



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](#)

Happy March everyone! As February fades into March and we can feel the spring in our grasp we want to remind everyone that this can be the most dangerous time of year for ice. Everyday the temperatures will rise and the thaw will start to occur. This will cause thin layers of hard to see ice to form each night as the water from the thaw freezes. When you step out from your home please take extra caution to ensure that the clear sidewalk isn't covered with ice. Just when our guard is down is when it becomes most dangerous.

With the relocation of the library to the back of the community center we want to remind everyone that it is still free to check out books and magazines from the facility. Please take some time to visit and utilize this wonderful resource.

April is the annual Friends and Family fundraising campaign for the Village. So we want to get everyone excited about the drive for 2014. All dollars collected go directly back to the Village for improvements and facility upgrades. This year the PVM Foundation will match all donations dollar for dollar until the matching funds are gone. So get your donations in early and we can take advantage of the free dollars matched by PVM. Look for more information as we go through March about the kick off party and the campaign.

For all of the residents that utilize the Oakland Woods bus for our shopping trips, just a reminder that there is a three bag limit for each resident. Each resident can bring three soft bags to put there items in on the bus.

The community room is available for residents to rent for special occasions. You can fill out the rental application at the office and submit it for review. Not all events can be approved due to staffing issues and scheduling but we will do our very best to accommodate all requests.



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

SOME INTERACTIVE FUN!

This month guest columnist Ashley Davis, a wellness intern from Oakland University, thought a more interactive column would be fun! Below you will find a word search containing CDC recommended vaccines for adults aged 60 years and older. The names of the vaccines will be revealed.

CDC Recommended Vaccines



If you are interested in being a guest columnist please contact Tom Wyllie at (248) 281-2047 or twyllie@pvm.org

Fitness in the Woods



Fun Fitness Facts

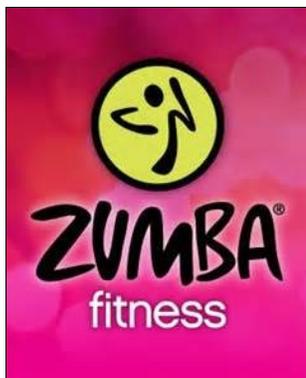
- To lose one pound of fat, a person has to burn at least 3500 calories!
- There are over 640 muscles in the body!
- Muscle is 3 times more efficient at burning calories than fat!

Please be sure to pick up a Wellness Survey in the main office. I would love to get feedback on outings, classes and programs here at Oakland Woods!

Remember classes are only \$2.50 each!

Please check the bulletin board for all upcoming events!

Thanks! - Devin



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!



Giving Matters.

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

Next Month is Friends & Family Time!

This year's **Friends & Family Appeal** is just around the corner in April! The goal of this annual fundraising campaign is to raise funds for projects and programs that will enhance the lives of residents and seniors that Presbyterian Villages of Michigan serves. Since 2002, over \$800,000 has been raised for the benefit of seniors.

Help us reach the goal at your Village by making a gift to the 2014 Friends & Family Appeal. Gifts received April 1st-30th are eligible to be matched \$1.00 for \$1.00! 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!

To make a gift, please see the front desk, your Village Administrator or go online at www.pvmfoundation.org (you must select the Village you would like your gift to benefit). Attend your Village Kick-Off Party, or look for posters and flyers, to learn more about your Village's fundraising goal and project this year. Please encourage all of your friends and family member to make a gift during the month of April to support much-needed projects...plus, you can't beat a 1:1 and 2:1 match!

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or pvmfoundation@pvm.org. Good luck to ALL the Villages for a successful fundraising campaign!

Warm regards,
Paul J. Miller, CFRE

4 Benefits of a Charitable Bequest

We hope you'll consider including a gift to Presbyterian Villages of Michigan Foundation in your will or living trust. Called a charitable bequest, this type of gift offers these main benefits

- 1** **Simplicity.**
- 2** **Flexibility.**
- 3** **Versatility.**
- 4** **Tax Relief.**



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



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

VILLAGE LIFE ARTICLE BY LYNN ALEXANDER

Explore the possibilities at PVM! That is something we like to talk about often. And it is not just a catch phrase. Our residents, board members donors and volunteers live and breathe this philosophy on a daily basis. From a Lupus survivor who finds the strength and courage to help others with the disease to a centenarian who still plays the piano, our residents stay engaged in lives full of possibilities. And every year our Village Victory Cup grows in size and enthusiasm.

Many board members have transitioned from stellar careers to offering their services to PVM in crucial areas of finance, development, marketing and the creation of new innovations to keep PVM in the forefront of seniors living and services. Volunteers help to make our events successful by donating hundreds of hours of service and expertise. And our upcoming Friends and Family Campaign always enjoys tremendous support from everyone.

For over twenty years I have known of the outstanding reputation of PVM, first as part of a partnering organization, then as a board member, and now as a member of the staff. What a sense of community we have built over the years! PVM has something to offer for all. If you or someone you know is seeking a new way to become engaged in life, reach out to anyone who is involved with PVM. We can find a way to add richness to your life and the lives of others.

Explore the possibilities!





For Your Safety.

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

Managing Risks as we Age.....

Life is not without risks. The very act of engaging with life means that there are risks in our world. When we were children we rarely thought about the danger, that was our parent's job. Many of us as teenagers thought that we were invincible and took more risks than was prudent. The nice thing about becoming mature is that we are usually a little more sensible about life's risks. As we age we are faced with some new risks that never occurred to us before. It will pay dividends to identify what has changed in your world and make the necessary adjustments to continue to live safely.

Has your vision or hearing changed? Typically by the time you become a senior citizen your eyesight and hearing are not as good as they once were. This means walking or driving can become more difficult. Yearly eye exams and hearing tests are important. It may be wise to give up driving when you can no longer do it safely, even though it is painful to do so. The time to have that conversation with your doctor and family is before you are in an accident.

Seniors take multiple medications that can interact and have serious side effects. These side effects can cause balance and vision problems that can result in a fall. Always tell each of your doctors what medications you are prescribed by your other doctors. Your pharmacist is also able to help by reviewing your medication list. If you use the same pharmacy, they will have all your medications to review.

If you are still cooking, do not walk away from the stove. If you must, set a timer to remember to return before the pot burns. Do not block windows and door walls with furniture and other large objects. You may need to exit the building that way in the event of a fire. Participate in your Village's fire drills. Knowing exactly what to do in a real emergency can save valuable minutes and lives. If you need assistance, your maintenance person can help.

Look around your unit; are there throw rugs on the floor that you could trip over, are there extension cords? Please remove them. Make sure you have enough lighting to see where you are going without tripping.

Especially with the winter we are experiencing this year, have warm clothes and extra blankets for your use. Hats, gloves, scarves and boots with treads are a must. As a senior you feel the cold differently than when you were younger. Frostbite can sneak up very quickly.

Being at this stage of our lives can still be engaging and fulfilling, with a little bit of extra effort it also can be lived safely.



March News from our Wellness Coordinator

- **THEATRE THURSDAYS:** Formerly known as Monday Matinee. Movies will now be shown on Thursdays at 1:00 pm in the community center. Movies are listed on the calendar. Any movie suggestions please see Devin. Free popcorn and coffee will be provided.
- **FREE TABLE:** Please note that the monthly free table will now be placed out on the Monday of the last week in the month, and will be available until that Friday.
- **GARDEN CLUB:** The resident garden club will be starting back up this month! Join them on March 4th at 2:00 pm in the Community Room for the first meeting of the year! Remember, think spring!
- **COMPUTER CLASS:** There will now be two computer classes offered per week. There will be a Monday session and a Friday session. See Devin to sign up. Space is limited!
- **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.
- **PAINTING CLASS:** Painting class is also back this month! Check the calendar for dates and times.
- **AQUATICS CLASS:** Starting April 16th, every Wednesday for five weeks. Cost is 40\$ per person for all five weeks. Please sign up with Devin as soon as possible.



Theater Thursday

Feature Presentations:

- March 6th @ 2:00 : “The Butler” - This film tells the story of a White House butler who served either American presidents over three decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man’s life and family.
- March 13th @ 2:00 : ”The Guilt Trip” - As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom’s house turns into an unexpected cross country voyage with her along for the ride.
- March 20th @ 2:00 : “Waking Ned Devine” - When a lottery winner dies of shock, his fellow Irish townsfolk attempt to claim the money.
- March 27th @ 2:00 : ”Now You See Me” - An FBI agent and an Interpol detective track a team of illusionist who pull off bank heists during their performances and reward their audiences with the money.



March News from our Service Coordinator

File of Life

It is important that your medical information is readily available to EMS and hospital staff in the event of an emergency. Having your medication list, contact info, and special instructions on hand can make a world of difference during your unexpected medical care moments. The Medical Team has provided Oakland Woods with magnetic *File of Life* packets for residents to fill out and place on their fridge. Here you can list all of your medications, emergency contact person and other pertinent information regarding your health needs. If you would like one, or need to update your old one, contact Stacey at the office. You can stop by to grab one or have one mailed to you.



Resource of the Month! Cheap Dental!

Oakland County offers a dental program for low income residents! It is called the Discount Dental Program. It is not insurance, but it is a program which provides low cost and affordable dental services for low income individuals in Oakland County. The fee is **\$6.95 a month or \$69.00 annually**. Services are an additional fee, but at *50% discounted rate*.

Services include cleaning, extraction, root canal, X-rays, crowns, fillings and more. There is an application required to become a part of the program. You can enroll online at www.oakgov.com or call **1-866-498-7914**

Medicare Fraud Presentation

Join Stacey on **Wednesday March 19th at 2:00PM in the Community Room** as she welcomes a representative from the Area Agency on Aging to discuss Medicare Fraud. The Medicare program and Medicare beneficiaries lose an estimated \$60 to \$80 billion dollars each year to health care fraud as older adults are increasingly targeted by scam artists.

The Area Agency on Aging 1-B, MMAP Outreach Counselor will provide you with the information needed on how to PROTECT yourself from MEDICARE errors, fraud and abuse; DETECT potential errors, fraud and abuse; and REPORT any concerns.

This event is free of charge. Light refreshments will be served.

Please sign up in the book.

March News from our Resident Council

President: Judy Shatto (248) 499-8041

Vice President: Dolores Ochoa

Secretary: Vernice Johnson

Treasurer: Catheryne James

All residents are welcome to the Resident Council Meetings. The next meeting will be held on March 25, 2014 at 2:00 pm in the Community Center. Each year the Resident Council donates a certain amount from the treasurer to support the Friends and Family fund. 100% will come back to the residents. Individual residents are also welcome to make donations to the Friends and Family Fund.

We are still in need of more area reps, especially in areas 2 and 4. Contact Judy Shatto if you are interested in becoming an area rep.

Some duties of an area rep are as follows:

- Distribute monthly newsletters and other information.
 - Make any and all emergency phone calls.
- Gather information and complaints from other residents.
 - Always attend monthly meetings.
 - Welcome all new residents to the village.
- Notify care and concern person (Ruthie Griffin) or Judy Shatto in case of resident sickness, in order for a get well card or sympathy card to be sent.

MARCH BIRTHDAYS

Akiko McGhee	3/1	Linda Mosley	3/24
Willie Ferguson	3/3	Lola Stewart	3/25
Margaret Williams	3/6	Irene Brown	3/26
Jacqueline Voyles	3/7	Lena Scott	3/26
Valentine Robinson	3/8	Abraham Ramsey	3/27
David Dixon	3/10	Franzetta Hill	3/28
Alice Alexander	3/11	Treva Wright	3/31
Nancy MacDonald	3/11		
Betty Fitzhenry	3/12		
Vernice Johnson	3/13		
Margaret Mullen	3/14		
Pamela Oppeneer	3/16		
John Peoples	3/18		
Douglas Herd	3/19		
Bertha Simpson	3/19		



Please join us in celebrating our March birthdays!

We will have a party in the community center on 3-28-14 @ 1:00

BINGO!

Join us in the Community room on Friday, March 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!

March 2014



Nutrition Month & Save Your Vision Month

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 10:00 Chair Yoga 11:00 Strength Training 11:00 Pshti's Hatties 1:00 Computer Class 1	4 10:00 Yoga 11:00 TOPS 1:00 Zumba	5 NO EXERCISE 9:00 Prayer group 11:00 Village Chorus 12:00 Great Lakes Crossing and Lunch	6 10:00 Yoga 11:00 Zumba 1:00 Bible Study 2:00 Theatre Thursday "The Butler"	7 10:00 Total body workout 11:00 Kroger 2\$ 1:00 Maintain Your Brain 2:00 Computer Class 2	8
9 	10 10:00 Chair Yoga 11:00 Strength Training 1:00 Computer Class 1 2:30 St. Patrick's Day Craft	11 10:00 Yoga 11:00 TOPS 1:00 Zumba 1:00 Garden Club 2:00 Tea at Two	12 9:00 Prayer group 10:00 Strength training 11:00 Village Chorus 1:00 Salvation Army 1\$ 	13 10:00 Yoga 11:00 Zumba 1:00 Bible Study 2:00 Theatre Thursday "Guilt Trip" 	14 10:00 Total body workout 11:00 Meijer 1\$ 1:00 Maintain Your Brain 2:00 Computer Class 2	15 
16	17 10:00 Chair Yoga 11:00 Strength Training 1:00 St. Patrick's Day Party WEAR GREEN FOR GOOD LUCK!	18 10:00 Yoga 11:00 TOPS 1:00 Zumba 2:00 Painting Class	19 9:00 Prayer group 10:00 Strength training 11:00 Village Chorus 2:00 Medicare Fraud Presentation	20 9-11 Focus Hope Pickup 10:00 Yoga 11:00 Zumba 1:00 Bible Study 2:00 Theatre Thursday "Waking Ned Devine"	21 10:00 Total body workout 11:00 Walmart 1\$ 1:00 Maintain Your Brain 2:00 Computer Class 2	22
23 	24 10:00 Chair Yoga 11:00 Strength Training 1:00 Computer Class 1 FREE TABLE	25 10:00 Yoga 11:00 TOPS 1:00 Zumba 2:00 Resident Council Meeting 	26 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Ollie's Outlet and Big Lots 2\$ 	27 10:00 Yoga 11:00 Zumba 1:00 Bible Study 2:00 Theatre Thursday "Now You See Me" 	28 10:00 Total body workout 1:00 Birthday Social 1:30 BINGO 	29 
30	31 10:00 Chair Yoga 11:00 Strength Training 1:00 Computer Class 1					

**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 Coordinator
- Stephanie Cooper, Administration Assist.
- Tim Coil, Lead Maintenance
- Anthony Maitland, 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

Embrace the possibilities

Pontiac, MI 48341

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

