



Village News



Embrace the possibilities

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

February 2018

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Notes from the Administrator

Happy Fabulous February everyone! February is the shortest month of the year but we haven't let that hinder our incredible schedule of wellness, exercise and events. Check the Village calendar for details on daily opportunities to mix and mingle with your neighbors. Believe it or not it is already time to start planning and practicing for the Village Victory Cup. The Cup has a wide range of events, competitions and teams to join. We need everyone on Board if we plan to bring the Victory Cup back home to Oakland Woods. If you want to be an event or team leader please contact Daniela Blechner for more details.

With spring right around the corner that means it's Friends & Family Month time. Our annual pledge drive to improve the Village with a special project or need that you feel is missing or needs an upgrade. We want to hear your ideas and thoughts about our 2018 project. We have received several great ideas such as a Barber Shop/ Salon or an Art/Music room at our Village. So please give us some feedback ahead of the kickoff party coming in March.

The Village has switched trash removal and recycling providers as part of our continuing commitment to ensure we have the best service providers for our residents. Cottage residents received a new container and you do not have to change anything in your routine just start using the new container, the pick-up day remains the same. Oakland Woods is getting new dumpster receptacles with upgraded accessibility features. So please work with us to keep the dumpster enclosure areas sanitary. If you need help getting your trash into the dumpster please call the office and we will assist you. Placing your garbage bags in the enclosure but not in the dumpster invites animals and pests to the area and we have enough wild life to enjoy in the wetland and forest areas.

We want to remind everyone that winter is not yet over and we can expect some additional inclement weather before spring breaks upon us. So please be careful when using the concrete and asphalt surfaces. Keep an eye out for potential hazards and if you see an area that needs some extra attention for safety please call the office and let us know so we can ensure a safe environment for all.

Lastly a gentle reminder on your rent payments, envelopes are not necessary and your checks or money orders can be placed directly into the rent payment boxes at the community center. Rents are due each month by the 5th and your assistance in keeping a regular schedule is greatly appreciated by the staff. Thank you.



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

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That's how **MICHIGAN becomes the best place to live at any age.**

It's people like you, who selflessly, **LOVINGLY** give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

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of seniors.*

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OF MICHIGAN
THE FOUNDATION

**Without obligation, PVM
Foundation would like to
answer any questions you may
have. Please call Paul Miller**

248.281.2045
mylegacy.pvmf.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Exercise as a Spiritual Practice

We've all heard about the physical benefits of exercise, but did you know it can also be good for our souls? Though spirituality means different things to different people, at its core is a sense of connection to something greater than ourselves that fills us with awe and provides us with meaning and purpose. Cultivating that sense of connection requires practice, and one way to practice is through exercise.

As Dr. Stephanie Ludwig, Director of Spiritual Wellness for Canyon Ranch Wellness Resort so aptly put it, "to exercise is to move, and to move is to be alive. The more intentionally we move and experience the connection that is available through it, the more alive we become." The key is to move with intention.

Any form of movement (i.e., exercise) will do. The goal is to stay in the moment, to be and remain in the here and now. When you first start exercising you might notice a myriad of thoughts pop into your head. You might start thinking about all the things you still need to do or all the things you didn't do that you should have done. Rather than be in the present, you find yourself either dwelling on the past or planning for the future. When this begins to happen, shift your focus from your thoughts to the rhythmic movements of your body.

Focus on your breathing. Notice the rise and fall of your chest and abdomen as you breathe. Listen to the sound of the air as it enters and leaves your body. Feel the beating of your heart in your chest. Attend to the movement of your arms and legs and the placement of your hands and feet. Notice your surroundings. Hear the sounds. Smell the smells. See the sights. Know that because you are breathing and moving you are alive and well.

Over time, with regular practice you will begin to attain a heightened sense of awareness and achieve an unwavering connection to that which is greater than yourself whether for you it is nature, the universe, the sublime, the divine or God. Through exercise it is possible to experience a spiritual awakening. All it takes is a little practice.





OFFICE NEWS

BY HILLARY VANDENBERG

ADMINISTRATIVE ASSISTANT

Recycling News:

We are getting a new recycling service through Waste Management Co. Here are a few tips and reminders for when our shiny new containers arrive!

1. Use the Green containers by the garage (same as the previous recycling location)
2. The two left containers are for **paper and paperboard only**, and small, flattened, or broken down (required) cardboard boxes.
3. Apartments: large cardboard boxes must be broken down and flattened, and put in your dumpster. Or contact maintenance for additional assistance.
4. Cottages: the same rules apply for large cardboard boxes—broken down and flattened, and then placed in your assigned trash containers.
5. The other three recycling containers at the Community Center garage are for **cans and plastic (still no glass please!)**
6. Always remembers: never deposit any medical supplies into the recycling bins
7. No garbage in the green recycling bins please!
8. Thank you for recycling!!





Service Coordinator News

By Danette Pye,
Service Coordinator

Given that we are in the height of flu season, and this year has proven to be a true flu epidemic, here are some valuable tips on how to differentiate the flu virus from other common sickness. If you believe you have the flu, be sure to contact your doctor, stay out of contact with others who may contract the virus, and for everyone—be sure to continuously wash your hands!

Symptoms of the Flu

Influenza is a respiratory system illness impacting the nose, throat + lungs.

The infographic features four interconnected hexagonal icons. From left to right: a blue hexagon with a person coughing labeled 'Cough'; a yellow hexagon with a person's head and lightning bolts labeled 'Congestion'; an orange hexagon with a person's torso and lightning bolts labeled 'Headache + Muscle Aches'; and a red hexagon with a thermometer labeled 'High Fever'.

Symptoms of Viral Gastroenteritis

Viral gastroenteritis is a digestive illness, sometimes called "the stomach flu."
The virus attacks your intestines as opposed to your respiratory system.

The infographic features five interconnected hexagonal icons. From left to right: an orange hexagon with a person's torso and lightning bolts labeled 'Headache + Muscle Aches'; a red hexagon with a thermometer labeled 'Low Fever'; a blue hexagon with a person holding their stomach labeled 'Abdominal Cramps + Pain'; a purple hexagon with a toilet labeled 'Diarrhea'; and a green hexagon with a person vomiting labeled 'Vomiting'.

Source:
mayoclinic.org/diseases-conditions/viral-gastroenteritis/basics/symptoms/con-20019350





Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Happy February everyone! Spring is just around the corner!

I will be taking a slightly different approach to my monthly articles moving forward. I would like to use this page as a way to detail and describe the Wellness programs we have happening at VOW on a regular basis. I feel that this will be a beneficial tool for those who may see certain activities or classes happening on a regular basis, but aren't exactly sure what those activities entail. To kick-off this new segment I will be describing our Zumba class! This class takes place on Mondays, at 1pm. If you like what you see, and are interested in trying the class, please join us in the fitness studio on Monday afternoons!

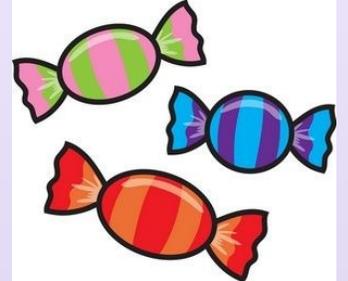
ZUMBA: Zumba is “an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. “ It is a great way to get exercise without really feeling like you are working out! With fun, upbeat music, and more of a line-dance/dance hall atmosphere, you will have a blast moving and grooving while burning calories at the same time! All that you need to participate in this class are well-supported exercise shoes, comfortable exercise clothing, and the mindset to have some fun! Modifications can also be given for those with balance/standing limitations. Come join the Zumba party on Monday afternoons at VOW!

“I love Zumba because it's not like exercise. It's fun, you're dancing, and the time goes by so fast. And, guess what, you're losing weight at the same time. Some say it's too much, but everyone is able to move at their own pace. I love it.”—Vernice Harper



FEBRUARY EVENTS

Sanders Candy Factory Tour: Our Factory Tour from January has been re-scheduled to Thursday, February 8th at 8:45am. This is a free event, and includes a guided tour of the factory, chocolate samples, and the option to purchase some of the Factory's products at the end of the tour. With time permitting, we will stop for lunch on our way back to VOW. The cost of lunch will be the responsibility of each individual resident attending the trip.



Museum of African American History: Given that February is Black History Month, we will be taking a special trip to Detroit to visit the Museum of African American History on Monday, February 12, at 11am. The cost for admission to the museum is \$5. Depending on time, and group consensus, we may choose to stop for lunch on our way home. Please be prepared for this additional cost if we do decide to stop for lunch. If there are any other questions about this trip, please do not hesitate to ask your Wellness Coordinator!



Board Games at the Center: In trying to make this a monthly tradition, we will host our second "Board Games at the Center" on Thursday, February 22nd at 1pm. Please feel free to join and play the games provided by Oakland Woods, or bring your own game from home to share with the group! Light refreshments will be served during this event, so please be sure to sign up in advance in order to purchase the proper number of snack items. Thank you!



FEBRUARY EVENTS CONT.

Birthdays & Bingo: Come out to the Community Center on Friday, February 23rd to celebrate all of the February Birthdays at VOW! We will have our Birthday celebration on Friday the 23rd, at 2pm. We will sing, play some Bingo, and enjoy some sweet treats all together! Let us spread some love and cheer during this Friday afternoon celebration!



Meadow Brook Theater & Lunch: Our Meadow Brook Theater Production this month is titled "Tenderly: The Rosemary Clooney Musical". It is sure to be a fantastic show about a quite spectacular woman! I hope that several you are able to attend, and be sure to sign up early to reserve your spot! We will stop for lunch before the show begins at TGI Fridays, and the cost of lunch will be each resident's responsibility. Our performance date is scheduled for Wednesday, February 28th, and we will be leaving for lunch at 11:15am. I hope to see you there!



Ollie's Shopping Trip: A few residents have indicated that they would like to return to Ollie's for a little shopping day. So, we will make a trip out to Ollie's on Thursday, March 1st at 10am. Ollie's has an array of products at discounted prices, and the store is a great bargain if you are looking for everyday, household, or outdoor items. Space is limited on the bus, so please be sure to sign up in advance for this trip! Thank you!



MEADOW BROOK THEATER PRESENTS:
Tenderly: The Rosemary Clooney Musical



Rosemary's journey starts with her Kentucky childhood and follows her rise to Hollywood stardom. With her signature songs woven in and out, we learn both the story of her successes as well as her struggles.

CALLING ALL SINGERS!

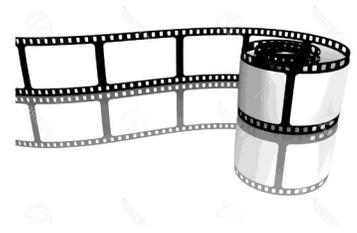
The Village People's Choir is searching for VOW residents to join in with them in singing the National Anthem at the 2018 Village Victory Cup! We will start practicing 'The Star Spangled Banner' Wednesday, February 14th at 11a.m. Residents must practice with the chorus in order to sing at the Victory Cup. Please come and join us as we prepare for this special opportunity!

The Chorus has also started preparation and practice for its 5th Anniversary Concert in May. We invite anyone who wishes to join us in performing to please attend our weekly rehearsals on Wednesdays at 11 a.m. in the Community Room.

For more information please contact Vernice Harper 248-622-4470

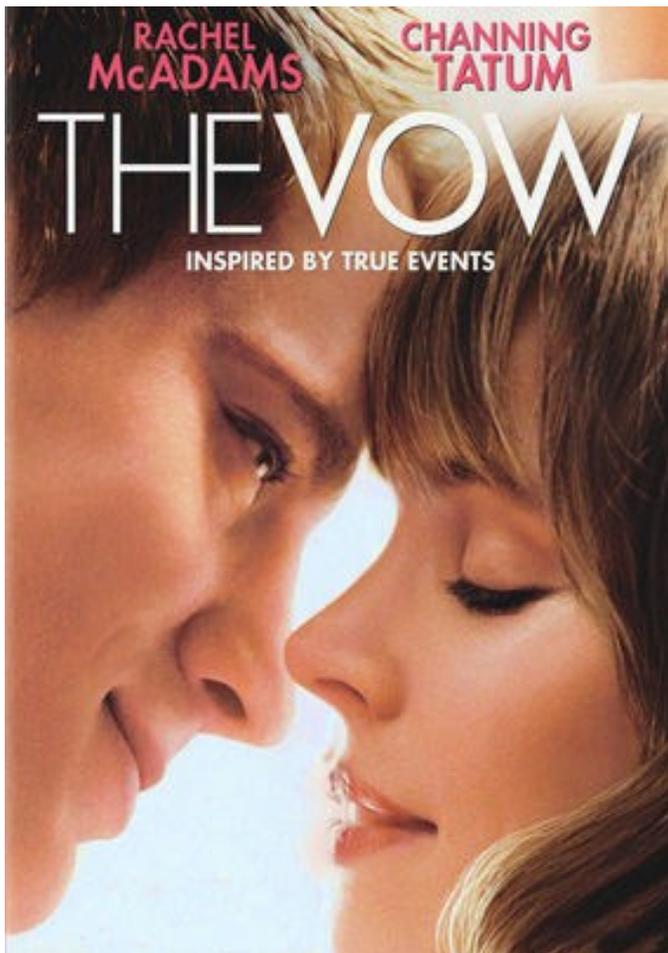


Theater Thursday



Thursday, February 1, The Vow: Rachel McAdams stars in this romantic drama about a newlywed woman who slips into a coma after a car accident and awakens with amnesia. Her devoted husband must help her recover and also win back her love.

Thursday, February 15, Wonder Woman: Before she was Wonder Woman, she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, when an American pilot crashes on their shores and tells of a massive conflict raging in the outside world, Diana leaves her home, convinced she can stop the threat. Fighting alongside man in a war to end all wars, Diana will discover her full powers...and her true destiny.



BIRTHDAY MESSAGE

Caroline Bowes Tombo

*You ask how old am I today,
I know, but I wouldn't care to say;
But if you ask how young I be,
The answer I shall give with glee.
For it is sheer delight to think
That each year ended, form a link
With one anew, e brand-new page
That must be filled for every age,
With records of all deeds begun
And ended well, and barring none;
Of days of work and hours of play,
The weeks of happy roundelay,
The weeks a month, the months a year,
Filled with hope and simple cheer.*

*So may you ask how young am I...
I'll tell you that and even why;
I'm younger today than yesteryear,
More full of hope, less held by fear;
Because I've learned to hold this thought:
That things worthwhile are dearly bought;
With courage all can be achieved.
I know...I've worked, I've hoped
and I've believed.*

Birthday Celebration!

The Birthday Party will be held on Friday, February 23rd. Please join us in the community room at 2pm for refreshments, bingo and prizes!

- Janice Model.....2/2**
- Lessie Tademy2/2**
- Joyce Hice2/9**
- Martha Smith2/12**
- Carol Mott2/12**
- Carol Wasnich2/13**
- David DeWald2/17**
- William Model2/20**
- Mary Alexander2/21**
- Lorraine Jones2/21**
- Martha Bullis.....2/22**
- Patricia Fedorowicz ..2/24**
- Cleta Jones2/24**
- Gladys Smith2/25**

Staff:

- Hillary Vandenberg ...2/10**



Resident Council News

By *Judy Shatto*,
Resident Council President

Happy Valentine's Day! Can you believe it? Spring is just around the corner, so hang in there, it is coming soon!



We had our first Resident Council Meeting of 2018 on Tuesday, January 23rd, after our holiday break. It was good getting together again, and catching up on happenings around the Village. Of course, we always have our E/I (educational and informative) monthly Newsletter to keep us in the loop of VOW happenings even when Resident Council does not meet!

I do hope that each of you reads your Newsletter, and I would like to take a quick "survey" of sorts to see what you are looking for out of your monthly Newsletter:

-What would you like to see added to the Newsletter?

-Do you read your monthly Newsletter and find it informative and important?

Drop your answers in the Suggestion Box located in the Dining Room, and I will report back next month! Thank you!

Also, please remember that we can send a copy of the Newsletter to a relative or friend that would be interested in receiving it! It can either be emailed or mailed as a hard copy to their address. Contact Daniela or Judy if you know someone who would like a copy sent to them!



Drumstick Sale!

We still eat ice cream in the winter months, right? So, the Garden Club will be offering its first ever sale for you—BOGO half off price! \$1.50 for TWO drumsticks—what a bargain! (And we thank you for your business!)

VOW Parking Stickers:

Most residents should have their parking stickers already on their vehicles. If you have any questions or problems with it, please contact Judy Shatto.

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

Resident Council News

By Judy Shatto,
Resident Council President

Resident Council Meeting:

Our next Resident Council Meeting is scheduled for Tuesday, February 27th, at 2pm in the Community Center. Yes, it is a meeting, but we have some fun as well! Please mark your calendars and join us!

Library News:

We have some NEW books and many more from which to choose. Here are just two noteworthy selections:

1. "Lincoln"-in honor of his February birthday (February 12, 1809). This book is filled with pictures of his life and actions before his death on April 14, 1865. (Published in 1987).
2. "The Poetry of Robert Frost"-This publication contains the complete 11 books with content numbers for each book of poems.

Come and check out your Library! Just sit and read a book or borrow one to enjoy at home—cozy up!



Garden Club:

Yes, it is almost spring and that means it's time for the Garden Club to gather. After our winter's hibernation, we start up again in March. As we gardeners and volunteers say "Come and get involved—we will find a task that YOU can do!" All VOW residents and community members outside of the Village are welcome to join in the fun. Our first meeting of the new year will be on Tuesday, March 13 at 2pm. Hope to see you there. Any questions, contact Patti Mayes, Jackie Voyles, or Judy Shatto.



AS THE VILLAGE TURNS

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WHAT: St. Patrick's Day Riddle Contest!

WHO: All the Villagers of VOW

WHEN: February 14th through March 15th

WHERE: The Community Center Front Entrance Bulletin Board—Riddles posted daily

HOW IT WORKS: A Participant will fill out an entry form provided for each riddle, located at the bulletin board. Once the form is filled out, they will deposit their entries in the Resident Council Suggestion Box located in the Dining Room. The Participant with the most correct riddle answers will win the **Pot O' Gold!**

The **Pot O' Gold** Winner will be announced at our March 16th St. Patrick's Day Birthday Party!



February 2018

American Heart Month

SUN	MON	TUE	WED	THU	FRI	SAT
	29	30	31	1 9:00 Balance & Core 1:00 Theater Thursday	2 10:00 Stretch & Flex 10:45 Morning Meditation 2:30 Coloring Book Activity	3
4	5 10:00 Strength Training 1:00 Zumba	6 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Walmart & Chase	7 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	8 NO EXERCISE 8:45 Sanders Candy Factory Tour	9 10:00 Stretch & Flex 10:45 Morning Meditation	10
11	12 10:00 Strength Training 11:00 Museum of African American History NO ZUMBA	13 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure & Valentine's Bingo! 1:00 Kroger	14 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 	15 9:00 Balance & Core 1:00 Theater Thursday FRUITS & VEGGIES	16 10:00 Stretch & Flex 10:45 Morning Meditation	17
18	19 10:00 Strength Training 1:00 Zumba	20 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure & Seminar 1:00 Meijer	21 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	22 9:00 Balance & Core 1:00 Board Games at the Center FOCUS HOPE	23 10:00 Stretch & Flex 10:45 Morning Meditation 2:00 Birthdays & Bingo Celebration!	24
25	26 10:00 Strength Training 1:00 Zumba FREE TABLE	27 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 2:00 Resident Council Meeting	28 10:00 Strength Training 11:15 Meadow Brook Theater & Lunch NO SIT & BE FIT	1 9:00 Balance & Core 10:00 Shopping Trip to Ollie's MARCH	2	3

**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

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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

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(248) 330-0213

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(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

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A Mission of Presbyterian Villages of Michigan

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