



Village News



Embrace the possibilities

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

November 2020

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Notes from the Administrator

Well, we are definitely in that fall season, and this is one of my favorite seasons: Football, Halloween, Thanksgiving, leaves, cider and donuts, and so much more obviously.

I want to continue to express the patience that we have received from all Oakland Woods residents and family members throughout this year as we have been working with what is not the ideal scenario. As most of you know, our maintenance team is still working very diligently at completing all work orders that have been brought to our attention. This is something we take VERY seriously and will continue to do so, as we move past a rough patch we had, in not being able to respond to non-emergencies. Again, we appreciate you being patient with us. We are still working on completing all of our Lighting on the OW1 and OW2 side. As stated earlier, I do very much appreciate your patience with us as we have mitigated several of the lighting issues, thus bringing our lighting project to a near completion. You will see as soon as possible the remaining lights brought back to full function.

November is a fun month for activities! Check out the calendar to see what Joelle has planned for you coming up. As you know, every year we LOVE hosting you for our Thanksgiving brunch. Well, this year is a little bit different. Please see the special flyer giving you a run-down of how we will be making our Thanksgiving Brunch safe for you this year. As you know, this is my favorite event of the year and I am happy we can provide this to you in some form or fashion.

I want to wish a Happy Thanksgiving to you and your families. Many blessings with much love and thanks!

Jon Hayes



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

The Gratitude Attitude

During a pandemic, I admit that it can be rather difficult to 'look on the bright side.' To keep from catching or spreading the coronavirus, we have shut ourselves in and stopped doing many of the things we once enjoyed. We only 'visit' with our family and friends through our phones, tablets or laptops and we have to stay distant and cover our faces when we venture out to take care of the essentials, such as buying groceries and attending medical appointments. Life in the year 2020 sure is different.

As hard as it might be to do, however, rather than dwell on the negative it would serve us well to instead count our blessings. Research has shown that grateful people tend to have fewer aches and pains, experience better sleep, feel less stressed, express more self-confidence, and bounce back better from traumatic events.

While giving thanks has been an annual American tradition since 1863 when Abraham Lincoln declared Thanksgiving a national holiday (during the Civil War!), being grateful just once a year is insufficient. We need to make it a regular habit. One way to do that is to keep a gratitude journal. In it you'll write down one or two things you're thankful for. You can do so daily, for example right before you go to bed or it's something you can do weekly. The longer you do it, the stronger the benefits. One day, you might even find that one of the things you write in your journal is just how thankful you are for creating it to begin with.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

November is National Caregivers Appreciation Month

As a former state aging director and the daughter of caregivers over a twenty year period of time, I am well versed as to the joys and anguish which caregivers and their loved ones experience. And these days it is even tougher with not being able to be together.

It is really important to continue to communicate with loved ones and service coordinators as to how you are doing. Experts tell us it is essential that we do not neglect our health and medical appointments. One positive during this time is the increase in tele-health which allows us to meet with our physician remotely. PVM is investing in this capability. Talk with your caregiver children. This can be a timesaver for them. And they can also be involved in the conversation to better support you. Contact your administrator/ director or service coordinator if you would like to take advantage of this. Also, we have many opportunities to continue with fitness and wellness programs. Please also wear a mask and get your flu shot. The best gift you can give your children and grandchildren is to maintain your health. Being around for weddings, graduations and the birthday of a new family generation are blessings beyond measure.

Take Care & Stay Safe!



Service News

By Sue Carney

Service Coordinator

Happy Thanksgiving!

Hope everyone is well, healthy and safe. Keeping everyone in the prayers. This year has been a very challenging year for everyone. We are trying our best to take one day at a time and do the best we can.

We all need to remember that each day is a gift and that we need to count our blessing and appreciate. Maybe instead of just celebrating all that we are grateful for just on November 26, we count our blessings every day in the month of November and every day after that. A suggestion that works for some, is to have a gratitude journal or just verbalizing each day what we grateful for. Take time, at least once a day or many times a day, to truly be thankful.

Try your best to stay positive, reach out to family and friends, and staff & count all your blessings.

Have a blessed month.....Sue





Wellness News

Joelle Baughman
Wellness Coordinator

Hello you!

We had an exciting October with the tons of events that were on the calendar. New faces continue to come out and socialize/participate, which I love seeing. As we approach the holiday season, I wanted to highlight some events. The Thanksgiving Brunch is going to still be on this year, we just have to work around/with the governments guidelines to keep everyone safe. The brunch will be at the community center for you to pick up and take home, November 25th at 11:00. Following the food pass out, we will have a Zoom eat/socialize together that will be live at 11:00. You must sign up for the brunch in advance anytime between November 1st - 20th.

As events are beginning to be back on the calendar, please remember that there is a sign up book in front of the front office for you to utilize. Also, I have printed the large calendars that you can pick up as well. For those of you that have access to internet, I encourage you to check out my website <https://howboutlunch.weebly.com>. The purpose of the website was to bring you, the residents access to healthy recipes at a low cost, but also the opportunity to chat with your fellow peers about the recipes after you have created them yourselves. The recipes cost anywhere from \$1-\$3 per serving and each recipe creates anywhere from 2-3 servings depending on how hungry you are. All the information you need about the “How Bout Lunch” is on that website, so check it out!

Want to win a festive basket filled with goodies? Participate in the 1st annual Hunting Season. The week of November 16th, images of deer will be posted throughout the village and inside the community center for you to find. Once you find an image, bring it to Joelle and she will keep track of all the points throughout the week. The winner will be contacted on Monday, November 23rd. Feel free to contact me with any questions or concerns. Have a great month of November and Thanksgiving, give thanks!

November Events

Learn how to use Zoom:

Come join Joelle as you teaches you the tricks to Zoom to make it very simple to use. This will be helpful when trying to join "How 'bout Lunch?"

November 2nd @ 11:30

Inside the community center

Christmas Wreath Make-n-Take:

Spice up your door for the holidays.

November 17th @ 1:00



Bunco

How Bout Lunch?:

Check out howboutlunch.weebly.com to view cooking demonstration videos that Joelle releases each week. All meals are less than \$2 per serving and most of the meals make 2-3 servings. Look at the flier on the next page for more information.

Thanksgiving Brunch:

RSVP by signing up at the community center anytime from November 1st—November 20th. You must sign up in advance! The event will take place on November 25th at 11:00. See flier for further details.

Hunting Season:

Want to take part in Hunting Season? Opening day will begin November 16th at 9:00am and will end November 20th at 2:00pm. Images of deer will be placed around the village all week and inside the community center for you to find. Once you find one, bring to Joelle and she will keep tally throughout the week. Points for each deer are randomized, some even worth negative points. The resident with the most points at the end of the week will win the prize!

How 'bout Lunch?

Watch It! Learn It! Make It! Eat It!



Starting November 4th through December 1st you're invited to join the Village of Oakland Woods Wellness Coordinator Joelle Baughman for lunch. But there's a catch...



On the odd numbered weeks, Joelle will release a video featuring an easy-to-make lunch & drink that she created just for you.

On the even numbered weeks, in the comfort & convenience of your own kitchen, you'll make the dish shown in the previous week's video then via Zoom join Joelle for lunch. You can share how easy or hard you thought it was to make and whether or not you actually liked it. You can also make suggestions for future videos.

To learn more about "How 'bout Lunch?" and see what dishes Joelle has planned, visit the "How 'bout Lunch?" website at <https://howboutlunch.weebly.com>. That's where you'll also view the videos and sign up for the lunches.

Questions? Call Joelle at (248) 334-4379 or send an email to jbaughman@pvm.org.

Thanksgiving Brunch Information

On November 25th at 11:00, you can come to the community center and pick up your hot, carry-out meal and take it back home to enjoy!

From 11:00-1:00, you can eat together with your fellow peers and Oakland Woods staff via Zoom. The Zoom link is below:

[https://us02web.zoom.us/j/86833131122?
pwd=REc3VWphZHNqbldScy9JMDVmQmFGQT09](https://us02web.zoom.us/j/86833131122?pwd=REc3VWphZHNqbldScy9JMDVmQmFGQT09)

Meeting ID: 868 3313 1122

Passcode: 239526

Or dial in on via phone:

+19292056099,,86833131122#,,,,,0#,,239526#

If Zoom is too confusing, we have an informational packet at the community center to walk you through the steps to join.

YOU MUST SIGN UP IN ADVANCE AT THE COMMUNITY CENTER, ANYTIME FROM NOVEMBER 1ST-NOVEMBER 20TH. If you are unable to pick up a meal, let us know and we can bring one to you.

Happy Thanksgiving!

Quick and Simple: Chicken Sheet Pan Meal

Things you need:

- 2 medium chicken breasts, thawed and diced
- 2 medium-large sweet potatoes, diced
- 1 medium onion, diced
- Olive oil
- Salt and pepper

Steps:

1. Preheat oven to 400 degrees. Take a sheet pan and cover with aluminum foil for easy clean up.
2. In a mixing bowl, put the diced chicken breasts, diced sweet potatoes, and diced onions all together. Coat with olive oil, salt and pepper. Mix.
3. Pour the mixture onto the sheet pan and bake for 30—45 minutes, stirring occasionally. Cook the chicken through and make sure the potatoes are soft, when complete, turn off oven enjoy!



Birthday Celebration!

Happy Birthday to all of our
November Babies!

Willie Leith	11/2
Stanley Terry	11/4
Sylvia Beaudry	11/5
Patricia Ann Perkins	11/5
Jill Winters	11/6
Paula Sirls	11/8
J. Samples	11/11
Mary Gonzales	11/12
John Polk	11/13
Betty Moncrief	11/16
Donna Bartley	11/16
Beth Ann Johnson	11/17
Mal Lee Sr.	11/18
Laura Davenport	11/19
Carol Sweeney	11/19
Patricia Brooks	11/20
Theresa Myles	11/20
Audrey Branner	11/23
Frances King	11/25
Jacqueline Neal	11/29
Roy Jenik	11/29
Thelma Anderson	11/30
Deloris Barnes	11/30



Give
thanks

Resident Council News

By *Philena Holdridge*

Resident Council President

Resident Council Board

Philena Holdridge, President

(248)977-3038

Becky Bolden, Vice President

(248)766-3684

Vernice Harper, Secretary

(248)622-4470

Joyce Parlor, Treasurer

(248)210-5678

November Resident Council News

“Heart Gifts”

It's not the things that can be bought, that are life's richest treasure,

It's just the little “heart gifts”, that money cannot measure...

A cheerful smile, a friendly word, a sympathetic nod

Are priceless little treasures from the storehouse of our God.

They are the things that can't be bought with silver or with gold,

For thoughtfulness and kindness and love are never sold...

They are the priceless things in life for which no one can pay,

And the giver finds rich recompense in giving them away.

By Helen Steiner Rice

Oh, how true this is!!! Let's all consider the importance of “heart gifts” and embrace these priceless treasures as residents at the Village of Oakland Woods.

New Area 5 Representative

Many thanks to Larry and Chris Milz for being willing to be our new Area 5 Representative. Please feel free to call the Milz at 1-810-358-8928 if you have any questions about Village of Oakland Woods. They will look forward to meeting you! We do want to thank Judy Shatto for her many years of service as Area 5 Representative.

Nov. and Dec. Resident Council Meetings are Cancelled

November and December are usually busy months, so we won't have another Resident Council meeting until January 26, 2021.

If Locked Out of Apartment/Cottage

Please call Emergency Maintenance Phone #1-248-330-0213. You may want to put this number in your cell phone.

Blessings to all!!

Philena Holdridge, Resident Council President



November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>8</p>	<p>2</p> <p>11:30 Learn How to Use Zoom</p> <p>12:30 Decorating Committee</p>	<p>3</p> <p>10:00 Gods Word and Prayer</p> <p>No Class</p>	<p>4</p> <p>10:30 GetFit</p> <p>11:00 Village Chorus</p> <p>1:00 How Bout Lunch?</p>	<p>5</p> <p>8:30 Coffee and Bowling</p> <p>11:30 Sit to Fit</p>	<p>6</p> <p>10:30 GetFit</p> <p>1:00-2:00 Bunco</p>	<p>7</p>
<p>15</p>	<p>9</p> <p>8:30 Coffee and Bowling</p> <p>11:00 Exercise Games</p> <p>1:00 Horse Racing</p>	<p>10</p> <p>10:00 Gods Word and Prayer</p> <p>11:30 Sit to Fit</p> <p>1:00 Adult Coloring</p>	<p>11</p> <p>10:30 GetFit</p> <p>11:00 Village Chorus</p> <p>1:00 Calendar Planning Meeting</p>	<p>12</p> <p>8:30 Coffee and Bowling</p> <p>11:30 Sit to Fit</p> <p>1:00-3:30 Fruits and</p>	<p>13</p> <p>10:30 GetFit</p> <p>1:00-2:30 Bunco</p>	<p>14</p>
<p>22</p>	<p>16</p> <p>8:30 Coffee and Bowling</p> <p>9:00 Hunting Season Begins</p>	<p>17</p> <p>10:00 Gods Word and Prayer</p> <p>11:30 Sit to Fit</p> <p>1:00 Christmas Wreath Make-n-Take</p>	<p>18</p> <p>10:30 GetFit</p> <p>11:00 Village Chorus</p> <p>1:00 How Bout Lunch?</p>	<p>19</p> <p>8:30 Coffee and Bowling</p> <p>11:30 Sit to Fit</p> <p>Focus Hope</p>	<p>20</p> <p>10:30 GetFit</p> <p>11:00 DIA Build Kit</p> <p>1:00 Birthdays and Bingo</p> <p>2:00 Hunting Season Ends</p>	<p>21</p>
<p>29</p>	<p>23</p> <p>8:30 Coffee and Bowling</p> <p>11:00 Exercise Games</p> <p>ALL DAY: Cookbook Pick Up</p>	<p>24</p> <p>10:00 Gods Word and Prayer</p> <p>No class</p>	<p>25</p> <p>11:00 Thanksgiving Brunch Pick up</p> <p>11:00-1:00 Zoom Eat Together</p>			<p>28</p>
<p>30</p>	<p>8:30 Coffee and Bowling</p> <p>11:00 Exercise Games</p>				<p>Exercise</p> <p>Village Activities</p> <p>Virtual Events</p> <p>Games</p>	

**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

Jon Hayes

Housing Administrator

Sharon Benton

Administrative Assistant

Hillary Vandenberg

Administrative Assistant

Joelle Baughman

Wellness Coordinator

Sue Carney

Service Coordinator

Matthew Myers

Maintenance Supervisor

Charles Williams

Maintenance Technician

EMERGENCY MAINTENANCE (248) 330-0213

ON-SITE SECURITY (586) 596-8185



Presbyterian Villages of Michigan 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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