



Village News



Embrace the possibilities

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

December 2016

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The Village of
Oakland
Woods

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Notes from the Administrator

Happy Holidays everyone! December is upon us and that means the Holidays, travel, family, friends and events. It also means snow and cold. As we transition from fall to winter please remember to be careful when going to and from your apartments. Report snow build up between cars, icy patches you may see and other safety concerns to the office as soon as you see them. We will work with you to ensure all areas are clear and ice free.

Our annual holiday village celebration will be held on Saturday December 10th at 6:00 p.m. in the community center. See the events calendar for more details or contact Daniela for additional information and tickets. In addition to the big holiday celebration we have our usual fun filled and exercise heavy schedule for December. It's that month that we can all use a laugh with others and some good exercise. So come join us! As part of the celebration we always encourage everyone to add their own piece of the good times by coming up to help decorate the community center with a personal holiday decoration or two. Come on up before the event and lets all make this one special.

We just completed the Friends & Family project for 2016 which was our automatic door opener at the community center. We now have two self-opening entrance doors. One at the main entrance and the second at the community room. A simple button push or tug on the handle will activate the doors.

The new carpet and padding project for the entire community room will begin in late December we are very excited to begin our full remodel with the flooring chosen by you. Thank you to everyone for all your efforts towards getting this project started and completed.

If you are traveling for the Holidays or having guests stay overnight for an extended time please follow the house rules and your lease and register your guests with the office. If you are leaving for an extended vacation let us know so we can keep an eye on your home while you are gone. Merry Holidays and a Happy New Year everyone from all of us at the Village office.



Giving Matters.

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

Rise to the challenge.

And join me in raising \$50K for seniors!

You can help seniors get \$50K—if YOU rise to the challenge and raise \$50K by December 31st, **doubling your impact!**

Think of what \$100,000 can do for residents! With your help, you can:

Transport 1,000 residents on 4 special outings a year to local attractions like Belle Isle.

Give 240 residents 1 year of **exercise classes** to stay fit and healthy.

Support the **emergency needs** of over 300 residents in 1 year (up to \$300 each).

Send over 400 residents to the **Village Victory Cup** each year for the next 5 years!

The challenge ends December 31, 2016. Please make your gift today and change the life of a senior who needs you!

Thank you for creating new possibilities for seniors and helping them thrive!

Happy holidays,

Paul J. Miller, CFRE

Join the \$50K Challenge!
And change the life of a senior who needs *you*

7 in 10 older adults, like David, will need long-term services and support in their lives. **YOU can help!**

Raise \$50K by Dec. 31, 2016—and PVM Villages will receive another \$50K, **doubling your impact!**

MAKE YOUR GIFT TODAY!

Mail: PVM Foundation, 26200 Lahser Rd, Suite 300, Southfield, MI 48033
Online: pvmf.org/challenge
Call: 248.281.2040



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

MESH: The Key to Healthy Aging

Last month I had the pleasure of attending a conference at which I heard world renowned geriatrician Dr. Bill Thomas speak about healthy aging. According to Dr. Thomas, the key to having what he refers to is a “good old age” can be summed up with the term: MESH, which stands for **M**ove, **E**at, **S**leep, **H**eal. As a practicing physician, Dr. Thomas has found that neglecting to do any of these four things can have dire consequences as we age. Over the next four months, I will devote a column to each of these four behaviors and explore what exactly Dr. Thomas means when he advises us to **Move, Eat, Sleep, and Heal**.

The Merriam-Webster dictionary defines the word mesh as “to cause (things) to fit together or work together successfully.” Starting next month, we will begin to learn how these four things work together to help us age successfully. For those of you with access to a computer, follow this link for a sneak peak on what it means to move, which will be the subject of next month’s column:

<http://changingaging.org/blogstream/the-best-health-advice-just-move/> .





Service Coordinator News

By Danette Pye,
Service Coordinator



Merry Christmas

Quote: Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember you can achieve. ~ Mary Kay Ash.

Join Us For a Presentation: Coping With Change

December 19, at 2:30pm

Community Room

Cooley Law School Representative

The Estate Planning Clinic will return to the Village of Oakland Woods December 1, at 6:00pm. Residents with appointments, please arrive on time. This meeting will consist of the

DOCUMENT EXECUTION.

Bingo and Crafts with Sabrina

Come join Sabrina Sawson from Sunshine Home Care for Bingo fun on December 13 at 11:00 am. Everyone is guaranteed to have a good time.



Wellness Coordinator News

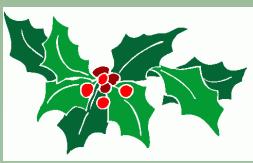
By Daniela Blechner,
Wellness and Activities Coordinator



Happy Holidays! I hope that everyone had a safe and happy Thanksgiving, and that the festivities and joy continue on for you through the month of December! Our calendar for this month has quickly filled up, with shopping trips, activities and special holiday events happening every week! Please join in the holiday spirit and sign up for a few of our events and activities.

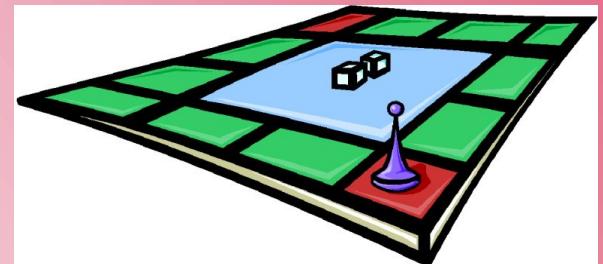
We will be having our annual Holiday Celebration on Saturday, December 10th in the Community Room. This will be an evening event, with a catered dinner, live music and entertainment. It should be a wonderful evening filled with friends, family and food! There is a cost affiliated with this event: \$5 for residents to attend, and \$10 for each non-resident attending. Families are welcome to join, however please keep in mind the \$10 fee per person. A sign-up sheet has been out for the Holiday Celebration, and it will remain in the sign-up book until Wednesday, December 7th. Final numbers will need to be determined by that time. Please be sure to sign up in the book, as well as list any guests that may be joining you! Payment will be taken on the day of the event.

Lastly, as your Wellness Coordinator I urge each of you to enjoy the holidays in moderation, and also continue to focus on maintaining a balanced and active lifestyle! There is no better way to keep your body and your brain healthy than to keep moving! We have been lucky so far with our weather, however as temperatures begin to drop please still be sure to stick with your exercise routine. Or perhaps now is the perfect time to begin a regimented exercise routine! Attend Sit & Be Fit, make use of the Fitness Room, and keep moving around your home when the weather doesn't allow you to leave. All of these things can help to ensure a healthy transition into 2017! As always, please come to me with any questions or concerns about your activity routine and health choices. I am here to help you!



DECEMBER EVENTS

Board Games: We will once again be gathering to play some board games together! This activity is scheduled for Friday, December 2nd at 2:30pm. There will be a variety of games to chose from, as well as some light snacks and refreshments for those participating. Please be sure to sign up in advance so that I know how many residents to plan for!



Meadow Brook Theater & Lunch: Meadow Brook Theater will be putting on the play "A Christmas Carol" on Wednesday, December 7th at 2pm. We will be leaving the Community Center at 11:30am for this activity, to first stop for lunch at the Applebee's located on Squirrel Rd., and then make our way to the theater from there. This is a popular show, and we only have 14 tickets available. Please only sign up if you are certain you are able to attend.

"Come to the Manger" Nativity Display: Our first holiday activity for the month of December will be the Nativity Display put on by Bridge Community Church in



Troy. We will leave for this trip at 11am on Thursday, December 8th. They will have over 200 Nativity sets on display, and this is a free event with light refreshments served at the end. This should be a lovely way to get us into the holiday spirit!

Holiday Celebration: Our annual holiday

celebration is scheduled for Saturday, December 10th at 6pm. Dinner will be served, and there will be live jazz music for your entertainment. A sign up sheet has been out for a few weeks, as a final count of attendees is needed by Wednesday, December 7th. Please be sure to sign up prior to December 7th, and also include any relatives who will be joining you for this celebration. Family and friends are welcome. There is a cost associated with this event: \$5 for residents and \$10 for non-residents attending. Please be aware of this cost prior to signing up for the event. Payment will be collected at the door on the evening of our celebration. I hope to see you all there!



DECEMBER EVENTS CONT.



Great Lakes Crossing Trip: Tis the season for shopping! We will be taking a day trip to Great Lakes Crossing Outlet Mall on Monday, December 12th. We will leave for the trip at 11am. All shopping and dining costs will be the responsibility of each resident attending. Given that this is a popular time to shop, please be sure to sign up in advance!

Village Chorus Christmas Sing-A-Long: Our very own Village People Chorus will be hosting a Christmas Sing-A-Long on Wednesday, December 14th! The Sing-A-Long will begin at 11am, and last until about 1pm. Pizza will be served for those attending the event, as well as the choir members will be offering residents the chance to win a prize with some holiday trivia questions! This should be a great event filled with friends, fun and holiday cheer!



Holiday Craft Project: It's time to get crafty once again. Our craft project this time around will be holiday themed. The completed project will be something each individual will be able to display at home, or as an added decoration to our community room! More details on the craft project will be posted at a later date. This project will take place on Monday, December 19th at 1pm. Please be sure to sign up in advance so that I know the number of supplies I need to provide!



MEADOW BROOK THEATER PRESENTS:

A CHRISTMAS CAROL

WEDNESDAY, DECEMBER 7TH



We will be traveling to the Theatre once again to see this timeless holiday classic! Our trip will include a lunch stop, and residents will be responsible for the cost of their own lunch. We will leave the Community Center at 11:30am, have lunch at a local restaurant, and then attend the 2pm performance of A Christmas Carol! Given that this is a popular show & trip, there is an early sign-up sheet on the table below. There are only 14 tickets available, so please only sign up if you are certain you can attend. Thank you!



The Village People Chorus

Presents

a

Christmas Carol Sing-a-Long

Pizza Party

Wednesday, December 14, 2016

11:00 a.m. – 1:00 p.m.

**Come Join Us
and**

**Enjoy the Food, Fun, and Trivia Games
Please Sign-up By December 12th**



VILLAGE OF OAKLAND WOODS' HOLIDAY CELEBRATION! SATURDAY, DECEMBER 10, 2016

6:00PM

Please join us on Saturday, December 10th at 6pm for our annual holiday celebration held in our Community Room. This will be a catered dinner with live musical entertainment for all to enjoy. Residents are welcome to invite their relatives to attend the dinner as well.

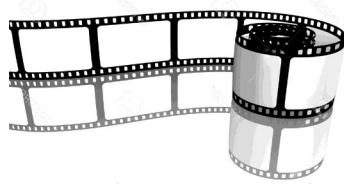
Please note that there is a cost affiliated with this event:

\$5 for Residents, and \$10 for non-residents. Be sure to keep this in mind when signing up for the celebration. I have put out an early sign-up sheet for residents to start putting down their names, and the names of their guests, on the list. I will need a final count of attendees no later than Wednesday, December 7th, so please be sure to sign up early, and list all those who plan to attend with you. Payment for the celebration will be taken at the door on the evening of the event. If there are any other questions please do not hesitate to come speak with me, your Wellness Coordinator, at your earliest convenience.

Thank you!



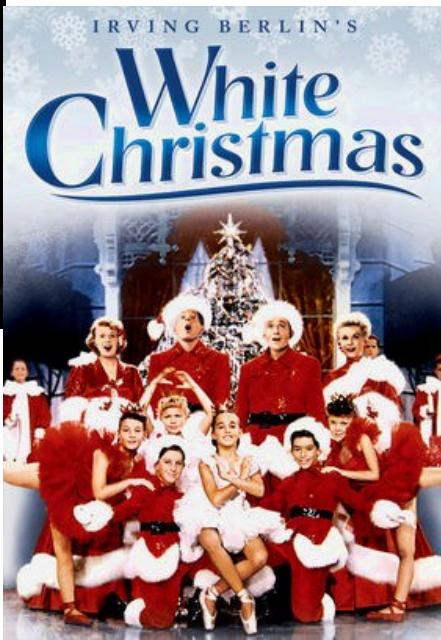
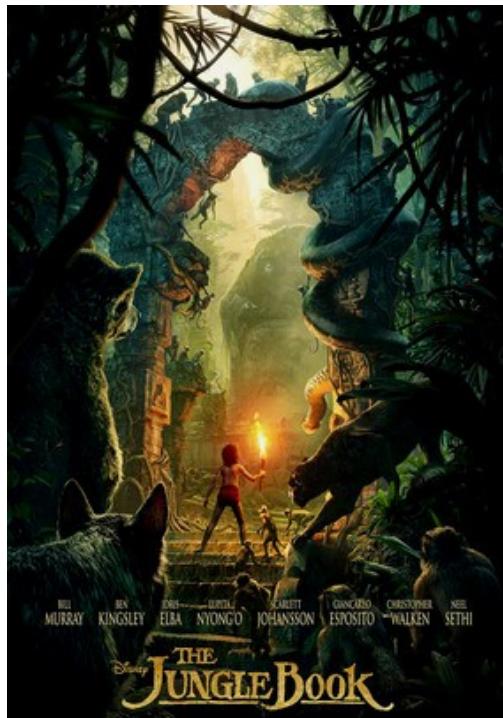
Theater Thursday



Thursday, December 1, The Jungle Book: Inspired by the animated Disney classic, this live-action adaptation of Rudyard Kipling's beloved novel follows young Mowgli as he navigates a jungle full of wonder and peril with his animal allies Bagheera the panther and Baloo the bear.

Thursday, December 15, Me Before You: Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living.

Thursday, December 22, White Christmas: Bing Crosby and Danny Kaye play war buddies turned entertainers who fall for two sisters. The boys follow the girls to a resort owned by their former commanding officer, and he's in danger of losing the place. ***This will be a special "Holiday Theater Thursday" hot chocolate and Christmas cookies will be served with this movie!***



DECEMBER

Ida Josephine Brittain

Great wealth has December,
For December can remember
January's clean white pages,
February's simple stages;
March and its madness,
April and gladness;
May with charm and lovely youth,
June with quest for life and truth;
July's generous hands,
August's angry commands;
September by golden days,
October through rosy haze;
November, now departing
With silvered ways.
Great wealth has December...
For December can remember.

Flower:
Narcissus



Gem:
Turquoise



Birthday Celebration!

The Birthday Party will be held on Friday, December 9th. Please join us in the community room at 1:30pm for the celebration, bingo and refreshments!

Sharon Dahl 12/2
Shellie B. Houston 12/4
Troy Richardson 12/6
Betty Satterwhite 12/7
Clara Ramirez 12/8
Linda Hondo 12/8
Kathy Hubble 12/15
Janet DeVold 12/17
Bessie Page 12/18
Mildred Jones 12/19
Rita Frew 12/20
Gail Holmes 12/23
Edith Gutowski 12/24
Patrick Beckwith 12/28
Monte Strohschein	. 12/31



A Little Holiday Humor:



The line at our local post office was out the door, and seeing that only one postal worker was on duty, the customers were getting testy. To help hurry things along, a customer called out, "How can I help you go faster?"



The postal worker yelled back, "Go Home!"

From Reader's Digest, Dec/Jan 2016, submitted by Judy Shatto

Resident Council News

By Judy Shatto,
Resident Council President

A Few Friendly Reminders from Your Resident Council President:

Free Table Etiquette—

Be courteous. Do not push and grab like I recently witnessed. Take only one or two items so that all the residents get a chance to choose a perhaps needed item.

Old Flags—

When replacing your American flags, do not throw them away in the trash. Bring them to the office and Tim from maintenance will collect them for proper flag disposal. In June, (June 14 is Flag Day) he takes them to a site where all flags collected are disposed of properly.



Newsletters—

After taking your monthly newsletter, please remember to put the lid down so they do not get wet. I distribute a newsletter for each resident in the black boxes most always before the 1st of the month. Please read it, check and post the calendar, and be sure to sign up for the desired events you are interested in. If you cannot make it to the Community Center in time to sign up for something, you can call the office and request them to sign up for you.



Resident Council Board

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

Resident Council News

By Judy Shatto,
Resident Council President

Recycling—

We offer recycling here at the Village. The containers are located by the maintenance garage. The two taller black containers on the left are for paper and paperboard (cereal boxes etc.) and the three green ones are for clean plastics and cans that can be mixed. No glass or corrugated cardboards at this time. No garbage or needles of any sort are permitted. These are NOT SECURED containers so do not deposit any secured or private papers in any of these containers. Early next year, we will offer again a secured container that will be located in the Community Center lobby to deposit your private documents. We will post information at a later date.

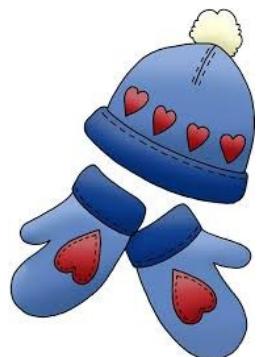


Apartment Area Parking—

As a friendly reminder, there are no assigned parking spaces within the apartment areas. Please try to be aware and courteous for your neighbors who may have more difficulty walking to and from their cars. Perhaps try to embrace the holiday spirit by leaving those parking spaces closest to their apartment available for them. You will see, kindness can be contagious!

Warming Collections—

We will be collecting donations for the needy starting in December. New items only please. We will be collecting gloves, mittens, knitted hats, scarves and new socks. Any and all donations will be greatly appreciated. There will be a container set up in the lobby of the Community Center to put these most needed items. Thank you!



Garden Club:

The Garden Club will resume its monthly meetings in March of 2017. The Garden Club will miss our former leader Nancy Chaltron. She was an avid gardener, and she even won the beautification prize for her cottage in 2013. She will be dearly missed by all.

AS THE VILLAGE TURNS

SINCE THE VILLAGE TURNED

"The Prince of Peace"

A tiny secluded manger with its sweet-smelling straw and its lowing cattle comprised the homely stage upon which the most striking and significant drama of the centuries was enacted. It was there that God, in the Person of His Son, Jesus Christ, became identified with man. In meekness and humility He came to earth as the Prince of Peace.

During the First World War, on Christmas Eve, the battlefield was strangely quiet. As the soft snow fell, the thoughts of the young men were of home and their families. Softly one lad began to hum "Silent Night." Wheezy tenors and throaty baritones took up the chorus until the trenches resounded with the Christmas song. When they finished singing, they were astonished to hear the song echoing from the trenches across no-man's-land: In their own tongue the other soldiers also sang "Silent Night." That night they were thinking of the Prince of Peace, the Christ of Christmas.

How different this world would be if we could unite together around that "Holy Infant so tender and mild." Earth can be as Heaven with Christ. Discord can be as peace when Christ is near. Midnight gloom can be transformed into noonday brightness when He abides with us.

—Decision, December, 1989, "When God's Son Came to Earth"

AS THE VILLAGE TURNS

SILENT NIGHT

"Silent Night, Holy Night"

Silent Night! Holy Night!
All is calm, all is bright.
Round yon virgin mother and child!
Holy Infant so tender and mild,
Sleep in heavenly peace, sleep in heavenly peace!

Silent Night! Holy Night!
Shepherds quake at the sight;
Glories stream from heaven afar;
Heav'ny hosts sing alleluia—
Christ the Savior is born! Christ the Savior is born!

Silent night! Holy night!
Son of God, love's pure light
Radiant beams from Thy holy face
With the dawn of redeeming grace—
Jesus, Lord at Thy birth, Jesus, Lord at Thy birth.

"Christmas is the most thrilling season of the year. As we look back over the years, memories of man Christmases flood our minds. Christmas cards that we read and reread, the smell of pine drifting through the house, the fireplace crackling—all of these things turn our thoughts to those we love.

Most of all, Christmas is when our minds go back to that lowly manger in Bethlehem, and we hear beyond the noise of our materialistic world the soft flutter of angels' wings. We see the tenderness of a mother with her first-born Son...we feel the softness of a Baby.

Amid the glitter and busyness of the season, we pray that you will experience anew the miracle and meaning of that Christmas night."

December 2016

Human Rights Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1 9:00 Stretch & Flex 1:00 Theater Thursday	2 10:00 Balance & Core 2:30 Board Games	3
				NOVEMBER		
4	5 10:00 Strength Training 2:00 Bible Study	6 9:00 Balance & Core 11:00 TOPS 1:00 Walmart & Chase	7 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 11:30 Meadow Brook Theater & Lunch <u>NO SIT & BE FIT</u>	8 9:00 Stretch & Flex 11:00 "Come to the Manger" Nativity Display Trip	9 10:00 Balance & Core 1:30 Birthdays & Bingo	10 Dinner &
11	12 10:00 Strength Training 11:00 Great Lakes Crossing Trip 2:00 Bible Study	13 9:00 Balance & Core 11:00 Bingo with Sabrina! 11:00 TOPS 1:00 Kroger	14 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus Christmas Sing-A-Long 1:00 Sit & Be Fit	15 9:00 Stretch & Flex 1:00 Theater Thursday	16 10:00 Balance & Core	17
18	19 10:00 Strength Training 1:00 Holiday Craft Project 2:00 Bible Study 2:30 Coping with Change Presentation	20 9:00 Balance & Core 11:00 Blood Pressure Clinic 11:00 TOPS 1:00 Meijer	21 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	22 9:00 Stretch & Flex 1:00 Theater Thursday Holiday Edition: White Christmas with Hot Chocolate! <u>FOCUS HOPE</u>	23 10:00 Balance & Core	24
25	26 <u>OFFICE CLOSED</u> MERRY CHRISTMAS!	27 <u>NO EXERCISE</u>	28 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	29 10:00 Stretch & Flex 1:00 Theater Thursday	30 <u>NO EXERCISE</u>	31 HAPPY NEW YEAR!
						

**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



**Presbyterian
Villages
OF MICHIGAN**
THE FOUNDATION

Office Number

(248) 334-4379

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Administrator

Sharon Benton

Administrative Assistant

Carolyn Mancos

Administrative Assistant

Jack Johansson

Leasing Specialist

Danette Pye

Service Coordinator

Daniela Blechner

Wellness and Activities 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

