



Village News



Embrace the possibilities

420 S Opdyke Rd • Pontiac, MI 48341 • www.pvm.org

May 2016

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Notes From the Administrator

Well May is upon us, the flowers are blooming and the leaves are growing! It's time to get ready for summer at the Village of Oakland Woods. The Village Victory Cup is quickly approaching on Friday June 24, 2016 and practice sessions have begun for all of the events. Please check your calendar of events to see when they are taking place at the community center. Even if you do not wish to or can't participate in the events that does not exclude you from the fun and friends, the Cup takes place right around the corner at US Soccer. So please plan on coming out to cheer team Oakland Woods and for each of you that show up our team gets an automatic point. Free bussing, free lunch and free fun!

More Free stuff to announce at the Village! The exercise and workout room is now FREE to all residents to use. In addition all exercise and wellness classes are FREE to residents starting today. So no more excuses not to get out, get up and get in shape. Again check the calendar for and I am sure you will find a class, activity or event that fits your fancy. We are striving to be the best Wellness program at PVM and we can't do it alone.

It's also time to plant your flowers and gardens. Remember the Village allows personal plantings around your home in the provided landscape bed areas or in pots on your patio and porch. Who will have the best display of color and content for this year's beautification contest that takes place in August? We challenge you and your neighbors to outdo one another with pizzazz and colors. Let's show them all what this Village can be when we all chip in and beautify.

Patio Patrol will take place in May and this is our annual look around to ensure everyone is maintaining their patio areas properly and not storing large items. Our patios are here for our enjoyment and we ask that you be a part of that by respecting everyone with keeping your area clean and tidy.

Lastly we want to mention that recently a few residents have received calls from someone claiming to be the IRS. The IRS will always contact you by mail before calling you. If you receive such a call please report it to the office and tell the caller to put the information request in writing and mail it to you. If it is a legitimate agency they will have no problem doing this. Be careful everyone!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



UPDATES & REMINDERS

Maintenance Update!

Everyone knows how hard Tim and Matthew work to keep your homes safe and in good repair as well as the grounds. Please we need to remind everyone that they are very busy gentlemen and to please call the office with your work orders rather than stopping them to report a problem. They have fully planned schedules and when they receive many interruptions through the day it affects everyone here by constraining their repair schedules. So please say hello....then call the office and report the issue or problem. Thank you so much.

Dumpsters!

Please stop placing your garbage bags and debris on the ground inside the dumpster enclosures. This is not only a lease violation but it attracts wild animals and is unsanitary. When you do this the maintenance staff has to go clean every dumpster enclosure at least twice a week and this takes valuable time away from their work order and repair schedule. It affects all of us and the service we receive from the maintenance department. If you see someone doing this please ask them to stop and then report that person to the office so we may address them as well. Place all garbage and debris inside the dumpster.

What Do I Do With Large Objects?

What a blessing it is when you receive a new surprise like a television, couch or bedroom set. When this happens the recipient and giver need to find a way to dispose of the old one. It is NOT the responsibility of the Village of Oakland Woods to do this. If you have problems doing this, we can find someone to help you for a nominal fee. This is NOT a maintenance issue. Call the office if assistance is needed. If we identify a large item in the dumpsters or dumpster areas that came from your home there will be a charge to your account for the disposal of that item. Again please everyone work together to keep our community clean, safe and beautiful.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

GAME ON!

Don't look now, but June is just around the corner and you know what that means. The 11th Annual Village Victory Cup will soon be here. Scheduled for Friday, June 24th it will once again be held at Ultimate Soccer Arenas in Pontiac, just south of the Village of Oakland Woods. Word on the street is that several Villages have been practicing for quite some time now. They've been testing out their best paper airplane designs; trying out new cookie recipes; wearing down the carpet in the hallways with all the walking they've been doing; putting puzzles together faster than ever before; hitting the bull's-eye more often than not with their beanbag tossing; and doing their best Michael Jordan imitation shooting baskets. We've also heard that several Villages have their eyes set on taking home the coveted Spirit Award this year.

Will the Village of Westland successfully defend their title and capture the Victory Cup for the third time in four years? Will the Village of Our Saviour's Manor win the Spirit Award an unprecedented three years in a row? You never know. But one thing we do know is that there will be plenty of action June 24th at Ultimate Soccer Arenas. If you haven't already done so, to be part of the action contact your Administrator. The deadline for Villages to sign up is June 10th.

**For Villages located 100 miles or further from the PVM Home Office we will once again be conducting the Virtual Village Victory Cup. Contact your Administrator for details.*





Service Coordinator News

By Danette Pye,
Service Coordinator



Join Us for a Presentation: [Eat Smart Live Strong](#)

May 18, 2016 at 2:00pm

Community Room

Learn to eat healthy on a budget and prepare quick meals

Food Samplings will be available

Please be sure to sign up for the presentation

Cooley Law School Representatives

Representatives will be available to assist you with Wills, Healthcare Documents and much more on June 16, between the hours of 6-9 p.m. Those of you that are interested must contact your service coordinator prior to May 5, so that I can provide you with the information needed to fill out the required questionnaire.

May Is:

Older Americans Month, American Stroke Awareness Month,
and Arthritis Awareness Month.

If you would like more information about stroke symptoms or arthritis please contact your Service Coordinator.



Act F.A.S.T	
Learn the many warning signs of a stroke. Act FAST and CALL 911 IMMEDIATELY at any sign of a stroke.	
F ace	Ask the person to smile. Does one side of the face droop?
A rm	Ask the person to raise both arms out. Does one arm drift downward?
S peech	Ask the person to repeat a simple phrase. Is their speech slurred or strange?
T ime	If you observe any of these signs, call 911 immediately and tell the operator you suspect the victim may be having a stroke.

You Are Invited To Join Us For A Presentation:

Eat Smart, Live Strong



Let's talk about easy ways to make smart food choices and exercise more. Learn how you can eat smart and live strong.

**Please Join Nancy Hampton on
Wednesday, May 18th, at 2:00pm
Community Room**

Refreshments and Food Samplings will be available



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

Thank you!

First of all, I would like to say a big thank you to all the residents at Oakland Woods! Each and every one of you has welcomed me with open arms, and I very much appreciate your ideas, well wishes and patience with me as I orient myself. It has been a wonderful experience thus far, and I look forward to many more events, outings and activities here with you!

Free Fitness:

As some of you may have heard, one of the changes I have implemented village-wide is that from this point forward all Fitness Classes, as well as the use of the Fitness Room, will be **free** for the residents of Oakland Woods. I am hopeful that this change will encourage more residents to participate in our exercise classes, perhaps try a new activity, or gradually return to exercise after some time off. All exercise classes offered through the Wellness Department can be modified or adapted to your needs! For example, Strength Training can be done standing, with the stability of holding on to a chair, or in a seated position. All levels of experience are welcome to join!

Fitness Room Orientation:

For those of you interested in taking advantage of our Fitness Room, I will be hosting an orientation session on **Wednesday, May 18th at 1pm**. This is for residents who have never used the Fitness Room before, or for those who have been using the Fitness Room and equipment but have never been formally instructed on the procedures on the room. Your participation is greatly appreciated, and for liability purposes orientation is mandatory for anyone planning on using the Fitness Room. If you happen to have a conflict during the scheduled orientation time please come speak with me.



Events in May

Mother's Day Tea: Please join us on **Friday, May 6th at 1:30pm** for a special teatime celebrating Mother's Day. We will have a variety of tea selections, as well as other drink options and light refreshments. You are encouraged to bring along your favorite tea cup and dress in your "Sunday Best" to celebrate and honor the mother's in our lives and in our community. Please be sure to sign up for this event in the monthly sign-up book at least 24 hours prior to the event date.



Detroit Institute of Arts (D.I.A.) Trip: We have rescheduled our April trip to the DIA to **Thursday, May 12th at 11am**. Please be sure to sign up again for the trip if you are still interested in attending. The trip will include lunch at the DIA as well as the option to take part in a free guided tour of the museum. Additionally, the DIA will be hosting a free behind-the-scenes lecture to the senior community on May 12th at 1pm. The lecture will discuss the hidden meanings and symbolism of the art displayed within the DIA. Attendees on the trip will have the choice of which event they would like to participate in. Admission to the museum is free for all Oakland County residents with valid ID.



The Village People Chorus Concert: On **Wednesday, May 11th** our Chorus will be putting on a concert in celebration of their 3rd anniversary! The concert will take place at 2pm and will feature a collection of "Nostalgic Music from Down Memory Lane". A \$2 Donation upon entrance is encouraged.

Meadow Brook Theater & Lunch: We will once again be traveling to the Meadow Brook Theater for a matinee performance of "Sistas the Muscial" on **Wednesday, May 4th**. We will leave for the event at 11:30am in order to get lunch prior to the show which begins at 2pm. Hope to see you there!

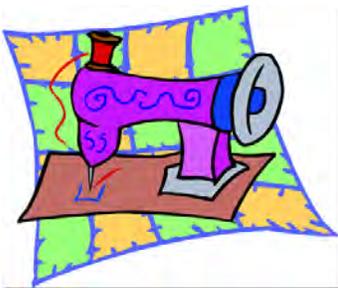


MAY EVENTS CONTINUED

Walking Club: With the weather finally turning nicer and the days getting longer, we will be starting a Walking Club for the residents of Oakland Woods! This group will meet weekly to take easy-paced walks around the community. Dates and times can be found on the May Calendar. We will meet in front of the Community Center prior to each walk. No pre-registration necessary—just come as you wish to enjoy the outdoors and fresh air!



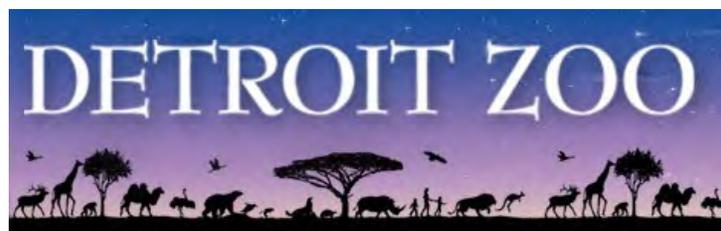
Quilting Class: Beginning **Friday, May 20th** we will be offering a weekly Quilting Class. The class will run from 1 to 3pm by our very own resident Josephine Ondik! Jo is generously providing a majority of the equipment and materials needed to complete the project. All other necessary materials will be provided by PVM. If participants would like to bring their own scissors and/or fabric to work with, they are welcome to do so. There will be limited space for the first session of this class, due to the number of supplies and resources needed. Please sign up for the class only if you are able to attend all of the sessions.



Pending the popularity of the class, we may provide additional classes in the months to come. Sign-up can be found in the May Sign-Up binder.

Movie Theater Trip: On **Thursday, May 19th** we will be taking our “Theater Thursday” to the actual movie theater! We will leave for the AMC Star Theater at 12pm to catch a matinee showing. Movie choices and times to be announced closer to the event date. Residents are also invited to attend if they would prefer to do some shopping or go out for lunch at Great Lakes Crossing, rather than seeing a movie.

Detroit Zoo: **Tuesday, May 24th** is Senior Day at the Detroit Zoo! Admission is free to the zoo for residents in Oakland County 62 years and older. This will be an all day event. We will leave at 9am and return in the afternoon. The zoo will be providing live music, tram tours, bingo and zookeeper talks to all seniors in attendance. Residents attending the trip are encouraged to pack a lunch and snacks—picnic areas are located throughout the zoo. Attendees can also purchase food at the zoo through a variety of vendors.





MOTHER'S DAY TEA

FRIDAY, MAY 6TH, 1:30PM

FIRESIDE ROOM

Please join us for afternoon tea in celebration of all of the mothers within our community, or lives and our hearts. Attendees are encouraged to bring along their favorite tea cup and to dress in their "Sunday Best". Light refreshments will be served along with the tea. Be sure to sign up for the event at

least 24 hours in advance.





The Village People Chorus: **3rd Anniversary Celebration**

**A Concert of Nostalgic Music
From
Down Memory Lane**

**Wednesday, May 11, 2016 at 2:00p.m.
The Village of Oakland Woods**

\$2 Donation Upon Entrance





Sistas The Musical

Meadowbrook Theater

Wednesday, May 4th, 2:00pm Show

After a matriarch's death, the women in the family clean Grandma's attic and find love and old memories packed away. In the process they find hit tunes that trace their family history, from the trials of the 1930s through the Girl Groups of the 60s to the empowerment of the 90s. With songs such as "I Will Survive," "We Are Family," "Mama Said," and "Oh Happy Day!"

Theater Thursday



- ✦ **Thursday, May 5 Prime** -Newly divorced businesswoman Rafi is surprised at how quickly love finds her again in the form of young artist Dave, her polar opposite. But Rafi's soon dismayed to learn that her shrink is also her lover's disapproving mother.

- ✦ **Thursday, May 26 I Don't Know How She Does It-** In this affable yuppie comedy, Kate Reddy is a successful executive, wife and mom whose personal and professional lives hang in precarious balance. When Kate takes on a new job challenge, she and her brood have some serious prioritizing to do.



May

Stella Craft Tremble

The month of May wears a green skirt
 And holds her lap of flowers,
 Then skipping lightly on her way
 Leaves warm and sunny hours.

She dresses woods and vales in green,
 Throws daisies on the hill,
 Then treading softly in the glade
 She dissipates the chill.

And alder tree lets down her hair
 Reflected in the pool;
 The mountain paths wear silver veils
 When early morns are cool

We've longed for Spring: now she has come
 With warmth and laughter gay,
 To wake the world and bless the earth
 This flowery month of May!



Flower:
Lily of the Valley



Gem: Emerald

Birthday Celebration!

The Birthday Party will be held on Friday, May 27. Please join us in the community room at 1 pm for the celebration and bingo.

Ella Steward	5/2
Jean Hilderley	5/2
Glenetta Jenkins	5/4
Victoria Clark	5/5
Josephine Ondik.....	5/5
Barbara Pryber.....	5/6
Robert Robertson	5/6
Vivian Jones.....	5/12
Lou McIntyre	5/13
Annie Carrington	5/14
William Terry	5/15
Patricia Wright	5/15
Patricia Friend.....	5/18
Felicia Hollis.....	5/22



A SPECIAL POEM FOR MOTHERS

Mother's Day

By Edgar A. Guest



Gentle hands that never weary toiling in love's
vineyard sweet,
Eyes that seem forever cheery when our eyes
they chance to meet,
Tender, patient, brave, devoted, this is always
mother's way.
Could her worth in gold be quoted as you think
Of her to-day?

There shall never be another quite so tender,
quite so kind
As the patient little mother; nowhere on this
earth you'll find
Her affection duplicated; none so proud if you
are fine.
Could her worth be overstated? Not by any
words of mine.

Death stood near the hour she bore us, agony
was hers to know,
Yet she bravely faced it for us, smiling in her
time of woe;
Down the years how oft we've tried her, often
selfish, heedless, blind,
Yet with love alone to guide her she was never
once unkind.

Vain are all our tributes to her if in words
alone they dwell.
We must live the praises due her; there's no
other way to tell
Gentle mother that we love her. Would you say,
as you recall
All the patient service of her, you've been
worthy of it all?



Resident Council News

By Judy Shatto,
Resident Council President

Resident Council Board

Judy Shatto, *President*
(248) 499-8574

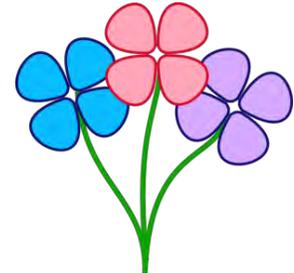
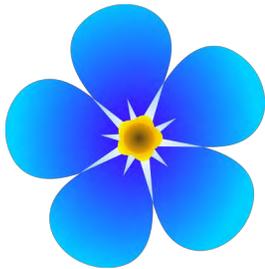
Vernice Johnson, *Secretary*
(248) 622-4470

Catheryn James, *Treasurer*
(248) 891-9290

Ruthie Griffin, *Sympathy Cards*
(248) 322-4222

Spring is Here!

What a miracle the month of May is (second favorite of mine), with the tiny budding of soon-to-be the greenest of green leaves. We are now seeing daffodils bravely announcing spring as they beautifully line up portions of Opdyke Road. I cannot wait until we can plant our containers with lovely flowers.



Flower Pictures

Later on this month, I will be scouting around the grounds secretly snapping pictures of your flowers—capturing your talents and hard work! I will then post a random selection of pictures on our bulletin board—located in the community room. From those pictures, people can guess the correct location of all the flowers and win a prize! June Ard has won for the last two years now. Are there any takers out there to try and “beat” her?? This could be a lot of fun!



Village Garden Club

The Garden Club will go shopping for flowers on Tuesday, May 10th, at 10a.m. Those attending the shopping trip will meet at the Community Center.

Earth Day Project: Document Shredding

We have had numerous requests to offer confidential and secure document shredding for the residents of Oakland Woods. Though we cannot offer this service daily, we ARE setting aside the week of May 9th through May 13th for you to use this shredding service. All residents need to do is bring their confidential papers that they are looking to have shredded, and place them in the locked container located in the lobby of the Community Center. The company, Shredd-It, will then pick up the papers and take them to their facility to be properly shredded and securely disposed of.

This is an opportunity to de-clutter and recycle! Remember, the recycling bins located near the garage are not confidential. They are to be used only for newspapers, paper, paperboard (i.e. cereal boxes), plastics and cans. No glass or garbage of any sort should be put in these bins.



May 2016

National Stroke Awareness Month

SU	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	9:00 Strength Training 12:00 VVC Practice 2:00 Bible Study 3:00 Walking Club	10:00 Balance & Core 11:00 Cardio Dance 11:00 TOPS 11:00 Blood Pressure Clinic 12:00 Walmart/Chase	9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 11:30 Meadow Brook Theater & Lunch	11:00 Stretch & Flex 1:00 Theater Thursday	9:00 Balance & Core 11:00 Cardio Dance 11:00 TOPS 10:00 Garden Club 11:00 Blood Pressure & Bingo 1:00 Meijer	9:00 Balance & Core 1:30 Mother's Day Tea
8	9	10	11	12	13	14
	9:00 Strength Training 2:00 Bible Study 3:00 Walking Club <u>Secure Document</u> <u>Shredding Week</u>	10:00 Balance & Core 11:00 Cardio Dance 11:00 TOPS 10:00 Garden Club 11:00 Blood Pressure & Bingo 1:00 Meijer	9:00 Strength Training 10:00 Prayer Group 2:00 Village Chorus Concert	NO EXERCISE 11:00 D.I.A. Trip <u>FRUITS AND VEGGIES</u>	9:00 Balance & Core 1:00 VVC Practice	
15	16	17	18	19	20	21
	9:00 Strength Training 12:30 VVC Practice 2:00 Bible Study 3:00 Walking Club	10:00 Balance & Core 11:00 Cardio Dance 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Kroger	9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Fitness Room Orientation 2:00 Eat Smart Live Strong Presentation	11:00 Stretch & Flex 12:00 Movie Theater Trip <u>FOCUS HOPE</u>	9:00 Balance & Core 1:00 Quilting Class	
22	23	24	25	26	27	28
	9:00 Strength Training 1:00 Hollywood Market 2:00 Bible Study 3:00 Walking Club	NO EXERCISE 9:00 Detroit Zoo Day Trip SENIOR DAY AT THE ZOO!	9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Quilting Class	11:00 Stretch & Flex 12:00 VVC Practice 1:00 Theater Thursday	9:00 Balance & Core 1:00 Birthday Celebration & Bingo	
29	30	31	1	2	3	4
	OFFICE CLOSED FOR MEMORIAL DAY	10:00 Balance & Core 11:00 Cardio Dance 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Meeting	9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 VVC Practice	11:00 Stretch & Flex 12:00 Target Trip & Lunch	9:00 Balance & Core 1:00 Quilting Class	

JUNE

**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

Village Staff

Kevin Centala
Administrator

Sharon Benton
Administrative Assistant

Nichole Ledwell
Administrative Assistant

Danette Pye
Service Coordinator

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**

Embrace the possibilities

Pontiac, MI 48341-3145

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

