



Village News



Embrace the possibilities

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

October 2016

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Notes from the Administrator

October is upon us and with it brings the splendid and colorful switch from green to fiery red and orange of fall in Michigan. We are so blessed to have such a beautiful campus full of trees and plants that will allow us to enjoy this tremendous time of year. A reminder that as the leaves begin to fall off their branches they will sometimes settle on the sidewalks and other areas we frequent. Be careful and aware of your surroundings so as to not slip on some wet leave patches!

The October calendar again brings a full and diverse collection of activities, informative seminars and wellness classes. We strongly urge every resident to take a look and we guarantee you will find something that fits your schedule and needs. If you missed our first annual sock hop in September then don't be left out again. The signup sheet for all activities and events is located in the community center right by the front door.

WE NEED YOUR HELP! We are always striving to keep the campus as one of the most beautiful in the PVM family but as you all know we can't keep it up alone. Please lend a hand in keeping the community clean and safe by lifting the dumpster lids and ensuring the trash is placed inside the container and not on the side on the ground. This attracts animals and other unwanted visitors. If you are physically unable to lift the lid just please call the office and our handy maintenance crew will assist you with it.

Lastly please do not forget about the Annual Presbyterian Villages of Michigan Foundation's annual Gala. "All That Jazz" will be this year's theme and will be held at Cobo Hall in Detroit on Friday November 11th at 6:00 p.m. Visit the PVM.org website for additional details and ticket information. We hope to see you there.



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

Seniors reap what YOU sow.

Sow seeds of opportunity at the PVMFGala next month!

The air is crisp. The leaves are changing and time is running out to get your Gala ticket!

It's amazing! You can **change a life** by spending a Friday night at COBO Center.

You care about the needs of Michigan seniors. You want to see your parents, your family members—your peers **thrive**.

You can help by coming to the party or—
you can **sponsor a resident's ticket!**

There'll be great jazz, a raffle, a few surprises—AND—**every single ticket sold** has a direct benefit to Michigan seniors.

Harvest this opportunity by visiting PVMF.org/Gala2016 or calling 248-281-2040 today!

PVMF's 13th Annual Gala – All That Jazz!

November 11 at COBO Center

See you there!

Warm regards,

Paul J. Miller, CFRE



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

ALL THAT JAZZ!



**PVM FOUNDATION
2016
GALA**

**NOVEMBER 11TH
COBOL
CENTER**

Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the "Facts on Aging Quiz" first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breyspraak and Lynn Badura of the University of Missouri-Kansas City in 2015*. Do you know which ones are true and which ones are false? I'll publish the answers in next month's column. If you just can't wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser: <http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

- T F It is very difficult for older adults to learn new things.
- T F Clinical depression occurs more frequently in older than younger people.
- T F Personality changes with age.
- T F Older adults have more trouble sleeping than younger adults do.
- T F Physical strength declines in old age.
- T F Older people are happier if they are allowed to disengage from society.
- T F Older persons take longer to recover from physical and psychological stress.
- T F Most older adults consider their health to be good or excellent.
- T F Older workers cannot work as effectively as younger workers.
- T F Research has shown that old age truly begins at 65.



*Breyspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from <http://info.umkc.edu/aging/quiz/>



Service Coordinator News

By Danette Pye,
Service Coordinator

A Special Note to Someone Very Special

June,

I bid you farewell as you take this next step in your life. I'd like to take the opportunity to THANK YOU for educating me on how things are done here at the Village of Oakland Woods. You've been with me every step of the way, and I appreciate it. You will be truly missed, Good Luck in your new endeavors.

~ Danette

COOLEY LAW SCHOOL

The Estate Planning Clinic will be returning to the Village of Oakland Woods. Representatives will be here to assist you with Wills, Healthcare Documents and much more on **October 6, 2016 at 6:30 p.m. in the Community Room.** Those of you that are interested, **Please contact the Service Coordinator by October 5, 2016.**

FLU SHOTS AT THE VILLAGE OF OAKLAND WOODS

Sunshine Home Health Care will be teaming up with Walgreens to provide Flu Shots on **October 11, 2016 from 2:00-4:00 p.m. in the Community Room.** Please have your insurance information available. Walk-Ins are welcome.



Medicare Open Enrollment Is Just Around The Corner

Each Year Medicare drug and health plans can change what is covered and the cost to you. It is important to review your Medicare Part D prescription drug plans each year to make sure that your drugs are still covered at the lowest possible cost. **As of October 15,** you can choose a different Medicare Supplement Plan, Medicare Advantage Plan or Prescription Drug Coverage for 2017. You do **NOT** have to do anything if you plan on keeping the same coverage. **Open enrollment ends December 7, 2016.** Call Danette to review your current plan.

Bingo and Blood Pressure

Join Sabrina Sawson from Sunshine Home Care on **October 11, at 11:00 a.m.** for Bingo and Blood Pressures. Please see your calendar for more blood pressure dates .



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES!

Fall is fully upon us, and with that comes the changing temperatures and hours of daylight. It is important as the weather and seasons change to continue with the healthy habits you established in those warmer months! Don't let the cooler temperatures discourage you from coming to exercise, or taking that morning walk to get the blood flowing! Stick with your health routine to encourage a happier and healthier lifestyle all year round. And as always, if you have questions on how you can continue to stay active even as the weather changes please come speak with me! I am always here to offer a word of advice, encouragement and motivation on your journey for a healthier and more mobile you!

We have quite a few events and outings planned for the month of October. Please check your October Calendar and the next few pages of the Newsletter for more details! The activities I have planned are meant to invigorate your body, mind and spirit, so do not hesitate to sign up and join in the fun! We have a variety of activities planned, and hopefully there is something for everybody—hope to see you there!

Lastly, I wanted to take a brief minute to say good-bye to our dear friend June, who will be leaving this month for warmer weather! She will be greatly missed by myself, the staff and this entire community. I'm wishing you all the best June in your new home down south!



OCTOBER EVENTS

BOOK CLUB: Monday, October 3rd is our official first meeting for our Village

Book Club! If you missed our informational meeting back in September, no worries! You are still welcome to join the Book Club and participate in our monthly meetings. We will be discussing our first book selection, as well as choosing our next book to read as a group. The meeting will take place in the Fireside Room at 1pm.



MICHIGAN SCIENCE CENTER: We will be taking a

trip downtown to visit the Michigan Science Center on Thursday October 6th! We will be leaving from the Community Center at 10am. Oakland Woods will cover a portion of the admissions cost, however residents will be responsible for purchasing any snacks or lunch they decide on in the museum as well as \$5 towards the admission fee. Please be sure to take this in to consideration before signing up for the trip. There is a café inside the museum that will provide lunch options, as well as several exhibits and interactive experiences throughout the museum. It should be a fun and exciting trip!

COLORING BOOKS SOCIAL HOUR: Back by popular de-

mand, we will be hosting another Coloring Book Social Hour on Friday October 14th at 2:30pm. Coloring materials will be provided by Oakland Woods, however please feel free to bring your own materials as well if you wish. Light snacks and refreshments will be included in the activity for those participating. Please be sure to sign up ahead of time, so that I can prepare properly! Hope to see you there.



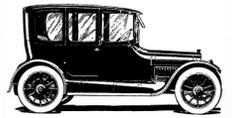
MEADOW BROOK THEATER & LUNCH:

Graciously, someone has donated 14 tickets per show to the Village of Oakland Woods so that our residents can be a part of Meadow Brook Theater's 50th Anniversary Season! This exciting theater season kicks off with the production "Baskerville: A Sherlock Holmes Story". It is sure to be an entertaining mystery, keeping us all on the edges of our seats. We will include with our trip to the theater a lunch stop. The location is yet to be determined, and the cost of the lunch will be the responsibility of each resident attending. Please be sure to sign up in advance, and check out the show description listed in the newsletter!

OCTOBER EVENTS CONT.

HENRY FORD MUSEUM: We will be traveling to

Dearborn this month to visit the Henry Ford Museum. Our trip is scheduled for Thursday, October 20th at 10am. Similar to the Michigan Science Center, there is a cost affiliated with this trip, and again Oakland Woods will help to cover a portion of this cost. For those interested in visiting the museum the fee will be \$10, and Oakland Woods will cover the remaining cost of the ticket. I will be purchasing tickets for this trip in advance—by Thursday, October 13th—so please sign up by this time, and please feel free to talk to me if you have any questions or concerns in regards to payment. Additionally, there are cafes and lunch options located throughout the museum, or you are allowed to bring in small amounts of food to the museum, which could help reduce the cost of the trip for you if you wish. Please let me know if there are any further questions in regards to the trip, and be sure to sign up by the 13th of October!



QUILTING CLASS: Our quilting class is returning at the end of October! We will begin a new project, geared towards the holidays, on Friday, October 21st. Our friend Jo Ondik has graciously offered to teach the class again, and all fabric & materials will be provided by Jo and the Village. Space is limited for this project, and the class will meet approximately 4 Fridays in a row at 11am. Please only sign up if you are able to participate in all of the sessions, and sign up early if this is something you would like to be a part of!

IHOP & TARGET: Who doesn't enjoy pancakes and shopping?? On



Thursday, October 27th we will be going to breakfast/brunch at IHOP located on Telegraph Rd. Following our meal we will stop at Target for some retail therapy. All purchases and costs will be the responsibility of the residents. This is sure to be a great day out and about! Please make sure you sign up early!

HALLOWEEN & BIRTHDAYS COSTUME PARTY:

Halloween falls on a Monday this year and we are going to take full advantage of that! It's time to bring out your best costumes and get in the spooky spirit! Along with our costume party we will celebrate all of our October Birthdays with another Sock Hop Celebration! Everyone had such a wonderful time at our first Sock Hop, and I am hoping for the same result the second time around, especially since we will all be dressed up!

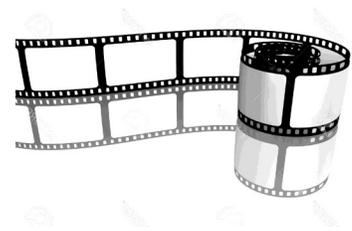
MEADOWBROOK THEATRE PRESENTS:

BASKERVILLE: A SHERLOCK HOLMES STORY

Get your deerstalker cap on - the play's afoot! Comedic genius Ken Ludwig transforms Arthur Conan Doyle's classic *The Hound of the Baskervilles* into a murderously funny adventure. The male heirs of the Baskerville line are being dispatched one by one. To find their killer, Holmes and Watson must brave the desolate moors before a family curse dooms its newest heir. Watch as our intrepid investigators try to escape a dizzying web of clues, silly accents, disguise, and deceit as five actors portray more than 40 characters.

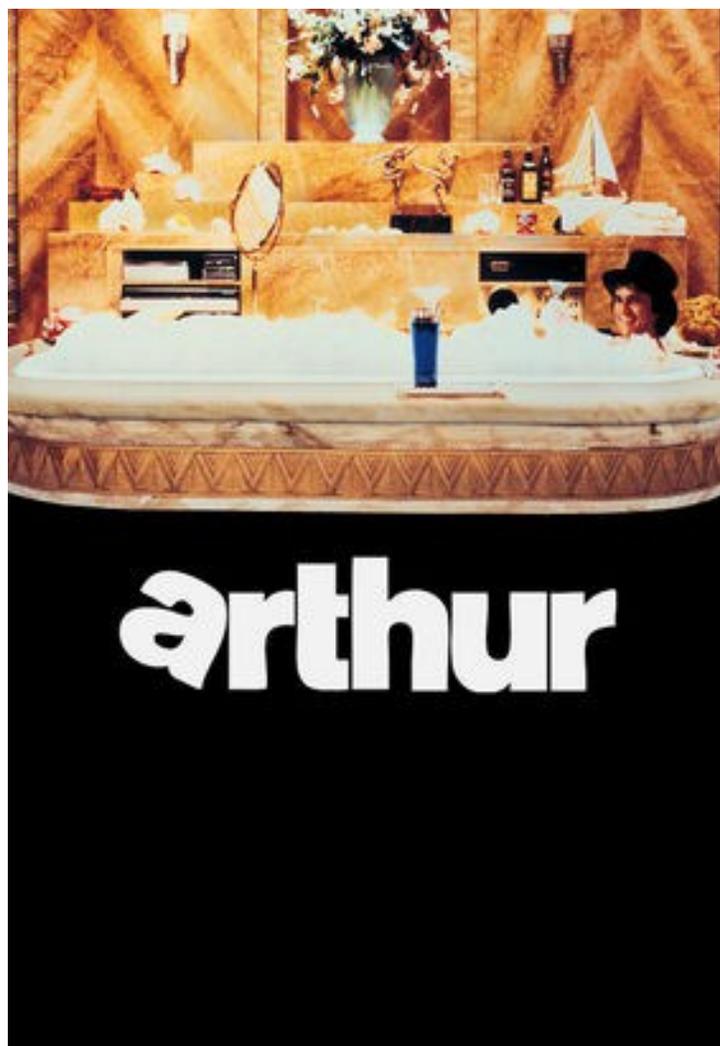


Theater Thursday



- * **Thursday, October 13, Arthur:** Charming but incessantly intoxicated multimillionaire Arthur Bach (Dudley Moore) stands on the brink of an arranged marriage to properly pedigreed heiress Susan Johnson (Jill Eikenberry), but his heart belongs to a working-class filcher (Liza Minnelli). When his family threatens to cut off Arthur's inheritance if he doesn't marry Susan, he asks loyal squire Hobson (John Gielgud, who chalked up an Oscar for his supporting role) to lend a hand.

We will be showing Arthur this month, as the film was not delivered in time for the month of September. This will be our only "Theater Thursday" for the month of October due to scheduled events/outings on all other Thursdays.



October

Ethel Louise Meldahl

October beams

With gentle peace,

As nature lets

The forge

Of summer cool.

The last smoke-wisps

Trail in haze

Of balmy days;

The ash-leaf embers

Drift as ashes must,

While nature weaves

Designs of life

On busy loom.

Flower:
Calendula



Gem:
Opal



Birthday Celebration!

The Birthday Party will be held on Monday, October 31st. It will be combined with a

Halloween/Costume Party! Please join us in the community room at 1:00pm for the celebration, refreshments!

Viola Hunter 10/4

Hilda Bass 10/6

Major Kelley 10/10

Robert Strawter 10/10

Corinne Anderson 10/11

Ruby Phillips..... 10/13

James Phippen 10/16

Dolores Terrell 10/17

Cornelia Crooks..... 10/18

Josephine Valderas.... 10/20

Linda Burnett 10/23

Thelma Munson 10/24

Charles Paige..... 10/25

Lena Jordan 10/25

Dorothy Dye 10/29

Helen Houston 10/29

Virginia Bertoncello ... 10/30

Glyndon Holland..... 10/31

HALLOWEEN WORD SCRAMBLE!



1. FHGREITN

2. HUATN

3. SERCA

4. SIEHRK

5. SHCEREC

6. HOLW

7. SOKOP



Resident Council News

By Judy Shatto,
Resident Council President

ANNUAL ICE CREAM SOCIAL/BAKE SALE FUNDRAISER

Those that could not make it to our fundraiser, you really missed out on an enjoyable time. We had a delicious selection of desserts and ice cream sundaes with a choice of many toppings. We had free bingo, Wii Bowling, door prizes and a 50/50 raffle. Thank you to everyone for your generous donations that will help our Resident Council treasury purchase something, or do something, for our residents in the future. An enormous Thank You to all who volunteered and worked together tirelessly to make it a success! A special Thank You to our Chair Becky Bolden and our Co-Chair Ramona Bard. You did a great job.

GARDEN CLUB



It's Clean-Up Day for the Garden Club! We will meet at the Gazebo on Tuesday, October 11th at 9:00am, and work until (??) It takes many hands to clean-up and clear out the flowers at the Gazebo, flagpole and the three planters to prepare for the coming winter season. We're counting on you to be there and help. Mark your calendar! Let us all thank the Garden Club for their hard work providing us with all the beautiful flowers we had the privilege to enjoy this year!

OUTSTANDING VOLUNTEER



Now, I have a bittersweet announcement. One of my best area reps and volunteers, June Ard, is moving down south. What a tremendous gap we will experience in our volunteer responsibilities. June has always been a good friend to me, and countless other residents, and beyond. I am sure we won't realize until she is gone, and we will say "Oh, that's right, June used to do this." Just to name a few volunteer jobs she faithfully took on with wholehearted enthusiasm, fun and laughter, were handling the donations table for all events, all holiday decorating, collecting countless donation boxes, and assisting our activity coordinator with set-up and clean-up of events. A little known fact, when the "free table" week is over, she would always faithfully take the remainder of items to the Baldwin Center to be donated. At every Resident Council meeting, she would make sure all residents signed in and got the meeting's agenda and necessary handouts. June has been a dedicated area rep for Area 1 for years. Anyone who knows June, KNOWS she gave her best effort to help all the residents and keep things in order. She would always do her best to report and correct, or solve, a situation. She has been the most honest, dependable, hard-working, generous friend to many, and definitely to me. I have trusted and relied on her so many times. I will miss her terribly!

So, to honor June, several of us are giving her a "Happy Trails" Party on Friday, October 7th from 2-4pm. We will serve and provide a meal as well as a big going away cake with ice cream! There will be a separate sign up sheet by the regular sign-up book, so please sign up if you would like to say goodbye to June and wish her well! Any questions see Judy, Danette or Sharon. See you at the party!

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

AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

Last month I introduced a concept to uplift our readers. To refresh, it will be a collection of random acts of kindness stories, hopefully short biographies of residents or staff, and/or human interest clips. I would like your input, please.

This month I would like to share three random acts of kindness from three of our residents. A kind and thoughtful resident at the end of the last Resident Council meeting wanted to buy us a free ice cream Drumstick or ice cream sandwich. Wasn't that a treat!? Those donations go to the Garden Club to help buy the beautiful flowers around the Gazebo.

The second act—comes from a fairly new resident, meaning, she previously lived here some years ago and loved it so much that she moved back to our Village. She had noticed several residents in her area had trouble picking up their Newsletters, so she decided to hand-deliver them. She created an opportunity then to talk or visit with the residents who were surprised by her thoughtfulness. This resident has always gone out of her way to be helpful and keep her area safe and clean. We are glad to have her back. What a pleasant way to meet your neighbors.

The third act—a cottage resident who quietly has volunteered to take on an enormous job. He started painting the parking lines at the Community Center first, then went on to painting all of the parking lines in all 150 apartments, and repainted the doors to the dumpsters! This definitely is an example of sincere volunteering.

Resident Council News

By Judy Shatto,
Resident Council President

AS THE VILLAGE TURNS

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Human Interest:

October is National Bullying Prevention Month

I was looking at a Target ad, and I was thrilled that they have a line of clothing geared towards young kids and teenagers that say “KIND IS COOL—BE KIND—COME SIT WITH US” etc. on their T-shirts! FINALLY, as I have said for years, “If the cool kids approach bullying by standing up for the ones being bullied, it would simplistically diffuse bullying to an immense degree. Then their actions would spread like wildfire, and it would “be cool” to help and protect the bullied!”

“Be Strong” is another organization that is globally fighting bullying. In October, they are having the “World’s Largest Anti-Bullying Campaign”. You may go online and get more information on the forum. At “Be Strong”, they believe that part of one’s worth is how much they unselfishly give back to those around them. This is enlightening for our young people. It is wonderful that nowadays there are resources on the subject of bullying for parents and kids to turn to.

It is sad to say, but senior bullying happens all too frequently as well. “Mean Old Girls (or Boys)” or “Gray-haired Bullies” are what they are referred as. We all know them. So, no matter your age, decide to introduce yourself, invite them to sit at your “cool” table, and befriend someone new! Be sure to report any bullying you encounter. We have an excellent resource here at the VOW, our Service Coordinator Danette Pye. You can trust her to use her resources with complete privacy and confidence to resolve the issue.

Be Kind. Befriend. Decide. Do. Become Strong.

October 2016

National Breast Cancer Awareness Month

SU	MON	TUE	WED	THU	FRI	SAT
2	3 10:00 Strength Training 1:00 Book Club 2:00 Bible Study	4 9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 1:00 Walmart & Chase	5 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	6 9:00 Stretch & Flex 10:00 Michigan Science Center 6:30 Cooley Law School	7 10:00 Balance & Core	8
9	10 10:00 Strength Training 12:00 Meijer 2:00 Bible Study	11 9:00 Balance & Core 9:00 Garden Club (Clean-up Day) 11:00 Blood Pressure Clinic & Bingo 11:00 TOPS 2:00-4:00 Flu Shots	12 <u>NO EXERCISE</u> 9:00 Prayer Group 10:30 Yates Cider Mill 11:00 Village Chorus	13 9:00 Stretch & Flex 1:00 Theater Thursday <u>FRUITS AND VEGGIES</u>	14 10:00 Balance & Core 2:30 Coloring Books Social Hour <u>FRESH FOOD SHARE</u>	15
16	17 10:00 Strength Training 2:00 Bible Study	18 9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 1:00 Kroger (Telegraph Rd.)	19 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 11:00 Meadow Brook Theater & Lunch <u>NO SIT & BE FIT</u>	20 9:00 Stretch & Flex 10:00 Henry Ford Museum <u>FOCUS HOPE</u>	21 10:00 Balance & Core 11:00 Quilting Class (Holiday Project)	22
23	24 10:00 Strength Training 12:00 Hollywood Market 2:00 Bible Study	25 9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 2:00 Resident Council Meeting	26 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	27 9:00 Stretch & Flex 10:00 IHOP & Target Trip	28 10:00 Balance & Core 11:00 Quilting Class (Holiday Project)	29
30	31 10:00 Strength Training 1:00 Halloween & Birthdays Costume Party/Sock Hop!	1	2	3	4	5

NOVEMBER

FREE TABLE



**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

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(248) 334-4379

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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

