



# Village News



## Embrace the possibilities

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March 2021

### Featured Articles

- Administrator Notes **P. 1**
- Fire Safety Info. **P. 2**
- Life—Live it Well **P. 3**
- The Senior Advocate **P. 4**
- Leasing News **P. 5**
- Service News **P. 6**
- Wellness News **P. 7**
- March Events **P. 8**
- March Birthdays **P. 9**
- Resident Council **P. 10**
- March Calendar **P. 11**

Happy early St. Patrick’s Day Oakland Woods!

We have a lot coming up for you this month, but what I would first like to do is begin by welcoming Ms. Jasmine Horton to the Oakland Woods team. Jasmine will be taking the role on of Sales and Leasing specialist and we could not be more excited to have her on board!

Thursday March 4<sup>th</sup> at 1:00pm, I will be conducting a campus wide Fire Drill. During this time, I will be going around the campus in the golf cart with an air horn. At this time, I will need to see recognition from residents that the air horn was heard by standing at your front door and waving to me acknowledging that in the event of an emergency you would be vacating your apartment. As this is a modified version of our typical Fire Drill there is no need for you to go outside, but please be advised that you would do so in the event of an emergency. Please see the next page with Fire Emergency instructions.

ARE YOU READY FOR WARMTH? Beginning in March, Consumers energy will be adding insulation to each attic space in all 216 units. We are very lucky that this program is available to the Village of Oakland Woods. You will be notified the day prior to let you know when to expect the Consumers energy team. The only access point the team will need is your utility room. Therefore, please be sure that your utility room area is free of obstructions (which they should be already).



I am looking forward to another great and healthy month and hope that you are too!



The Village of  
**Oakland  
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



# Fire Safety Instructions: Modified Fire Drill



The Village of Oakland Woods

**PLEASE NOTE:** Due to the inclement weather, our community will be conducting 1 at a modified fire drill on ***Thursday March 4, at 1:00pm***. When you hear the fire alarm activate, go to the front door of your apartment and stand inside your doorway. Please wait for staff to come by for a head count.

***If this was a routine fire drill or an actual fire, you would follow these steps below:***

When you hear the alarm sound, feel for heat, or if you smell smoke please do the following:

1. STAY CALM!
2. Feel around the door to see if it is hot. If it is, do not try to leave your apartment. Stand in front of your window.
3. If the door is not hot, open the door carefully to determine if you can see smoke or flame. If you do not see smoke or flame leave the building immediately out the nearest EXIT.
4. After determining that it is safe to do so, leave the building immediately!
5. After you have left the building; proceed to the parking lot away from the building. Everyone is to remain there until the “ALL CLEAR” is given by the Fire Department or Oakland Woods staff. If you cannot make it to the predetermined evacuation location wait for someone to assist you.
6. Do not return to your apartment for any reason until the “ALL CLEAR” is given by the Fire Department or Oakland Woods staff.
7. Please Remain Calm.



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## How 'bout Lunch?

**Watch It! Learn It! Make It! Eat It!**

March is national nutrition month and to help celebrate the occasion, Village of Oakland Woods Wellness Coordinator Joelle Baughman has created a unique program called "How 'bout Lunch?". Every two weeks, starting March 11 through April 8, Joelle invites you to join her for lunch. But there's a catch! For each lunch date, there is a specific dish (and beverage) Joelle would like you to make.

To learn what each dish and beverage are visit the "How 'bout Lunch?" website: <https://howboutlunch.weebly.com>. There you will find cooking videos featuring Joelle that not only show you how to make each dish and beverage, but also show you the ingredients and utensils you will need to make them. You can also download and print a list of the ingredients to use as a shopping list. Each dish is budget friendly, easy to make and of course healthy.

Ideally, for each date you plan to join Joelle for lunch, in the comfort & convenience of your own kitchen you will make the dish and beverage scheduled for that date, then via Zoom join Joelle for lunch and eat what you made. During lunch, you can share how easy or hard you thought it was to make and whether or not you actually liked it. You can also make suggestions for future videos.

Signing up is easy. Go to the "How 'bout Lunch?" website, click the "Sign Up for Lunch" tab then enter the requested contact info for each lunch date you plan to attend. You will then receive an email with the Zoom link you will need to join that day's lunch.

Whether or not you make each planned dish or beverage, Joelle would still like you to join her for lunch. There are plenty of things to talk about in addition to that day's dish/beverage combo. She is looking forward to meeting new people and engaging in some hearty conversation. If you have any questions, please call her at (248) 334-4379 or send her an email at [jbaughman@pvm.org](mailto:jbaughman@pvm.org).



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## Stay Safe and Warm

With the terrible cold and storms gripping our nation, I thought it is a good time to remind everyone of tips for surviving through the rest of winter:

- In case of power outages keep a supply of water and canned food along with a non-electric can opener.
- Have flashlights handy and check to make sure they have good batteries.
- If you receive a weather alert regarding power outages fill your tub with water for washing up and to flush the toilet.
- Make sure your cell phone is fully charged.
- Faithfully wear your emergency pendant so you can get help even if your phone is not working.
- Be sure to keep your room temperature no lower than 65 degrees. There have been many stories of folks trying to save money by turning their furnace down and ending up with hypothermia.

Ask for help. Do not try to shovel snow yourself. Ask family and friends to deliver groceries to you. In some cases, it may make sense to stay with family if we are in the midst of a major winter storm.

Wishing all a safe end to winter. Spring will be here soon!

# Sales and Leasing News

*By Jasmine Horton*

*Leasing Specialist*

Grand rising residents of Oakland Woods. My name is Jasmine, I'm new to the Oakland woods staff serving your community as the Leasing Specialist. The staff and residents alike have equally made me feel welcomed and loved.

A little about me, I enjoy outdoor activities, I'm from southern Indiana, I love spending my time bonding with my twelve year old daughter Avianna, and reading new interesting books. I'm currently studying to become an expert in IT website programming and I look forward to making P.V.M a part of my growing family.

I'm a God fearing woman and I understand the art of treating people the way I would like to be treated. I'm very caring, loving and motivated, I feel whole when

I am able to sufficiently help people in anyway. I look forward to building new relationships with the residents and staff here. This is the kind of community I'm pleased to bring my new baby boy into, we are expecting in July. Thanks for your time, I'm delighted to be of interest. HAVE A LOVELY DAY!

7	3							4
1			9	3		6		
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			3		6			
6			7				8	
		1		8				9
			6	2	5		7	

# Service News

*By Sue Carney*

*Service Coordinator*



HAPPY SPRING, HAPPY SPRING & HAPPY SPRING!!!!!!!

Hang in there, I hear Spring is coming! We made it through December, January and February.....YAY!

Just wanted to remind everyone that you should have gotten your 2021 Social Security benefit statement letter back in October, November or December from the Social Security Administration. Make sure that you hang on to this letter each year as you need it for your rent re-certification and sometimes if you apply for certain benefits.

If you are looking for some affordable transportation, the SMART Bus could be a good option for you. The best number to get ahold of the SMART program is 866-962-5515. Remember that we are still here to help you however we can.

I know this virus and all the restrictions are not what any of us want and we want our whatever normal life is back, but we must all be patient and continue to be safe. Just remember that we will get back to better days hopefully soon.

We all need to remember to be kind and less judging, as we never truly know what each other is going through. Kindness can go a long way.....Just a little food for thought!

Have a great month.....Sue





## Wellness News

*Joelle Baughman*  
Wellness Coordinator

What a snowy month of February, I am hoping that it will soon be over and Spring is somewhere near. February was the first full month back after being shutdown from COVID restrictions for a bit and I want to see new faces at events. I am starting to believe that the shutdown has gotten most of you in the habit of staying home and you are needing an extra push to get you out. Well, here is that push! Get out, come socialize, and check out some events. There are a ton of events/activities that I have put on the March calendar, my goal is for there to be at least one thing that stands out to YOU. **Check out a way to win a \$20 gift card on the March birthdays page.**

To name a few, trivia and BINGO, VVC Practice and Lunch Celebration, AARP Presentations, How Bout Lunch, and much more. Check out the monthly calendar for more information. Also, don't forget our BIG EVENT, **a virtual stand up comedian**, which can be viewed at the community center or at your homes. Light refreshments will be provided. Check out the flier in your COVID Kit for more information or contact Joelle.

I am here to support, motivate, and listen to you to help your needs and improve your quality of life. Hopefully I will see more of you soon, happy March!



# March Events

- Comedy Show

**Light Refreshments Provided**

- Exercise Class
- Village Victory Cup Practice (VVC)
- Village Victory Cup Metal Ceremony/Party: Join the VVC 2020 Participants to Celebrate 3rd Place and The Metal Ceremony

**Lunch Provided (Must sign up before)**

- AARP Presentations:

Dealing with Chronic Health Conditions

Eating for Good Health

Memory Health

- Walking Club
- Adult Coloring
- BINGO
- How Bout Lunch?

Contact Joelle for More Information

- Calendar Planning Meeting
- St. Patrick's Day Party

Come in green or get a pinch!

- Cards and Games
- Movie and Popcorn
- Trivia

## Do you enjoy gift cards?

Join us at an activity or event, hosted by Joelle, for a chance to win a \$20 Gift Card. During the month of March, any activity or event that you participant in will allow you to submit your name into a drawing. One event, one entry, so the more you attend the more you increase your chance to win. At the end of the month, one name will be drawn and will receive a \$20 gift card.

## Birthday Celebration!

Happy Birthday to all of our  
March Babies!

Chuck Holdridge	3/1
Danee Scott	3/1
Chris Milz	3/4
Carolyn Green	3/6
Kathleen Leep	3/6
Rosemary Holley	3/6
Valentine Robinson	3/8
Hazel Jones	3/9
Millage McDonald	3/9
Diane Perkins	3/10
Nancy MacDonald	3/11
Betty Fitzhenry	3/12
Vernice Harper	3/13
Margaret Mullen	3/14
Clara Lee	3/17
Edward Lance	3/17
Bertha Simpson	3/19
Catherine Carter	3/19
Douglas Herd	3/19
Jerry Winters	3/19
Joe Amerson	3/21
John Collins	3/21
Katherine Williams	3/22
Kathryn Price	3/23
Abraham Ramsey	3/27
Franzetta Hill	3/28

## A GIFT IN YOUR WILL

*can change the lives of seniors.*

Presbyterian Villages of Michigan is able to provide the best quality housing, programs and services to seniors throughout Michigan with the generous support of **YOU** the donor.



**Please consider a charitable bequest...**

**Find out how YOU can help future residents.**

Contact your Village's Administrator or call 248-281-2040



## Happy St. Patrick's Day!



# Resident Council News

By *Philena Holdridge*

*Resident Council President*

## Resident Council Board

**Philena Holdridge**, *President*

(248)977-3038

**Becky Bolden**, *Vice President*

(248)766-3684

**Vernice Harper**, *Secretary*

(248)622-4470

**Joyce Parlor**, *Treasurer*

(248)210-5678

### *March Resident Council News*

What a blessing to see the sunshine today as I write this for the newsletter. It is a constant reminder that even on cloudy days, the sun is still shining. In parallel, the “Son “ of God, Jesus Christ, is shining down on us as well... walking with us, preparing the way before us, and even at times carrying us through the trials we may face. God is good...all the time!

### Black History Month Speakers

Many thanks goes out to Felicia Hollis and Alma Shelton for sharing with us at our February Resident Council Meeting. Felicia brought her newest publication, Gathering the Fragments, which is a compilation of several writers, Felicia being one of them. If you would like a copy, it is \$20.00 and you may contact her at 313-728-6647 # 9D. Also, Alma Shelton is a walking, talking history book, if you want to know facts about Pontiac’s history in the making. You may contact her at 248-732-7122 # 25D. Thank you ladies for such an interesting day!

### Village Chorus

If you love to sing, the Village Chorus meets every Wednesday at 11:00 AM under the direction of Vernice Harper. No need to sign up, but just come enjoy the fellowship time around music that lifts your spirits.

### Election of Officers

It is time for nominating officers, so if you contact someone interested in taking on a position as President, Vice President, Secretary or Treasurer, please contact Philena at 248-901-7939. We can give them a Constitution which describes each office. The names of nominees will be published in the April newsletter and we will vote in May.

Also, we have volunteer Area Representatives who welcome our new residents, and answer questions about our community, report deaths and illnesses to the Care and Concern Committee, and distribute birthday cards. Those positions can encourage our residents. Contact Philena if interested.

### Happy St. Patrick’s Day

St. Patrick was credited with bringing Christianity to Ireland. On March 17<sup>th</sup> enjoy a corn beef, cabbage, and vegetables meal to celebrate with the Irish.

God’s Blessing on You All!

Philena

# March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8 12:00 Exercise Class 1:00 Adult Coloring	9 10:00 God's Word and Prayer 11:00 Coffee & Bowling 1:00 VVC Practice: Hoop Shoot	10 11:00 Village Chorus 12:00 Exercise Class 1:00 BINGO	11 11:00 Walking Club (Weather Permitting) 12:30 How Bout Lunch 5:00 Comedy Show <u>Fruits and Veggies</u>	12 12:00 Exercise Class 1:00 Trivia	13
14	15 12:00 Exercise Class 1:00 Calendar Planning Meeting	16 10:00 God's Word and Prayer 11:00 Coffee & Bowling 1:00 VVC Practice: Bean Bag Toss	17 11:00 Village Chorus 12:00 Exercise Class 1:00 St. Patrick's Day Party	18 11:00 Walking Club (Weather Permitting) 1:00 AARP Presentation: Eating for Good Health <u>Focus Hope</u>	19 <u>COVID-19 Vaccines</u> <u>No Classes</u>	20
21	22 12:00 Exercise Class 1:00 AARP Presentation: Memory Health	23 10:00 God's Word and Prayer 11:00 Coffee & Bowling 1:00 VVC Practice: Hoop Shoot	24 11:00 Village Chorus 12:00 Exercise Class	25 11:00 Walking Club (Weather Permitting) 12:30 How Bout Lunch	26 12:00 Exercise Class 1:00 Birthdays & BINGO	27
28	29 12:00 Exercise Class 1:00 Cards and Games	30 10:00 God's Word and Prayer	31 11:00 Village Chorus <u>Matter of Balance Sign Up</u> <u>Deadline</u>		<b>Exercise</b> Village Activities Virtual Events <b>Parties</b>	<b>Due to COVID-19 ALL EVENTS ARE SUBJECT TO CHANGE</b>



**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](http://www.pvm.org)

## Office Number

**(248) 334-4379**

### Village Staff

**Jon Hayes**

*Housing Administrator*

**Sharon Benton**

*Administrative Assistant*

**Jasmine Horton**

*Sales and Leasing*

**Joelle Baughman**

*Wellness Coordinator*

**Sue Carney**

*Service Coordinator*

**Matthew Myers**

*Maintenance Supervisor*

**Charles Williams**

*Maintenance Technician*

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**EMERGENCY MAINTENANCE**

**(248) 330-0213**

**ON-SITE SECURITY**

**(586) 596-8185**



**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](http://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

