



Village News



Embrace the possibilities

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

March 2018

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The month of Spring has finally arrived! Welcome March and with it comes daylight savings on March 11, 2018. Remember to spring your clocks ahead and with the added sunlight every day we can look forward to the first day of Spring on March 20 and a renewed hope of warm and sunny days ahead...)

March also means Village Victory Cup sign up and practice sessions planning. The Village Victory Cup is on Friday June 22, 2018 this year and as always the competition will be spirited but fierce to bring the cup home to Oakland Woods. This year the staff will be each leading a team in an event as co-captain, coach and top cheerleader. We are leaving no stone unturned in our quest to win the Victory Cup back.

And speaking of the Victory Cup we will be hosting a celebration in conjunction with our annual Friends & Family kick off on Friday March 23rd at 2:00 p.m. at the community center. Please join us for Friends & Family Month kick off, where you can also see all the Victory Cup information enjoy some food and mingling, door prizes and an afternoon of toasting our residents in celebration of these two wonderful events.

Some of you may have noticed we changed disposal contractors to Waste Management. In addition to an overall savings to the Village we received new containers and dumpsters that all have side access panels so no more lifting the heavy top and having to toss your bags in. Look for the easy access sliding side doors and place your bags inside to the furthest corner available. The schedule will remain the same as previous and we continue our recycling program with containers at the community center available for use. If you still have a tan individual roller container from our previous contractor please set it out front of your garage and give the office a call and we will pick it up for you. Moving forward use the green WM container provided.

Our Service Coordinator Danette Pye is still on personal bereavement leave due to loss of a close family member. We are working with National Church Residence to have a Service Coordinator available on a part time basis until her return. Danette and the whole staff thank you for your patience and understanding during this very difficult time for her. Please if you have any need or issues Service Coordinator related we can still help you speak with someone about it.

If you have a large item for the trash please do not put it in the dumpster or the enclosure. Call the number listed here (888) 443-1717 for large item pick up. This service provider is contracted through the city of Pontiac to provide pick up services for residents of the City.

We have so much going on for you to enjoy at the Village in March please look at the calendar and join us for one or all of the wellness, exercise or fitness sessions, multiple off site trips and events!



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

You have the power to leave an amazing legacy. Betty honored her new home, friends and family by leaving a gift in her will.

Betty left a gift in her will to help build the Kleemann Chapel at The Village of East Harbor and provide stained-glass windows. Before her passing, Betty said she always believed in the PVM mission to serve older adults and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her “happy home for these many years.”



To learn more about leaving a gift in your will, please visit mylegacy.pvmf.org. You'll be asked simple questions to help you plan the joy you'll bring.

Your legacy has the power to delight others well into the future. Betty's gift is bringing joy to her fellow residents every day at The Village of East Harbor.

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

Warm regards,

Paul J. Miller, CFRE



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

Oral Health is as Easy as 1, 2, 3

March is national nutrition month, so you might expect this article to focus on healthy eating, however, if you suffer from poor oral health, eating healthy may be the last thing on your mind. The pain and discomfort associated with tooth decay, gum disease, dry mouth and other oral health problems can make chewing and swallowing difficult. You may skip eating altogether or turn to softer foods, which tend to be highly processed, contain a lot of fat and sugar, and are far from healthy.

The good news is that poor oral health is not an inevitable part of aging. Taking good care of our mouths is just as important, if not more so than when we were younger. That's because if left untreated, oral health problems in older adults not only cause tooth loss, they substantially increase our risk of heart disease and stroke.

The three most important things you can do to keep your mouth healthy are 1) brush your teeth twice daily with a soft bristled toothbrush; 2) floss once per day; 3) and visit your dentist regularly. Brushing your teeth removes food particles and bacteria (called plaque) from your teeth that if left in place cause cavities. Flossing removes food particles and plaque from between your teeth and below your gum line, which if not removed can lead to gum disease. And visiting your dentist regularly can catch problems early should you have any and keep them from becoming more serious.

As we get older, our hands may not be as steady as they used to be so performing daily tasks such as brushing our teeth and flossing may be a lot more challenging and as a result we may skip them. However, using a wide-handled or electric tooth brush can make brushing easier and using a floss pick or water flosser can make flossing easier. For other oral health tips geared toward older adults visit the website www.toothwisdom.org. Should you need them, the site also has a low cost dental care locator that may help you find nearby low cost dental services.





OFFICE NEWS

BY HILLARY VANDENBERG

ADMINISTRATIVE ASSISTANT

Hello Village residents!

Spring is just around the corner and I hope everyone has had a safe and fun winter!

The residents who have recertifications with me in March are 6D, 8D, 16A, 24A, 26B and 34D. I've decided to try something new this time around and I hope everyone likes the change. Instead of giving you a meeting time for you to come in and sign your documents, I have mailed you the forms you need to sign, along with a deadline to get them back to me. This way you aren't rushed when you sign your papers and you can take time to read over everything and sign at your own leisure. Please make sure you have those documents back to me by March 5th and don't hesitate to call the office if you have any questions.

Another item I wanted to talk about was our automated ONE CALL system. Whenever any of us has an important message that we need you to hear, we put out an automated message called One Call. This message will play once you pick up your phone, or it will leave a voicemail message on your answering machine if you don't answer the call. When this happens and you see a call from us, please listen to the message BEFORE calling the office. Usually these messages have to do with an event or something that is happening in the village that you need to be aware of. **You do not need to call the office when you receive a One Call.**

We also use One Call to notify you when your emergency buttons need to be serviced. When you receive a call concerning your button, please drop them off during the time frame we give you. The pick up day and time will be posted on the office window. We know how important the buttons are to your wellbeing, so please remember to pick them up as soon as they are ready.

Thank you!





Plumbing Stoppage & Drain Maintenance Notice & Reminder

Here at the Village of Oakland Woods we work hard to keep your plumbing in good condition. Residents work with us to do this by making sure to not allow grease or corrosive liquids go down the drain and that all residents keep a plunger handy to perform normal clearing of minor clogs.

- Prevent plumbing stoppages by making sure the following do not get flushed or go down drains: Paper towels; Tissues; Sanitary napkins; Tampons; Plastic wrappers; Cigarettes; Q-Tips; Disposable Sanitary wipes; Baby wipes; Cleaning wipes; Grease
- Foods Your Disposal Can't Chew

Would you ever attempt to chew eggshells? This is something to think about when deciding what not to put down a garbage disposal. Other foods that are difficult for your garbage disposal to chew include:

Starchy, stringy or fibrous foods. These foods are difficult for the shredder to turn into pulp, and they can get tangled around your blade.

Pasta. It expands when it comes into contact with water, and it will continue to do so each time you run water down your drain. This means it can end up in your disposal trap.

Eggshells. They are not only hard to grind up, but they also have a membrane inside the shell that can get wrapped around garbage disposal blades.

Fruit pits and seeds. They're hard and can damage your disposal. Never put seeds or pits from peaches, avocados, plums, cherries, olives or other foods into your disposal.

Bones. Your garbage disposal cannot handle them. If you attempt to dispose of bones this way, they will end up getting caught in your disposal and jamming your flywheel.

Coffee grounds. They can easily get stuck in your disposal trap.

- Keep Your Unit Clean

When it's time to change the baking soda in your fridge, use the old box to clean and deodorize your garbage disposal. If you don't have old baking soda, you can use new.

Follow these simple steps:

Turn on the hot water and the disposal.

Slowly pour in the cup of baking soda.

Allow the hot water to continue running for a minute or so after the baking soda is gone.

Do this every couple of months to clean the inner workings of your unit.



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

We have several exciting events and activities planned for this upcoming month! One such event that I wanted to highlight is our Friends & Family Village Victory Cup Kick-Off Party. This will be a fun afternoon with friends, food, and prizes, where you can also learn about our Friends & Family fundraising efforts/goals, as well as how to get involved in the Village Victory Cup! We will have information on all of the Victory Cup events, and how you can sign-up to join a team. Also, a little different this year, we will be awarding our own Spirit Award to the Oakland Woods Cardinal who shows the most participation and enthusiasm towards the Village Victory Cup. Details and criteria for how YOU could win the Spirit Award will be given at our Kick-Off Party. I hope that several of you are able to attend, and also decide to get involved in both the Friends & Family Campaign as well as the Village Victory Cup. Both are wonderful opportunities for us to work together as a community and achieve a common goal. Let's show our Cardinals spirit and bring home the Victory Cup this year!!

Our exercise class highlight for this month is **Sit & Be Fit!** Sit & Be Fit is a seated exercise class that takes place on Wednesdays at 1pm at the Community Center. This is the perfect class for people who may not have a lot of experience with exercise, or are just trying to get back into an exercise routine. It is a beginners level class, with adjustments and modifications given for all exercises—so they work best for your body! We always welcome new faces to the class, and encourage you to give it a try even if you are uneasy about exercise! We will see you in the fitness studio on Wednesdays at 1pm!



MARCH EVENTS

Shopping Trip to Ollie's: Happening the 1st day of the month! We will be traveling to Ollie's on Thursday, March 1st at 10am. This is a great place to shop for discounted household/living items. There will be a \$1 bus fee, and residents will be responsible for paying for their own shopping finds. Please sign up in the March sign up binder!

Coloring Book Activity: I'm thrilled to see this group still going strong—let's keep it up this month! Join us for coloring and snacks in the community room on Friday, March 2nd at 2:30pm. Coloring supplies will always be provided, so even if you don't own your own coloring book or utensils, please join us for this fun and relaxing activity! See you there.



Detroit Symphony Orchestra: We have our 2nd installment of the Detroit Symphony Orchestra's Neighborhood Concert series scheduled for Thursday, March 8th. Again, as the first time, a bus will be provided for us, and will pick up Oakland Woods residents at the Community Center at 6:15pm. The concert begins at 7:30pm in West Bloomfield. Tickets and transportation are completely free for Village residents! Please see Daniela with any further questions about this wonderful trip.



Spring Art Project: Think Spring! On Thursday, March 15th, at 1pm, we will be making some beautiful spring collage projects to invite the spring season here to Oakland Woods. All necessary supplies will be provided by the Village. A \$2 contribution will be requested in order to cover some of the cost of supplies, as well as our refreshments and snacks. Thank you!



St. Patrick's Day Birthdays & Bingo Celebration: We will be celebrating our friends with March birthdays, along with the St. Patrick's Day holiday, on Friday, March 16th at 2:30pm! Sweet treats, singing, bingo, and prizes will all be a part of this celebration. This will also be the time when we reveal the St. Patrick's Day Riddle Contest winner! Please be sure to sign up and be in attendance to see who wins the grand prize!

MARCH EVENTS CONT.

Bingo with The Village of Holly: We will be hosting our friends from the Village of Holly for a “March Madness” themed bingo party! Snacks & refreshments will be served. The cost to participate will be \$5, and will include food as well as your bingo cards to play. This is sure to be a fun afternoon with our friends from Holly! This event is scheduled for Monday, March 19th at 12pm.



Friends & Family/Village Victory Cup Kick-Off Party: It's hard to believe it's already that time of year again—time to come together as a community for both the Friends & Family Fundraiser, as well as start practicing for the 2018 Village Victory Cup! We will be hosting a kick-off party for both events on Friday, March 23rd, at 2pm in the Community Room. Food, friends, prizes, and special announcements will all be a part of the event. Please take a moment to sign up for this party, as well as mark your calendars for a special afternoon all together!

Edsel & Eleanor Ford House Tour: We will be taking a guided tour of the famous Ford House on Wednesday, March 28th. We will leave for this trip at 10:45am, and have a 12pm tour at the Estate. Residents will be responsible for a portion of the admission fee—\$5—as well as a \$1 bus fee for transportation to and from. This is sure to be an interesting and educational experience. I hope to see several of you there!



Great Lakes Outlet Mall Shopping: As requested by a few of our residents, we will be making a trip to Great Lakes Crossing Outlet Mall before the Easter holiday. Our trip is scheduled for Thursday, March 29th, at 10am. Cost of goods and lunch at the Mall will be the responsibility of the residents in attendance. Please be sure to sign up in the March sign up binder at least 24 hours in advance! Thank you!



CALLING ALL SINGERS!

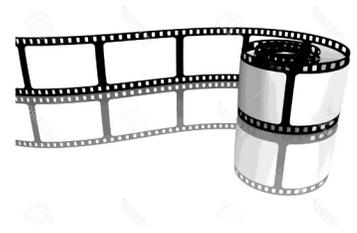
The Village People's Choir is searching for VOW residents to join in with them in singing the National Anthem at the 2018 Village Victory Cup! Residents must practice with the chorus in order to sing at the Victory Cup. We practice Wednesdays, at 11am, in the Community Room. Please come and join us as 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

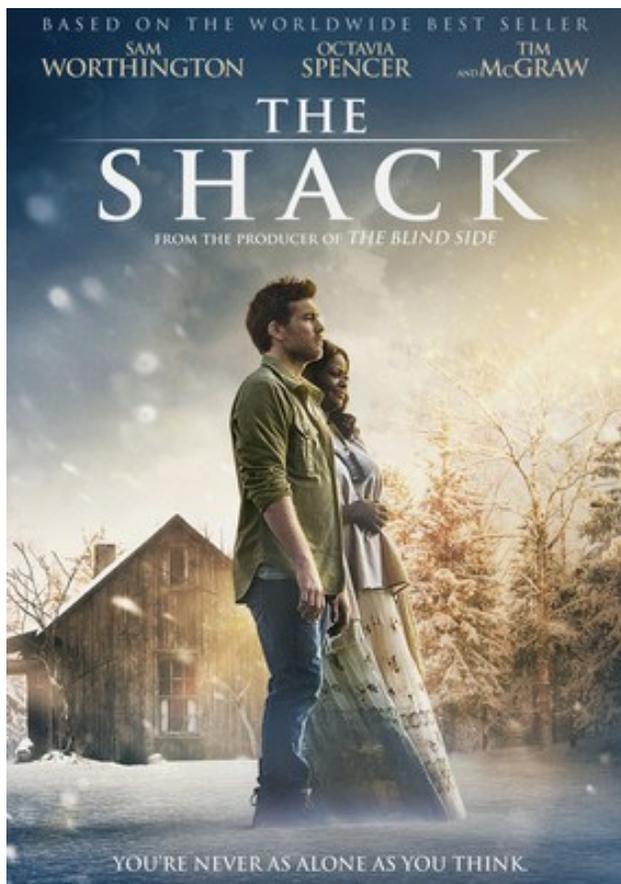


Theater Thursday



Thursday, March 8, The Shack: Though Mack Phillips is filled with doubts and still grieving after a family tragedy, he answers when God calls him to a deserted shack in the Oregon wilderness -- where what Mack finds will transform his life.

Thursday, March March 22, Going in Style: Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail.



The Coming of Spring

The mountain high was covered with a blanket of pure white,
And gently slept all winter 'neath its canopy of light.
Beneath the snows each tiny flower was curled within its nest
Of snowflakes, while the winter's wind lulled all the world to rest.

Each tiny leaf, its life-work o'er, had fluttered to the ground,
And by the gentle snowflakes had been softly wrapped around.
The great bare trees had looked above, and stretched out arms of brown,
And soft white flakes had covered them with warmest, purest down.

The snowdrops gently raised their heads, and bravely looked around,
And everywhere the crystal carpet of the snows they found.
And not a tree was left without that crown of purity;
And every sleeping bud and flower was dreaming happily.

And so by day and night they slept beneath the winter's spell,
Until upon those forest slopes a wondrous thing befell.
The sleeping plants awoke and felt a longing for the days
When golden bars of sunlight lie across the forest ways.

A mighty power swept through the woods, and woke to life the trees,
And as they swayed, a sunbeam danced upon a soft spring breeze.
The armies of the snowflakes from the woods and valleys fled,
And to the great high places of the mountain tops they sped.

And where the dancing sunbeams touched the trees and bare brown earth,
A film of faintest green appeared, and new buds sprang to birth;
The birds began to come again; the winter's work was done,
And sweet, fresh leaves awakened then to life, and—Spring had come!

Birthday Celebration!

The Birthday Party will be held on Friday, March 16th. Please join us in the community room at 2:30pm for refreshments, bingo and prizes!

- Chuck Holdridge3/1**
- Jacqueline Voyles3/7**
- Valentine Robinson.....3/8**
- Nancy MacDonald3/11**
- Betty Fitzhenry3/12**
- Vernice Harper.....3/13**
- Margaret Mullen.....3/14**
- Bertha Simpson.....3/19**
- Douglas Herd.....3/19**
- Katherine Williams3/22**
- Kathryn Price.....3/23**
- Irene Brown3/26**
- Franzetta Hill.....3/28**
- Quincy McCoy3/31**



Resident Council News

By *Judy Shatto*,
Resident Council President

Spring! Spring! Spring! Soon, we will welcome you!

Resident Council:

If you have any questions, please contact me-Judy. All residents are always welcomed to attend our Resident Council Meetings. Our next meeting will be Tuesday, March 27, at 2pm. Come and check it out!



Friends & Family:

It's not too early to think of your ideas for our VOW Friend's and Family Fund-raiser starting April 1st through April 30th. Your donations are always used toward our needs and comfort, and they help enhance the beauty of our VOW campus! Contact Kevin or Judy and I will be sure he gets your great suggestion.

Garden Club:



Please join us at our March meeting to be held on Tuesday March 13th at 2:00. This will be a planning meeting for the year, and we would like as much input from all interested people as we can get. We want 2018 to be the best year ever, and we can't do it without YOU! Light refreshments will be served, but be sure to buy an ice cream drumstick for \$1.00 also. We look forward to seeing YOU there.

The sale is still on! Ice cream drumsticks are BOGO half off—\$1.50 for two delicious creamy drumsticks. What a bargain!

We also have scrubbers and handmade dish cloths for sale. As always, any fundraiser money goes right back to us—the residents in some form!

Apartment Dumpsters:

How about our new dumpsters?! Isn't it so much easier to drop in our trash and garbage in a lower side door? Keeping it closed each time will keep out any unwanted hitch-hikers, like raccoons and possums! Thank you Kevin & Matthew!

Library News:

March Book of the Month- "The Year of the Woman"

So, recently your library received a book titled Women-An Illustrated Treasury. In the book, Harriet Beecher Stowe reminds us that "Women are the real architects of society." Several women, years before their time, share their perspective with other quotes and experiences throughout this extremely thought-provoking book. A MUST read.

Special Shelf: We are planning a Special Shelf for new found books and contributed books. We have several for March— a mix of large and small print, mysteries and novels. This Special Shelf will make it easier to locate them.



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



The contest is on! Don't you like a good riddle to solve? I add and post a new riddle EACH DAY. You need to fill out a new entry form for each riddle guessed. You have 30 riddles to solve and 30 days to do so—from February 14 through March 15. Come on and enter—the competition is heating up! This is fun! Who will win the Pot of Gold??

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!



March 2018

National Nutrition Month

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	1	2	3
	10:00 Strength Training 1:00 Zumba	9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Walmart & Chase	10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Balance & Core 10:00 Shopping Trip to Ollie's	10:00 Stretch & Flex 10:45 Morning Meditation 2:30 Coloring Book Activity	
4	5	6	7	8	9	10
	10:00 Strength Training 1:00 Zumba	9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Walmart & Chase	10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Balance & Core 1:00 Theater Thursday 6:15 Detroit Symphony Orchestra: Neighborhood Concert	<u>NO EXERCISE</u>	
11	12	13	14	15	16	17
	10:00 Strength Training 1:00 Zumba	9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic & Bingo 1:00 Aldi 2:00 Garden Club	10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Balance & Core 1:00 Spring Art Project <u>FRUITS & VEGGIES</u>	10:00 Stretch & Flex 10:45 Morning Meditation 2:30 St. Patrick's Day Birthdays & Bingo Celebration	
18	19	20	21	22	23	24
	10:00 Strength Training 12:00 Bingo with The Village of Holly <u>NO ZUMBA</u>	9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Meijer	10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Balance & Core 1:00 Theater Thursday <u>FOCUS HOPE</u>	10:00 Stretch & Flex 10:45 Morning Meditation 2:00 Friends & Family/ Village Victory Cup Kick-Off Party!	
25	26	27	28	29	30	31
	10:00 Strength Training 12:00 Target <u>NO ZUMBA</u> <u>FREE TABLE</u>	9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 2:00 Resident Council Meeting	10:00 Strength Training 10:45 Edsel & Eleanor Ford House Tour <u>NO SIT & BE FIT</u>	9:00 Balance & Core 10:00 Great Lakes Crossing Mall Trip	10:00 Stretch & Flex 10:45 Morning Meditation	

**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

