



Village News



Embrace the possibilities

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

June 2017

Featured Articles

Administrator Notes	pg 1
Giving Matters	pg 2
Live Life Well	pg 3
Service Coordinator	pg 4
Wellness Coordinator	pg 5
June Events	pg 6
Theater Thursday	pg 10
June Birthdays	pg 11
Resident Council	pg 12
As The Village Turns	pg 14
June Calendar	pg 15

Notes from the Administrator

Happy Memorial Day Oakland Woods and the unofficial start to summer! It is finally here and we are so excited for this month. It is Village Victory Cup Month. Friday June 23rd sign up as a participant or volunteer with the team or just come support, it all counts. Every resident who shows up will be counted as a team member and those points will go towards Oakland Woods total. So even if you are not competing we will provide transportation, lunch and good times to everyone who wants to witness Oakland Woods take back the Victory Cup,. Sign up sheet is in the lobby or call Daniela direct for details on how to sign up.

There have been some questions on the new parking stickers and where they should be placed in your automobile. With all the different requirements from each individual i.e. tinted windows, other patch displays etc We are asking that you CHOOSE your display area that is convenient for you. **THE ONLY REQUIRMENT WE HAVE IS THAT IS IT BE THE FRONT OR REAR WINDOW AND BE VISIBLE TO STAFF AND SECURITY.** So please display your stickers proudly!

Please help us all in welcoming the newest member of the Oakland Woods team. Brian Gunner is the new maintenance technician and started last week. We are excited to have Brian on board and his strong background and knowledge of general repairs will be a great asset to the Village.

Lastly we now have our very own Facebook page. So next time you are surfing the net and find yourself looking around, look our way. Type in the Village of Oakland Woods when signed on to Facebook and like the page to follow events and goings on at the Village. A comprehensive list of events and classes is included on the final page of this newsletter.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:





Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

LEAVE A *Legacy*

Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy



Presbyterian
Villages
OF MICHIGAN

THE FOUNDATION

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like
to answer any questions you may have, call Paul Miller

248.281.2045 MyLegacy.pvmf.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Victoria Macioce-Stumpf. Victoria is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

June is Alzheimer's & Brain Awareness Month

As a person ages, they may begin to notice gradual changes in their memory, how they process things or even their ability to perform certain tasks. While most changes may be age-related, it is important to determine if there are any signs or symptoms of early Alzheimer's disease. Alzheimer's is a progressive and degenerative brain disease that may begin in middle or old age and is characterized by memory loss, confusion, behavioral changes and more.



According to the national Alzheimer's Association, there are 10 early signs and symptoms of Alzheimer's:

- Memory loss that disrupts daily life.**
- Challenges in planning or solving problems.**
- Difficulty completing familiar tasks at home, at work or at leisure.**
- Confusion with time or place.**
- Trouble understanding visual images and spatial relationships.**
- New problems with words in speaking or writing.**
- Misplacing things and losing the ability to retrace steps.**
- Decreased or poor judgment.**
- Withdrawal from work or social activities.**
- Changes in mood and personality.**

If you or a loved one has any of the signs and symptoms of Alzheimer's, please schedule an appointment with a physician for diagnosis, information and support. Treatments are changing all of the time, thanks to research and scientific breakthroughs. Early detection will lead to treatments that may help slow the progression of the disease, as well as provide relief of the symptoms.

To learn more about the signs and symptoms of Alzheimer's disease compared to typical age-related changes, read the [Alzheimer's Association 10 Warning Signs Checklist](#) and check out the information and activities from their [Alzheimer's & Brain Awareness Month](#) page.



Service Coordinator News

By Danette Pye,
Service Coordinator

Happy Father's Day

SMART CONNECTOR

Join us for a presentation on the **SMART CONNECTOR, June 26, at 1:00 p.m. in the Community Room**. Come and learn how the bus system works and how it could possibly deliver curb to curb service for the residents at the Village of Oakland Woods.



FOOD DISTRIBUTION AND HEALTH FAIR

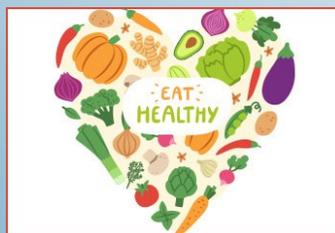
Gary Burnstein community health clinic will be providing 100 families with 30lbs of groceries starting in **June**. This is a unique health fair, after registering participants will be asked to participate in 3 activities (such as checking blood sugar, blood pressure and oral screening (teeth)). For additional information please pick up a flyer from the Service Coordinator.

FOCUS HOPE FOOD BOX DELIVERY

We no longer have the volunteer support to deliver your Focus Hope, either you a friend or family member can pick up your Focus Hope box in the garage. **Based upon Focus Hope guidelines, continued failure to pick up your box could result in being discontinued from the program.** Please sign the sheet on the table to indicate receipt of your box.

EAT SMART, LIVE STRONG

Eat Smart, Live Strong will be returning. Please let the Service Coordinator know if you are interested by **June 26th**.





Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Happy June to everyone! With the seasons officially changing, and summer beginning in Michigan, I hope that several of you take advantage of the nice weather headed our way! A reminder that our weekly walking group is still meeting every Wednesday at 1:45pm, and we will be taking our walks outside now to soak up some of that sunshine! This group meets directly after our Wednesday “Sit & Be Fit” class, and the two pair very well together! I hope to see some new faces in both groups, and please know that if you have any questions about our exercise classes & groups, I am always here to help!

Thank you to those of you who attended our 2nd annual Mother’s Day Tea! It was a lovely afternoon, and I hope that the ladies who were in attendance felt a little extra special and appreciated on that day. After snapping a few pictures at our Mother’s Day Tea event, I began to think of how I could display those photos, and photos of our other outings/events, so that everyone could see the fun we have here at Oakland Woods! I have decided to include a page in our Newsletter that illustrates all of the activities we have participated in within the previous month. So, for instance, our July Newsletter will showcase photos from all of the events and activities we participated in during the month of June. Given that this is the first issue that will contain a photo collage (and I could not decide on which pictures to include!!) I’ve added photos from several of the events we have done so far in 2017. Please enjoy the pictures, and if these photos have inspired you to join in on the fun please add your name to the roster of events happening during the month of June!



JUNE EVENTS



Cranbrook Gardens: Our first trip of the month is to Cranbrook Gardens! We will enjoy a nice afternoon exploring the beautiful gardens. This 40-acre property contains all sorts of plant species, a Japanese Garden, the Sunken Garden with beautifully planted flower designs, an Herb Garden, and a Reflecting Pool to highlight a few attractions! Bring your cameras along for this trip and take some lovely spring photos (maybe to be entered into the VVC Photo Competition??). This trip is planned for Thursday, June 1st at 11am. With time permitting, we may stop for lunch on our way home. No outside food is permitted into the gardens.

Meadow Brook Theater: It is the final performance for our Meadow Brook season! This show is sure to not disappoint. We will be going to the showing of “Why Do Fools Fall in Love?” on Wednesday, June 7th, at 1:15pm. Please be sure to sign up in advance! And remember, if we have additional space/tickets and you have close friends or family who would like to attend the performance, please come speak with me!

Leader Dogs for the Blind Tour: I am very excited for this trip. We will be taking a guided tour of the Rochester Leader Dogs for the Blind facility on Thursday, June 8th at 8:30am. We will not be directly interacting with the dogs, as they are learning and working, however we will learn a great deal about the work that this organization does and how incredibly helpful and smart these animals are for several people! This is a free event, and everyone is sure to learn a little something on this unique experience.



Olive Garden & Shopping: We will be pairing a lunch trip to Olive Garden with a little shopping & retail therapy afterwards! This trip is planned for Thursday, June 15th at 10:30am. Please be sure to sign up no later than Monday June 12th so that I can make a reservation at the restaurant. I hope to see several of you there!



JUNE EVENTS CONT.

Father's Day Celebration & Bingo: We will be pairing our monthly Bingo game with a celebration of all the special men in our lives! We have several men throughout the Village who enjoy playing Bingo, so I thought it would be a good way to celebrate! Refreshments will be provided, as well as a few special prizes for the gentlemen who attend the event! Happy Father's Day to all!



Metroparks Summer Fun Day: This was such a fun and educational event last year that I decided to sign us up for it again! This time around we will be traveling to St. Clair Metropark, and our day will be filled with chair yoga, nature center tours, time at Lake St. Clair, lunch, games, and exploring! I have been granted a slight extension for our sign up to help increase our number of attendees. Please sign up by **Monday, June 5th** if you are interested and available to attend this fantastic trip! The trip is planned for Tuesday, June 20th and will be an all day event—from 8am to about 3:00pm. I look forward to another Summer Fun Day with several of you!

Village Victory Cup: It's that time of year again! The 2017 Village Victory Cup will be Friday, June 23rd! This will be an all day affair, from about 10am to 5:30pm. Thank you to those of you who have signed up to participate in events and act as Cardinals cheerleaders! We have a great group traveling down to Dearborn with us. If you are still interested in attending the Victory Cup please sign up on the sign up sheet located on the lobby table no later than Thursday, June 8th!

Tigers Watch Party: Come and watch a Tigers game with us in the Community Room on Thursday, June 29th at 1pm! The watch party will include ballpark favorites such as hot dogs and Cracker Jacks, as well as some giveaways and prizes provided by Xfinity! There will also be a representative from Xfinity at the event, to answer any billing or cable plan questions you may have! This is sure to be a fun afternoon, with food, games, and hopefully a Tigers win!



Putt-Putt Golf at Willow Creek Golf & Sports: With summer weather and temperatures I thought it would be a great time to travel to a local Putt-Putt golf course and play a little bit of miniature golf together! Willow Creek offers the choice between two 18-hole miniature golf courses—either their “Walk in the Woods” course, or “Sports Mountain” course. Both courses look like a lot of fun, and a beautiful setting! We will be going on this trip on Friday, June 30th at 10am. The cost to attend will be \$6.00 per resident, and payment will be due no later than the day of our trip. I hope to see several of you out on the (mini) golf course!



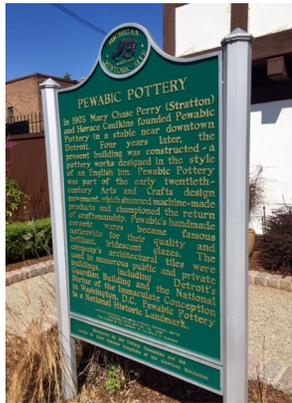
MEADOW BROOK THEATER PRESENTS:

WHY DO FOOLS FALL IN LOVE?

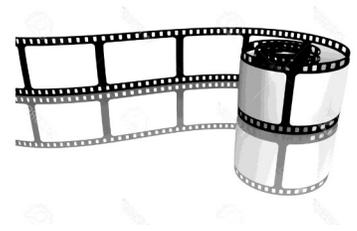


Millie's getting married! At her impromptu bachelorette party, she and her best friends dive into age-old questions about love, marriage, and dating. As the celebration picks up steam and the drinks flow, the girls reveal scintillating secrets about their love lives as they poke fun and challenge each other to take control of their lives. Featuring smash hits from the 1960s such as "My Boy Lollipop," "I Will Follow Him," "You Don't Have to Say You Love Me," and "Hey There Lonely Boy," this uplifting show reaffirms that true friendship will unveil its everlasting strength--and often with a real rockin' beat!

OAKLAND WOODS ON THE GO!



Theater Thursday



Thursday, June 22nd, Lion: . In this affecting true story, 5-year-old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, new mapping technology prompts Saroo to search for his lost family in India.



June

-John Updike

The sun is rich
And gladly pays
In golden hours,
Silver days,

And long green weeks
That never end.
School's out. The time
Is ours to spend.

There's Little League,
Hopscotch, the creek,
And, after supper,
Hide-and-peek.

The live-long light
Is like a dream,
And freckles come
Like flies to cream.

Birthday Celebration!

The Birthday Party will be held on Friday, June 16. and will be in conjunction with a celebration for Father's Day! Please join us in the community room at 2:30pm for the refreshments, bingo and a celebration of all the special men in our lives!

- Ed Revis 6/1
- Amos Hodges 6/1
- Betty Carthens 6/6
- Thomas Palmer 6/8
- Sophie Wasik 6/10
- Sally Jackson 6/12
- Savannah Doran 6/12
- James Gibert 6/13
- Kimara Fuller 6/13
- Kathleen Griffin 6/14
- Linda Kelly 6/16
- Gloria Stokes 6/19
- Rosalie Dickerson 6/24
- Eva Chavez 6/27
- Joyce Parlor 6/29
- Ida Fantauzzi 6/30

HAPPY FATHER'S DAY!

Resident Council News

By Judy Shatto,
Resident Council President

Election:

Due to the cancellation of the May Resident Council Meeting, we have rescheduled the meetings & elections as follows:

June 8—Thursday at 2:00pm—Elections/Aclamations

June 27—Tuesday at 2:00pm—Installation of new Officers

July 25—Tuesday at 2:00pm—New Officers will be announced in the newsletter

I hope to see you at these three very important meetings. Thank you.

American Flag:

We have a beautiful new flag proudly flying thanks to the VOW. Soon we are decorating the flag-pole encircling with large stone blocks, and pretty new flowers which will be provided by our Garden Club.

June 14 is National Flag Day, so please be sure to display your flag, especially on June 14, to honor and support all veterans that have or are serving our country. If you have an old, frayed or torn flag, please try to replace it with a new one, as it is disrespectful to display a worn out flag. Please do not throw your old flag away in the trash. We will have a collection box in the lobby so that you may drop off your old flag **BEFORE JUNE 14**. They will be taken to a veterans organization that properly retires old flags. Let's all give a deep heartfelt Thank You to all veterans and their families for their service! Today, more than ever, we need to do this willingly and pull and stick together.



Resident Council Board

Judy Shatto, *President*
(248) 499-8574

Dolores Ochoa *Vice President*
(248) 535-7306

Vernice Johnson, *Secretary*
(248) 622-4470

Catheryn James, *Treasurer*
(248) 891-9290

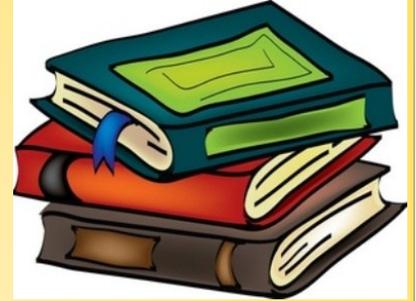
Ruthie Griffin, *Sympathy Cards*
(248) 322-4222

Resident Council News

By *Judy Shatto*,
Resident Council President

Village Library:

We are ready to have all residents come and choose a book or two from the Village Library! Stop by the library to choose a book for your summer reading pleasure. We will have a notebook located in the library for those who choose to leave a comment (pro or con) about the library and its service. Enjoy your reading, and spread the word amongst your neighbors and other residents!



Garden Club:

The Garden Club is passionate about keeping the Village as beautiful as possible. Our main focus is providing and planting flowers around the Gazebo and Flagpole areas, along with the pots near the Community Center. It also involves cleaning and maintaining the Gazebo itself. This is a huge chore, and we need help. We feel like we are Snow White, waiting for the Seven Dwarves to come marching down the path to come to our rescue. We desperately need all the help we can get with maintenance of plants and property. If you can water plants weekly, wield a paint brush, plant flowers, or have any other gardening talents, we need you!!

If you can't help with any of the above, don't forget that we have ongoing fundraisers. Ice cream drumsticks are available at the Center for \$1.00. Look for Judy and she can make sure you get your sweet treat! We are also starting to sell homemade "scrubbies" and dish cloths for \$1.00. They are good for your kitchen or as gifts, and come in many colors.

The Garden Club meets every second Tuesday of the month, at 2:00pm, so please come and join us! Wear your gardening clothes!





AS THE VILLAGE TURNS



AS THE VILLAGE TURNS

We are bringing back our annual contest nominations for “Best in Show” of beautiful flowers displayed within the Village. It could be your front yard or patio that wins the contest!

This year everyone has the opportunity to enter the contest by nominating themselves, or nominating a neighbor and/or someone else you believe is worthy of a prize in our contest.

The contest is called **“The Village of Oakland Woods’ Beautiful Flower Awards 2017”**

We will be judging in July. Submissions are due by July 12th. Extra forms will be located at the nomination box. There will be four prizes such as “Best in Show”, which will be displayed with a ribbon in front of your apartment or cottage.

To enter, you must fill out a nomination form, clip it and drop it off in the nominations box marked “Village of Oakland Woods Beautiful Flowers contest” displayed in the Community Center lobby. Remember, we will be judging only the flowers that have been nominated. This is your opportunity to be recognized for all of the hard work, care, and love you have given to your garden! Do not miss this opportunity! It goes without saying that everyone that has taken the time to plant flowers is a winner. Good luck to all. —Judy



~2017 NOMINATION FORM~



NAME:

ADDRESS OF NOMINATION:

June 2017

Men's Health Month

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 9:00 Balance & Core 10:00 VVC-Lip Sync 11:00 Cranbrook Gardens	2 9:00 Stretch & Flex	3
4	5 9:00 Strength Training 2:00 Bible Study	6 9:00 Balance & Core 10:00 VVC-Lip Sync 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Walmart & Chase	7 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:15 Meadow Brook Theater <u>NO SIT & BE FIT</u>	8 <u>NO EXERCISE</u> 8:30 Leader Dogs For The Blind Tour 2:00 Resident Council Meeting	9 9:00 Stretch & Flex	10
11	12 9:00 Strength Training 2:00 Bible Study	13 9:00 Balance & Core 10:00 VVC- Volleyball 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Hollywood Market 2:00 Garden Club	14 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	15 9:00 Balance & Core 10:00 VVC-Puzzler 10:30 Lunch at Olive Garden & Shopping <u>FRUITS & VEGGIES</u>	16 9:00 Stretch & Flex 2:30 Father's Day Celebration & Bingo	17
18	19 9:00 Strength Training 2:00 Bible Study 2:00 Meijer	20 <u>NO EXERCISE</u> 8:00 Metroparks Summer Fun Day!	21 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	22 9:00 Balance & Core 11:00 VVC—Full Team/Cheerleaders Meeting!! 1:00 Theater Thursday <u>FOCUS HOPE</u>	23 <u>NO EXERCISE</u> 10:00 2017 Village Victory Cup!!	24
25	26 9:00 Strength Training 10:00 Kroger 1:00 Smart Connector Presentation 2:00 Bible Study <u>FREE TABLE</u>	27 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Meeting	28 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	29 9:00 Balance & Core 1:00 Tigers Watch Party (Sponsored by Xfinity)	30 9:00 Stretch & Flex 10:00 Putt-Putt Golf at Willow Creek Golf & Sports	1

**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

Carolyn Mancos
Administrative Assistant

Jack Johansson
Leasing Specialist

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

