



Village News



Embrace the possibilities

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

November 2017

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Notes from the Administrator

November has arrived and the Village of Oakland Woods is ready and excited for all it has to offer. First I want to offer thanks to everyone who helped make October such a memorable month at the Village. From the lighthouse luncheon, Pontiac candidate forum, Toronto trip and the Halloween celebrations all around what an amazing month of events and goings on. Check your November calendar as we keep it rolling with some very special dates including our Thanksgiving Day brunch and too many others to mention.

The PVM online store is now open! Go to PVM.org/store and take a look at the amazing line of clothing and accessories available for purchase to our residents. Hoodies, sweaters, sweater vests, head apparel and more. Click on and place your order, the Oakland Woods insignia will be automatically embroidered on your purchase when you indicate which Village you are ordering from.

Also the Village of Oakland Woods now has its own Facebook page for you to follow and keep up on events, classes, activities and other goings on at the Village. Sign into Facebook and search for the Village of Oakland Woods and click the like button, that's all!

WELLNESS & EXERCISE! With the winter approaching it is more important than ever to stay active and mobile. The Village offers a wide variety and selection of programs, activities and classes for you to choose from. Daniela our super terrific Wellness Director is available to create and tailor a unique exercise or mobility program that fits your specific needs. Don't be shy and reach out to speak with her about what the Village has to offer you!

Lastly, thank you for your patience and understanding during our 2017 improvement programs and services. The water control project continues along Maplewood Drive, we have begun our concrete replacement contract, gutter cleaning is in progress and the fall cleanup of the grounds is underway as well. If you have any concerns or comments on the current projects or needs for additional work please do not hesitate to contact the office.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





Giving Matters.

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

PVMF Gala—November 17th!

**Come join the fun Friday, November 17th at
The Henry Ford Museum of American Innovation!**

PVMF's 14th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!



It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

The best part?! By attending this benefit for the 5000+ older adults served by PVM, 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 Sponsorships & Tickets:

\$375 Patron Ticket* Strolling Dinner & Program, Name recognition in event program

\$250 Individual Ticket* includes Strolling Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Learn more about how to attend at pvmf.org/Gala2017. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Have you laughed today?

There is something intrinsically human about laughing. Regardless of nationality, race, religion or creed, if someone in a crowd starts laughing, most of the crowd will end up laughing. It is built into us.

It is pretty straight forward to discuss how laughter brings joy and happiness to our lives, but thanks to research inspired by Norman Cousins, and his book *Anatomy of an Illness*, we now know that laughter can actually make you healthier. Laughter has been shown to reduce or prevent stress, improve immune function, reduce pain and can even improve your cholesterol! How often do you get to hear that something you already enjoy doing will make you healthier?

Unfortunately, laughter doesn't always come to us when we need it most, such as during stressful times or when we are in pain. However, you can use humor to create laughable moments in even the direst of times. The trick is to hone and master the skill of humor so that you can tap into it when you need a good laugh. Yes, humor can be taught and trained. The next time someone tells you a joke try and guess what the punch line will be. If you're watching a funny TV program try and figure out what will happen next.

Here is training exercise for you to work on. Try and guess the missing punch line of the joke using just the hint.

**I never wanted to believe that my Dad was stealing from his job as a road worker.
But when I got home, all the _____ were there**

(Hint: What would a road worker steal from work?)

(Answer: Signs)



Service Coordinator News

By Danette Pye,
Service Coordinator



*“What you tell **YOURSELF** everyday will either **LIFT YOU UP** or **Tear you DOWN.**”*

ANYBODY INTERESTED IN LUNCH?

To the residents of Oakland Woods: **How many of you would be interested in a “Buffet Style” lunch?** The Village of Oakland Woods would like to re-start the Lunch Program provided by **Unique Foods of Pontiac through the Area Agency on Aging.** The lunch would be a **Full Course Meal including a Desert and Beverage** for only **\$2.50** per meal. This will be provided (2-3 days) a week; excluding weekends and holidays. We need a minimum number of residents to get this program into effect. **If interested, please sign-up in the binder.**

GUESS WHO’S BACK??? FLU SEASON

Come and join us for an awesome presentation presented by **Walgreens** on **Monday, November 13, from 2:00-4:00 pm in the Community Room.** The presentation will be concerning **Health Care and Medicare Part D.** In addition, after the presentation you can also receive a **flu shot from Walgreens.** If you are attending please make sure you bring your insurance information.

AMERICAN DIABETES MONTH

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it’s not controlled.

PLEASE SEE THE COORDINATOR FOR MORE INFORMATION.



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Hello Everyone, and Happy November! It is hard to believe we are already into November 2017, and the holidays are quickly approaching. Speaking of holidays, we will be hosting our annual Thanksgiving Brunch on Wednesday, November 15th, at 11am. As in years past, Oakland Woods will provide all of the food and refreshments for residents to enjoy, and those who would like to bring a dish to pass are more than welcome to. Our Village People's Choir will also be putting on a lovely performance for us, to get us all in the Thanksgiving spirit! Please be sure to sign up in advance, so that the proper amount of brunch items may be purchased. As well as, if your plans happen to change and you are no longer able to attend the brunch, please be sure to contact the office to cancel. While attending the Thanksgiving Brunch, I invite you to take a look at some of the new materials and offerings we have through Wellness! There will be a few banners displayed in the Wellness Center describing the programs we currently offer, as well as new programs coming to your calendar in the coming months! I am very excited to share with you a few new initiatives, as well as the opportunity to win a little something along the way for those who are actively involved in our exercise and wellness programs! Have more questions about this? Be sure to check out all of the materials and displays at the Thanksgiving Brunch!

Lastly, mark your calendars for our very first Wellness Center Open House! This event will take place on Monday, November 20th, at 1pm. The Open House will include small demonstrations and examples of all of the wellness & fitness classes we have to offer. We will talk about the benefits of an active lifestyle, and how to get yourself started on a healthy routine, and we will finish with some healthy snacks & tips for making healthy (yet tasty!) food choices. I hope you are all able to join me and benefit from all that Oakland Woods Wellness has to offer you!

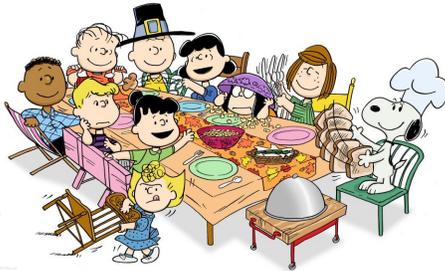


NOVEMBER EVENTS

Frankenmuth Trip: We are starting off November with a wonderful trip to Frankenmuth! This will be slightly different than our past visits to Frankenmuth. We will start off our trip with a lunch stop at Zehnder's, where we can experience a bit of the cultural charm that is famous in Frankenmuth! Additionally, given that our first wine-tasting trip was such a success, we will be visiting the St. Julian winery located in Frankenmuth following lunch! We will try a few samples of wine, shop around, and then make our way back to Oakland Woods by the early afternoon. This day trip will take place on Thursday, November 9th, at 10am, and I expect we will return by approximately 4-4:30pm. The cost of lunch, as well as a \$10 fee for the wine tasting will be required to attend this trip, so please be aware of this before signing up. I hope that several of you are able to join in on this fun day!



Thanksgiving Brunch: We will be hosting our annual Thanksgiving Brunch feast again this year! Please join us for this special event, where we will enjoy delicious brunch and breakfast foods, a performance by our Village Chorus, as well as good holiday fellowship with our friends and neighbors. For those of you who would like, you are welcome to bring either a breakfast dish, or dessert to share with everyone. When signing up for the brunch, simply list what item(s) you will be bringing to share. The date of our Thanksgiving Brunch will be Wednesday, November 15th, at 11am. See you all there!



Birthdays & Bingo Celebration: We will keep the celebrations going with our Birthdays and Bingo Party on Friday, November 17th at 2pm! Residents are welcome to attend, whether their birthday falls in November or not, and there will be sweet treats, bingo, and prizes for all! Please be sure to bring your \$2 with you to receive your 3 bingo cards and participate in the games. I look forward to celebrating with several of you.



NOVEMBER EVENTS CONT.

Wellness Open House: Thank you to all of those residents who filled out and returned the Wellness Survey (a prize winner from those returned surveys will be drawn at our Thanksgiving Brunch). On Monday, November 20th, we will be hosting our first Wellness Center Open House, which will take place in the fitness studio & the community room. The open house will consist of demonstrations and explanations of the variety of fitness programs we have to offer, a Q&A session to answer your questions about exercise, healthy living, and wellness at Oakland Woods, as well as some healthy snack offerings for all of those who participate! I hope that several of you will take some time out of your afternoon to think about your healthy habits, and learn about the many unique offerings you have right here at your fingertips! I look forward to this afternoon with you—please be sure to sign up in the Sign Up Binder ahead of time!



Kohl's Shopping Trip: With the Christmas holiday quickly approaching, we will be taking a shopping trip to the department store Kohl's again this year—along with the other stores located in the same complex. This trip is scheduled for Monday, November 27th, at 11am. Cost of the shopping items will be each residents responsibility. This is a great opportunity to check off a few of those gifts from your list, so please be sure to take advantage!

Coloring Book Activity: I would like to begin to make this a monthly tradition, as I know several of you enjoy the Coloring Book activities. Tentatively, I would like to have a Coloring activity for us all on every first Friday of the month. So, technically this activity falls in December, however our first ongoing coloring activity will take place on Friday, December 1st, at 2:30pm. Mark your calendars! For future Coloring Book activity dates please be sure to check that month's calendar—to confirm both date and time. I look forward to drawing, relaxing, and socializing with several of you on this Friday date!



THANKSGIVING BRUNCH



YOU ARE CORDIALLY INVITED TO OUR ANNUAL THANKSGIVING BRUNCH! BRUNCH FOOD FAVORITES, A LIVE MUSICAL PERFORMANCE BY THE VILLAGE CHOIR, AS WELL AS SPECIAL PRIZES AND GIVEAWAYS WILL ALL BE PART OF THIS CELEBRATION. RESIDENTS ARE WELCOME AND ENCOURAGED TO BRING A BREAKFAST DISH OR DESSERT TO SHARE.

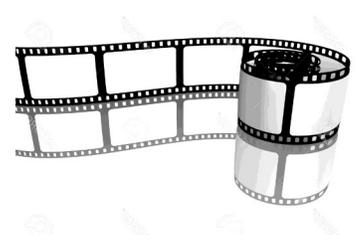
PLEASE BE SURE TO SIGN UP IN ADVANCE OF THIS EVENT, SO THAT THE PROPER AMOUNT OF FOOD AND SUPPLIES MAY BE PURCHASED. HAPPY THANKSGIVING!

WEDNESDAY, NOVEMBER 15, 11AM

OAKLAND WOODS ON THE GO!

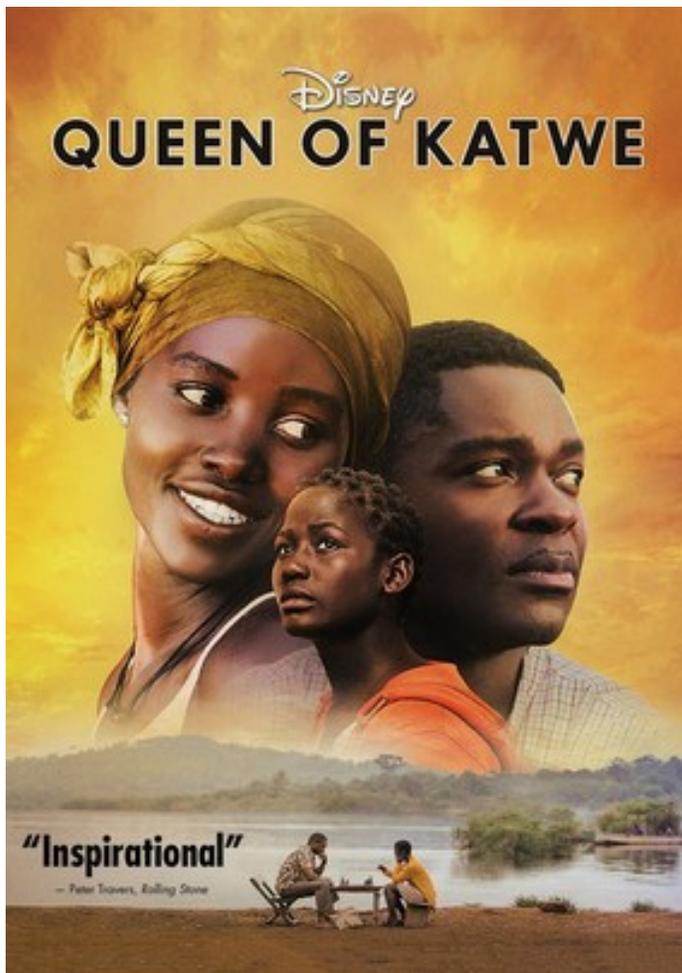


Theater Thursday



Thursday, November 2, Queen of Katwe: Disney presents Queen of Katwe, a movie based on a vibrant true story starring Lupita Nyong'o and David Oyelowo, and directed by Mira Nair. A Ugandan girl's life changes forever when she discovers she has an amazing talent for chess, in this celebration of the human spirit.

Thursday, November 16, Beauty & The Beast: In this live action version of the Disney adapted animated feature, young Belle yearns to escape her ordinary existence -- and her village's boorish suitors -- until she becomes imprisoned in the castle of a monstrous prince.



THANKSGIVING

I'm thankful for the things in my past.

Things that have brought me to where I am at last.

All the lessons I've learned and more to come.

All help me to better become.

The people I've met and remain close with still,

along with those that have gone on their will.

All good things come to those who wait,

Thank you God,

For the blessings on my plate.

Birthday Celebration!

The Birthday Party will be held on Friday, November 17, in the Community Room. Please join us at 2:00pm for refreshments, bingo and prizes!

Willie Leith	11/2
Stanley Terry	11/4
Gloria Brown	11/9
Johnetta Samples	11/11
Rudo Hondo	11/15
Donna Bartley.....	11/16
Laura Davenport	11/19
Frances King	11/25
Freddie Overton	11/29
Joyce Harbison	11/29
Thelma Anderson.....	11/30

Staff:

Daniela Blechner	11/22
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Resident Council News

By Judy Shatto,
Resident Council President

Appreciation Party:

The Resident Council Appreciation Party turned out to be a success. We didn't have a "regular" meeting", because we just wanted to have some fun! We recognized all past and present Officers & Area Reps by having a party with hot dogs, delicious sides, and a cake. Yum! Gratitude and appreciation goes out to every one of you that served VOW Resident Council with your tireless dedication and continued support! We thank you with sincere gratitude.



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

Resident Council Meetings:

There will not be a meeting in November and December, ruled by the majority vote that occurred during our October meeting. I have a couple of seasonal ideas for projects that we still may do—for those interested. Details to follow soon.

Private and Secured Papers:

It is recycling time again. VOW is offering secured recycling for our residents once again. This container is designated only for private and secured information. The container is set up in the lobby for about 2 weeks time. This is the time to recycle those papers safely and securely.

Please deposit your regular paper recycling in the two taller containers by the garage. Always check before you deposit, to be sure that you have the correct container! Use the other containers for plastic and cans only—No Glass or heavy cardboard boxes at this time. Never dispose of any garbage, trash or needles in these containers.

All cardboard boxes must always be broken down or flattened when you put them in your dumpster or in your personal trash containers (for those living in the cottages). Another choice is located at the Pontiac City Hall parking lot, which takes ALL types of recycling every Saturday. The environment, and myself, thank you for recycling.



Resident Council News

By Judy Shatto,
Resident Council President

Parking Stickers:

Get those parking stickers on your vehicles! Your neighbor may not recognize your car that is parked more than 48 hours, and then report you to the office, which may result in a parking violation. If repeated citations occur, the result may be a towing expense charged to you. Winter is just around the corner, which as you know, creates many additional parking problems. Let's work together to try and alleviate a few of those issues!



Everyone who turned in their registration information was assigned a numbered parking sticker to be placed ideally in the rear window (upper left or right corner). If you have any other questions or problems, please see Judy.

Garden Club: The Garden Club will hold its final meeting of the year on Tuesday the 14th. We will be addressing Christmas Cards, so please join us for this special event. (There will be treats.) Also this month we have a reservation for a tea at the Troy Historical Society on the 30th at 2:00. My apologies for getting the date mixed up last month. The fee is \$8.00 payable in advance, so if you think you might want to go, I'll be accepting your money at the meeting. Again, there will be a well known photographer there who will be showing and talking about his pictures of Michigan Lighthouses. A light tea will be served, and you are invited to bring your own cup and saucer if you would like.



Winter Collection:

We will be participating in our annual collection of hats, gloves, scarves, and socks again this year. There will be a box in the lobby for all of your generous donations. These donations are essential for those— young and old—who can not afford to purchase these items during the winter months. Any help you can offer is much appreciated!

Adopt-A-Family:

This Christmas we will adopt a local family in need. An ornament tree will be displayed in the lobby, with paper ornaments, and instructions on how to help the members of the selected family. More details and information to come, and we appreciate any help you are able to give during the holiday and winter season. Thank you!





AS THE VILLAGE TURNS

AS THE VILLAGE TURNS



15 QUOTES ON THE IMPORTANCE OF THANKFULNESS & GRATITUDE:

1. "Gratitude can transform common days into thanksgivings, turn routine jobs into joy and change ordinary opportunities into blessings."—William Arthur Ward
2. "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."—Oprah Winfrey
3. "If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get."—Frank A. Clark
4. "Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good." —Maya Angelou
5. "Gratitude is not only the greatest of virtues, but the parent of all others." —Marcus Tullius Cicero
6. "The unthankful heart discovers no mercies; but the thankful heart will find, in every hour, some heavenly blessings." —Henry Ward Beecher
7. "We must find time to stop and thank the people who make a difference in our lives." —John F. Kennedy
8. "Thank you is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding." —Alice Walker
9. "None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy." —Fred De Witt Van Amburgh
10. "Gratitude always comes into play; research shows that people are happier if they are grateful for the positive things in their lives, rather than worrying about what might be missing." —Dan Buettner
11. "The roots of all goodness lie in the soil of appreciation for goodness." —Dalai Lama
12. "When I started counting my blessings, my whole life turned around." —Willie Nelson
13. "Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary." —Margaret Cousins
14. "If you are really thankful, what do you do? You share." —W. Clement Stone
15. "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."—Albert Einstein

Source: www.entrepreneur.com/article/253199

November 2017

Pulmonary Hypertension Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31 	1 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	2 9:00 Balance & Core 1:00 Theater Thursday	3 NO EXERCISE	4
5	6 10:00 Strength Training 2:00 Bible Study	7 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Walmart & Chase	8 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9 9:00 Balance & Core 10:00 Frankenthuth: Lunch & Wine Tasting FRUITS & VEGGIES	10 10:00 Stretch & Flex	11
12	13 10:00 Strength Training 2:00 Bible Study 2:00-4:00 Health Care Presentation (Flu Shots Will Be Given!)	14 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Aldi 2:00 Garden Club	15 NO EXERCISE 9:00 Prayer Group 11:00 Thanksgiving Brunch	16 9:00 Balance & Core 1:00 Theater Thursday FOCUS HOPE	17 10:00 Stretch & Flex 2:00 Birthdays & Bingo Celebration	18
19	20 10:00 Strength Training 1:00 Wellness Center Open House!	21 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Meijer	22 NO EXERCISE	23 OFFICE CLOSED HAPPY THANKSGIVING!!	24  OFFICE CLOSED HAPPY THANKSGIVING!!	25
26	27 10:00 Strength Training 11:00 Kohl's Shopping Trip 2:00 Bible Study FREE TABLE	28 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Kroger (Telegraph Rd)	29 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	30 NO EXERCISE	1 10:00 Stretch & Flex 11:00 Balanced Body & Mind: Morning Meditation (NEW!!!) 2:30 Coloring Books Activity	2 DECEMBER

**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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Administrative Assistant

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Administrative Assistant

Danette Pye

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Daniela Blechner
Wellness and Activities Coordinator

Matthew Myers
Maintenance Supervisor

Brian Gunner
Maintenance Tech

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(248) 330-0213

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(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

**The Village of
Oakland Woods**

