



Woodbridge Life



Embrace the possibilities

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

October, 2016

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October Activities

- Oct. 1 (Sat.):** Alphas & Masons Fundraising Brunch..... Dining Rm.....10 am
- Oct. 2 (Sun):** Praise & Worship Service Community Rm3 pm
- Oct. 12 (Wed.):** Resident Council Meeting.... Dining Rm.....1:00pm

Oct (Week, 24 - 29.): Harvest Week

- Brunch (Mon).....10am*
- Arts & Crafts (Tues).....3pm*
- Spiritual Day – Bible Study (Wed).....10:30am*
- Thriller Movie (Thursday).....3pm*
- Celebration, Octoberfest (Friday).....5pm*

Resident Satisfaction Survey...Oct. 5

- Oct. 19 (Wed.)** Focus Hope Delivery...12pm
- Oct. 3** **Child Health Day**
- Oct. 10** **Columbus Day**
- Oct. 13** **U.S. Navy's Birthday**
- Oct. 30** **Angel's Night**
- Oct. 31** **Halloween**

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

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

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

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

Oct. (Fri.): Movies in Mini-Theater3pm

Netflix (Anytime): Mini-Theater Rm

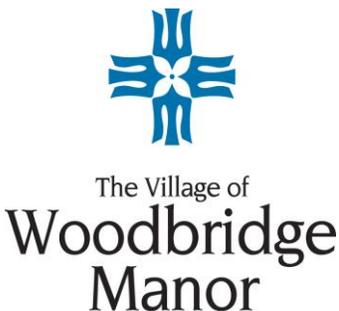
It Does A Body Good

Simply put, hand washing is the single most effective way to prevent the spread of infections. You can spread certain "germs" casually by touching another person. You can also catch germs when you touch contaminated objects or surfaces and then you touch your face (mouth, eyes, and nose).

Preventing sickness reduces the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Hand washing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g. colds). Antibiotics are often prescribed unnecessarily for these health issues. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics, the single most important factor leading to antibiotic resistance around the world. Hand washing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

In 2010 the American Society for Microbiology and the American Cleaning Institute did a hand washing survey.

People don't always wash their hands after using the bathroom — 96% of adults say they always wash their hands after using public restrooms, but just 85% actually do



A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Giving Matters

By Paul J. Miller, PVM Foundation President

Time to choose, your home or your health?

Thanks to YOU, that's a choice seniors may not have to face

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



It Does A Body Good

Continued from Pg. 1

People wash their hands less at home — 89% say they wash their hands after using the bathroom at home. (Germs are germs, and a bathroom is a bathroom.)

Just 27% wash their hands after handling money (which carries germs as well).

Only 42% of the people in the survey washed up after petting a dog or cat.

Even if you are a great hand washer, the other person shaking your hand may not be, so be aware and for goodness sake, do something about it.

To effectively wash your hands:

- Remove all jewelry
- Wet your hands thoroughly with water
- Use soap* (1-3 mL) & lather very well. Scrub your hands, between your fingers, under nails, wrists and forearms with soap for 20 seconds (to make sure you wash long enough, sing a short song twice for i.e. "Happy Birthday to help)
- Rinse thoroughly and dry your hands with a single use towel or air dryer.
- Always protect your hands from touching dirty surfaces as you leave the bathroom (i.e. door handles)

Note: While it is true that regular soap and water does not kill microorganisms, they do create a slippery surface that allows the organisms to slide off. Antibacterial soaps are considered an over kill for most purposes. When there is no soap or water available, hand sanitizers are an option, in some cases. These are not effective when hands are heavily contaminated with dirt, blood, or other organic/living materials. In addition, they tend to overly dry the skin and may not be effective when your hands are visibly dirty or greasy.

Excerpts taken from various websites:

Centers for Disease Control & Prevention (CDC); Center for Canadian Occupational Health & Safety; American Society for Microbiology; American Cleaning Institute

Resident Council

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

From the Resident Council President's Corner:
Welcome Back. Last month I began my article with reference to "times and season". It is time to focus on the election of a new president for our country and your resident council officers for Woodbridge Manor.

For many this has been a most unusual presidential race from the primaries until now. Candidates have spent more time criticizing their opponent(s) than they do addressing the issues concerning our country. Some citizens smile and say, "That's just politics." However, success built on the demolished reputation of others is, at most, unstable.

As we prepare to cast our votes for another U.S. President and WM Resident Council Officers to serve in the coming year(s), here are some thoughts to consider:

- Your Vote is Very Important. You have the power or choice in both elections.
- Think for Yourself. Do not be swayed by words alone. Look at the history and behavior of potential candidates.

Do you believe the candidate has your best interest at heart? Your president should represent all ethnic and socioeconomic groups and likewise, the WM Resident Council is to act as a liaison between and management with the resident's best interest at heart.

Do not make assumptions. What is the genuine plan and purpose for the candidate(s)? Is he/she truly concerned about country or our community?

The WM Resident Council has seen some tough & some good times. We survived! As we go forward, remember we are neighbors. Let us be genuine in our concern for one another.

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

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 ENGAGEMENT
FUND**



Friends & Family Events

- Princess Boat Luncheon
- Resident Picnic Belle Isle

**Woodbridge where will YOU
go next....**

It's Your Life. Live It Well

By Tom Wyllie, PVM 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 fact and which ones are fiction? The answers will be published 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>

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



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 |
| Dakima Jackson | Paul Johnson, III | Lynda K. Jeffries |
| Donald McSwain | Michael Morrison | |

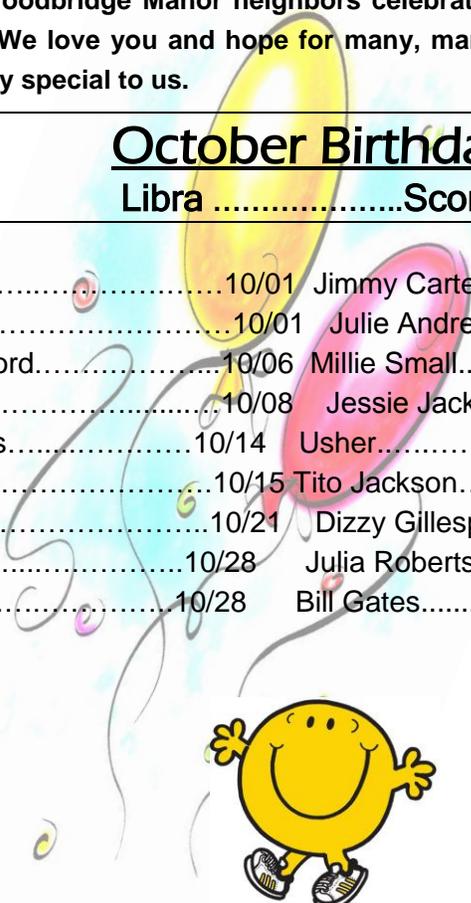
Happy Birthday To You, You and You!

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.

October Birthdays

LibraScorpio

| | |
|---------------------------|--|
| Willie J. Dean.....10/01 | Jimmy Carter..... U.S. President |
| Cynthia Dixon.....10/01 | Julie AndrewsActress |
| Brancy Crawford.....10/06 | Millie Small.....World Singer |
| Lela Curry.....10/08 | Jessie Jackson.....Civil Rights Leader |
| Marie Williams.....10/14 | Usher.....Singer |
| Otis Allen.....10/15 | Tito Jackson.....Guitarist |
| Alice Wells.....10/21 | Dizzy Gillespi.....Composer |
| Anna Juners.....10/28 | Julia Roberts.....Actress |
| Leroy Welch.....10/28 | Bill Gates.....Entrepreneur |



“...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



Presbyterian
Villages
OF MICHIGAN

THE FOUNDATION

Office Numbers

Village Staff

Marla Bradford
Administrator

Shelia Cusic
Administrative Assistant

**Therese Williams, National
Church Residences**
*Resident Community & Social
Worker Coordinator*

Phone: (313) 494-9000

China Dew
Head, Housekeeping

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



The Village of
**Woodbridge
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan and
National Black Caucus and Center on Black Aged, Inc.

**1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201**



**“Imagine a world where your vote counts. Now
open your eyes and vote”**

Embrace the possibilities