



# Woodbridge Life



Embrace the possibilities

1300 Martin Luther King, Jr., Blvd. • Detroit, Michigan 48201 • www.pvm.org

December, 2016

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## December Activities

**Dec. 3 (Sat.):** Alphas & Masons Fundraising Brunch.....Dining Rm.....10 am

**Dec. 4 (Sun):** Praise & Worship Service Community Rm .....3 pm

**Dec. 14 (Wed.):** Resident Council Meeting.... Dining Rm.....1:00pm

### Dec. Days of Happy Holidays

*4<sup>th</sup> Qtr. Birthday Celebration (Fri.)..12/9...5pm*

*Holiday Brunch (Wed.).....12/14....10am*

*Festival of Lights (Fri.).....12/16.....5pm*

*Holiday Celebration (Fri.).....12/23.....6pm*

*Arts & Crafts Bazaar (Sat.)...12/17.....12pm*

**Dec. 14 (Wed.) Focus Hope Delivery**

**Dec. 13 US National Guard's Birthday**

**Dec. 21 Winter Season Begins**

**Dec. 24 Christmas Eve**

**Dec. 25 Christmas Day**

**Dec. 25 First Day, Hanukkah**

**Dec. 26 First Day, Kwanzaa**

**Dec. 31 New Year's Eve**

**Dec. (Tues):** Bible Study.....

Dining Rm ..... 7 pm

**Dec. (Wed.):** Bible Study.....

Multi-Purpose Rm ..... 10am

**Dec. (Wed.):** Dominos.....

Multi-Purpose Rm .....7pm

**Dec. (Thurs., Fri. & Sat.):** Pokeno.....

Community Rm ..... 7pm

**Netflix (Anytime):** .....Mini-Theater Rm

## Coping With Holiday Grief It Bears Repeating

**TIP # 1: The single most important factor in healing from loss is having the support of other people.** Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry. Accept support wherever it comes from & don't grieve alone.

**TIP # 2: When you're grieving, it's more important than ever to take care of yourself.** The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after yourself will help you get through this difficult time.

**TIP # 3: As time passes, sadness and anger should become less intense as you accept the loss & move forward.** If you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

**TIP # 4: Contact a grief counselor or professional therapist if you:**

**TIP # 4: Contact a grief counselor or professional therapist if you:**

- Feel like life isn't worth living
- Blame yourself for the loss/for failing to prevent it
- Feel numb/disconnected from others for more than a few weeks
- Are having difficulty trusting others since your loss
- Unable to perform your normal daily activities



The Village of  
**Woodbridge  
Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Giving Matters

By Paul J. Miller, PVM Foundation President

### 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 31<sup>st</sup>, **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](http://pvmf.org/challenge)  
Call: 248.281.2040

## Hang Them with Care

Listverse.com

Many people know of Saint Nicholas being the basis of Santa Claus, but the practice of stocking-stuffing can be traced back to his charitable donations in the 4th century. Nicholas believed that childhood should be savored and enjoyed, but in a time where boys and girls younger than 10 had to work to support their families, this wasn't always possible.

Therefore “St. Nick” gave what he could in homemade food, clothes, and furniture. The bishop even gave out oranges, which would have been very rare and expensive in Lycia, where he lived. The problem became where to leave these gifts so that the children would find them. According to legends, he then saw girls' stockings hanging above the fireplace, and ol' Saint Nick thought “Why not?”. From then on, children would hang stockings up with care, hoping that Saint Nicholas would visit them that night.

Beyond St. Nick, the practice can be traced back to Scandinavian countries that still held their Pagan beliefs. Children would leave their shoes full of carrots, straw, or other similar foods for Odin's mythic horse, Sleipnir. When Sleipnir ate the food, Odin would leave candy or other treats in their place.

## Resident Council

Resident Council Meetings: Every Second Wednesday, the Month at 1pm

### *From the Resident Council President's Corner:*

**Reflections.** A great big thank you to all who helped make our Thanksgiving Dinner a marvelous occasion, Woodbridge management and residents collaborated to make sure there was enough food for everyone. The women of Woodbridge donned their aprons and strutted to & fro in their kitchens to prepare the best dinner ever! Mr. Russell Williams showed his expertise in carving the turkeys and ham. Mrs. Gwen Battle-Green read a devotional piece which reminded us of reasons to be thankful.

Let us retain the spirit of thankfulness as we prepare for the Christmas Holiday. Remember the promise of the One whose birth is the original reason for the season. *"Give and it shall be given unto you."*

At times it may seem that we are always giving, but never receiving. Just think, each day that we awaken is a gift of life. When we are tempted to complain about the lack of provisions, we can turn on the T.V. and see stories of devastation in other countries or travel eastward on Martin Luther King, Jr., Blvd. to witness the plight of the homeless.

As we enter the season of giving, let us receive the promised gift by extending a helping hand to someone, showing kindness and forgiving as we desire forgiveness. As we pass it forward, these gifts of care will surely return to us in some form. Honor the law of reciprocity and He who gave it.

*"Kindness is the golden chain by which society is bound together."* - Goethe

Want to learn more? Come to the next Resident Council Meeting, every Second Wed., in the Dining room at 1pm



### Resident Council Officers

**Clenora Byes**, President

**Annie G. Watts**, Vice President

**Hazel Johnson-Anderson**, Treasurer **Mary Austin**, Assistant Treasurer

**Gwendolyn Battle-Green**, Secretary **Cassie Parker**, Assistant Secretary

**Mary Washington**, Sergeant-At-Arms

### **FAWN (Fighting AIDS With Nutrition):**

AIDS is a devastating disease that millions of innocent people suffer from & die. In addition, children are left without family; homeless & destined to rummage for food, child slavery or some other horrific tale. But AIDS is a battle in which YOU CAN MAKE A DIFFERENCE...one can at a time.

If you are interested in providing liquid nutrition to those (men, women & children) suffering from AIDS in Africa, please donate to the cause & learn more about how you can help at Woodbridge Manor. For more info, please [fightingaids.org](http://fightingaids.org)

### **PENNIES from HEAVEN**

Woodbridge Manor (WM) has established its very own philanthropic endeavor to help those less fortunate for the betterment & empowerment of others for a more just environment for all. We give because we can & we continue because we must. With the collection of simple soda plastic/cans, bulk hygiene & warming items, WM is able to donate without putting the participant, both the recipient & donor, in a financial hardship.

### **THANK YOU TO ALL WHO SUPPORTED WM's Friends & Family RESIDENT FUNDS**

#### **Friends & Family Events**

- Octoberfest Feast
- Resident Thanksgiving Dinner & Brunch
- Holiday Party & Brunch & Crafts

**Woodbridge where will YOU go & what will you do next....**

## It's Your Life. Live It Well

By Tom Wyllie, PVM 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 **M**ove, **E**at, **S**leep, and **H**eal.

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/>.



## SAFETY FIRST

- 1) FOBS Are For Residents Only
- 2) Do Not Open the Door/Allow Strangers To Follow You Into the Building
- 3) Wear Your Life Line Pendant & Keep Your Charged Cell Phone With You
- 4) Look Out For One Another & Check On One Another
- 5) Report All Work Orders ASAP
- 6) Go To Tenant Committee Meetings & Read The Bulletin Board
- 7) All Guests Must Sign In & Use The Main Entrance
- 8) Do Not Travel Alone After Dark
- 9) Keep All Common Area Doors Closed When Not In Use
- 10) Make Sure That Anyone That You Allow Into The Building/Gate Identifies Who He/She Is. You Don't Know Anyone Named "It's Me"

### *Interested In Advertising In Woodbridge Life?*

*Be A Servant Leader In Your Industry:  
"But among you it will be different; whoever wants to be a leader among you must be your servant."  
Mathew 20:6*



Call us at  
313-494-9000  
~ or ~  
Visit us at  
Woodbridge  
Manor  
1300 Martin Luther  
King, Jr., Blvd.  
Detroit MI 48201  
For More Details

# Woodbridge Manor Advocates

## Village Board Members

E. Kern Tomlin.....Chair	John Gardner.....Vice Chair	
James Bradford....Treasurer	Elaine Hearn.....Secretary	
Stacy Brackens	Arthur Caldwell	Ellen Childs
Dakima Jackson	Paul Johnson, III	Lynda K. Jeffries
Donald McSwain	Michael Morrison	

## Happy Birthday To You, You and You!

The Woodbridge Manor residents, board members and staff would like to wish each of our Woodbridge Manor neighbors celebrating a birthday, the happiest birthday yet. We love you and hope for many, many more birthdays with you. You are so very special to us.

### December Birthdays Sagittarius .....Aquarius

Sandra McCarther.....12/01	Richard Pryor.....Comedian
Lucy Ligon.....12/05	Little Richard .....Entertainer
Robert Williams.....12/11	Rita Moreno.....Stage Actress
Jewel Edwards.....12/12	Frank Sinatra.....Singer
Johnnie M. Williams.....12/14	Nostradamus.....Poet
Annie Young.....12/17	Manny Pacquiao.....Boxer
Mary Austin.....12/22	Diane Sawyer.....Journalist



***“...and many more!!!”***

## Maintenance Corner

- Do not put boxes down the garbage chute. Breakdown ALL boxes and place them in the first floor level refuse room
- Do not leave trash and untied garbage bags on the floors of any refuse room.
- Smoking is allowed ONLY in the outdoor designated areas, NOT in the building or apartments
- Candles and incense are prohibited from being burned in the building
- Woodbridge grey carts are to transport groceries ONLY. Management asks that ALL carts be returned immediately to the first floor vending area after use

## Overnight Guests

Residents MUST complete the Extended Guest Form when a visiting guest(s) stays at the resident's unit for an extended time. **An extended guest is defined as 1) anyone staying in a resident's unit during the hours of 10 pm through 8 am and, or, 2) anyone staying at the resident's unit for an extended period of time of 7 hours or more.**

All resident's guests are allowed to stay no more than 21 days per year.

Management asks that the resident please return the completed forms to the office. All Extended Guest Forms should be turned into the office no later than the following day.

**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](http://www.pvm.org)



## Office Numbers

### Village Staff

**Marla Bradford**  
*Administrator*

**Shelia Cusic**  
*Administrative Assistant*

**TBA, National Church  
Residences**  
*Resident Community & Social  
Worker Coordinator*

**Phone: (313) 494-9000**

**China Dew**  
*Head, Housekeeping*

**TBA**  
*Head, Maintenance*

**Ms. Maggie Lee**  
*Village Mascot*



**EMERGENCY NUMBER**

*(313) 319-2018*

**Office Fax**

*(313) 832-7853*



**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](http://www.pvmfoundation.org)



The Village of  
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A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan and  
National Black Caucus and Center on Black Aging, Inc.

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Detroit, MI 48201**



**"The time is always right to do what is right."  
Martin Luther King, Jr.**

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