



# Village News



## Embrace the possibilities

420 S. Opdyke Rd · Pontiac, MI 48341 · [www.pvm.org](http://www.pvm.org)

June 2021

### Featured Articles

Administrator Notes	P. 1
COVID Update	P. 2
Life—Live it Well	P. 3
The Senior Advocate	P. 4
Front Office News	P. 5
Maintenance News	P. 6
Service News	P. 7
Wellness News	P. 8
June Events	P. 9
June Birthdays	P. 10
Resident Council	P. 11
Special Thanks	P. 12
June Calendar	P. 13

### Notes from Administrator

Hello Oakland Woods Family,

We are approaching summer, and I do not know about you, but I have definitely been enjoying the warm weather that we have been having. Since we are approaching the warmer weather, please see tips on the “Maintenance News” page as it is in regards to cooling your apartment, specifically with the use of air conditioning units.

I want to acknowledge that yes the fact that there are several turkeys currently on our Oakland Woods campus. Please understand that I am hearing the resident concerns in regards to the turkeys and have been on the phone with DNR several times at this point. Please be advised that since the turkeys are wild animals and are not destructive to our property – DNR has advised me that they have no need to take action as we are on 96 acres, which several of it is wood, and wetland area. Therefore, I would like to re-visit tips to help with our increased turkey population (**Note: These tips are from DNR’s website**):

- *If possible, remove food sources, like birdseed or grain, that may be attracting turkeys. Check with neighbors to make sure they are not feeding the turkeys either.*
- *Use noisemakers, like air horns, banging pots or pans, barking dogs, or rattling rocks in a glass jar, to try to scare turkeys.*
- *Spraying a water hose near the turkeys or using motion detecting sprinklers may help keep them away.*
- *Open and close an umbrella while walking toward the turkey to scare it.*

At this point, you may be aware of the latest news on the MDHHS in regards to masks. Please see the next page, which outlines the uses of Masks per the MDHHS latest order, Thank you.

I would like to welcome Ms. Chaelyn Williams to our Oakland Woods team. Chaelyn will be filling the role of the Oakland Woods receptionist and we could not be more excited to have her on our team! Check out the “Office News” page for Chaelyn’s introduction.

Finally, please understand that our front office is a Private office. Therefore, I will ask that residents do not walk into the front office without an Oakland Woods Staff member assisting you - this is important to the safety and respect of our Oakland Woods team. Thank you.



The Village of  
**Oakland  
Woods**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Look for PVM on:





Dear Resident,

The Michigan Department of Health and Human Services (MDHHS) has provided updated rules for those who have been fully vaccinated. The CDC has published that you are fully vaccinated two weeks after your second dose series such as Pfizer or Moderna, or two weeks after a single dose vaccine such as Johnson & Johnson's Janssen vaccine.

Per MDHHS, gatherings in your apartment are limited to those from 3 households and no more than 15 persons from those three households. For PVM sponsored activities indoors, we may have up to 25 persons participate- with physical distancing in place. We are allowed up-to 50% capacity in dining rooms— again with 6 foot physical distancing in place.

MDHHS has continued the order that all persons participating in indoor gatherings are required to wear a face mask unless they fit one of the specific exceptions. Full vaccination is now considered an exception to the face mask requirement. Therefore, the requirement to wear a face mask at indoor gatherings is not required, if you are fully vaccinated as defined above by CDC. If you are not wearing your mask, you may be asked if you fall into one of the exceptions.

Be sure your visitors fill out the health evaluation form and that no one visits, that has a fever, cough, shortness of breath or any other signs of illness. Visitors are required to wear a mask when they enter the building unless they fit an MDHHS exception.

Even after you have your COVID vaccine, continue to practice good health habits and ask those around you to do the same—wash hands often and for 20 seconds, disinfect frequently touched surfaces in your apartment, and cover coughs and sneezes with a tissue. Stay home when you are sick except for medical care, and avoid sick people. If you think you have been exposed to COVID-19 or if you are not feeling well contact your health care provider and get tested.

The CDC has current factual information on its website [www.cdc.gov](http://www.cdc.gov). We will continue to provide updates as needed.

Thank you,

**Jon Hayes**

*Housing Administrator*

The Village of Oakland Woods

420 South Opdyke Road, Pontiac, MI, 48341

Office 248.334.4379 Fax 248.334.6373

[www.pvm.org](http://www.pvm.org)





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Do Your Part! Help Your Community Achieve "Herd Immunity".

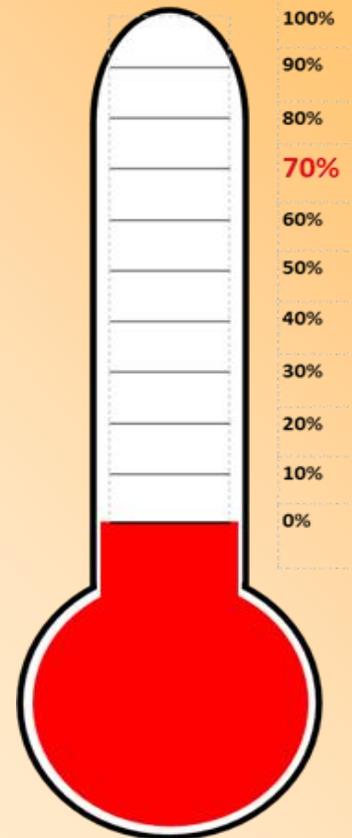
According to public health experts like Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Disease and Dr. Joneigh Khaldun, Michigan's Chief Medical Executive, the quickest way to get back to doing the things we enjoy such as spending time with family and friends is to achieve herd immunity. Herd immunity occurs when enough people become immune to an infectious disease that it is unlikely to spread from person to person. The quickest way to achieve herd immunity is to get vaccinated.

Currently, health experts believe that to achieve herd immunity from the coronavirus 70% of the population needs to be immune, which if achieved can halt the pandemic\*. **That is why PVM wants to lead the way and have - at each of our communities - at least 70% of staff and residents get vaccinated.**

To keep track of your community's progress toward that goal, we have created a poster with a thermometer on it that will be displayed in your community in a place everyone can see. After you have been vaccinated, let your Administrator know so they can fill in the thermometer accordingly. Any information you share with your Administrator about being vaccinated will be kept strictly confidential.

Of course your participation in this campaign is strictly voluntary. And should 70% of staff and residents at your community get vaccinated, it does not mean you can do away with mask wearing, physical distancing and practicing proper hand hygiene. True herd immunity won't occur until at least 70% of the entire U.S. population becomes immune, but we can lead the way and show the nation it is possible!

To find out where to get vaccinated, visit [www.michigan.gov/covidvaccine](http://www.michigan.gov/covidvaccine).



*\*This target may change due to changes in the virus that make it more infectious.*



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## Ageism Abounds

We are all familiar with the birthday novelties making light of aging. Someone celebrating a landmark birthday is likely to get a fire extinguisher to put out their candles or black crepe paper implying that they are older than dirt. While there is humor in this and we can all make light of turning a year or decade older, we need to be careful about stereotyping. Ageism runs rampant in our society. It is considered to be the only remaining “socially acceptable” prejudice.

Several innocent examples come to mind. In the first example a foursome of vital athletic women in their eighties enjoyed a typical day of golf followed by a stop at a nearby mall while leaving their clubs in the trunk. The car was stolen. When they returned to look for their car they were perhaps more dismayed about losing the golf clubs as the car. The security guard was a bit dismissive of them stating that they probably just forgot where they parked as he gave their gray hair a once over. They let him know that they had memorized the parking lot number and had done a thorough search before contacting him. He finally called the police. In another situation a mother and daughter went out for a pleasant dinner. The mother has a beautiful head of gray hair as well. The waiter asked the daughter if she wanted to cut her mother’s meat for her. They both had a good laugh over this since the mother is sharp as a tack!

As innocent and humorous as this can be there are more serious issues related to Ageism. And it impacts treatment and caregiving situations. In many instances physicians and nurses will often speak to the caregiver children instead of speaking directly to their patient. Many stories abound of seniors being left in hospital hallways waiting to be seen. Make sure if you have an older loved one that they do not keep them in a holding area for a long period of time. It is not counted as a hospitalization until they are officially admitted. This can result in Medicare refusing to pay for rehab. Those of us in the aging services network are working hard to make policy changes at the federal level to become more senior friendly. And some hospitals are now creating senior friendly emergency rooms. However, there is much more that needs to be accomplished. If you observe Ageism in others be sure to make an intervention to educate them. Gray hair does not equal cognitive issues!



# Front Office News

*By Chaelyn Williams*  
*Receptionist*

## About Me

Name: Chaelyn Williams

Middle Name: Aalon

- I was born in Pontiac at St. Joes Hospital
- My favorite color is Blue
- I attended 2 elementary schools; Waterford and Oxford
- Graduated from Lake Orion High School in 2020
- The one experience that I miss now being out of high school was working in the special needs program
- Eventually, I want to continue my educational career at OCC to get my associates degree and then further my education at Michigan State or Oakland University to become a CNA (certified nursing assistant)
- Lived in Lake Orion for 7 years; recently moved to Clinton Township
- My favorite thing to do on my downtime is to go on nature walks
- I also love to travel; I went on a cross country road trip from Michigan all the way to Seattle, Washington. I've also traveled to other places like Las Vegas, Missouri, California, North Carolina, Tennessee, Florida, New York, North Dakota, and Montana.
- One thing on my bucket list is that I want to go to Bora Bora or the Cayman Islands. I never really been to real tropical areas, if you don't count Florida, but I've seen many pictures of the islands and they are beautiful.

### **Fun Facts:**

- I took Spanish and Chinese classes throughout elementary and high school
- I played basketball for 6 years and ran track for 3 years
- I used to play the violin and I really want to play again because I loved it

# Maintenance News

By Matthew Myers

Maintenance Lead

*Hello Residents! Happy June.*

By now, you are aware that we are winding down on our annual village inspections. Please see the schedule below for our remaining unit inspections, which will be our Heatherwood Cottages. We thank you for your patience with us while we have been completing inspections.

## Jun-21

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	<b>31-May</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		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	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	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			

I would like to highlight the biggest finding on our inspections so far, and that is blocked accesses. Specifically to the sliding door in the living room but it is more of a concern that we are seeing in the bedrooms as several windows are blocked. Per the fire department, all emergency exits need to be accessible with nothing obstructing your ability to get out of your unit or an emergency personnel member being able to enter into your apartment.

Therefore, we are asking all residents help us pass our state and local inspections, and help us reduce our insurance risk by clearing out all walkways, **even if this includes needing to move furniture around in your unit.** If assistance is required, please call the office and we will accommodate this with you.

We are also seeing that windows in some of the units blocked by in-window air conditioners; we have are also receiving requests from residents to install an in-window AC, in addition to the existing unit AC System. Please note that in-window AC Units are not permitted, as having them installed could result in Oakland Woods failing local or state inspections. We are able to provide you with a resource to purchase a **PORTABLE** air conditioning unit (pictured) that will be placed **NEXT** to your window instead of covering your window. Please contact the Oakland Woods office for more information and assistance – Thank you.



# Service News

*By Sue Carney*

*Service Coordinator*

Welcome Summer!!!

Can you believe that it is June already? We are slowly working our way back to whatever normal was. Check out June events:

- Happy Father's Day Sunday June 20! Wednesday June 23, 12, noon, we will be celebrating dads, godfathers, uncles, father figures. This is for male residents only.
- Tuesday June 1, 8, 15 & 29 there will be free blood pressure checks with Sabrina. The start time for these will be at 1:30 p.m. On June 15 the blood pressure will start at 1:30 p.m. and the bingo will follow.
- Tuesday June 22, 2 p.m. Sabrina will be here talking about dehydration and malnutrition followed by free blood pressure checks.
- Thursday June 24 at 10:30 a.m. Jennifer Weallan, from Captel captioned phones will be here to talk about Captel's free resources to improve hearing on the phone.

If interested in any of the events on the calendar please sign in the sign in book in the lobby.

Just an FYI: I will be off work Friday June 4 and Monday June 14 through Friday June 18. Will return to work on Monday June 21.



Have a great month and always be kind as you never know what someone else is dealing with.....Sue



# Wellness News

Joelle Baughman  
Wellness Coordinator

Finally, we are entering the first month of Summer. I love Summer, the warm weather, the sunshine, barbeques, the flowers, and so much more it has to offer. The month of May was filled with tons of events and happenings around the community. We started off with Cinco de Mayo, moved to the Mother's Day Brunch, and ended with the Memorial Day Remembrance with everything else in between. We had great turn outs to all things and it was nice to see everyone again.

Coming up in May, we have the Fathers Day Celebration. All Fathers join us to celebrate you with come food, music, and games. If you have any ideas for upcoming events, join us at the calendar planning meeting on June 9th at 1:00PM. Not all ideas can be promised, but they can all be considered.

Lastly, Sophie Wasik is turning 100 on June 10th, join us outside the community center at 1:00PM to walk or drive by her unit!

**BENEFITS OF DRINKING WATER**

**Kids 4-13 years old need 4-8 cups day**

**5-8 CUPS PER DAY** (for men and women)

**4-7 CUPS PER DAY** (for children)

**KEEP SKIN LOOKING GOOD**

**GOOD MOOD & LOOK YOUNGER**

**MAINTAIN A HEALTHY WEIGHT**

**BODY 60% WATER**

**HELP YOUR KIDNEYS**

**HELP YOUR BOWELS**

**HELP YOUR BONES**

**ENERGIZE MUSCLES**

**HELP YOUR BRAIN**

**HELP YOUR LUNGS**

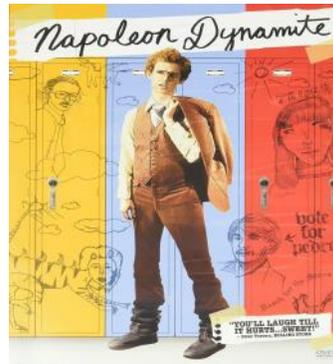
**HELP YOUR BLOOD**

**HELP YOUR EYES**

Picture from: *Drink More Water: Poe Center for Health Education in NC*. Poe Center for Health Education | Poe Center for Health Education. (n.d.).

# June Events

- Exercise Class
- Sophie Wasik 100th Birthday Walk or Drive By Parade  
(Meet at community center)
- Movie and Popcorn  
Napoleon Dynamite  
Nanny Diaries
- Horse Racing
- Summer Craft
- BINGO
- Birthdays and BINGO
- Calendar Planning
- Father's Day Celebration
- Adult Coloring
- Outdoor Field Day



**Attention all Fathers , join us on June 16th at 12:00PM for a BBQ Celebration. Lunch, music, and games will be provided. Please remember to sign up for all events in the binder at the community center. Signing up is courteous to those preparing the event and guarantees you a spot at the event.**

**Birthday Celebration!**

Happy Birthday to all of our June Babies!

Robert Robinson	6/2
John McCoy	6/5
Betty Carthens	6/6
Sophie Wasik	6/10
Carol Hardemon	6/12
Sally Jackson	6/12
Savannah Doran	6/12
Helen Robins	6/13
Joyce Munson	6/20
Rose Brown	6/24
Joyce Parlor	6/29
Ida Fantauzzi	6/30



**A GIFT IN YOUR WILL**  
*can change the lives of seniors.*

Presbyterian Villages of Michigan is able to provide the best quality housing, programs and services to seniors throughout Michigan with the generous support of **YOU** the donor.

**Please consider a charitable bequest...**  
*Find out how YOU can help future residents.*  
Contact your Village's Administrator or call 248-281-2040

**Presbyterian Villages OF MICHIGAN THE FOUNDATION**

**If you or anyone you know would like to participate in the 2021 Village Victory Cup to support your Village, contact Joelle at 248-334-4379 or join us for practice on Tuesdays at 1:00PM.**



**HAPPY Father's DAY**

# 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

### June 2021

***Precious in the sight of the Lord is the death of His saints...Ps. 116:15***

My husband, Chuck, went Home to Heaven to be with the Lord on May 15, 2021 at 7:47 PM after going through many physical struggles. Our children and I were all present singing "It Is Well With My Soul". Chuck was such a wonderful husband and father and his sense of humor brought so much laughter into our home! I will miss him so much! Thank you to the Oakland Woods Staff for sending a beautiful flower arrangement and to all the residents for their cards, prayers, and love that they have shown us throughout the last several months. He is no longer in discomfort and rests in the Arms of Jesus forevermore! My family and I thank God for his faithfulness to us. We will be showing the Memorial Service at the Community Center on June 7, 2021 for those who were not able to see it live on their computer on our Facebook Page.

### **Community Project**

We are still collecting travel size items for Hygiene Kits for the Burn Camp and Grace Center of Hope. Please bring donated items to Philena Holdridge, 375 Maplewood Ln. so kits can be put together on June 15th by the Executive Board.

### **New Area 5 Representative**

Welcome to Bernadette Harrison (248-904-3391) as our new Area 5 Representative. Please contact her if you would like to know about Oakland Woods activities or have any questions. We want to thank Chris and Larry Milz for filling in for Area 5 Representative after Judy Shatto resigned. Remember, all complaints must be written on a complaint form and turned in to Jon, our administrator.

### **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.

### **Special Day with "Harmonica George"**

Tuesday, June 22, 1 PM, we will be having a professional harmonica player and entertainer perform in place of our normal time of our Resident Council Meeting. There are posters up in the Community Center. All residents are invited to attend at no cost!! Come enjoy this special day! Light refreshments will be served.

***In everything give thanks, for this is the will of God  
in Christ Jesus concerning you. (I Thess. 5:18)***

***Philena, Resident Council President***

2021 Friends and Family

Over \$121,000 raised!

YOU'RE FAB!

Because of generous donors, 6 Villages will each receive an additional **\$5,000** from the Incentive Challenge.

The Village of Mill Creek The Village of Peace Manor  
The Village of Oakland Woods The Village of Our Saviour's Manor  
The Village of Sage Grove The Village of St. Martha's  
The Village of Mill Creek  
The Village of Oakland Woods  
The Village of Sage Grove

**Another 7 Villages will receive \$1,000.**

The Village of Brush Manor Paradise Valley  
Hartford Village  
The Village of Hillside  
The Village of Lake Huron Woods  
The Village of Oakman Manor  
The Thome Rivertown Neighborhood  
The Village of Woodbridge Manor

**Most dollars raised -Top 2 Villages**

The Village of East Harbor  
The Village of Hillside

**Most new donors**

The Village of St. Martha's - 29

*Thank You!*

# WINE

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

6	7	8	9	10	11	12
	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 Chuck Holdridge Memorial Service</p>	<p>10:00 God's Word and Prayer</p> <p>11:00 Coffee &amp; Bowling</p> <p>1:00 VVC Practice</p> <p>1:30 Blood Pressure Clinic</p>	<p>10:00 Exercise Class</p> <p>11:00 Village Chorus</p> <p>12:00 Exercise Class</p> <p>1:00 Calendar Planning</p>	<p>11:00 Walking Club</p> <p>1:00 Sophie Wasik</p> <p>100th Birthday Drive or Walk By Parade</p> <p><b>Fruits and Veggies</b></p>	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 Horse Racing</p>	
13	14	15	16	17	18	19
	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 Adult Coloring</p>	<p>10:00 God's Word and Prayer</p> <p>11:00 Coffee &amp; Bowling</p> <p>1:00 VVC Practice</p> <p>1:30 Blood Pressure Clinic</p>	<p>10:00 Exercise Class</p> <p>11:00 Village Chorus</p> <p>12:00 Father's Day Celebration</p>	<p>11:00 Walking Club</p> <p>1:00 Cards and Games</p> <p><b>Focus Hope</b></p>	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 Summer Craft</p>	
	21	22	23	24	25	26
	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 Movie &amp; Popcorn: Nanny Diaries</p>	<p>10:00 God's Word and Prayer</p> <p>11:00 Coffee &amp; Bowling</p> <p>1:00 Resident Council</p> <p>Presentis: Harmonica George</p> <p>2:00 Blood Pressure Clinic</p>	<p>10:00 Exercise Class</p> <p>11:00 Village Chorus</p> <p>12:00 Exercise Class</p>	<p>10:30 Captel Phone Presentation</p> <p>11:00 Walking Club</p> <p>12:30 Outdoor Field Day/Senior Olympics</p>	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 Birthdays and BINGO</p>	
27	28	29	30			
	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 AARP Virtual Presentation: Medicare Basics</p>	<p>10:00 God's Word and Prayer</p> <p>11:00 Coffee &amp; Bowling</p> <p>1:00 VVC Practice</p> <p>1:30 Blood Pressure Clinic</p>	<p>10:00 Exercise Class</p> <p>11:00 Village Chorus</p> <p>12:00 Exercise Class</p>			<p>Exercise Activities</p> <p>Virtual</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](http://www.pvm.org)

## Office Number

**(248) 334-4379**

### Village Staff

**Jon Hayes**

*Housing Administrator*

**Sharon Benton**

*Administrative Assistant*

**Chaelyn Williams**

*Receptionist*

**Sue Carney**

*Service Coordinator*

**Joelle Baughman**

*Wellness Coordinator*

**Matthew Myers**

*Maintenance Supervisor*

**Charles Williams**

*Maintenance Technician*

**EMERGENCY MAINTENANCE**

**(248) 330-0213**

**ON-SITE SECURITY**

**(586) 596-8185**



**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](http://www.pvmfoundation.org)

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**The Village of  
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A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan  
420 S. Opdyke Rd  
Pontiac, MI 48341-3145

