



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

August

2015

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NOTES FROM THE ADMINISTRATOR

August is finally here and we are so excited to bring you the Village of Oakland Woods 35th Anniversary of Living Well and Health Fair celebration on Saturday August 22nd from 11 a.m. to 4:00 p.m. at the community center. In conjunction with the resident advisory and suggestion committee we have developed a tremendous day of events, games, information, food, drinks and fun for our anniversary.

The event is open to the public as well as all residents of Oakland Woods. A Saturday was chosen to allow you to invite your family and friends to join in. All ages welcome and we will have interactive events for the children and grandchildren to enjoy. The event is free to all who wish to attend and we encourage every resident to come enjoy and boast about their experience at Oakland Woods.

Want to get involved? It's not too late. Contact the office or our Wellness Director Devin Fritzler for more information on volunteering and helping with the event. We need you to get up and get involved! We hope to see all of your lovely faces on Saturday August 22nd.

As some of you may have already heard we parted ways with our Service Coordinator and have interviewed and hired a new person for the position. Her name is Andraya Przekora. She joins our team on August 10th and brings with her a wealth of experience from her current position with Heritage Place in Lake Orion as their Service Coordinator for over 3 years. Andraya is a wonderful addition and enjoys the chance to assist seniors in need of anything from food assistance to filling out forms and advising on available resources in the community. She will be at the anniversary celebration to introduce herself. For those who can't attend the event there will be an additional chance to get to know her in September during the "get to know your staff" event to be announced.

So please join us in making her feel at home at Oakland Woods and we are looking forward to her contributions for many years to come.

Finally a big thank you to Patti Mayes for filling in during the transition for the new Service Coordinator. As an 18 year veteran of Service Coordination at the Village her wealth of knowledge and understanding of the position has been a tremendous help during this time.



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

Hail to the Victors!

On Friday, June 26th PVM residents from across southeast Michigan converged in Pontiac to participate in the 10th Annual Village Victory Cup. The competition was fierce (but friendly) and there was a lot of spirit and energy displayed throughout the day. For the second year in a row the judges selected the Monarchs from the Village of Our Saviour's Manor as the winner of the Spirit Award. And for the second time in three years, the Stars from the Village of Westland captured the Village Victory Cup. Congratulations to the Monarchs and the Stars and to everyone who participated in this year's event. It was definitely one to remember.

And while the Villages in SE Michigan were battling for the Village Victory Cup, Villages located 100 or more miles from the PVM Home office battled for the Virtual Village Victory Cup. This year a record 66 residents from 7 Villages participated in the 5th annual rendition of this event. When the final scores were tallied the Bizzy-B's from the Village of Spring Meadows II emerged victorious. The Spring Chickens from the Village of Spring Meadows I captured the Spirit Award.

Though the dust has barely settled on this year's event, it's already time to mark your calendar for next year. The date of the 2016 Village Victory Cup is Friday, June 24th. Hope to see you there!





Giving Matters.

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

Save the Date: Annual PVM Foundation Gala on November 13th!



When: Friday, November 13, 2015

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:30 p.m. General Cocktail Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: \$250 Individual Ticket* includes General Cocktail Reception, Dinner & Program

\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating at Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

PVM employees can purchase tickets through payroll deduction (form is due no later than October 15). For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org, or visit the "Events" page at pvmfoundation.org.

Thank you for supporting PVM residents and I hope to see you on November 13th!

Warm regards,
Paul J. Miller, CFRE

Maybe money CAN grow on trees...

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM!

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045 www.pvmfgifts.org

UP TO 9.0% RETURN

Presbyterian Villages OF MICHIGAN THE FOUNDATION

August News from our Wellness Coordinator

Hi everyone!

I hope that you are all having a wonderful summer and I hope you're enjoying the lovely, warm weather we have been having! As I mention the heat once again, please remember to drink your water throughout the day! It is so important for you to stay hydrated. Like I said last month, try adding some fresh fruit to your water if plain water is not your thing.

You will notice on the calendar that there is a new fitness class taking place on Tuesdays at noon. This class is called Liquid Grooves and it is a fusion of dance, tai chi and relaxation. Come and try it out! Remember, your first class is always free!

This month we have a very big celebration here at The Village of Oakland Woods. We will be hosting our "35 Years of Living Well at Oakland Woods" celebration on Saturday, August 22nd from 11:00 am—4:00 pm. We are not only having a health/wellness/resource fair, but we are also celebrating the 35th Anniversary of Oakland Woods! This event is open to everyone of all ages! So bring your family and come and enjoy the day. We have been planning for months and we hope to see every resident out enjoying the celebration that day. Like our health fair last year we will have many resource booths available for you in the Community Center that day, along with informational presentations throughout the day. We will also have a free lunch tent from 12:00—2:00 pm. There will be a game and activity tent, which will include things like a dunk tank, for everyone to enjoy. (Please note that children of all ages will need to be supervised by you at all times.) We also will have an appearance by the Detroit Pistons Entertainment group from 1:00—3:00 pm. This is a great chance to win some free prizes and get involved in some games. Any questions please feel free to call me! Attached you will find a flyer for the event that you may share with family and friends!

Have a wonderful month!

Devin Fritzler, Wellness Coordinator



New Events in August

- ✓ **Senior Power Day on Belle Isle “Health and Services Day”**: We will once again be traveling down to Detroit for a lovely day on Belle Isle for Senior Power Days. This month we will be going for the “Health and Services Day”. Lunch is provided. Sign up as space is limited.
- ✓ **Friendship Speed Dating and Snacks**: We are making the month of August “Friendship Month”. We have had a lot of new residents move in so this is the perfect time to come and meet some new people! Whether you’re a new or old resident now is a great time to make some new friends. Please sign up. Refreshments will be provided.
- ✓ **Cranbrook Gardens**: We will be going to Cranbrook Gardens to walk around their beautiful gardens in order to check something off of our bucket list! Walking will be required on this trip so please keep that in mind.
- ✓ **Ceramic Painting and Lunch**: We will once again be going to paint ceramics in Royal Oak! Sign up as space is limited!
- ✓ **Stahl’s Auto Museum and Lunch**: Join Devin on Monday, September 1st as we travel to Stahl’s Auto Museum to check out some antique cars!
- ✓ **Woodward Dream Cruise Block Party**: There will be a block party in downtown Pontiac on Saturday, August 15th all day long for the Woodward Dream Cruise. This is not an Oakland Woods event and transportation will not be provided but it will be a great event for you to personally check out!!
- ✓ **35 Years of Living Well Celebration**: Please see the attached flyer for more information about our upcoming celebration!!!

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

August News from our Service Coordinator

News You Can Use

FOR THOSE OF YOU RECEIVING FOCUS HOPE:

Your delivery is always on the third Thursday of the month unless otherwise noted. Focus Hope requires that you be there to receive it. We CANNOT leave boxes on your doorstep. If you are not there, or cannot pick it up that day, it may go to another resident in need. If you know of someone with a strong back who would be willing to help with deliveries, please call the office.

FOR THOSE OF YOU WHO WOULD LIKE TO RECEIVE FOCUS HOPE:

You are eligible to receive Focus Hope if your income is \$1,265 per month or less.

Please contact the Service Coordinator to register for this program.

HOME HEATING CREDITS:

If you have not already completed your home heating credit, time is running out. The deadline is September 30th. You are eligible for this program if your income for 2014 was \$12,842 or less. There are forms in the Service Coordinator's office, or call between 10-12 to make an appointment.

PATTI'S HATTIES REUNION:

You've asked for it and here it is!! We will have a Patti's Hatties reunion this month at one of our special summer places. This wonderful event will occur on August 18th at noon! First come, first to get in on the fun! Don't forget to sign up!

August 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!**

- In 1980 our village was established as Presbyterian North. Which later was changed to The Village of Oakland Woods. Now we are one of over 25 villages in Presbyterian Villages of Michigan. On August 22nd we will be celebrating our 35th anniversary from 11:00 am—4:00 pm. Please come and join in the celebration! The Garden Club will have a table of many plants for sale during this time in the gazebo and from 2:00—4:00 the Resident Council will be selling ice cream treats! We hope to see you there!
- We need your help in collecting new items of health and beauty products (shampoo, soaps, deodorant, etc.) for the Baldwin Center. Generous donations may be placed in the box in the front lobby. Please only donate new and unused products. This box is for donations only, please do not remove donations from this area.
- I have been secretly taking pictures of flowers around the village. They are posted on our bulletin board in the dining room. Make sure to check them out and make your guesses! You have the chance to win a prize if you guess them all correctly! Have fun!
- Our next resident council meeting will be Tuesday, August 25th at 2:00 pm. Please come up and support your village.



Theater Thursday

- ♣ **Thursday, August 6th: “Selma”** - Commemorating the 50th anniversary of the 1965 civil rights march from Selma, Ala., to Montgomery, this stirring historical drama highlights the courage of the marchers as they withstand racist and violent attacks by the police.
- ♣ **Thursday, August 13th: “Wild”** - Undone by a broken marriage and her mother's death, Cheryl Strayed has been on a years-long reckless tear, fueled by addiction and despair. In a bid to save her life, she decides to hike the entire Pacific Crest Trail -- alone and with no experience.
- ♣ **Thursday, August 27th: “The Best of Me”** - In this wistful drama, sparks reignite between former high school flames when they return to their hometown decades later for a funeral. But painful memories of the past may prevent them from having a future together.
- ♣ **Thursday, September 3rd: “Black or White”** - Still reeling from his wife's death, Elliot Anderson struggles to maintain custody of his biracial granddaughter when her grandmother begins pushing to have the girl sent back to her father - a crack addict Elliot blames for his daughter's demise.

AUGUST BIRTHDAYS

Alma Shelton 8/4

Willa Casey 8/5

Charles Pryor 8/5

Alice Phlegm 8/7

Mary Anthony 8/8

June Ard 8/10

Maggie Duncan 8/11

Arnetta Smith 8/13

Elizabeth Allen 8/14

Jennie Powell 8/14

Karen King 8/14

Colleen Moberly 8/14

Roseann Ramsey 8/16

Gertrude Rankin 8/16

Lizzie Moore 8/18

Jacqueline Jones 8/21

Novella Turner 8/22

Karen Multhaup 8/23

Sarah Pauling 8/24

James Carrington 8/30

Autry Michael 8/31



Please join us in celebrating our August birthdays!

We will be celebrating our birthdays this month on August 19th at 1:00 pm!

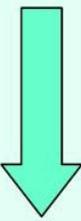
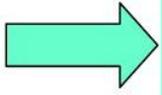


**BE SURE TO CHECK THE CALENDAR FOR ALL
EVENTS AND MAKE SURE TO CHECK THE DATE
FOR THE MONTHLY BIRTHDAY PARTY!**

HAVE A GREAT MONTH!

August 2015

Friendship Month

SU	MON	TUE	WED	THU	FRI	SAT
2	3 10:00 Strength Training	4 10:00 Stretch & Flex 11:00 Zumba 11:00 TOPS	5 9:00 Senior Power Day On Belle Isle "Health and Services Day"	6 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 1:00 Theater Thursday	7 10:00 Total Body Workout 11:00 Walmart & Chase	8
9	10 10:00 Strength Training 1:00 Friendship Speed Dating and Snacks	11 10:00 Stretch and Flex 11:00 Zumba 12:00 Liquid Grooves 11:00 TOPS	12 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	13 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 1:00 Theater Thursday	14 10:00 Total Body Workout 11:00 Meijer	15 Woodward Dream Cruise Block Party
16	17 10:00 Strength Training 1:00 Cranbrook Gardens	18 10:00 Stretch and Flex 11:00 Zumba 12:00 Liquid Grooves 11:00 TOPS 12:00 Patti's Hatties Reunion	19 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Birthday Celebration & Bingo & Bingo	20 10:00 Stretch and Flex 1:00 Bible Study <u>FOCUS HOPE</u>	21 NO EXERCISE 11:00 Hollywood Market 	22 35 Years of Living Well Celebration 11:00—4:00 
23	24 10:00 Strength Training 12:00 Ceramic Painting in Royal Oak and Lunch	25 10:00 Stretch & Flex 11:00 Zumba 12:00 Liquid Grooves 11:00 TOPS 2:00 Resident Council	26 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 11:00 Kroger	27 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 1:00 Theater Thursday	28 10:00 Total Body Workout	29
30	31 10:00 Strength Training	1 10:00 Stretch and Flex 11:00 TOPS 11:00 Stahl's Auto Museum and Lunch	2 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	3 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 1:00 Theater Thursday	4 10:00 Total Body Workout 11:00 Walmart & Chase	5
		<u>FREE TABLE</u>				

**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

Kevin Centala, Administrator

Sharon Benton, Administrative Assist.

Nichole Ledwell, Administrative Assist.

Devin Fritzler, Wellness/Activities Coordinator

Heather Curtis, Leasing and Marketing

Tim Coil, Lead Maintenance

Matthew Myers, Maintenance

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**

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Pontiac, MI 48341

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

