



Village News



Embrace the possibilities

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

February 2019

Featured Articles

- Administrator Notes **P. 1**
- Life—Live It Well **P. 2**
- Giving Matters **P. 3**
- The Senior Advocate **P. 4**
- Office News **P. 5**
- Maintenance News **P. 6**
- Service News **P. 7**
- Wellness News **P. 9**
- Theater Thursday **P. 13**
- January Birthdays **P. 14**
- Resident Council **P. 15**
- As the Village Turns **P. 17**
- February Calendar **P. 18**

Notes from the Administrator

Welcome 2019! Another year turns over and so many great things happening at the Village in the coming months and year. First we want to acknowledge the hard work of the planning and decorating committee during the holiday season. We could not have done it alone and we appreciate the dedication and attention to the community center.

There have been a lot of rumors and misinformation of the government shutdown and its effects on our Village. Please rest easy that PVM and your Oakland Woods staff are working hard with our partners to ensure none of your regular services are interrupted. Our programs to date have not been effected and we continue our operations as we have before. If you have additional questions on the shutdown please contact the office.

OW1 & OW2 residents, did you know that you may qualify for a property tax deduction on your 2018 taxes? Please see and ask your tax professional about your eligibility!

GUEST PARKING: The Village has a limited amount of parking spaces available for our residents and they are intended for use by the residents. We invite able bodied guests and family members to assist us by choosing a spot that is furthest away from your destination or better even utilize the community center parking area and carpool to your destination. Most of our residents have mobility issues and require parking that is as close as possible to their homes. **RESIDENTS:** You are responsible for your guests actions and behaviors, this includes where they park. Please ask your guests to use the community center parking if there is more than one car and carpool to the residence to conserve spaces for our rent paying residents especially if they are planning an extended visit.

As we reach the peak of the snow and ice season just another friendly reminder to be careful on the walking and parking surfaces. Black ice can develop and be difficult to spot. Report any slippery or icy surface areas to the office and our maintenance team will address it asap.

We need your help! The dumpster enclosures need to be kept free of garbage and debris. Each dumpster has a plastic easy slide side door that should be used if you can't throw it in over the top. When you leave garbage bags in the enclosure, raccoons, squirrels, skunks and other animals immediately tear into it and it leaves an unsanitary mess that our hard working maintenance team has to deal with each morning. So on their behalf we beg you to be watchful of putting the trash into the dumpster not just the enclosure. The maintenance department thank you in advance.



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

Life Without a Car – Part 4

This is the fourth article in a series of articles I have been writing about living life without a car. Last month I introduced you to the online, on-demand shopping and home delivery service Shipt. This month I am going to share my experience using it.

As you might recall, when I took my car to the shop I was completely out of groceries. “No problem,” I thought. I’ll just use Shipt. After my experience at my sister’s, I had already downloaded the app on to my iPhone from the App Store and signed up for the service. Where I live there are two stores Shipt does business with: Meijer and Target. I chose Meijer because the Meijer closest to me has more variety than the closest Target store.



SHIPT

I found that using the app was pretty easy. Essentially, all I had to do to select an item to buy was to tap its picture. After selecting all the items I wanted, I selected my desired delivery time, which completed my purchase. Shortly thereafter, I received an email confirming my order and soon after that, was notified who my shopper was that included her picture. About a half hour before my scheduled delivery time, I received a text message from my shopper that she was about to start shopping.

While my shopper shopped, she periodically sent me text messages when an item on my list was not available and would suggest substitutes. For example, if the store did not have the specific brand of mild salsa I requested she would suggest a different brand of mild salsa or the same brand but medium rather than mild. I could then text back with my decision, which could be to remove salsa from my list rather than accept a substitute. After my shopper finished shopping, she sent me a text that she was in the checkout line and would soon be on her way to my house.



When she arrived with the groceries, everything was in order. There were no missing items, the eggs weren’t broken, the cold items were still cold and the frozen items were still frozen. Overall, it was a very positive experience. From a convenience standpoint, it was a home run. My primary complaint is that for my liking there were a few too many items from my list that weren’t available for which I had to select a substitute. That was a bit frustrating. However, given that I was without a car, it was sure nice not to have to go without groceries even if I had to buy a few different items than originally intended.

Next month, I will write in more detail on how the app works so if you decide to try it, you will have a better understanding of how it works.



Giving Matters.

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

Love, Love, Love!

...and incredible donors like YOU.



That's how **the world becomes a better place.**

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



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PVM's New Blog

I am pleased to announce that we have launched a blog on the PVM website. Now you will be able to find very helpful information on everything from avoiding financial exploitation, housing and services, alternative transportation, on-line delivery services, family issues and fun topics such as creating memories with your grandchildren.

This blog is very simple to use. Simply go onto the PVM website at pvm.org. Right on the home page to the left of the Crain's logo there is a button which states PVM Blog. Just press it; and you will be taken right to it.

Just in a few short weeks over 1,200 viewers have been enjoying what we have to offer. Come join the fun and become one of the most knowledgeable members of your social set.

Read on and stay warm during the winter months!



Office News

By Hillary Vandenberg

Administrative Assistant

Happy February Village of Oakland Woods!

I hope everyone had a great first month of the year!

Our office utilizes a service called One Call Now that sends automated calls to residents to notify them of certain events and activities going on at the village. If you do not currently receive automated calls and want to, please call me at 248-334-4379 and I will set you up to receive these calls.

The residents who have upcoming recertifications with me are: 15D, 11C, 36D, 28A, 18D, 22C, 14A and 4C. Please turn your documents in by Monday, February 4th. If you have already turned in your paperwork please ignore this notice.

I hope everyone has a fantastic February! I look forward to seeing everyone at some of our activities!





Maintenance News

By Matthew Myers

Maintenance Supervisor

As a friendly reminder gasoline, cardboard boxes, brooms, mops, or anything flammable should never be put in the utility room.

Also nothing, not even cleaning pods, should be put in the back of your toilet tank. The cleaning pods clog the jets causing the toilets to fail at flushing, and also the cleaning agents break down the rubber components.

In these slippery winter conditions even if you don't need your cane I suggest you use it. Better safe than sorry.

Here's a word from Charles Williams, our new maintenance tech:

When using your kitchen faucets please never grab or pull down with the palm of your hand as it can cause the base of the faucet to leak. Take two fingers to move the handle left or right and that will help keep the integrity of the base in good repair.



If water is flowing out slowly in the kitchen or bathroom faucet this can usually be fixed by changing the aerators.

Our maintenance team is happy to serve you.

May you and your family be blessed.

Service Coordinator News



Welcome February!

Hope everyone is staying healthy and warm this winter. Just think only 49 days till the official 1st day of Spring!

Mark your calendars for the following:

Wednesday February 6, 11 a.m. If you are diabetic, you can receive 1 free pair of diabetic shoes a year, if you qualify. Julie Stulberg from Healthy Steps will be here to educate and assist you with getting a pair of diabetic shoes. Bring yourself and your insurance cards.

Thursday February 21 at 11 a.m. Madonna VanFossen, from SMART bus transportation will be here to speak about transportation through SMART, programs and senior discount programs.

Remember to sign up in the book if you plan to attend.

If you have ideas/suggestion for educational speakers or programs, please let me know.

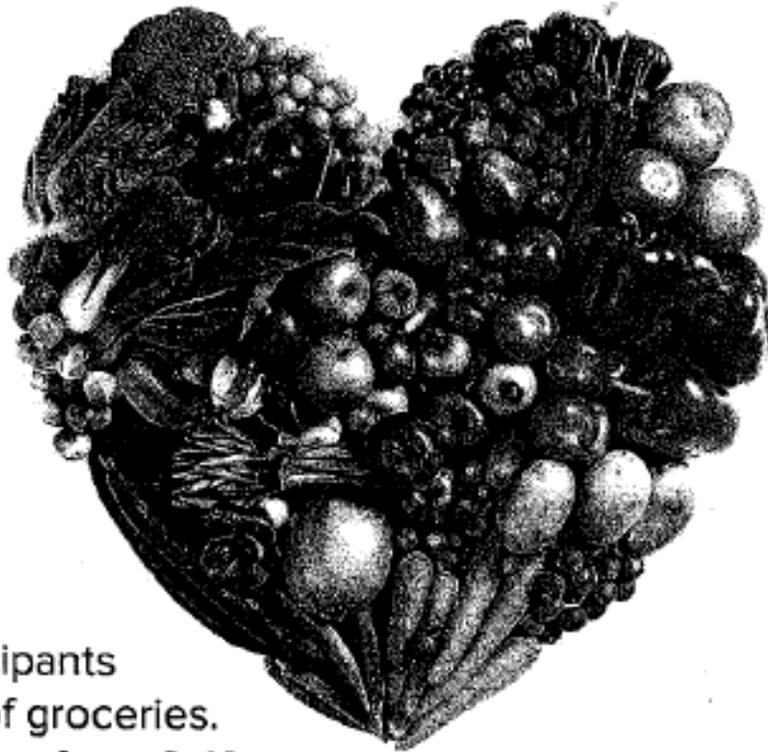
Have a great February and Happy Valentines Day!.....Sue

RESOURCES

RESOURCES



FOOD DISTRIBUTION & HEALTH FAIR



Health fair participants receive 30 lbs. of groceries.
Walk ins welcome from 9-10am or call 248-309-3752 ext 234 to reserve food.

The Gary Burnstein Community Health Clinic offers:

- Free medical & dental care
- Onsite pharmacy/free prescriptions
- Care for uninsured patients

2019 Dates

Jan. 17
Feb. 21
March 21
April 18
May 16
June 20
July 18
Aug. 15
Sept. 19
Oct. 17
Nov. 21
Dec. 19

Distributions take place on the
third Thursday of the month

8:45-10:15 a.m.

45580 Woodward Ave.
Pontiac, MI 48341
248.309.3752

Healthy Eating, Health Living Program
Supported by the D. Dan and Betty Kahn Foundation



Wellness News

Jon Hayes
Wellness Coordinator

Happy February all! It's the time of the month to show love! I hope that you all had an awesome start to the New Year!



Big things are happening in the wellness department! I have seen so many of you in the Sit and Be Fit, Exercise Equipment Demonstration, and VOWFit classes and would love to see more of you! In fact, February 1st begins our NEWEST class, Relax and Meditate. This class will be held every Friday at 11am. See the next page for details. *****Please note the new schedule for the VOWFit classes. This class will move from 9am to 10am on Mondays, Wednesdays and Fridays. Please see the calendar for a detailed view of this time change. *****

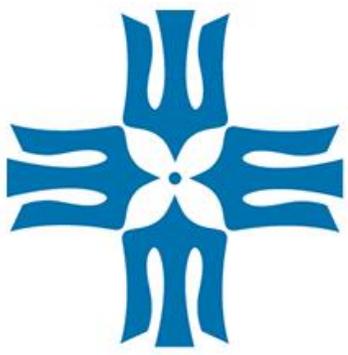
You may notice some big changes in the studio! In case you are unaware, the studio is in the process of being re-done. Come check it out! You'll notice new paint, new pictures, a whole new look! Were not done yet, but were getting close!



I am still conducting surveys in regards to the equipment in the fitness room. Our current resistance training machines are on the older side and do take up a lot of room. I have found new equipment that will take up less space, allow us to perform more exercises with, and are even easier to get in and out of. I am looking at replacing the old machines with a new machine. I am attaching a survey to this month's newsletter. Please, if I can have feedback, I need YOUR help by filling it out and bringin it to my office. I am also looking at selling one of the treadmills, but keeping both of the NuSteps. The money that we get for one of the treadmills will be put toward new equipment for the Fitness Room. Please see that question on the survey as well.

CALLING ALL TAI CHI FANS. After researching the community I have found Tai Chi Classes that are available at the Pontiac Senior Center. I am willing to provide any information for those interested in Tai Chi, and if enough there is enough interest, I am even willing to drive a group over to the center for class. Come visit me in the Wellness office and let me know of your level of interest.





The Village of Oakland Woods

A SENIOR LIVING COMMUNITY



RELAX & MEDITATE

A chance to work on relaxation through the use of guided mediation. Come in, get comfortable, breathe, relax, reflect, and walk away with a clear and relaxed mind.



Class Times:

Friday's

10:00am

I am getting an idea of YOUR interest in new fitness equipment. I am looking to replace the Kaiser Machines with NEW fitness equipment.

Old Machines:



New Machines:

Functional Machine



Dumbbell Rack



The new machines chosen:

- Are more versatile (we can do more with them)
- Easier to get in and out of
- Take up less space

If you were given proper instruction on using these machines below, would you use the new equipment?

YES

NO

Are you opposed to me eliminating one treadmill? (I will still be keeping 1 treadmill and 2 NuSteps)

YES

NO

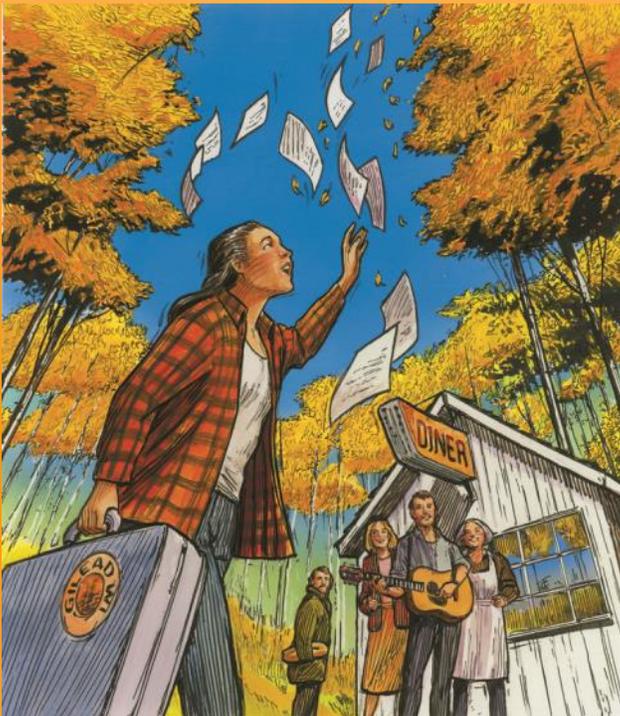
MEADOW BROOK THEATRE PRESENTS:

The Spitfire Grill

Music and Book by James Valcq

Lyrics and Book by Fred Alley Based on the film by Lee David Zlotoff

February 13 - March 10, 2019



A feisty parolee follows her dreams to a small town in Wisconsin and finds herself working at Hannah's Spitfire Grill. It is for sale but there are no takers for the only eatery in the depressed town. Newcomer Percy suggests to Hannah that she raffle it off. Best essay on why you want the grill wins. Soon, mail is arriving by the wheelbarrow full and things are definitely cookin'.

Sign up in the activities binder to reserve your spot!

Theater Thursday

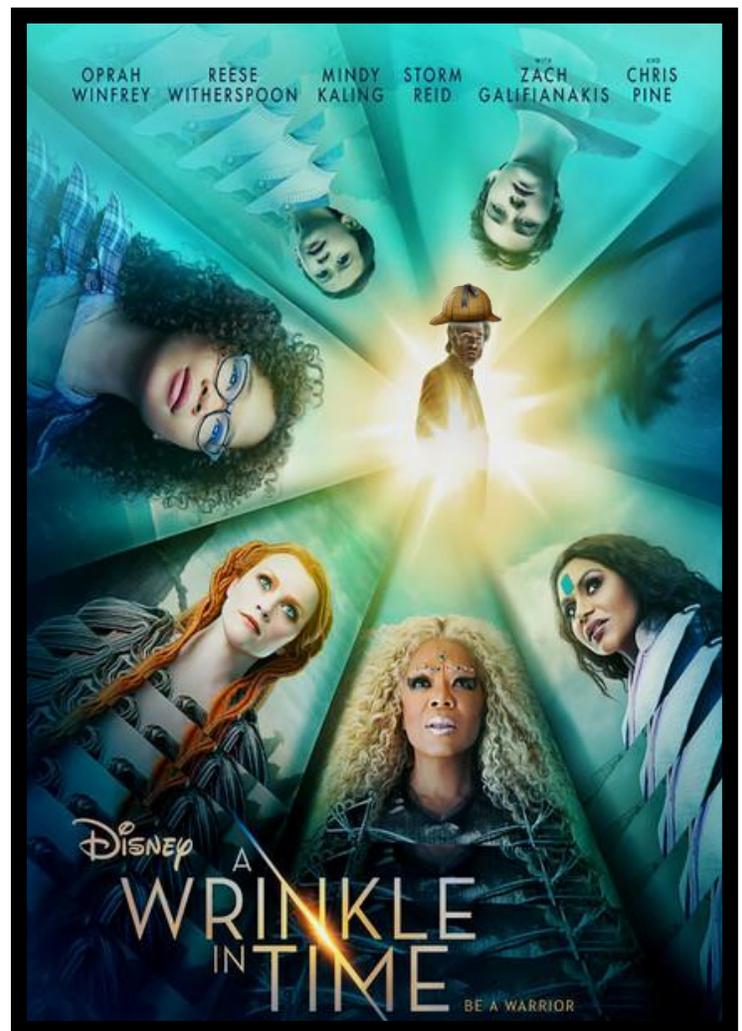
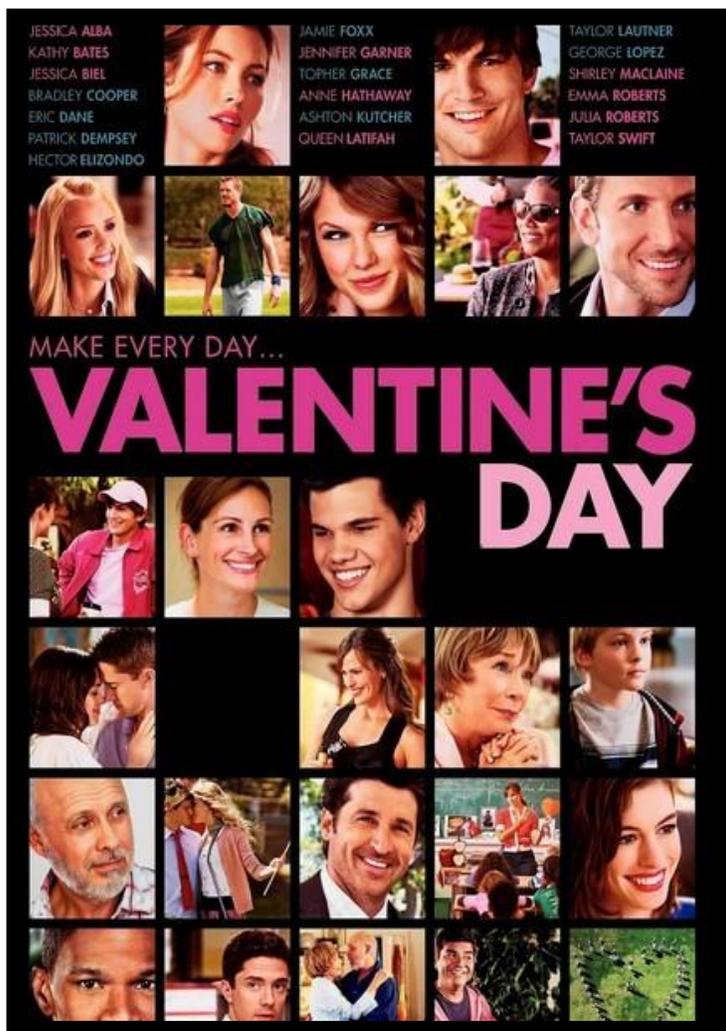


Thursday, February 14th, Valentine's Day:

In this Los Angeles-set comedy from director Garry Marshall, the tripwires of modern love are exposed in a carousel involving relationships and the single life on the most romantic day of the year: February 14.

Thursday, February 28th, A Wrinkle in Time:

From visionary director Ava DuVernay comes Disney's A Wrinkle In Time. Based on the timeless classic and filled with spectacle, warmth and heart, this celebrated film follows an ordinary girl's epic adventure and brave journey home, with the ultimate triumph of love.



Birthday Celebration!

The Birthday Party will be held on **Friday, February 22**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Janice Model	2/2
Lessie Tademý	2/2
Diana McDowell	2/2
Minnie King	2/9
Carol Mott	2/12
Martha Smith	2/12
Carol Wasnich	2/13
David DeWald	2/17
Clara White	2/17
Mary Alexander	2/21
Lorraine Jones	2/21
Martha Bullis	2/22
Patricia Fedorowicz	2/24
Cleta Jones	2/24
Gladys Smith	2/25

My Mother's Chocolate Valentine by Jack Prelutsky

I bought a box of chocolate hearts,
a present for my mother,
they looked so good I tasted one,
and then I tried another.

They both were so delicious
that I ate another four,
and then another couple,
and then half a dozen more.

I couldn't seem to stop myself,
I nibbled on and on,
before I knew what happened
all the chocolate hearts were gone.

I felt a little guilty,
I was stuffed down to my socks,
I ate my mother's valentine...
I hope she likes the box.



Happy Valentines Day!

Resident Council News

By Judy Shatto,
Resident Council President

We had our first Resident Council meeting of the New Year on Tuesday January 22. One of our main topics to be discussed was—this is Election year for Resident Council Officers! Area Representatives are a volunteer position with no term limit. These positions are decided by our Executive Board. I have put copies of our By-Laws on the sign-up table in the lobby. If you have any questions, you may call me or see me at the center or even better—come and attend the Resident Council meeting on Tuesday February 26 at 2:00!

These are important positions that must be taken seriously. Some of the qualifications are you must be dedicated, able to attend all meetings, follow the rules of our meetings, honest, follow privacy rules, friendly and pleasant, conduct yourself professionally when disagreements or conflicts arise, realize your President is in charge and always show respect to her and all Officers and Area Reps.

Winter Collection:

There are extreme discount sales everywhere for winter items going on NOW! Please take advantage and help the needy with new warm gloves, mittens, scarves, hats and socks of all sizes!! Drop them in the decorated container in the lobby. You still have time. I will extend the collection thru February!

Something is hidden in our monthly newsletter. Can YOU find it?

Each monthly newsletter will have a hidden item for you to find. Drop your answer in the dining room suggestion box. Please use the entry form provided. Be sure to include your name, the newsletter page number, and where on the page it was found. The monthly drawing for the winner will happen at our Resident Council Meetings. You must be present in order to win.

For the month of February, locate the Sherlock Holmes Hat () hiding. Good Luck!

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

Library News:

“A State of Grace” by Traci Depree

This is a mystery (sort of) and a big surprise at the end. (It’s an easy read)

“Suitable for Framing” by Edna Buchanan LP

It was a difficult read for me. Too much degrading the English Language. That said, I learned a great deal about the “newspaper world” and the “police department”. The studies by the author of how these two separate worlds work together for all of us to make this book a great read.

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AS THE VILLAGE TURNS

Chuck Holdridge



I was born and raised in the Catskill Mts. in upstate New York. My parents were teachers, so I was taught to love learning. Because my father was an agriculture teacher, I grew up on a farm where I did chores every night, hunted raccoons, and shot woodchucks.

After graduating from a small public school, I attended SUNY Oswego and was an Industrial Arts teacher majoring in woodworking. It was there I met Philena, who later became my wife. Both of us had come to know Christ during that time and drew very close spiritually, as well as in other areas.

When I graduate from college, it was during the Vietnam War. Uncle Sam had other plans for me. I was drafted, but decided to enlist in the Air Force for four years. It was during that time that I married the girl of my dreams and we started our family.

The war ended and I decided the military life was not good for our family, so I did not re-enlist. Looking to get back in teaching, I found a job teaching in a small Christian School back in Oswego, NY. It was here that we would spend the next 26 years of our lives raising our family and teaching young people to love and serve God.

I later went back to seminary and became a pastor for 10 years until I had to leave the ministry because I had Hepatitis C and had a liver transplant 5 years ago. Because of liver issues I also had kidney failure and now I am on dialysis three times a week, about four hours each time.

I thank the Lord for giving me a second chance. God has made it possible to be with friends and family a little longer and minister to those he brings across my path, even my passengers when driving for Uber. We love our little community here at Oakland Woods! It has been wonderful to make many, new lifelong friends!

February 2019

Wellness Calendar



Sun Mon Tue Wed Thu Fri Sat

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		

Key:
RED = BUS TRIP
BLUE = EXERCISE
BLACK = VILLAGE ACTIVITIES



**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

Ricardo Palacios

Sales, Marketing & Outreach

Sue Carney

Service Coordinator

Jon Hayes

Wellness Coordinator

Matthew Myers

Maintenance Supervisor

Charles Williams

Maintenance Technician

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

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