



# Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

September

2015

## Featured Articles

Administrator Notes	pg 1
Fitness in the Woods	pg 2
Senior Advocate	pg 3
Giving Matters	pg 4
Wellness Coordinator	pg 5
Service Coordinator	pg 7
Resident Council	pg 8
Birthdays	pg 10
Monthly Calendar	pg 11
Contacts	pg 14

## NOTES FROM THE ADMINISTRATOR

The staff at Oakland Woods would like to acknowledge all of the volunteers, families, friends, staff and participants in our 35th anniversary celebration and health fair event on August 22nd. The turnout of over 200 people was as fantastic as the weather and the event itself. It brought smiles to our faces to see so many of you enjoying the celebration of 35 years of living well at Oakland Woods. We could not have completed this undertaking without the active participation of everyone involved. We hope to have an even larger one next year.

September means Labor Day, barbeques and family fun. Please remember to stay safe and follow the rules pertaining to the use of your barbeques grills and guests on the property to ensure everyone has a great time.

We will begin our asphalt replacement project during this month and we will need your cooperation to ensure the success of this project. You will receive individual notices informing you of what days your area will be having work done. During these days your vehicles will need to be moved to other locations so that the all the surfaces that require repair are completed properly and in a timely manner. Please look for these notices in the coming days.

Other projects slated for September and October will include dead tree removal and replacement. A second round of concrete sidewalk repairs, annual gutter cleaning and if time and weather allow, power washing the siding of the buildings. We will notify all residents as these projects begin. So lots of improvements this year to go along with our usual maintenance of the property.

**Check your calendars for a tremendously exciting month of events and activities and we hope to see all of you take advantage of these.**



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

September is National Healthy Aging Month. In the word search below there are 20 things you can do to stay healthy as you age. See if you can find all 20!

M T K L S Q E O Y U G S G S N L F S F P H L Y C K  
A A T C I T A N K Z T L P H B I K R H S M F T A Y  
T H I X E W R J T A B U C L W T Q Y W H S N K J R  
N C N N O H Y E Y S K F L L Q T S E S J R N I Y D  
E W O U T H C H N C O E A S R I X O P N D I L T Z  
L Z H M X A Y Y E G W V K U C E S J U M G A T E V  
Y N I N E D I H T P T X N I O D T C K D S N H C U  
R P T L R D C N E E P H A M Z S R Q C V U N Z Y L  
B H Z A A L I E H S F N T I L S E B E I T U Y I H  
B J T M A I L T S E C A J R B V T T H S J A U P Y  
Q E T T Q S C Z A H A B S Z A R C E C I X L P Q A  
D Q N X K C M O E T C L T E J I H W G T T V R H H  
E E Q S I J K C S Q E C T U M A N I N F T A W X U  
D I I I L U K A G W K A B H A O G U I R A C R E T  
L Y S X Q U E X E R C I S E Y K H O R I D C T W B  
G Y C B P Y H T L A E H T A E W L Y A E H I Y R J  
R V I S I O N C H E C K U P S C E C E N U N E E N  
W E N G N I H T E M O S N R A E L I H D H A C E X  
O Q T D T R Y Q A R V S X D P H U S G S B T L T W  
H M C O G K Z D D E U U J F Q J K Z W H I I B N W  
V Y A R P S C M H T Y E R J Y W Y C O X T O K U F  
Z N E A D A F W D A P R A K I A P C L K S N K L V  
P A D B B P L Q H I Z Z R B K F T R G S H S N O Y  
D J F E U J Z Z L U A C M V P L K D Q S S H F V H  
H R W A B P O T W P N F Q Z P L S S V P K Y T T Y

Annual Vaccinations	Home Safety Check	Pray	Strength Train
Dental Checkups	Learn Something New	Read	Stretch
Eat Healthy	Maintain Healthy Weight	Sleep Well	Vision Checkups
Exercise	Meditate	Socialize	Visit Friends
Hearing Checkups	Physician Checkups	Stay Hydrated	Volunteer





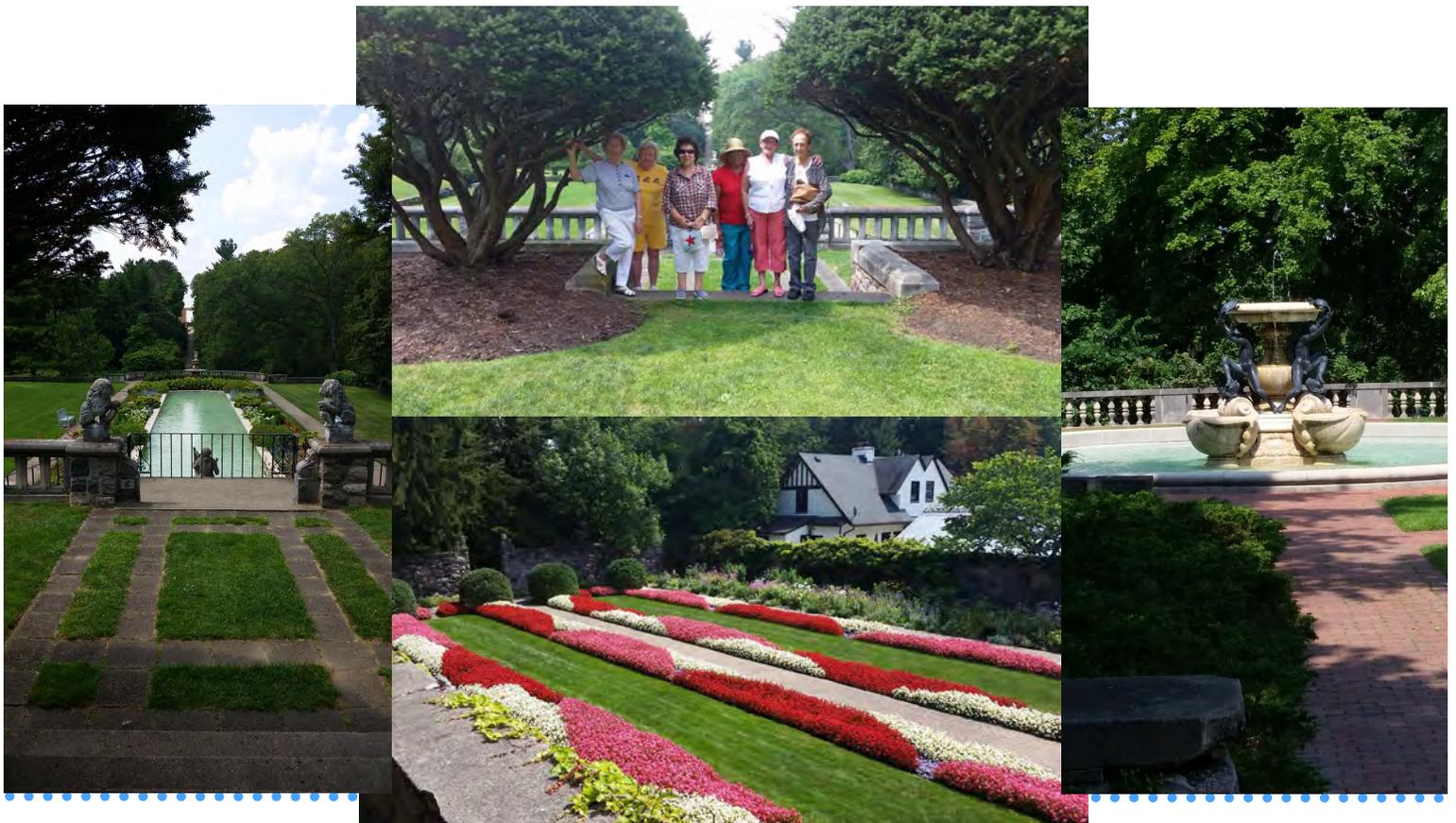
# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

"Knowledge is power", especially when it comes to aging well and living well. So I am pleased to report that, as an outcome of Governor Snyder's Special Message on Aging, the State of Michigan has just launched a new website: "Living Well & Aging Well". The goal is to easily connect residents with local aging programs and services as well as with aging services organizations and communities. The website can be viewed at [www.michigan.gov/aging](http://www.michigan.gov/aging). PVM will link to this site and use this opportunity to enhance our message.

To view our website go to [www.pvm.org](http://www.pvm.org). You can also "Like" us on Facebook at Presbyterian Villages of Michigan. Help us spread the word about all the great things we are doing.

## Recent photos from our trip to Cranbrook Gardens





# Giving Matters.

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

## How Would You Like to Receive Income and Support Future PVM Residents, Too?

If you'd like to support PVM's mission and receive steady payments during your retirement years, a **charitable gift annuity (CGA)** may be right for you.

Through a simple agreement, you agree to make a donation of cash, stocks or other assets to PVM Foundation. In return, you receive a **fixed income payment** for the rest of your lifetime with a rate of return as high as 9%, depending on your age.

Other benefits of a CGA include:

Your initial gift is partially income tax-deductible.

Your CGA payments are partially income tax-free throughout your estimated life expectancy.

Your payments are not affected by ups and downs in the economy.

The CGA can be for one or two people, so your spouse or another loved one can also receive payments for life.

Donors who make a planned gift to PVM, like a CGA, are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about CGAs and Calvin Society membership, please contact us at 248-281-2040 or visit [PVMgifts.org](http://PVMgifts.org).

You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big impact. Thank you to all our donors who support the PVM mission and make a lasting impact on future residents!

Warm regards,

Paul J. Miller, CFRE

## PUT YOUR MONEY TO WORK FOR YOU!

*With a Charitable Gift Annuity from PVM!*

### Key Features

- 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.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



**Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller 248.281.2045 [www.pvmgifts.org](http://www.pvmgifts.org)**

## September News from our Wellness Coordinator

Hello everyone!

I want to start out by thanking each and every one of you that attended our event on August 22nd, “35 Years of Living Well at Oakland Woods”. I was so pleased to see all of you there, enjoying the day with all of your friends and family. I truly hope that you all enjoyed yourselves and that you got some great resources that day. We were selling t-shirts that day, which I’m not sure everyone was aware of, but I do still have t-shirts in many sizes available for only \$5.00 per shirt! I have t-shirts in sizes from large to 3XL. They will be sold on a first come, first serve basis. If you are interested in a shirt to remember the day please see me right away. I am also attaching a short survey to the end of this month’s newsletter about the event itself. Please take the time to fill it out and drop it in the box in the front office. I would love to get your feedback in case we should do this event again in the coming years. I especially want to thank all of our volunteers and also the residents who participated in the planning of the whole event. I couldn’t have done it without all of you, so thank you very much.

We have a lot of great outings and trips planned for this month and I hope to see many of you signed up to attend. Once again, please make sure that you sign up ahead of time and call to cancel ahead of time if need be. When calling to sign up for an event, please ask to speak to me directly and either tell me or leave me a voicemail so that I can make sure that your name gets onto the list.

As many of you already know, I am getting farther into my pregnancy and will eventually be forced to slow down a little bit. (Not too much, because any of you who know me know that I can’t slow down too much) That being said, our trips in the coming months may slow down a bit and be a bit closer to the community. We will still be going shopping once a week and I am going to try to have as many outings as possible but keep in mind that there may not be as many trips in the coming months. I plan to go on maternity leave in mid-November if all goes to plan, yet you never know! I know you will all be understanding and I simply just want to keep you in the loop, but don’t worry, I will be back! I don’t plan on going anywhere any time soon. Have a wonderful month everyone and enjoy the fall weather coming our way!

Devin Fritzler, Wellness Coordinator

## September News from our Wellness Coordinator

# New Events in September

- ✓ **Target:** Join us for a fun shopping trip on Wednesday, September 2nd at 1:00 pm. 
- ✓ **Detroit Zoo Senior Day:** We will once again be going to the Detroit Zoo Senior Day on Wednesday, September 9th at 9:00 am. This is a great opportunity to check out some resource tables, play bingo and enjoy the zoo for free! You are responsible to purchase your lunch or bring one yourself. 
- ✓ **Ceramic Painting & Lunch:** Our trip to the ceramic shop has been rescheduled for Monday, September 14th at 11:00 am. You will be responsible for the cost of your lunch and whatever you choose to paint at the ceramic shop. They have pieces in all different price ranges! Sign up soon!
- ✓ **Healthy Aging Presentation:** September is National Healthy Aging Month! Come and join Devin in the community center on Tuesday, September 15th at 2:00 pm for tips and trick to living a healthier lifestyle and learn easy ways to change what you're already doing.
- ✓ **Fall Orchard Outing:** We will be heading to Franklin Cider Mill in Bloomfield Hills on Monday, September 21st at 1:00 pm. This is a great time to get some fresh apple cider and donuts! Maybe you could even find some great fall décor for your home. Sign up soon as space is limited on the bus. 

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

# September News from our Service Coordinator



## A LITTLE ABOUT ME

I just wanted to start off by saying thank you for all of the warm and friendly welcoming comments I have received from residents thus far. I am very delighted to be here at the Village of Oakland Woods and look forward to meeting more of you very soon. A little about me, I graduated with my bachelor's degree from Central Michigan University in May of 2010, with a Bachelor of Science in Psychology and Family Studies. Just this past April, I finally completed my Master's degree in Counseling from Oakland University and am now a Limited Licensed Counselor. Before obtaining this position, I worked at Heritage Place of Lake Orion as a Service Coordinator for three years and am very familiar with sources and services in the Oakland County area so please do not hesitate to ask me help. It was very sad to leave the relationships I had built there, but I hope to gain even more during my time here. Besides working at the Village, I am also a therapist at Wentworth and Associates in Utica, MI during the evening hours. I have a boyfriend of 5 years who is in his last year of Law School at the University of Detroit Mercy in downtown Detroit. In my spare time I love taking group fitness classes, watching the Tigers and Lions games, and going to new restaurants and events in downtown Detroit. I am a busy lady, but I would not have it any other way.

## FOCUS HOPE VOLUNTEERS

We would love to have resident volunteers with access to a car to help with Focus Hope on the third Thursday of every month. Even if it was taking boxes to your neighbors, every little bit helps. There are over 50 people who receive focus hope here and we want to make sure everyone is receiving them. Remember, you do have to be home to receive your box or make special arrangements with me so I can put it aside for you.

## FLU SHOTS

I have arranged for Teresa Bott from the Medical Team to come on October 21st at 1:00 p.m. to administer flu shots. I will need to copy everyone's insurance cards prior to this date so please sign up and see me ASAP. There is no opportunity for walk in's on the day of the clinic, so it is very important to sign up early. The sign-up sheet is located in the community center underneath the What's Going On board. You must be signed up by October 15th at the latest.

## BINGO & BLOOD PRESSURES

Join Sabrina Sawson from Sunshine Homecare on Tuesday, September 22nd at 11:00 a.m. for a game of BINGO and PRIZES!! She will talk to us about what Sunshine has to offer as well as take blood pressures for anyone who would like.

## MEDEX DIRECT

Join Rich Jensen from MedEx Direct on Wednesday, September 30th at 2:00 p.m. for a pizza party and information on MedEx Pack medication management. MedEx Direct is a fully licensed retail pharmacy located in Warren, MI that specializes in FREE HOME delivery and has a simplified hazel free way of organizing prescriptions. Join us on the 30th for more information!!



## September News from our Resident Council

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

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

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

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

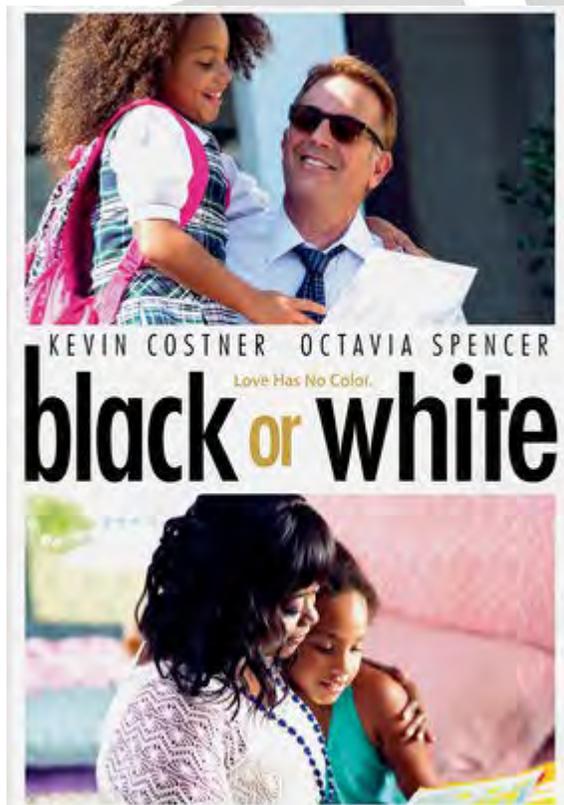
*Treasurer: Catheryn James (248) 891-9290*

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

- Our 35th Anniversary event was indeed a success! On behalf of all residents we want to extend a big thank you to all residents who volunteered that day and worked really hard. As usual our staff helped out in their orderly and professional manner, but also had some fun, so thank you to them! We want to extend a thank you to Devin, our Wellness Coordinator, and Gabe, from our home office, for working so hard to put on such a fantastic event! We have heard wonderful feedback from everyone in attendance. Didn't we have fun?
- **Note from the Garden Club:** Our plant sale was a great success. We owe it all to the work of our members who volunteered their time. We thank the generous residents of the village who purchased plants or made a donation. Thank you everyone.
- The Garden Club is hosting a baby shower for Devin and her baby girl on Friday, September 11th at 1:00 pm. We hope you will attend her special shower and give her a big thank you of appreciation. Please see the attached flyer for more details and make sure to sign up for this event in the lobby by September 7th!
- We will be having a flag ceremony on Friday, September 11th at 11:00 am. Meet at the flag pole in order to dedicate the flag to The Village of Oakland Woods. We hope to see you all there in celebration and remembrance.
- Our next Resident Council meeting will be on Tuesday, September 22nd at 2:00 pm. We hope to see you all there!

# Theater Thursday

- ♣ **Thursday, September 17th: “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.
- ♣ **Thursday, October 1st: “Mortdecai”** - With the Russian Mafia on his trail, an urbane but unscrupulous art dealer sets off on a quest to recover a purloined painting that's allegedly connected to a bank account chock-full of Nazi treasure.



# SEPTEMBER BIRTHDAYS

Martha Cameron	9/1
Willie Williams	9/2
Mary Tillman	9/3
Patricia Horn	9/8
Phyllis Davenport	9/8
Becky Bolden	9/8
Elroy Lance	9/10
Catheryn James	9/11
Veola Wilson-Lynch	9/14
Lois Harney	9/15
Marie King	9/17
Sharon Shreve	9/20
Raycene Madden	9/24
Bernadette Harrison	9/26



Please join us in celebrating our September birthdays!

We will be celebrating our birthdays this month on September 28th 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!**



# It's a GIRL!

As many of you know our Wellness Coordinator, Devin Fritzler, is expecting her first baby in November!

The Garden Club and other residents have come together to organize a shower luncheon for the mother -to-be and we hope you'll join us to celebrate.

**When: Friday, September 11th at 1:00 pm**

**\*Lunch will be served promptly at 1:00\***

**Where: Oakland Woods Community Room**

We have placed a sign up sheet in the book, please be sure to sign up no later than September 7th so we are able to arrange food accordingly.

RSVP is necessary for this event.

Devin is registered at Target and Babies R Us, although gifts are **NOT** necessary.

**Devin is not planning this event so if you have any questions please contact**

**Nancy Chaltron at 248-499-6555**



# Celebration Survey

1. Did you attend our celebration “35 Years of Living Well at Oakland Woods” on Saturday, August 22nd? Circle One.      YES      NO

2. If you answered NO, why didn't you attend?

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3. If you did attend, what was your favorite thing about the celebration?

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4. If you could change something about the event, what would it be? And, why?

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5. Please take the rest of the space to leave any other comments, questions or concerns you may have about our event, “35 Years of Living Well at Oakland Woods”

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We hope you will take the time to fill this survey out and return it to the front lobby. There will be a box placed on the table for you to submit your surveys. They are all anonymous and your feedback is very important to us.

**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

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

Andraya Przekora, Service Coordinator

### 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)

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