



# Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

November

2014

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## NOTES FROM THE ADMINISTRATOR

Dear Residents,

November is upon us and the season changes are in full swing. As we transition to winter it is very important that you take the time to assure your patios are clear and clean from the summer. Storage on your patio is limited and explained in your lease. Also the hose spickets will be turned off this month and we will be performing the furnace filter changes. Maintenance can't complete this task if you have items blocking the closet door or have items in front of the furnace. Start to clean these areas of any obstacles that may impede their ability to change the furnace filters.

Also the snow could begin at anytime and we need to remind everyone to watch your step on the sidewalks and parking areas. All areas are cleared but not always completely ice free as it can form overnight and after snow melts. Report slippery areas to the office and they will be salted. After a snow fall it is the responsibility of the residents to move their cars so the areas between the cars can be cleaned and salted. If you do not move your car after a snow fall these areas will not be accessible. We are currently looking for volunteers to assist our residents in moving vehicles after a snow fall. If you are interested and can help please contact Judy Shatto from the Resident Council, or our offices to sign up.

The dumpster areas need to be kept clean and debris free. A lot of people are just throwing the trash around the sides of the dumpsters and not in them. Be a good neighbor please and take the extra minute to place your refuse in the dumpster, not around it. Fall clean up of leaves and debris will be performed in early November.

November is bringing some exciting events to Oakland Woods. Our annual Thanksgiving brunch will be held the Wednesday before Thanksgiving and we want to see all of your lovely faces there. You can contact Devin Fritzler if you want to help with the event or bring a dish, she will assist in the coordination. Several special shopping trips and parties are listed on the calendar so take a minute to check them out.



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

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

## Tips for Making a Healthy Pie for the Holidays

Delicious pies can be sneaky with their calorie, salt, fat, and sugar content; however, healthy pies can be just as delicious by applying these simple and fun tips when you bake away for the holidays!

- 1. DIY** – Make your own crust out of simple ingredients: flour, fat, salt, sugar, water.
- 2. Sub in sour cream or yogurt** – Add a dollop of reduced-fat sour cream or Greek yogurt to pie crust in place of some of the butter.
- 3. Fill with fiber** – Substitute white flour with whole-wheat flour. Whole-wheat pastry flour is good for a finer crumb.
- 4. Go nuts** – Replace some of the flour with nuts to add in protein, vitamins, and fiber. Try using almond flour or grinding your own pecans.
- 5. Sweeten smart** – Reduce sugar by using fruits that are naturally sweet on their own. For extra flavor, spice up your pie with nutmeg (pairs well with berries), cinnamon (pairs well with apple pie), or ginger (pairs well with peaches).
- 6. Spread lightly** – Melt a teaspoon of butter then dab it on the pie pan with a paper towel, or use a light mist of cooking spray.
- 7. Experiment with different flours** – Quinoa flour is a unique option; it is nutrient-rich, packed with protein, and easy to digest.
- 8. Toss in tofu** - Use tofu as a filling base that is creamy and guilt-free! Tofu can adapt to whatever it is flavored with – like adapting to the chocolate flavor in a pumpkin chocolate mousse cake.

These tips were adapted from [greatist.com](http://greatist.com)





# Giving Matters.

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

## Help PVM Residents Who Need It Most

Did you know that PVM offers financial assistance to residents who have outlived their resources, so they are always able to call PVM their home? And did you also know that PVM also supports residents in an emergency financial need? This type of support is offered through the Benevolence Fund and positively impacts each and every PVM Village. You can help support residents who need it most by making a donation to PVM's Benevolence Fund today!

The residents using Benevolence funds today did not plan to be in dire financial circumstances. Savings may have disappeared due to an unexpected healthcare expense or simply because they lived to be over 100 years old! Other residents only need temporary help, perhaps with an unexpected expense such as expensive medical equipment for a resident who is nearly blind, food for a resident who was the victim of a phone scam and countless other examples.

Your gift supporting the Benevolence Fund during November and December is eligible to be matched, \$1.00 for \$1.00! Maximize your gift today by visiting the front desk, your Village Administrator or our website, [www.pvmfoundation.org](http://www.pvmfoundation.org) (your gift must be designated for Benevolence to be eligible for the match).

And, new this year, for any Benevolence gift received by the PVM Foundation office on Tuesday, December 2nd, or "Giving Tuesday," we will double the match, \$2 for every \$1 donated! For more information, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you for supporting residents and for making a difference!

Warm regards,  
Paul J. Miller, CFRE

**Presbyterian Villages of Michigan Foundation**  
*presents its 11th annual Gala*

***Get Your Motors Running!***

***Sponsorship Packages Available!***

**Patron Tickets \$375**

**Individual Tickets \$250**

For more information, contact PVM Foundation at **248.281.2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)



**Friday, November 14, 2014**

**COBO Center, Detroit**

**5:30 p.m.**  
VIP Pre-Reception & Raffle Preview  
(Sponsors & Patron Tickets only)

**6:30 p.m.**  
General Reception & Raffle

**7:30 p.m.**  
Dinner, Program & Entertainment



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## THANKSGIVING – A TIME TO THANK OTHERS

The holidays are in full swing! Alongside the Halloween costumes are displays of Thanksgiving and (YES!) Christmas and Hanukah decorations. Thanksgiving is reportedly one of the most traveled holidays while airports and highways are clogged with people trying to return to their hometowns to reconnect with family and friends.

Let's also think about the folks who helped us get to where we are in life. Chances are there were many others in your life other than your parents who guided you along life's journey. It could be an aunt or uncle, grandparents or a neighbor or teacher who were part of your growing up years. I was reminded recently of a former neighbor, "Uncle Pat", who used to pack his five children into their blue station wagon for a trip to the local swimming pond. As an only child it was always an adventure for me to be part of the gang. And they always seemed to find room for me to join in.

Recently my mom and I went to visit friends and relatives in my hometown located about five hours from here. We had a packed schedule which included relatives and friends from my parents' genealogy society. There was little time to spare. Yet, there were two visits which meant a great deal to my mom. They were stops to visit my aunt as well as a long-time friend of my parents. Both are presently in nursing homes. One visit involved driving a great distance into the countryside of Pennsylvania and was not very desirable geographically. I reminded myself that she had been a very good aunt to me and that her son has been wonderful to my parents by making a visit to them a top priority during the last days of my father's life.

Once we were deep into the countryside I noticed what a beautiful scene lay before us. It was truly spectacular scenery. "This is a good adventure!" I said to myself. However, nothing could compare to the look of joy on my Aunt Mary's face, as well as that of my mom's friend at the other nursing home, when they enjoyed our visits. So along with enjoying touch football, games on television, favorite recipes of family and catching up with family and friends, please remember those who can't join in the festivities with a visit and celebrate the important message inherent in Thanksgiving! I wish all of our readers a wonderful holiday.

## The 10 Most Filling Foods

- Beans: Try adding some to your salads or add some to your tacos!
  - Fish: Make sure to choose grilled! Great in omega-3 fats!
- Brussel Sprouts: Try shredded for salad lettuce substitute!



- Raspberries: Fresh or frozen, it's all the same!

- Popcorn: Skip oil and butter!

- Avocado: Add it to your sandwich or salads.

- Mushrooms: Add to ground beef or lasagna.

- Peas: Add to a salad or a delicious bowl of soup.



- Walnuts: Make sure to measure your portions as these are high in calories.

- Potatoes: Try mashed or baked!

Thanks to our resident Carol Ross for the article from Ladies' Home Journal!

## **Staff Member of the Month!**

### **Heather Curtis, Leasing and Marketing**

**Do you have any hidden talents? If so, what are they? My talents are pretty run-of-the-mill. I tend to stick to technology and word games.**

**Would you ever go on reality TV? I would LOVE to go on Survivor or The Amazing Race. How fantastic it would be to enhance your strengths and work on your weaknesses!**

**What is your biggest phobia? I'm incredibly terrified of birds.**

**Have you ever broken any bones? The better question is "What bones have you not broken?" The most recent breaks occurred four years ago: my thumb, wrist and elbow in a nasty fall.**

**Where is your hometown? I grew up in Grayling, but I'm originally from Oxford.**

**Where is your favorite place to be? And, why? Anywhere that I can snuggle with my kitties and a good book. Two great things combined!**

**Do you believe in ghosts? Yes, I get shivers just thinking about them.**

**Do you hold grudges? I do. It's hard to let things go.**

**What is one thing most people don't know about you? I was a foreign exchange student in high school. I am fluent in Dutch and still keep in contact with a lot of my friends and my host family.**

**If you had to paint every room in your house one color, which would you choose? Green.**

## November News from our Wellness Coordinator

**Hello everyone!**

I hope that everyone is doing well, and that every is staying warm and cozy through this fall weather we have been having! As we all prepare ourselves for this upcoming holiday season please remember the importance of staying healthy. The best way to do so is simply through proper hand washing! Make sure to use warm to hot water and plenty of soap. It might also be a good idea to carry around a personal hand sanitizer for those occasions where a sink is not handy.

I just have a few things to touch on this month. For starters, please note that the free table is ONLY through the last full week of the month. If there happens to be a table out at another time, it is most likely there for another event. The free table will be labeled and placed out on the last Monday of the month until the last Friday of the month. Please remember when bringing items to the free table, all clothes and fabrics must be clean and laundered. All other items must not broken. Also remember when taking things from the table, try to take only what you need.

Please note that there are a few changes to the calendar this month. There are a few days that I will be gone in the month of November. I will be heading to two different trainings this month. I hope to bring back a wealth of information to share with everyone. The days I will not be here there will be a “**NO EXERCISE**” at the top of that date. We will also be putting a hold on Theater Thursday, due to our Healthy Eating program we started at the end of October. The movies will resume after the program is over in November. Also, the Birthday Celebration and BINGO session will be held on Monday, November 24th starting at 1:00 pm, instead of the last Friday.

We have many new outings scheduled for this month and I am very excited to attend each and every one of them with you. Please note that all outings and events are open to residents and non-residents. Prices for each will be noted in each description for new events, so remember to read through your newsletter! Also, when signing up for an event please remember to ask to speak to me directly, to ensure that your name is placed on the list! Also, please try not to park on the side of the main street. It makes pick ups and drop offs very difficult and it will be worse in the winter months. Please park in the parking spots provided.

Thank you! Have a great month everyone!

**Devin Fritzler, Wellness Coordinator**

# New Events in November

- ✓ **Bowling Trip:** On Monday, November 3rd at 12:00 pm we will be heading out to Cherry Hill Lanes in Waterford for a fun afternoon of bowling! Pizza and Pop will be provided for each resident at no cost. Any non resident who chooses to sign up must meet us there and it will be \$7. Sign up as space is limited.
- ✓ **Depression Awareness:** On Monday, November 10th at 3:30 join Jenni in the Community Room as she touches on depression topics. The affects of depressions can be great and at times they may not be as noticeable in the senior population.
- ✓ **Canterbury Village:** On Tuesday, November 11th at 12:00 we will be heading to Canterbury Village to get in the Christmas spirit a little early. We will enjoy lunch at one of their fantastic restaurants and then there will be plenty of free time for shopping.
- ✓ **Girl's Day In:** On Monday, November 17th at 1:00 join Devin in the Community Room for some girl time! Makeup tutorials, hair do's and don'ts and nail painting. There will be light refreshments. Please bring your own makeup and hair combs or brushes. The cost for this will be \$3 and you will get to go home with some great little gifts! Make sure to sign up for this event!
- ✓ **Stroke Presentation:** On Tuesday, November 18th join Jenni in the Community Room as she talks about the topic of stroke in older adults. Light refreshments will be served. Please sign up for this event.
- ✓ **THANKSGIVING BRUNCH:** On Wednesday, November 26th at 11:00 we will be having our annual Thanksgiving brunch. If you would like to bring a dish to pass please let Devin know as soon as possible. Please also sign up for this event as soon as possible.
- ✓ **FREE THANKSGIVING DINNER:** First Presbyterian Church in Pontiac, MI will be providing a free Thanksgiving Day dinner from 11:30—2:00 on Thanksgiving. RSVP is encouraged but not necessary. For those of you who are unable to drive you will have the option to take the shuttle provided to and from the church, or have dinner delivered to your home. Call 248-335-6866 with any questions. Sign up in the book for this event by November 21st.

## **Words from our Wellness Intern**

### **November is National Healthy Skin Month!**

According to the American Academy of Dermatologists (AAD), 1 in 5 people will develop skin cancer. While that statistic might seem scary, skin cancer, when caught early, is highly curable. The important thing is to know what to look for and how to prevent further damage to your skin.

Using sunscreen every day is one of the best lines of defense against skin cancer. Women should look for make-up that contains SPF for everyday life. Men and women should use products that are at least an SPF 30 and say they provide broadband coverage when planning on being outside for more than 10 minutes. This would include gardening, golfing, going for a long walk or any other outdoor activity, not just going to the beach! It is important when using sunscreen to cover all areas that will be exposed, including face, hands, neck, and top of ears. If there is an area you can't reach, ask someone to help you or find clothing that will cover that area. You should reapply sunscreen every two hours, even if it is cloudy. Don't forget the top of your head, too. Wear a hat, preferably one with a wide brim to protect your face even more. If possible, seek shade when you are outside, especially between the hours of 10am and 2pm.

- Examine your body front and back in the mirror, then look at the right and left sides with your arms raised.
- Bend elbows and look carefully at forearms, upper underarms and palms.
- Look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.
- Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look.
- Finally, check your back, buttocks and genitals with a hand mirror.

Doing self-exams is important, but you should also be screened by a physician. It can be helpful to have a doctor do an exam so that you know that any existing moles or freckles are safe and to note changes going forward.

There are three main types of skin cancer; basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma. BCC is the most common type of skin cancer, followed by SCC. Melanoma is the most deadly form of skin cancer, but is still highly treatable when caught early. BCC tends to grow on areas that have had repeated sun exposure, such as the face, head, neck and hands. It is a slow growing form of skin cancer, but can grow deep into tissue and bone, so it is important to treat it as soon as possible. SCC is also found on areas of the body that have had repeated sun exposure, however, it can occur just about anywhere on the body, including in the mouth, or on the genitals. Melanoma is a new mole that is "different" from other moles you may have. Occasionally it will itch, bleed or be painful. There is an acronym that can help you remember how to evaluate whether it is just a mole or something more serious. It's called the ABCDE's of Moles. A is for asymmetry; when one half doesn't look like the other. B is for border; melanoma typically has an irregular or poorly defined border. C is for color; melanoma can have a multicolored appearance, with tan, brown, black, white, red or even blue spots. D is for diameter; melanoma is usually the size of a pencil eraser or larger. Finally, E is for evolving; melanomas typically don't look like other moles or they change in size, shape and/or color.

Skin cancer is preventable and treatable, once you know what to look for. Take the extra few minutes to protect yourself every time you go outside and you will reduce your risk of developing skin cancer. For more information, talk to your doctor or you can go to <https://www.aad.org/> or <http://www.cancer.gov/cancertopics/types/skin>.

## **Words from our Wellness Intern**

### **The Eyes Have It!**

Bad eyes/eyesight does not have to be a part of aging. Taking care of your eyes on a regular basis can not only maintain your eyes, but it can also allow for prevention of potential conditions in the future. By seeing an ophthalmologist regularly, your eyes will be checked for potentially serious conditions that could lead to a decrease or loss of vision if left untreated. For people 65 or older, eyes should be checked yearly.

As people age, most begin to have trouble seeing small print or writing when it is close to their face. This is known as presbyopia. It can occur alone or with another type of vision error, such as nearsightedness or farsightedness. The easiest fix for presbyopia is glasses. There is no potential for long term damage if left untreated; however, your quality of life will most likely be affected by not addressing it.

Many people experience floaters, which can look like a speck or small thread floating across your field of vision. Typically, you will have just one or maybe a few, which is harmless and no cause for concern. However, if you have dozens to hundreds of new floaters, this could be a sign of a retinal tear or detachment, which is an emergency. You should call your eye doctor immediately if this happens, even if it is not during regular business hours. A retinal detachment can lead to blindness if untreated.

If you experience a sudden loss of peripheral vision, you may have glaucoma. Glaucoma is a group of diseases that damage the optic nerve. This can happen due to a change of pressure in the eye, or even because of elevated blood pressure. Once symptoms are noticed, there is no way to reverse the damage. This is why it is important to have the pressure in your eyes checked regularly and just one more reason to monitor your blood pressure.

Some people begin to have cloudy or blurry vision, especially as they age. Perhaps you are noticing that colors look more yellow or brown than usual. These could both be signs of a cataract. The only treatment for cataract is surgery; however cataracts grow slowly and can go untreated as long as your vision is not severely impaired or the cataract is preventing other eye conditions from being monitored and/or evaluated.

As with many other health concerns, being diligent about regular medical evaluations for your eyes could help in preventing vision loss. For more information about these conditions and more, you can visit <http://www.nei.nih.gov/index.asp>.

# November News from our Service Coordinator

## **Growing Old Gracefully**

Everyone ages, but not everyone has an easy time doing so.

As physical and mental abilities decrease, it can be easy to get frustrated, and sometimes even depressed.

But, aging does not always have to be difficult or distressing...it can be FUN!

Join Stacey as she welcomes Dr. Rosen, a psychologist from Oakland County Community Mental Health to shed some light on the positive aspects of aging and techniques for how to stay healthy, happy and involved during your golden years.

Take advantage of FREE GUIDANCE from a licensed physician!

Friday November 14th in the Community Room from 2:00-3:30. Light refreshments will be served.

## **Medicare Part D – Open Enrollment**

Do you have a Medicare Part D prescription drug plan?

Do you not have a Part D plan, but have a lot of medications and copays?

Are most of your medications covered by your insurance or do you pay a lot out of pocket?

Is your monthly premium getting to be too expensive?

Medicare Open Enrollment is October 15th- December 7th.

During this time, you may enroll, cancel and/or change your Medicare Part D prescription plan.

There are over 30 plans available in Michigan and it is important to find the one that meets your medication and income needs.

The Area Agency on Aging has trained counselors available to help you figure out what plan may work best for you.

Contact them at: 1-800-803-7174 to get FREE assistance with:

Medicare Part A & B

Medicare Prescription Drug Plans (Part D)

Medicare supplemental insurance, also called Medigap

Medicaid

Long term care insurance

Medicare Advantage options

Medicare or Medicaid fraud and abuse

Other issues of importance to people in Medicare, their families and caregivers

## November News from our Resident Council

**President: Judy Shatto (248) 884-6829**

**Vice President: Dolores Ochoa (248) 535-7306**

**Secretary: Vernice Johnson (248) 622-4470**

**Treasurer: Catheryn James (248) 891-9290**

I want to thank everyone who attended our Sloppy Joe Fundraiser in October. We had such a fun time visiting and playing bingo with everyone! Thank you to Devin for providing us with some free bingo games!

If you have any suggestions or ideas for what you would like to see us purchase, please use the suggestion box by the kitchen. You can also contact Judy Shatto or Vernice Johnson. Ruthie Griffin is our resident who sends out all of the get well and sympathy cards to our fellow residents or family members. Call her at 248-322-4222 when you know of someone that needs a card.

At our October Resident Council meeting it was a pleasure for me to offer free Yate's apple cider and Ryan's donuts to all of the participating residents. Thank you to all who faithfully attend our monthly meetings. Again, we are not having a meeting in November or December. As we are sure most people will be taking some time to celebrate the holidays with their families. Our next meeting will be Tuesday, January 27th at 2:00 pm.

### **More photos from our resident's trip to Chicago...**



# NOVEMBER BIRTHDAYS

Willie Leith—11/2

Paula Reed Wright—11/5

Gloria Brown—11/9

Shirley McGlocklin—11/13

Shirley Topolka—11/15

Rudo Hondo—11/15

Donna Bartley—11/16

Laura Davenport—11/19

Pat Brooks—11/20

Audrey Branner—11/23

Charles Patterson—11/23

Claretha Harrison—11/24

Frances King—11/25

Joyce Harbison—11/29

Freddie Overton—11/29

Thelma Anderson—11/30

Staff Birthdays:

Nichole Ledwell—11/14

**Please join us in celebrating our November birthdays!**

**We will have a party in the community center on 11-24-14 @ 1:00**



**DON'T FORGET ABOUT OUR THANKSGIVING  
BRUNCH ON WEDNESDAY, NOVEMBER 26 AT  
11:00 AM!!**

**YOU MUST BE SIGNED UP FOR THIS EVENT!**

# THANKSGIVING BRUNCH

Don't forget to sign up for the Thanksgiving Brunch scheduled for  
Wednesday, November 26th at 11:00 am.

If you would like to bring a dish to pass please contact Devin at the  
office! Free for all residents. Any family or friends who would like  
to join us will be charged \$3.00.

Hope to see you all there!

Please remember to sign up so we may plan accordingly.



# THANKSGIVING DAY DINNER

Don't forget that there is a FREE Thanksgiving Day Dinner on  
Thursday, November 27th at First Presbyterian Church in  
Pontiac from 11:30 am—2:00 pm. Transportation will be  
provided for those who need it. You also have the option to  
have dinner delivered to your home. Please try to sign up for  
either by Friday November 21st in the  
sign up book.



# Coming Up in December!

- ✓ **Holiday Walk at Meadow Brook**– Walk through the Meadow Brook Mansion and view all of the wonderful Christmas decorations and get in the holiday spirit.
- ✓ **Downtown Rochester light viewing**– We will take a drive through down town Rochester one evening to view all of the gorgeous Christmas lights while sipping some hot chocolate.
- ✓ **Detroit Institute of Arts**– FREE entrance to the DIA.
- ✓ **Village Christmas Party**– more info to follow.

# November 2014

## American Diabetes Month

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 10:00 Strength Training 11:00 Beginner's Stretch 12:00 Bowling Trip	4 <u>NO EXERCISE</u> 11:00 TOPS 2:00 Book Club	5 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Dollar Tree	6 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 2:00 Healthy Eating Class	7 10:00 Total Body Workout 11:00 Walmart & Chase Bank \$1	8
9	10 10:00 Strength Training 11:00 Beginner's Stretch 2:00 Healthy Eating Class 3:30 Depression Awareness	11 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 12:00 Canterbury Village 2:00 Garden Club	12 <u>NO EXERCISE</u> 9:00 Prayer Group 11:00 Village Chorus	13 <u>NO EXERCISE</u> 1:00 Bible Study	14 <u>NO EXERCISE</u> 11:00 Aldi \$1	15
16	17 10:00 Strength Training 11:00 Beginner's Stretch 1:00 Girl's Day In	18 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Stroke Presentation 2:00 Blood Pressure Checks 2:00 Painting Class	19 9:00 Prayer Group 11:00 Village Chorus 1:00 Hollywood Market \$1 3:30 Strength Training	20 10:00 Stretch and Flex 11:00 Zumba 11:00 Patti's Hatties 1:00 Bible Study 2:00 Healthy Eating Class <u>FOCUS HOPE PICK UP</u>	21 <u>NO EXERCISE</u> 	22
23	24 10:00 Strength Training 11:00 Beginner's Stretch 1:00 Birthday Celebration 1:30 BINGO <u>FREE TABLE</u>	25 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS	26 9:00 Prayer Group 11:00 Thanksgiving Brunch	27 <b>OFFICE CLOSED</b> <b>HAPPY THANKSGIVING!</b> 	28 <b>OFFICE CLOSED</b> Have a GREAT Holiday Weekend!	29

**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](http://www.pvm.org)

**Office Number (248) 334-4379**

Kevin Centala, Administrator  
Stacey Molinaro, Service Coordinator  
Nichole Ledwell, Administrative Assist.  
Sharon Benton, Administrative Assist.  
Devin Fritzler, Wellness Coordinator  
Tim Coil, Lead Maintenance  
Anthony Maitland, Maintenance  
Heather Curtis, Leasing and Marketing

**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](http://www.pvmfoundation.org)

**Embrace the possibilities**

Pontiac, MI 48341

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of  
Oakland Woods**

