



Village News



Embrace the possibilities

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

December 2017

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Notes from the Administrator

Happy Holidays Oakland Woods! December is such a wonderful month of food, family, and friends, but we need to be sure we stay safe. The snow and ice will begin soon and as we move through this winter to ensure resident safety we will be extra vigilant in our snow removal duties. However, we do need help and it is part of the snow removal policy. First the contractor always does the roads and entrances first. They will begin removal once the snow has stopped. After the roads come the sidewalks, driveways and porches. We live in quite a large Village and its some time to get all of the areas cleared and treated, so be patient with us. One important detail in the policy is that the snow build up between parked cars can't be shoveled or a snow blower used without risking damage to your vehicles. These areas can only be cleaned once your vehicle has been moved. It is the resident's responsibility to move your vehicle the day after the snow removal was completed when the snow removal company will return to clean up the remaining parking areas. If you need assistance moving your vehicle please call the office or ask a friendly neighbor to assist you. If we all work together we can keep the Village looking fine through the Holidays.

Our annual Village Holiday celebration will be held on December 9th at 5:00 p.m. at the Community Center. You should have received your invitation in the mail but if you have not just call the office and ask for details on signing up. We hope to see all of you on the 9th.

The Village is adopting families for the Holiday again this year. There is a Holiday tree located in the community center with ornaments containing a child's Holiday gift wish. Just take an ornament and when you have the gift please return the ornament and gift to the office and help some local families and children enjoy their Holiday as much as we do.

Holiday note: The office will be closed on Monday December 25th and Monday January 1st for recognition of the Holidays.

From all of us at PVM , the happiest and blessed Holiday seasons to all. Thank you for being a part of our family.



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

Will you remember your peers in your year-end giving?

Until no seniors need us, we need **you**.

Picture this.

You're a healthy, working older adult close to retirement. Then one of your worst fears comes true. A car accident leaves you unable to work and you're forced to retire early. You now need an affordable home with your new, limited income.



Where do you turn?

It happened to Brenda. It may have even happened to you or someone you know.

Without faithful donors, Brenda would've had nowhere to turn.

But, because donors made quality housing possible, Brenda's now thriving at a PVM community. She's living out the retirement she always hoped for but didn't think existed. Her schedule is filled with fitness classes, movies, arts and crafts, picnics and cultural trips—all the things she needs to age actively.

Please be a hero for someone like Brenda and make your gift today. You are needed now, more than ever!

Thank you for being a hero!

Paul J. Miller, CFRE

***P.S. You can make your gift by calling 248-281-2040 or by visiting GiveToPVMF.org today!**



THANK YOU

FOR YOUR DONATION!

...have you considered leaving your legacy for PVM residents?

A GIFT IN YOUR WILL GETTING STARTED

How It Works: To make a charitable bequest, you need a current Will or revocable living trust. After your lifetime, Presbyterian Villages of Michigan Foundation receives your gift.



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

Without obligation, PVM Foundation would like to answer any questions you may have.

Please call The PVM Foundation at
248.281.2040
mylegacy.pvmf.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A Caroling We Should Go

Whether you can carry a tune or not, it turns out that not only is singing good for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.

If done in a group, singing can improve our social lives and widen our circle of friends. And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow. To learn more about the health benefits of singing visit <http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.





OFFICE NEWS

BY HILLARY VANDENBERG
ADMINISTRATIVE ASSISTANT

Hello Village of Oakland Woods!

For those of you who I have not yet met, I am the new administrative assistant at Oakland Woods. I have really enjoyed meeting many of you in the community center and during your annual recertifications (if you live in the apartments) and I can't wait to meet more of you!

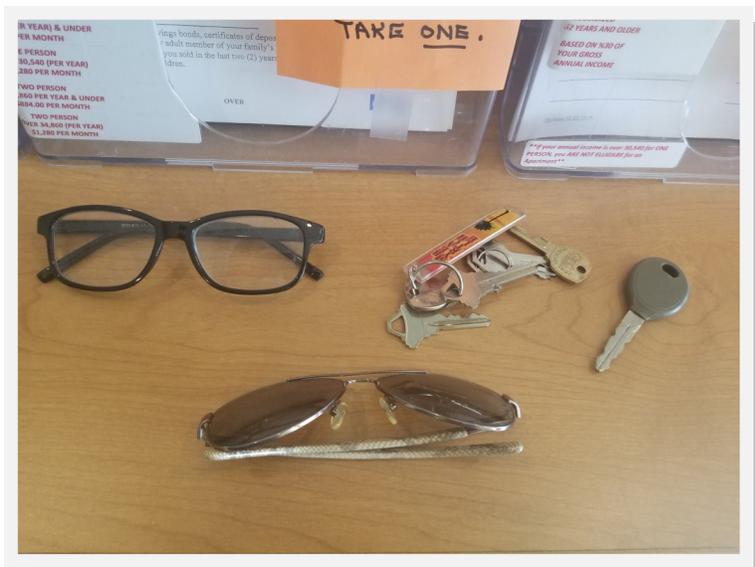
I'm starting this column to update you on what is happening in the office, remind those who have recertifications coming up, and also showcase the items we have in our lost and found.

The apartment residents who have recertification interviews with me in December are: **2C, 2D, 5C, 14D, and 16D**. You should have received your interview packet in the mail listing everything you need to bring to our meeting. If you have any questions, please don't hesitate to call me at 248-334-4379. The recertification process is a great time for me to get to know you better, and vice versa!

You Lost it, We Found it!

In our lost and found department, we have a pair of sunglasses and a variety of keys. If you lost one of those items, we may just have them here!

I hope everyone has a great end to the year and I will hopefully see you at the holiday party!





Service Coordinator News

By Danette Pye,
Service Coordinator



Quote: “The most beautiful people we have known are those who have known defeat. Known suffering, known struggle, known loss and have found their way out of the depths. These persons have an appreciation, sensitivity and an understanding of life that fills them with compassion, gentleness, and deep loving concern. Beautiful people do not just happen.” ~ Elisabeth Kubler- Ross

How would you like a one stop shop for all your Medical and Social needs?

Please join us for a discussion about programs of **ALL INCLUSIVE CARE. Pace** provides assistance, services and support to help individuals age in place; Transportation to all medically necessary appointments, Dental, Vision, Hearing, Podiatry and more. **Come and join us in the Community Room December 11, at 2 pm. There will be plenty of information provided along with Raffles and Giveaways.**

A Caregiver’s Role in Coping with Dementia

There will be a presentation sponsored by Universal Dementia Caregiver’s on Thursday December 7, at 11:30 am, concerning the **Caregiver’s Role in Coping with Dementia**. For more information please see the Service Coordinator.

Come and have fun making Christmas Cards with Sabrina on December 12, at 11:00 am in the Community Room.



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Thank you to all those who attended our first Wellness Open House this past month. I hope that it was informative and beneficial for you, and that you are able to take advantage of the multitude of exercise program offerings we have at Oakland Woods!

I am introducing two new classes to our fitness schedule this month: a Zumba Fitness class, happening on Mondays at 1pm; as well as a Morning Meditation class meeting of Fridays at 10:45am. These classes will be added on to our current schedule of Strength, Balance, and Stretch-based programs offered on a daily basis. I look forward to seeing you in the fitness studio! And don't forget—now through the end of January, if you bring a friend to exercise with you, you automatically qualify for a \$10 gift card!

On to other December happenings, we have our annual Holiday Party on Saturday, December 9th at 5pm. This is always such a nice evening, spent with friends and neighbors, with a catered dinner and live entertainment. By this time, you should have already purchased your tickets (\$5 for residents, \$10 for guests) at the front desk. Please be sure to bring that ticket with you to the Party on Saturday! I look forward to celebrating the holidays with several of you.

I leave you with a few healthy eating tips for your holiday gatherings:

- ✦ Everything in moderation: eat until you are satisfied; not completely stuffed.
- ✦ Make sure to eat fresh, in-season foods. Make your plate is as colorful as possible!
- ✦ Be mindful of the calories you *drink*—ciders, juices, hot chocolate, and alcohol are all high in calories & sugars—try to substitute some of these sweet drinks with water.
- ✦ Keep moving! Maybe after that big holiday meal decide to go on a walk with loved ones, or find other ways to enjoy each others company that may include some physical activity & movement!



DECEMBER EVENTS

Coloring Book Activity: As mentioned in the November Newsletter, our Coloring Book Activities will become a monthly tradition! Every first Friday of the month, we will plan to color and socialize together. Colored pencils, coloring pages, and light refreshments will be provided by the Village for these activities. Residents are welcome and encouraged to bring their own coloring supplies as well. I hope to see several of you on the first Friday of every month!

New Fitness Class Offerings: We have added a few new fitness class offerings to our weekly schedule! Zumba, a form of fitness dancing that helps with cardiovascular health and coordination, will be held on Mondays at 1pm in the fitness studio. Additionally, we have added a Morning Meditation class, which will happen on Fridays at 10:45am. This half an hour meditation session is a wonderful opportunity to relax both your mind and your body, and give yourself the love and care you deserve! Please see your Wellness Coordinator with any questions about either class offering.



Meadow Brook Theater & Lunch: The annual production of A Christmas Carol is coming back to Meadow Brook Theater! This is always a popular show, so please be sure to sign up for the activity as soon as possible. The performance date is Wednesday, December 6th. We will also be making a stop for lunch at Applebee's prior to the 2pm performance. The cost of lunch will be the responsibility of each individual resident attending.

"Come to the Manger" Nativity Display: The Bridge Community Church in Troy is hosting their 8th annual "Come to the Manger" event, where over 200 Nativity sets will be on display. This is an indoor event, and a wonderful way to get into the holiday spirit! We will be visiting the display on Thursday, December 7th at 9:30am. I hope that several of you are able to join in this activity!



DECEMBER EVENTS CONT.

Village of Oakland Woods Holiday Party: I hope that you all received your invitations in the mail and have purchased your tickets for our annual Holiday Party at Oakland Woods! The celebration is scheduled for Saturday, December 9th at 5pm in the Community Room. We will have live entertainment and a lovely catered meal for all to enjoy. This event is always a wonderful time to get dressed up and celebrate the holidays with your friends and neighbors.



Christmas Tree Store Shopping Trip: Of course we have to visit the Christmas Tree Store in December! We will be traveling to this shop on Thursday, December 14th, leaving the Community Center at approximately 9:30am. This store has, of course, several Christmas items, however it also has other housewares at a discounted price. If there are things you need for your home, or as gifts for others, this is the perfect place to shop for such items!



Oakland Mall Shopping Trip: Right before the Christmas holiday we will be taking one last trip to the Mall. Our trip to the Oakland Shopping Mall will happen on Thursday, December 21st at 9:30am. This will allow us plenty of time to get our last bit of holiday shopping done, as well as have lunch while we are out at the shopping center. Please be sure to sign up in advance for this trip to reserve your spot! Thank you!

MEADOW BROOK THEATER PRESENTS:
A CHRISTMAS CAROL



Everyone's favorite holiday classic captivates audiences for the 36th year with the tale of a mean-spirited miser and the ghosts that haunt him. Celebrating 36 years of holiday magic!



The Village People Chorus

Presents

A

**Christmas Carol/Sing-a-Long
Pizza Party**

Wednesday, December 20, 2017

11:00 a.m. – 1:00 p.m.

Come Join Us

and

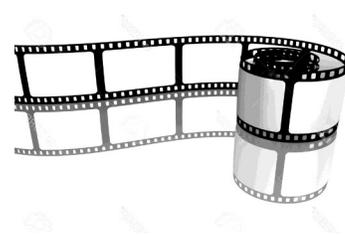
Enjoy the Food and Fun

Please Sign-up by December 18th

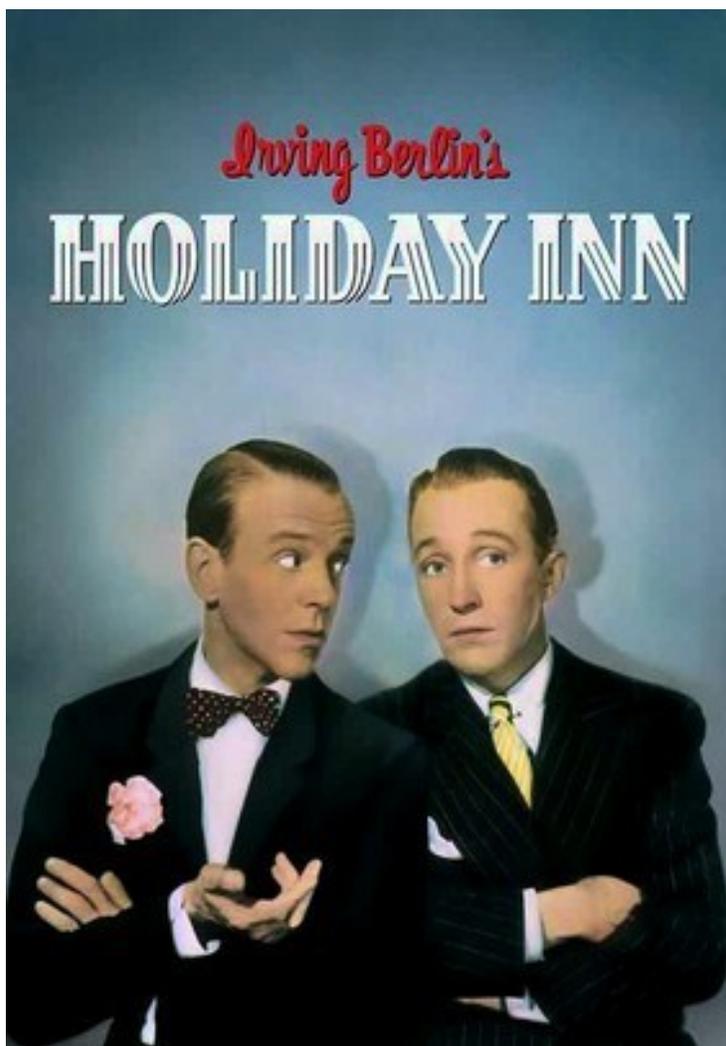
OAKLAND WOODS ON THE GO!



Theater Thursday



Thursday, December 14, Holiday Inn: Bing Crosby croons to the tune of the Oscar-winning "White Christmas" in Irving Berlin's love triangle romantic comedy. Tired of the bright lights of showbiz, Jim Hardy (Crosby) retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on holidays, then competes against his pal (Fred Astaire) for a singer-dancer's (Marjorie Reynolds) affection.



Our Family Christmas Tree

*I opened the box—says Christmas
are we ready to trim the tree?
When I look at each ornament
I think of special memories.
There's a Santa that belonged to Daddy
oh he was such a little boy,
Crochet snowflakes made by Grandma
it brought us so much joy.
Little bright red bows
and fancy silver bells.
They always have a special place
just like warm chestnut shells.
In the box is Mom's Angel
that will sparkle at the top of the tree.
Her tiny hands hold a candle
for all of us to see.
As each year now passes
these are ever so precious to me.
Decorations passed down from the past
fills the joy from our family.
I will pass on the boxmarked Christmas
to my children for all to see.
It marks many days of Christmas
with our family.*

Birthday Celebration!

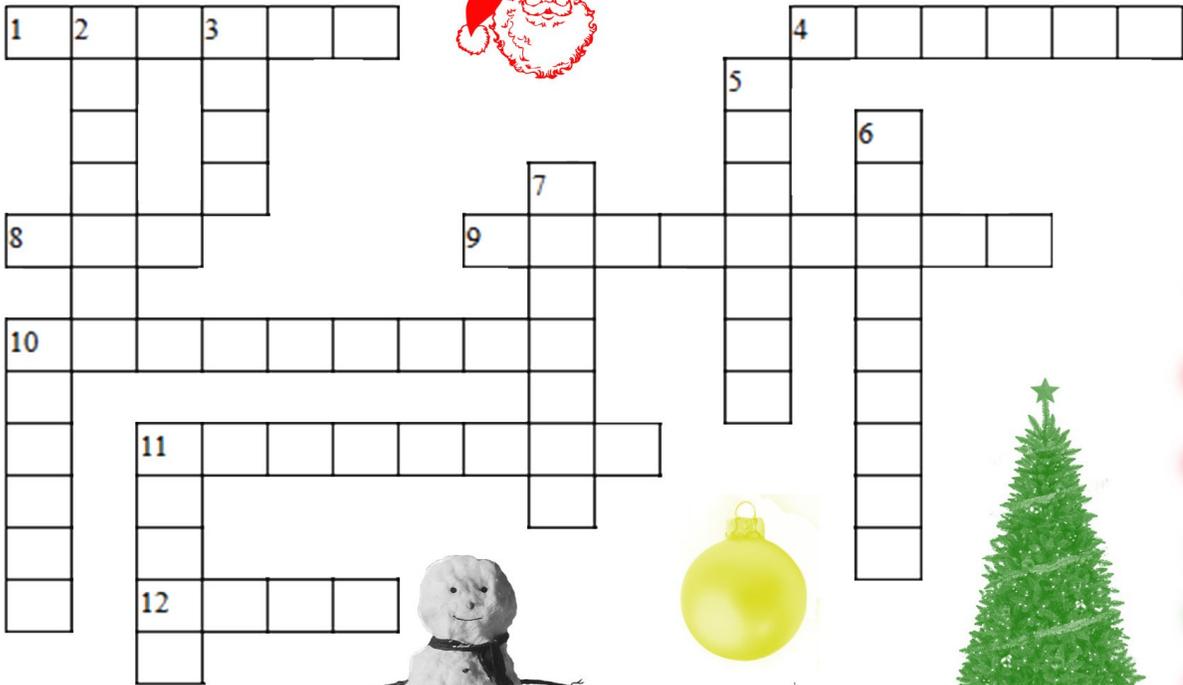
The Birthday Party will be held on Friday, December 15th. Please join us in the community room at 1:30pm for refreshments, bingo and prizes!

Sharon Dahl 12/2
Shellie Houston 12/4
Troy Richardson 12/6
Linda Hondo 12/8
Kathy Hubble 12/15
Janet DeVold 12/17
Bessie Page 12/18
Mildred Jones 12/19
Rita Frew 12/20
Debra Esters 12/21
Gail Holmes 12/23
Edith Gutowski 12/24
Staff:
Matthew Myers 12/29



MERRY CHRISTMAS

Santa's Crossword



ACROSS

1. Famous snowman
4. What Santa travels in
8. Makes toys for Santa
9. Used to decorate a Christmas tree
10. December 25
11. Hung by the chimney with care
12. What presents are left under

DOWN

2. Reindeer with a shiny red nose
3. Covers the ground on a white Christmas
5. Santa comes down this
6. Red and White hooked shaped candy
7. Left under the tree Christmas morning
10. Left out for Santa
11. Jolly toy maker

Resident Council News

By Judy Shatto,
Resident Council President

Merry Christmas to All!

I hope everyone has a blessed Christmas and is fortunate to spend some precious time with friends and family. Please remember the reason that we celebrate Christmas.



Adopt-A-Family

A sincere appreciation and thank you goes out to the generous donations and success we had helping a family have a joyful Christmas this year!

Library News

Are you tired of shopping, spending money, and eating sweets? Your library has the answers! Come and choose:

1. Christmas Secret by Ann Perry
2. Skipping Christmas by John Grishom
3. An Old-Fashioned Christmas by 4 Authors
4. An Ozark Family Christmas by 4 Authors
5. An Amish Christmas by Cynthia Keller
6. A Patchwork Christmas by Kristin Eckhart....and many more, plus 2 new puzzles!

Garden Club

The Garden Club is going into hibernation for the winter! It has been a very good year, and we want to thank everyone who participated in some way. Thanks to Garden Club Members who worked so hard to get the flowers planted, kept them watered, and did some weeding. Thanks to those who donated or bought plants at our plant sale, and a special thanks to Judy Shatto who makes sure those drumsticks get sold! We had a special donor this year who wished to remain anonymous, but who really helped us financially! We will see you all in March, have a wonderful winter, and in the meantime - Nighty night now!



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



AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

I thought we would enjoy hearing some residents' special Christmas memories this year. Here are a few accounts from myself, and residents throughout Oakland Woods:

A special but bittersweet memory of mine was the Christmas my brother, sister, and I had the chickenpox. We all got new bikes that year but could not go outside and ride them. Dad and Mom set them up on the porch and let us sit on them for a few minutes. I remember the joy we felt.

—Judy Shatto

I was living in Georgia with my then husband, a 5 year old son and a 5 month old baby boy. My sister, living in Michigan, entered a radio contest and won. The contest was round-trip tickets for us to come to Michigan for Christmas. I hadn't been home for Christmas in four years, so it was a very nice Christmas!

—Joyce Parlor

Christmas 1960 was one of many wonderful Christmas's. It began with church then five children laughed and acted surprised at the things Santa left for them. Later the family gathered for dinner—two Grandpas and Grandmas, many aunts and uncles, cousins, and special friends. The evening included music, dancing, and games until quite late. It was one of the best Christmas's at the Voyles.

—Jackie Voyles

In the late 1930s, we had to get a shoe box to put our Christmas gifts in—one orange, one apple, two candy sticks, four raisins. My orange had a spot on it. I cried for another one. My mom took that one and gave me a whipping I will never forget, and I did NOT get another orange. Amen.

—Robert Strawter

It's November 12, 1950 and my husband and I are welcoming our baby boy into the world. Needless to say this was a very exciting and blessed Christmas for both of us, including grandpa and grandma too. This memory of Christmas remains special to me.

—Gloria Stokes

AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

I have many wonderful memories at Christmas time with my family, but one of the most special was when we went to my Gramma's house one Christmas. She had the house beautifully decorated and every gift wrapped with beautiful paper and bows on every package. We all came dressed up in an outfit with red in it. She had snacks out and always poured us a glass of ginger ale. This particular year she had a children's rocking chair with a big doll with a rose colored, chiffon dress, wavy hair, and little high heels sitting in the chair. I ran to it immediately and asked Gramma if I could hold it. With a gleam in her eye, she said "Yes, my little princess, it is yours! The rocking chair is yours as well!" I kept the doll next to me all day long and still have the doll and rocking chair to this day. I have always loved dolls and have a collection of them that reminds me of that very day about 60 years ago.

—Philena Holdridge

One of the best memories I have over the Christmas Season was when I was 12 years old. Every year we (7 of us children) would get several games for Christmas with 3 or 4 names written on each one. We would get shoes, socks, and gloves. A special treat was oranges and a large bag of mixed nuts in the shell.

When I was 12, I was informed there really was no Santa Claus. I had heard rumors, though, in school and from cousins older than I was. It gave me a start because I thought that was the end of presents! My mother told me it was to be a secret. I couldn't tell the younger children.

That year, I got my first personal present that I wasn't required to share. I received a mirror, brush, and comb set. I felt all grown up and special. Being the oldest of the family living on a farm in the country, we didn't have much (and shared everything we had). That year was a good memory.

—Dorothy Dye

My family had many Christmas traditions, but one of my favorites was the Annual Christmas Cantata and Candle-light Service at our church in the Catskill Mountains of New York. It was so well attended, they had to have a couple nights of services. It was my job to put on a special robe, to get the candles ready and hand them out as people came in. When the pastor lit the Christ candle, we would walk forward and light our candles, and then go down the aisle and light candles at each pew. It was always so wonderful to see the dark church slowly come to light as each candle was lit. It was always a good reminder of a Bible verse which says, "Let your light so shine before men that they may see your good works and glorify your Father in heaven." Matthew 5:16

—Charles Holdridge

It isn't the presents so much, but the warmth and completeness you feel when you are with family and friends. Thank you friends for sharing your special memories with us. —Judy

December 2017

Safe Toys & Gifts Month

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

10:00 Stretch & Flex 10:45 Balanced Body & Mind: Morning Meditation (NEW!!!) 2:30 Coloring Book Activity	10:00 Strength Training 1:00 Zumba (NEW!!!) 2:00 Bible Study (Deadline for Adopt-A-Family Gifts!)	9:00 Stretch & Flex (NEW!!) 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Walmart & Chase	9:00 Prayer Group 10:00 Strength Training 11:15 Meadow Brook Theater & Lunch <u>NO SIT & BE FIT</u>	9:30 "Come to the Manger" Nativity Display	10:00 Stretch & Flex 10:45 Balanced Body & Mind: Morning Meditation 11:30 Birthdays & Bingo Celebration	VOW Holiday Party!
<u>NO EXERCISE</u>	9:00 Stretch & Flex 11:00 TOPS 11:00 Blood Pressure Clinic: Holiday Craft w/ Sabrina! 1:00 Hollywood Market	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Balance & Core 9:30 Christmas Tree Store Shopping Trip 1:00 Theater Thursday <u>FRUITS & VEGGIES</u>	10:00 Stretch & Flex 10:45 Balanced Body & Mind: Morning Meditation 11:30 Birthdays & Bingo Celebration	
9:00 Stretch & Flex 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Meijer	9:00 Stretch & Flex 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Meijer	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus Holiday Sing-A-Long 1:00 Sit & Be Fit	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus Holiday Sing-A-Long 1:00 Sit & Be Fit	9:00 Balance & Core 9:30 Oakland Mall Shopping Trip <u>FOCUS HOPE</u>	10:00 Stretch & Flex 10:45 Balanced Body & Mind: Morning Meditation	
<u>OFFICE CLOSED</u> <u>MERRY CHRISTMAS!</u> 	<u>NO EXERCISE</u> <u>FREE TABLE</u>	<u>NO EXERCISE</u>	<u>NO EXERCISE</u>	<u>NO EXERCISE</u>	<u>NO EXERCISE</u>	<u>NO EXERCISE</u>

**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

Danette Pye

Service Coordinator

Daniela Blechner

Wellness and Activities Coordinator

Matthew Myers

Maintenance Supervisor

Brian Gunner

Maintenance Tech

EMERGENCY MAINTENANCE

(248) 330-0213

On-Site Security

(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

Oakland Woods
The Village of

