



Woodbridge Life



Embrace the possibilities

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

May, 2015

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Hit the Mother Load with May's Activities

May 2 (Sat): The Alphas and Masons Festive Holiday Brunch (ONLY \$3)..... Dining Rm at 10 am

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

May 5 (Tues): Cinco de Mayo Celebration.... Dining Rm 4-6 pm

May 7 (Thurs) & 22 (Fri): Meijers Market Trip Bus will Depart at 9:30 am

May 8 (Fri): Mother's Day Fashion Show..... Dining Rm at 1-3 pm..... \$3.00

May 12, 19 & 26 (Tues) RiverWalk..... Bus will Depart at 9:00 am

May 13 (Wed): Resident Council Meeting..... Dining Rm at 1:30 pm

May 14, 21 & 28 (Thurs) RiverWalk..... Bus will Depart at 9:00 am

May 15 & 29 (Fri): Walmart Market Trip..... Bus will Depart at 9:30 am

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

May (Wed): Dominos..... Multi-Purpose Rm at 7 pm

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

Netflix (Anytime): Mini-Theater Rm

What I do....

Marla Bradford, Administrator

When I was a child, my father told me grand tales of mythical places with people who possessed magical powers. He spoke of times when the hero, or heroine, as was typically the case, had to overcome and endure a great deal of obstacles to discover those that were willing to help with such daunting tasks; I enjoyed every tale and became most intrigued with those stories that made me feel that I could accomplish feats of glory. My father, being the great story teller that he was, always had a way of making me feel as if I could accomplish anything because I mattered. I matter. He was wonderful like that. He always managed to make me feel as if I were the most intricate part of the story, his story. Even if my name were not mentioned, somehow or another, I made a difference in the way the story played out.

My father has since passed away and I still read every story with the same fundamental questions: "how should I, how could I and how will I make a difference."

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The Village of Woodbridge Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Presbyterian Villages

OF MICHIGAN
SERVING SENIORS & COMMUNITIES

Working Together For Your Good

By Renee Venable, Resident Community & Social Worker Coordinator

Service Coordinator's Schedule Availability:

Monday, Wednesday & Friday 9am -5:30pm

Note: By Appointment Only

313. 494 9000 (ext. 4)

Featured May Presentation

ALL RESIDENTS WITH MEDICAID & MEDICARE:

If you recently received a Michigan Enrolls Letter and have NOT made a choice about your healthcare options, come to the presentation on MAY 4th (Monday) in the Dining Rm at 1pm to get your questions answered.

May Is Older Americans Month

Lynn Alexander, PVM VP of Public Affairs

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!**



Benefits of Senior Wellness Programs

Senior wellness programs offer a variety of health benefits as well as educational and informational resources for seniors in all demographics. Healthy habits and lifestyles enhance quality of life and offer ideas and tips on how to live life longer and healthier. The focus of senior health or wellness programs is to educate seniors on how to manage their health and activity levels for optimal function and performance.

One major focus of senior wellness is home safety. Aspects of home safety include but are not limited to **fire safety, creating a safe and fall-proof living environment**, as well as improving existing features in your home. For example, adding non-skid rugs in kitchens, hallways and bathrooms leads to reduced falls and injuries in the home, benefiting everyone.

By encouraging senior independence, those seniors that participate in senior wellness programs are more likely to maintain a rich personal life and remain in their homes longer. Regular exercise and fitness is a must to help seniors maintain and improve mobility, range of motion, balance, stability, strength and endurance, leading to greater ability to function on a daily basis without help.

Join the Detroit Area Agency on Aging (DAAA) in the Woodbridge Dining Rm for our next **Matter of Balance** class (See office bulletin board for more information.)

Giving Matters

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

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 pvmfoundation@pvm.org. Thank you for all you do to support PVM!

Warm regards,
Paul J. Miller, CFRE

FAWN (Fighting AIDS with Nutrition): AIDS is a devastating disease that millions of innocent people suffer from & die. In addition, children are left without family; homeless & destined to rummage for food, child slavery or some other horrific tale. But AIDS is a battle in which **YOU CAN MAKE A DIFFERENCE...**one can at a time.

If you are interested in providing liquid nutrition to those (men, women & children) suffering from AIDS in Africa, please donate to the cause & learn more about how you can help at Woodbridge Manor. For more info, please fightingaids.org

PENNIES from HEAVEN

Woodbridge Manor (WM) has established its very own philanthropic endeavor to help those less fortunate for the betterment & empowerment of others for a more just environment for all. We give because we can & we continue because we must. With the collection of simple soda plastic/cans, bulk hygiene & warming items and simple pocket change, WM is able to donate with-out putting the participant, both the recipient & donor, in a financial hardship.

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.pvmgifts.org

Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

The 2015 Victory Cup Is Coming Up!



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What I do....

Continued from Page 1

If my father were here today I imagine him asking me to tell him my story. I imagine that he would explain that time is precious and that he did not want to waste a single moment on an exaggerated impromptu narrative. He would kindly ask that I get to the meat of my story before his appetite grew cold or he weary. I imagine that he would smile the way he so often did and ask that the story be straightforward and true to my nature. Then he would listen with his heart and soul. I imagine....

My story would begin as so many stories do, perhaps 'Once upon a time', or 'It all began....' But the context of the story would always be: my greatest accomplishments, my greatest love and my reason for doing what I do every day, as does every great story with a purpose.

For so long, my father was my moral fiber, he still is. I believe he would be proud of what we do at Presbyterian Villages of Michigan (PVM) and of what we've done at Woodbridge because our greatest accomplishment will always be making every resident and every guest feel as if they matter; because they do.

I imagine that as I tell my story, it ripples throughout my father's spirit and resonates that somehow he was here with me and that it made a difference because he mattered. He matters. And we honor him, as we honor every resident because the plot of our [PVM's] story is that they all matter; every village, every resident and every senior. We are servant leaders in an industry of many and with every new construction and philanthropic endeavor (e.g. The Thome Rivertown Neighborhood, Hartford Village, PACE, Community Connections, Pennies From Heaven, Service Excellence, PVMF and so many more) that PVM strives toward, every resident, every village and every PVM employee, board member and volunteer alike can tell his/her story the way that it was meant to be told...with love, because we matter.



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



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

Village 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
Donald McSwain	Michael Morrison	

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
April 20th – May 21st

Gemini
May 22nd – Jun 21st

Homer Ray, Jr.....05/01	Jack Paar.....TV Show Host
Dorothy J. Heard.....05/03	Sugar Ray Robinson.....Boxer
Verna J. Slaughter.....05/04	Audrey Hepburn.....Actress
Barbara Lewis.....05/06	Willie Mays.....Baseball Player
John Johnson.....05/06	Rudolph Valentino.....Actor
Lloyd C. Martin.....05/06	George Clooney.....Actor
Beverly Curry.....05/10	Fred Astaire.....Singer
Clenora Byes.....05/12	Florence Nightingale....Health Activist
Ralph McMillan.....05/22	Paul Winfield.....Actor
Joyce Martin.....05/26	Sally Ride..1 st American Female in Space
Lizzie Jordan.....05/28	Gladys Knight.....Singer

Woodbridge Welcomes Home:

*Toni Wilson, Roy Calhoun
Stanley D. Keyes, Ralph McMillan
Sylester Kirkwood & Gary Berquist*



Donations Needed for Hygiene Kits

Toothbrush/Toothpaste/Floss
Washcloth/Soap/Sanitizer/Toilet
Paper/Feminine Hygiene
Products*/ Comb/Deodorant/
Lotion/ Socks/First Aid
Kit/Water/Granola Bars

Riddle Me This...

- What is the cake named after a baseball play?
- Name President Carter's favorite legume.
- Name the integrated cake named after a stone.
- What do you call the cake named after the 16 oz. of butter in it?
- Continue this letter sequence in a logical way:
M T _ _ F _ S
- Correct this mathematical formula so it reads correctly:
5+5 + 5 = 550
- Draw a rectangle with three lines.
- What does a farmer call a male cow?
- What was Mickey Mouse's original name?
Hint: M _ _ _ _ _ r
- What month and year did Woodbridge Manor open?

Be The First Resident To Correctly Answer All The Riddles & Submit Your Answers To The Office To Win A Prize

Mark your Calendars - 2015 Village Victory Cup

The 2015 Village Victory Cup will soon be here (Friday, June 26th).

Will East Harbor 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 2015 Village Victory Cup, please contact your administrator right away (Two events don't require you to be at the event*)

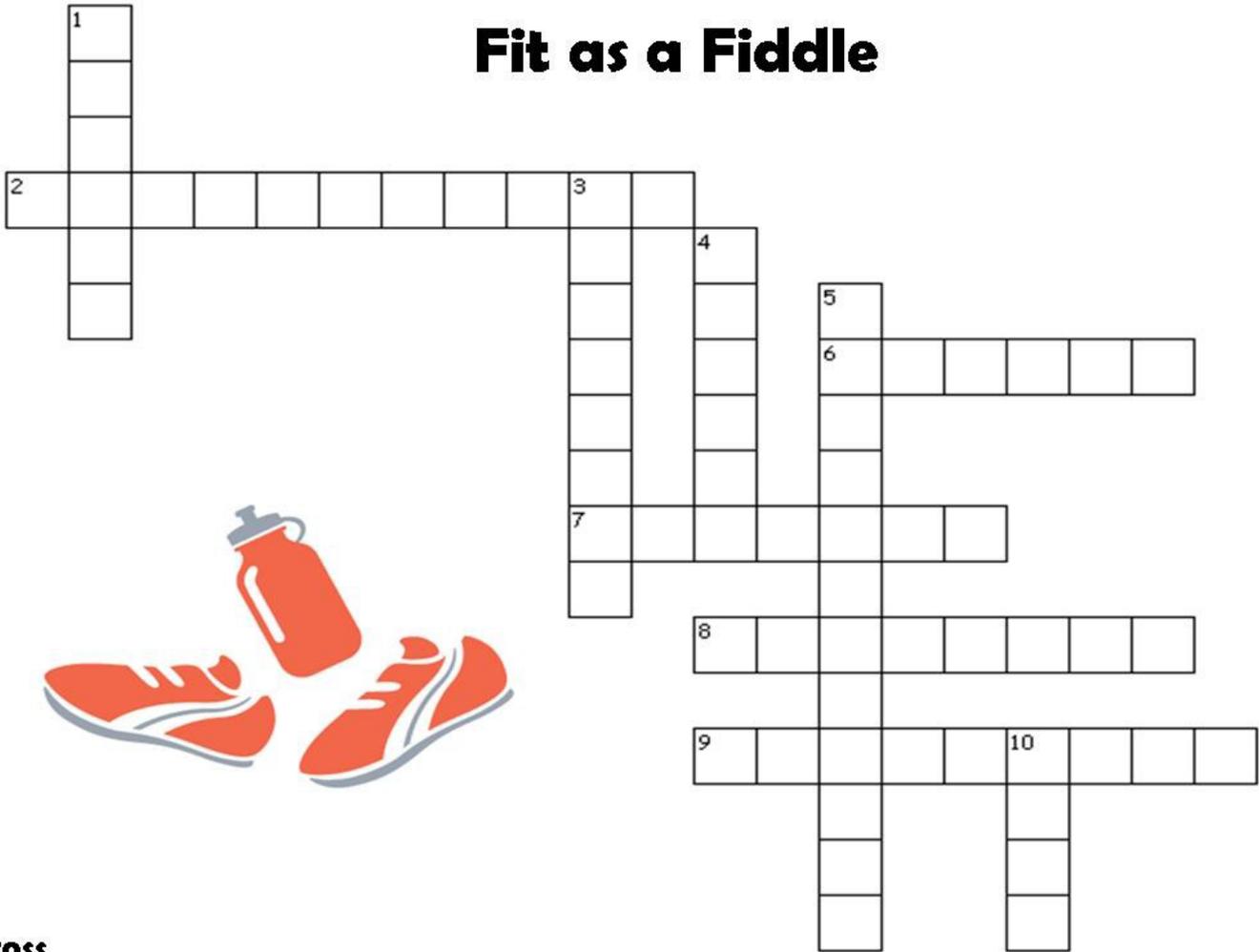
Transportation and lunch will be provided at the event. The events have entry limits and there is a registration deadline (May 29th), so hurry....



Sign Up & Submit This Participation Form If You Want To Go To the Victory Cup

- 1) *Expression of Wellness*: Create A Poster of What it Means to Be "70 [PVM] and Still Making Waves"*
Name: _____
- 2) *Bake Off Competition*: Entries Must Be Cookies, Cupcakes, Brownies/Bars or Pies*
Name: _____
- 3) *Bean Bag Toss*
Name: _____
- 4) *Wellness Walk*
Name: _____
- 5) *Hoop Shoot: Put the Ball Through the Hoop Get a Point*
Name: _____
- 6) *Balloon Volleyball*
Name: _____
- 7) *Top Gun: Create a Paper Air Plane that Goes the Furthest*
Name: _____
- 8) *Puzzle Contest: Your Team Has To Put the Most Pieces of the Puzzle Together the Fastest*
Name: _____

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!

**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 Numbers

Village Staff

Marla Bradford
Administrator

Shelia Cusic
Administrative Assistant

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

Phone: (313) 494-9000

James Munn
Head, Maintenance

China Dew
Head, Housekeeping

Shelby D. Bradford
Village Mascot



EMERGENCY NUMBER

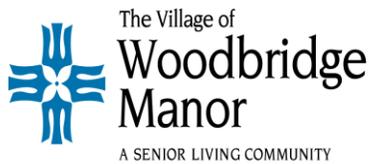
(313) 319-2018

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



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



**Happy Mother's
Day**



Please Recycle

Time is always right to do what is right."

— Martin Luther King, Jr.

Embrace the possibilities