



Village News



Embrace the possibilities

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June 2016

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Notes From the Administrator

June is here! That means Victory Cup Month for the Village of Oakland Woods. We need YOU! Join the team or just plain support your neighbors as we embark on our quest for the cup on Friday June 24th at Ultimate Soccer Arena. The Oakland Woods Cardinals team will receive 1 point for every person who shows up to support and cheer on the games so clear your calendar for that day and come join the fun. Check your monthly calendar for practice sessions leading to the event. You may be surprised how you can participate. We have events ranging from the Bake off, chair volleyball, lip sync battle, paper airplane distance throwing and so many more. Help us secure the cup.

In June we will be bringing a new initiative to the Village called the Fresh Foods Program. See the attached flyer and order sheet. For a much discounted price we will have fresh locally grown fruits and vegetables delivered to the Village once a month. You get pounds and pounds of quality food for a minimum charge. This WILL NOT affect our usual once a month delivery program from the First Presbyterian Church. This is to enhance the existing program and bring a larger variety and choice to you. If the package deals seem too large for just yourself you can always team up with a neighbor or friend to split the cost and product so please take a look.

2016 Friends and Family campaign was a success and we thank you for all your efforts in making it that. Counting individual, pledge and matching contributions we raised nearly \$9,000 towards our project for the automatic door opener. Thank you again Oakland Woods.

June also brings the walking club back. Take a walk with Daniela and your neighbors around the campus and the trails. Check your calendar for dates and times or look for them out your window and don't be afraid to just join in, no need to sign up, simply meet Daniela at the Community Center on Mondays at 3pm.

Our RESIDENT REFERRAL program is back in place. Brag to your friends and family about living at the Village of Oakland Woods while encouraging them to join our family. For every successful move in referral you will receive a \$200 payment. Make some cash while helping someone find a great home.

Again I must mention that if you are replacing furniture or moving out you must call the City of Pontiac for a large item pick up. Leaving these items by or in the dumpster will result in charges to your account for the disposal. Please help us keep the community clean and looking proper for everyone.

Lastly, please join me in welcoming our new Administrative Assistant Carolyn Mancos. Carolyn comes to us with a very long and strong history of service in housing. She will be starting the last week of May and you will find her smiling face at the front desk and helping you with your recertification's and other issues. Take a moment to introduce yourself and welcome her to our family and team.



The Village of Oakland Woods

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



FRESH FOOD SHARE

Join the Fresh Food Share Program!

Order a low-cost box of fresh produce to be delivered to Oakland Woods on the 3rd Friday of every month. Orders due on the 2nd Friday of each month. All boxes include a newsletter with recipe ideas and food storage instructions.

	FRESH * FOOD * SHARE box options	
LARGE MIXED BOX \$24 DELIVERED	SMALL MIXED BOX \$14 DELIVERED	SMALL FRUIT BOX \$14 DELIVERED
		
28—33 lbs. 12– 15 different items 3-4 fruit items 8-12 vegetable items	18-23 lbs. 9-12 different items 2-3 fruit items	10-14 lbs. 4-6 different fruit items



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

You Might Have More Power Than You Think!

If you are among the nearly 1 in 3 adults over age 65 that own a smartphone or tablet, you have more computing power available to you than the Apollo 11 astronauts had on their way to the moon! While comparing a smartphone to a \$3.5 million NASA computer is like comparing apples to oranges, the important question to ask is are you putting all that power to good use? One way to do that is to start making use of some of the senior-friendly apps now available for smartphones and tablets. As of July 2015, there were 1.6 million apps available for Android devices and 1.5 million for Apple devices. That's a lot of choices! To save you some search time, below are 3 apps we thought may interest you:

MediSafe (free) – MediSafe is a virtual pillbox that helps you remember to take your medications in the right doses at the right times. As an additional safeguard, it allows you to set up alerts that notify family and friends when you forget to take a medication.

EyeReader (\$1.99) – EyeReader turns your smartphone into a magnifying glass. After activating the app, hold your smartphone's camera lens over any hard-to-read print. It will illuminate it using your phone's LED light and magnify it up to 5 times its original size.

Wunderlist (free) – Wunderlist is a simple to-do list/task manager designed to help you get things done. A key feature is the ability to share your to-do lists with others.





Service Coordinator News

By Danette Pye,
Service Coordinator



To Our Special Men at the Village of Oakland Woods

Quote: “Our job is not to judge. Our job is not to figure out if someone deserves something. Our job is to lift the fallen, to restore the broken, and to heal the hurting. “



From Michigan State Extension: Eat Smart, Live Strong

Eat Smart, Live strong is 6 week nutritional program designed to make healthy food choices on a budget as well as increasing your physical activity. You will learn exciting recipes, how to spice up your food without salt, stretch your food dollar and much more.

The last day for registration is June 1st. Nancy Hampton looks forward to seeing you at 3:00 in the community room.

Food Samplings will be available

Cooley Law School

The Estate Planning Clinic Representatives will be at the Village on June 16, at 6:00pm in the community room. Residents with appointments, please arrive with the questionnaire completed that was provided to you by the Service Coordinator.

Bingo and Blood Pressure

Come and join Sabrina Sawson from Sunshine Home Care for Bingo and Blood Pressures at 11:00 on June 14, 2016 in the community room. Please see your calendar for more blood pressure dates.



FATHER'S DAY FUN FACTS:

- * Father's Day is celebrated the third Sunday in June in over 50 countries around the world.
- * The first Father's Day celebration was said to be on June 19, 1910 in Spokane, Washington.
- * A woman named Sonora Smart Dodd spearheaded the efforts for fathers to be recognized after hearing a Mother's Day sermon at her church. Dodd's father, a Civil War veteran, had cared for the family after his wife died while giving birth to the couple's sixth child.
- * Dodd celebrated the first Father's Day by delivering gifts to sick fathers all over Spokane.
- * In 1966, Lyndon Johnson finally made an official proclamation that Father's Day would be recognized on the third Sunday of June.
- * It wasn't until 1972 that Father's Day became a permanent national holiday. (President Nixon signed it into law.)
- * Dodd correctly wrote the holiday in plural possessive form (Fathers' Day), because it was "a day belonging to all fathers." Somewhere along the way, the punctuation was changed and the day is widely written as "Father's Day".
- * There are over 65 million fathers in the United States.
- * Father's Day is the fourth-largest greeting card occasion of the year.
- * Father's Day is the busiest day of the year for collect phone calls.





Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

SPRING & SUMMER FUN!

Spring has finally sprung and we are well on our way in to summer! I hope that this shift in weather has faired well with everyone, and perhaps even inspired some of you to spend some time outside. If you are looking for things to do that will allow you to enjoy the outdoors, we have several of those activities listed on our June Calendar!

Our weekly Walking Club is a great place to start. We take an easy-paced walk every Monday around our community. This is a great opportunity to enjoy some fresh air, socialize with other walkers, and take in the views of some of the beautiful gardens we have within our community!

This month we also have a few outings planned that will allow us to enjoy the beautiful weather. We have trips scheduled to the Cranbrook Gardens, as well as a day trip to Independence Oaks for some fishing, picnicking and relaxing at the park! More details on these trips are listed under the "June Events" section of the Newsletter, and please be sure to sign up for any events you would like to participate in this month! I hope to see everyone there!

Lastly, you will see in the Newsletter a flyer for Metroparks Summer Fun. This is a wonderful outing opportunity for residents to participate in. It will be a full day of activities and events happening at Stoney Creek Park on Wednesday, August 10th, and it is completely FREE! They will be providing transportation, breakfast, lunch and a t-shirt for all the seniors participating in the Summer Fun Days. They have made this a very accessible event for all seniors. Residents with walkers and/or canes, or those who prefer not to walk very much, will have plenty of additional activities that they can still participate in throughout the day. It should be a fun filled day for all! The event is not until August, however Metroparks needs an accurate estimate of participants before that date. There will be a special sign-up sheet for this trip in the June Sign-Up Binder. Please sign up for the trip if you know you are available and are able to keep that date open! Please be sure to check your personal calendars and sign-up for this trip by June 10th!



EVENTS IN JUNE

Target & Lunch Trip: We will be taking a shopping trip to the Target on Brown Rd. on **Thursday, June 2nd at 12pm**. This Target is located **directly next to a Joann Fabrics**, so attendees may also chose to visit this store as well. We will stop for a quick lunch on our way to the store, and residents will be responsible for the cost of their own food.



Meadow Brook Theater: Meadowbrook Theater has again graciously offered us free tickets to their final play of the season—"Forever Plaid". The performance will be on **Wednesday, June 8th**, and we will leave for the show at **1pm**. Please be sure to sign up for the trip, it is sure to be a great performance!

Cranbrook Gardens Trip: On **Thursday, June 16th at 12:15pm** we will be taking an afternoon trip to Cranbrook Gardens. Attendees can spend their time there exploring the Gardens, free of charge, or taking a tour of the Cranbrook House located within the Garden. House tours cost \$8 for seniors. Please be sure to sign-up ahead of time!

Father's Day Cookout: We will be celebrating Father's Day and all of the special men in our lives at the Community Center on **Friday, June 17th at 1:30pm**. The celebration will be a cookout, with Oakland Woods providing the hotdogs, hamburgers, buns, toppings and dessert options. If there is a side dish you are able and willing to make it would be greatly appreciated! Let's enjoy a beautiful day together in honor of all of the great men in our life!



JUNE EVENTS CONTINUED

Comcast Presentation: A representative from Comcast will be stopping by Oakland Woods on **Monday, June 20th** to give a brief presentation and answer any questions you may have about your cable & internet services. He will be here from **12:30pm to 2pm**. This is a great opportunity to ask any questions about billing and/or proper set-up of your equipment. Please use this resource while he is here! He will also be bringing some refreshments and door prizes for those who participate.



Village Victory Cup: It's just about that time!! The Village Victory Cup is **Friday, June 24th beginning at 9am!** Several residents have been practicing diligently for the last couple of months, and the Cardinals are getting ready to bring home the Cup! We still need your support though! On the day of the event we need as many Village of Oakland Woods residents, family members, and supporters to attend and cheer us on! For every person we have supporting us we receive a point. Plus the event is extremely close to Oakland Woods—just down the street on South Blvd. at **Ultimate Soccer Arenas!** Grab your pom-poms, deck out in your red cardinals gear and come cheer us on to victory! We hope to see you there!

Independence Oaks Day Trip: We will be wrapping up the month of June with a day trip to Independence Oaks Park! Our trip will take place on Thursday, June 30 at 9:30am. Attendees on the trip can spend their time fishing on the lake, strolling through the park, enjoying lunch in the shade or playing a few games while taking in the sights! It will be a nice, relaxing day out in the park. Please come join us and be sure to sign up prior to the trip date!






Experience Summer Fun at the Metroparks!

Transportation, food, recreational and educational activities are all provided for free. Community organizations within Livingston, Macomb, Oakland, Washtenaw and Wayne counties are welcome to register for a fun filled day at the Metroparks.

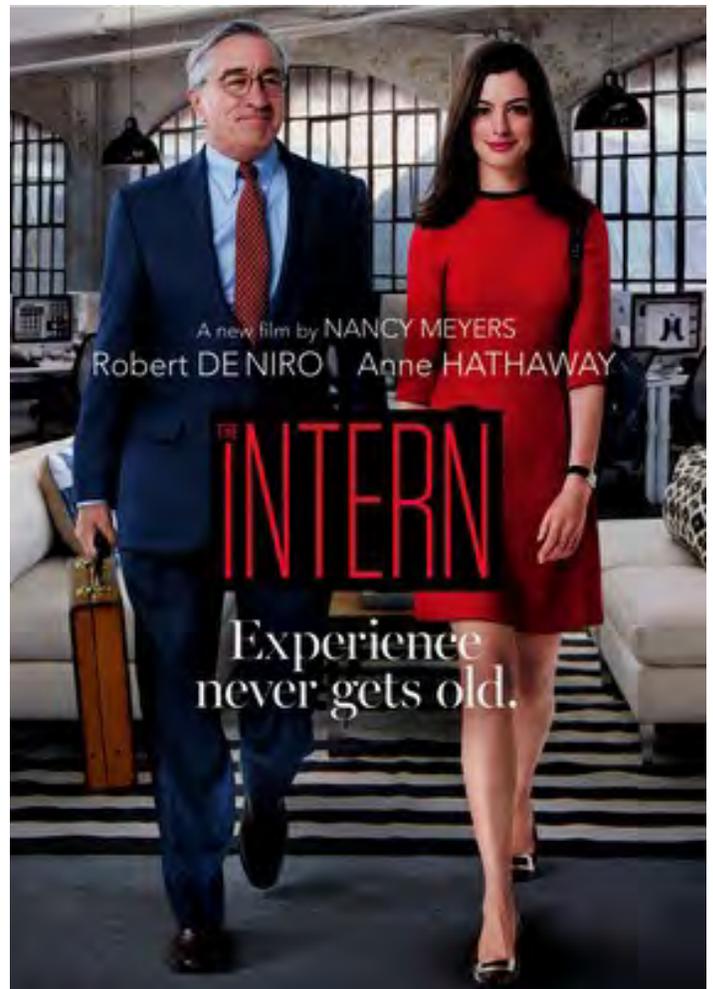
• STONY CREEK	June 30	July 14	July 29	August 10
• LAKE ST. CLAIR	July 7	July 26	August 3	August 9
• HUDSON MILLS	July 1	July 6	July 28	August 5
• KENSINGTON	July 12	July 25	August 2	August 8
• LAKE ERIE	July 5	July 15	August 1	August 12
• LOWER HURON	July 8	July 27	August 4	August 11

**** Highlighted Date & Location will be the Summer Fun Day that Oakland Woods will be participating in.****

Theater Thursday



- ✦ **Thursday, June 23, The Birds:** The townsfolk of Bodega Bay -- including gorgeous socialite Melanie and her love interest, Mitch -- face a massive avian onslaught, with the feathered fiends inexplicably attacking and killing at random.
- ✦ **Thursday, June 9, The Intern:** Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise.



June

Ada B. Childs



Flower: Rose

Butterflies drifting across it,
Bees that go humming by,
The rose belongs to a June day
In gardens that smile at the sky.

Swaying to summer's music
On its gracefully slender stem,
It wears in a queenly manner
A dew-spangled diadem.



Gem: Pearl

Folded within its soft petals,
Lie dreams that are long unfulfilled;
Heartbreak, dear memories and rapture,
Along with its perfume are spilled
Long ago when the world was beginning,
I am sure that whenever God chose
To make up a poem, He would fashion
A fragrant and lovely June rose.

Birthday Celebration!

The Birthday Party will be held on Friday, June 10. Please join us in the community room at 1 pm for the celebration and bingo.

Amos Hodges	6/1
Ed Revis	6/1
Johnette Washington	6/5
Betty Carthens	6/6
Thomas Palmer	6/8
Sophie Wasik	6/10
Savannah Doran	6/12
Sally Jackson	6/12
Kimara Fuller.....	6/13
James Gibert.....	6/13
Kathleen (Roxie) Griffin..	6/14
Linda Kelly	6/16
Gloria Stokes	6/19
Holly Hixon.....	6/27
Evangelina Chavez	6/27
Joyce Parlor	6/29
Cora Bradshaw	6/30
Ida Fantauzzi	6/30

FAREWELL FROM OUR FRIEND NICHOLE:

Hello All,

As you probably know by now, I'm no longer with the Village of Oakland Woods. I have decided to follow my dream of Interior design while working part time. This transition will allow me to spend more time with my family and work towards building the future. I'm extremely excited to have this opportunity, but leaving is definitely bitter sweet. I have enjoyed getting to know you all and I want to thank you for allowing me into your everyday lives and homes. The Village of Oakland Woods has truly been a home to me. All of the love and embrace received from all of you is irreplaceable and it will never be forgotten. I will always cherish the connections I've made here and want to thank you all again for allowing me to be a part of your family. I wish you all the very best. Thank you so much for all of the memories! I will miss you all a ton.

Sincerely

Nichole Ledwell

Resident Council News

By Judy Shatto,
Resident Council President

Updates & Thank you:

A very special THANK YOU to everyone who helped make our Mother's Day Tea a success! All the ladies looked fancy and elegant dressed in their Sunday best.

The confidential Document Shredding went quite well. We filled the bin to its brim. We definitely will offer the service again.

Thank you for displaying your interest in our environment by recycling!

We will be continuing the Quilting Class during the month of June. Those of you who have started your quilting projects can continue to do so through June, and those who wish to start can sign up in the June binder located in the front lobby! There will be limited space available, so please be sure to sign up if you are truly able to attend all of the class times.

Our next Resident Council meeting will be Tuesday, June 28 at 2:00pm. I hope to see YOU there.

Flower Photos:



Due to the weather changes in May, I will be scouting around the Village later in June to take my sneaky pictures of your beautiful flower arrangements. I will then post them on our bulletin board in the Community Room. Good luck to all!

Ice Cream Sales:



At the Resident Council meeting we will again be offering ice cream novelties (drumsticks, ice cream sandwiches and bars) for \$1 each. This will help the Garden Club pay for the flowers. If you see me around the Village, and would like some ice cream, please let me know! I would be happy to sell you one or even more!

Garden Club:

The Garden Club will be planting the gazebo flowers, around the flagpole and the three large planters at the Community Center. They do such a beautiful job decorating and caring for the plants. It's a hard and ongoing job, but what a beautiful job they all do! Thank you Garden Club!

The next Garden Club meeting will be Tuesday, June 14th at 2:00pm. If you are interested in joining us, we would love to see you at our meeting.



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

June 2016

MEN'S HEALTH AWARENESS MONTH

SU	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
	OFFICE CLOSED		9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 VVC Practice 3:00 Eat Smart, Live Strong	9:00 Stretch & Flex 12:00 Target & Lunch Trip	9:00 Balance & Core 1:00 Quilting Class	
5	6	7	8	9	10	11
9:00 Strength Training 1:00 VVC—Lip Sync 2:00 Bible Study 3:00 Walking Club	9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 1:00 Walmart/Chase	9:00 Strength Training 11:00 Village Chorus 1:00 Meadow Brook Theater	9:00 Stretch & Flex 1:00 Theater Thursday FRUITS & VEGGIES	9:00 Stretch & Flex 11:30 Quilting Class 1:30 Birthdays, Bingo & New Staff Meet & Greet		
12	13	14	15	16	17	18
9:00 Strength Training 12:30 VVC 2:00 Bible Study 3:00 Walking Club	9:00 Balance & Core 11:00 Blood Pressure Clinic & Bingo 11:00 TOPS 1:00 Aldi 2:00 Garden Club	9:00 Strength Training 11:00 Village Chorus 11:00 Lighthouse BBQ 3:00 Eat Smart, Live Strong	9:00 Stretch & Flex 12:15 Cranbrook Gardens Trip FOCUS HOPE	9:00 Balance & Core 11:30 Quilting Class 1:30 Father's Day Cookout FRESH FOOD SHARE		
19	20	21	22	23	24	25
9:00 Strength Training 12:30 Comcast Presentation and Q&A 2:00 Bible Study 3:00 Walking Club	9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 1:00 Meijer	9:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice 2:30 Arts & Crafts	9:00 Stretch & Flex 1:00 Theater Thursday	VILLAGE VICTORY CUP!!!		
26	27	28	29	30	1	2
9:00 Strength Training 12:00 Hollywood Market 2:00 Bible Study 3:00 Walking Club	9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 2:00 Resident Council Meeting	9:00 Strength Training 11:00 Village Chorus 1:00 Eat Smart, Live Strong	NO EXERCISE 9:30 Independence Oaks Day Trip	9:00 Balance & Core		JULY 9:00 Balance & Core

**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

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Sharon Benton
Administrative Assistant

Carolyn Mancos
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Daniela Blechner
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Maintenance Lead

Matthew Myers
Maintenance Tech

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(248) 330-0213

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**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**

