



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

February 2014

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NOTES FROM THE ADMINISTRATOR

Dear Residents,

I want to announce some staffing changes occurring within the office in the coming week. We have a new Maintenance Technician, Anthony Maitlin, he will begin work the week of January 31, 2014. When you see Anthony on the site or in your apartment for a repair, please be sure to welcome him to Oakland Woods. Anthony has extensive experience with general maintenance and repairs.

We have a new Administrative Assistant, Stephanie Cooper. She joins us with over 5 years of HUD and affordable living experience. Stephanie will be handling all of the OW1 recertification's and issues. Please help us welcome Stephanie to the PVM family.

Lisa Sonnenberg will be leaving her position with Oakland Woods at the end of January. She is returning to East Harbor to pursue a dream position for her. Lisa has enjoyed her short time with us and is sad to be leaving but it is an opportunity she can't pass up. With that said, our new Wellness/Activities Director will be Devin Ranger. Devin joins us as a former PVM employee who is rejoining the team. She is a licensed instructor and brings many more skills to the job with her. Devin will be starting work the week of January 31, 2014. Again, please help us welcome her to Oakland Woods.

A couple other announcements, the office currently provides copy service to residents for 10 cents per page. We will continue to provide the service but we must ask that when you bring items in for copying we cannot always do it immediately. If the office staff is busy or on other assignments they will take the item and copy it when they have an opportunity to do so. Do not come to the office at the last minute asking us to make copies because you need them now. Please give the staff the courtesy of allowing time to perform the service for you.

We are in the middle of one of the worst winters in our recent history. On top of record breaking snowfall there have been subzero temperatures. This combination makes snow and ice removal extremely difficult. The crews and Tim are working very hard to keep the areas ice free and safe. Please be patient with us as we move forward. When we have heavy snowfalls we do not have any choice but to place the snow where we can find room, this will sometimes mean using a parking spot or other areas that are utilized by the residents. Our contract is for 2" of snow or more, when this occurs the contractor will be on site by 11:00 a.m. if the snow has stopped. Also please note that the snow removal policy that was provided as part of your lease states clearly that residents are responsible for cleaning off their own vehicles and moving them to the street or other areas to allow the contractors to clean up the parking areas. If a resident is unable to do this, they must make arrangements to have it done for them. Please keep the office informed of areas of sidewalk and roads that appear to be dangerous and we will respond to them appropriately. We cannot be everywhere at once but with your help, conditions can be made safer.

Don't forget to join us in celebration of Mary Conrad's 100th birthday on January 31, 2014 at 1:00 at the community center.



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 Healing Power of Writing

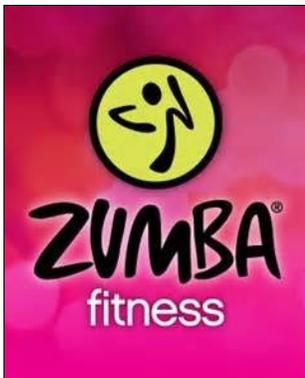
Twenty years of research has revealed that writing about emotional experiences can positively impact health. Pioneered by Dr. James Pennebaker, Chair of the Psychology Department at the University of Texas at Austin, writing about past traumas can decrease anxiety, improve immune function, increase working memory, and improve sleep. When writing, Dr. Pennebaker recommends:

- Finding a place and time to write where you won't be disturbed.
- Writing about something you are over-worrying about, is affecting your life in an unhealthy way, or you have been avoiding.
- Writing continuously for 15-30 minutes (not worrying about spelling/grammar) for 3-4 consecutive days.
- Repeating what you've written if you run out of things to write about.
- Letting go and exploring your deepest emotions and thoughts.

During or shortly after you finish writing Pennebaker indicates it's common to feel sad or depressed, however, these feelings usually subside. If you start getting extremely upset, stop writing or change topics. Also, he recommends not writing too soon after a traumatic event.

Your writings are for you only. What you do with them is your decision. Some people save and periodically revisit them, some edit and turn them into stories, while others erase, burn, shred, flush, or tear them into tiny little pieces and cast them into the wind. Whatever you decide, the important thing is to write and be as honest with yourself as possible. You may be pleasantly surprised at how good you feel and how your outlook on life changes after you put pen to paper.

ZUMBA IS BACK!!!!

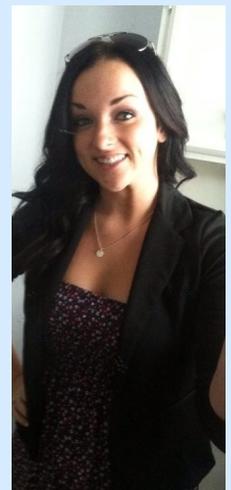


Zumba is a high energy, fun and easy Latin inspired dance class. You'll forget your working out while burning mega calories with this fun and effective workout. Zumba targets your legs, arms, abs and glutes. Bring a friend and join the dance party!

Fitness in the Woods



Hi, my name is Devin Ranger and I will be your new Wellness Coordinator here at The Village of Oakland Woods. I am very excited to be joining you and cannot wait to get started. I graduated in 2012 from Saginaw Valley State University with my Bachelors of Science in Exercise Science with a minor in Health Science. I have been teaching fitness classes such as Zumba, boot camp, and many others for the past 4 years. I am also a dance teacher at Studio 93 School of Dance in Hadley, I love teaching dance and have been doing so for the last 7 years. I am always available to meet with residents! Stop in for a meet & greet with cookie decorating on February 5th at 1:00 pm!





Giving Matters.

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

Friends & Family Held in April This Year!

Save the date for this year's **Friends & Family Appeal**, which will be held from **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised *over \$800,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

The **\$1 for \$1 match** is back and, new this year, *any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1* by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

Stay tuned for more information next month! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

Good Times at Oakland Woods



DON'T BREAK THE BANK!
Secure a fixed rate annuity to generate income for life!

IMPROVE YOUR CASH FLOW!

Key Features

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.

For more information, call Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Prescription drug abuse is at epidemic proportions. Today, 2500 12 to 17 year olds will use prescription medication to get high for the first time. One in four high school seniors admit to abusing prescription drugs. Seventy percent say they get them from a friend or relative.

The non-medical use or abuse of prescription drugs is the fastest growing drug problem in the United States and has become a top priority for public health. Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults.

Because prescription drugs are legal, they are easily accessible, often from a home medicine cabinet. Further, some individuals who misuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional. Past year abuse of prescription pain killers now ranks second—only behind marijuana—as the Nation’s most prevalent illegal drug problem.

The health risks associated with prescription drug abuse vary depending on the drug. For example, abuse of opioids, narcotics and pain relievers can slow or stop breathing. The abuse of depressants, including benzodiazepines and other tranquilizers, barbiturates and other sedatives, can result in seizure, respiratory depression and decreased heart rate. Stimulant abuse can lead to high body temperature, irregular heart rate, cardiovascular system failure and seizure. Inappropriate use of prescription drugs, including use without a prescription or medical supervision, or using in a manner other than exactly as prescribed, can lead to addiction in some cases and even death.

It is important, therefore, that we talk to our kids about the dangers of misusing prescription drugs and to make sure they are not easily accessible. Leaving unused prescription drugs in your medicine cabinet can be very tempting for a young person. We encourage everyone to properly dispose of unused prescriptions and not leave them where they can be used for non-medical reasons by youth or get flushed into our waterways. Holly Woodlands in Holly, MI has partnered with the Village of Holly Police Department and the Holly Area Community Coalition to collect and properly dispose of out-dated and unused prescription drugs. The Holly Police Department is one of the states many community drop off sites, collecting over 300 pounds per year. Check with your local police department or pharmacy for a site near you.

Additional resources: Office of National Drug Control Policy (ONDCP) or NIDA for Teens.

Service Coordinator

BINGO and Healthcare

Join a representative from Meridan for a free game of BINGO and light refreshments.

While you’re here, you can find out if you qualify for extra health insurance benefits.

If you have Medicare and/or Medicaid, there may be supplemental benefits you are entitled to.

Even if you’re not interested in supplemental insurance, you can still enjoy a game of BINGO!

Join us on **Monday February 3rd from 10:00 – 12:00 in the Community Room.**

Please RSVP in the book!

Resource of the Month!

Did you know that DTE Energy has a **Low Income Self-Sufficiency Plan (LSP)?**

This plan helps you maintain affordable monthly payments based on your income and energy usage.

All you need is proof of identification and proof of income for everyone living in the household.

There is an application required as well. This can be obtained by calling **866-311-2244.**

Contact DTE Energy and ask about this cost saving program!

Donations Welcomed!

A local non-profit organization is seeking your help!

Whitmer Human Resources Center provides a Book Trolley to a local Pontiac elementary school.

Once a week, a volunteer goes to the school with a trolley full of books.

The children then “check out” these books and bring them back next week.

This is the only access to books for this low income school.

Whitmer is looking for donations of **GENTLY USED CHILDREN’S BOOKS for children ages 5-13.**

If you are interested in donating, contact Stacey at the office.



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Resident Satisfaction Survey Results

During the last quarter of 2013, over 1,394 residents and families made their voice heard by filling out the Presbyterian Villages of Michigan annual resident satisfaction survey. Many of you also left handwritten comments in the comment section. We have now received the results, along with a list of the comments. The survey is completely anonymous and we do not know who wrote what. We do know what Village and what level of care the survey and comments are from. Demographic information, such as age, gender and length of residency are also part of the data we have access to. You may be asking, now that we have the results, what are the next steps?

The first step is for PVM leadership to dig into the data and understand what this information is telling us, the good, bad and ugly. What are our residents and families saying to us? Are we meeting their expectations? If not, in what areas? How can we improve?

The next step is to report the results to residents, families, staff, board members and other interested parties. This is done both at an individual and organizational level. The results will be transparent to all.

The third step is to develop a plan to improve in areas that need improvement. Sometimes that means asking more questions to get clarification. Once the improvement plan is implemented, we can then measure how we are doing. Both the improvement plan and the results should be an ongoing conversation with our residents and families. Throughout the year you should hear how we are doing in newsletters and at resident meetings. If you don't hear, ask why!

Thank you to those who took the time to submit a survey. It is now our responsibility to take that information and use it to improve your experience with Presbyterian Villages of Michigan. We understand that this is your home and you deserve the best.

Announcements

Monday Matinee

OPEN SNACK BAR! Snacks to purchase include: pop, candy, soft pretzels and FREE pop-corn!



Movies are listed on the calendar, if you have movie suggestions please see Devin

The Village People Chorus

meets every Wednesday at 11:00 in the community room. The chorus is always accepting new members, so stop in to join or just to listen!



Wii Bowling

Starting in February the Village of Oakland woods will be putting together a wii bowling team to compete with other senior living communities to win a championship title!

Please see Devin for more information



FEBRUARY BIRTHDAYS

Marie Westburg– 2/8

Luciana Robinson– 2/9

Martha Smith–2/12

Carol Mott– 2/12

Carol Wasnich– 2/13

Shara Hortick– 2/13

Irene Nelson– 2/14

Richard Minor– 2/18

Lorraine Jones– 2/21

Mary Alexander– 2/21

Martha Bullis– 2/22

Cleta Jones– 2/24

Patricia Fedorowicz– 2/24

Ronald Bradshaw– 2/24

Gladys Smith– 2/25

Cloeann Geissinger– 2/28



Please join us in celebrating our February birthdays!

We will have a party in the community center on 2-28-14 @ 1:00

BINGO!

Join us in the Community room on Friday, February 28th @ 1:30 for a fun game of BINGO. The cost for this program is \$2.00 for 3 BINGO cards.

You have the chance to win prizes, so bring your friends and get ready to shout BINGO!

Headlines

Resident council

President–Judy Shatto

Vice President– Dolores Ochoa

Secretary– Vernice Johnson

Treasurer– Catheryn James

We are in need of area Reps. If you are interested please see Judy Shatto!

VALENTINES DAY HEART HEALTHY PRESENTATION

Please join Devin in the community room at 1:00 for a presentation on tips and tricks to living a healthier lifestyle.

VALENTINES DAY BAKE SALE

Join us on Valentines Day at 1:30 in the community room for a bake sale and 50/50 raffle!

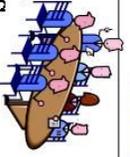
We are in need of residents who would like to donate their favorite sweets to be used for the bake sale. Please see Devin or Judy for additional information and questions.

Come support your resident council with your fellow residents. Please sign up for this event!!

February 2014



American Heart Month & Black History Month

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
 <p>10:00 Chair Yoga 11:00 Strength Training 2:00 Monday Matinee "Freedom Riders"</p>	<p>10:00 yoga 11:00 TOPS 1:00 Zumba</p>	 <p>9:00 Prayer group 10:00 Strength Training 11:00 Village Chorus 12:00 Patties Hattie's 1:00 Meet & Greet</p>	<p>10:00 Zumba 11:00 Yoga 1:00 Bible Study 2:00 Wal-Mart \$2</p>	<p>7:00-10:00 Total body workout National Wear Red Day For Heart Health Awareness 1:00 Maintain Your Brain</p>		
9	10	11	12	13	14	15
				<p>10:00 Total body workout 1:00 Maintain Your Brain 1:00 Heart Healthy Presentation 1:30 Bake Sale Hanny's Valentine's Day</p>		
16	17	18	19	20	21	22
 <p>10:00 Chair Yoga 11:00 Strength Training 2:00 Monday Matinee "Won't Back Down"</p>	<p>10:00 yoga 11:00 TOPS 1:00 Zumba</p>	 <p>9:00 Prayer group 10:00 Strength training 11:00 Village Chorus</p>	<p>9-11 Focus Hope Pickup 10:00 Zumba 11:00 Yoga 1:00 Bible Study 2:00 Hollywood Market \$1</p>	 <p>10:00 Total body workout 1:00 Maintain Your Brain</p>		
23	24	25	26	27	28	
	<p>10:00 Chair Yoga 11:00 Strength Training 2:00 Monday Matinee "Just Wright"</p>	 <p>10:00 yoga 11:00 TOPS 1:00 Zumba 2:00 Resident Council Mtg</p>	<p>No Exercise Class 9:00 Prayer Group 11:00 Village Chorus 12:00 Meadowbrook Theatre & Lunch</p>	<p>10:00 Zumba 11:00 Yoga 1:00 Bible Study 2:00 Aldi \$2</p>	 <p>10:00 Total body workout 1:00 Birthday Social 1:30 BINGO</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

Kevin Centala, Administrator
Stacey Molinaro, Service Coordinator
Nancy Morin, Administration Assist.
Sharon Benton, Administration Assist.
Devin Ranger, Wellness /Activities
Tim Coil, Lead Maintenance

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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