



Village News



Embrace the possibilities

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

April 2021

Featured Articles

| | |
|---------------------|-------|
| Administrator Notes | P. 1 |
| Life—Live it Well | P. 2 |
| The Senior Advocate | P. 3 |
| Maintenance News | P. 4 |
| Service News | P. 5 |
| Wellness News | P. 6 |
| April Events | P. 7 |
| April Birthdays | P. 8 |
| Friends and Family | P. 9 |
| Resident Council | P. 10 |
| April Calendar | P. 11 |

April showers bring May flowers – I do not know about you, but I know I am definitely enjoying this nice weather we have been having.

I want to thank you for all of the patience and understanding during the insulation process - your cooperation helps during this. It is recognized it is not the most easy process, so any assistance the Oakland Woods team can have is greatly appreciated. I would also like to thank you for your patience with the Oakland Woods team as we service you - this includes allowing us to properly respond to your voicemails, emails, request, etc. Keep in mind, our team takes pride in servicing you, and WILL respond to your questions, comments, or concerns if an email or voicemail is left; we do however ask that you are patient with us as we do so.

I would like to give this friendly reminder taken directly from the Oakland Woods House Rules as we have had several concerns about the increase in vehicles parked overnight. I ask for your cooperation and compliance. Thank you:

A Visitor is anyone other than the person(s) who signed the apartment lease. Residents are allowed to have overnight visitors. However, visitors should not stay more than two weeks. Total number of visitors should not exceed a stay of more than 21 days per year. All visitors staying, more than 48 hours are to register with Management.

We have exciting events and activities coming up in the month of April. Specifically we are excited about our Friends and Family Kickoff Event on Thursday April 8th at 4:00. Speaking of Friends and Family, we are focused on bringing back the flowers! This year, friends and family donation money will go towards this initiative. Be a part of this fun and exciting time by considering a donation to Friends and Family!

Finally, please stop by the front office and complete a Service Coordinator survey with a chance to win a prizes! This information is very valuable to us and your input is greatly appreciated! The surveys can be found on the activities table next to the sign up book. After completing, please hand in to the front office and you will receive a raffle ticket to fill out for a chance to win.



Here is to a great month – please stay safe and healthy!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

You Can't Spell 'Outdoors' without D



Now that spring has finally sprung, it is time to get outdoors! Especially during this pandemic. It's one of the safer things you can do. If you're going to be around other people, make sure to mask up and stay at least 6 feet apart.

Spending time outdoors will not only improve your mood, it will help your body make vitamin D. Vitamin D helps keep your bones healthy, your immune system running, and is needed for proper muscle, nerve, and cell function.

Getting enough vitamin D through food alone can be challenging because few foods are naturally rich in vitamin D. Good sources include fatty fish such as salmon, tuna, and mackerel - and everyone's favorite - cod liver oil! To help increase our intake, many processed foods have been fortified with vitamin D including milk, orange juice, and several ready-to-eat breakfast cereals.

To get vitamin D from the sun, experts recommend we spend from 5 to 30 minutes outdoors at least twice per week. Unfortunately, because it blocks the ultraviolet (UV) radiation our bodies need to make vitamin D, using a sunscreen with a sun protection factor (SPF) of 8 or greater will limit how much vitamin D our bodies make. Because UV radiation can't travel through glass, sitting inside in front of a sunny window won't help either.

Since being outdoors with little or no sunscreen can have a downside, it's a good idea to talk with your doctor about your vitamin D needs. He will help you balance your need for vitamin D with any increased risk of skin cancer that might occur, and based on your diet, discuss any need you may have to take a vitamin D supplement.



Secure A Fixed Rate Annuity to Generate Income for Life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

| AGE | RATE |
|-----|------|
| 65 | 4.7% |
| 70 | 5.1% |
| 75 | 5.8% |
| 80 | 6.8% |
| 85 | 7.8% |
| 90+ | 9% |



For more information, call Paul Miller at the PVM Foundation **248.281.2045**

www.pvmgifts.org



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PROVIDING LEADERSHIP AT THE NATIONAL LEVEL

For many years PVM staff have been providing leadership at the national level to create policies and services which enhance senior living and services. One recent example of this comes via Tom Wyllie, PVM’s director of Wellness & Innovation. Tom has been serving on a variety of initiatives for the International Council on Active Aging (ICAA). Since 2001 ICAA has been an association that leads, connects and defines the active-aging industry. It supports organizations and professionals that develop wellness environments and services for adults over the age of 50. In addition to presenting for ICAA, Tom has been instrumental in providing policy recommendations and innovative thinking.

One result of these initiatives is a report titled “Future-proof your senior living.” To access this report go to https://www.icaa.cc/listing.php?type=white_papers. Tom and other PVM staff members have also been working with several universities regarding research and development of senior living design and enhanced services in relation to quality of life for seniors.

Collaboration and innovation have been hallmarks of PVM since its inception. These key corporate culture ingredients not only make PVM what it is today but will also make it what it is well into the future. Stay tuned for more exciting news as we build on our past and prepare for the future. Thank you for your interest in and support of PVM.

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

Maintenance News

By Matthew Myers

Maintenance Lead

Happy Spring Residents!

The insulation process is still under way and is looking to be complete in April. We're working with the contractor to give the next units a call the night before. The current estimation is that the insulation contractor will be finishing with the apartments and starting on the cottages by the second week of April. Once the insulation contractor is complete, we'll begin our annual inspections on May 10th. The following calendar is what we hope to keep as a schedule.

Thank you for your patience and cooperation as contractors and maintenance interrupt your home.

May-21

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------|-----|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Mother's Day | Inspection: Buildings 1, 2, and 3 | Inspection: Buildings 4,5, and 6 | Inspection: Buildings 7, 8, and 9 | Inspection: Buildings 10, 11, and 12 | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | Inspection: Buildings 13, 14, and 15 | Inspection: Buildings 16, 17 and 18 | Inspection: Buildings 19, 20, and 21 | Inspection: Buildings 22, 23, and 24 | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | Inspection: Buildings 25, 26, and 27 | Inspection: Buildings 28, 29, and 30 | Inspection: Buildings 31, 32, and 33 | Inspection: Buildings 34, 35, and 36 | | |

Jun-21

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|-----|--|---|--|--|--------|-----|
| 30 | 31-May | 1 | 2 | 3 | 4 | 5 |
| | Inspection: Buildings 37, 38 | Inspection: 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381 | Inspection: 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393 | Inspection 394, 395, 396, 397, 399, 1156, 1160, 1164, 1168, 1172, 1176, 1177 | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | Inspection: 1181, 1183, 1185, 1189, 1193, 1197, 1201, 1205, 1209, 1213, 1217, 1221 | Inspection: 1225, 1229, 1233, 1237, 1241, 1245, 1249, 1252,1256,1260, 1264,1268 | Inspection: 1271,1275,1279, 1283, 1287, 1291,1295 | | | |

Service News

By Sue Carney

Service Coordinator

Welcome April!

Happy Easter! May everyone have a Blessed and safe Easter!

Just want to keep you updated, activities and events are starting to happen, you still need to wear a mask and social distance.

Here are just some of the upcoming happenings. A representative from the PACE Program, Program of All Inclusive Care for the Elderly, will be here May 14 with an outdoor presentation about their program and have a pizza lunch, more information will be forth coming.

Free blood pressure checks with Sabrina, from Angelic Heart Home Health Care is now every Tuesday, see calendar for times.

God's Word and Prayer is meeting every Tuesday at 10 a.m. All are welcome. Check out your newsletter calendar each month.

We know that everyone is excited to see your village family at the community center, however we seriously still need to continue to wear our masks and maintain the social distancing especially in the community room. We will get through this and then it can be HUG TIME. Hopefully as the weather gets better we can all get out more visit and enjoy the warmer weather.

Take care of yourself and always remember to be kind and patience.

Have a great month!.....Sue





Wellness News

Joelle Baughman
Wellness Coordinator

Happy Spring!

I love this weather and all the sunshine, it is so good for our health. March was a good month for the village and the events started to pick back up again, we even welcomed back all of our non-residents to exercise class.

A big topic coming for the month of April is the Friends and Family Event. Oakland Woods has a goal to raise \$3602, once achieved, the PVM foundation will give the village an additional \$5000. I have begun to sell raffle tickets, they are \$1 each and the prize is a \$20 grocery gift card. Come see me before the drawing on April 8th to pick one or many up. April 8th will be our Friends and Family kickoff party. The party will take place at 4:00pm. The party will be outside and will have a live band. Friends, families, and residents are invited to attend. Please bring your own chairs. Admission is \$5 per ticket at the door, all proceeds go to the friends and family fundraiser. Any questions or ways to donate give me a call.

Oakland Woods has created Spring Cleaning Kits and each household gets one. Staff will be dropping one off anytime between 11:00-1:00 the week of April 26th. We will start with Area 1 drop off on Tuesday and the rest to follow. Each kit includes various cleaning products, supplies, and gloves. Definitely something that you do not want to miss out on. Must be home at time of drop off.

The April Calendar has tons of new, fun events you should all come out and try. Don't forget to sign up for events in the binder located outside the front office. If you have trouble viewing the small calendar at the end of the newsletter, big calendars have been printed and are located outside the front office by the binder as well.

Let's have a good month and get out!

April Events

- Friends and Family 2021
- Walking Club
- Exercise Class
- Easter Egg Hunt
- Village Victory Cup (VVC) Practice
- Calendar Planning
- Friends and Family Kickoff Event
- AARP Presentations
- Adult Coloring
- Crafts
 - Paper Quilt Making
 - Make-n-Take Flower Seed Planters
- Movie and Popcorn
- Senior Spelling Bee
- Birthdays and BINGO

****Check out the April calendar for more information on dates and times of events

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 April, 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.



Raffle Tickets Are Being Sold Now Until April 8th.

All proceeds go to friends and family.

A \$20 gift card will be gifted to our winner!



Don't miss Friends and Family 2021. Support your Village April 1-30th. Help Oakland Woods achieve our \$3602 goal to win an additional \$5000! Contact 248-334-4379 for more information.

Birthday Celebration!

Happy Birthday to all of our
April Babies!

| | |
|-------------------|------|
| Carol Ross | 4/3 |
| Wanda Jones | 4/3 |
| Kay Taylor | 4/4 |
| Judy Morton | 4/5 |
| Rosemary Williams | 4/8 |
| Shenee Seay | 4/8 |
| Edna Martin | 4/21 |
| Herbert Edridge | 4/23 |
| Irene Patterson | 4/27 |



Friends & Family 2021

April 1-30



It's the time to give locally to support an older adult in a PVM Village.

Your direct gift to a Village can help keep an older adult participating in activities that will keep them engaged, connected and healthier.

Oakland Woods 2021 donations are going towards campus beautification.

GIVE WHERE YOU LIVE!



WE ARE
THERE'S AN INCENTIVE
MATCH UP TO \$5000!
FAMILY

Friends and Family Kickoff Event

Thursday, April 8th at 4:00PM

Residents, families, and friends we invite you to join us outside the community center for a live band performance! Please bring your own lawn chair. Admission is \$5 per ticket at the door; all proceeds go to the friends and family fundraiser.



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

Resident Council News

But the angel said to the women (Mary Magdalene and the other Mary),
“Do not be afraid, for I know that you seek Jesus who was crucified. He is
not here, for He has risen, as He said. Come see the place where He lay.”
Matthew 28:5-6

Truly, we worship a living Savior this Easter! May this season bring joy to
your soul as you exalt the name of Jesus, who is the Resurrection and the Life!!

Good Friday Service

Irene Patterson will be leading a special Good Friday Service on April 2 at 12PM at the Community Center with congregational songs, scripture, saxophone solo and possible special by the Village Chorus. Come join the community in a time of remembrance of Jesus’ great sacrifice, giving us eternal life.

Welcome to New Leasing Agent

All of the residents of the Village of Oakland Woods welcome Jasmine Horton, our new leasing agent. Stop in and introduce yourself to her when you are at the Community Center.

Nominations for New Officers

A new year is upon us, and we will have a slate of officers to vote on at our next meeting. We are still looking for an area representative in Area 5. We invite all of our residents to come to our meetings and consider involvement in our Resident Council in some way.

Welcome Bags

We continue to give out welcome bags to new residents. If you have not received one from an area representative, call Philena Holdridge at 248-901-7939.

Resident Council Meeting

We meet again on April 27 at 1 PM in the dining room. We will be considering a couple community projects at that time. Please wear masks. Light refreshments will be served. In closing I would like to remind you of an excerpt from an old hymn, With a mighty triumph o’er his foes, He arose a victor from the dark domain, He lives forever with His saints to reign... He arose! He arose! Hallelujah! Christ Arose!

Thank you all for your love and prayers for my husband!

Rejoicing evermore, Philena



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|--|---|---|---|
| | <p><u>2021 Friends and Family Fundraising Begins</u></p> | | | <p>1 11:00 Walking Club (Weather Permitting)</p> | <p>2 12:00 Good Friday Service For All Faiths w/ Irene Patterson <u>No Exercise Class</u></p> | <p>3</p> |
| | <p>5 12:00 Exercise Class 2:00 Easter Egg Hunt</p> | <p>6 10:00 God's Word and Prayer 11:00 Coffee & Bowling 12:30 VVC Practice 1:30 Blood Pressure Clinic</p> | <p>7 11:00 Village Chorus 12:00 Exercise Class 1:00 Calendar Planning</p> | <p>8 11:00 Walking Club (Weather Permitting) 12:30 How Bout Lunch 4:00 Friends and Family Kickoff Event</p> | <p>9 12:00 Exercise Class 1:00 AARP Presentation: Scam Prevention</p> | <p>10</p> |
| 11 | <p>12 12:00 Exercise Class 1:00 Senior Spelling Bee Practice</p> | <p>13 10:00 God's Word and Prayer 11:00 Coffee & Bowling 12:30 VVC Practice 1:30 Blood Pressure Clinic</p> | <p>14 11:00 Village Chorus 12:00 Exercise Class 1:00 Craft: Paper Quilt Making</p> | <p>15 11:00 Walking Club (Weather Permitting)</p> | <p>16 12:00 Exercise Class 1:00 Movie and Popcorn</p> | <p>17</p> |
| 18 | <p>19 12:00 Exercise Class 1:00 Senior Spelling Bee Finals</p> | <p>20 10:00 God's Word and Prayer 11:00 Coffee & Bowling 12:30 VVC Practice 1:30 Blood Pressure Clinic</p> | <p>21 11:00 Village Chorus 12:00 Exercise Class 1:00 Spring Craft: Make-n-Take Flower Starters</p> | <p>22 11:00 Walking Club (Weather Permitting)</p> | <p>23 12:00 Exercise Class 1:00 Birthdays and BINGO</p> | <p>24</p> |
| 25 | <p><u>Spring Cleaning Kit Drop Off</u> <u>11:00-1:00</u> <u>Tuesday-Friday</u></p> | <p>27 10:00 God's Word and Prayer 11:00 Coffee & Bowling 1:00 Resident Council Meeting 2:00 Blood Pressure Clinic</p> | <p>28 11:00 Village Chorus 12:00 Exercise Class</p> | <p>29 11:00 Walking Club (Weather Permitting)</p> | <p>30 12:00 Exercise Class</p> | <p>Exercise Village Activities 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

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

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

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

