



Village News



Embrace the possibilities

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

January 2017

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Notes from the Administrator

It's January everyone and that means cold, snow and more cold! But let's make the best of it at the Village this month. We have so many wonderful events, trips and opportunities for exercise and wellness. Please see the events calendar for a complete list.

January also means snow. With that comes our request for help to ensure we keep the Village parking and walking surfaces free of ice and snow. As per the snow policy everyone received when they moved in it is the residents responsibility to assist management during the snow removal process. We can't snow blow or shovel between cars due to the limited space between parked cars and the potential for damage to vehicles. After a snow fall and the initial plowing we ask that residents move their vehicles from their parking spots to a plowed spot so the crews can then clean the spot where your vehicle was and thus ensuring a snow free parking lot. If you require assistance in moving your vehicle you can ask a neighbor, area captain or the office for help and we will do our best to respond in a timely manner. It takes everyone working together to ensure we keep the surfaces in good condition so thank you for your help in advance.

The Annual Village of Oakland Woods Holiday Celebration was a smashing success this year. We had over 80 residents and family sign up and attend the event. Thank you for making it a very memorable evening of fun, food, music and friends.

If you have not yet had an opportunity to see our Friends and Family project of the automatic handicap door opener at the main office it is a wonderful addition to the amenities at the Village. This is all of your hard work during Friends and Family month coming to fruition. We have completed the bid process and set a date for installation of the new carpet throughout the community center. Again this is another example of Friends and Family efforts in upgrading our community.

You will be receiving a "Vehicle Audit" request in the coming days. We are in the process of updating our records of every residents vehicle. When you receive the letter it will ask that you contact the office to supply the year, model, make color and license number of your vehicle(s). At the end of the audit **ALL NON REGISTERED VEHICLES** on the premises without registering as a resident or overnight guest will be tagged and towed from the premises. We ask for your help in completing this audit to help eliminate vehicles that should not be utilizing the parking areas at the Village. This will assist management in controlling unregistered extended stay guests and unauthorized vehicles parking on the site.



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

Michigan, we're not getting any younger.

Going to the mall to return gifts today?...Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30th oldest state** in the USA to **10th oldest**.

So what?

So, an aging population means **the services YOU help provide to seniors are more important than ever.**

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. **You are the reason that PVM residents Michiganders can thrive as they age.**

Thank you for your continued dedication to Michigan's older adults!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

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.

UP TO **9.0%** RETURN

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“M” stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase “use it or lose it”. It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.





Service Coordinator News

By Danette Pye,
Service Coordinator

Happy New Year!

*“And now we welcome the New Year. Full of things that have never been.” ~
Rainer Maria Rilke*

SERVICE COORDINATOR APPOINTMENTS

Welcome 2017, I hope everyone had a good year. As your Service Coordinator, I am very honored to help and serve you. However, in order to continue that, there is a new policy regarding appointments to see the Service Coordinator. In order to assist you, it is imperative you make an APPOINTMENT so that I can best serve you and meet your needs.

PRESENTATION

Join us for a presentation with Disability Network on January 23, at 2:00 p.m. in the Community Room. Come and learn about the different Programs and Services available to you.

BINGO AND BLOOD PRESSURE WITH ANGELIC HEART HOME CARE

(formerly known as Sunshine Home Care)

Sunshine Home Care has changed their name to Angelic Heart Home care, however Sabrina is still coming to our facility with Bingo, Blood Pressure and lots of fun weekly! To all that are not aware, please see your calendar for dates.



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

Happy New Year! I trust that everyone had a happy and healthy holiday season, and that we are all ready to make 2017 a wonderful year! I would like to start off by saying a gigantic “Thank You” to all those who contributed and assisted with our Holiday Celebration. Thank you to the residents on our Decorating Committee, to the Oakland Woods Staff, and to all the residents who showed their support in the event with encouraging words and by attending the celebration! It was a lovely evening enjoyed by all.

As we move forward into a new year, I encourage each and every one of you to make your health, wellness and well-being your number one priority. This is a fresh start for you to begin new healthy habits, and perhaps try some new activities that you may not have considered in the past! Along that note, I have added an event to our monthly calendar titled “Coffee & Conversation”. I would like this to be a time for us to have a dialogue about our Wellness programs and activities. I have a few ideas that I would like to introduce to you during these “Conversation” times, as well as I would like to listen to your ideas and thoughts of where you would like your Wellness programming to go! Please consider joining me for these conversations to help develop our Wellness and Health department for our Village!

Again, we have a busy month ahead of us with trips, activities and exercise filling our January Calendar! As always please be sure to sign up for events in advance, and let’s try to continue our growth in participation as we begin 2017! Please also be mindful and aware that due to winter weather trips and activities may be subject to cancellation and/or rescheduling. I will do my best to notify residents as soon as possible when a trip has to be rescheduled, and please do keep an eye out for those rescheduling notices via phone messages and flyers throughout the Community Center. Thank you!



JANUARY EVENTS

Coloring Book Social Hour: We will be hosting, once again, a Coloring Book Social Hour on **Thursday, January 5th, at 1pm**. As in the past, light refreshments as well as coloring supplies will be provided. And if you have your own supplies that you would like to bring, please feel free to use those as well. Let's begin the New Year with an activity that is great for our minds and souls!



Book Club: Our monthly Book Club meetings will resume in January! Our first meeting is scheduled for **Monday, January 9th at 1pm**. We will meet in the library/conference room to discuss our book we received in December (*Etta and Otto and Russell and James*). We hope that we can continue the momentum and enthusiasm for the Book Club that we had established in 2016!

Art Class at the BBAC (Bloomfield/Birmingham Art Center): I am very excited to offer this activity! Our local Bloomfield/Birmingham Art Center offers senior art education courses on a monthly basis, where each class the participants create their own piece of art and learn from a professional! There is a small fee associated with this activity in order to cover the instructor cost as well as all of the supplies for the art project. \$10 is the cost per resident to participate in this activity, and we will be participating in a class on **Tuesday, January 10th at 9:30am**. Please be sure to sign up in advance for this class—**I will need a final count of participants by Thursday, January 5th.**



Coffee & Conversation: As I mentioned in my Wellness Note, I am introducing a new event titled “Coffee & Conversations” where we can have an open dialogue about activities, events, health and wellness at the Village. Our first discussion will take place on **Friday, January 13th at 2:30pm**. Light refreshments and coffee will be served. My main hope and purpose for these conversations is to generate new ideas for Wellness programming, as well as receive feedback from you on the ideas I am currently working with. I hope to see you all there!

Meadow Brook Theater & Lunch: Our play this month for Meadow Brook Theater will be “Mom’s Gift”, and we will be attending the performance on **Wednesday, January 18th**. We will leave from the Community Center at **11:30am**, in order to attend lunch together prior to the 2pm performance time. We will be going to lunch at TGI Fridays, and the cost of the meal will be the responsibility of each individual resident attending the trip. I hope that several of you take advantage of this opportunity to see a wonderful theater production at no cost!

JANUARY EVENTS CONT.

North American International Auto Show: Given that we are a part of the Motor City, a trip to the North American International Auto Show only seems fitting! Please join us on a trip to the Cobo Center on **Thursday, January 19th at 10:30am** to see what the Auto Show has brought with it this time around! There is a \$7 entrance fee for seniors to attend the Auto Show.

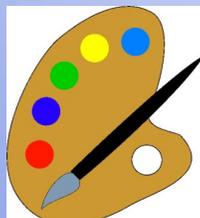


Sock Hop & Birthday Celebration: Take a break from the cold to warm up on the dance floor! We will be hosting our third Sock Hop in conjunction with our January Birthday Celebration! This should be a great time, with refreshments, dancing and birthday treats! Please sign up in the sign up book prior to the event. The Sock Hop and Birthday Celebration will be held on **Friday, January 27th at 2:30pm.**



Michaels Shopping Trip: We will be taking a shopping trip to Michael's on **Monday, January 30th, at 11am.** If you have a need for craft supplies, fabrics, or home décor options this trip is right for you! There will also be the option to visit some of the other stores located within the shopping center where the Michael's is located. We will be visiting the Michael's store off of Rochester Rd.

DIA: A trip to the DIA is planned for the very beginning of February: **February 2nd at 10am.** The DIA will be featuring a special exhibit titled "The Edible Monument" which depicts the importance and significance of food throughout history's art and festivals. The exhibit, along with admission to the museum, is free with a valid Oakland County ID. There will also be the option to enjoy lunch at the DIA, as well as explore other areas of the museum as desired. The cost of food/lunch will be the responsibility of each resident attending the trip. This sign up sheet will be in both the January and February sign up binder!



MEADOW BROOK THEATER PRESENTS:

MOM'S GIFT

WEDNESDAY, JANUARY 18TH



In this comedy with a heart, Mom has been dead for 11 months and shows up at her husband's birthday party as a ghost with a mission. Like Clarence in "It's A Wonderful Life," she has to accomplish a task to earn her wings. Only what the task actually is, is a mystery. There are so many things to fix. The problem is complicated by the fact that the only person who can hear or see Mom is her daughter who has been ordered by the court to spend Dad's birthday with him as part of her Anger Management Program. One by one the family's secrets are peeled away revealing a shocking truth that surprises even our ghost.

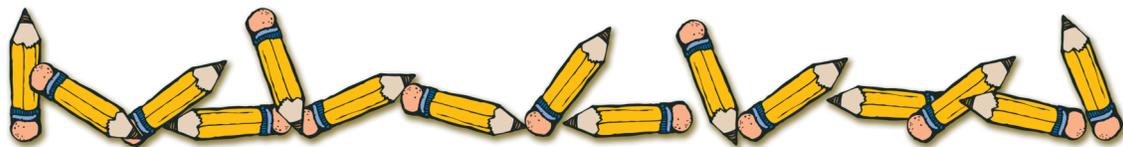


Martin Luther King Jr. Word Search Puzzle

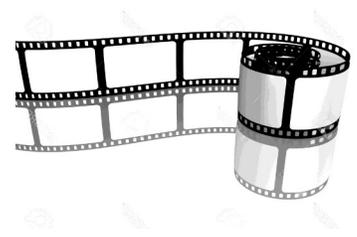
Find the hidden words associated with civil rights leader Dr. Martin Luther King, Jr.

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

- AFRICAN
- AMERICAN
- BOYCOTT
- CIVIL
- DEMONSTRATE
- DISCRIMINATE
- DOCTOR
- DREAM
- EMANCIPATE
- EQUALITY
- FREEDOM
- JUSTICE
- LEADER
- LIBERTY
- MINISTER
- NONVIOLENCE
- PEACE
- PREJUDICE
- PROTEST
- RACISM
- REVEREND
- RIGHTS

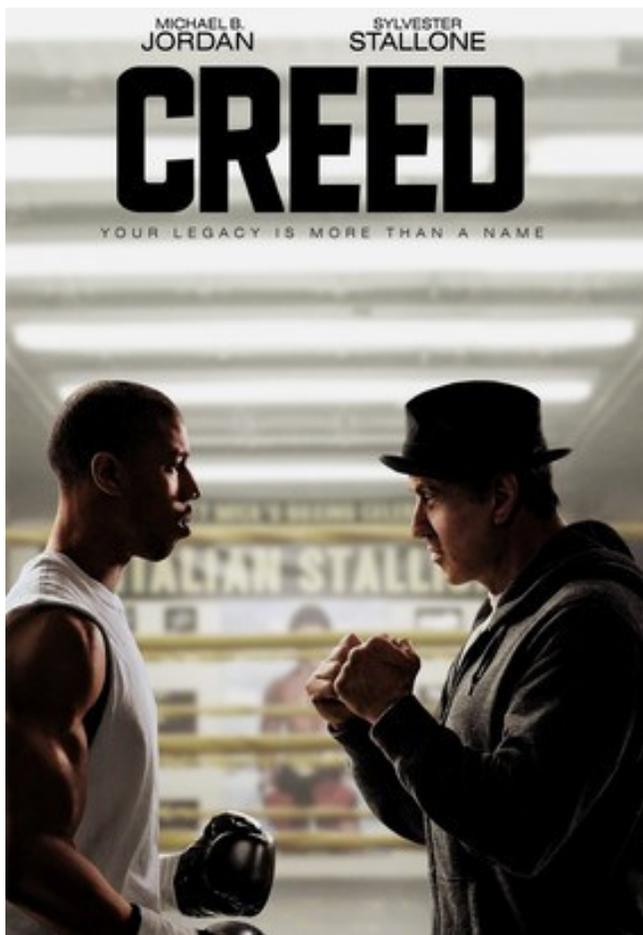


Theater Thursday



Thursday, January 12, Creed: Putting a new twist on the Rocky Balboa legend, this spinoff drama follows young boxer Adonis Johnson Creed, the son of Rocky's onetime nemesis Apollo Creed. Looking for a mentor, Adonis travels to Philadelphia to ask for Rocky's help.

Thursday, January 26, Ghostbusters (2016): In this reboot of the 1984 classic, it's the ladies doing the ghost-busting. After writing a book suggesting that ghosts are real, Erin Gilbert and Abby Yates are called upon to lead the fight when spooks overrun Manhattan.



MY NEW YEARS WISH TO YOU...

Happiness deep down within.

Serenity with each sunrise.

Success in each facet of your life.

Family beside you.

Close and caring friends.

Health, inside you.

Love that never ends.

Special memories of all the yesterdays.

A bright today with much to be thankful for.

A path that leads to beautiful tomorrows.

Dreams that do their best to come true.

Appreciation of all the wonderful things about you.

HAVE A GREAT YEAR.

Birthday Celebration!

The Birthday Party will be held on Friday, January 27th. Please join us in the community room at 2:30pm for the celebration, dancing and refreshments!

Kathleen Stanley..... 1/3
Tashika Johnson 1/9
Nancy Washington ... 1/13
Edwin Byrd..... 1/18
Mary Alice McNeal 1/20
Betty Ridley 1/20
Barbara Edridge..... 1/20
Conception Neidrick. 1/25
Will Baldwin 1/30



Resident Council News

By Judy Shatto,
Resident Council President

Christmas Party

We want to thank Daniela and the VOW Staff for our annual Christmas Party. This is our biggest event of the year for the residents, and as I looked around the beautifully decorated community room, it undoubtedly was



evident that everyone was having a really good time! An extra big Thank You to our Decorating Committee for doing such a time consuming task, but so much fun they had decorating our Community Center! Again, I must say how very fortunate we are to be living here ; that after the party we were able to go home to our safe and warm apartment or cottage.

The Village People Chorus



When one of the chorus members came to me with this wonderful idea for a Christmas Sing-A-Long, trivia and prizes, with free pizza for us, I thought instantly it sounded like fun! I was not wrong. We had a wonderful time! Even several of our exercise members from the outside community signed up and joined in the fun as well! I could tell that they too were really enjoying themselves. Thank you to all the chorus members for their hard work organizing such an enjoyable event, and for thinking of us. We look forward to your next event!

Nominations for Resident Council Officers:

This year we will be electing all four officers as stated in our by-laws. We may serve two terms of the same office. The offices are:

President

Vice President

Secretary

Treasurer

The Area Reps and Community Projects have no term limit. We will state more details next month in the February Newsletter regarding the nomination procedures and the requirements to be an officer.

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 News

By Judy Shatto,
Resident Council President

Recycling Private and Secured Documents

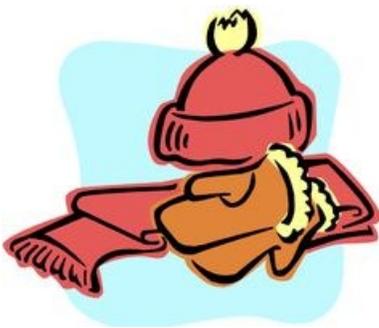
We will again offer recycling for your private papers and documents at the Village. The container will be located in the Community Center Lobby for the week of January 9-13. This container is ONLY for your private papers and documents.

Please remember that the containers outside by the garage are for unsecured papers and paperboard (cereal boxes and packaging). These are the two larger black bins on the left. The other three bins are for clean cans and plastics that can be mixed in plastic bags. NO glass or needles or garbage of any sort can be put in any of these containers.



Residents Phone Numbers

Again, it is most important to notify the office of any changes in your phone numbers. Your Lifeline button depends on the correct number so, if needed, the EMS providers can reach you. Thank you for taking the time to update your contact information with the office.



Warming Collection

We will continue to accept much needed NEW scarves, hats, gloves, mittens and socks through the month of January. Please put your generous donations in the container located in the Community Center Lobby. This collection will go to the Baldwin Center, who supplies free, and possibly life-saving, items to those in need.

Garden Club

The Garden Club wishes all Happy Holidays and a Happy and Healthy New Year! They will meet again in March.

Our next Resident Council Meeting will be Tuesday, January 24th, at 2pm

AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

Maya Angelou is someone I have admired and respected for many years. So, I thought it would be appropriate as we celebrate Martin Luther King Jr. Day this month to include one of my favorite Angelou poems in our Newsletter—Still I Rise

*You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.*

*Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.*

*Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.*

*Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?*

*Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard..*

*You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I rise.*

*Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?*

*Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise*

*I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide
Leaving behind nights of terror and fear
I rise*

*Into a daybreak that's wondrously clear
I rise*

*Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave*

I rise

I rise

I rise.

January 2017

Glaucoma Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
	2 OFFICE CLOSED IN OBSERVANCE OF NEW YEARS DAY	3 9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 1:00 Hollywood Market	4 9:00 Prayer Group 10:00 Strength Training 1:00 Sit & Be Fit	5 9:00 Stretch & Flex 1:00 Coloring Book Social Hour	6 10:00 Balance & Core	7
8	9 10:00 Strength Training 1:00 Book Club	10 NO EXERCISE 9:30 BBAC Art Class 11:00 Blood Pressure & Bingo 11:00 TOPS 1:00 Walmart & Chase	11 9:00 Prayer Group 10:00 Strength Training 1:00 Sit & Be Fit	12 9:00 Stretch & Flex 1:00 Theater Thursday	13 10:00 Balance & Core 2:30 Coffee & Conversation	14
15	16 OFFICE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING Jr. DAY	17 9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 1:00 Aldi	18 9:00 Prayer Group 10:00 Strength Training 11:30 Meadow Brook Theater & Lunch NO SIT & BE FIT	19 9:00 Stretch & Flex 10:30 North American International Auto Show	20 10:00 Balance & Core	21
22	23 10:00 Strength Training 11:30 Meijer 2:00 Disability Network Presentation	24 9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 2:00 Resident Council Meeting	25 9:00 Prayer Group 10:00 Strength Training 1:00 Sit & Be Fit	26 9:00 Stretch & Flex 1:00 Theater Thursday	27 10:00 Balance & Core 2:30 Sock Hop & Birthday Celebration	28
29	30 10:00 Strength Training 11:00 Michael's Shopping Trip FREE TABLE	31 9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 1:00 Kroger (Telegraph Rd.)	1	2 FEBRUARY 10:00 DIA Trip	3	4

**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

Village Staff

Kevin Centala
Administrator

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

