



# Village News



## Embrace the possibilities

420 S Opdyke Rd • Pontiac, MI 48341 • [www.pvm.org](http://www.pvm.org)

January 2018

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### Notes from the Administrator

The New Year has arrived and along with it a renewed spirit of enthusiasm and energy is emerging at the Village as we plan the coming year. Our Wellness and Events team has an amazing, spectacular and diverse array of choices for your benefit. The Village will be offering choices including low impact stretching, Zumba style exercise, yoga, personal training and help with aches and pains through wellness to trips and events that will keep everyone busy and smiling. Want to feel better every day? Ease the nagging aches and pains? Have better mobility and balance? We have the answer for you through our enhanced 2018 wellness program. Look for a catalog of classes to choose from coming in early 2018.

As we move through 2018 we will continue our annual unit inspections to ensure your safety and security in your home. To assist the staff with the inspections we ask that when you receive your notification to please have your unit ready by keeping the utility closet access free and clear so the furnace and hot water tanks can be checked and filters changed. Ensure your exits are free and clear of furniture and personal items. Your help will make the process go smoothly and efficiently.

With the recent extreme snow event in December we need to be reminded that everyone is working diligently to keep the grounds safe and snow free but it does take time to complete the process. Please be patient and careful after snow events when walking around the common grounds.

The Village has an automated One Call System we utilize for informing the residents of everything from event updates to important Village information. When you see a call you missed from the office please check your messages first before calling the office back to inquire about the call. After we use the one call system we are getting overwhelmed with calls from residents about the missed call they just received. So again please remember to check your messages before calling the office back, thank you so much...

Lastly a friendly reminder and note that when paying your rent an envelope is not necessary. The two rent boxes are locked and secured and when envelopes are used the fill up very quickly and start to overflow leaving no room for additional deposits from residents. So please keep your envelopes and just slip the check or money order in the box and you are all set.



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

## Older adults can THRIVE because of donors like YOU!

Going to the mall to return gifts today?...Or grocery shopping? 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. Michigan has moved from the **30<sup>th</sup> oldest state** in the USA to the **10<sup>th</sup> oldest**.



This is what Thriving looks like!

### *So what?*

More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

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

Thank you for caring and THANK YOU FOR GIVING!!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

Paul J. Miller, CFRE

# A GIFT IN YOUR WILL

*can change  
the lives  
of seniors.*



Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a  
charitable bequest...**



**Presbyterian  
Villages**  
OF MICHIGAN  
THE FOUNDATION

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

**248.281.2045**  
[mylegacy.pvmf.org](http://mylegacy.pvmf.org)



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## 10 TIPS FOR IMPROVING BRAIN HEALTH

This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

- 1) **BREAK A SWEAT.** Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.
- 2) **HIT THE BOOKS.** Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.
- 3) **BUTT OUT.** Quit smoking. Smoking increases your risk of cognitive decline.
- 4) **FOLLOW YOUR HEART.** Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.
- 5) **HEADS UP.** Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.
- 6) **FUEL UP RIGHT.** Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.
- 7) **CATCH SOME ZZZ'S.** Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.
- 8) **TAKE CARE OF YOUR MENTAL HEALTH.** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.
- 9) **BUDDY UP.** Pursue meaningful social activities. Staying socially engaged supports brain health.
- 10) **STUMP YOURSELF:** Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides short and long-term brain benefits.





## OFFICE NEWS

BY HILLARY VANDENBERG  
ADMINISTRATIVE ASSISTANT

### Happy Winter, Village of Oakland Woods!

So far we have had quite a snowy start! I would like to remind residents that we hire a plow service that plows our streets and parking lots. Sometimes there will be some snow left on the paths from the wind shifting it, but the service usually makes multiple trips out to plow and clean up any snow issues. However if you feel like there are unsafe walking conditions, you can still call the office and we will try our best to address the situation.

It's also important to use your judgment after a snow storm. If it's early in the morning and the sidewalks and parking lots have yet to be attended to, please exercise extreme caution when walking outside. We want everyone to be safe and accident-free this winter!

The apartment residents who have recertification interviews with me in January are: **3B, 7C, 9A, 11B, 12A, 13A, 13D, 16C, 18B, 19D, 21B, 22A, 24C, 27B, 28C, 29A, 30C, 31B**, . You should have received your interview packet in the mail listing everything you need to bring to our meeting. If you have any questions, please don't hesitate to call me.

### You Lost it, We Found it!

We have one new item in our lost and found this month. It is a large earring that was left behind during our annual holiday party.



I hope everyone has a safe, fun and fantastic January!



# Service Coordinator News

By Danette Pye,  
Service Coordinator



**Quote:** “The year is yours, what will you do with it”?

## **WELCOME**

Hello and Welcome new residents of the Village of Oakland Woods. My name is Danette Pye and I am your Service Coordinator. I look forward to reaching out and speaking with you concerning who I am, and what I can do to assist you.

## **“Helping Me Help you”**

My pleasure is to work with each resident and provide you with all the attention you need. Therefore, please schedule an appointment with me to ensure you will receive my undivided attention.

## **Helpers At Home**

Join us for a presentation by **Helpers at Home January 22, at 2:00 p.m. in the Community Room** as they provide information on how they can assist with In-Home recovery. Some examples would be: In-home companionship, grocery shopping and light housekeeping. I look forward to seeing you. ***Refreshments will be served.***

## **National Health Awareness Month**

January is National Blood Donor Month and Glaucoma Awareness. Please see your Service Coordinator to more information.



# Wellness Coordinator News

By Daniela Blechner,  
Wellness and Activities Coordinator

## WELLNESS UPDATES:

**Happy New Year Oakland Woods! I hope that everyone had a happy and safe holiday with loved ones, and now with the fresh start of a new year, we are all ready to make 2018 the best year yet! This, of course, is the time of year for new goals and resolutions to be made, and with this in mind, I have somewhat of a “challenge” for each and every one of you.**

**My request to you is to try something new in 2018. Change can be a tricky concept, especially when routine is so comfortable and safe. However, sometimes trying something new, or adjusting your routine slightly, can be exactly what you didn't know you needed. I encourage you to look within your community here at Oakland Woods and see how just the slightest shift may make a world of a difference. Perhaps, the change could be coming up to the Community Center for an event, or dropping in to a fitness class you've considered trying in the past, or even simply introducing yourself to a neighbor in your area you haven't met yet. The opportunities, both big and small, are endless! It is taking that first step and leap-of-faith in trying something new that is the hardest part. So, with the encouragement of a new year, and a full 12 months ahead of us to experiment and attempt new things, I urge you to find that fearless inner child and dive in to new adventures, activities, friendships, and opportunities for 2018!**



# JANUARY EVENTS

**Coloring Book Activity:** Let's keep this monthly activity going strong, and meet again on Friday, January 5th at 2:30pm! Bring your favorite coloring supplies, or opt to use the books and pencils provided by Wellness. Either way, all are welcome to take some time out of their Friday afternoon to join in some relaxing coloring, conversation with friends & neighbors, and some light refreshments. Please be sure to sign up in advance for this activity!



**Tropical Bingo With the Village of Holly:** We have invited our friends at The Village of Holly to join us for an afternoon of Tropical Bingo on Monday, January 8th at 12pm! Let's try to beat the cold weather, and pretend we are on a tropical island somewhere while we play some bingo and socialize! Cost for this event will be \$5, and this will include the cost for your bingo cards, as well as food to enjoy during our game. As always, in order to purchase the proper amount of refreshments and supplies, please be sure to sign up at least 24 hours in advance. Thank you!

**Sanders Candy Factory Tour:** We have a tour of the famous Sanders Candy Factory scheduled for Thursday, January 11th, at 8:45am. This is a free event, and will include a tour of the factory facility with a guide, a video presentation, and a chocolate sample! There will also be time to stop at their chocolate and ice cream shop located within the facility. Yum! Our tour time will begin at 9:30am and last approximately an hour.



**Wii Bowling Trophy Ceremony:** Please join us on Wednesday, January 10th for a presentation of the Wii Bowling Tournament Trophy. Our team is now back-to-back champions of this PVM-wide tournament, and we are extremely proud of them! We will host the ceremony around the time that the morning group is usually up at the Community Center, 9am, and I will provide bagels, coffee, and doughnuts for all those participating in the ceremony. Congratulations Cardinals! Way to keep the trophy here at Oakland Woods!



# JANUARY EVENTS CONT.

**Theater Thursday with Comcast:** For our Theater Thursday showing of “Fences” on Thursday, January 18th, our representative from Comcast has graciously offered to sponsor the event with movie snacks, prizes, and giveaways! This Theater Thursday will begin slightly earlier than others, 12pm rather than the typical 1pm. For those who joined us this summer for the Comcast-sponsored Tigers Baseball viewing party, it will be a similar event. If you have questions on your TV, cable, or internet Comcast employees will be at the event to assist you. Join us in the community center for a great film, and some fun extra activities to go along with it!



**Meadow Brook Theater:** Our Meadow Brook production will be on Wednesday, January 24th at 1:15pm. The show is titled “Nana’s Naughty Knickers”, and it looks to be quite the comedy! I hope that several of you are able to take advantage of this completely free event for our residents. The Meadow Brook Theater puts on extremely professional productions, and we have the luxury of seeing them for free. Let’s take advantage of that opportunity!

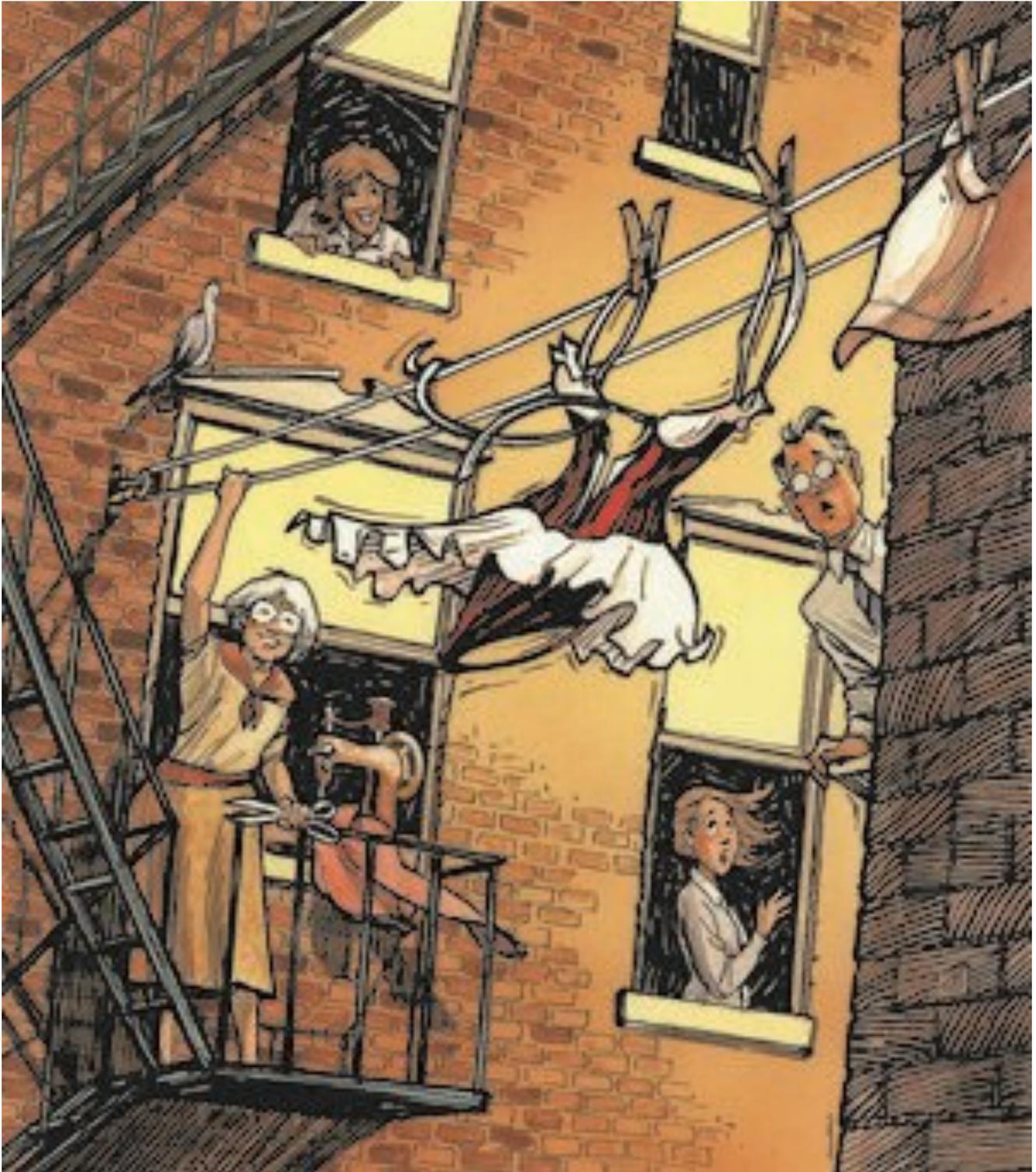
**Board Games at the Center:** It has been a request by several residents to have a regular occurring Board Game activity on our calendar. We will be giving it our first go-around on Thursday, January 25th, at 1:30pm. I will have several board games available to choose from, or you are more than welcome to bring your own and teach it to the group playing! This is a great opportunity to congregate at the center and enjoy some healthy competition with your friends and neighbors! Light refreshments will be provided with this event.



**Birthdays & Bingo Celebration:** You will have one more opportunity to win at bingo in the month of January with our Birthdays and Bingo Celebration on Friday, January 26th at 2:30pm. If you, or someone you know, has a January birthday come join us for a celebration. Sweet treats, drinks, singing, and bingo playing will all be a part of the event! The more in attendance, the merrier!



**MEADOW BROOK THEATER PRESENTS:**  
**NANA'S NAUGHTY KNICKERS**

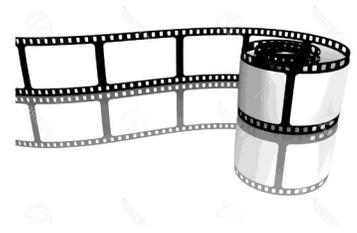


Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget.

# OAKLAND WOODS ON THE GO!



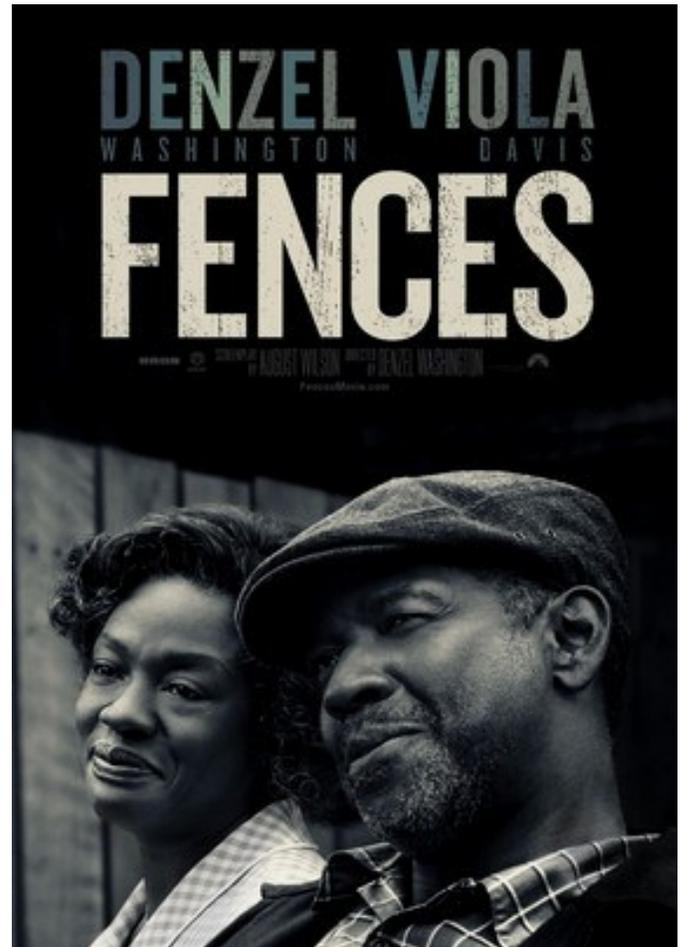
# Theater Thursday



**Thursday, January 4, Now You See Me 2:** Who better than a band of illusionists to pull off a heist that leaves everyone bewildered? In this mind-bending sequel, the Four Horsemen do it again, this time with the intent of exposing a shady technology tycoon.

**Thursday, January 18, Fences:** Working as a trash collector in 1950s Pittsburgh, Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race. \*\*

\*\*The showing of Fences will begin at 12pm, rather than the usual 1pm time, and will be sponsored by Comcast.\*\*



## Snow is Falling

*Snow is falling on the ground  
Turning everything white all around  
It floats down gently on a breeze  
Covering the rooftops & the trees  
Snowflakes dance on my windowpane  
Making patterns over & over again.*

*Snow is falling freezing ice.  
A winter wonderland looks so nice  
To leave our footprints where we go  
Trudging through the crisp white snow  
Telling tales round the fire we sit  
Warm & cozy safe from winters grip.*

*Snow is falling without a sound  
Drifting swirling down down down  
Creatures give their shivers & shakes  
Nesting away as the white sky breaks  
Brilliant whiteness all around  
Snow is falling on the ground.*



## **Birthday Celebration!**

The Birthday Party will be held on Friday, January 26th. Please join us in the community room at 2:30pm for refreshments, bingo and prizes!

**Kathleen Stanley ..... 1/3**  
**Tashika Johnson ..... 1/9**  
**Siney Morton ..... 1/12**  
**Nancy Washington .... 1/13**  
**Edwin Byrd ..... 1/18**  
**Barbara Edridge ..... 1/20**  
**Arretta Allen ..... 1/20**  
**Betty Ridley ..... 1/20**  
**Mary Alice McNeal ..... 1/20**  
**Will Baldwin ..... 1/30**



## **New Years Wish**

**May peace fill all the empty spaces around you  
And in you, may contentment answer all your wishes.**

**May comfort be yours, warm and soft like a sigh.  
And may the coming year show you that every day  
is really a first day, a new year.**

**Let abundance be your constant companion,  
so that you have much to share.**

**May mirth be near you always, like a lamp  
shining brightly on the many paths you travel.**

**May you be true love.**



# Resident Council News

By *Judy Shatto*,  
*Resident Council President*

## Christmas Party

Didn't we all have a great time at the party? We want to especially thank Daniela for organizing the party. We would also like to thank our hard-working staff and the new caterer!



The decorations were colorful and the Christmas trees (set-up by our decorating committee) were beautiful. It seems all agreed that the new catering company was up-scaled and delicious. Check out the pictures in the January Newsletter and on the TV in the lobby that I was able to capture with my camera!

## Deer Crossings



We have many deer running throughout our Village this time of the year, so Please Slow Down when driving and watch out for the deer crossing over the roads. We should never be driving more than 25 mph anyways in our complex. Please be cautious of the deer as they run into the woods throughout our Village.

## Soliciting

It is against our management rules to be bothered by any and all soliciting on our property. There are two signs posted at each entrance to the Village. All solicitors need to have prior permission from the office before they come to your door (which is rare for them to receive permission). Report any unwanted solicitation to the office, always, even if they come by after hours or on the weekends. Also, do not allow them into your apartment or cottage. Thank you.



## Resident Council Board

**Judy Shatto**, *President*

(248)499-8574

**Becky Bolden**, *Vice President*

(248)766-3684

**Philena Holdridge**, *Secretary*

(248)977-3038

**Joyce Parlor**, *Treasurer*

(248)210-5678

**Ruthie Griffin**, *Sympathy Cards*

(248) 322-4222

# Resident Council News

By Judy Shatto,  
Resident Council President

## Snow Removal

Kevin is currently working on a schedule and adjustment to our procedures for an easier snow removal policy. In the meantime, the current policy is manageable if all residents cooperate and work together. Please be sure to listen to any One Call messages sent out by the office, which will indicate when the snow removal company will be visiting. During the time that the snow plow is visiting your area, all cars must be removed from the parking lot. Please be aware of this, and work together as an Area to allow for easy and efficient snow removal. When policy updates are available we will notify you. Thank you.

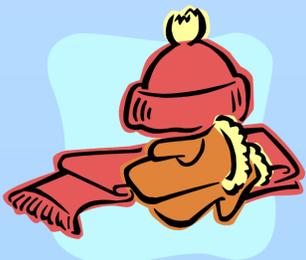


## Resident Council Meetings

We voted to discontinue meetings for Resident Council in November and December. Our next meeting is scheduled for Tuesday, January 23, 2018 at 2:00pm. All VOW residents are welcome to attend. We would like to see YOU there, too. It is an informative meeting, but, we do have some fun along the way too!



## Hats, Mittens, and Scarves Donations:



We are still collecting donations for our hats, mittens, scarves, and sock drive. The blue box in the main lobby is where you can drop off your donations. Please be sure they are new items, not used. Thank you for your support and your generosity!

# AS THE VILLAGE TURNS

## AS THE VILLAGE TURNS

### *2017: Remembering the Old Year*

What accomplishment are you most proud of?

What was your most embarrassing moment?

Who did you meet this year?

What was your fondest memory?

What new skills did you acquire?

What places have you been?

Who did you spend most of your time with?

What surprised you most?

How did you serve others?

How were you served by others?

### *2018: Ringing in the New Year*

What characteristic do you want to develop?

What will you change about your daily routine?

How do you waste time and how will you fix it?

What talent/skill do you want to develop?

What is a bucket list item you will check off?

Who most needs your help and love this year?

What will you change about yourself physically?

How will you find more inner peace?

# January 2018

## National Glaucoma Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <b>OFFICE CLOSED</b> <b>HAPPY NEW YEAR!</b> 	2 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Kroger	3 9:00 Prayer Group 10:00 Strength Training 1:00 Sit & Be Fit	4 9:00 Balance & Core 1:00 Theater Thursday	5 10:00 Stretch & Flex 10:45 Morning Meditation 2:30 Coloring Book Activity	6
7	8 10:00 Strength Training 12:00 Tropical Bingo w/ the Village of Holly! <b>NO ZUMBA</b>	9 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Walmart & Chase	10 9:00 Wii Bowling Trophy Ceremony 9:00 Prayer Group 10:00 Strength Training 1:00 Sit & Be Fit	11 <b>NO EXERCISE</b> 8:45 Sanders Candy Factory Tour <b>FRUITS &amp; VEGGIES</b>	12 10:00 Stretch & Flex 10:45 Morning Meditation	13
14	15 <b>OFFICE CLOSED</b> <b>FOR</b> <b>MLK DAY</b>	16 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic & Bingo 1:00 Aldi	17 9:00 Prayer Group 10:00 Strength Training 1:00 Sit & Be Fit	18 9:00 Balance & Core 12:00 Theater Thursday: Sponsored & Hosted by Comcast <b>FOCUS HOPE</b>	19 10:00 Stretch & Flex 10:45 Morning Meditation	20
21	22 10:00 Strength Training 1:00 Zumba 2:00 Helpers at Home Presentation	23 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic & Seminar 2:00 Resident Council Meeting	24 9:00 Prayer Group 10:00 Strength Training 1:15 Meadow Brook Theater <b>NO SIT &amp; BE FIT</b>	25 9:00 Stretch & Flex 10:00 Meijer 1:30 Board Games at the Center!	26 10:00 Stretch & Flex 10:45 Morning Meditation 2:30 Birthdays & Bingo Celebration	27
28	29 10:00 Strength Training 1:00 Zumba <b>FREE TABLE</b>	30 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Hollywood Market	31 9:00 Prayer Group 10:00 Strength Training 1:00 Sit & Be Fit	1	2	3

**FEBRUARY**

**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**

## Village Staff

**Kevin Centala**  
*Administrator*

**Sharon Benton**  
*Administrative Assistant*

**Hillary Vandenberg**  
*Administrative Assistant*

**Danette Pye**

*Service Coordinator*

**Daniela Blechner**

*Wellness and Activities Coordinator*

**Matthew Myers**

*Maintenance Supervisor*

**Brian Gunner**

*Maintenance Tech*

**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)

**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

