



Village News



Embrace the possibilities

420 S Opdyke Rd • Pontiac, MI 48341 • www.pvm.org

September 2016

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Notes from the Administrator

Big September welcomes you at the Village of Oakland Woods. Summer is in full swing and the rains have returned to give our beautiful landscapes a reprieve from the drought. Everything is green and growing like it was spring.

September has a lot of exciting things coming for the Village in addition to the work already completed on the site such as dead tree removal, concrete repairs, asphalt repairs, new appliances for the community room. We will be starting the new carpet project in the community dining room, and work will begin on our other improvement projects. What a summer of upgrades at the Village of Oakland Woods.

We want to thank everyone who came out to make the 36th Anniversary celebration a smashing success this year, along with the Villages first sock hop and multiple off campus trips. These were all big successes for us and wonderful to see so many lovely faces joining in the fun.

Please check September's calendar for more amazing events and activities throughout the month including a trip to Grand Rapids, Belle Isle, Yates Cider Mill and more!

Our Wellness Director, Daniela has created an exciting new class called Sit and Be Fit. The participation is growing every class and the feedback has been nothing but positive. Grab a chair and join in the class before it fills up to capacity. We know you will be pleased and surprised how much better your body will feel after taking this course.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:





Giving Matters.

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

Time to choose—your home, or your health?

Thanks to YOU, that's a choice seniors may not have to face.

Too many hard-working Americans are just a health crisis away from financial ruin. Many have outlived their retirement earnings—the earnings they spent years working for. Many don't have a relative nearby or a place to turn if finances fail.

But they have hope. They have **YOU**.

Because of generous donors, the PVM Foundation can offer **Benevolence** and **Resident Assistance**.

These unwavering commitments help those who have outlived their financial resources. They ensure that residents can continue to have a home, get through an emergency, or simply afford basic medical needs—like glasses. **These programs would not be possible without the caring support of generous PVM donors.**

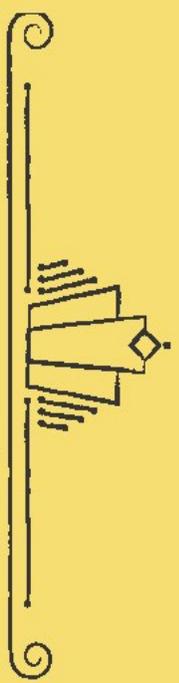
Learn how you can give a senior hope and security in a crisis. Visit PVMF.org or call us at 248-281-2040.

Warm regards,

Paul J. Miller, CFRE

ALL THAT JAZZ!

GET YOUR TICKETS TODAY!
Food, fun and All That Jazz!
as we celebrate Michigan seniors!
Tickets and more at
www.pvmf.org/Gala2016



PVM FOUNDATION
2016
GALA

NOVEMBER 11TH
CORBOR
CENTER



For more information call Paige Varzo at 248-281-2043



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A Living Memorial

During a recent visit to the Village of Sage Grove in Kalamazoo, Administrator Paula Hager took me for a stroll through their community garden to see their newly planted Living Memorial Tree. The idea for the tree sprang from a comment Paula overheard during the funeral of a resident who had recently died. Reflecting on the person who had passed, she heard someone remark, "we should plant a tree." That simple comment put into motion what this spring and summer became a community wide effort to create an accessible space on the Sage Grove campus to honor the residents who spent the last years of their lives at the Village.



A local supplier provided the concrete for the walkway; a local contractor provided the labor to build the walkway; and a local nursery provided the tree. Others donated anonymously to the project. In the end, the Village of Sage Grove did more than just plant a tree. They mobilized the community; built a lasting memorial to past residents and created a space for current residents and others to renew themselves spiritually. When it comes to wellness, you hear a lot about body and mind but seldom hear about spirit. That's why I decided to share the news about Sage Grove's Living Memorial Tree with you. If you would to learn more about the project you can reach Paula at (269) 567-3300 or via email at phager@pvm.org.





Service Coordinator News

By Danette Pye,
Service Coordinator

Quote: “As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.” ~ Audrey Hepburn.

MOLINA HEALTHCARE

Join us for a presentation on HealthCare **Monday September 12, at 2:00 p.m. in the community room.** Come and get your questions answered concerning **Medicare** and **Medicaid**. Free give a ways will follow the presentation along with refreshments.

FOCUS HOPE FOOD BOX DELIVERY

Focus Hope is delivered **every 3rd Thursday of the month.** We make every effort to delivery your boxes on **Thursday morning between 9:00-11:00.** A signature is required at the office upon receipt of your box. **If you are not home for the delivery, please make arrangements to have your box picked up.** If your box is not claimed by the following Wednesday, it will be donated.



BINGO AND BLOOD PRESSURE

Come and join Sabrina Sawson from Sunshine Home Care for Bingo and Blood Pressures on **September 13, at 11: 00 a.m. in the community room.** Sabrina brings along with her, fun prizes and everyone is guaranteed to have a good time.

SEPTEMBER IS:

NATIONAL CHOLESTEROL EDUCATION MONTH

If you would like more information about **Cholesterol** please contact your Service Coordinator.





Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES!

Fall is slowly making its entrance, and we have yet another busy and exciting month planned through Wellness & Activities! Thank you to everyone who attended and participated in our August events, especially those who contributed and participated in our Anniversary Party! The decorating committee did a fantastic job making the Community Room and outside tent look fabulous, and the outpouring of food dishes and desserts brought by residents made the meal that much better. Through combined efforts I think it turned out to be a wonderful celebration, and again thank you to all staff and residents who helped to make it a success.

TRIP SIGN-UPS:

A friendly reminder as we move on into September; please be sure to sign-up for events and outings at least 24 hours in advance. The first page of the Sign-Up binder—located in the Community Center Lobby—lists all of the month's activities, and each number corresponds with a tab where you can find the sign-up list for that activity. If for some reason you are no longer able to participate in the activity or outing please let the front office or myself know as soon as possible. This will help to make sure that trips leave at their scheduled time, and if additional space is open for an event others may have the chance to attend. Thank you for your cooperation and understanding!



SEPTEMBER EVENTS

Homegoods: Our first trip for this month will be to the HomeGoods store for some retail therapy. We will be going on this trip on Thursday, September 1st, at 12pm. This store provides discounted items for everything you could need for your home, and is located within a strip mall where attendees on the trip may also decide to visit other stores if needed. Again, please be sure to sign up in advance for this trip. Hope to see you there!



Tigers Game Watch Party: Help to root on our Detroit Tigers Wednesday, September 7th at 2pm! We will be showing the game in the Community Room, and some light snacks and refreshments will be served. Grab your Tigers gear, and help to cheer on the Tigers to victory! Please be sure to sign up for this event in our sign-up binder.

Belle Isle's Senior Power Day: We will be returning to Belle Isle in September for a very special event! Belle Isle's Senior Power Day is scheduled for Wednesday, September 14th. We will be leaving from the Community Center at 10am, and returning in the early afternoon. This day is geared towards seniors and it will have a wide variety of events, activities and vendors for the senior community. It is sure to be a great day!

Fall Craft Project: Lets take some time together a create some crafty fall decorations! These crafts can be used as décor for your own home, or they would be great gifts for special people in your life! More details on the craft project will be posted in the near future. Please be sure to sign-up at least 24 hours in advance so that the appropriate amount of supplies may be purchased for the project.



SEPTEMBER EVENTS CONT.

Board Games: On Friday, September 9th we will take the afternoon to bring out the board games and have a little healthy competition! Oakland Woods has a majority of your “classic” board games, however if there is a game you would like to bring and share, please feel free to do so! Please sign up for this event, and if you do plan on bringing some of your own games please let me know if advance—thank you!



Movie Theater Trip: We will be making a trip to the movie theater on Monday, September 19th! There will be a few options for movies to see, and this information will be posted once exact movie times are available at the theater. Residents will be responsible for the cost of their own movie ticket, as well as any snacks or drinks they chose to purchase.

Grand Rapids Trip: Our big trip to Grand Rapids is fast approaching! I am very much looking forward to our three days in the City, as well as exploring their famous Artprize festival happening while we are there. For those who have signed up, please let me know if you have any questions as we get closer to our trip. Also, please keep in mind that payment is due no later than Wednesday, September 14th. We will leave for our getaway on Wednesday, September 21st, at 11am from the Community Center. I can't wait!



Yates Cider Mill: Our last trip for the month of September will be to Yates Cider Mill! Here we will have the opportunity to indulge in cider, donuts, and all sorts of other apple treats. I am also working to see if a behind-the-scenes tour for our group is an option. In order to have a tour there needs to be at least 10 people attending, so if this is something you are interested in please sign up as soon as possible! I will have updated details on this trip, and whether we will participate in a tour, later in to the month of September. The trip is currently scheduled for Thursday, September 29th at 10:30am.



Tips for Healthy Aging:

1. Live an active life

Regular exercise is one of the greatest keys to physical and mental wellbeing. Living an active life will help you stay fit enough to maintain your independence to go where you want to and perform your own activities. Regular exercise may prevent or even provide relief from many common chronic conditions, including heart disease, diabetes, depression, and arthritis, to name a few.

Tips: The key is to stay active, so do something you will enjoy. If you are not the type of person who will stick to a regular gym routine, go on a walk or ride your bike every day instead. Try to incorporate aerobic, balance, and muscle strengthening activities into your routine. Think about what works best for you, consult your doctor, and get moving!

2. Eat healthy foods

The majority of adults in the US consume more than double the recommended daily allowance of sodium, which can lead to hypertension and cardiovascular disease; most of this high sodium intake comes from pre-packaged foods and restaurants.

Tips: Eat nutrient-dense foods like fruits, vegetables, and whole-grain foods. Avoid sweet, salty, and highly processed foods. Keep in mind that each person has different dietary needs – follow your doctor's suggestions regarding dietary restrictions

3. Maintain your brain

One in eight older adults (aged 65+) in the United States has Alzheimer's disease, and some cognitive decline is a normal part of aging. Studies have shown that a lifestyle that includes cognitive stimulation through active learning slows cognitive decline.

Tips: Never stop learning and challenging your mind! Take dance lessons, learn a new language, attend lectures at a local university, learn to play a musical instrument, or read a book.

4. Cultivate your relationships

Twenty-eight percent of older adults live alone, and living alone is the strongest risk factor for loneliness. Common life changes in older adulthood, such as retirement, health issues, or the loss of a spouse, may lead to social isolation. Tips: Maintain communication with your family and friends, especially after a significant loss or life change. Schedule regular time to meet with friends and family – over coffee, during a weekly shared meal, or around a common interest. Reach out to friends who might be isolated or feel lonely.

5. Get enough sleep

Humans can go longer without food than without sleep. Older adults need just as much sleep as younger adults – seven to nine hours per night – but often get much less. Lack of sleep can cause depression, irritability, increased fall risk, and memory problems. Tips: Develop a regular schedule with a bedtime routine. Keep your bedroom dark and noise-free— avoid watching television or surfing the internet while in bed. Stay away from caffeine late in the day.

6. Reduce stress

As we age, our stressors change and so does our ability to deal with stress. Long-term stress can damage brain cells and lead to depression. Stress may also cause memory loss, fatigue, and decreased ability to fight off and recover from infection. In fact, it is estimated that more than 90% of illness is either caused or complicated by stress. Tips: We cannot entirely avoid stressful situations but we can learn better techniques to cope with stress. Take care of yourself when you are stressed by getting enough sleep, exercising, and eating nutritious foods. Talk to a loved one or counselor about your stress, and try some relaxation techniques, such as circular breathing, yoga, or meditation. Remember to always keep things in perspective – try to accept and adapt to the things you cannot control.

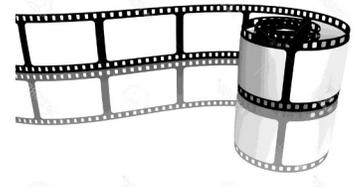
7. Practice prevention

Many accidents, illnesses, and common geriatric health care conditions, such as falls, chronic illness, depression, and frailty, are preventable. Tips: To prevent illness, get a yearly flu vaccine and wash your hands after using the restroom and before handling food. To prevent a fall, complete a home safety checklist, use assistive devices, wear appropriate footwear, get your vision checked, take vitamin D and calcium, and get some form of exercises into your routine.

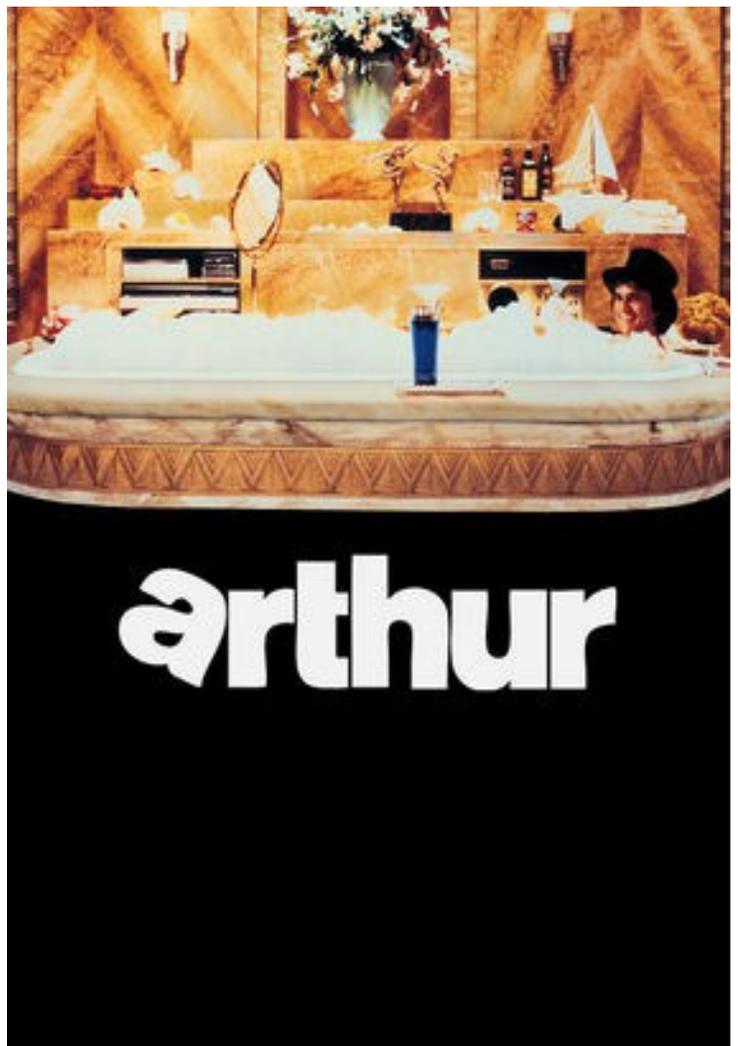
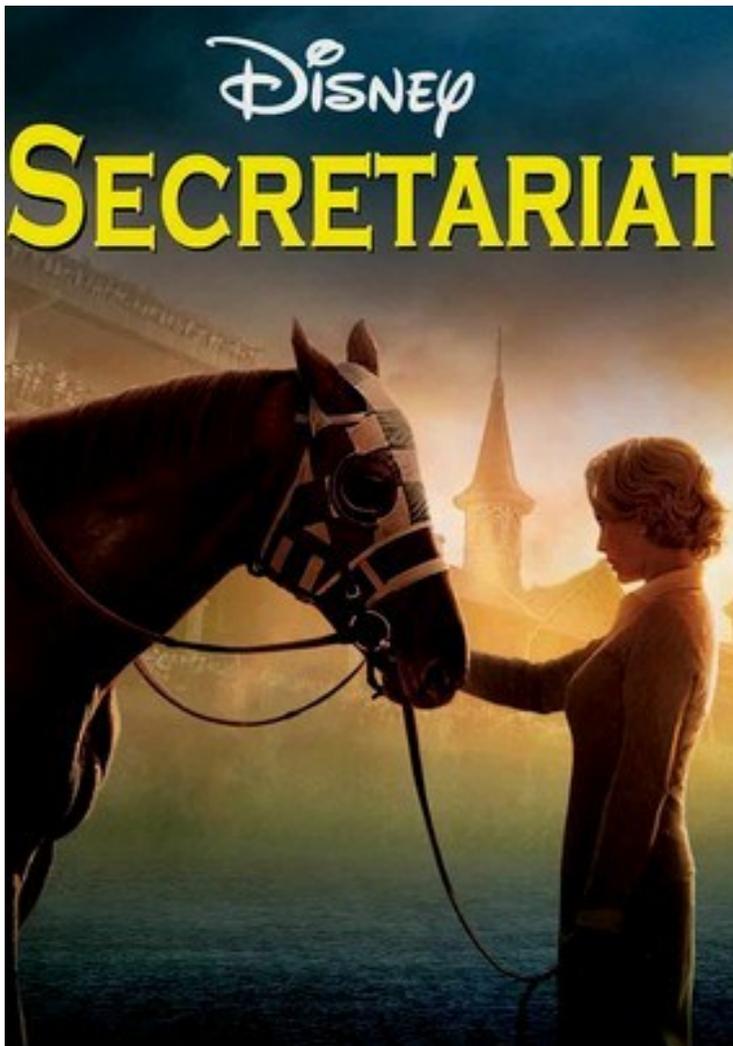
8. Take charge of your health

Most of our health is not controlled by the health care system but by our own actions, our environment, our genes, and social factors. In addition, physicians are not perfect; medical errors do happen. The more patients participate in their own health care, the more satisfied they tend to be with the care they receive. Tips: Think about the ways that your health can improve by changing your lifestyle, and make those changes. You are your own best advocate. Contact your primary care practitioner for an annual physical or whenever you have a concern about your health, and go to those appointments prepared. Bring a list of your current prescription and non-prescription medications, including herbal supplements; keep a list of your health concerns; and, most importantly, ask questions!

Theater Thursday



- ♣ **Thursday, September 8, Secretariat:** When Penny Chenery agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder -- and owner of the colt that will take the 1973 Triple Crown -- in this dramatic biopic.
- ♣ **Thursday, September 15, Arthur:** Charming but incessantly intoxicated multimillionaire Arthur Bach (Dudley Moore) stands on the brink of an arranged marriage to properly pedigreed heiress Susan Johnson (Jill Eikenberry), but his heart belongs to a working-class filcher (Liza Minnelli). When his family threatens to cut off Arthur's inheritance if he doesn't marry Susan, he asks loyal squire Hobson (John Gielgud, who chalked up an Oscar for his supporting role) to lend a hand.



SEPTEMBER

By Charles Ruggles Fox

Again it is September
Where fall and summer meet,
Where gala loving Autumn
Assumes the reigning seat.
The corn is ripe and golden,
The grain is in the bin,
And apples in the orchards
Will soon be gathered in.
The sunset fires are burning,
And vast the flaring rays;
A framing most befitting



Flower:
Aster

The deep and purple haze.
The harvest moon of Autumn,
Reflecting light of day,
Reflecting glowing beauty
As shifting shadows play.
We too, have gala seasons
Resplendent in our mind,
Reflecting like a mirror
The years we've left behind.



Gem:
Sapphire

Birthday Celebration!

The Birthday Party will be held on Friday, September 30th. Please join us in the community room at 2:30pm for the celebration and Bingo!

Martha Cameron 9/1
Willie Williams 9/2
Mary Tillman 9/3
Phyllis Davenport Torma 9/8
Patricia Horn 9/8
Becky Bolden 9/8
Elroy Lance 9/10
Catheryn James 9/11
Marie Riley 9/12
Veola Wilson-Lynch 9/14
Lois Harney 9/15
Marie King Morton 9/17
Sharon Shreve 9/20
Dorothy Dilworth 9/23
Raycene Madden 9/24
Bernadette Harrison 9/26

Thank you to those who came to our first-ever Sock Hop Birthday Celebration in August! We will continue having Sock Hop Celebrations, and rotating them with our Birthdays & Bingo Celebrations! Please keep an eye on your Calendar to know which celebration will partner with our Birthdays for that month!

Resident Council News

By Judy Shatto,
Resident Council President

“As The Village Turns” (copyright pending!)

I have a new project to present. Hopefully you will find it enjoyable and informative. It will be posted in future newsletters and on our bulletin board in the dining room.

“As The Village Turns” will be like a column having human interest clips, hopefully short biographies from residents and staff or random acts of kindness stories! Doesn't that sound like fun? I will need YOUR help and input; so if you would like to volunteer a small bio or your, or any of the above, I would greatly appreciate it. Please call me or see me at the office. You can always drop your info in our suggestion box in the dining room as well. Thank you! Judy.

Resident Council Board

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

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

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

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

Ruthie Griffin, *Sympathy Cards*
(248) 322-4222



Resident Council's Annual Ice Cream Social/Bake Sale Fundraiser

Mark your calendars! Join us for some tasty fun and socializing on **Saturday, September 10 between 3-6pm.** We will be offering each for a DONATION—ice cream, toppings, slices of cake, pie, cookies and brownies. Also, there will be a 50/50 raffle, door prizes, free Bingo and a Wii game contest! Your family and friends are welcome. Check our flyer in this newsletter. Remember, every penny always goes back to our residents whenever we have a fundraiser of any kind.

Note—Please sign up in the book and specify what you are donating. Bring your dessert to the community room on Friday, September 9th.

Village Flower Contest Winner

We have a winner! June Ard has won the last two times, and this year she has done it again! She would search and search to locate flowers. I tried to be “sneaky” by randomly taking pictures but she found all of them! Congratulations, June. She received a Meijer gift card. Next year, I will be presenting something different that will also be fun. I will be broadening our contest for all that choose to participate. Stay tuned.



“One Call” Phone Messages

Reminder—when you receive a “One Call” important message from the office, please listen to it. If you are not home, please listen to your voicemail messages. Generally, the message is left after office hours BUT there may be a time when an urgent message during the day may be left, so check your messages please!

Resident Council News

By Judy Shatto,
Resident Council President

School Supplies and Book Donations:

Please continue to donate school supplies and elementary books for the Whitman School on Montcalm. The kids really appreciate them!

Beverage Cans Pull Tabs Collection

We are collecting the tabs for the Ronald McDonald House of Detroit. A collection can will be placed in the lobby. Check out the flyer posted in the lobby for more information, and thank you for your support!



Reminders from Resident Council Meetings

Our Resident Council meetings have been fun and informative. We try to guide our residents on how to handle a problem or question they may not know how to handle. Again, if after you have followed the correct procedures (contacting the office, calling in and requesting a maintenance work order, and taking the problem or situation to Kevin) and are still not satisfied, please request a Complaint Form from the office. Fill it out, make a copy for yourself, and drop it off at the office. They will deliver it to Kevin.



Garden Club

The Garden Club wishes to thank all of the Club members who helped prepare the plants for the fundraiser. The Garden Club is also grateful for the each and every generous donation. From all of us, to all of you—Thank you.





RESIDENT COUNCIL'S ANNUAL ICE CREAM SOCIAL/BAKE SALE FUNDRAISER:

The date for this fun and tasty fundraiser is **Saturday, September 10**, from 3-6pm in the Community Room. We need volunteers to help with the event and donate tasty baked goods for our Bake Sale. The generous donations will go to build up your Resident Council's treasury, in order to make future purchases for the residents. The fundraiser will also include door prizes, Bingo and a Wii Bowling Competition! Please come out to contribute to our community and enjoy an afternoon of delicious desserts, games, fun and prizes!



September 2016

HEALTHY AGING MONTH

AUGUST

SU	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 9:00 Stretch & Flex 12:00 HomeGoods Shopping Trip	2 10:00 Balance & Core	3 Ice Cream Social/ Bake Sale Fundraisin
4	5 OFFICE CLOSED FOR LABOR DAY HOLIDAY	6 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic	7 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 2:00 Tigers Game Watch Party	8 9:00 Stretch & Flex 1:00 Theater Thursday FRUITS AND VEGGIES	9 10:00 Balance & Core 2:30 Board Games FRESH FOOD SHARE	10
11	12 10:00 Strength Training 2:00 Bible Study 2:00 Molina Healthcare Presentation	13 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic & Bingo 1:00 Hollywood Market 2:00 Garden Club	14 NO EXERCISE 9:00 Prayer Group 10:00 Belle Isle's Senior Power Day! 11:00 Village Chorus	15 9:00 Stretch & Flex 1:00 Theater Thursday FOCUS HOPE	16 10:00 Balance & Core 2:30 Fall Craft Project	17
18	19 10:00 Strength Training 11:00 Movie Theater Trip 2:00 Bible Study	20 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Meijer	21 NO EXERCISE 9:00 Prayer Group 11:00 Village Chorus 11:00 Leave for Grand Rapids Trip	22 NO EXERCISE Grand Rapids Trip	23 NO EXERCISE 3:30 Return from Grand Rapids	24
25	26 10:00 Strength Training 12:00 Kroger 2:00 Bible Study	27 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Meeting	28 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	29 9:00 Stretch & Flex 10:30 Yates Cider Mill	30 10:00 Balance & Core 2:30 Birthday Celebration & Bingo	1

**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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(248) 334-4379

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Sharon Benton
Administrative Assistant

Carolyn Mancos
Administrative Assistant

Jack Johansson
Leasing Specialist

Danette Pye
Service Coordinator

Daniela Blechner
Wellness and Activities Coordinator

Tim Coil
Maintenance Lead

Matthew Myers
Maintenance Tech

EMERGENCY MAINTENANCE

(248) 330-0213

On-Site Security

(248) 917-2539



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

Oakland Woods
The Village of

