



Village News



Embrace the possibilities

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

April 2019

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Notes from the Administrator

Spring has sprung and April is upon us. A Happy and Blessed Easter to all of you this month. April brings Easter and warmer times but also brings a reminder that tax day is April 15th so please if you have not already done so contact your tax professional and get those in on time.

With the seasonal transition we will all be looking forward to spending more time outdoors and on our patios and porches. We love the work and effort you all put in each year to decorate your space with flowers and plants and encourage our new residents to do the same. Your personal space is intended for you to “make your own”. So with that in mind a few things to remember. Please no indoor furniture or belongings should be stored or used. Keep your flowers and decorations off the lawn area so they will not be damaged when cutting the grass. No storage of auto parts or other unsightly items. Your porches and patios are yours to enjoy but please be diligent in your duty your neighbors and Village to keep your space looking great!

April also bring our annual Friends & Family campaign! It is our annual fundraising drive lasting from April 1 through April 30th and you will be hearing more in the coming days. If you can give \$5 or \$500 it all goes (100%) to our Village for special resident projects and improvements. So we ask that you spread the word and let’s get our friends and families on board for the month long pledge drive to meet our goal of \$4,500 this year, a record for Oakland Woods.

Please be mindful of your neighbors and friends when having guests visit by asking them to park in one of the farther away spots allowing residents to park closer, easing their journey from their car to their door. There is plenty of parking at the community center if needed.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:





The Village of
Oakland Woods
A SENIOR LIVING COMMUNITY
A Member of Presbyterian Villages of Michigan

YOU give your Village the Power to Choose



Your gift for your Village during the Family & Friends Campaign offer you the opportunity to combat isolation and to be more independent.

Your gift to Oakland Woods made it possible to have a Mother Day's Tea, a Father's day luncheon, and a Christmas celebration..

Simple pleasures! Yes. But, it's something important to you and your residents that can't be done by the Village and PVM alone. **Without you, it can't be done.**

YOUR gift changes things!

Your gift can help to make YOUR community healthier. Right here. Right now. Will you give today?

**You can make
Oakland Woods
the BEST
place to age!**

Thank you!

FRIENDS &
family
CAMPAIGN

April 1– 30, 2019

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

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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The “Ins & Outs” of Shipt – Part 2

This is the final article in a series of articles I have been writing about living life without a car when my car was in the shop for some minor repairs. Last month I wrote about what you need to have in place to use the online grocery shopping and delivery service Shipt. This month I am writing about how it works.

After you download the app and create an account, you're ready to begin shopping. As part of setting up your account, the app will find participating stores closest to your location and prompt you to choose one. In Michigan, you have two options: Meijer and Target. If both are available you can switch between the two each time you shop.

Using the app is pretty straight forward. When you open it, the delivery address you specified and the store you selected when you set up your account will be displayed along with the next available delivery time. Don't worry if that's not the time you want. You will select your actual delivery time later in the process.

Also displayed will be a search bar and a series of categories (Buy Again, On Sale, Browse, Favorites, etc.). You can use either to select the groceries you want.

The first time I used Shipt, I used the search bar. I typed in the name of the item I wanted and all the products containing that name were displayed along with their pictures and prices. From the displayed list I selected the specific item I wanted and added it to my shopping cart by tapping the plus sign located to the bottom right of its picture. If you tap the picture, you will be presented with more detailed information about the item and have the ability to add additional quantities of that item to your cart.

As you use Shipt it keeps track of the items you buy and compiles a list of those items in the Browse Again category. Since I'm a creature of habit and tend to buy the same things over and over again, the next time I used Shipt I shopped using that category. After tapping the icon, all the items I purchased in the past were displayed. I then tapped all the items I wanted to buy, which added them to my shopping cart.

Once you fill your cart with all the items you want, it's time to check out. Confirm your cart contains the items you want by tapping the cart icon in the upper right hand corner of your screen. If it does, tap the green Checkout bar which is located at the bottom of your screen. Doing so will display a list of available delivery times. Selecting the time you want will display the delivery address, the delivery time you selected, how you prefer to be notified regarding substitutions, your payment method and the total cost of your order. If everything looks good, tap the green Place Order button at the bottom of your screen. If not, you can make changes by tapping the Edit button next to what you want to change.

Tapping the Place Order button will place your order and also display an order confirmation. In addition, a confirmation email will be sent to the email address you associated with your account when you set it up.

A few minutes after you place your order a Shipt shopper will claim it. The shopper's picture along with their first name will appear in the app on the confirmation page along with their first name. When they begin shopping they will send you a text and ask you if you want to add anything to your order.

While they shop, if you indicated you wanted them to contact you regarding substitutions they will send you a text if something you ordered is not available and will suggest a substitution, which you can accept or deny. Once they finish shopping they will notify you that they are checking out and once they check out, they will notify you that they are on their way to the delivery address you specified.

When they arrive, if you need help putting your groceries away they will assist you. If not, they will place them wherever you want. I have always had a positive experience. My shoppers have been very helpful and very friendly. I have received all the groceries I ordered (unless unavailable at the store) and the cold items were cold, the frozen items were frozen, and the fresh items fresh.

After your shopper drops off your groceries, you will have the opportunity to rate them and give them a tip through the app. Both are very important tasks to complete. Rating them lets Shipt know how well they did their job. Tipping them is a way of thanking them for a job well done. Additionally, Shipt shoppers can see your tip history, which can influence whether they claim your order. A Shipt shopper whom I know told me that better tippers tend to attract the better shoppers.

For me, using Shipt has been pretty easy. Like with anything, I have found that the more I use it the better I get at it. The groceries themselves are a little more expensive (that's how Shipt makes their money) and the tip does add to the cost, however, you can't beat the convenience. So, the next time you find yourself without a car and in need of groceries, rather than take the bus or bum a ride from a friend you just might want to give Shipt a try.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

The Magic of Friendship

A recent special edition of Time Magazine is titled Friendship: “The Bonds That Shape Us at Every Age”. This publication further supports the notion that friendship and connecting with others is the bond that makes life sweeter no matter what stage we are in. There is documented evidence that children fair better in school if they have developed strong friendships. Often these friendships last for a lifetime.

Whether it happens at the barber or beauty shop, a religious setting, a yoga class or being with neighbors and friends at a PVM village these bonds endure and help us to celebrate or problem solve our way through life - good times and bad. Many times PVM residents have remarked that they and their fellow residents look out for each other daily; and this brings joy and comfort to their lives.

Our annual Village Victory Cup is coming up on June 21st. This is a great way to celebrate the joy of life and is also a good way to make new friends as well as bond with the ones you have now. Come join in the fun. Talk to your village staff about becoming a member of your village team. Hope to see you there!



Maintenance News

By *Matthew Myers*
Maintenance Supervisor

A couple of announcements regarding proper disposal:

Proper Disposal of Solid Home Medical Waste:

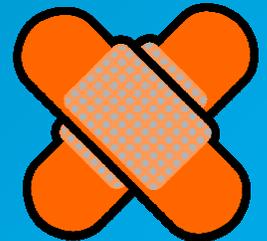
- Used Needles from injections and blood tests:



- Use disposable puncture resistant firm containers with a lid. The container should have a small opening so that a hand cannot enter (e.g. bleach bottle, liquid laundry detergent bottle, NO PLASTIC MILK JUGS!).
- Needles should never be bent or recapped before being discarded, and must be placed promptly in the puncture resistant container.
- When the container is 3/4 full, pour in approx. 1/4 bleach, replace cap, and seal with tape.
- Place Container in plastic bag and tie securely. Place in household trash . DO NOT PLACE IN RECYCLING CONTAINER!

- Soiled bandages, dressings, diapers, and incontinent products:

- Place soiled items in plastic bag and tie securely.
- Place above plastic bag in second plastic bag (a garbage bag liner in your wastebasket works fine) before disposing with household trash).



DON'T FLUSH THAT WIPE

- Avoid Clogged Pipes! (“Flushable” Doesn’t mean its safe for the system) Never Flush...
 - Personal, Baby, or cleaning Wipes
 - Medicine
 - Paper Towels
 - Dental Floss
 - Cotton Balls or Swabs
 - Facial Tissue
 - Cooking or Food Oil



Remember ALL blood and body fluids are considered hazardous waste. Please be considerate of your neighbors and facility staff when disposing of soiled items!

Service News

By Sue Carney

Service Coordinator

Welcome April! Hope we see a lot of sunshine and warmer weather!

We have a lot for the April calendar, hope you mark your calendar & come join in the education and fun:

- Thursday April 4 at 11 a.m. a lawyer from the Oakland county bar association will be here to talk about senior legal issues and Q & A.
- Wednesday April 10, 12:00 pm, Miracle Ear presentation.
- Thursday April 11th at 11 a.m., Wender Triggs, from your personal care service, will be here to talk about possible home help and medical transportation.
- Monday April 29, 11a.m., Oakland county deputy Michelle Francisco, will be coming back here to talk seniors and safety.

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

FYI: I have here copies of Oakland county legislator guide for 2019-2020. These copies include the legislator's names, districts, phone numbers and e-mail addresses. If interested in getting a copy see me. I also have copies of the area agency on aging 1-b, legislative platform. If you are interested in getting a copy see me.

Have a great month & a Blessed Easter!





Wellness News

Jon Hayes
Wellness Coordinator

Hello all! Well, March was a very exciting month and I am so happy that everybody was able to experience it with me! Take some time to look at the picture board and see some of the cool activities, parties, and outings that the Village hosted this past month! As we prepare for the summer, check out the calendar for some fun activities. Yes, we will now be having more trips that the weather has played in our favor, so please attend the calendar planning meeting. This is where we discuss what trips and activities we will do for the following month!

Comcast will be here on Thursday April 4th for the Tigers Opening day! Come on out, have some FREE FOOD, watch the game, have some fun! I hope to see you all there! April 18th I will be beginning a technology class. Come with questions about any of your technology needs. I am going to begin by discussing Facebook and showing you our Village of Oakland Woods Facebook page and you will be able to see yourself as a “web-lebrity” as we have been posting all of our monthly updates on Facebook. Another cool event coming up is the Painting Part on April 29th presented by The Sons Creation Studio. Come and enjoy painting instructions. You will receive a 16x20’ canvas, an apron, paint brushes, and I will be providing refreshments as well. There is a \$10 donation for the event (NOTE: a \$20 Wellness buck donation will also be accepted). See Jon in the Wellness office for more details.

Finally, the Village Victory cup is right around the corner! Practices will be really important! Each team has a captain. I would like to announce our team coaches and Captains. Your team captains will be reaching out to recruit you for their team! I hope to see you for the practices, and I hope you are as excited about the Village Victory Cup as I am! It’s time we take the cup away from Westland! We will need all hands on deck for this!

Beanbag Toss

Coach Sue Carney
Captain Janet DeVold

Hoop Shoot

Coach Charles Williams
Captain Chuck Holdridge

The Puzzler

Coach Matt Myers
Captain Joyce Parlor

Wellness Walk

Coaches Hillary Vandenberg
and Sharon Benton
Captain Vernice Harper

Kick-a-Roo

Coach Kevin Centala
Captain Philena Holdridge

Balloon Volleyball

Coach Jon Hayes
Captain Larry Milz

Expression of Wellness: Poetry

Coach Ricardo Palacios
Captain Becky Bolden



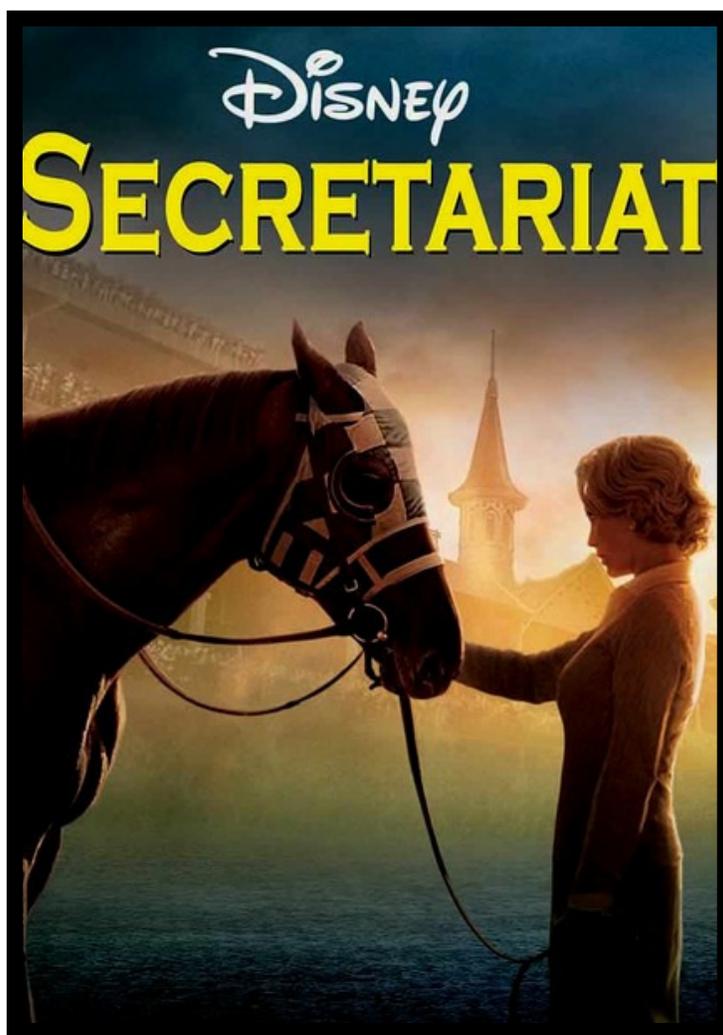
Theater Thursday



Thursday, April 11th, Secretariat:

When Penny Chenery agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder -- and owner of the colt that will take the 1973 Triple Crown -- in this dramatic biopic.

NOTE: We will only have one Theater Thursday Month! BUT, attend the poetry afternoon on Thursday April 25 at 12:00pm presented by Xtreme Xcursions!



What is Easter?

It's not about the eggs to hunt
It's not about a bunny
It's not about brand new clothes
Or candy as sweet as hunny

On this day many years ago
A man named Jesus Christ
Upon a cross for you and me
Gladly gave his life

Not for sins that He had done
Or crimes He must repay
He did it all for you and me
For our sins He died that day

But that's not the end of Jesus Christ
They put Him in a grave
But three days later He rose again
Our sin debt had finally been paid

So this Easter as you hunt for eggs
Dressed up in brand new clothes
Don't think about the Easter Bunny
Think about why Christ arose

Birthday Celebration!

The Birthday Party will be held on **Friday, April 26**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Wanda Jones	4/3
Shige Taylor	4/4
Rosemary Williams	4/8
Philomena Torma Davenport	4/11
Portia Wynn	4/19
Edna Martin	4/21
Herbert Edridge	4/23



Happy Easter



Resident Council News

By Judy Shatto,
Resident Council President

Earth Day:



April 22 we celebrate world Earth Day. Oakland Woods believes in recycling here as we have been doing so for years. There are five large containers located by the community center garage. You can deposit clean plastic containers and aluminum cans in plastic bags and regular paper and paperboard (cereal boxes etc.) in the bins. At this time, NO CARDBOARD OR GLASS OR MEDICAL SUPPLIES, PLEASE! Think of other ways that you could recycle. We CAN make a difference. Do what you can. Remember—REDUCE-REUSE-

RECYCLE! Thank You for recycling.

We do offer secured paper and important documents to be privately shredded here at the Village at designated times of the year. The date will be posted in our Newsletter.

Garden Club:

We are seeking interested and hard-working residents and/or community people to join in the fun and appreciate the beauty and care of plants and flowers at our Village Garden Club! We take care of the Gazebo flowers, the Flagpole area, the two large planters by the Gazebo and Judy and Linda fill the large urn at the community center entrance. Can't get down low? Don't worry. We can find a task for ALL to do! Let's work together to make our Village THIS year the most beautiful we have ever experienced. Our first meeting of the year will be Tuesday April 9 at 2:00. All interested workers, please come to the meeting.

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

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 book () hiding. Good Luck!

Resident Council News

By Judy Shatto,
Resident Council President



Library News:

Spring is here. Let's plant something new!

The Complete Book of HERBS by Lesley Bremness. This is a practical guide to growing and using herbs. We can grow them in pots and use them in recipes. The recipe for "Sage Oat Cakes" looked good to me. There are many uses for herbs and this "use" of herbs should be in every home.

Home to Holly Springs by Jan Karon. This is the first of "Father Tim" novels and available in large print. It is always great to have the beginning of a series.

Please share our books with each other. Bring them back within a month.

Pontiac Library books are brought to us by Greg and his bookmobile. He will look for a book at your request or even a DVD you want to see. He will be here on the second Monday of the month. Please check our calendar in the newsletter.

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AS THE VILLAGE TURNS

Harry Terrell Sr.

July 2, 1931 – February 25, 2019

Harry will be so missed at the village Community Center and the neighborhood. Having coffee and bowling on the Wii game, and often accompanied by his wife Delores of 61 years.

Harry was born in Hempstead Country Arkansas. He was the 10th of 11 children. His father passed away when Harry was still very young and he credited his mother with shaping his strong character. He graduated from Guernsey High School with a 3.8 GPA maintaining an “A” Average in physics while playing guard on the high school basketball team.

Harry attended 2 years at Philander Smith College before entering the Air Force. Serving as assistant

Non-Commissioned Officer in Charge responsible for supplies accounting for all property utilized on the Tachikawa Air Installation.

After his service, he moved to Detroit in 1955 to be near 3 of his sisters. One of them, Velma, introduced Harry to her friend, Delores Lynce, which resulted in their marriage in 1957.

Delores and Larry had 3 sons: Delmon, David and Harry Jr.; also 6 grandchildren and 1 great grandchild. Harry was a devoted member and presiding elder of the Supreme Council of the House of Jacob. He was a hardworking, loyal man, who was always looking out for his family, parishioners, and neighbors.

We will miss you, Harry! God bless you and your family!



April 2019 Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p>7 9:30 Walmart and Chase Bank 10:00 GiFit 1:00 Art Therapy Adult Coloring</p>	<p>2 9:30 Home Depot 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Walking Club</p>	<p>3 10:00 GiFit 11:00 Village Chorus</p>	<p>4 10:00 Calendar Meeting 11:00 Oakland County Bar 12:00 Sit & Be Fit 1:00 Tiger Opening Day <i>Presented by Comcast</i>  NO WALKING CLUB</p>	<p>5 9:00 Rummage Sale at All Saints' Church 1:00 Relax and Meditate</p>	<p>6</p>	
7	<p>8 9:30 Hollywood Market 10:00 GiFit 2:00 Visit from Pontiac Library</p>	<p>9 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Walking Club 2:00 Garden Club</p>	<p>10 10:00 GiFit 11:00 Village Chorus 12:00 Miracle Ear</p>	<p>11 10:00 Walking Club 11:00 Chore Worker 12:00 Sit & Be Fit 1:00 Theatre Thursday FRUITS & VEGGIES</p>	<p>12 10:00 GiFit 1:00 Relax and Meditate</p>	<p>13</p>	
14	<p>15 9:30 Meijer and Chase Bank 10:00 GiFit 1:00 Art Therapy Flower Vase Painting TAXES ARE DUE!</p>	<p>16 9:30 Christmas Tree Shop and Golden Corral 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Walking Club NO SIT AND BE FIT</p>	<p>17 10:00 GiFit 11:00 Village Chorus 3:00 Hydration Seminar</p>	<p>18 10:00 Walking Club 11:00 Technology Class 12:00 Sit & Be Fit 1:00 Dollar Stop—Mobile Dollar Store FOCUS HOPE</p>	<p>19 10:00 GiFit 1:00 Relax and Meditate</p>	<p>20</p>	
21	<p>22 <i>Happy Easter!</i>  9:30 Kroger 10:00 GiFit 11:00 VVC: Balloon Volleyball 11:30 VVC: Beanbag Toss 2:00 Easter Egg Hunt Free Table</p>	<p>23 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Walking Club</p>	<p>24 10:00 GiFit 11:00 Village Chorus 12:00 VVC: Hoop Shoot 12:30 VVC: The Puzzler</p>	<p>25 10:00 Walking Club 11:00 Technology Class 11:30 VVC: Poetry Meeting 12:00 Poetry Night <i>Presented by X. Xcursions</i> NO SIT AND BE FIT</p>	<p>26 10:00 GiFit 11:00 Kick-A-Roo 1:00 Relax and Meditate 2:00 Birthdays & Bingo </p>	<p>27</p>	
28	<p>29 9:30 Aldi 10:00 GiFit 11:00 Oakland County Deputy Presentation 1:00 Painting Party <i>Presented by The Son's Studio</i></p>	<p>30 9:30 Joanne Fabrics 10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Walking Club 2:00 Resident Council</p>	<p>Large Calendars are available at the activities table</p>				<p>RED = BUS TRIP BLUE = EXERCISE BLACK = VILLAGE ACTIVITIES GREEN = PARTIES</p>

**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

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

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The Village of

