

Oakman Manor Times

Embrace the possibilities

14000 Woodrow Wilson St, Detroit Michigan 48238 www.pvm.org May 2019

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May is asthma & allergy awareness month. This time of the year pollen is flying freely in the air and there are all kinds of elements that can trigger allergies that trigger asthma. If you are on any type of allergy or asthma medications, this is the time you want to be taking them as your doctor has directed in order to keep down those symptoms and have a wonderful spring. Please read up on tips and health facts on pages 7 & 10.

This month we also celebrate all the mother's. Mother's day is May 12th and we at The Village of Oakman Manor would like to say Happy Mother's Day to all of our wonderful mother's or mother figures in the building. We salute you!! So come and join us on May 17th for our Post Mother's Day Dinner. Please sign up in the office before May 13th. Residents attending are free but if you are having guests attending then the cost for them is \$5 that must be paid at the time of signing up.

There are some fun activities and events coming up so let's have some fun and remember to be safe!!



The 14th Annual Village Victory Cup is approaching Friday, June 21st!!!

For those who are new to Oakman Manor, The Village Victory Cup is an event we have annually in the summer where our residents get to compete with other villages in sports activities and games. We have lots of fun and encourage you to participate.

Spirit Award winners of the 13th Annual Village Victory Cup 2018



To all the participants of Victory Cup 2019. This is a great time to start practicing the games and strategies of ways we will defeat those other villages. Here are a couple of tips to get you started:

1. Stretch and apply range of motion for at least 15 minutes before practicing any games. This will get your muscles warmed up and blood flowing so that you can safely participate . (range of motion: move arms, legs, hands, and feet in circular motions to the left and right)
2. Drink plenty of water to help rebuild muscles so that you don't have that sore feeling after practicing or even on the day of the event while participating.
3. Eat a balanced meal or a snack at least an hour before practicing and the day of the event. This will help maintain your energy level.
4. Last but not least **HAVE FUN!!!!!!**



Luz Robinson

May 3

Apt. 319

Genevieve Tyson May 12

Apt. 121

Oakman Manor's Shining Star



**Reginald
Grimmett**

Mr. Reginald Grimmatt was born in 1951, here in Detroit, MI. Mr. Grimmatt attended Murray Wright High School. He then attended Job Corp where he learned a masonry trade. Mr. Grimmatt started work at Kmart Corporation from the years of 1980—1995. With his vast knowledge and all of his experiences throughout life, you can call him a “jack of all trades” kind of guy. Mr. Grimmatt found God with Sacred Heart Ministries in 1979 and changed his life for the better. He got married in 1987 and now has 3 daughters and 6 grandkids who are the joys of his life. Mr. Grimmatt loves sports. His most favorite are basketball and football. If you know Mr. Grimmatt then you know he is a very outgoing, friendly person. Thanks Mr. Grimmatt for all you do. You are this months Oakman Manor Shining Star.



Stay Anonymous
“See Something Say Something”
Report Drug Dealers
313-224-DOPE

Be respectful to Guest Speakers by turning off your cell phones. Private conversations are to be held outside of Community Room

All family & guests **SHALL** sign **their FULL NAME** on sign in sheet when they enter and leave the building

See office for all maintenance issues. Mr. Brown will only work on **authorized** work orders that come through the office.

See Service Coordinator
Focus Hope monthly boxes every 4th Wednesday of the month.
Forgotten Harvest is available every 3rd Monday at NSO
Assistance is available for Michigan Bridge Card and Michigan Medicaid

See Ms. Beard or Mrs. June for your notary needs free of charge for Oakman Manor residents

Leaving your apartment for any extended length of time, Please fill out a stop /hold mail form from the post office or have a family member to pick up mail

There is **NO deliveries** of Focus Hope boxes to your door. You **MUST come down** every 4th Wednesday to pick up your food box.

VILLAGE NEWS

A couple reminders/maintenance issues:

Laundry Room Reminder: Dryer lint trap should be cleaned out after each use. Before leaving the laundry room check the floor for remnants of lint from laundry.

Trash Disposal Reminder: When disposing of Pizza boxes or any other kind of cardboard box, make sure that you break down the cardboard and place it in a plastic bag. Leave bag on the floor in the trash room. **Do not place in trash shoot .**



Hurray!! Oakman Manor now has Wi-Fi!!!! You asked and we have delivered. Now you are able to use the internet in the comfort of your own home with Oakman Manor's Wi-Fi. **Wi-Fi name: PVMLIFE**

Wi-Fi password: wonderfullife

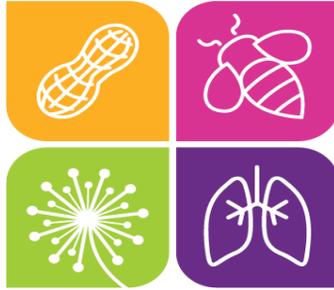
Oakman Manor now has basic internet capability. The Wi-Fi is good for uses on computer desktops for basic internet use, tablets, and even your cell phone internet usage. Unfortunately, this Wi-Fi does not have the capability to use with smart tv streaming or any other streaming for your tablet or computer. It cannot be used to watch shows, movies, or things of that type of content. If you would like to do those types of things, we recommend you reach out to other internet services about pricing for your apartment.

View the flyers that were delivered to your apartments for more information. Please call the office with questions or concerns.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness



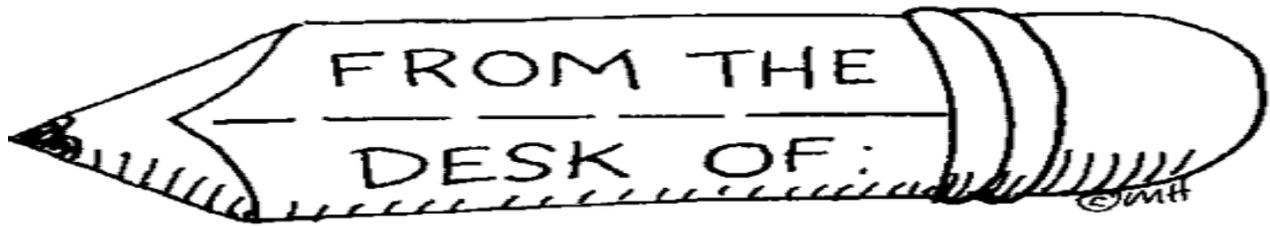
2019 National ASTHMA & ALLERGY Awareness Month

Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be "National Asthma and Allergy Awareness Month." It's a peak season for those with asthma and allergies, and a perfect time to educate your patients, family, friends, co-workers and others about these diseases.

There is no cure for asthma and allergies, and many deaths are preventable with proper treatment and care. Ten people a day die from asthma. Asthma affects more than 26 million Americans. More than 6 million children under the age of 18 have asthma. More than 50 million Americans have all types of allergies – pollen, skin, latex and more. The rate of allergies is climbing.

The allergic reaction can involve the skin, mouth, eyes, lungs, heart, gut and brain. Some of the symptoms can include:

- Skin rash, itching, hives
- Swelling of the lips, tongue or throat
- Shortness of breath, trouble breathing, wheezing



Mrs. June

May 7th Avon Calling @ 11 am

**May 9th @ 1pm
Asthma and Allergy presentation**

**May 16th Cool Cities Park
presentation 1 pm**

**May 18th "31 Bags" @ 1 pm
a home party (ask Mrs. June for details)**

**May 21st @ 1 pm
Sinai Grace presentation**

**May 23rd SAFE program @ 1 pm
from Wayne State**

Wednesday outings with the 10th precinct

May 1st @ 10:45 am

A movie at Bel Air with the 10th Precinct

(Ticket, popcorn & drink \$9)

May 8th @ 10:45 am

BINGO with the 10th Precinct

6 sheets = \$1.00

May 15th @ 10:45 am

Bowling with the 10th Precinct

(3 games. shoes , pizza & drink \$10)

(Sign up in the office. Need a head count of who is attending each Monday before the event)

The More You Know



More than 26 million people in the US have asthma, and allergic asthma is the most common type, affecting around 60% of people with asthma. Both allergic and non-allergic asthma have the same symptoms, such as shortness of breath and wheezing.

Having allergic asthma means *allergens* trigger your asthma symptoms. Allergens cause an allergic reaction because your immune system thinks they are harmful. Your immune system responds by releasing a substance called immunoglobulin E (or IgE). Too much IgE can trigger inflammation (swelling) of the airways in your lungs. This can make it harder for you to breathe and can trigger an asthma attack.

What Are the Common Triggers of Allergic Asthma?

Learning to avoid your allergens is key to managing your allergic asthma. Find out how to avoid these common allergens:

Cockroaches: These insects live all over the world from tropical areas to the coldest spots on earth. Studies show most urban homes have cockroaches. The feces, saliva and body parts of these insects are believed to be allergens.

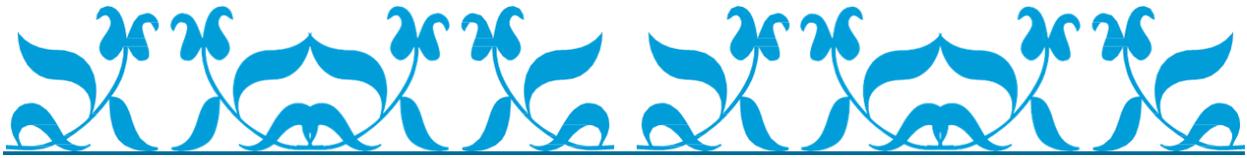
Dust Mites: These spider-like creatures are too small to see with the naked eye. They feed on human skin flakes. Both the body parts and feces of dust mites are considered allergens. They are found in mattresses, pillows, carpets, upholstered furniture, bedcovers, clothes, stuffed toys, fabric, etc.

Mold: Molds can grow on almost anything when moisture is present. Outdoors, many molds live in soil, or on leaves, wood, and other plant debris. Indoors, they can be found in a damp basement, near a leaky faucet or pipe, or a wet shower stall or bathtub. Molds produce tiny spores, which are like seeds, to reproduce. These spores become airborne easily.

Pets: Pet urine, feces, saliva, hair or dander (skin flakes) are all allergens. But you don't have to have pets in your house or visit places where animals are kept in order to be exposed to their allergens. Animal allergens are often detected in places where no animals live. People who own or have been around animals may have carried the allergens into the place.

Pollen: Pollen from trees, grasses and weeds is a common allergen. These airborne particles often peak during different seasons of the year, but they can linger in your home and air ducts all year long.

Only a doctor can confirm a diagnosis of allergic asthma. This is usually done using a skin or blood test. These tests will help determine if seasonal allergies or year round allergies trigger your asthma.



The Village of
**Oakman
Manor**

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan

Resident Referral Program

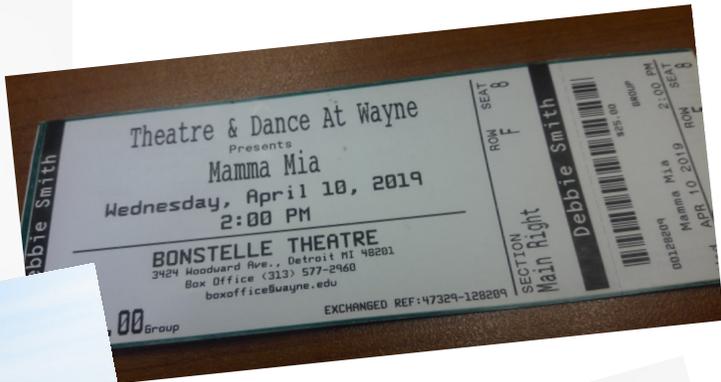
Tell your friends and family about our
Community, and receive a
\$200 cash bonus when they move in!

***New residents must list your name on their
application**

*Bonus will be paid 60 days after new move-in date.



The Broadway Musical Mamma Mia



Feast of Nations



Pool Table Dedication

*In Loving Memory
Rose M. Saffola*





Office Number (313-957-0210)

The Village of Oakman Manor
14000 Woodrow Wilson
Detroit, Michigan 48238

Village Staff

Deborah Beard-Administrator
Nicoya White-Administrative Assistant
June Ullman- Service Coordinator
Edgar Brown- Maintenance