



Village News



Embrace the possibilities

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

October 2020

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Notes from the Administrator

Welcome to Fall Residents,

I hope everybody is gearing up for fall. This is the season of falling leaves, pumpkin patches, apple cider and donuts, football and so much more. I do love summer, but I am definitely just as much a fan of fall and hope you are too.

There has been a lot of activity and projects happening around the village which I am sure you have seen. The biggest project we have taken on is the lighting of all the high beam lamp posts on the property. We are almost there. A couple of final touches and the electric company will have ALL of the lights in working condition again. This includes our Heatherwood light section as well. Sticking on the idea of lighting, we have also replaced all of the burned out bulbs on the Heatherwood Cottage garage doors.

A couple of COVID19 Announcements:

Please be advised that ONLY visitors who help with feeding, grooming, ambulating, dressing, personal hygiene, toileting/continence or setting up medications in a weekly box are essential visitors and therefore allowed to provide visits and assistance.

Our Exercise Rooms are open with guidelines. Please review the guidelines on the doors prior to exercise room usage.

Speaking of exercise, come check out Joelle’s awesome fall risk reduction programming, along with awesome events that she is putting together for residents with social distancing and CDC restriction guidelines in place.

Not to mention our Village Victory Cup. C’mon cardinals we have a title to defend! Come support our team by signing up with Joelle to help us take our Victory Cup back.

As always, we do appreciate your patience and support for the staff at Oakland Woods. Please understand we are here for YOU. We are only one call or physical distant visit away.

Have a great October and a healthy and safe Halloween! BOO!



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

By Seniors. For Seniors.

 Your Good Life

Whether you're looking for something entertaining to read, consider yourself a budding author and have words of wisdom or a funny story to share, or have an interest in brushing up on your poetry skills you need to check out [Your Good Life!](#)

Started by a group of friends who live at a senior living community in Indiana, Your Good Life is a blog written by seniors for seniors. Weekly posts explore what life was like in the past, what it is like now and what it may be like in the future for today's older adults.

You'll also find a list of [recommended readings](#) as part of their [online book club](#), which incidentally you can join, along with a series of [poems written by readers](#) including many that address contemporary issues. One of my favorites is "[Isolation](#)" by Mary Jane Baxter in which she ponders how being socially isolated due to COVID-19 may impact her life.

Speaking of favorites, if you want a hearty laugh you must read Gene Helveston's post titled, "[The Bag](#)". In it, he writes about the time when he had the responsibility to deposit the weekly offerings from the previous Sunday's church services and the bank bag turned up missing.

Not meant to be just a passive experience, Your Good Life offers you the opportunity to submit a story or poem of your own, discover the [benefits of journaling](#), start a [memoir](#), share some meaningful photos and become an active member of their online community.

So do yourself a favor. Check out Your Good Life (<https://yourgoodlife.org>). I don't think you'll be disappointed.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

FOR YOUR HEALTH AND SAFETY

As if protecting ourselves against COVID-19 and the flu (see our PVM website for a video by our CEO Roger Myers) isn't enough we also need to watch out for mosquito- born diseases. These include Zika virus, West Nile virus, Chikungunya virus denge, and malaria. The best way to prevent diseases spread by mosquitos is to avoid being bitten. The following can help protect you and your family from mosquito bites:

- *Use Environmental Protection Agency (EPA) –registered insect repellent. These are all evaluated for safety and effectiveness.
- *Always follow the product label instructions.
- *Do not use repellent on babies younger than 2 months of age.
- *Do not apply insect repellent on a child's hands, eyes, mouth or irritated skin.
- *Adults- apply repellent on your hands and then apply to a child's face.
- *Wear protective clothing such as long-sleeved shirts and pants.
- *Avoid areas where mosquitos can be present.
- *Maintain window and door screens to keep mosquitos out of buildings. Do not prop open doors.
- *Get rid of mosquito breeding sites by removing standing water in and around your home.

After working so hard to prevent COVID, do not let a case of the flu or a simply mosquito bite be your downfall. STAY SAFE!



*Information was provided by the Oakland County Health Department.



By *Matthew Myers*
Maintenance Lead

How to Clean Electric Coils on a Cooktop

- Remove the completely cooled burners: Once the burners have completely cooled, remove them from the cooktop. The burners have two prongs that simply unplug from socket fittings on the stove. Pull up on the cooktop to see inside where the socket fittings are so that you are pulling in the right direction if in doubt.
- Begin with dish soap and water: First, use a cleaning cloth and a mixture of mild dish soap and water to try to remove any food residue. Because the heater coils cook off most food that comes into contact with them, a mild wipe-down like this is often all that is needed. Don't submerge the coils or any electrical portion in water. Water can ruin the electrical connections that allow the coil to heat up.
- Remove stuck-on food: If mild dish soap and water wouldn't remove stuck or burnt-on food, try making a baking soda and water paste, and use it to gently scrub residue off of the electric heater coil. Really tough stains may benefit from allowing the baking soda paste to sit on the coil for up to 20 minutes, before scrubbing. Be sure to rinse off the baking soda paste thoroughly when you are finished. Also be sure to get any gunk or grease off the area nearest the electrical connections, this is what can smoke when using the burner. Using a stiff brush can help.
- Clean the drip pans: If your cooktop has removable drip pans, this is the time to remove and clean those as well. Dump out any charred remnants of food. Wipe the drip pans down, dry them, and replace them on the cooktop before reinstalling the heater coils.
- Reinstall the heater coils: Carefully plug the prongs on the heater coils back into their socket connections on the stove. Take care not to bend the prongs or damage them in any way. Again, you may need to lift the cooktop to see the angle of the socket fitting.
- Maintain the burners: For the regular maintenance of electric stove heater coils, just wipe down the coils at the same time you wipe down the stove during routine kitchen cleaning.



Service News

By Sue Carney

Service Coordinator



Welcome Fall & October!

How did it get to be October already? Next thing we know it will be Halloween, Thanksgiving and then Christmas. Can we keep the fall weather and just skip the white fluffy stuff, otherwise known as snow, a bad four letter word. LOL

Some of you will remember that for the last 2 years, we have been very blessed to have Debbie Stroup, a Michigan Medicare Specialist, here to help those who need assistance with making any changes to their medical health care insurance. If you are interested in setting up a free appointment with her, please let me know ASAP. Open enrollment for making any changes to your medical health insurance is October 15 through December 7. Depending on the number of residents interested in meeting with Debbie, we will make arrangements for meetings, whether on the phone or in person, with social distancing and masks.

I wanted to take this opportunity to thank everyone who helped with the Gleaners food distribution on September 18. It went over very well and hopefully we will be able to do it again next year.

Take care of yourself, pack your patience and always be KIND. Treat everyone how you want others to treat you. We will get through this together.

Have a blessed October. Happy Halloween!Sue



Wellness News

Joelle Baughman
Wellness Coordinator

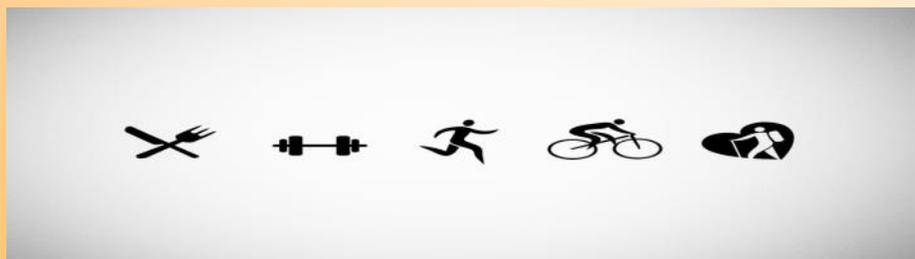
Happy Fall!

Many of you have been getting back into the “normal” swing of things lately and coming up the community center. It has been so fun getting to meet and interact with new people and seeing familiar faces. The events have been great, but I still would like to see the number of participants increase. So, come try an event out and see how you like it, step out of your comfort zone! The exercise classes have turned into quite the hit, not only have the participants enjoyed the class, but have reported increased energy levels after each workout.

Starting this month, we will be splitting off into two exercise formats, Sit to Fit and GetFit, the names you should all be familiar with. The fitness center is now open, but you need to sign in before/after each use and please wipe down the equipment after you use it. A mask must be worn at all times when you are using the fitness center.

Besides fitness, there are a bunch of different types of events planned just for you! Including: cards, nutrition tips, decorating, crafts, creating an Oakland Woods cookbook, competitions, and a few more. There is a sign up book located right outside the front office that we need to start utilizing. All the events happening during the month of October will be located inside the book and you are able to sign up there. If you have any questions about what an event is, please don't hesitate to give me a call.

We had a great September, now let's have an even better October!



October Events

- Wii Bowling Tournament
- Decorating Committee @ Community Center
- Nutrition Tips w/ Joelle: Each session will be a different nutrition topic to help you transform your lifestyle for the better
- Cards
- Community Cookbook: Bring some of your own personal recipes to help Oakland Woods create their **OWN** cookbook
- Village Victory Cup: Help OW bring home the cup by filling in the empty spots in various games
- Paint a Pumpkin
- Calendar Planning Meeting: Come share your thoughts and ideas you would like to see in the month ahead
- Birthdays and Bingo
- Corn Hole Tournament
- Halloween Movie and Popcorn: Hocus Pocus and snacks
- Halloween Party: Come dressed up and ready to party

***Don't forget to sign up ahead in our events book at the community center.

3 Ingredient Peanut Butter Cookies

Things You Need:

- 1 Cup Peanut Butter
- 1 Egg
- 1 Cup White Sugar

Step One:

- Preheat oven 350 degrees

Step Two:

- Mix peanut butter, sugar, and egg together in a bowl using an electric mixer until smooth and creamy. Roll mixture into small balls and arrange on a baking sheet; flatten each with a fork, making a criss-cross pattern.

Step Three:

- Bake in the preheated oven for 10 minutes. Cool cookies on the baking sheet for 2 minutes before moving to a plate.



Birthday Celebration!

Happy Birthday to all of our
October Babies!

Theodore Tillis	10/1
Frederick Spann	10/2
Hilda Bass	10/6
Betty Johnson	10/9
Lorna Stevens	10/10
Melissa Bridgeman	10/11
Corinne Anderson	10/11
Willie White Jr.	10/15
James Pippen	10/16
Cynthia Peters	10/16
Dolores Terrell	10/17
Patricia Taylor	10/17
Cornelia Crooks	10/18
Dorothy Hannah	10/18
Isaiah Branner	10/18
Josphine Valderas	10/20
Larry Milz	10/21
Alice White	10/21
Linda Burnett	10/23
Herbert Lee Lewis	10/24
Kathy Styles	10/24
Lena Jordan	10/25
Brenda Pippen	10/25
Dorothy Dye	10/29
Virginia Bertoncello	10/30
Glyndon Holland	10/31



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	9							2
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		5		7	8			
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		7	1			4		6
1				3			7	

If you need to return old Comcast or Xfinity equipment, it can be done for FREE at your local UPS Store.

The closest store to Village of Oakland Woods is:

Address: 2910 S Telegraph Rd Bloomfield Twp. MI

All that is needed is the equipment (modem or cable boxes) and power cords (if you have them). The UPS Store employee will scan your equipment and provide you with a receipt. If you have the Xfinity My Account App downloaded on your smart phone, you will get a notification that the equipment is returned. Returning remotes are NOT necessary.

Thank you for being an Xfinity Customer!



Resident Council News

By *Philena Holdridge*

Resident Council President

Resident Council Board

Philena Holdridge, *President*

(248)977-3038

Becky Bolden, *Vice President*

(248)766-3684

Vernice Harper, *Secretary*

(248)622-4470

Joyce Parlor, *Treasurer*

(248)210-5678

October Resident Council News

During the fall, as I see the birds flocking together and having a feeding frenzy at my bird feeder before they go south, I am reminded of the sparrows spoken of in the Bible and their great worth to God. God watches over them, and cares for them. We know that we have far greater worth to Him as it says in Luke 12: 6-7. “Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not, you are of more value than many sparrows.” What a great comfort that God cares for us day after day and he values the lives we live. He is such a faithful God!

Resident Council Meeting

Hooray!!!!!!We are having our first meeting this fall on Tuesday, October 27, at 1PM. Notice the change in time from last year. Unfortunately, the 4 officers plus only 6 other residents can attend, so please sign up in Joelle’s activity book. We will have a short meeting, a few games and a time of fellowship with cider and donuts. Please remember to wear your mask and sit only in chairs provided. Hope to see you there!

Welcome Bags

Area representatives have been handing out bags of goodies and welcoming new residents. If you have not received one by now and moved in after June/2020, please call Philena Holdridge, Resident Council President, at 248-977-3038. We will get one to you right away!

Bible Study Meeting

God be praised! Irene Patterson has started up her Bible Study for residents again after a long pause because of Covid. We want to thank her for her faithfulness in giving out a weekly Bible lesson, while we were waiting to meet again. She spends a lot of time preparing for Bible study and prayer and does a wonderful job!!

“I’m so glad I live in a world where there are Octobers.” by Anne of Green Gables

Have a Happy Harvest!

Philena Holdridge, Resident Council President

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11:30 Sit to Fit 1:00 Wii Bowling Tournament	2 10:30 GetFit 1:00 Decorating Committee @ Community Center	3
4	5 11:00 Walking Club 1:30 Nutrition Tips w/ Joelle	6 10:00 Gods Word and Prayer 11:30 Sit to Fit 1:00 -2:30 Cards	7 10:30 GetFit 11:00 Village Chorus 1:00 Community Cookbook	8 11:30 Sit to Fit 1:00 Village Victory Cup	9 10:30 GetFit 1:00 Paint a Pumpkin 1-3:30 Fruit and Veggies	10
11	12 11:00 Walking Club	13 10:00 Gods Word and Prayer 11:30 Sit to Fit 1:00—2:30 Cards	14 10:30 GetFit 11:00 Village Chorus 1:30 Calendar Planning Meeting	15 11:30 Sit to Fit 12:00 Filming For Gala w/ Yolanda 1:30 Nutrition Tips w/ Joelle	16 10:30 GetFit 1:00 Birthdays and Bingo	17
18	19 11:00 Walking Club	20 10:00 Gods Word and Prayer No Class	21 10:30 GetFit 11:00 Village Chorus 1:00 Community Cookbook	22 11:30 Sit to Fit 1:00 Corn Hole Tournament Focus Hope	23 10:30 GetFit 1:30 Nutrition Tips w/ Joelle	24
25	26 11:00 Walking Club	27 10:00 Gods Word and Prayer 11:30 Sit to Fit 1:00 Resident Council Meeting	28 10:30 GetFit 11:00 Village Chorus 1:30 Halloween Bingo	29 11:30 Sit to Fit 1:00 Halloween Movie and Popcorn	30 No Class 12:30 Halloween Party	31

**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

Village Staff

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Sharon Benton

Administrative Assistant

Hillary Vandenberg

Administrative Assistant

Joelle Baughman

Wellness Coordinator

Sue Carney

Service Coordinator

Matthew Myers

Maintenance Supervisor

Charles Williams

Maintenance Technician

EMERGENCY MAINTENANCE (248) 330-0213

ON-SITE SECURITY (586) 596-8185



**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

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