



# Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

June

2015

## Featured Articles

Administrator Notes	pg 1
Fitness in the Woods	pg 2
The Senior Advocate	pg 3
Giving Matters	pg 4
Wellness Coordinator	pg 6
Service Coordinator	pg 9
Resident Council	pg 10
Birthdays	pg 11
Monthly Calendar	pg 12
Contacts	pg 13

## NOTES FROM THE ADMINISTRATOR

Happy June to all of us at Oakland Woods, the weather has finally turned and the campus is starting to look incredible with all of your patio and front flower bed plantings. The boulevards, entrances and community center will soon join the party with installation of very colorful additions of annual flowers. The Garden Club has been hard at work making the gazebo a beautiful community meeting area for all us, thank you ladies!

It's Village Victory Cup month and the event is set for Friday June 26th at Ultimate Soccer. Practice sessions are underway and we are very excited to see so many participants this year. If you are a new resident T Oakland Woods please come to the office and find out more about the Victory Cup and how you can become involved. We need you to take it back this year.

Our 35th Anniversary of living well at Oakland Woods planning committee is hard at work organizing the event set for August this year but we can always use more help. Come down or call the office to see how you can be more involved and help make this our best Anniversary celebration yet. We will be holding the event on a Saturday this year to allow your families and friends an opportunity to join in the celebration. We have so many events and other outings set for the month of June, please check your calendar of event sat the end of the newsletter and come join us on some of our adventures. This year we have been to the Morley Candy Company, Cooks Dairy Farm, the Sea Life Aquarium, the Detroit Zoo, Frankenmuth and Royal Oak Ceramics. Don't miss out!

Please remember that if we have called you to bring your emergency call button in for a battery check to please pick it back up promptly. They are available at the office during business hours and are an important safety feature for all of you to take advantage of.

Finally, it is with a sad heart that I have to inform all of you that one of our longest and oldest residents at the Village of Oakland Woods left us last Wednesday in her sleep. Mary Conrad was a pillar of the community and active up to her last day in activities and programs. We all celebrated her 100th birthday last year and she loved our community and all of the residents at the Village. For more information on services for Mary you may contact the office or June Ard. Mary was a model of understanding, happiness, comfort and the community will not be the same without her.

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

## Let the Games Begin!

Mark your calendars! It's time to lace up your tennis shoes and put on your sweat bands. The 10<sup>th</sup> Annual Village Victory Cup is nearly here! Scheduled for Friday, June 26 the event will once again take place at Ultimate Soccer Arenas in Pontiac. The Puzzler, Wellness Walk, Hoop Shoot, Beanbag Toss, Paper Airplane Distance Contest & Balloon Volleyball Tournament all return as events. The Bake Off returns as well, but with new categories: cookies, cupcakes, brownies/bars, and pies. And in recognition of PVM's 70<sup>th</sup> anniversary, the theme of this year's Expression of Wellness event is "70 and Still Making Waves".

For Villages located 100 miles or further from PVM's home office in Southfield, we will once again be hosting the Virtual Village Victory Cup. Rather than gather at a central location, participants in the Virtual Village Victory Cup compete in events held at their Village. The results are transmitted to and tallied by the PVM Wellness Department with the Village earning the most points declared the winner.

Since its inception, the Village Victory Cup has gotten more and more competitive. Last year marked the closest margin of victory ever for the winners of both the Village Victory Cup and the Virtual Village Victory Cup. In such closely contested competition, every point counts. Rather than sit this one out, help your Village earn points. Contact your Administrator and sign up to participate in this fun-filled day of camaraderie and friendly competition. Who knows? Because of your help, it just may be your Village whose name gets added to the trophy as this year's winner.

*Answers to last month's crossword puzzle*

**Across:** 2. Tennis Shoes, 6. Energy, 7. Stretch, 8. Swimming, 9. Treadmill

**Down:** 1. Friend, 3. Exercise, 4. Doctor, 5. Heart Disease, 10. Mood



## MEET THE INTERN

Hello Oakland Woods Residents:

I am the new wellness intern – my name is Kathleen Zintsmaster. After completion of my internship with Devin, your wellness coordinator, I will be graduating from Oakland University with a degree in Wellness, Health Promotion, and Injury Prevention.

I am originally from Flushing, MI. I recently retired from a 14-year career as a competitive swimmer. I wrapped up my last season swimming as a Golden Grizzly for Oakland with our championship meet in February. I am happy to be trying new activities that do not require as much chlorine such as yoga, running, or kayaking up north this summer. I hope to be attending graduate school in the next year or two in order to pursue occupational therapy or public health. I have a passion for improving the health and overall wellness of those around me and look forward to working with all of you here at Oakland Woods.

Please join me for short, interactive stress management classes and activities on Wednesdays starting June 3<sup>rd</sup>! I will be going over stress and its impact on your health and wellness, tips for alleviating stress, the practice of mindfulness, and more!

- Kathleen



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## A Fitting Tribute

Along with Memorial Day vivid memories came flooding over me as I thought about my dad's burial ceremony a year ago. He was a veteran of World War II having served on the US Nashville. It was a flagship for General MacArthur just before they were attacked by Kamikaze pilots. My dad returned home with major wounds. Shrapnel was still in his body when he passed away. Having lived an extremely honorable life, I think his burial service at Great Lakes National Cemetery in Holly ((not far from our Village of Holly)) was a fitting tribute to all that he was as a veteran, citizen and human being. If you or a loved one has served our country you are entitled to burial there just as you would be at Arlington National Cemetery. Great Lakes mirrors the beauty of Arlington and provides a healing experience for families. This is the best of what the Veterans Administration has to offer. Contact your local office for information not only about burial services but also for information on many other benefits and services which may be unknown to you. The local staffs are wonderful to work with. Much is owed to those who serve and protect our country.

## Some photos from the past month at Oakland Woods:





# Giving Matters.

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

## \$191,000 Raised Through Friends & Family!

**THANK YOU** to the **707** donors who generously contributed **nearly \$191,000** for PVM residents through Friends & Family, exceeding our goal of \$136,000 and making this the most successful year in the history of PVM Foundation!

The annual Friends & Family Appeal took place during the month of April and allowed all Villages to raise funds for projects and programs to enrich the lives of residents, providing them with security cameras, patio furniture, buses for reliable transportation, new computers and so much more. Congratulations and thank you to **ALL the Villages** for their hard work to make so much possible!

A special congratulations to **The Village of Our Saviour's Manor**, who had the most new donors with 30 new donors, and to **The Village of East Harbor** for most amount raised with \$70,370! For a complete listing of all Village projects, goals and amounts raised, please see your Administrator or visit our website at [pvmfoundation.org](http://pvmfoundation.org).

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you again for your support and we look forward to another successful Friends & Family next year!

Warm regards,

Paul J. Miller, CFRE

**Help Michigan Seniors Thrive**

# TRANSFORM AGING

Help Michigan Seniors Thrive!

WATCH TO SEE HOW YOU CAN TRANSFORM AGING

Visit [pvmfoundation.org/transform](http://pvmfoundation.org/transform)

- Watch the inspirational video!
- Share the video with your contacts!
- Take advantage of matching dollars by making a donation!

# **New Classes Coming**

## **BOSU Stability Class**

---

**Work on your balance and stability in this new progressive class. This class will progress week to week so you must be signed up to complete the course. Please direct any questions to Devin.**

## **Stress Reduction Class**

---

**Join Kathleen, our Wellness Intern, every Wednesday at 2:00 pm in the Community Center to learn new ways to deal with everyday stressors in older adults.**

# **Respect Month**

**We will be making the month of June Respect Month here at Oakland Woods! Join us in the Community Room on Tuesday, June 2nd at 2:00 pm for a quick Respect Presentation. During the month of June we will be having a Respect Contest. More details will be shared at the presentation!**

**So we hope to see you all there!**

**Light refreshments will be served.**

## June News from our Wellness Coordinator

**Hello everyone!**

**It's hard to believe that it is already June! Remember to drink extra water throughout the day in order to keep your body hydrated. The warmer it is, the more fluids you need! If you just can't bring yourself to drink plain water all day long, try adding in some fruit. Try strawberries, lemons or even cucumbers to spruce up your water.**

**There are a lot of things coming up in June. Most importantly being the Village Victory Cup! We have had a great number of people sign up to participate this year and I am so happy about that! Thank you all so much for signing up to be a part of this year's team! We have ordered our team shirts and they should be here soon. I will notify those of you on the team when you can pick your shirts up. Remember if you would like to come and support your fellow residents you are free to do so throughout the day at Ultimate Soccer on South Blvd.**

**There are so many fun outings planned for this month, make sure to sign up as soon as possible as space on all trips is limited. If you would still like to go on a trip but the list is full, please sign your name and you will then be on the wait list. I will notify you as soon as possible when cancellations do come up. With that being said, if you need to cancel for a trip please do so as soon as possible so others may have a chance to go!**

**This month we will be referring to June as Respect Month. We will kick off the month with a Respect Presentation in the community room on June 2nd at 2:00 pm. This will simply be to try to create a more welcoming and respectful atmosphere at Oakland Woods. We are going to be having a month long contest as well! If you notice anyone being respectful to others, please turn in their name to me in my office. At the end of the month, we will draw a name to win a special prize. Any resident or staff member is eligible to win this prize!**

**In other, more personal news, I am sure that most of you already know but my husband and I are expecting our first baby together! Our baby GIRL is due on November 15th of this year. We are very excited and can't wait for November. I want to thank all of you who have congratulated me and wished me well in my pregnancy, it means so much to know that so many people around me care so much.**

**Have a great month everyone and GO CARDINALS!**

**Devin Fritzler, Wellness Coordinator**

## June News from our Wellness Intern

### **What is Wellness?**

The term “wellness” has steadily gained attention in the last few years. However, many individuals lack a firm understanding of what the term means. Wellness embraces a multidimensional and holistic lifestyle. The National Wellness Institute has listed and defined six dimensions of wellness: physical, emotional, intellectual, spiritual, occupational, and social. Each dimension should be separately targeted in order to reach a state of optimal wellness.

- 1. Physical:** This aspect of wellness incorporates both nutrition and physical activity. It is important to understand your body’s limitations and specific needs in order to safely target strength, endurance, and flexibility. Try going for an afternoon walk or getting your heart rate up at least once per day. Try cooking a new, fresh summer meal that includes fruits, veggies, and a lean protein such as chicken.
- 2. Emotional:** It is important to be aware of and accepting of any personal feelings. Try taking an optimistic approach to your day and openly accept any emotions you are experiencing, without judgment of yourself.
- 3. Intellectual:** Everyone needs to have their mind stimulated by new and exciting information or experiences. Try using the resources around you in order to pursue what interests you. Look for a new game or puzzle in the newspaper, read about an interesting topic, or visit a museum to learn about a different culture.
- 4. Spiritual:** Having a firm grasp on individual beliefs and values allows joy and happiness to be more readily accepted. Try spending some quiet time reflecting on what you find valuable in life, such as family and friends.
- 5. Occupational:** Pursuing a career, hobby, or activity that reflects your skills and values is important. Try making time for a new hobby that you have always been interested in trying.
- 6. Social:** Everyone has the ability to positively impact the community and environment in which they are surrounded. Try making a new friend or showing someone a warm welcome in order to better their day!

# New Events in June

- ✓ **Respect Month Presentation:** Here at Oakland Woods we will be making the month of June, Respect Month. Join Devin in the community center on Tuesday, June 2nd at 2:00 pm for a Respect Month Presentation. There will be a month long contest with more details at the meeting. Hope to see you there!
- ✓ **Stress Presentation:** Join our Wellness Intern, Kathleen, in the community room on Wednesday, June 3rd at 2:00 pm for a Stress Presentation. Here she will discuss different types of stressors for older adults and how to handle them.  
Light refreshments will be served.
- ✓ **Birch Run Shopping Day Trip:** We will be heading up to the outlet mall in Birch Run, MI on Monday, June 8th bright and early at 9:00 am for a fun filled day of shopping, food and relaxation. Sign up soon as space is limited. There will be a lot of walking during this trip so please keep that in mind. Walkers are able to be put on the bus!
- ✓ **Eastern Market Day Trip:** Our trip to Eastern Market in Detroit has been rescheduled for Tuesday, June 16th at 9:00 am. Remember that there is a lot of walking on this trip as well. Walkers are able to be put on the bus. Sign up ASAP for this trip as space is limited.
- ✓ **Independence Oaks Summer Day Trip:** We will once again be heading to Independence Oaks for a fun filled summer day. You will have the opportunity to rent paddle boats, fish or simply just relax. We will be going on Monday, June 22nd at 10:00 am (Weather permitting) Sign up as soon as possible and if you would like to bring a dish to pass please also note that in the sign up book.

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

## June News from our Service Coordinator

### **Service Coordinator Meet and Greet!**

Do you know who your Service Coordinator is? Do you know where her office is?  
Do you know what services she can provide to you as a resident? Do you have questions about community resources or programs?

Many of you have used my services, or have at least met me. However, there have been a LOT of new move ins in the last 6 months. And while I make every attempt to reach out to new residents, sometimes with all the hustle and bustle, people forget what a Service Coordinator can provide or that services are available to them. Also, some people may not feel entirely comfortable coming to a stranger with their concerns and needs.

Please join me *on Friday June 19<sup>th</sup> at 2:00 in the Community Room* for light refreshments, games and an opportunity for us all to get to know one another. During this time you can find out more about me and also have a chance to ask any questions you may have about how I can help you or what I can provide.

**Please sign up in the book!**



## June News from our Resident Council

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

**Vice President: Dolores Ochoa (248) 535-7306**

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

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

**Sympathy Cards: Ruthie Griffin 248-322-4222**

**Don't forget to  
read your newsletters!**

- June 14th is Flag Day, especially on this day and all year long, proudly display your flag for our country and honor all of the military members both past and present! The resident council has just purchased and replaced our American flag located on Kirkman Rd. We also replaced the rope cord that lowers and raises the flag itself. We decided to go with a larger flag this time around, made of premium material and very sturdy stitching. This new flag should last us around 2 years. The Garden Club also plans on planting colorful annuals around the base of the flag pole soon and we may have the chance to illuminate the flag at night as well. **We will also be having a flag ceremony at the flagpole on Tuesday, June 15th at 2:00 pm.**
- The Village People Chorus would like to extend their grateful thanks and appreciation for all who attended and generously donated to their second year anniversary. Their first big concert was last month on May 13th. The chorus worked very hard but had a lot of fun preparing their show. If you are interested in joining the chorus they meet every Wednesday at 11:00 am in the Community Room.
- Garden Club will be held on the second Monday of the month at 2:00 pm, every month.
- Bible Study will now be meeting on Thursdays at 11:00 am in the library. Everyone is welcome to join this non-denominational group.
- Prayer group meets every Wednesday at 9:00 am in the library. All faiths are welcome.
- In honor of Respect Month here at Oakland Woods here are a few quotes to help you be respectful to those you meet:
  - "I'm not concerned with your liking or disliking me...All I ask if that you respect me as a human being"  
- Jackie Robinson
  - "Respect for ourselves guides our morals, respect for others guides our manners." - Laurence Sterne



# JUNE BIRTHDAYS

Eola Boston—6/4

Johnette Washington—6/5

Betty Carthens—6/6

Izora Evans—6/8

Thomas Palmer—6/8

Sophie Wasik—6/10

Savannah Doran—6/12

Sally Jackson—6/12

James Gibert—6/13

Linda Kelly—6/16

Gloria Stokes—6/19

Eva Chavez—6/27

Holly Hixon—6/27

Joyce Parlor—6/29

Ida Fantauzzi—6/30

Cora Bradshaw—6/30



Please join us in celebrating our June birthdays!

We will be celebrating our birthdays this month on Friday June 19th at 1:00 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!**

# June 2015

## Respect Month

SU	MON	TUE	WED	THU	FRI	SAT
	1 10:00 Strength Training 1:00 Essay Writing Session 3:00 Paper Airplane Practice	2 10:00 Stretch and Flex 11:00 Zumba 11:0 TOPS 2:00 Respect Month Presentation	3 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice 2:00 Stress Presentation	4 10:00 Stretch and Flex 11:00 Bible Study 1:00 Walmart & Chase \$1	5 10:00 Total Body Workout 2:00 VVC Practice	6
7	8 <b>NO EXERCISE</b> 9:00 Birch Run Shopping Day Trip	9 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 2:00 VVC Practice	10 9:00 Prayer Group 10:00 Stress Reduction Class 11:30 Meadow Brook Theater & Lunch	11 <b>Office Closed For Employee Appreciation Day</b>	12 10:00 Total Body Workout 11:00 Meijer \$1 2:00 VVC Practice	13
14	15 10:00 Strength Training 11:00 Hollywood Market \$1 2:00 Flag Dedication Ceremony	16 <b>NO EXERCISE</b> 9:00 Eastern Market Day Trip	17 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice 2:00 Stress Reduction Class	18 10:00 Stretch and Flex 11:00 BOSU Stability Class 11:00 Bible Study 1:00 Zumba	19 10:00 Total Body Workout 1:00 Birthday Celebration & Bingo 2:00 VVC Practice 2:00 Service Coordinator Meet & Greet	20
21	22 <b>NO EXERCISE</b> 10:00 Independence Oaks Summer Day Trip	23 10:00 Stretch & Flex 11:00 Zumba 11:00 TOPS 2:00 Resident Council Meeting	24 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice 2:00 Stress Reduction Class	25 10:00 Stretch and Flex 11:00 BOSU Stability Class 11:00 Bible Study 1:00 Zumba	26 <b>9:00 Village Victory Cup!!</b>	27
28	29 10:00 Strength Training 11:00 Dollar General \$1	30 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday	1 <b>July</b> 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 2:00 Stress Reduction Class	2 10:00 Stretch and Flex 11:00 BOSU Stability Class 11:00 Bible Study 1:00 Zumba	3 10:00 Total Body Workout 11:00 Walmart & Chase Bank \$1	4

**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**

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](http://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**

