



Village News



Embrace the possibilities

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

January 2019

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Notes from the Administrator

We hope your Holiday season was filled with joy, fun, food, family and friends! We can't talk enough about this year's Christmas Party, we had over 100 people in attendance for the evening! Incredible and very heartwarming to know all of you care enough to spend some time of your time enjoying the Holidays with us, thank you. As we transition from the Holidays into the winter season we want to remind everyone that the snow and ice will begin soon and as we move through this winter to ensure resident safety we will be extra vigilant in our snow removal duties. However; we do need help and it is part of the snow removal policy. First the contractor always does the roads and entrances first. They will begin removal once the snow has stopped. After the roads come the sidewalks, driveways and porches. We live in quite a large Village and it takes some time to get all of the area cleared and treated so be patient with us. Please review the attached snow removal policy for more details. One important detail in the policy is that the snow build up between parked cars can't be shoveled or a snow blower used without risking damage to your vehicles. These areas can only be cleaned once your vehicle has been moved. It is the resident's responsibility to move your vehicle the day after the snow removal was completed when the snow removal company will return to clean up the remaining parking areas. **If you need assistance moving your vehicle please call the office or ask a friendly neighbor to assist you. If we all work together we can keep the Village looking fine through the Holidays.**

With the addition of our new Wellness Program Coordinator, Jon Hayes the wellness schedule is back in full swing. Take a look at some of his new courses and opportunities to get those steps, stretches and bends in to keep our bodies loose and limber during the cold season, very important. In addition to the opportunities listed on the calendar we have special events, informative presentations, games, movies, cards and so much more. The grocery trips are back!!!! **NOTE: Please sign up for any events, activities or trips that you are planning to be a part of. The sign up book is in the lobby entrance and if you can't make it up just call and we will add your name. It is important to plan for how many people will be participating in each activity so it helps to know.**

We need your help! The dumpster enclosures need to be kept free of garbage and debris. Each dumpster has a plastic easy slide side door that should be used if you can't throw it in over the top. When you leave garbage bags in the enclosure, raccoons, squirrels, skunks and other animals immediately tear into it and it leaves an unsanitary mess that our hard working maintenance team has to deal with each morning. So on their behalf we beg you to be watchful of putting the trash into the dumpster not just the enclosure. The maintenance department thank you in advance.

The office will be closed at 2:00 p.m. on Monday December 24, 2018 and again on Monday December 31, 2018.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:



The Village of Oakland Woods

Snow Removal Policy

Snow removal from roads and walkways should be completed by 11 A.M. on snow days when there is a 2-inch or more accumulation. There MAY be a delay on weekends and holidays.

Snow removal from the parking area will be as follows:

Residents **MUST** remove the snow from their vehicles and move their vehicles as directed by maintenance. This will allow the contractor ample space to maneuver equipment and efficiently clear away snow and spread salt.

All vehicles need to be moved to an area that has been cleaned out by 10:00 A.M.

If the resident is unable to remove his/her vehicle for **MAJOR** health reasons, he/she must make prior arrangements with someone to move his/her vehicle to another location during snow removal.

If resident plans to be away from the property overnight or for a vacation and will be leaving his/her vehicle parked in front of their building, he/she must notify the office with the name and telephone number of the person who will be responsible in his/her absence case of an emergency.

If after snow removal has been completed your parking area is still icy, please let management know. We can order additional salting for your safety.

Inoperable vehicles are not allowed on the property. If they are not removed, they will be towed at the car owner's expense.

Questions and concerns about snow removal should **ALWAYS** be brought to the attention of Management. Management does recommend that residents purchase a small amount of salt (that should be stored inside) for emergency use.

Resident safety is always a priority with Maintenance and Management. Residents need to take extra precautions during cold, icy, and wet weather. Please dress warmly and wear rubber-bottomed boots or shoes that grip the ground better. Remember to always report, "black ice", water puddles, or other slippery spots. We cannot be everywhere at once, but with your help, conditions will be much safer for all!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Life Without a Car – Part 3

This is the third article in a series of articles I have been writing about living life without a car when my car was in the shop for some minor repairs. Last month I shared my experience using Lyft for transportation. This month I am going to introduce you to Shipt.

I first learned about Shipt a couple of years ago when visiting my older sister in Florida. Because I have unique dietary needs, the day I arrived she informed me that we needed to go grocery shopping to make sure we had enough of the right kinds of food. That's when she pulled out her phone and essentially said, "what should we get?".

I was a bit confused. Apparently, we weren't going to go to the grocery store to shop, we were going to "shop" with her phone using Shipt. Shipt is an on-demand grocery shopping service that you access using an app on a smartphone. You select what you want, place an order, someone on the other end claims it, goes to the store and does the actual shopping for you, and when done brings the groceries to wherever you are, usually at your home.



I watched this process unfold utterly amazed. After we filled our online shopping cart with what we wanted, my sister placed the order and selected a delivery time from the list of available times presented, all of which were just a few hours away from the current time. Within about an hour of the delivery time, she received a notification on her phone that someone had claimed her order that included the name and photo of the person who would be shopping for us.

When that person began shopping, she sent a text directly to my sister letting her know and asked her if she wanted to add anything else. As the shopping progressed, if the store didn't have an item my sister would get a text from the shopper with a recommended substitute that my sister could accept or reject. She even received a photo of the bananas the shopper planned to buy so we could make sure they were as ripe as we had requested.

It took the shopper about an hour to finish shopping. Before she left the store, she sent one last text letting us know her estimated time of arrival. When she arrived, my sister invited her in. The shopper placed the groceries on the counter then quickly went on her way. I could hardly believe it. We went grocery shopping without leaving my sister's house.

Flash forward a couple years. I am without a car and as luck would have it, I am of course out of food. That's when I remembered my experience at my sister's. Time to fire up Shipt so that I could go grocery shopping without a car. Next month, I'll let you know how it went.



Office News

By Hillary Vandenberg

Administrative Assistant

Happy New Year, residents! I hope everyone who attended the holiday party had a fun time! It was really great seeing everyone!

The following people have recertification paperwork due to me by Monday, January 7th: 21B, 30C, 27B, 37D, 38A, 13D, 24C, 28C, 16C, 9A, 19D, 29A, 15A, 31B, 18B, 32C, 3B, 22A and 33C.

If you have already turned your documentation into the office, **you do not need to do anything at this time.** If you still have to turn in your paperwork, please get it in as soon as you can. You do not have to fill out the verification forms, only sign your name and fill out the checklist. You can also date the papers with the current date. Please let me know if you have any other questions.

I hope everyone has a fantastic 2019!



Service Coordinator News



**LET'S START THE YEAR OFF RIGHT. KNOWLEDGE IS POWER!
MARK YOUR CALENDARS!**

Wednesday January 9, 12:30 p.m. Kathleen Yanik, will be here from Area on Aging 1b, talking about programs & services that you can benefit from.

Wednesday, January 16 at 9:30 A.M. Dr. Neal Kruman, podiatrist will be here. If you want to see the doctor, sign up.

Lastly, Wednesday January 23 at 12pm Anna Mckerracher from miracle ear will be here to educated us on miracle hear & free hearing tests that can be done
Any questions on any of the above, call Sue at 248-334-4379.

Remember to sign up in the sign up book, if you are planning to attend any of the above.

Have a blessed, healthy & happy 2019

- Sue



Wellness News

Jon Hayes
Wellness Coordinator

Happy New Year Everybody! I do not know about you, but I am looking forward to a fresh start of the year. I have now been at Oakland Woods for just over a month now, and again cannot thank all of you for making me feel so welcomed! It has been a big change for me coming out of the typical “gym” setting into a “living” environment and thank you all so much for being so patient with me in the adaptation process.

That being said.. I am very excited about the month of January! I have worked at developing our new exercise programs which will kick back of on **Wednesday January, 2**. You will see 2 new class offerings: VOWFit (*held on Mondays, Wednesdays, and Fridays at 9:00am*), and an Exercise Demonstration Class (*held on Mondays at Noon*). The description for both of these are on the next couple of pages. I am also bringing back a fan favorite, Sit and Be Fit (*Tuesdays and Thursdays at Noon*).

Not only are big things happening in the exercise world, but great news! The bus is back up and running! Be excited for shopping trips, lunch outings, and... Meadowbrook theater this month, with more options to be expanded into at a later time! Please sign up for the outings in the activities binder.

Finally, January is a new year. Some may even call it a “fresh start”. Therefore, I could not be more excited to help guide all of the new years resolutions! I am launching a 6 week Wellness Challenge that will begin on **January 1st**. You can read all about this Challenge on the next pages.

Use this new year as a “fresh start”. I cannot wait to see everybody at the events coming up, and If we have not met, I would love to meet you at the Meet and Greet on Thursday, **January 10th!** Stop in and Say Hello! Take Care!





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VOWFit

VOWFit will consist of properly training the 10 General Physical Skills of Fitness: Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy. Composed of Functional Movements (the every day life movements) that are constantly varied, and performed under different intensities. A great opportunity for a great workout!



Class Times:

Monday's, Wednesday's, and Friday's

9:00am



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EQUIPMENT

DEMONSTRATION

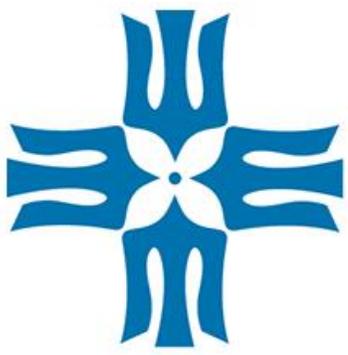
Learn the basics of using the Fitness Center Equipment. Proper mechanics of the equipment will be reviewed and proper education on how many repetitions, sets, and proper resistance for each exercise. A perfect opportunity for somebody new to fitness!



Class Times:

Monday's

12:00pm



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SIT & BE FIT

Sit & Be Fit focuses on strengthening muscles and increasing range of movement for daily life activities.

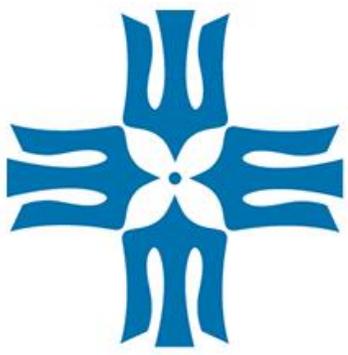
Equipment that will be used include: hand-held weights, elastic tubing with handles and a resistance ball. The chair will be crucial for seated exercises and standing support.



Class Times:

Tuesday's and Thursday's

12:00pm



The Village of Oakland Woods

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6 Week Challenge

The 2019 New You 6 Week Challenge is designed to be a “fresh start”. This challenge will take place January 2nd through February 8. This challenge is based upon participation in the Wellness Classes and Personal Training Sessions. All participants are eligible for a prize at the end Points are as Follows:

- Personal Training Sessions = 50 Points
- Exercise Equipment Demonstration Classes = 40 Points
- VOWFit = 30 Points
- Sit and Be Fit = 20 Points

See Jon In the Wellness Office for more Details!

JANUARY EVENTS

COME PLAY CARDS!

Join us in the Community Room for Euchre every **Wednesday at 10:00 AM!** Decks of cards and learning opportunities will be provided!



Adult Coloring Activity

Coloring fun will take place at **January 3rd at 2 PM.** Books and print out sheets will be provided.



The Price is Right!

We will be having a special guest come and play The Price is Right on **Friday, January 4th at 10:00AM.** Come, have fun, and maybe win a prize!

MEET AND GREET

This event will take place on **Thursday January 10th at 12:00PM** in the Community Center. An excellent chance to meet the new hire staff at the Village of Oakland Woods, ask questions, and get snacks, too!

PVM Corporate Board Visit

Members of the PVM Board will be here on **Thursday, January 31st** and want to get to know our residents! Hope to see you all there! Board members will be here at **3pm.**

JANUARY EVENTS

MEADOW BROOK THEATRE PRESENTS:

A Fox on the Fairway

A tribute from Ken Ludwig to the great English farces of the 1930s and 1940s, *A Fox On the Fairway* takes audiences on a hilarious romp, which pulls the rug out from underneath the stuffy denizens of a private country club. Filled with mistaken identities, slamming doors, and over-the-top romantic shenanigans, it's a charmingly madcap adventure about love, life, and man's eternal love affair with...golf.



***Come see
Jon in the
wellness
office for
Tickets.***

Theater Thursday

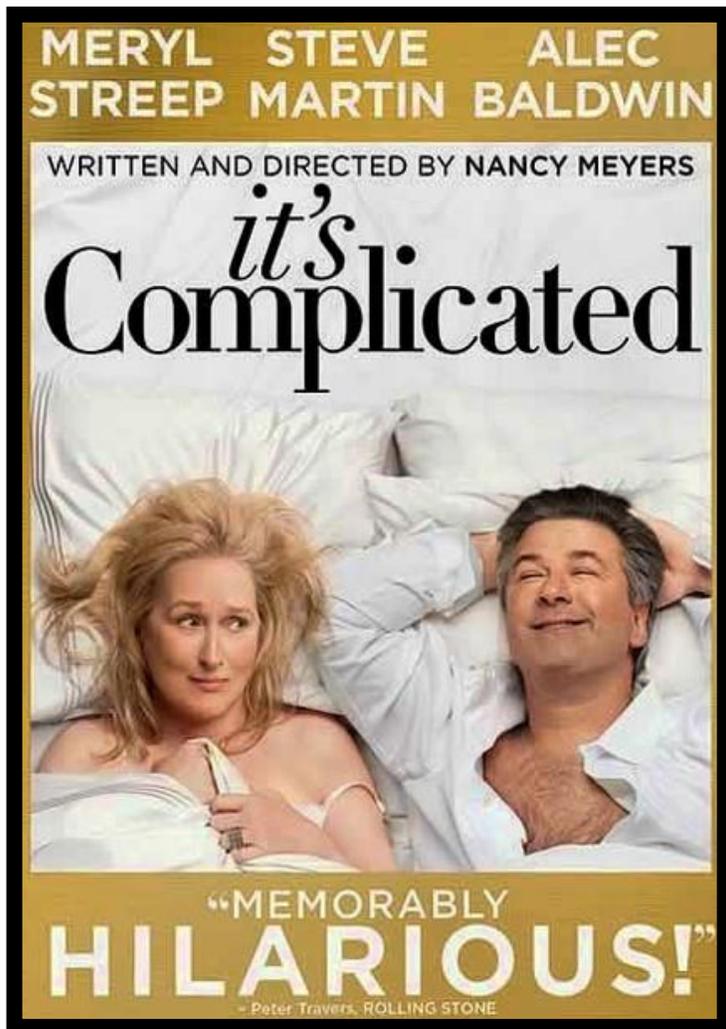


Thursday, January 10th, It's Complicated (Presented by Comcast):

Ten years after their divorce, Jane (Meryl Streep) and Jake (Alec Baldwin) unite for their son's college graduation and end up sleeping together. But Jake is married, and Jane is embarking on a new romance with her architect, Adam (Steve Martin).

Thursday, January 24th, Selma:

Commemorating the 50th anniversary of the 1965 civil rights march from Selma, Ala., to Montgomery, this stirring historical drama highlights the courage of the marchers as they withstand racist and violent attacks by the police.



Birthday Celebration!

The Birthday Party will be held on **Friday, January, 18**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Kathleen Stanley	1/3
Tashika Johnson-Powell	1/9
Siney Morton	1/12
Nancy Washington	1/13
Ronald Kowalski	1/16
Johnny Bullock	1/16
Patricia Jennings	1/16
Edwin Byrd	1/18
Barbara Edridge	1/20
Arretta Allen	1/20
Mary Alice McNeal	1/20
Betty Ridley	1/20
Sandra Nichols	1/23
Geraldnette Lancaster	1/25
Will Baldwin	1/30
Patricia Vaughn	1/30



*Happy New Year
If it didn't bring you joy
just leave it behind
Let's ring in the new year
with good things in mind.*

*Let every bad memory
that brought heartache and pain
And let's turn a new leaf
with the smell of new rain*

*Let's forget past mistakes
making amends for this year
sending you these greetings
to bring you hope and cheer*

Happy New Year



Resident Council News

By *Judy Shatto*,
Resident Council President

Happy New Year VOW Residents!

The Resident Council has some entertaining ideas for 2019 that we will share later on so READ your monthly newsletter.

Winter Collection:

We ask that you generously help us collect donations of NEW ONLY -- both adults and kids, knit hats, gloves, mittens, knit scarves and socks starting in January thru February. Drop them in the decorated box located in the lobby of the community center. We will donate them to a warming center and/or to the Pontiac Baldwin Center. We appreciate your help.

Private papers etc.:

It is that time again to offer here at VOW a place to take your PRIVATE PAPERS and DOCUMENTS ETC. and have them securely shredded . The SHRED-IT company, that we also use, container or bin will be located in the lobby for you to deposit ONLY your PRIVATE PAPERS. It will be available through the month of January!

Remember, we have five containers for Regular Recycling located outside by the garage. Our recycling here at the Village has been very successful and these containers are for regular papers, newspapers, magazines, paperboard (cereal boxes etc.) and plastic containers and cans. No glass or cardboard boxes can be deposited yet at this time.

PVM Corporate Board:

Our PVM Corporate Board will be here on January 31 at 3:00pm for a meet and greet with the VOW Residents. Please attend and take advantage of this special opportunity to meet and ask your questions. Be kind and respectful.

Free Table:

The Free Table is back! It will start the week of **January 14** and will be available all that week only. It will be done quarterly this year unless we have such a demand to consider offering it more often. So, get out those clean and gently used clothes and items you just do not have room for and bring them up to "to the free table!" Think of the old saying---"One person's trash is another person's treasure!" For larger items for sale or wanted or services, we have a resident bulletin board located in the activity room that you may post items.

Our first Resident Council Meeting will be on Tuesday January 22, 2019 at 2:00! Please attend and you will see that even though it is a meeting, we have some fun, too. You also may win a free carpet cleaning offered by Roger Davis each month but you have to attend to win! See YOU on Jan 22 at 2:00.

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

Something is hidden in our monthly newsletter. Can YOU find it?

Each monthly newsletter will have a hidden item for you to find. Drop your answer in the dining room suggestion box. Please use the entry form provided. Be sure to include your name, the newsletter page number, and where on the page it was found. The monthly drawing for the winner will happen at our Resident Council Meetings. You must be present in order to win.

For the month of January, locate the magnifying glass () hiding. Good Luck!

Resident Council News

By Judy Shatto,
Resident Council President

We have two very different books for 2019:

“The Book of Virtues” by William Bennett

This book takes you back in time to refresh your mind of yesterdays: “Diary of Anne Frank: “Rosa Parks,” “If” by Rudyard Kipling, “The Sword of Damacles” “Baldin” and many more. This is a “treasure book.” By the way, this is a donated book, too.

“Strength in What Remains” by Tracy Kidder

This is a remarkable true story how one man came to the U.S., studied to become a doctor and returned to his war damaged country to give his people medical care. It is the kind of book you cannot lay down. You want to know what comes next.

All puzzles are now in the open cabinet in the activity room. Enjoy a winter puzzle.

The Pontiac Book Mobile arrives in January. The date will be posted later. Greg will bring the large print books that you requested.

*During “Free Table” week (**January 14th**) there will be some free books that you may choose to take and keep!*

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



AS THE VILLAGE TURNS

Philena Holdridge

I was born in Watertown, NY on August 19, 1950 and grew up in Adams Center in upstate NY to loving parents. In our area, we are known for our “lake snow effect” that comes off Lake Ontario. I went to college at SUNY Oswego and graduated with a degree in elementary Education with a major in Math/Music.

During that time in college, I came to know Jesus Christ as my personal savior and began to study the bible more. It definitely gave me a desire to share my faith. Chuck (husband) also had trusted in the Lord at that time and we fell in love. We were married Christmas night 1971. At the time, he was in the Air Force, so we went to Denver, Colorado where he was in tech school.

Later that year we were stationed on the Mojave Desert in California and our first son, Tim, was born. I loved motherhood and it was a year later that our second son, Jason, was born. At that time, we were stationed back in Colorado and Chuck was teaching at the tech school.

I enjoyed teaching 2's and 3's in Sunday school and helping Chuck with the Youth Group. I played the piano and organ at church and I did some sewing and helped manage the apartment building that we lived in.

In the summer of 1975, we moved back to New York and my next two girls, Rebekah (1977), and Angela (1978), were born. Chuck was principal and taught in a small Christian School in Oswego, NY and I stayed at home with all of the children, encouraging other moms with Bible Studies and coming to church services and events with their husbands. I loved to cook and bake and spend time with my kids. When all the kids got to school, I helped there as well.

Chuck was at that school for 26 years. We loved this ministry! When he resigned in 2001, he then became a pastor in a Baptist church in Fulton, NY, where we both served. I became involved in a local Pregnancy Care Center with young women and headed up the women's ministry in our church. It was a great blessing to see people come to know the Lord and get involved in the Church.

At this time our parents, Mom (80) and Dad (87), built an apartment onto our country home and moved in with us. I won't say it was easy, but it was so special to eat together and reminisce. I learned so much about them in their final days on this earth.

Soon after they passed away, Chuck's liver began to fail due to Hepatitis C. He had to resign as Pastor, but the church was still very supportive. He required a lot of care, but was able to get a new liver in April 2014. Our children were a big encouragement to us and came to Pittsburgh, PA at the VA Hospital there to see us during the surgery and recovery time. After being put on the list, he had a liver in 2 days. A miracle! As a married couple, this brought us so close and God met our every need.

It was in the spring of 2016 we began to realize our country home was getting too difficult for us to care for. It was at that time we decided to move to Michigan to be closer to three of our four children/spouses and 11 grandchildren. We have loved being at the Village of Oakland Woods and made some wonderful friends here, as well as at our church, Woodside Bible in Troy and Pontiac.

We are Thankful that God has led us each step of the way!



OAKLAND WOODS ON THE GO!



Balloon Volleyball



**2018 Village Chorus
Christmas Sing-A-Long**

Pinecone Creations





January 2019

Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>OFFICE CLOSED</u> 	2 9:00 VOWFit 10:00 Cards	3 12:00 Sit & Be Fit 2:00 Adult Coloring Book Activity	4 9:00 VOWFit 10:00 The Price is Right 12:00 Wal-Mart & Chase Bank	5
6	7 9:00 VOWFit 10:00 Book Club Meeting 12:00 Demo Class	8 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit	9 9:00 VOWFit 10:00 Cards 12:30 Area on Aging	10 12:00 Meet and Greet! 1:00 Theatre Thursday Presented by Comcast <u>No Sit & Be Fit</u> FTUITS & VEGGIES	11 9:00 VOWFit 12:00 Kroger	12
13	14 9:00 VOWFit 12:00 Demo Class 1:00 Sewing Club Meeting <u>FREE TABLE</u>	15 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit	16 9:30 Foot Doctor 10:00 Cards 12:00 Aldi <u>No VOWFit</u>	17 12:00 Sit & Be Fit <u>FOCUS HOPE</u>	18 9:00 VOWFit 2:00 Birthdays & Bingo 	19
20	21 <u>OFFICE CLOSED</u> <u>MLK DAY</u> 	22 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 2:00 Resident Council	23 9:00 VOWFit 10:00 Cards 12:00 Anna From Miracle Ear 1:00 Meadowbrook	24 1:00 Theatre Thursday <u>No Sit & Be Fit</u>	25 9:00 VOWFit 12:00 Meijer	26
27	28 9:00 VOWFit 12:00 Demo Class 1:00 Applebee's for Lunch	29 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit	30 9:00 VOWFit 10:00 Cards 1:00 Balloon Fun	31 3:00 PVM Corporate Board Meet and Greet <u>No Sit & Be Fit</u>		Key: RED = BUS TRIP BLUE = EXERCISE BLACK = VILLAGE ACTIVITIES

**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

Hillary Vandenberg

Administrative Assistant

Ricardo Palacios

Sales, Marketing & Outreach

Sue Carney

Service Coordinator

Jon Hayes

Wellness Coordinator

Matthew Myers

Maintenance Supervisor

Charles Williams

Maintenance Technician

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

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The Village of

