



Village News



Embrace the possibilities

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

November 2015

Featured Articles

- Administrator Notes** pg 1
- Live Life Well** pg 2
- Wellness Coordinator** pg 3
- Service Coordinator** pg 7
- Resident Council** pg 8
- Birthdays** pg 8
- Monthly Calendar** pg 9

Notes From the Administrator

A very happy November to everyone! As you have been watching the past two weeks, we continue to work on the roads and parking surfaces at the Village. We will complete the project with parking blocks and parking spot stripping as we move ahead. So be aware you may be asked to move your vehicle temporarily for this to be completed and thank you all for your patience as we work through this difficult repair together.

I want to mention all of the important dates for special events coming up that we hope to see all you attend and participate. Our annual Thanksgiving Day brunch will be held on November 18. The staff will be preparing and serving the residents of the Village as part of our appreciation. Sign up today to guarantee your spot! The Village's annual Holiday celebration will be on Saturday, December 5 at the community center. Again, please sign up and purchase your tickets early so we can ensure

everyone is involved and we plan accordingly. See your events calendar for more details.

The Village has another Centenarian we wish to acknowledge and celebrate. Congratulations Freddie Overton, you truly are an amazing woman. Freddie is an original resident of Oakland Woods since 1981 and is truly the personification of an independent and vibrant young lady! Please join us in celebrating an incredible life of accomplishment and positive influence on our community.

I am happy to announce that we will be adding a community garden to the Village in 2016. The garden will be maintained and cultivated by the residents, for the residents. We will need all the help we can get with this project and we encourage all of you to sign up to take part in this wonderful program. The garden will be 100% organic and provide fruits, vegetables, spices and

Continued on page 4



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

How Much Do You Know About Thanksgiving?

In 1863, President Abraham Lincoln established Thanksgiving as an official national holiday. Since that time Americans across the country have gathered together with their family and friends to eat a lot of turkey, enjoy a little pie, watch a football game or two, and of course give thanks. This year, after you've loosened your belt and before you lapse into your traditional tryptophan coma, give your brain a little exercise. Take the quiz below to see just how much you know about Thanksgiving.

1. What cartoon character has appeared in the annual Macy's Thanksgiving Day parade as a giant helium filled balloon more than any other character?
a. Charlie Brown b. Snoopy c. Lucy
2. What year did the Detroit Lions first play a football game on Thanksgiving Day and who was their opponent?
a. 1927, New York Giants b. 1957, Cleveland Browns c. 1934, Chicago Bears
3. What President issued the first official presidential turkey pardon?
a. George H.W. Bush b. Harry S. Truman c. Thomas Jefferson
4. In what year did Congress enact legislation that moved Thanksgiving from the last Thursday in November to the fourth Thursday in November?
a. 1941 b. 1962 c. 1919
5. What is the busiest day for domestic air travel in the United States?
a. The day before Thanksgiving b. Thanksgiving Day c. The day after Thanksgiving

Answers: 1. b, 2. c, 3. a, 4. a, 5. a



Wellness Coordinator News

By Devin Fritzler,
Wellness and Activities Coordinator

Hello everyone!

I hope everyone had a wonderful October. As the weather starts to become cooler, there are now going to be perfect days for a fall stroll outside! Make sure to bundle up if it gets to be too chilly and take advantage of the fall weather before the snow gets here. Looking at the calendar you will see that many of our monthly events are still scheduled and will be going ahead as planned, even though I am now on my maternity leave. As far as exercise classes go there will be classes every day of the week, except for Fridays. Please make sure to check the calendar for all dates and times of classes. Should one of our volunteers need to cancel their class, you will get a One Call from our automated system, so please check your messages. The weekly grocery shopping trips will be on as scheduled. Please make sure to double check the times for each week.

Our Thanksgiving Brunch is scheduled for



Wednesday, November 18 at 11:00 am. You must be signed up by Wednesday, November 11. This event will be free to residents and if you would like to bring a brunch dish to pass, please add the item next to your name on the sign up sheet. It is very important that you are signed up for this event so food can be purchased accordingly.



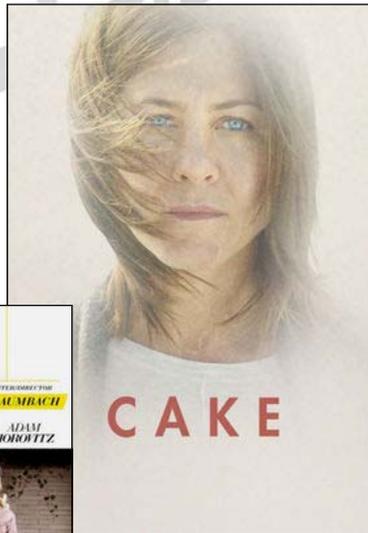
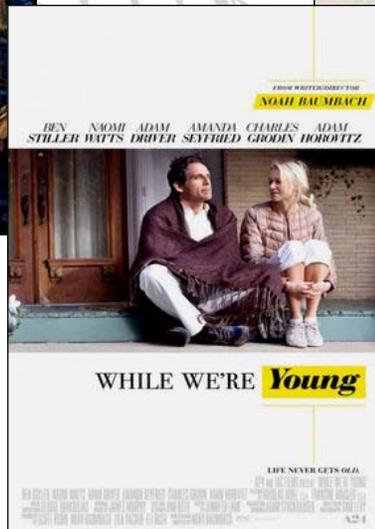
Our annual Holiday Celebration is scheduled for Saturday, December 5 from 4-6 pm. There will be tickets available for purchase during the month of November. It will once again be \$5.00 per resident and \$10.00 per guest. Each resident is limited to 2 guests maximum. Tickets must be purchased by Wednesday, November 25. There will be dinner, music and fun for all.

While I am gone there will be two different plays going on at Meadow Brook Theater. While there will not be an outing with transportation scheduled, the tickets will still be available. The tickets will be given away to residents on a first come, first serve basis. Please see the front office for the tickets. They will be available for the plays "A Christmas Carol," on Wednesday, December 2 at 2:00 pm, and "Legends," on Wednesday, January 20 at 2:00 pm. You will need to provide your own transportation to and from this event, the bus will not be running back and forth.

I will see you all when I get back from my maternity leave and I will be sure to send photos of my new little girl as soon as I settle into my new schedule with her. I will miss you all while I am gone and I look forward to returning. Have a wonderful holiday season and I hope that you all stay safe and healthy this winter.

Theater Thursday

- ♣ **Thursday, November 5 “Night at the Museum: Secret of the Tomb”** - Security guard Larry Daley plunges into an adventure that transports him to a London museum, where he's surrounded by a new set of artifacts -- including the remains of an Egyptian pharaoh who's resurrected by a magic tablet.
- ♣ **Thursday, November 19 “While We’re Young”** - Documentary filmmaker Josh Srebnick is up against a creative wall when he meets an attractive and quirky young couple, Jamie and Darby, who bring new vigor and energy to the lives of Josh and his wife -- until a professional conflict arises.
- ♣ **Thursday, December 3 “Cake”** - Saddled with chronic pain, Claire Simmons has kept a sense of humor, even if it's of the acidic, angry variety. Upset but gripped by curiosity when a member of her support group kills herself, Claire decides to excavate the truths behind the suicide.



Continued from page 1

flowers to the community. Look for more information to come on how you can get involved.

Another exciting new program being brought to the Village as part of Service Coordinator Andraya's new initiatives, is "Cooking Matters." There will be instruction and workshops as part of this program. Check your calendars for dates and times that you can participate.

Finally we want to congratulate one of our own on the new addition to her family. Wellness and Events Coordinator Devin gave birth to daughter Callie on November 1, and will be on maternity leave through January. Do not worry, she has worked tremendously hard to ensure that our Wellness programs and events continue in her absence. There will be some minor changes to the schedule and events, but all of us will be helping by filling in for her while she is gone. A huge thank you to the residents who have stepped forward to offer their skills and abilities to assist in filling the gaps.

Happy Thanksgiving to all of you and your loved ones this month; may you have a wonderful and blessed holiday!

PVM Store Features Winter Goodies with Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store as part of our year-long celebration of PVM's 70th Anniversary. Made possible via a grant from the PVM Foundation, the PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.



For the month of November, the PVM store is proud to run a special holiday promotion that will make giving the gift of PVM easy and affordable. All you have to do is visit the PVM store by typing pvmstore.org in your browser, choose the items you want to buy, and enter the coupon code **"PVMHappyHolidays10"** when checking out. If you've done it correctly, you'll receive 10% off of each item in your order.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

Before you know it, the holidays will soon be upon us – so, what are you waiting for? Promote your PVM pride and spread some holiday cheer by doing this year's shopping at the PVM store.

*To visit the PVM store, type www.pvmstore.org into your web browser. Enter the coupon code **PVMHAPPYHOLIDAYS10** to receive 10% off of your order placed before December 1. Have suggestions for items you don't see in the store? Email us at gdowney@pvm.org or tell your administrator.*



Thanksgiving Brunch



Wednesday, November 18 at 11:00 am

ALL residents are welcome! You **MUST** sign up for this event by Wednesday, November 11.

If you would like to bring a dish to pass, please note that next to your name in the sign-up book.



Holiday Celebration

Saturday, December 5, 4:00-7:00 pm

ALL residents are welcome! Each resident may purchase tickets for 2 outside guests.

Ticket cost for residents: \$5.00

Ticket cost for guests: \$10.00

Tickets **MUST** be purchased by Wednesday, November 25.

Come kick off the holiday season with food, fun and entertainment!



Service Coordinator News

By Andraya Przekora,
Service Coordinator

Medicare Open Enrollment Is Now Upon Us!

As of October 15, you now have the option of choosing a different Medicare Supplement Plan, Medicare Advantage Plan, or Part D Prescription Drug Coverage for 2016. If you choose to keep your current plans, **YOU DO NOT HAVE TO DO ANYTHING**. You will be automatically enrolled in the next years' plan. If you are considering making a change, please act fast. Open enrollment ends December 7, 2015. Call Andraya to make an appointment to review your current plan or to see what other options are out there for you!

Cooking Matters by Gleaners Food Bank is coming back to VOW!

Cooking Matters is a 6-week course that teaches healthy cooking on a budget, smart shopping ideas, and culinary secrets. By being a part of this class, you will receive a free cookbook and free groceries each week! We need 15-20 individuals who are willing to commit to the 6-week long course. We will meet every Friday from 1:00 pm to 3:00 pm in the community center. Class starts **November 6 and runs through December 18.** (We will not meet on Friday, November 27 due to Thanksgiving). Please call Andraya if you would like to sign up for this awesome learning opportunity.



November is National Diabetes Month! Join Sabrina Sawson from Sunshine Home Health Care on **November 10, 2015 at 12:00 pm** for a presentation on diabetes! Here, you will be able to learn more about the diagnosis itself, how to prevent it from happening to you, and how to better manage symptoms and medications that follow a diagnosis. She will also have light refreshments for lunch just for attending.



Program with Catholic Social Services of Southeast Michigan

Please join Trista Johnson from Catholic Social Services on **November 11 at 2:00 pm** as she explains these two programs. As a senior companion, you will provide one-on-one service to home-bound seniors or special needs adults 21 years of age and older. As a foster grandparent, you become a role model, tutor, and mentor to a child or teen in need of love and guidance. Senior companion volunteers and Foster Grandparents receive training and may qualify to earn a tax-free, hourly stipend. Please join us to learn more about how you can get involved with this amazing program that can help younger individuals as well as some of your own neighbors.



Bingo and Blood Pressures

Join Sabrina Sawson from Sunshine Home Health Care again on **November 17 at 12:00 pm** for BINGO and Blood Pressures. Sabrina brings lots of fun prizes and everyone wins at least once!



Home Helpers Concierge Program

Last month, Home Helpers came and introduced the Concierge Program to us! That is home-help services that can be bought in increments of 15 minutes for \$7. In order for this opportunity to get up and running, we need at least **10 people** who are interested. So far, we only have one person that has signed up! Please see Andraya if this is a service that you need or could take advantage of! Our ultimate dream would be to have this service available to anyone at VOW on a weekly basis!



Foster Grandparent and Senior Companion

Resident Council News

By *Judy Shatto,*
Resident Council President

- 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

Thank you to all of you for cooperating during the repaving and reconstructing of the asphalt throughout the Village. It was a success.

While we will not be having a Resident Council meeting in November, we will be having one in December. To respect any holiday plans, the meeting will be held one week earlier than normal, on December 15. Please mark your calendars. We will also use the One Call system the day before the meeting to remind you to attend.

Mid-November we will begin collecting adult and children’s hats and gloves to donate to the Baldwin Center. Please consider making a donation to those less fortunate. The collection box will be in the lobby.

We will also continue collecting school supplies for the WHRC Elementary School. Many of their students need school supplies year-round.

Our resident bulletin board currently has “Thanksgiving Thankfulness Thoughts” on it. If you haven’t done yours yet, there’s a basket with paper and pens in it to fill one out. I will post it for you.

The Library committee is searching for more volunteers to assist in keeping the books orderly. Please see Jackie Voyles or Judy Shatto to help out.

Did you know that our remaining original resident, Freddie Overton, will turn 100 on November 29? Please join us at our Birthday Celebration on November 20 where we will celebrate Freddie’s birthday, along with the rest of our residents whose birthdays are in November. Sign up in the book to attend this celebration!

Birthday Celebration!

The Birthday Party will be held on Friday, November 20. Please join us in the community room at 1 pm.

- Willie Leith** 11/2
- Stanley Terry**..... 11/4
- Paula Reid Wright**..... 11/5
- Gloria Brown**..... 11/9
- Shirley McGlocklin** 11/13
- Rudo Hondo**..... 11/15
- Donna Bartley** 11/16
- Laura Davenport**..... 11/19
- Audrey Branner** 11/23
- Charles Patterson**..... 11/23
- Frances King**..... 11/25
- Joyce Harbison**..... 11/29
- Freddie Overton**..... 11/29
- Thelma Anderson** 11/30

Staff:

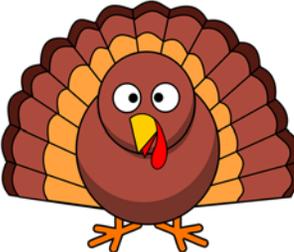
- Nichole Ledwell,**
Administrative Assistant
..... 11/14



Freddie Overton

November 2015

American Diabetes Month

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 10:00 Strength Training	3 11:00 Zumba 11:00 TOPS 1:00 Bible Study	4 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	5 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday	6 10:00 Walmart and Chase 1:00 Cooking Matters	7
8 	9 10:00 Strength Training 2:00 Bible Study	10 11:00 Zumba 11:00 TOPS 12:00 Diabetes Presentation	11 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 2:00 Senior Companion Presentation *Deadline to sign up for Thanksgiving Brunch*	12 10:00 Stretch and Flex 11:00 Zumba	13 10:00 Kroger 1:00 Cooking Matters 	14
15	16 10:00 Strength Training 2:00 Bible Study	17 11:00 TOPS 12:00 Bingo and Blood Pressures	18 <u>NO EXERCISE</u> 9:00 Prayer Group 11:00 Thanksgiving Brunch	19 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday <u>FOCUS HOPE</u>	20 10:00 Meijer 12:00 Birthday Celebration 1:00 Cooking Matters	21
22	23 10:00 Strength Training 2:00 Bible Study 	24 11:00 Zumba 11:00 TOPS	25 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus *Deadline to purchase Holiday Celebration tickets*	26 OFFICE CLOSED HAPPY THANKSGIVING 27 OFFICE CLOSED HAPPY THANKSGIVING		28
29	30 10:00 Strength Training 2:00 Bible Study <u>FREE TABLE</u>	1 11:00 Zumba 11:00 TOPS	2 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 2:00 Meadow Brook Play	3 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday	4 10:00 Walmart and Chase 1:00 Cooking Matters	5

**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

Nichole Ledwell
Administrative Assistant

Devin Fritzler
Wellness and Activities Coordinator

Heather Curtis
Marketing and Occupancy Specialist

Andraya Przekora
Service 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

