



Village News



Embrace the possibilities

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

April 2018

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Notes from the Administrator

April is here already everyone and with it comes warmer weather, longer days and lots of sunshine. The entire staff at the Village thanks you for your patience, assistance and understanding during the month of March with our required unit inspections, repairs, improvements and general upgrades. The inspection process went well and we want to keep the momentum going on all the improvements. You can help by keeping your home beautiful, clutter free and reporting any work orders needed to the office so we may respond accordingly. Remember, it takes a Village to keep a Village looking fantastic!

We are saddened to announce that after a very difficult decision making period and process, our awesome Service Coordinator Danette Pye has chosen to retire after a painful personal loss in her family. We will miss Danette more than she knows. We have already begun the process of searching for a new Coordinator that will meet if not exceed the standards set by Danette. We apologize for any inconvenience during this period of time but we do have some help in the interim. Denise Giallombardo has been the Service Coordinator for two PVM Villages over the past 4 years and will be assisting our Village on a part time basis every Tuesday from 9:00 a.m. to 3:00 p.m. every Tuesday until we find a fantastic candidate to fill the position. Denise has requested that you use the signup sheet on the Service Coordinator's Door for appointments. Seeing she only has one day a week to assist, walk in appointments would be difficult to accommodate. You can call the office to set up an appointment or drop by. Denise is fantastic and here to help. Side note: If you are enrolled in Focus Hope and your application is up for renewal, please contact Denise to assist keeping you on the list.

April is also Friends & Family month for the Village. Our kickoff event on Friday 3/23/18 was a smashing success and a great time. Our ultra-generous residents have already donated over \$800 and April is only 2 days old. Envelopes for giving are in the lobby, included with this newsletter, and available by mail upon request. Our goal this year is \$2,600.00 and we are almost 1/3rd there! This year I am offering the ADMINISTRATOR MATCH. If we as a Village meet our goal of \$2,600.00 I will match 10% of that total and 10% of anything over that total. So if we get to \$3,000 I will personally donate \$300.00. For every new donor whether they give \$1 or \$100 the Administrator will donate \$5 to the cause on top of the match so my challenge to the Village is to make the Administrator pay... :) Please help by giving and/or spreading the word for others to give during the month of April. Gifts can be given online at pvm.org/Oakland Woods as well.

Village Victory Cup practice starts this month and we need team members! Event descriptions and signup sheets are displayed for you all over the community center. Please come take a look and join team Oakland Woods Cardinals!

Daniela has created an incredible month of exercise, wellness, events and activities for the Village. Please see the attached calendar for a full listing and take advantage of all we have to offer.

Finally, please see the notice on page 5 regarding potential letters from our office accounting department that you may receive in the coming days. Thank you everyone!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

An Aging Well Attitude Can't Be Beat!

I often speak about the importance of having an Aging Well Attitude as an important aspect of aging. Recently inspiration has arrived in the personhood of Sister Jean Schmidt, Loyola-Chicago's 98 year old chaplain. She has been their basketball team's good luck charm during their NCAA March Madness tournament journey. Sister Jean has a sense of humor and is talented when it comes to branding. During her team's Elite 8 game versus Kansas she was spotted wearing custom-made Nikes; and she is even the star of her own Bobblehead. She of course is not making any claim for profits but is simply supporting the team and university. She has become "the face of Loyola-Chicago".

Schmidt prays with the players before games and gives them scouting reports the next day, according to the Associated Press and Fox News. Her players consider her to be their not-so-secret weapon. They have proven themselves to be a team that can't be beat for now. Sister Jean has proven that having an Aging Well Attitude can't be beat. In fact, the qualities and assets inherent in this story match reports of studies as to what creates quality of life and even perhaps longevity: Having a passion, dedicating oneself to the pursuit of that passion, having a sense of belonging and being a part of something greater than oneself, to be engaged and engaging...

There's a lesson to be learned from this for us all. **WHAT IS YOUR PASSION?**





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Alcohol: the Good, the Bad, & the Ugly

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits (≤ 2 drinks/day for men, ≤ 1 drink/day for women), it's excessive drinking that you have to worry about. Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits. If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol.

For more information on the health effects of alcohol, visit www.niaaa.nih.gov.



OFFICE NEWS

BY HILLARY VANDENBERG

ADMINISTRATIVE ASSISTANT

Happy spring, Village of Oakland Woods!

Warm weather is coming and I am very excited for it! I've been trying to make a point of walking every morning on my break and if anyone would like to join me, they are more than welcome to! To me walking is one of the best ways to jump start my morning and get those endorphins flowing!

The people who have upcoming recertifications with me this month are 3D, 4A, 9B, 9C, 19A, 27D, 28B, 30D, 32B, and 34C. You should have all received your packets in the mail and they are due to the office by April 2nd. Please let me know if you have any questions. Also, if you would rather complete the packet with me in the office, you are more than welcome to! Just call the office and we can set up a time to have a recertification interview. I decided to start mailing out the packets to make it easier for you to complete your recertifications, but it's completely fine if you would rather sign the papers with me in the office.

I hope everyone has a safe and fun April!



IMPORTANT NOTICE TO THE VILLAGE OF OAKLAND WOODS RESIDENTS

- **Each year our office reviews the residents' rent ledgers and accounts to ensure everyone is up to date and to identify any outstanding positive or negative balances that may exist.**
- **If your account is out of balance, either positive or negative, you will be receiving a communication from our office indicating your current account balance and any amounts owed to the Village of Oakland Woods, or if you overpaid your rent, the letter will indicate the positive balance in your favor we owe back to you.**
- **THIS IS NOT A RENT INCREASE OR DECREASE. CONTINUE TO PAY YOUR CURRENT RENT AMOUNT, UNLESS NOTIFIED SPECIFICALLY BY OUR OFFICES.**
- **If you receive a letter and have a balance due to the Village, it will indicate the amount of the balance owed and your current rent amount. You can submit the balance owed on your ledger with your next rent payment or if you need to arrange for a repayment plan over a couple of months we can accommodate you with that. Please contact the office to arrange an appointment.**
- **If you receive a letter and it indicates a positive balance that the Village owes back to you for any overpayments made to us, we can deduct the amount we owe you from your next month's rent and your balance will be zeroed out.**
- **Copies of resident ledgers are available at the office upon request. If you want to arrange a private appointment with the Administrator to discuss your ledger and/or balances please call and we will accommodate your schedule and arrange a meeting to explain the balance in further detail.**

We are sure that a lot of you who will be receiving letters in the coming days on account balances are asking yourselves how can my balance not be zero, I pay my rent on time every month.

These balance accumulations can be caused by many issues, some of which are:

- **We have a rent change every year up or down depending on the analysis so rents change and sometimes we continue to pay the amount we have been paying and forget about the change.**
- **Others paying rents for a resident may forget about rent changes during the year.**
- **We get caught up in our routines and the rent changes slip our minds.**



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Happy April! And Happy Spring to everyone! With the change in weather comes the opportunity to get out and about a little bit more, and get involved in some of the activities happening throughout the Village. A few exciting additions coming to our April Calendar include a new class: Tai Chi Easy, as well as the start of our Village Victory Cup practices.

Tai Chi Easy will take place every Monday, at 1pm, in the fitness studio. Tai Chi is a form of movement, relaxation, and breathing techniques that is very mild in nature, and promotes stress and pain relief. This class is accessible to everyone, and it can be done seated or standing. If you have any questions before trying your first class, please feel free to stop by and see me! For a small amount of time and effort, there are endless benefits to participating in this class. I encourage each and every one of you to give it a try.

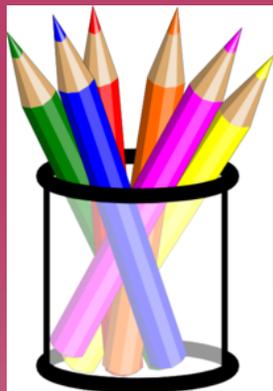
Thank you to those who have already signed up for our Village Victory Cup team events! Practices for each individual event will be listed on your April Calendar—be sure to highlight your practice times! We still have a few spaces open for a few of the activities—including the Hoop Shoot and the Wellness Walk. If you are interested in any of the Victory Cup events, or have any questions about what the Village Victory Cup entails, please come by and see me! The Village Victory Cup is scheduled for Friday, June 22nd. Go Cardinals!



APRIL EVENTS

Meadow Brook Theater & Lunch: The first Wednesday of the month, Wednesday April 4th, we will be taking a trip to Meadow Brook Theater, with a stop for lunch beforehand. The plan is to have lunch at Macaroni Grille, and then attend the 2pm Meadow Brook performance of “The Snow Geese” . We will leave the Community Center for this trip at 11:15am, and return around 4-4:30pm following the show.

Royal Oak Art Fair: On Thursday, April 5th, at 12pm, we will be visiting the Royal Oak Art Fair happening at their downtown market location. This Art Fair will include artists and exhibits from all over the state of Michigan, local food vendors, and plenty to explore and see! Come out and support some of the local artists and see the beautiful items they have created! This is a free event, with a \$1 bus fee. Please be sure to sign up in advance.



Coloring Book Activity: Our first Friday event continues! On Friday, April 6th at 2:30pm we will meet in the Community Room to enjoy each others company, munch on some snacks, and work on our coloring creations! We supply all coloring items, as well as the food and drink, but you are more than welcome to bring your own books and utensils with you as well. I hope to see several of you there to join in this relaxing activity!

Tai Chi Easy Classes: You will see on your calendar there is a **NEW CLASS** offered everyone Monday at 1pm. Tai Chi Easy will be a slow-paced, relaxing half hour class where we work on calming our bodies and our minds. Ideas around breathing, concentration, relaxation, and balance will all be incorporated in this class, and you will leave the studio feeling refreshed and ready to take on the rest of your day. I hope to see several of you at this class, every Monday, at 1pm!



APRIL EVENTS CONT.

Trip to the Royal Tea Room: We had such a wonderful time visiting this place last year, that I thought we should go back for a springtime activity. On Thursday, April 19th, at 10:15am we will travel to the Royal Tea Room in Roseville and enjoy tea, scones, and a quiche lunch with our friends. The cost will be \$10 per resident, with the remaining cost being covered by the Village. Please be sure to sign up in advance, as well as pay your \$10 no later than Thursday, April 12th. Thank you!



Birthdays & Bingo Celebration: Our monthly Birthdays and Bingo Celebration is scheduled for Friday, April 27th, at 1pm. If you have an April Birthday, or know someone in the Village who does, be sure to join in the celebration on this Friday! We will serve sweet treats, play some bingo, and hopefully win a few prizes!

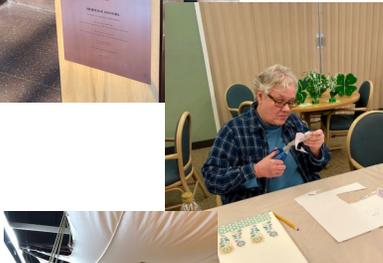
Village Victory Cup Practices: Our VVC practices will be beginning in the month of April! If you have signed up for some of the VVC events (highlighted on the posters throughout the Community Room) please be sure to check the April Calendar for when your events will be holding their practices. Each event has a half an hour time slot every week, so that we can hone our skills and be the best VOW Cardinals team there ever was! Please be sure that if you signed up for VVC events, you make coming to practice a priority— your teammates need you!



Tigers Baseball Watch Party: Our friends at Comcast have generously offered to throw us a Tigers Baseball watch party again this year! The party is scheduled for Thursday, May 3rd, at 1:30pm. Hot dogs, snacks, and drinks will be provided by Comcast, as well as a few prizes and giveaways. They will also have staff members at the event, if you would like to ask any questions about your Comcast plan, devices, or bill. Please be sure to sign up for this event in advance. An accurate count of attendees is need by Monday, April 23rd. Thank you!



OAKLAND WOODS ON THE GO!



April
1-30

2018 FRIENDS & family

Give today, for Beatrice.

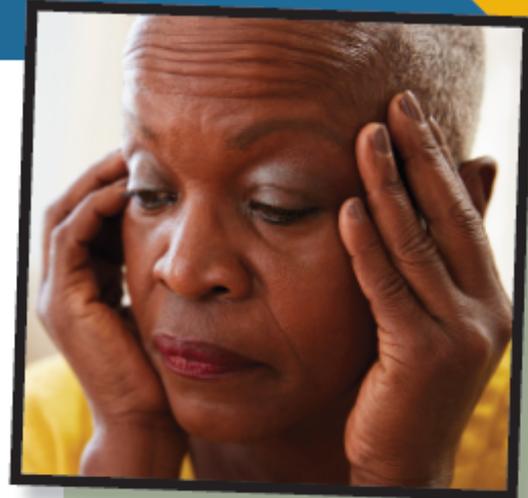
Local seniors like Beatrice are growing older in fear every day. **You can change that.**

Beatrice had numerous health issues. They kept her living in fear, and from living a full life. Thanks to programs at her Village—*made possible by donors*—she lost weight, got healthy and became more involved with her community.

Your gift to Oakland Woods means a better life for a senior like Beatrice. You can give residents the latest technology to stay **safe** and **connected**, social activities to stay **engaged** or exercise equipment to stay as **healthy** as possible.

Will you give today?

Thank you!



Generous donors like you have given residents at Oakland Woods:

- safety & convenience with an automatic door opener
- tools to learn, explore & stay connected with loved ones
- opportunities to socialize & avoid loneliness

You can make Oakland Woods the BEST place to age

2018 Goal:
\$2,600

TO MAKE A GIFT:

See the front desk for a donation envelope or

ONLINE:
pvmf.org/OaklandWoods

CALL:
248.281.2040

MAIL:
PVM Foundation
26200 Lahser Road
Suite 300
Southfield, MI 48033



The Village of
Oakland Woods

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

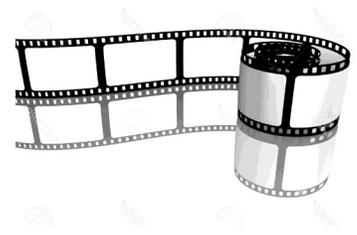
Presbyterian Villages of Michigan Foundation is a 501(c)(3) nonprofit organization. Michigan Charitable Solicitation Registration #MICS 35871.

Gift Guidelines

- Gifts must be *received by April 30, 2018 by the PVM Foundation office* (gifts can be post-marked on or before April 30).
- Gifts must be *designated for a Village Friends & Family* campaign and cannot be a ticket purchase/ admittance fee to a special event.
- *Payments on existing pledges* are eligible — please note that your gift is a pledge payment.
- Planned Gift (e.g., Will, Charitable Gift Annuity, etc.) commitments are ineligible.



Theater Thursday



Thursday, April 12, The Butler: Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history.

Thursday, April 26, A Monster Calls: In this adaptation of a children's fantasy novel, 12-year-old Conor has been devastated by his mother's terminal cancer diagnosis. Then a monster begins visiting Conor at night, who tells stories that help him come to terms with the truth.



Happy Easter

*May your Easter be happy,
May your day be bright,
May you enjoy the treats,
And sweet delights.*

*But remember the meaning,
Remember God's gift,
Remember the resurrection,
May your soul uplift.*



Birthday Celebration!

The Birthday Party will be held on Friday, April 27. Please join us in the community room at 1:00pm for refreshments, bingo and prizes!

- Wanda Jones4/3
- Clara Kelley.....4/4
- Shige Taylor.....4/4
- Dolores Ochoa.....4/8
- Rosemary Williams4/8
- Philomena Torma4/11
- Ramona Bard.....4/12
- Diane Terry4/16
- Portia Wynn4/19
- Edna Martin.....4/21
- Herbert Edridge4/23
- Janet Bushman4/26



Resident Council News

By *Judy Shatto*,
Resident Council President

Resident Council News:

St. Patrick's Day Riddle contest winners were Joyce Parlor and Mary Tillman who tied missing only three out of thirty riddles. Congratulations Joyce and Mary!

We will be having a special guest visiting

Oakland Woods on Monday, April 9th at 2pm. Dwayne Lyons from the City of Pontiac will be visiting our Village to host a general forum and get to know our residents. Please come and join in the conversation!



Library News:

Two New Books—Easy Reads:

“Nothing to Fear” by Jackie French Koller

A story of an Irish boy growing up in 1932 New York—something similar to “A Tree Grows in Brooklyn”

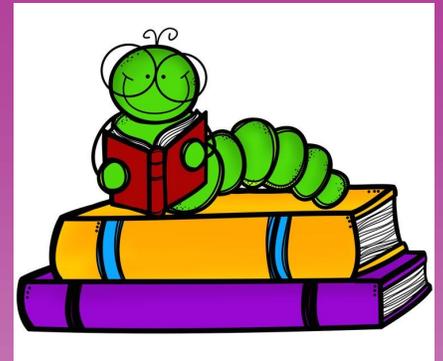
“The Moral Compass” by William Bennett

Short stories for a life journey by many authors. One fun story is from Africa—“How the Ostrich Got His Long Neck”—Page 225

The world just celebrated the life of Billy Graham. I found one of his books in our library:

“Approaching Hoofbeats” also an easy read!

Reading is good for us!



Garden Club News:



Our next Garden Club meeting will be on Tuesday, April 17, at 12pm. Please note that our future meetings, starting in May, will take place on the first Monday of the month at 11am.

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

April 2018

Parkinson's Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 10:00 Strength Training 11:00 VVC: Balloon Volley Ball 11:30 VVC: Kick-A-Roo 12:00 VVC: Puzzler 1:00 Tai Chi Easy (NEW!!)	3 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Kroger	4 10:00 Strength Training 10:00 Village Chorus 11:15 Meadow Brook Theater & Lunch	5 9:00 Balance & Core 10:00 VVC: Wellness Walk 12:00 Royal Oak Art Fair	6 10:00 Stretch & Flex 10:45 Morning Meditation 2:30 Coloring Book Activity	7
8	9 10:00 Strength Training 11:00 VVC: Balloon Volleyball 11:30 VVC: Kick-a-Roo 12:00 VVC Puzzler 1:00 Tai Chi Easy 2:00 Meeting Q&A with Dwayne Lyons	10 9:00 Stretch & Flex 11:00 TOPS 1:00 Walmart & Chase <u>NO BLOOD PRESSURE</u>	11 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 2:00 VVC: Beanbag Toss & Hoop Shoot	12 9:00 Balance & Core 10:00 VVC: Wellness Walk 1:00 Theater Thursday <u>FRUITS & VEGGIES</u>	13 10:00 Stretch & Flex 10:45 Morning Meditation	14
15	16 10:00 Strength Training 11:00 VVC: Balloon Volleyball 11:30 VVC: Kick-A-Roo 12:00 VVC: Puzzler 1:00 Tai Chi Easy	17 9:00 Stretch & Flex 11:00 TOPS 11:30 Blood Pressure Clinic & Seminar 12:00 Garden Club 1:00 Hollywood Market	18 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 2:00 VVC: Beanbag Toss & Hoop Shoot	19 9:00 Balance & Core 10:00 VVC: Wellness Walk 10:15 Trip to the Royal Tea Room <u>FOCUS HOPE</u>	20 10:00 Stretch & Flex 10:45 Morning Meditation	21
22	23 10:00 Strength Training 11:00 VVC: Balloon Volleyball 11:30 VVC: Kick-A-Roo 12:00 VVC: Puzzler 12:30 Meijer <u>NO TAI CHI/EASY FREE TABLE</u>	24 11:00 TOPS 11:30 Blood Pressure Clinic 2:00 Resident Council Meeting <u>NO EXERCISE</u>	25 11:00 Village Chorus 2:00 VVC: Beanbag Toss & Hoop Shoot <u>NO EXERCISE</u>	26 10:00 VVC: Wellness Walk 1:00 Theater Thursday <u>NO EXERCISE</u>	27 1:00 Birthdays & Bingo Celebration <u>NO EXERCISE</u>	28
29	30 <u>NO EXERCISE</u>	1 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Kroger <u>NO EXERCISE</u>	2 11:00 Village Chorus 2:00 VVC: Beanbag Toss & Hoop Shoot <u>NO EXERCISE</u>	3 10:00 VVC: Wellness Walk 1:00 Tigers Watch Party (Sponsored by Comcast) <u>NO EXERCISE</u>	4	5

**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 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

