



Woodbridge Life



Embrace the possibilities

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

January, 2016

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January Activities

Jan. 7 (Sat.): Alphas & Masons Fundraising Brunch.....Dining Rm.....10 am

Jan. 8 (Sun): Praise & Worship Service
Community Rm3 pm

Jan. 11 (Wed.): Resident Council Meeting....
Dining Rm.....1:00pm

Jan. Days of Happy New Year

Arts & Crafts (Tues.)...1/10 & 1/24.....3pm
Bible Study (Wed.).....1/11.....10 am
Legacy Brunch (Mon.).....1/16.....10am
Chicken Soup for the Sou (Fri.)...1/27....12pm

Jan. 18 (Wed.) Focus Hope Delivery

Jan. 1 New Year's Day
Jan. 16 Martin Luther King, Jr. Day Observed

Jan. (Tues): Bible Study.....
Dining Rm 7 pm

Jan. (Wed.): Bible Study.....
Multi-Purpose Rm 10am

Jan. (Wed.): Dominos.....
Multi-Purpose Rm7pm

Jan. (Thurs., Fri. & Sat.): Pokeno.....
Community Rm 7pm

Netflix (Anytime):Mini-Theater Rm

Memory and Music

Seniorneways.org

What is memory and why do we want it?

Well, according to psychology, **memory** is set of the three processes that encode, store, and retrieve information. Encoding is our receiving information from the outside world which reaches our senses in the forms of chemical and physical stimuli, and processing and combining the information so that we may store the memory. Storage is the second memory stage or process, so that we can maintain information over (long) periods of time. The third process is retrieval or recall or recollection of information that we have stored.

Given a random seven-digit number we may remember it for only a few seconds before forgetting, suggesting it was stored in our **short-term memory**. On the other hand, we can remember telephone numbers for many years through repetition; this information is said to be stored in **long-term memory**. In the brain, long-term memories are maintained by more stable and permanent changes in neural connections widely spread throughout the brain.

Recognition memory occurs when you have encountered a stimulus (like a picture or a word) before. **Recall** memory is about retrieving previously learned information. For example, you might be asked to produce a series of actions you have seen before or to say a list of words you have heard before.

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A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Giving Matters

By Paul J. Miller, PVM Foundation President

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

Memory and Music

Seniornewways.org

Music evokes **Episodic memory** – what was I doing when I heard, or listened to that song?; The sensations, emotions, and personal associations of a particular place or time and the content to be remembered is in the past, retrospective memory.

One of the key concerns is the experience of memory loss, especially because it is one of the hallmark symptoms of dementia-Alzheimer's disease. Memory loss is qualitatively different in normal aging from the kind of memory loss associated with a diagnosis of dementia-Alzheimer. There is no cure, either to aging or memory-robbing diseases. There is a hereditary connection to memory diminishing disease. There are medications that can slow the diseases, and some lifestyle changes that can improve the chances we will not suffer the isolation of lost memory later. But some world-renowned neurologists, psychologists and others have come to believe that a very important **THERAPY** for memory stabilization or enhancement is **MUSIC**.

A recent YouTube video [showed] an Alzheimer's patient in a nursing home, who starts unresponsive — [soon] undergoes a remarkable transformation as he listens to music on a pair of headphones. He is able to actually answer questions and speak about his youth. This is sort of the magic of music that's familiar for those with dementia.

"Even though Alzheimer's and various forms of dementia will ravage many parts of the brain, long-term memory of music from when one was young [very often] remains."

Resident Council

Resident Council Meetings: Every Second Wednesday, the Month at 1pm

From the Resident Council President's Corner: Reflections.

"Happy New Year; It's a time of excitement and anticipation. Let's accentuate the positive, downplay the negative and go forward with hope"

Clenora Byes, Resident Council

Resident Council Officers

Clenora Byes , President	Annie G. Watts , Vice President
Hazel Johnson-Anderson , Treasurer	Mary Austin , Assistant Treasurer
Gwendolyn Battle-Green , Secretary	Cassie Parker , Assistant Secretary
Mary Washington , Sergeant-At-Arms	

PVM RECOGNIZED AS BEST-MANAGED NONPROFIT

We are pleased to report that Crain's Detroit Business has selected **PVM** as The Best-Managed Nonprofit for 2016. **PVM** received the honor "For tackling the complexity of meshing an affordable senior community with increased access to health care and related services for seniors in the surrounding neighborhood and collaborating at high levels to do it..." The Edward N. and Della L. Thome Rivertown Neighborhood, near Detroit's east riverfront, was the driving force behind this award due to innovation and challenges which were met along the way by **PVM** and its partners. United Methodist Retirement Communities and Henry Ford Health System also deserve much credit for making this campus a success.

PVM, throughout its 71 year history, has been known for innovation and collaboration. All of our thirty villages represent what **PVM** is all about in providing service excellence and a commitment to "embracing the possibilities" that life has to offer at any age. Congratulations to all on receiving this prestigious award. We will transport this same innovative spirit into 2017 and beyond. **Happy New Year to all!**



FAWN (Fighting AIDS With Nutrition):

AIDS is a devastating disease that millions of innocent people suffer from & die. In addition, children are left without family; homeless & destined to rummage for food, child slavery or some other horrific tale. But AIDS is a battle in which YOU CAN MAKE A DIFFERENCE...one can at a time.

If you are interested in providing liquid nutrition to those (men, women & children) suffering from AIDS in Africa, please donate to the cause & learn more about how you can help at Woodbridge Manor. For more info, please fightingaids.org

PENNIES from HEAVEN

Woodbridge Manor (WM) has established its very own philanthropic endeavor to help those less fortunate for the betterment & empowerment of others for a more just environment for all. We give because we can & we continue because we must. With the collection of simple soda plastic/cans, bulk hygiene & warming items, WM is able to donate without putting the participant, both the recipient & donor, in a financial hardship.

THANK YOU TO ALL WHO SUPPORTED WM's Friends & Family RESIDENT FUNDS

Friends & Family Events

- Octoberfest Feast
- Resident Thanksgiving Dinner & Brunch
- Holiday Party Brunch & Crafts

Woodbridge where will YOU go & what will you do next....

It's Your Life. Live It Well

By Tom Wyllie, PVM Director of Wellness

MESH: The Key to Healthy Aging

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. 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 to be an Olympic athlete to reap the benefits.

All we need to do is get off the couch and take a stroll. If we did this 4 times a day for just 5 minutes 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.

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.



SAFETY FIRST

- 1) **FOBS Are For Residents Only**
- 2) **Do Not Open the Door/Allow Strangers To Follow You Into the Building**
- 3) **Wear Your Life Line Pendant & Keep Your Charged Cell Phone With You**
- 4) **Look Out For One Another & Check On One Another**
- 5) **Report All Work Orders ASAP**
- 6) **Go To Tenant Committee Meetings & Read The Bulletin Board**
- 7) **All Guests Must Sign In & Use The Main Entrance**
- 8) **Do Not Travel Alone After Dark**
- 9) **Keep All Common Area Doors Closed When Not In Use**
- 10) **Make Sure That Anyone That You Allow Into The Building/Gate Identifies Who He/She Is. You Don't Know Anyone Named "It's Me"**

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
McCoy Hicks, Jr.	Dakima Jackson	Paul Johnson, III
Lynda K. Jeffries	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.

January Birthdays CapricornAquarius

Gloria Pender.....01/01	Paul Revere.....War Hero
Carolyn Curry.....01/02	Cuba Gooding, Jr.Actor
Myrtis Turner.....01/03	Eli Manning.....Football Player
JanieGhist.....01/04	Sir Isaac Newton.....Scientist
William Vaughn.....01/05	Alvin Ailey.....Choreographer
James Arnold.....01/09	Richard Nixon.....US President
Vannessa Clark.....01/10	George Foreman.....Boxer
Cassie Parker.....01/15	Martin Luther King, Jr....Civil Rights Leader
Elgie Myles.....01/17	Michelle Obama.....First Lady
Lorene Johnson.....01/18	David Ruffin.....Singer
Norman Oglesby.....01/18	Cary Grant.....Movie Actor



“...and many more!!!”

Maintenance Corner

- Do not put boxes down the garbage chute. Breakdown ALL boxes and place them in the first floor level refuse room
- Do not leave trash and untied garbage bags on the floors of any refuse room.
- Smoking is allowed ONLY in the outdoor designated areas, NOT in the building or apartments
- Candles and incense are prohibited from being burned in the building
- Woodbridge grey carts are to transport groceries ONLY. Management asks that ALL carts be returned immediately to the first floor vending area after use

Overnight Guests

Residents MUST complete the Extended Guest Form when a visiting guest(s) stays at the resident's unit for an extended time. **An extended guest is defined as 1) anyone staying in a resident's unit during the hours of 10 pm through 8 am and, or, 2) anyone staying at the resident's unit for an extended period of time of 7 hours or more.**

All resident's guests are allowed to stay no more than 21 days per year.

Management asks that the resident please return the completed forms to the office. All Extended Guest Forms should be turned into the office no later than the following day.

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

Shelia Cusic
Administrative Assistant

**TBA, National Church
Residences**
*Resident Community & Social
Worker Coordinator*

Phone: (313) 494-9000

China Dew
Head, Housekeeping

Thomas McGee
Head, Maintenance

Ms. Maggie Lee
Village Mascot



EMERGENCY NUMBER

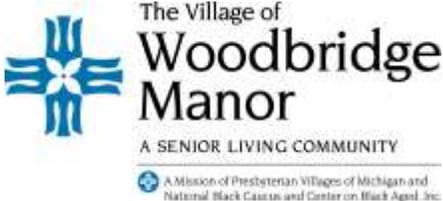
(313) 319-2018

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



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Detroit, MI 48201

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

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