



Village News



Embrace the possibilities

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July 2021

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Notes from Administrator

Happy Fourth of July!

Independence Day holds a very special place in my heart and I love to reflect on that independence on July 4th, every year. I certainly hope you and your families have an amazing holiday and can celebrate with loved ones on a very important holiday.

I would like to take the opportunity to welcome Taylor Webb as our Oakland Woods Sales and Leasing Specialist. Taylor has been interning with PVM (specially working with Audra Frye and Tom Wyllie at our Home Office) since January and has had connections with several of the Sales and Leasing specialists, Service Coordinators, and Wellness Coordinators in the PVM system on some very special projects she was working on for PVM. I am happy she will have the opportunity to showcase her work on those projects. She graduated from Madonna University in May 2021 with a Master’s of Science in Senior Living Administration, and combined with her previous work history will be a huge asset to the Oakland Woods team. Please see Taylor’s biography on her Sales and Leasing page.

We are in the process of making our recertification process easier for all residents on the Oakland Woods campus. When you receive your recertification packet, please pay special attention to the cover page with detailed instructions. Please also remember to have your recertification packet back on time with the due date outlined on that same cover letter. We appreciate your cooperation in this manner.

Here is to an exciting month of July – wow, I cannot believe we are in July. I am looking forward to seeing you all very soon!



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

Stay Cool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided.

To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages.*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body temperature and increases water loss).
- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

**If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.*



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- 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

Do it Now

As I write this grief and a bit of guilt have inspired. Recently a long-time friend treated a group of us who have worked together over many years on senior issues. We were all looking forward to seeing each other in person. At the last minute she said she would not be able to join us since she was not feeling well. One person in the group had stopped at her house on the way to see if she and her husband could pick up our host and take her to the lunch. She said she was just not up to it. When the bill came we found out that she had treated us all to the lunch.

I had planned to send her flowers as a Thank You and to brighten her day but got caught up with myriad To Do's and had not yet done so. I decided I would send the flowers for July 4th weekend since as a previously elected county commissioner, Phylis really loved the patriotic holidays. Unfortunately I will now have to send flowers for her funeral since she passed away this past week. So from now on if I am thinking about doing something nice for someone I will DO IT NOW!

| | | | | | | | | |
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| 1 | | | | 3 | | | 7 | |

Leasing News

By Taylor Webb

Sales & Leasing Specialist

Hello!

My name is Taylor Webb and I am the new Sales and Leasing Specialist here at the Village of Oakland Woods! I am a recent graduate of Madonna University with a Master's of Science in senior living administration. Previously, I have worked in emergency services and still help to support families all through Michigan as an end of life doula and advocate. A West Virginia girl at heart, you can find me in the kitchen in my free time. Baking, cooking and canning are my favorite hobbies when I am not busy spending quality time with my fiancé, cats, and pet iguana. I am so excited to be a part of the PVM team and to meet residents - so please stop on by, say hi, and let's share some recipes!



Sincerely, Taylor Webb

Maintenance News

By Matthew Myers

Maintenance Lead

Summer is here residents!

Thank you all for making the inspection process a success. We're tackling the issues daily and have a long list of things to improve and repair.

In the past couple of months some things were noticed and it would be great if we had your cooperation.

In order for landscaping and maintenance to keep your grounds looking like new we need your help. If you have guests who are smokers, please ask them to throw their butts away, not grind them into the ground. We would also appreciate if you made sure that your guests put your trash inside the dumpster and never on the ground in front of the door. Lastly please ask your guests to respect the community and slow down when driving.

In order for maintenance to keep your unit in good shape we want to remind you of the things residents break most often.

When using your single handle faucets, use gentle pressure, as it should be enough force with just your fingers to adjust the water.

When using your fridge please do not put all your weight on the door, the refrigerator door hinges are only meant to handle the food items and if you bend the hinges it is difficult to correct, and careless damage to the equipment could result in charges as per your lease.

When using your vertical blinds they must first be twisted so that the slats are open, then you can make them move to one side of the window. If you don't follow this order the slats become tangled, snap, or sometimes the blind stems or head rail can become damaged.

Thank you for reading the newsletter, being careful with your unit, and speaking with your guests about respecting your community.

Service News

By Sue Carney

Service Coordinator

Happy July!

Can you believe that it is July already, it is Summer! Get out and enjoy the sunshine.

July is going to be a busy month here, check out all the happenings on the July calendar. There will be free blood pressure checks with Sabrina from Angelic Heart Home Health Care, every Tuesday. June 6th & June 20th at 1:30 p.m. Tuesday June 13th is 1:30 p.m., followed by Bingo. Tuesday June 27th at 2 p.m. will be the free blood pressure checks & an educational presentation on Fall Prevention.

Wednesday July 7th, 3 p.m. Carla Roseman, Public Health Educator, for the Oakland County Health Division, will be here to speak on the safe disposal of unused and expired medication and answer any questions that you have.

Hope to see you at all of the events listed above. Remember to sign up.

I wanted to take this opportunity to wish you all a safe, healthy and very blessed 4th of July. May we all truly appreciate our freedom and our independence. Remember that freedom is not free. Count your blessings each day.

Hope to see you out and about and up at the community center.

Happy 4th of July!.....Sue





Wellness News

Joelle Baughman
Wellness Coordinator

Happy July Residents!

July is a big month for events with all of the recent openings. I really hope to meet new faces and see a greater number of participation at all activities. The next page will give you a greater insight and additional information for all the activities and events that are listed on the July monthly calendar. Although, there are several new events that will be trails. For example the Senior ZUMBA Video, the Clinton River Trail Walking Club, and Van Trips (\$1 fee). **Please make sure to sign up for all events in the binder located inside the community center!**

We have a couple events with guests coming in to lead the event: Oakland County Health Department speaker, Build a Floral Arrangement with Sprigs (\$3 fee), BINGO with PACE, and the Wine Tasting and Jewelry Table. Let's show them what happens when the Village of Oakland Woods comes together, fun!

On the monthly calendar you will van trips to a couple of stores, Aldi and Walmart, and to the Oakland County Farmers Market (\$1 fee). **YOU MUST SIGN UP IN ADVANCE!** I wish I could take everyone, but space is limited to 6 spots. If you have a car and would like to join us, please feel free to follow along and meet us there. Masks are required to be worn at all times in the van. Times listed on the calendar are exact and will be when we are leaving, if you show up late, we will not be here and you forfeit your spot.

The Senior Zumba Videos are recorded videos found online, not led by myself. They are similar to ZUMBA Gold and are for beginners and/or seniors. Technology together is a chance for you to bring in YOUR OWN DEVICES, socialize with your peers, and I will be available to answer all questions you may have.

Lastly, don't forget to follow us on our new Facebook page : Village of Oakland Woods! Let's have a great month and enjoy some sunshine.



July Events

| | | |
|--|---|--|
| <ul style="list-style-type: none"> • Walking Club • Walking Club: Clinton River Trail <ul style="list-style-type: none"> • Meet at the community center and we will drive across Opdyke to the trail. 6 spots are available in the van, must sign up in advance for a spot | <ul style="list-style-type: none"> • Exercise Class • Adult Coloring • Birthdays and BINGO • National Sugar Cookie Decorating and Eat • VVC Practice • BINGO with PACE • Calendar Planning Meeting | <ul style="list-style-type: none"> • Detroit Institute of Arts (DIA) Presentation and Craft: Join us in the community center at 11:00AM on July 6th for a presentation from the DIA and create a water colored post card to take home • Guest Speaker: Oakland County Health Department talking about proper medication disposal |
| <ul style="list-style-type: none"> • Technology Together: Bring your own technology source to use together and get all of your questions answered • Senior ZUMBA Videos: Pre-recorded Senior level ZUMBA videos from an outside source that will be played in the group fitness room to do together |  | <ul style="list-style-type: none"> • Oakland County Farmers Market: Join us as we travel to the market. Van space is limited to 6 spots and you must sign up in advance. 9:00AM we will meet at the community center and the time we will be leaving the community center. Feel free to follow along and drive yourself. \$1 fee for trips. |
| <ul style="list-style-type: none"> • Tigers Baseball Game, Hotdogs, Popcorn, and Games: We will be showing the baseball game starting at 1:10 PM inside the community center along with food and games | <ul style="list-style-type: none"> • Brain Exercises: Join MSU Extension virtually to test and challenge cognition • Floral Arrangement with Sprigs: Join a florist from Sprigs and create your own take-home floral arrangement. There is a \$3 fee to attend. | <ul style="list-style-type: none"> • Watermelon Social w/ DJ Bob: Join us outside the community center to listen to good music, dance along, and eating some refreshing watermelon to kick off Summer • Wine Tasting & Jewelry Table Sale |

A Thank You From Sophie Wasik

I would like to thank everyone who helped make my birthday such a surprise and good time. It's not often that people turn 100 years old. I turned 100 on June 10th. I had the best celebration imaginable.

A group of people from our community planned a "drive by" to help me celebrate. There were signs and balloons showing the way to my apartment. I had family and friends sitting with me, anxiously awaiting the festivities. At precisely 1pm, we hear cars coming our way with horns honking. Excitement filled my heart. Friends, neighbors, Maggie and Julie from the Wellness Program of years past, and my son Joe's neighbors Tom and Judy came bearing greetings and birthday cards. And of course everyone sang happy birthday to me.

Thank you everyone who helped me celebrate. I'm so happy and grateful for your participation. Thanks for being such caring neighbors.

I will be filling my days reading all of the beautiful cards that I have received.

Sophie Wasik



Birthday Celebration!

Happy Birthday to all of our
July Babies!

| | |
|-------------------------|------|
| Mary Snoddy | 7/1 |
| Ester Hood | 7/5 |
| Norieta Clincy | 7/6 |
| Lovenda Williams | 7/10 |
| Norvalene White-Johnson | 7/12 |
| Ruthie Griffin | 7/12 |
| Susie Taylor | 7/12 |
| Sharron Robinson | 7/13 |
| Essie Rimson | 7/15 |
| Gladys Jahnke | 7/17 |
| Ed McConney | 7/19 |
| Frances Metcalf | 7/19 |
| Nancy Stone | 7/19 |
| James Paul | 7/27 |
| Delores Chaser | 7/28 |
| Judy Shatto | 7/28 |
| Dominga Conley | 7/29 |
| Douglas Medonis | 7/29 |
| Doris Atkins | 7/29 |
| Lena Schrader | 7/30 |
| Joyce Holland | 7/31 |



Follow and like us on Facebook at **Village of Oakland Woods**. We recently created a new page that allows you to stay up-to-date with our community.

Let's Talk

By Felicia Hollis

Let's Talk

Hello neighbors and resident friends, I'm your neighbor Felicia Hollis from Area 1, 9-D. Just a little resident-to-resident chit-chat. Let's Talk will be a monthly article sharing the things we do and want to do. Overall, a time as residents we get input from each other. For instance, sharing some tips about how to garden in a small area, crafts we do and enjoy, cooking recipes, whatever you think would be fun and helpful. For instance, I am the author and I enjoy poetry, journaling, and reading (you probably guessed that). Maybe you have a special TV show to share, there are things inside of us that nudge us and we need to move to the next level/stage of our maturing days/years here at our lovely village. Soooo, with that being said I have some ideas of future stuff ☺

I'm sure you've seen me out daily riding slowly looking at your homes, praying daily for our safety, healing in every area. I will be starting to walk through as weather permits and maybe riding my bike ☐ If you see me stuck and can't pedal anymore, please come out and laugh with me as I walk my bike back home. WOW that an idea!!! How many ride bikes in here? Maybe we can do a bike ride day a couple times a month. Let's kick it around.

Also, use Let's Talk for innovation purposes; maybe you having a garden party or a tea let us not forget the gentleman, a fall game, horse shoes, or happy hour in your yard or whatever kind of affair you would like your neighbor to attend. Let us know a couple weeks in advance and I'll share in our article.

FYI, this will not be a political article or an article of defamation of character or reputation ☺. I am also an Area 1 representative with Joyce Parlor. Feel free to stop us and discuss OUR area concerns. Thank you for taking the time to read Let's Talk. I am to keep it fun, light, and social information. LET'S GO EVERYONE! See you next month. I will be stopping by and talking to you when I see you outside on patios and porches. My number you can reach me at (313) 728-6647. If I don't answer, PLEASE, leave your name and number and I will respond back.

Have a great month! My friends call me "Flea". Ok friends, XXOO

"Age is Nothing But a Number"

Dear Oakland Woods Resident's,

Coming July 30th from 2-4:00PM is a fashion show event. This is an opportunity for you to rediscover your talents and self worth to volunteer your best participation.

Beginning on July 6th at 1:00PM, will be auditions. Sign up sheets with parts will be posted before hand in the event sign up binder, please write your name and what position you are interested in. We are hoping for 10 women to volunteer as models to strut a walkway wearing 1920s, 30s, 40s, and 50s style clothing. Also, we are asking that 3 men volunteer to form a singing group that will be performing during outfit changes.

Positions include: assistant producer, greeter, decoration crew, background builder, cleaning crew, host, and seamstress. It's our greatest expectations to make this event breath taking and enjoyable. Any questions contact Geraldnette Lancaster at geraldnettelaucaster83@gmail.com.

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

Let's just remember a little history of the 4th of July Federal Holiday:

1. What famous document celebrating America's freedom from Great Britain was voted in on that day in 1776?
2. What is the most common symbol of Independence Day?
3. 4th of July was made a federal holiday in what year?
4. What two presidents died on July 4, 1826, the fiftieth anniversary of Independence Day?
5. What is the song most associated with the American Flag blowing in the breeze?

(Answers at the bottom of page)

Thank you to Harmonica George!

We are so appreciative of his musical presentation! Hope you all enjoyed this special event!!

"Resident to Resident"

This new page will be written by Felicia Hollis, our in house author. This page will include some encouragement, scripture, and ideas for our residents here at Oakland Woods. Hope you enjoy this new addition!

Hygiene Kit Project

We have completed over 50 bags thanks to all of your donations for the Burn Camp and Grace Centers of Hope, but will continue to collect items at our Resident Council Meetings to do in the future at our Executive Board

Resident Council Meeting

Our next meeting will be Tuesday, July 27 at 1 PM. All new residents are encouraged to attend and make some new friends. We will have pie and ice cream that day as a special treat! Please sign up for the meeting in foyer. Our Executive Board (Officers and Area Representatives will be meeting a week earlier, Tuesday, July 20, at 1PM. If there is a change, I will let you know on a one call.

" You know the truth and the truth shall make you free...if the Son (Jesus) shall make you free, you shall be free indeed." John 8:32,36

Thank you Lord for the freedoms we enjoy!!

Philena, Resident Council President

(1.Declaration of Independence 2.American Flag 3.1870 4.John Adams and Thomas Jefferson 5.Star Spangled Banner)

Past Events



- Senior Olympics: Larry M. took home 1st place!
- Celebrating Memorial Day and Remembering Those who Served: Dorothy, Mary, Gladys, Gail, Paula, George
- Celebrated Father's Day with a Lunch: Larry, Chris, Gertie
- Want to get in on all the action, check out the monthly calendar





July

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|--|-----------|
| <p>Exercise Village Activities Van Trips</p>  | <p>All events are subject to change</p>  | <p>6 10:00 God's Word and Prayer 11:00 DIA Presentation & Craft 1:00 Fashion Show Auditions 1:00 VVC Practice 1:30 Blood Pressure Clinic</p> | <p>7 11:00 Exercise 11:30 Village Chorus 3:00 Guest Speaker: Oakland County Health Department</p> | <p>1 11:00 Walking Club 12:30 Technology Together 2:00 Senior ZUMBA Video (trial)</p> | <p>2 11:00 Exercise</p> | <p>3</p> |
| <p>11</p> | <p>12 11:00 Exercise 11:30 Calendar Planning Meeting 1:00 BINGO Sponsored by PACE</p> | <p>13 9:00 Farmers Market Trip: Oakland County 10:00 God's Word and Prayer 1:00 VVC Practice 1:30 Blood Pressure Clinic</p> | <p>14 11:00 Exercise 11:30 Village Chorus 12:30 Aldi Van Trip</p> | <p>15 11:00 Walking Club 12:30 Technology Together 2:00 Senior ZUMBA Video (trial) Fruits and Veggies</p> | <p>16 11:00 Exercise 1:00 Watermelon Social w/ DJ Bob and Dancing</p> | <p>17</p> |
| <p>18</p> | <p>19 11:00 Exercise 1:00 Brain Exercises: MSU Extension</p> | <p>20 10:00 God's Word and Prayer 11:00 Coffee and Bowling 1:00 VVC Practice 1:00 Resident Council Executive Meeting 1:30 Blood Pressure Clinic</p> | <p>21 11:00 Exercise 11:30 Village Chorus 12:30 Walmart Van Trip</p> | <p>22 11:00 Walking Club: Clinton River Trail 1:00 Build a Floral Arrangement with Springs Focus Hope</p> | <p>23 11:00 Exercise 1:00 Birthdays & BINGO</p> | <p>24</p> |
| <p>25</p> | <p>26 11:00 Exercise</p> | <p>27 9:00 Farmers Market Trip: Oakland County 10:00 God's Word and Prayer 1:00 Resident Council Meeting 2:00 Blood Pressure Clinic</p> | <p>28 11:00 Exercise 11:30 Village Chorus 1:00 Tigers Baseball Game, Hotdogs, and Popcorn</p> | <p>29 11:00 Walking Club 12:30 Technology Together 2:00 Senior ZUMBA Video (trial)</p> | <p>30 11:00 Exercise 2:00 Fashion Show 4:00-6:00 Wine Tasting and Jewelry Table Sale</p> | <p>31</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

Chaelyn Williams

Receptionist

Sue Carney

Service Coordinator

Joelle Baughman

Wellness Coordinator

Taylor Webb

Sales and Leasing Specialist

Matthew Myers

Maintenance Supervisor

Charles Williams

Maintenance Technician

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(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

