



Village News



Embrace the possibilities

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

October 2018

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Notes from the Administrator

Fall has arrived! Time for stellar colors and beautiful late blooms around the Village as we transition to the new season. It is with some sadness I announce the exit of our amazing Wellness & Events Coordinator, Daniela Blechner. Daniela leaves after 3 incredible years of service and dedication. We wish her nothing but success and happiness as she opens a new chapter of her journey. While we transition to a new Wellness Director, the staff led by Hillary Vandenberg are working hard to keep the activities calendar full and fun. We have multiple wonderfully qualified candidates we are working with to fill the open position and it is our hope to have it filled by the end of October.

In good news we have hired a new Service Coordinator, Sue Carney. Sue comes to us with over 15 years of experience and has extensive knowledge of Pontiac and Oakland County as a whole. She held the Service Coordinator position with Meadowbrook Village for over 10 years before joining our team. There will be a meet & greet for Sue as part of the October 17th 1st Presbyterian/Oakland Woods luncheon, check your events calendar. Sue is available to assist with any needs that you have so please reach out and introduce yourself. We are fortunate to have such an experienced person in this position and we look forward to a long working relationship with Sue.

Finally on the staffing side, Matthew Myers our Maintenance Lead has been on medical leave for the past few weeks dealing with a personal issue. Matthew is in our prayers and we hope to see a full recovery in the coming weeks. Our maintenance technician Brian Gunner is no longer with the organization and we are already interviewing candidates for that open position. In the meantime we are very short on maintenance help so please be patient with us as we work to complete all of your work orders requests. You will experience a slightly longer than usual time length between reporting the issue and repair. The process for reporting work orders and after hour's emergencies is exactly the same as before.

We have some great events and goings on at the Village in the coming month so please take a gander at the calendar and join us for some fun.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

So What's All the Fuss About Gluten?



**GLUTEN
FREE**

If you're like me, you may have noticed an increase in foods labelled or promoted as being gluten-free. Restaurants too are offering an increasing number of gluten-free options. So what is going on? Is it a left-wing, communist conspiracy or a right-wing, fascist plot to change the way Americans eat? Will the "food police" soon be knocking on your door to check your pantry for gluten? While to some it might seem like it, it's actually a response by the food industry to an increasing number of people diagnosed with celiac disease or who are following a gluten-free diet.

Gluten is a naturally occurring protein found in wheat, rye, and barley. Unfortunately, for an estimated 1 in 100 people consuming foods containing gluten causes their immune system to go "haywire" and attack their small intestine causing substantial damage in the process, a disorder called celiac disease. There is no cure for celiac disease and the only effective treatment is to refrain from eating foods that contain gluten. Foods that commonly contain gluten, unless specifically labelled as gluten free, include breads, pastas, pastries (and other baked goods), cereals, soups, sauces, salad dressings, beer, and malt liquor.

Even the smallest amount of gluten can harm someone with celiac disease regardless of symptoms. Some people with celiac disease have no symptoms at all while others can have severe abdominal pain, joint pain, migraines and extreme fatigue. Most have symptoms that lie somewhere in between. If left untreated, other disorders can develop including diabetes, multiple sclerosis, anemia, intestinal cancer, osteoporosis and dementia.

So if you're like me, someone who has celiac disease, it's a good thing that the food industry is making more gluten-free foods available because it provides us with a little peace of mind and allows us to enjoy eating out with a little less worry. For more information about gluten and celiac disease, visit <https://celiac.org>.



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

PVMF Gala—November 8th!

Come to the best party around Thursday, November 8th at The Henry Ford Museum of American Innovation!

PVMF's 15th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for **Play Ball!**

The best part?! By attending, **you become the real MVP** for the 5500+ older adults served by PVM and you'll help make Michigan a better **the best** place to live at any age!

We hope to see you there!

**Join the Fun! Book your tickets:
All Tickets \$300!**

Learn more about how to attend at pvmf.org/Gala2018. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S.** Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!

A GIFT IN
YOUR WILL

*can change
the lives
of seniors.*



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION



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...

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

248.281.2045
mylegacy.pvmf.org



OFFICE NEWS

BY HILLARY VANDENBERG

ADMINISTRATIVE ASSISTANT

Happy Autumn, Village of Oakland Woods!

As you may already know, Daniela has left the village and we are in the process of finding a new activities coordinator. In the meantime, I will be taking over the newsletter, as well as the village activities.

I tried to brain storm and think of some fun activities that we haven't done yet. I hope more people will try them out! It's a lot more fun when we have a good number of participants!

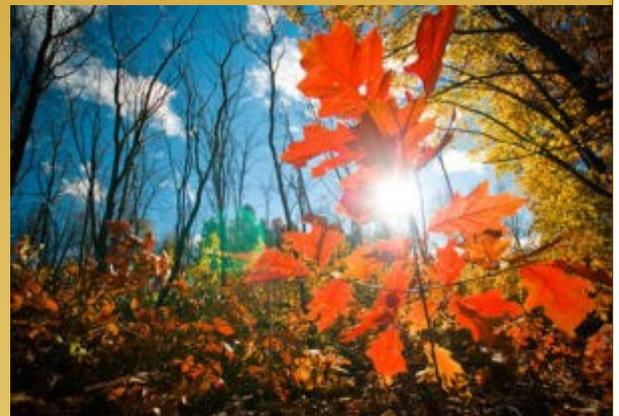
As for the walking club, it still meets every Tuesday and Thursday at 10AM. Our picnic at the end of August was a huge success! I think everyone who participated had fun exploring a new park and hanging out on the beach.

Our walking club will continue through November and then will take a bit of a hiatus in December until the weather warms in the spring. I don't want anyone slipping on icy spots on the sidewalks, so I thought taking a winter break would be a good idea. Until then, come out and walk with us! :)

The residents who are due to be recertified are: 27A, 5B, 12B, 23C, 3C, 32D, 36A, 8C, 5D and 29D. The paperwork is due back to me by Monday, October 8th. If you have already turned in your paperwork, please disregard this message. This is just a reminder for everyone who has recertification month of

January. Please make sure you also bring your **social security award letter** with you when you drop off your paperwork.

I hope everyone has a fantastic fall!



Service Coordinator News

Happy October!

My name is Sue Carney. I am your new Service Coordinator. I have had the wonderful opportunity to already have met some of you and I look forward to meeting everyone.

October Happenings of Interest:

The Pontiac City Clerk, or a representative of the office will be here October 3 at 2 p.m. If you are interested in registering to vote or are interested in getting an absentee ballot or just have questions, this will be a great opportunity to get registered, signed up or get information. Hope to see you there!

The flu shots will be coming here sometime in the month of October. A flyer will be forthcoming. After the flyer comes out, if you are interested in getting a flu shot, please sign up. If you get a flu shot, you will need to bring with you your medical insurance cards. Any questions call 248-334-4379 & ask for Sue.

There will be a Meet & Greet on Wednesday, October 17, 11:30 a.m. to 1 p.m. during the Presbyterian Luncheon. It will be a nice opportunity for me to meet you and for you to get to know me better.

FYI: We had Mr. George Venettis, from Clear Captions, here on September 17. He presented on the Clear Captions which is a service that helps anyone who is hearing impaired and needs assistance with hearing more clear with special telephones that provide your phone conversations in written form so you can see it on the telephone screen. If interested, please see me.



OAKLAND WOODS ON THE GO!



OCTOBER EVENTS

With Daniela moving on to pursue other endeavors, Hillary has taken over the newsletter and activities for the time being. We don't have access to the bus until we find another activities coordinator, but she has tried to think up some fun activities we could do for the month of October!

BALLOON ACTIVITY! On Monday, October 10th at 1:00 we will be having some fun with balloons and pool noodles in the community center! Come mix it up with us as we try some new activities!



ROCK PAINTING!



Bring out your creative side and paint some rocks with us on Thursday, October 11th at 1:00. Rock painting is a great therapeutic activity that can bring out the artistic abilities you never knew you had!.

OCTOBERFEST!



The Resident Council is having their annual fundraiser! It is called OCTOBERFEST and it will be held Friday Oct 12 1:00-3! There will be a \$3.00 ENTRY DONATION PER PERSON. We are having an ice cream social and bake sale for only \$1.00 per dessert or scoop of ice cream. We will have donated handmade items and plants for sale for \$1.00.

OCT EVENTS CONT.

MARBLED LEAVES

FALL CRAFT PROJECT:

On Monday, October 15th we will have a fall art project in the community center. With food coloring and shaving cream we will transform ordinary paper leaves into fall masterpieces.



Birthdays & Bingo Celebration: Our Birthdays & Bingo Celebration will be held on Friday, October 19th at 1:00 PM in the Community Room. Cupcakes & punch will be served, Happy Birthday will be sung, and bingo will be played! The cost to participate in Bingo is \$2 for 3 Bingo Cards. We hope you are able to join in the celebration of all of our October birthdays!

New prizes!



OCT EVENTS CONT.



COLORING ACTIVITY: Come color with us at 1:00 in the community center on the 26th!

CARAMEL APPLE MAKING!

Nothing says autumn better than caramel apples! Come make them with us on Monday, September 29th at 1:00.



HALLOWEEN PARTY! The Village will be having its annual Halloween party on Wednesday, October 31st. Pizza and punch will be provided. Come in your best Halloween costume and win the costume contest!



FALL

Directions: The words are hidden vertically, horizontally, diagonally, and even backwards!

L	E	A	V	E	S	A	C	O	R	N	A	W	E
O	C	T	O	B	E	R	U	S	C	H	O	O	L
C	Y	A	P	P	U	R	S	T	C	O	W	R	B
U	O	O	R	A	N	G	E	V	U	A	Y	C	V
T	E	R	P	N	H	U	H	D	O	M	P	E	R
H	R	A	N	A	I	A	P	P	L	E	N	R	A
U	V	E	T	S	E	V	R	A	H	U	P	A	K
S	C	A	E	Y	U	O	A	P	P	C	E	C	I
O	S	Q	U	I	R	R	E	L	U	Y	A	S	N
B	R	O	W	N	W	O	L	L	E	Y	H	R	G
V	A	H	P	U	M	P	K	I	N	V	O	U	



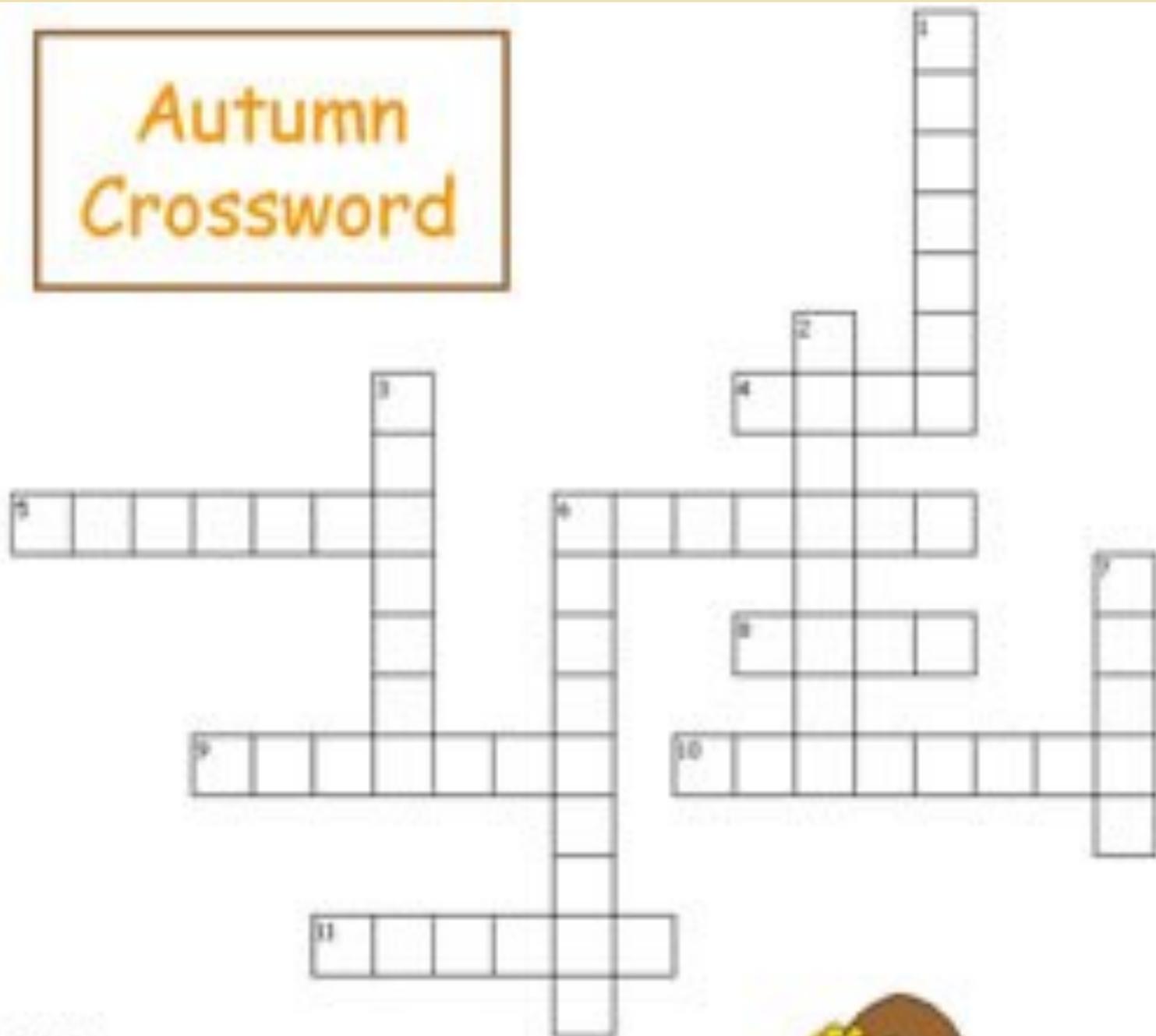
Word Box:

October	leaves	acorn
autumn	tree	raking
scarecrow	red	school
harvest	yellow	apple
pumpkin	brown	corn
squirrel	orange	carnival



©WindupTeacher

Autumn Crossword



Across

4. A tasty yellow vegetable with kernels.
5. Another word for gathering crops before winter.
6. Something people wear during autumn.
8. Another word for autumn.
9. Many animals do this in the autumn.
10. The way trees look during autumn.
11. One of the colors leaves turn in autumn.

Down

1. A large orange squash that people carve faces into.
2. A sport that starts in autumn.
3. The middle month of autumn.
6. Used to scare birds away from the corn.
7. A crisp, red fruit.



Resident Council's Octoberfest Fundraiser

Friday, October 12th 1:00-3:00

\$3.00 entry donation per person

Ice cream social- \$1 per scoop

Bake sale- \$1 per dessert

Raffle for gift baskets and gift cards- \$1 per ticket

Handmade items and plants for sale

Village People's Chorus sing-a-long

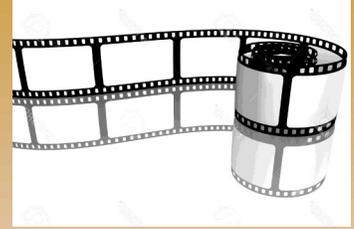
Phyllena and Chuck Holdridge will sing some

"oldies but goodies"

Friends and Family welcome and **MUST** sign the sign-in sheet!

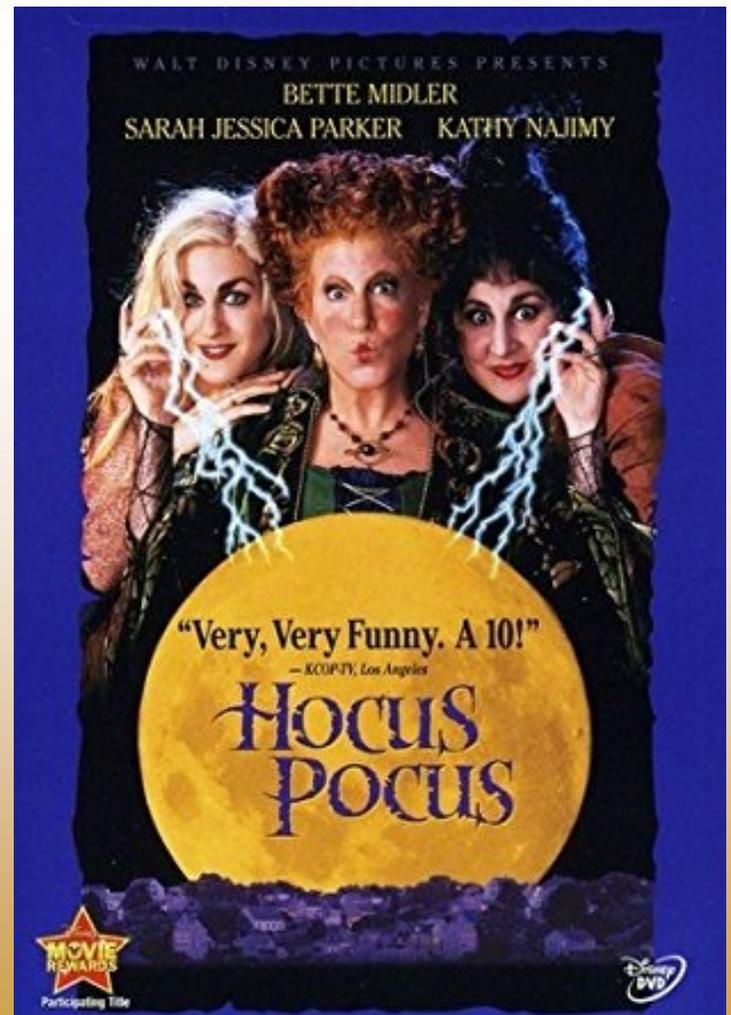
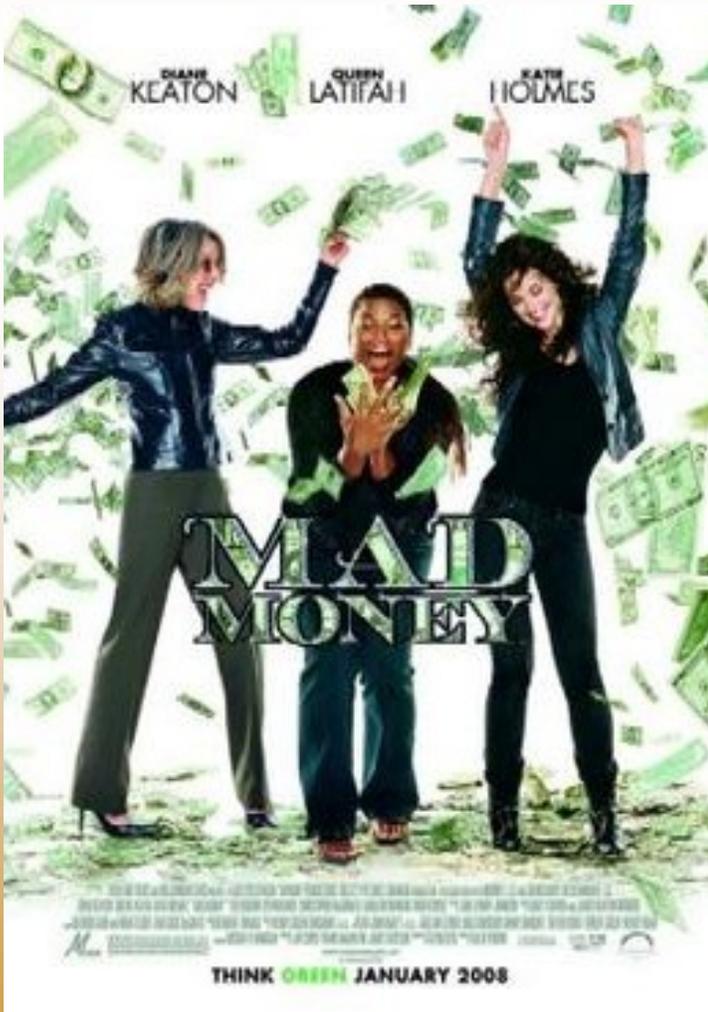
Please bring exact change.

Theater Thursday



Thursday, October 4th, Mad Money: Three female employees of the Federal Reserve plot to steal money that is about to be destroyed. This film features Diane Keaton, Queen Latifah and Katie Holmes.

Thursday, October 18th, Hocus Pocus: After moving to Salem, Mass., teenager Max Dennison explores an abandoned house with his sister Dani and their new friend, Allison. After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal.



Bringing Autumn In

Grandma's paring apples,
Sign that's full of cheer;
Summer's nearly over,
Autumn's nearly here.
Cozy evenings coming,
Mornings brisk and cool;
Long vacation ended,
Busy times at school.

Grandma's paring apples.
Some of them she dries,
Some make sauce and puddings,
Some make spicy pies.
Pantry smells delicious,
Pockets bulge out wide;
Children with their baskets
Roam the orchard-side.

Grandma's paring apples,
Nicest time o'year;
Firelight and lamplight
Fill the house with cheer.
Odors sweet in cellar,
Rosy fruit in bin;

Birthday Celebration!

The Birthday Party will be held on Friday, October 19. Please join us in the community room at 1:00pm for refreshments, bingo and prizes!

Hilda Bass..... 10/6
Corrine Anderson..... 10/11
James Phippen..... 10/16
Dorothy Hannah 10/18
Josephine Valderas ... 10/20
Linda Burnett..... 10/23
Thelma Munson..... 10/24
Lena Jordan..... 10/25
Dorothy Dye..... 10/29
Virginia Bertocello ... 10/30
Glyndon Holland 10/31



Resident Council News

By Judy Shatto,
Resident Council President

Octoberfest:

Have you heard? The Resident Council is having their annual fundraiser! It is called OCTOBERFEST! On Friday, Oct 12th 1-3. There will be a \$3.00 ENTRY DONATION PER PERSON. We are having an ice cream social and bake sale for only \$1.00 per dessert or scoop of ice cream. We will have donated handmade items and plants for sale.



Our Village People Chorus will be performing a sing-a-long and two talented residents, Philena and Chuck Holdridge will be singing some oldies but goodies too! You even have a chance to win a generous door prize basket for \$1.00 per ticket. Please bring exact change in one dollar denominations. We want to see YOU there to support your village.

As always, ALL fundraiser donations, whether at corporate-level or by the village, always in some way comes right back to the village. See also the flyer in this newsletter.

SCHOOL SUPPLIES:

The deadline for school supplies donations will be Friday, October 5. Because of your generous donations this year, we have collected FOUR boxes of school supplies for children attending Rogers Elementary school! The school and kids will be so happy to get these much needed supplies. We can always count on you to help out always. Thank you all so very much.

ICE CREAM DRUMSTICKS:

Our delicious ice cream drumsticks sale will be ending soon and we are on our last box, The Garden Club, Judy and Hillary want to thank everyone who purchased one (or many) this season! We will use those donations for flowers and gardening supplies next spring. We appreciate all for helping us with this fundraiser.

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.

For the month of October, locate the "owl" hiding. Good Luck!

Resident Council News

By *Judy Shatto*,
Resident Council President

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

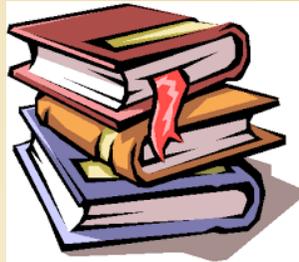
Ruthie Griffin, *Sympathy Cards*

(248) 322-4222

LIBRARY NEWS:

We have a special hardcover large print book for October reading. This book will bring you back in time to your younger years.

“Franklin and Winston” by Jon Meacham. This is an intimate portrait of an epic friendship. These two men were two of the greatest and most powerful leaders of the world and without a doubt of the “greatest generation!” You shall find in this



book some of the happenings that we never knew about. Even its appendix is interesting and tells of a great many unknown things. Enjoy!

Also thank you to those who have donated books. They are greatly appreciated.



PRAYER GROUP:

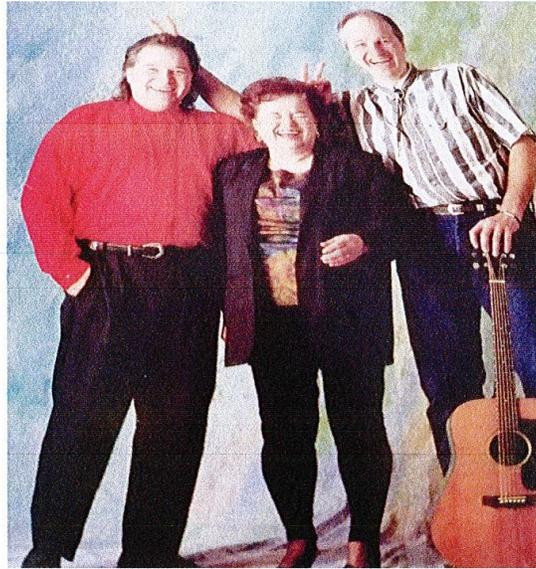
On Tuesdays at 10:00 Irene Patterson will lead a new prayer group called World of God Fellowship and Prayer.

GARDEN CLUB NEWS:

Come one, come all! Get your garden tools out and join us for our GARDEN CLUB CLEAN UP on October 1st. We need ALL HANDS ON DECK!

On Monday, November 5th at 11:00 we will address Christmas cards in the community center. What a fun time! We hope to see everyone there!

As the Village Turns



Betty with her sons Mark and Mike in Detroit Monthly 26 years ago

Betty Ridley

Betty Ridley has lived in area 3 since 2006 with happy memories of a wonderful family life with her loving husband Ed of 56 years, who always made her laugh. They had 5 talented, funny children together who followed in their parents' footsteps.

Son Mark owns the famous Mark Ridley's Comedy Castle in Royal Oak. Son Mike was a comic troubadour who did regular stints on FM radio WLLZ. Mike composed the song "Michigan Man" and is now a township supervisor in Northern Michigan. Son Frank is an actor in movies and television and was a judge in an episode of "Bull". Daughter Teresa sang with bands in the United States, Canada and Australia. Daughter Barbara and her husband have joined Betty in becoming residents at the village.

Her three grandsons and two great grandchildren complete her life. Some of them are also in the entertainment world. One has even received an Emmy for his work on the popular Cartoon Network show Rick and Morty.

Our village is blessed to be home to this grateful, joyful lady.

The Good Old Days by Surfer Sam, found online

Looking back, it was the best of times. it's hard to believe that we have lived as long as we have. Do you remember the good old days like this?

As children, we would ride in cars with no seat belts or air bags. Riding in the back of a pickup truck on a warm day was always a special treat.

We slept without flame retardant pajamas, without air conditioning, with doors and windows open.

Our dogs did not have rabies shots, distemper shots, parvo shots, and we didn't pour chemicals on them or on us to repel fleas and ticks and mosquitoes. We followed along in the big white clouds sprayed out by the city trucks to kill mosquitoes breathing in the wonderful smell of DDT.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. We played dodgeball and sometimes the ball would really hurt. We ate cupcakes, bread and butter, fried fat back for breakfast along with biscuits made with pure lard, and drank sugar sodas, but we were never overweight.... we were always outside playing. We played with cap pistols and toy rifles and rubber knives. We took snakes or frogs or lizards to school, but never guns.

We waded barefoot through muddy water in ditches catching tadpoles and crawdads. We cut the grass with push mowers, climbed trees, and walked along the top of fences like they were tight ropes. We petted stray dogs and cats and took them home to see if we could keep them.

We shot off fireworks without supervision or safety precautions and without getting arrested. We made match guns out of clothes pins and shot flaming matches at each other and at passing cars.

We walked or rode our bicycles to and from school in the flaming heat, in the freezing cold, and in the pouring rain. We were not afraid to accept a ride home from a total stranger when it was raining. We left our bicycle lying in the middle of the front yard at night, and it would still be there in the morning.

That generation produced some of the best risk-takers and problem solvers. We had freedom, failure, success and responsibility, and we learned how to deal with it all.

I hope life brings you much success. I wish you a very happy day.

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	10:00 Walking with Hillary	10:00 Walking with Hillary	City Clerk Meeting 2:00	9:00 Balance & Core 10:00 Walking with Hillary 1:00 Theater Thursday		
7	8	9	10	11	12	13
	11:00 Garden Club	Voter registration deadline 10:00 Walking with Hillary 10:00 World of God Fellowship and Prayer	11:00 Village Chorus 1:00 Balloon fun in the community room!	10:00 Walking with Hillary 1:00 Rock painting! <u>FRUITS & VEGGIES</u>	Residential Council's Octoberfest Fundraiser 1:00-3	
14	15	16	17	18	19	20
	Medicare open enrollment begins! 1:00 Marbled leaves fall craft project!	10:00 Walking with Hillary 10:00 World of God Fellowship and Prayer	11:00 Village Chorus 11:30—1:00 VOW 1st Presbyterian Luncheon	10:00 Walking with Hillary 1:00 Theater Thursday <u>FOCUS HOPE</u>	2:00 Birthdays & Bingo Celebration	
21	22	23	24	25	26	27
	1:00 Pictionary game day!	10:00 Walking 10:00 World of God 11:00 TOPS 11:30 Blood Pressure Clinic & Bingo 2:00 Resident Council Meeting	11:00 Village Chorus	10:00 Walking with Hillary 1:00 Coloring activity		
28	29	30	31	1	2	3
	Medicare enrollment event 11:00 1:00 Caramel apple making!	10:00 Walking with Hillary 10:00 World of God Fellowship and Prayer	12:00 HALLOWEEN PARTY!	November		

**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

Sue Carney
Service coordinator

Ricardo Palacios
Sales, Marketing, & Outreach

Matthew Myers
Maintenance Supervisor

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

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

