:00 Balance and Core 11:00 Zumba 11:00 TOPS <b>11:00 Blood Pressure Clinic</b>	6 9:00 Prayer Group 9:00 Strength Training 11:00 Village Chorus	7 10:00 Stretch and Flex	8 11:00 Balance & Core <b>1:00 Wellness &amp; Service Coordinator Meet &amp; Greet   Friends &amp; Family Kick-Off</b>	9
10	11 9:00 Strength Training <b>12:00 Meijer</b> 2:00 Bible Study	12 10:00 Balance and Core 11:00 Zumba 11:00 TOPS 10:00 Garden Club-Clean Up <b>11:00 Bingo</b>	13 9:00 Prayer Group 9:00 Strength Training 11:00 Village Chorus <b>1:00 "How to Talk to Your Dr" Presentation</b>	14 10:00 Stretch and Flex <b>1:00 Theater Thursday</b> <b><u>FRUITS AND VEGGIES</u></b>	15 11:00 Balance & Core	16
17	18 9:00 Strength Training <b>1:00 Hollywood Market</b> 2:00 Bible Study	19 10:00 Balance and Core 11:00 Zumba 11:00 TOPS <b>11:00 Blood Pressure Clinic</b> <b>12:00 Stroke &amp;</b>	20 9:00 Prayer Group 9:00 Strength Training 11:00 Village Chorus <b>11:30 D.I.A.</b>	21 10:00 Stretch and Flex <b>11:00 Estate Planning Presentation</b> <b>1:00 Victor's Cup Practice</b>	22 **No Balance & Core Class** <b><u>EARTH DAY</u></b>	23
24	25 9:00 Strength Training <b>1:00 Kroger</b> 2:00 Bible Study	26 10:00 Balance and Core 11:00 Zumba 11:00 TOPS <b>11:00 Blood Pressure Clinic</b>	27 9:00 Prayer Group 9:00 Strength Training 11:00 Village Chorus <b>12:00 Great Lakes Crossing Outlet Mall</b>	28 10:00 Stretch and Flex <b>1:00 Theater Thursday</b>	29 11:00 Balance and Core <b>1:00 Birthday Celebration and Bingo</b>	30

**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*

**Daniela Blechner**  
*Wellness and Activities Coordinator*

**Tim Coil**  
*Maintenance Lead*

**Matthew Myers**  
*Maintenance Tech*

**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](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**  
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