



Woodbridge Life



Embrace the possibilities

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May, 2014

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You'll Hit the Mother Lode with May's Activities

May 3 (Sat): Alpha's & Mason's Friends & Family Fundraising Brunch.....
Community Rm at 10 am

May 4 (Sun): Praise & Worship Service.....
Community Rm at 3 pm

May 6 (Tues): Resident Fun & Brunch...
Community Rm at 10 am
(Games & Other Activities)

May 6 & 20 (Tues): Fresh Produce.....
Multi-Purpose Rm at 10 am

May 18 (Sun): International Tea
Community Rm at 4 pm
Tickets Available – Contact Office
COME HAVE A WORLDWIDE EXPERIENCE

May 29 (Thurs): Community Connections Group Meeting
Community Rm at 12pm

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

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

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

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

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

Netflix (Anytime): Mini-Theater Rm

Where does the word goodbye come from? Goodbye comes from "God be with (ye) you" originally godbwy (1570s), a contraction of God be with ye which was influenced by good day and good evening.

Online Etymology Dictionary

Woodbridge Manor (WM) would like to take this opportunity to congratulate Ms. Janice McGee on her new position. Ms. McGee served as WM's faithful Administrative Assistant for 4 years. She will be sorely missed both by WM residents and staff alike.

While management is in the process of recruiting for the position of Administrative Assistant we ask that residents be patient with staff and respectful with requests.



"The only way to make sense of change is to plunge into it, move with it and join the dance"

Alan Watts



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

Take A Look At The Month of May

SC Educational American Heart Association Presentation Schedule:

5/20 Sodium Reduction	1pm	Multi-Purpose Room
5/27 Yoga Demo	1pm	Community Room
6/17 CRP Discussion/ Demonstration	1pm	Community Room
6/24 Juicing Demonstration	1pm	Community Room

Service Coordinator's Schedule Availability:

Monday	10am-4pm
Tuesday	10am-5pm
(Every 3 rd Tues. of each month SC office will be CLOSED from 12:30pm-1:30pm)	
Wednesday	10am-5pm
Thursday	9am-5pm
(Every 2nd Thurs. of each month SC office will be CLOSED)	

Note: You can always call to schedule an appointment ahead of time 313. 494 9000 (ext. 4)

Independent Living – For Your Safety

Carrie Moon Dupree, VP, Risk Management & Quality

In an instant my professional expertise flashed before my eyes when I felt my feet fly from underneath me. I landed with a hard and loud thud on the floor, but not before hitting my head on the kitchen cupboard. Home alone, I was in a rush to get out the door, but decided I'd mop the kitchen floor before I left. The end result: I put myself in a risky position by not paying attention to what I was doing. The good news, except for a nasty bruise and a little embarrassment, I was fine. This incident made me put things into perspective:

- I should slow down and pay attention
- I should wear shoes with good traction, especially on a wet floor
- I should always have my cell phone and wear my personal emergency response button
- I thought nothing could ever happen to me. I should realize

that accidents can happen at anytime, anywhere and to any one...even to me. It is OUR job to always be prepared

So I am considering this my wake up call. I am now a senior and need to make adjustments in my life that will keep me out of harm's way.

Take a moment to look around your environment and think of what could possibly cause you or invited guest harm. Maybe that throw rug should be taken up. Is there a room that's too dark to see clearly? Are those comfortable slippers worn out? Is there a work order that needs to be reported to management? Make the necessary changes for safety's sake and **make a vow to pay attention to the task at hand; do one thing at a time.** Yes it can be annoying to have to adjust your lifestyle, but it is far more annoying to have a broken hip. Let's enjoy a safe spring together.

The 2014 Village Victory Cup

Mark your calendars! The 2014 Village Victory Cup will soon be here (Friday, June 27th).

Will the Westland Stars succeed in defending their title? Will the Warriors from the Village of St. Martha's re-claim the Spirit Award? To be the best you have to beat the best and rumor has it both Villages are ready to take on all challengers (*insert evil laugh here*).

This year the Village Victory Cup will again be held at Ultimate Soccer Arenas in Pontiac. Along with the popular events: Wellness Walk, Puzzler, Bake Off, Hoop Shoot, Bean Bag Toss, Balloon Volleyball, and Expression of Wellness, we have added a paper airplane flying competition called "Top Gun." It has replaced the Relay Walk since many villages were unable to enter this event because they couldn't find relay members for each age category.

If you want to participate in the 2014 Village Victory Cup please contact your administrator right away.

Transportation and lunch will be provided at the event. The events have entry limits and there is a registration deadline,



so hurry....

Giving Matters

By Paul J. Miller, Presbyterian Villages of Michigan Foundation (PVMF)
President

Grants Awarded to Villages

Thanks to the generous support from our donors, the **PVM Foundation Grant Allocation Committee was able to award over \$62,000 in grants to the Villages in April 2014.** The following are the Villages and projects that were funded:

- The Village of Westland-New Furniture for the Cottages
- The Villa at The Village of Redford-Security Camera Upgrades
- The Village of Peace Manor-New Security Camera System
- Many PVM Housing Sites-Funding for Resident Activities

Projects like these and the many others that we fund throughout the year would not be possible without the support of our donors, so **THANK YOU** for all that you do for PVM and the Villages. If you have any questions regarding projects that we fund, please call me at 248.281.2040.

Another event that is sponsored by the PVM Foundation is the **Village Victory Cup**. I hope to see each of you there competing with your teams! I will be announcing the games again this year, so make sure to bring your earplugs if you don't like cheesy jokes!

On behalf of PVM Foundation, thank you again for all that you do to move the PVM Mission forward, and it is my pleasure to serve you as a resident.

With gratitude,
Paul J. Miller, CFRE
President
Presbyterian Villages of Michigan Foundation

Tenants' Committee

2nd Wed of the Month
May 14th 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
- Matching Available

Village Victory Cup

June 27, 2014

SIGN-UP at the OFFICE
Practice Dates: Fridays

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

Limited Transportation
Provided

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?



Presbyterian
Villages
OF MICHIGAN

THE FOUNDATION
Check out your possible
rate of returns by visiting
www.pvmgifts.org

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

UP TO
9%
RETURN

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.

Honey Lemon Chicken

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

(Level: Easy)

Number of Servings: 4 - 6
Prep Time: 25 minutes

Serving Size 3 ounces
Baking Time: 1 hour

Ingredients:

- 4 - 6 chicken breast halves
- 1/3 cup flour
- 1 tsp. salt
- 1/3 cup honey
- 1/4 cup lemon juice

Directions:

Preheat oven to 375° F

- 1) Combine flour and salt in a shallow dish
- 2) Roll chicken breast in flour mixture
- 3) Place in baking dish and bake at 375° F for 45 minutes
- 4) Combine honey and lemon in small saucepan, heat on low, stirring to combine 2-3 minutes. Use this mixture to glaze baked chicken
- 5) Bake another 15 minutes at 350° F

Per Serving:

377 Calorie; 14g Fat (32% calories from fat); 31g Protein; 33g Carbohydrate;
Trace Dietary Fiber; 93 mg Cholesterol; 626mg Sodium

Exchanges: ½ Grain 4 ½ Lean Meat 1 ½ Other Carbohydrates



TOP 10

- 1) FOBS Are For Residents Only
- 2) Do Not Open the Door/Allow Strangers Into the Building
- 3) Wear Your Life Line Pendent & 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



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.

May Birthdays

Taurus

Apr. 21st – May 21st

Homer Ray, Jr..... 05/01	Jack Paar.....TV Host
Dorothy Heard..... 05/03	James Brown.....Singer
Verna Slaughter.....05/04	Audrey Hepburn..... Actress
Barbara Lewis..... 05/06	Sigmund Freud.....Scientist
Alice P. Smith.. .. 05/09	Mike Wallace.....Journalist
Beverly Curry..... 05/10	Fred Astaire.....Actor/Dancer
Clenora Byes.. .. 05/12	Katharine Hepburn.....Actress
Lloyd Martin..... 05/14	George Lucas.....Director

Gemini

May 22nd – June 21st

Preston Cooper, Jr. & Lizzie Jordan 05/28 T-Bone Walker.....Singer/Musician Player



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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



The Village of
Woodbridge
Manor

A SENIOR LIVING COMMUNITY

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

Happy Mother's Day

Office Numbers

Village Staff

Marla Bradford
Administrator

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

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

Phone: (313) 494-9000

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 time is always right to do what is
right." Martin Luther King, Jr.**



Please Recycle

Embrace the possibilities