



Village News



Embrace the possibilities

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

November 2019

Featured Articles

- Administrator Notes **P. 1**
- Life—Live it Well **P. 2**
- The Senior Advocate **P. 3**
- Office News **P. 4**
- Service News **P. 5**
- Wellness News **P. 6**
- November Birthdays **P. 8**
- Resident Council **P. 9**
- Neighbors Page **P. 10**
- November Calendar **P. 11**

Notes from the Administrator

Well fall is in full bloom. The colors are striking and the preparation for winter is upon us. First, let me thank all of you for your patience and understanding during the road & sidewalk repairs. Weather has delayed portions of the project but we will get it in and keep you all well informed on when your area will be affected.

The power-washing project went fantastic! Again thank you for your assistance. The buildings, porches patios and walks look fresh and clean! Our concrete contractor will be on site in the coming weeks to complete the sidewalks, more to come.

I would be amiss if I did not give a HUGE SHOUT OUT to JON HAYES who, in one year at PVM, won the Shining Star award for PVM Wellness and the #1 overall Shining Star! What a terrific job JON! You deserve it. Come see why Oakland Woods Wellness Program is the best. Personal attention, group courses, at home workouts and so much more!

A second Shout out to our Service Coordinator SUE CARNEY for a year of tremendous service to the Village. PVM contracted our Service Coordination so Sue was not technically a PVM employee but all of that has changed. Beginning November 1, 2019 Sue will be officially a PVM employee. Welcome aboard young lady!

As winter approaches, many of us are adept to feed the wild animals, we all love so much on the grounds. Please try to refrain from doing this for many reasons. They are wild animals and there is plenty of food for all of them on our 35 acres of wetlands. So resist the urge to throw out your breadcrumbs and other food items. Help us keep the wild animals wild.

Please be reminded of the Fire Drill being held on November 5, 2019 at 2:00 p.m. You will receive a notice ahead of the drill with additional information.

Lastly, November is the month of Thanksgiving and the staff will be holding our annual Thanksgiving Day brunch for residents on Wednesday November 27 at 10:00 a.m. All are welcome to attend and celebrate what we are all thankful for in our lives.



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

'Tis the Season: Flu Season!



The flu is a highly contagious respiratory illness that can have serious health consequences, especially for older adults. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall and winter. It starts as early as October, peaks in January or February, and ends as late as May.

The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

- Washing your hands often with soap and water or an alcohol-based hand rub
- Avoiding touching your eyes, nose, or mouth (germs spread this way)
- Avoiding close contact with sick people
- Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food)
- Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it)
- Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Expert Advice

At times we all need the advice of experts. For seniors this is an opportune time to remember this. Fall not only brings out beautiful panoramas of fall colors, pumpkins and cider. It also attracts scam artists of all types. Do not respond to direct appeals by phone or mail. Unscrupulous people are standing in line to steal your money. Especially prevalent at this time of year are so-called contractors who will falsify needs that you could have for driveway and roof repair. Do not contract with anyone without seeking the advice of a trusted friend or family member.

Also, since we are moving into enrollment season for healthcare, scam artists will try to get your social security number, bank account information and other important data to create identity theft. You may have heard the phrase: “Better safe than sorry!”

Truer words were never spoken. Check with your PVM service coordinator or administrator. They can refer you to Medicare/Medicaid counselors whose services are free of charge.

Along with these seasonal scams, unfortunately on-going ones are still working. I just heard recently of another woman who was scammed into giving thousands of dollars away thinking she was helping her grandson who was in trouble. On the second attempt by the scam artists her instincts kicked in. She called her daughter to find out that her grandson was sitting right there with her daughter safe and sound! Keep in mind as well that banks will not be calling you and asking for private information to “protect” your account.

Be a safe and savvy senior and enjoy this beautiful fall season!



Office News

By Hillary Vandenberg
Administrative Assistant

Happy November residents!

In October we went to the Huckleberry Railroad in Flint! It was a fun time and I believe everyone had a great time exploring the fall countryside and seeing all of the interesting Halloween decorations. I hope everyone has a safe and fun November and I will hopefully see you all at the Thanksgiving brunch!



Service News

By Sue Carney

Service Coordinator

Hello November. May we count all of our blessings!

Mark your calendars as there is a lot happening here.

- The holidays can be a hard time for anyone who has lost a loved one. ***Wednesday November 6 at 1:30p.m.*** Susan Cujar from Hospice Care of Michigan will be here to talk on Coping with Loss & Grief, especially during the holidays.
- The words, Active shooter can put fear into everyone. Oakland County Sheriff's Deputy Michelle Francisco will be here on ***Thursday November 7 at 1 p.m.*** to educate us on if ever an active shooter or emergency situation what your best options are to keep yourself safe.

If you are planning to attend either, please sign up in the Activities binder in the lobby.

Have a blessed and Wonder Thanksgiving.





Wellness News

Jon Hayes
Wellness Coordinator

November is Here!

Can you believe that it is November already? I can't! This month I will have been at Oakland Woods for 1 year now (The week of Thanksgiving) and I cannot thank you all enough again for welcoming me into your hearts and thoughts! As we approach the Thanksgiving season I love reflecting on the year and what I am thankful for and all of you are at the top of the list! Without you, I would not be able to do what I enjoy doing so much. Happy Thanksgiving and Fall season. If you can't tell... Thanksgiving is my favorite season!

Since it is the fall time, we are getting ready for the Holiday Season! We have tons of Holiday Activities coming up that I cannot wait to tell you all about!

- I am very excited to host a U of M versus MSU Tailgate party! Come hang out, watch some football, and have some food! **Saturday November 16th**. Time is still to be determined based on the time of the game.



- **Monday November 18th at 10:00am** we are excited to host a mobile Dollar Store! Deb will be here set up in the community center with tons of goodies you can purchase. Great for gifts as we approach the holiday season as well. Cant make it to the community Center for this? No Problem! She will bring goods to you! See the next page for more information!

- Our Thanksgiving Day Brunch, my favorite event of the year, will take place on **Wednesday November 27th at 10:00am**. Please sign up in the Activities book for this great event! We will also be having some special guests this day to bring into our VOW family for the day.



- Finally, our VOW Christmas Party will take place on **Saturday, December 14th at 4:00pm**. Tickets are \$10 and includes Dinner, Dessert, TWO Drink Tickets, a Raffle Ticket. Not too mention we will be having a photographer and a Live Band! See Jon in the wellness office to purchase tickets!



*This is my favorite time of the year and am really looking forward to spending it with all of you!
I can't wait to see you at some of our holiday events!*

“Deb’s Mobil Store”



*Deb’s
Deals
Are*



Call us for special orders. We’ll deliver!

We’ll be in your community room.

“Don’t Miss It”

Monday, November 18 , 2019

From 10am to 12pm

For Further Information Call Deb at 313-459-8555

Birthday Celebration!

The Birthday Party will be held on **Friday, November 15**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

A Thanksgiving Day Prayer

Lord, We humbly ask thy blessing on the turkey and the dressing, on the yams and cranberry jelly, and the homemade pickles from our kitchen.

Bless the coffee, tea, apple and pumpkin pies. Bless each and every calorie... :-).

Let us enjoy Thanksgiving dinner, tomorrow we can all get thinner.

For all thy help along the way we're thankful this Thanksgiving Day. We're thankful, too, for all our dear ones, for all the far away and near ones.

Although we may be apart, we're together in our hearts. Keep us in thy loving care, this is my Thanksgiving prayer.

PS: Anyone who wishes may help with the dishes. :-)

Willie Leith	11/2
Stanley Terry	11/4
Sylvia Beaudry	11/5
Johnetta Samples	11/11
Mary Gonzales	11/12
Donna Bartley	11/16
Mal Lee	11/18
Laura Davenport	11/19
Theresa McCoy	11/20
Frances King	11/25
Martin Endres	11/25
Jacqueline Neal	11/29
Thelma Anderson	11/30



Illustrated by
Susan P. Cooper
findingourwaynow.co



Happy Thanksgiving

Resident Council News

By *Philena Holdridge*

Resident Council President

Thankful

Thank you for your patience and cooperation in complying with the management of VOW on paving projects. So thankful for all of the residents who made an extra effort to attend our October Resident Council meeting, in spite of all of the parking confusion. This was our last meeting until January 28, 2020 at 2 PM. *We voted to cancel our November and December Meetings* due to the many Thanksgiving and Christmas activities with family and friends. Many things are happening in November and December, so mark your calendars and sign up for what you'd like to participate in!

Winter Project for Great Lakes Burn Camp

Becky Bolden, Vice President, introduced our Winter Project for the Great Lakes Burn Winter Camp ages 6-17. We will be collecting new items such as warm hats, ski masks, gloves, mittens, scarves, socks and underwear. This camp is on February 12, 2020 for burn victims to come and enjoy the outdoors and support one another in the healing process. There will be a container in the foyer of community center to put your donations.

Library News (by Gail Holmes)

In keeping with Thanksgiving month: In "Booking Passage" local writer, Thomas Lynch (you may have visited one of his funeral homes) writes of his grandparents immigrating to Corktown in Detroit, and his many trips back to roots in Ireland. His story makes you appreciate both the old country and what this country offers. Find this hard cover on the "new books" shelf.

Recycling News (by Judy Shatto)

Waste Management has new recycling procedures that they are not accepting any plastic bags of any sort. Therefore your recycling items must be removed from the bags as you deposit your items into the bins. You can then either trash the bags, or gather them and take them to places such as Walmart, Meijer, Target and can recycle them as you walk into the store. You can also use cloth bags to bring your recyclables to the center. Paper will be separate in the two marked bins. NO HAZARDOUS WASTES AND NO GARBAGE! Check the bulletin board outside of the kitchen for more information.

GETTING TO KNOW YOUR NEIGHBORS

GLADYS JAHNKE

Gladys was born in 1928 in Green Bay Wisconsin to Stanley and Hilda Ramsett, the youngest of three daughters. She is grateful to her Christian parents who taught them high morals and ethical standards. Faith in God and staying active in her church impacted her life.

Gladys went to grade through high in school in Green Bay then went away to St. Olaf College in Minnesota before returning to Wisconsin to attend Marquette University to become a Dental Hygienist. She returned to Green Bay to work for her long time personal dentist who was instrumental in convincing her to pursue that career and loaned her the money to make it possible.

Gladys' Mother died when she was only 9 years old. Her Dad took on the responsibility of raising her and her 14 and 17 years old sisters as a single father. When Gladys's own children became teenagers she realized what a big responsibility he had undertaken.

In 1961 she married her husband Glean. They had a wonderful marriage for over 52 years until he died after a long battle with Cancer. Gladys and Glean had two children; Brian, who lives in Germany with his wife and three children and daughter Susan who lives about 7 miles away in Lake Orion and has one daughter.

Gladys and Glean were transferred 3 times with his work; living one year in Oak Park Illinois, two years in New York City then in 1964 they moved to Michigan and bought a house in Bloomfield Township.

When Glean died she kept the house for over 3 years before realizing it was too much to handle alone. After looking at a number of places, her daughter drove by the Village of Oakland Woods on her way to work and thought it looked like a nice place for her Mom to live. After checking it out she felt it was by far the best place for her. She has been here for over two years and hopes she will live here the rest of her life.

Music has always been a big part of her life. At age 6 she began piano lessons from a wonderful teacher who not only taught her to play piano but also appreciate music. She played in her high school band and sang in church choirs and played hand bells before retiring to become just a listener. Gladys keeps fit and active by participating in village exercise and other activities. At 92 she keeps up with everyone in the more challenging fitness classes.

Gladys wants to say "Sorry you Lion backers, but I am a devoted Packers fan".



Happy Thanksgiving

NOVEMBER 2019

Wellness happens at THE VILLAGE OF OAKLAND WOODS

SUNDAY

MONDAY

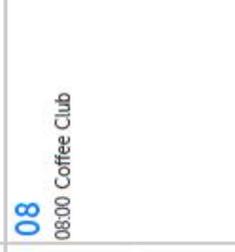
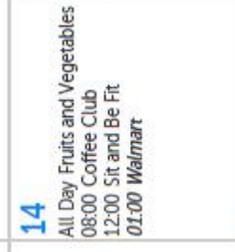
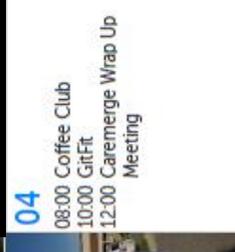
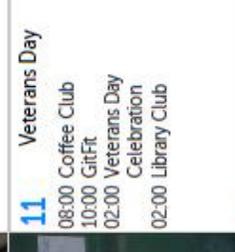
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 03	 04 08:00 Coffee Club 10:00 GitFit 12:00 Caremerge Wrap Up Meeting	 05 08:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and Be Fit 02:00 Fire Drill	 06 08:00 Coffee Club 10:00 GitFit 11:00 Village Chorus 01:30 Loss and Grief Presentation 02:30 Blood Pressure Clinic 03:00 Stretch and Flex	 07 08:00 Coffee Club 12:00 Sit and Be Fit 01:00 Active Shooter and Emergency Preparation (Oakland County Deputy Michelle Francisco)	 08 08:00 Coffee Club	 09 08:00 Coffee Club	 10 08:00 Coffee Club 10:00 GitFit 02:00 Birthday's and Bingo Celebration	 11 08:00 Coffee Club 10:00 GitFit 02:00 Veterans Day Celebration 02:00 Library Club	 12 08:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and Be Fit	 13 08:00 Coffee Club 10:00 GitFit 11:00 Village Chorus 02:30 Blood Pressure Clinic 03:00 Stretch and Flex	 14 All Day Fruits and Vegetables 08:00 Coffee Club 12:00 Sit and Be Fit 01:00 Walmart	 15 08:00 Coffee Club 10:00 GitFit 02:00 Birthday's and Bingo Celebration	 16 TBD U of M vs. MSU Tailgate	 17 08:00 Coffee Club 10:00 Mobile Dollar Store 10:00 GitFit	 18 08:00 Coffee Club 10:00 GitFit 11:00 Village Chorus 02:30 Christmas Card Making with Sabrina	 19 08:00 Fall Senior Expo 08:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS	 20 08:00 Coffee Club 10:00 GitFit 11:00 Village Chorus 02:30 Christmas Card Making with Sabrina	 21 All Day Focus Hope 08:00 Coffee Club 12:00 Sit and Be Fit 01:00 Meijer (Brown Road)	 22 08:00 Coffee Club 10:00 GitFit 01:00 Holiday Store Shopping (Telegraph Strip Mall)	 23 08:00 Coffee Club 10:00 GitFit 12:00 Sit and Be Fit	 24 08:00 Coffee Club 10:00 GitFit 01:00 Adult Coloring	 25 08:00 Coffee Club 10:00 GitFit 01:00 Adult Coloring	 26 08:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and Be Fit	 27 08:00 Coffee Club 10:00 Thanksgiving Brunch	 28 Thanksgiving Day Office is Closed	 29 No Activities Today - Enjoy your day of Rest	 30 08:00 Coffee Club 10:00 GitFit 12:00 Sit and Be Fit
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Large Calendars are Available at the Activities Table

**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

Ricardo Palacios
Sales, Marketing & Outreach

Sue Carney
Service Coordinator

Jon Hayes
Wellness Coordinator

Matthew Myers
Maintenance Supervisor

Charles Williams
Maintenance Technician

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

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