



Woodbridge Life



Embrace the possibilities

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

July, 2014

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July's Activities are Explosive

- July 1 (Tues):** Voter Education Luncheon w/ Warren Evans, Wayne County Executive Candidate..... Community Rm at 1pm
- July 1 (Tues):** Resident Council Activity Planning Meeting Community Rm at 2:30pm
- July 6 (Sun):** Praise & Worship Service Community Rm at 3 pm
- July 18 (Fri):** Resident Puzzle Contest..... Community Room 9am – 5pm
CASH PRIZES – DETAILS IN THE OFFICE
- July 24 (Thurs):** Community Connections Group Meeting Community Rm at 12pm
- July 25 (Fri):** Resident Picnic..... Courtyard Patio
- July (Tues):** Bible Study..... Dining Rm at 7pm
- July (Wed):** Dominos..... Multi-Purpose Rm at 7 pm
- July (Wed):** Bible Study... Multi-Purpose Rm at 10 am
- July (Thurs, Fri & Sat):** Pokeno..... Community Rm at 7 pm
- July (Fri):** Movie Matinee..... Mini-Theater Rm at 12 & 3 pm
- Netflix (Anytime):** Mini-Theater Rm

How Doctor's [Pass On]

With Dignity, Grace, Knowledge and Peace
By Ken Murray, MD
Excerpt taken from zocalopublicsquare.org

Year's ago, a highly respected orthopedist found a lump in his stomach. The diagnosis was pancreatic cancer. His surgeon was one of the best: [The surgeon] had even invented a new procedure for this exact cancer that could triple the 5 year survival odds – albeit with a poor quality of life.

[The patient] was uninterested. He focused on spending time with his family. Several months later, he [passed away] at home.

Doctor's [pass away], of course, but not like the rest of us. What's unusual is not how much treatment they get compared with most Americans, but how little.

They know enough to understand what all people fear most [is] dying in pain and alone. They've talked with their families [because] they know modern medicine's limits.

If there is a state of the art end-of-life care, it is this: death with dignity. Don't assume that your loved ones know your wishes. Document your choices and provide your doctors and family with a copy. [Please] don't leave your arrangements to chance.

Last week one of our neighbors, Mr. Preston Cooper, passed away quietly in his sleep. Because he made preparations before he passed, he had no reason to worry if anyone else would. He can rest in peace knowing that all is taken care of.

DID YOU KNOW: 64% of doctor's have created an advanced directive (a legal document spelling out what end of life care they'd like). Have you made your plans?



The Village of
Woodbridge Manor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Working Together For Your Good

By Renee Venable, Resident Community & Social Worker Coordinator

Service Coordinator's Schedule Availability:

Monday 10am-4pm

Tuesday 10am-5pm

(Every 3rd Tues. of each month SC office will be CLOSED from 12:30pm-1:30pm)

Wednesday 10am-5pm

Thursday 9am-5pm

(Every 2nd Thurs. of each month SC office will be CLOSED)

Note: You can always call to schedule an appointment ahead of time
313. 494 9000 (ext. 4)

Mindful Meditation Series - Break Bad Habits

Excerpt Taken from Hypnosis for Change 3rd Edition by J. Hadley & C. Staudacher

Taking away any habit causes personal distress and creates severe disruption. If you're a smoker, you understand just how agitating this disruption can be. All the medical and scare tactics in the world haven't influenced you to quit. The reason: Your bad habit(s) has not been established by the logical, intellectual part of your mind as being bad for you. If you want to change your behavior, you first have to recognize the reason(s) why you've commit to smoking: (1) to nurture or comfort yourself (2) to relieve stress or provide a break in activity or monotony (3) you find some situation(s) uncomfortable and, or, (4) to control your weight.

Each habit has a positive function and what you are accomplishing by smoking has true value. It's just that the habit that has been established to meet those needs is one that ultimately destroys, rather than supports. If you are willing to rely on your intuition, it can provide you with specific and constructive alternatives to smoking. But first you have to pinpoint the when, where and why you've commit to this bad habit – smoking.

The following exercise will help analyze your bad habit pattern.

Ask these questions often and answer these questions honestly. Put a check next to any that apply.

I smoke WHEN I am feeling....

Lonely Isolated Ignored
 Unhappy Stressed Insecure
 Awkward Uncomfortable
 Unimportant Other (List: _____)

WHERE do I smoke?

In the car In front of the TV
 At the table At the casino
 At social events/with others
 When alone/ when no one's looking
 On the phone In my home
Other (List: _____)

WHY do I smoke?

Need a break or a change in day-to-day routine
 For companionship or there's no one to talk to
 There's nothing else to do
 To stop other bad habits or desires
 To relax, get comfortable, to fit in or feel in control,
 To look, feel busy or to control an oral fixation
 Other (List: _____)

Continued on page 3

The Importance of Oral Health

*Andrea Taylor, Oakland University
Intern- Wellness, Health Promotion &
Injury Program*

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize.

Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis. As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk.

Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam. An annual checkup is vital to ensure that you are keeping your mouth healthy. Remember, oral health is important at any age.

Giving Matters

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

Fundraising Update: We Need You!

As we reach the midpoint of the year, I wanted to share an update on our fundraising progress. Through mid-June, our generous donors have raised over **\$625,000** toward Village programs and projects – **THANK YOU!**

But we still need your help to meet, and hopefully exceed, a goal of \$3.1 Million this year to continue helping residents and seniors in surrounding communities. Your donation will help improve the lives of residents throughout all the Villages and below are a few examples of how your gift, small or large, could make an impact:

- Benevolence to help residents in emergency financial situations pay for utility bills, medical bills, hearing aids or other unexpected expenses
- Exercise equipment to enable residents like Harriette J. to lose 100 pounds and maintain a healthy lifestyle
- A bus so that residents like Carmen O. have reliable transportation to medical appointments or grocery shopping
- Resident activities, such as birthday celebrations and picnics, to keep residents like Carolyn W. socially active and engaged in the community
- And so much more

One opportunity to support residents is through a ticket or sponsorship to the **11th Annual PVM Foundation Gala, “Get Your Motors Running,” on November 14th at COBO Center.** This fun, signature event is a great way to celebrate residents while raising funds to improve their quality of life.

To learn more about how you can make a difference or to make a gift, visit our website at www.pvmfoundation.org or call us at 248-281-2040. Thank you for supporting the PVM Mission!

Warm regards,
Paul J. Miller, CFRE

Mindful Meditation Series

(Continued from page 2)

After you pinpoint the time(s), location(s) and reason(s) you smoke, you can begin to change the pattern.

Begin by looking at the things you put a check next to and take some time to contemplate each one, perhaps a day or two. When you’ve had time to think about the when, where and why, make a list of those times, locations and reasons on the left-hand side of a blank sheet of paper. Now take time to generate a list of new options/alternatives for each when, where and why. For example:

Why

I smoke when I feel lonely

New Option

When I am feeling lonely, I can visit a friend, read a book or exercise

NOTE: Make sure your new option(s) appeal to you since these are what you’ve committed to in your time of need.

When you have a set of concrete options, check your list. Make sure that your options are as specific as possible and that you are willing to commit yourself to them. The need for your habit has been established in your subconscious and it is your subconscious that causes you to nurture and support yourself by smoking. In order to commit to an alternative to any bad habit, you need to allow your subconscious to accept the new wanted change. Then, and only then, are you able to change.



Secure A Fixed Rate Annuity to Generate Income for Life!

- A sizable part of each gift annuity is also tax-free.
- You’ll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

IMPROVE YOUR CASH FLOW!

For more information, call Paul Miller at the PVM Foundation **248.281.2045**
www.pvmgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION

Goodsicles

(No Cook Recipe)

Everyone loves popsicles, and when made from fresh fruit, herbs, vegetables, greek-style yogurt, and, or, other whole ingredients, they're healthy, refreshing & delicious.

Whole Fruit Popsicles

100% Fruit Juice (White Grape, Cranberry, Orange etc.)
Sliced Fruit (Oranges, Kiwi, Various Berries, Pineapples, etc.)

Morning Joe Popsicles

Black Coffee
Mix Cream and Sugar* (Optional and to Taste)

Zenful Iced Green* Tea Popsicles

Prepare Green Tea (From loose/tea bags)
Mix Lemon/Orange Slices & Agave Nectar/Brown Rice Syrup/Sugar (Optional & To Taste)

Frozen Hot Chocolate or Mocha Pudding Pops

Make Your Favorite Hot Chocolate or Coffee Recipe Using 1/2 the Liquid
(water/evaporated milk)
Mix with a pudding cup

The Perfect Faux Creamsicles

Plain/Flavored Greek-Style Yogurt
Mix with Honey or Orange Juice (Optional and to Taste)
Sliced/Diced Fruit

Refreshing Mediterranean Popsicles

Water (Plain/Flavored)
Cucumber, Lemon, Lime or Orange Slices
Fresh Mint or Basil

Directions: Neatly arrange fruit/vegetable/herb in popsicle mold. Gently pour liquid 2/3 full into popsicle mold, cover with plastic wrap, insert popsicle stick or snap on popsicle cover and freeze until frozen.

Tip #1: Pressed for time or flat out of ideas, don't worry. Fill your popsicle mold 2/3 full with your favorite healthy smoothie in place of juice.

Tip #2: No popsicle molds, no problem, use freezer-safe cups instead or pick one up at the Dollar Store.



TOP 10

- 1) **FOBS Are For Residents Only**
- 2) **Do Not Open the Door/Allow Strangers Into the Building**
- 3) **Wear Your Life Line Pendent & 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
Dana McAllister Armenteros	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.

JULY BIRTHDAYS

Cancer

June 22nd – July 22nd

Rosie Martinez.....07/02	Thurgood Marshall Supreme Court Justice
Mary Jennings.....07/05	P. T. Barnum.....Entrepreneur
Lorine Reed.....07/07	Satchel Paige.....Baseball Player
Juanita Lockett.....07/08	Billy Eckstine.....Singer
Gertie Boswell.....07/08	John D. Rockefeller..... Entrepreneur
Louis Harrison.....07/09	Richard Roundtree.....Actor
Gwendolyn Battle-Green.....07/09	Tom Hanks.....Actor
Mary Wallace07/17	Diahann Carol.....Actress
Georgia Henley-Ellis.....07/18	Nelson Mandela.....World Leader
James Everett.....07/22	Danny Glover.....Actor

*Welcome Home
Ms. Cynthia Dixon
from
Woodbridge Manor*



Know what you want
Find out what you're getting
Change what you're doing until you get what you want



I have come to think of the Woodbridge Life Newsletter as a major accomplishment. And why not, a lot of work goes into producing it every month; everything from the layout, the research, the corporate articles, to the mass distribution. Don't get me wrong, the finished product is something that I'm proud to put Woodbridge's name on, but... it takes the wind out of my sail when my own residents, the reason I go out my way and take the time to create it, say: "I didn't read it - I've been so busy" (really?). That saddens me, but it doesn't discourage me - because they will.

A special symbol, for example:



etc., will be randomly put in one of the **resident's** newsletters. Every resident should read through the newsletter to find out if he/she is a winner, but don't think it's going to be as easy as looking at the pages: (1) there'll be decoy symbols - the real one will be posted at the office (2) the winning symbol will have something to do with that month's issue & (3) the winning resident* must come to the office to claim his/her cash prize with a copy of the winning issue by the last day of the month. (Good luck. I'm rooting for you.) Mrs. Bradford

**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

**Geneva Phillips, Detroit Area
Agency On Aging**
Front Desk Attendant

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

Phone: (313) 494-9000

James Munn
Head, Maintenance

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



A SENIOR LIVING COMMUNITY
1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201
A Mission of Presbyterian Villages of Michigan and
Locus and Center on Black Age, Inc.

Happy 4th of July

**"The time is always right to do what is
right." Martin Luther King, Jr.**

Embrace the possibilities

