



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

May

2015

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NOTES FROM THE ADMINISTRATOR

May has finally arrived and we can look forward to warmer weather and getting outside of our homes on a regular basis, woohooo! As you begin to make your summer plantings around your home remember our annual patio beautification contest this summer. There were so many great entries last year, we had a tremendously difficult time choosing a winner, keep it up!

We want to thank everyone who came to the Friends & Family kickoff party on April 1st and for all of your generous donations to the Village. Your dollars are matched by the PVM Foundation and we can't express our enough our gratitude for your participation this year.

The Village Victory Cup is only 2 months away and practice sessions have begun. Please see your calendar for the May dates to join in. Oakland Woods has finished in the top three with one of those a first place finish over the past three years. Let's keep the momentum going and recapture the Cup in 2015. For all of our new residents please consider joining our team for this year's competition. Events include essay writing, baking (Multiple categories), bean toss, chair volleyball, walking and so many more. See our Wellness and Events Coordinator, Devin Fritzier for more details. We need you!

This year will be Oakland Woods 35th anniversary. Wow! 35 years of living well at Oakland Woods so in recognition of this milestone we want to celebrate in a unique and interactive way this year. We will be planning a very special event in conjunction with our now annual Life Enrichment Event. But we want your input and assistance to make this a fully cooperative event. So we are holding an event volunteer and idea brainstorming session to help plan the event and ensure your comments and suggestions are incorporated. Please join us at the Community Center on May 7 at 1:00 pm for some light refreshments and discussion of this year's anniversary party. I hope to see all of you there.

We want to give a big Oakland Woods shout out to the 8 residents who have already taken advantage of our resident referral program and captured \$200 a piece in the process. All for just recommending Oakland Woods to their friends and family and then we did the rest and welcomed them as new residents. The program is still available but not for long. Take this opportunity to brag about our Village and help some friends find a wonderful new home and collect your \$200 bonus upon a successful lease signing. Finally I want to thank everyone for their comments and input to PVM regarding your desire to barbeque this summer. We have heard you and have revised the BBQ policy which now allows for you to continue your summer cook outs. Please look for the rules regarding BBQ use that will be distributed. But this is wonderful example of how all of us together can affect change in our community, great work!

Kevin Centala, Administrator



The Village of Oakland Woods

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:

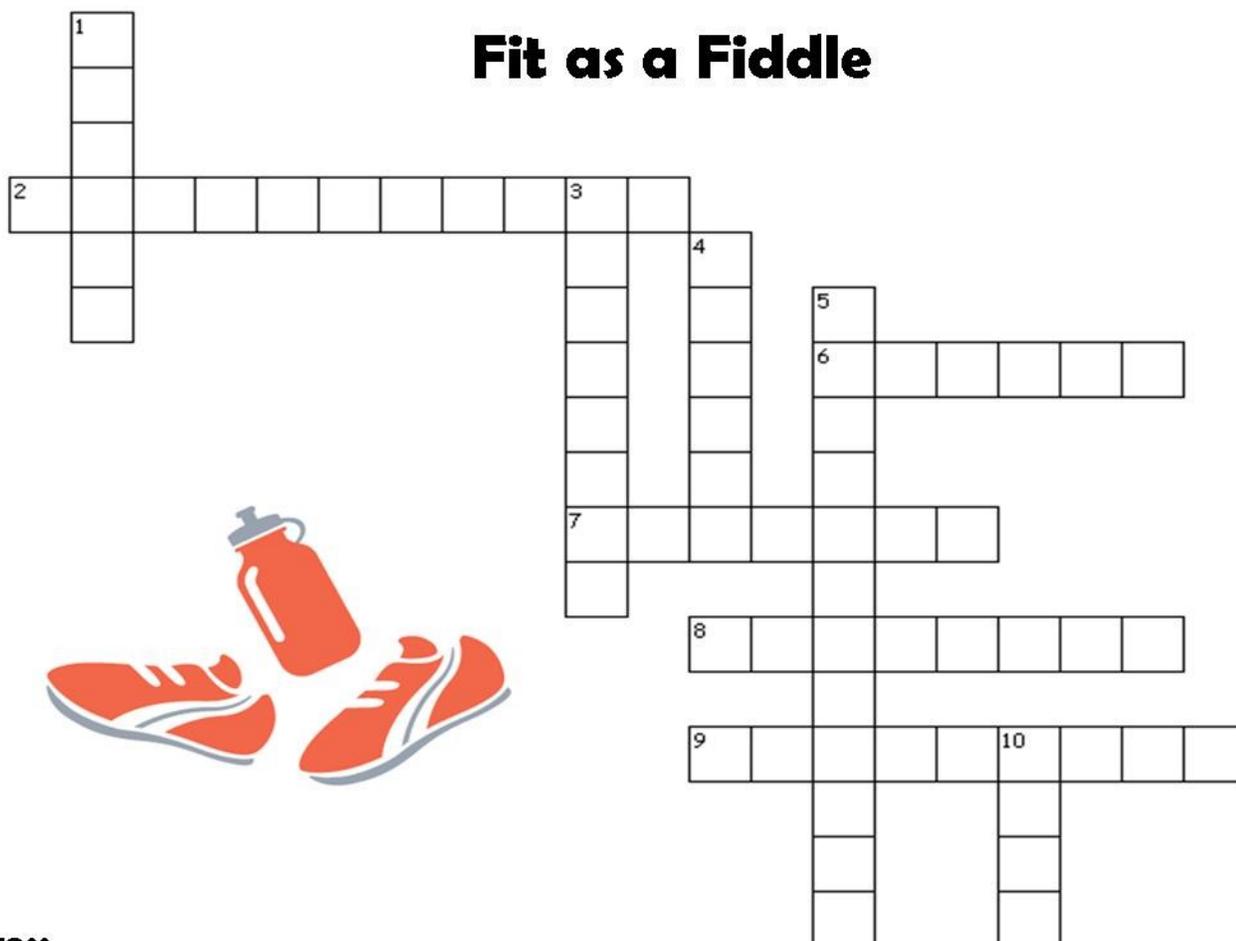




It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Fit as a Fiddle



Across

- 2. Lace these up when you're about to head out for a run.
- 6. Exercise can give you this, which can help wake you up and help you stay positive throughout the day!
- 7. It's good to do this before being active, to loosen up those muscles!
- 8. This is an activity you can do in the water, and can be easy on the joints.
- 9. This is a machine that you can use to walk or run inside, and is great when the weather isn't permitting exercise.

Down

- 1. Grab one of these and have them come with you for a walk!
- 3. This is something you can do to keep your body healthy.
- 4. You should always speak with this person before becoming active.
- 5. This illness impacts the heart, and the risk of it can be reduced with exercise.
- 10. This is improved when you exercise, and leads to a more positive outlook.

Answers can be found in next week's newsletter!





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

OLDER AMERICANS MONTH – 2015

May is Older Americans Month. The Administration on Aging denotes this celebration as a way to draw attention to acknowledge the past and present older persons in our country. This year's theme is "Get Into the Act". When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived their life in poverty; and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month", the prelude to "Older Americans Month".

Every President since Kennedy has issued a formal proclamation for Older Americans Month asking that the entire nation pay tribute in some way to older persons in their communities. This is celebrated across the country through ceremonies, events, fairs and other such activities. Each of us can do something to honor our older Americans. If you are a senior who is blessed with mobility and good health reach out to another senior friend or neighbor who may not be as fortunate as you. If you are a family member, neighbor or friend of a senior find some special way to let them know that you appreciate what they have done through defending us or building the communities which we all now enjoy. We owe a debt of gratitude to our older Americans. Please join me in saying THANK YOU!

Some of our recent resident outings:





Giving Matters.

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

Grants Awarded to PVM Villages

Through the generosity of our many donors, the **PVM Foundation Grant Allocation Committee** was able to **award over \$73,000** so far this year to fund various Village projects and programs including:

- Funding to complete a Paved Service Road at **The Village of Sage Grove**
- Funding to complete the new Security Camera system at **The Village of Warren Glenn**
- Funding to complete the Gazebo at **The Village of Our Saviour's Manor**
- Funding for resident activities at **16 Villages**
- Community Living Room updates at **The Village of Rosebush Manor**
- Automated phone call system at **The Village of Springs Meadows**

Signage replacement and updates at **The Village of Bethany Manor**

Projects like these and many others that are funded throughout the year are only possible through the support of donors, so **THANK YOU** for all you do for residents! If you have any questions about projects that the PVM Foundation funds, please call Avni Thomas at 248.281.2040.

Another event the PVM Foundation supports is the annual **Village Victory Cup**, being held on **Friday, June 26th** at the Ultimate Soccer Arenas in Pontiac. This senior Olympics-style competition brings nearly all the Villages together for a fun-filled and rewarding day. I hope to see each of you there competing or cheering on your teams!

If you have any questions or would like to share your thoughts, please contact me at 248-281-2040 or pvm-foundation@pvm.org. Thank you for all you do to support PVM!

Warm regards,

Paul J. Miller, CFRE

LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

CONTACT US TO LEARN MORE
Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller
248.281.2045 www.pvmfgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION

Village People's Chorus

Spring Concert

Come and enjoy some of your favorite show tunes during the Village People's Chorus Spring Concert!

Wednesday, May 13th at 2:00 pm in the Community Center

A \$2.00 donation will be collected at the door.

We hope to see you all there!

Please try to sign up in the book for this event.

Planning Meeting

Join us in the Community Room on Thursday, May 7th at 1:00 pm to help us brainstorm for our 35th Anniversary Celebration at our village this summer!

WE NEED YOUR HELP!

We want to hear your ideas and get your input. We can't plan this party without you. Hope to see you all there!

Light refreshments will be provided.

May News from our Wellness Coordinator

Hi everyone!

I hope you're all enjoying the warmer weather that we are having! As the weather starts to get even warmer, remember how important it is to drink plenty of water! You should be drinking 6-8 glasses of water everyday. If drinking plain water does not appeal to you, try flavoring it with some fresh fruit, like lemons or oranges. This is a great way to keep your body hydrated. So drink up!

The Village Victory Cup is coming up FAST!! We are only a few months away from the big competition. There are scheduled practices now twice a week. Everyday Wednesday at 1:00 pm and every Friday at 2:00 pm we will be practicing all of our events. We now have a net to practice balloon volleyball and all of our other events will be set up during this time as well. If you would still like to participate in the games, whether as an athlete or even a cheerleader, please contact me as soon as possible so I can get you signed up! Go Cardinals!

There are A LOT of new outings and trips scheduled in the coming months. Please make sure that you are signing up in advance in order to save your spot. Also, if you should need to cancel for a trip please try to do so in advance as well. Some events fill up and if a spot opens up it could mean that another resident could go in your place. Remember to post your calendars somewhere that you look everyday so that you will be easily reminded of what is going on that specific day.

You will notice that on Thursday, May 7th at 1:00 pm we will be holding a meeting to get your help in planning our 35th anniversary celebration here at Oakland Woods. WE NEED YOUR HELP! We would like to make this an event to remember and we want to hear from YOU, what you would like at this event. Do you have any resources for us? Do you have any ideas for the day? Do you want to volunteer to run something? Let us know! Come join us at the meeting and give us your input. I truly hope to see ALL of you there!

Have a great month everyone!

Devin Fritzler, Wellness Coordinator

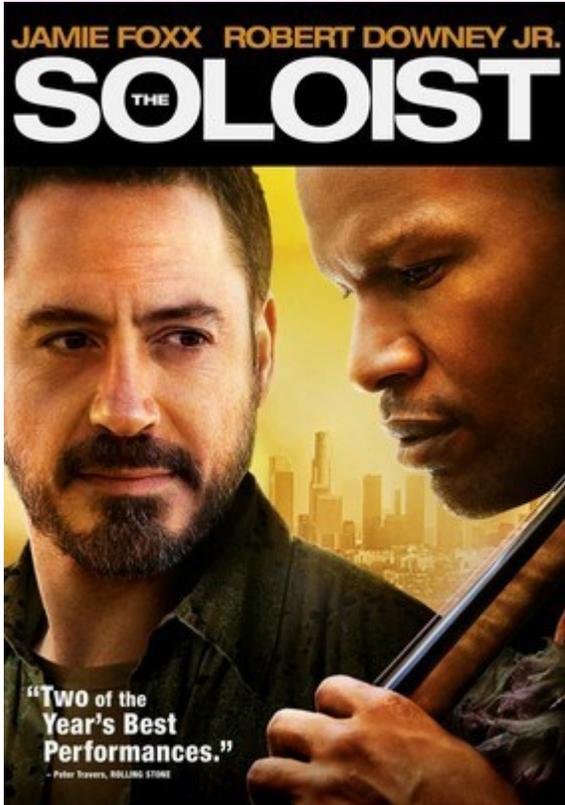
New Events in May

- ✓ Planning Meeting: We are looking for your help! Please join us in the Community Room on Thursday, May 7th to help us plan our 35th anniversary party!
- ✓ Essay Writing Session: We will be meeting on Friday, May 8th at 3:00 pm to start brainstorming for our essays for the Village Victory Cup! Come and check it out and see what it's all about!
- ✓ Cook's Farm Dairy: Join us on Monday, May 11th as we head to Cook's Dairy Farm to get some fresh ice cream and enjoy the outdoors!
- ✓ Trivia Thursday: On Thursday, May 14th join us in the Community Room as we enjoy some fun, interactive trivia to keep your brain working! We will have an array of trivia for you to answer. Prizes will be won!
- ✓ Sea Life Aquarium Day Trip: On Monday, May 18th at 11:00 am we will head to Great Lakes Crossing to the new Sea Life Aquarium. We will enjoy lunch in the food court and then head to the aquarium. The charge for this trip will be only \$10.00.
- ✓ Eastern Market Day Trip: We will be heading down to Eastern Market bright and early on Tuesday, May 19th at 9:00 am. Join us as we stroll through Eastern Market and enjoy the day. Please make sure to sign up for this trip.

REMEMBER, YOU MUST BE SIGNED UP FOR ALL EVENTS PRIOR TO THE DAY OF!

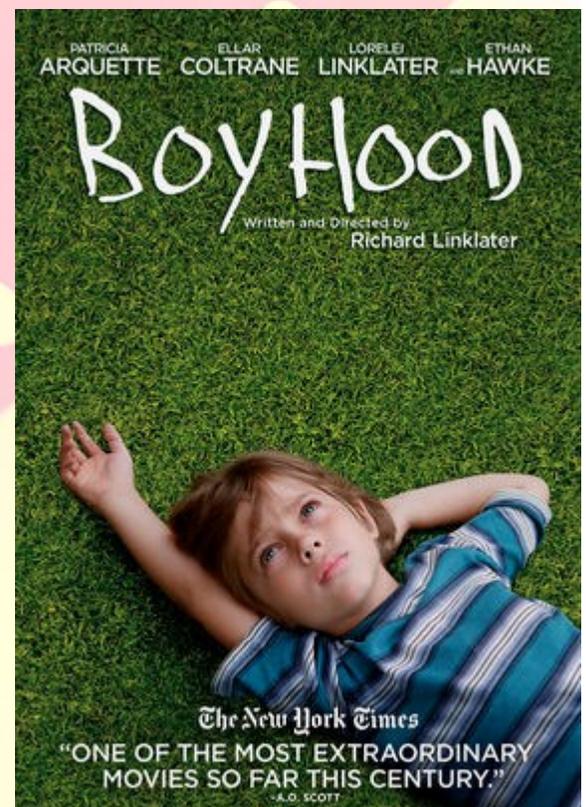


Theater Tuesdays



♦ Tuesday, May 5th: "The Soloist" - This true-life drama tells the poignant tale of Los Angeles newspaper reporter Steve Lopez (Robert Downey Jr.), who discovers brilliant street musician Nathaniel Ayers (Jamie Foxx), and the unique friendship that transforms both their lives.

- Tuesday, May 12th: "Boyhood" - After divorcing, a mother and father continue to share the task of guiding their young son through youth and adolescence, and finally to adulthood. As the years roll by, the relationships among the three characters continue to evolve as well.



May News from our Service Coordinator

COME PLAY BINGO! And Learn About Life Insurance, Burial Plans, and Beyond

Planning ahead for your final wishes and expenses is not the most fun thing to do, but it is extremely important. It is especially important if you have family who you will be depending on to manage your money, assets and accounts when you're gone.

What will happen to you once you pass? Will your family have money to cover the ever increasing cost of funerals? Join Stacey on Thursday May 7th at 2:00 in the Community Room as she welcomes a representative from Diversity Insurance to host a FREE game of BINGO! This will include prizes as well as important information on what type of life insurance policies and burial plans are available to meet your financial needs.

PLEASE SIGN UP IN THE BOOK.

Food Assistance Benefits are Going Down

Many of you have come to me because your food assistance amounts have been significantly decreased in the last couple of months. Some of you may not have come to me, but have also seen this happening and experienced this. Unfortunately, this is not a mistake on DHS's part; this is the result of a decision made by the state of Michigan regarding how they want to use their funding for this program.

It's a very complicated situation to explain. The bottom line is that the state was providing extra assistance to all people receiving food benefits assuming they had expensive heating costs. However, not all people receiving food benefits had to pay for their heat (example, some people have their heat included in their rent). The state felt as if they were improperly spending money by providing extra assistance to "people who didn't need it". So, they cut benefits to save the state money in the end.

But, for those people receiving benefits who ARE responsible for paying for their heating bills (like everyone here at Oakland Woods), you CAN get your benefits raised by showing proof of your need for heating assistance. This is why it is VERY IMPORTANT to fill out the Home Heating Credit before the deadline on September 30th 2015. If your Home Heating Credit is \$20 or greater, this can show the state that you do in fact need the extra monetary assistance and your food benefits may be increased again.

Home Heating Credit

Many people have already signed up for the Home Heating Credit this year. Many are not aware of what the HHCR is. But, if you are eligible to apply for a HHCR AND have food stamps, you may be able to increase the amount of your food benefits. The Home Heating Credit is a way the State of Michigan helps you pay some of your heating expenses if you are a qualified Michigan homeowner or renter. You should complete the Home Heating Credit Claim form (MI-1040CR-7) to see if you qualify for the credit. The deadline for submitting this form is September 30, 2015.

The credit is designed to provide assistance to low income, deaf, disabled or blind persons and disabled veterans. Michigan residents who are not in these groups may also qualify for the credit.

Who may file a Home Heating Credit Claim?

You may claim a home heating credit if all of the following apply:

- You occupy a Michigan homestead
- You own your home or are contracted to pay rent
- You were NOT a full time student who was claimed as a dependent on another person's return
- You did NOT live in college or university operated housing for the entire year
 - You did NOT live in a licensed care facility for the entire year
- Your income is within the income limits in tables A and B, shown here:

Income Guidelines	
Exemptions	Income Ceiling
1	\$12,842
2	\$17,329
3	\$21,786
4	\$26,243
5	\$30,728
6	\$35,186

Another event with Cooley Law School to prepare wills and power of attorneys will be coming in June. Contact Stacey to be involved.

May News from our Resident Council

President: Judy Shatto (248) 499-8574

Sympathy Cards: Ruthie Griffin 248-322-4222

Vice President: Dolores Ochoa (248) 535-7306

Don't forget to

Secretary: Vernice Johnson (248) 622-4470

read your newsletters!

Treasurer: Catheryn James (248) 891-9290

- We want to extend a warm welcome to all of our new residents who moved in this month! Always remember to please read your newsletters and post your calendars somewhere convenient so you can see it often. We try to have the newsletter out by the 1st of every month. It will either be hand delivered or in the black boxes by your mailboxes. Please check for them often.
- We have a bulletin board in the community laundry room to post items that you may need, that you have for sale or any other free items you're trying to get rid of. You may also post any services that you provide on this board as well. See Judy or call her for any questions. Suggestions are always welcomed here at our village. There is a suggestion box in the Community room or you can give it to Kevin or see Judy.
- Anyone interested in helping Jackie in the library, please contact Judy.
- The Garden Club welcomes workers to help with spring cleanup at the gazebo. They will find a task for all. If you are interested in helping please see Judy Shatto.
- Vicky Clark would like to thank all who donated socks for the Baldwin Center. We will be collecting socks along with toiletry items again this fall to donate to the Baldwin Center.

What Went Wrong

This is the story of four people.

Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it but Nobody did it.

Somebody got angry because it was Everybody's job.

Everybody thought that Somebody would do it.

But Nobody asked Anybody.

It ended up that the job wasn't done and Everybody blamed Somebody,

When actually Nobody asked Anybody.

MAY BIRTHDAYS

Jean Hilderly— 5/2
Ella Steward—5/2
Virginia Croskey—5/3
Victoria Clark—5/5
Robert Robertson—5/6
Nancy Chaltron—5/7
Anita Jones—5/12
Vivian Jones—5/12
Annie Carrington—5/14
Patricia Friend—5/18
Sam Davis—5/21
Felicia Hollis—5/22
Clare McVety—5/31



Please join us in celebrating our Maybirthdays!

We will be celebrating our birthdays this month on Friday May 22nd at 2:00 pm!

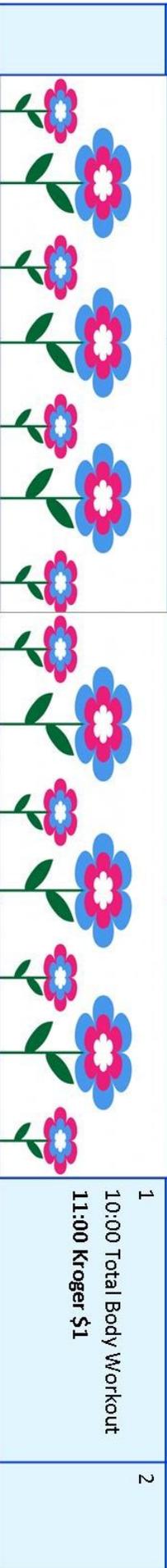


**BE SURE TO CHECK THE CALENDAR FOR ALL
EVENTS AND MAKE SURE TO CHECK THE DATE
FOR THE MONTHLY BIRTHDAY PARTY!**

HAVE A GREAT MONTH!

May 2015

National Safety Month

SUN	MON	TUE	WED	THU	FRI	SAT	
						1 10:00 Total Body Workout 11:00 Kroger \$1	2
3	4 NO EXERCISE	5 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday	6 NO EXERCISE 9:00 Prayer Group 12:00 Meadow Brook Theater & Lunch	7 10:00 Stretch and Flex 11:00 Walmart & Chase \$1 11:00 Bible Study 1:00 Planning Meeting 2:00 Diversity Insurance Bingo	8 10:00 Total Body Workout 2:00 VVC Practice 3:00 Essay Writing Session	9	
10	11 10:00 Strength Training 1:00 Cook's Farm Dairy 2:00 Garden Club	12 10:00 Stretch and Flex 1:00 Theater Tuesday 2:00 Painting Class	13 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 2:00 Chorus Spring Concert	14 10:00 Stretch and Flex 11:00 Bible Study 1:00 Zumba 3:00 Trivia Thursday	15 10:00 Total Body Workout 11:00 Meijer \$1 2:00 VVC Practice	16	
17	18 10:00 Strength Training 11:00 Sea Life Aquarium Day Trip	19 NO EXERCISE 9:00 Eastern Market Day Trip 11:00 TOPS	20 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice	21 10:00 Stretch and Flex 11:00 Bible Study 11:00 St. Joe's Med. Check 1:00 Zumba FOCUS HOPE	22 10:00 Total Body Workout 11:00 Aldi \$1 2:00 Birthday Celebration & Bingo	23	
24	25 OFFICE CLOSED HAPPY MEMORIAL DAY!	26 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 2:00 Resident Council Meeting	27 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice	28 10:00 Stretch and Flex 11:00 Bible Study 1:00 Zumba	29 10:00 Total Body Workout 11:00 Kroger \$1 2:00 VVC Practice	30	
31	1 10:00 Strength Training	2 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Tuesday	3 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	4 10:00 Stretch and Flex 11:00 Bible Study 1:00 Zumba	5 10:00 Total Body Workout 11:00 Walmart & Chase \$1 2:00 VVC Practice	6	

**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
Nichole Ledwell, Administrative Assist.
Sharon Benton, Administrative Assist.
Devin Fritzler, Wellness Coordinator
Tim Coil, Lead Maintenance
Matthew Myers, Maintenance
Heather Curtis, Leasing and Marketing

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

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**

