

Woodbridge Life

Embrace the possibilities

1300 Martin Luther King, Jr., Blvd. • Detroit, Michigan 48201 • www.pvm.org

August, 2013

Featured Articles

Always Here For You **pg. 2**

Welcome to 1300
Bryant Garden **pg. 2**

The “Non-Nutrient”
Nutrient **pg. 3**

Giving Matters **pg. 4**

Tenants’ Committee
Bulletin **pg. 4**

Featured Ad **pg. 5**



The Village of
**Woodbridge
Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Embrace Your Possibilities

By Clenora Byes, Resident Contributor

PVM’s latest motto, “Embracing the Possibilities,” is doing just that, as it continues to build and restore homes to accommodate a growing senior population in need.

In order to keep building our dreams we can heed the advice given by author and Minister Norman Vincent Peale. “Change [our] thoughts and change [our] world.”

Negative thinking is not conducive to a positive outcome. If we think we can’t do something, we probably won’t even try. What if we were to live a life of “what if and If only I had...?”

Velma Bryant, an African-American and former Woodbridge Manor neighbor, celebrated her 99th birthday this March. She has lived to witness the election of several U.S. Presidents. Growing up in Georgia in the early 1900’s, I wonder if Ms. Bryant thought that it would ever be possible to see our first black president, Barak Obama (The President who had the “audacity” to hope and was elected to a second term.).

We are given a measure of faith and are enriched with so many possibilities. So, as a possibility thinker, I ponder:

- *Suppose we are going to live another 10 to 20 years. Will we focus more on dying than living? Let’s live each day to our fullest*

- *Instruments in harmony make beautiful music, but only if we live in unity. Couldn’t we do the same?*
- *Should we take unrealized dreams to the grave? Let’s instead live them or develop new dreams and work to make them come true. It’s possible.*
- *Can we minimize limitations by removing the shackles from our mind?*
- *If we find the joy in small things and others see our happiness it may become contagious.*

The next time that I become discouraged or lose focus, I will remember to consider my possibilities. How about you? In the meantime, look up in faith, Look out for others and look inward for personal growth!

I Didn’t Know that (1) Onions, apples and potatoes all have the same taste. The difference in flavor is caused by their smell. Pinch your nose and try it – they will all taste sweet; **(2)** Every time you sneeze some of your brain cells die; **(3)** Got a cold? Green sweet bell peppers have twice the vitamin C of oranges. Red and yellow bell peppers have four times as much; **(4)** Gardening was invented in 1822 by Albert Gardner; **(5)** Sulphur, the gas produced by volcanoes when they erupt, is the same chemical found in onions that makes you cry

Senior Advocacy**Always Here For You – Coordinator Services**

By Annette Pledger, Resident Community & Social Worker Coordinator

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar.

Changing your eating habits means learning about balance, variety, and moderation.

Eating healthy is one of the best things you can do to prevent and

control numerous health issues, such as: Heart Disease, High blood pressure, Type 2 Diabetes and some types of Cancer.

If you are interested in a particular topic please let me, your friendly Resident Community and Social Worker Coordinator, know so I can assist you.

I hope to see and hear from you soon.

Senior Wellness**Welcome to 1300 Bryant Garden**

Many of Woodbridge Manor's (VWM) Residents had requested a community garden, but were told, "there's just no place to put a garden on the property." With the notion that where there's a Woodbridge, there IS a way and we pondered.

Management looked into the matter even further and came up with an entire movement, "Repurpose... Recycle...Reuse." And just like that, we had an ideal place to introduce the Bryant Garden, named after one of VWM's beloved residents and a key VWM patron.

Management researched the benefits of having a garden in a senior living community and found that it has a substantial effect on the wellness and longevity of its residents because it stimulates the senses and allows for an opportunity for more physical and educational activities. After looking

over VWM's layout, management found an area that was not being used and made plans to USE IT.

VWM's Bryant Garden features several naturally sustainable raised beds that are wheelchair assessable and will act as an oasis available for all to visit and enjoy, thanks to a grant provided by the **Presbyterian Village of Michigan Foundation (PVMF)**. The Bryant Garden is part of VWM's 4-year Statewide Campaign to enhance its wellness program through its Living Out Loud Series which utilizes a more responsible and greener approach to well-being.

Join Us at Woodbridge Manor for the 1300 Bryant Garden Ribbon Cutting Ceremony:

August 30, 2013 at 1 pm

Announcements**Scheduled Activities**

Praise & Worship.....(Sun) 08/04 (Dining Rm)

DAAA Lunch Congregate Meal..... Mon – Fri @ 12:30pm (Dining Rm)

Movie Day.....Mon @ 4pm (Mini-Theater)

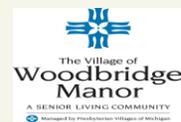
Evening Bible Class.....Tues @ 7pm (Library)

Morning Bible Class.....Wed @ 10am (Multi-Purpose Rm)

Are You Listening.....Wed @ 1pm (Mini-Theater)

Dominos..... Wed @ 6pm (Multi-Purpose Rm)

Keno.....Thu, Fri, Sat, Sun @ 7pm (Dining Rm)

Paying Homage to Our Seniors**Let's All Go To The Movies**

08/05: Two Nations, Black America

08/12: Where The Wild Things Are

08/19: Milo & Otis

08/26: 1st Person Singular



Refreshments Served

Senior Wellness

The “Non-Nutrient” Nutrient

By Tom Wyllie, PVM Director of Wellness

Here’s a riddle: It can’t be digested, yet it’s an important part of a healthy diet. Here are a few hints:

- It comes in two varieties: soluble and insoluble.
- It helps prevent constipation, regulates bowel activity, and promotes digestive health.
- It helps control cholesterol and blood sugar levels and reduces the risk of heart disease, stroke, and type 2 diabetes.
- Women over age 50 need 21 grams daily; men over age 50 need 30 grams daily.
- It’s found only in plants.

If you haven’t yet guessed it, the answer is **fiber**.

Good sources include fruits, vegetables, whole grains, seeds, nuts, and legumes. Fortunately, you don’t have to eat them raw to get the benefit. Because how you prepare them won’t reduce their fiber content, let your imagination be your guide. Make an easy-to-swallow fruit smoothie by blending your favorite frozen fruit with some low-fat yogurt and skim milk. Make vegetables easier to chew by steaming them. You can also sauté them then puree them into a sauce that you can serve over whole wheat pasta. The possibilities are endless.

Remember, however, suddenly adding fiber to your diet can cause abdominal distress, so it’s best to add it gradually. Because fiber absorbs water, it is also important to drink up to 8 cups per day. And, because fiber can interact with certain medications, talk to your doctor before you change your diet. By taking these precautions, you will be able to safely enjoy the benefits of a diet rich in fiber.

It’s Your Life. Live It Well. It’s Your Life. Live It Well. It’s Your Life....

Highest Fiber Vegetables: Avocado, Beans, Broccoli, Brussels sprouts, Cabbage, Carrots, Chick Peas, Eggplant

Prep Time: 10 minutes

Guacamole

4 ripe, Fresh Hass Avocados, seeded, peeled, cut in chunks

1 Tbsp. lemon juice
minced

1/2 small sweet white onion,

1 ripe Roma tomato (seeded & diced)

Salt & pepper, to taste

Instructions:

1. Mash avocados with lemon juice in a bowl, leaving some chunks
2. Gently stir in remaining ingredients and serve immediately.

*Possible Add Ins: chopped jalapeño, cilantro, garlic, tomato, onion, beans, roasted veggies (ie corn, sweet peppers), favorite salsa, bacon

** Use As: Sandwich Spread or Dip for veggies, bread, tortilla chips

Continued from pg [2]

5 Star Movie Reviews

Two Nations of Black America:

Reviewing the 30 yrs that have passed since Rev. King’s death, the Frontline reporter shows how

many blacks have reaped the reward of civil rights & affirmative action, while others have been left so distantly behind. (Moving)

Where The Wild Things Are:

The charming tale of a runaway who sails across the sea to become king of a wondrous realm of carefree monsters. (Truly amazing)

Milo and Otis: A heartwarming tail live action film, that took four years to complete and will delight you the moment you view it (Adorable)

1st Person Singular: A memorable hour in the presence of one of the era’s most beloved teachers and important voices for inter-racial justice and

understanding. (John H. Franklin)

Woodbridge Manor Advocates

Board Members

E. Kern Tomlin.....Chair
John Gardner.....Vice Chair
James Bradford....Treasurer
Elaine Hearn.....Secretary
Stacy Brackens.....
Arthur Caldwell.....
Ellen Childs.....
Dakima Jackson.....
Paul Johnson, III.....
Lynda K. Jeffries.....
Dana McAllister Armenteros..
Donald McSwain.....
Michael Morrison.....



Presbyterian Villages of Michigan Foundation**Most Successful Friends & Family Appeal Raises Over \$125,000**

By Paul J. Miller, PVMF President

A big congratulations to all the Villages that participated in making the 2013 Friends & Family Appeal the largest and most successful in the history of the PVM Foundation. Together, **over \$125,000 was raised** for all PVM Villages!

To learn how much Woodbridge Manor earned, please read your Tenants Committee Bulletin on this page or visit the "Events" page at www.pvmfoundation.org.

Special congratulations goes to **The Village of East Harbor**, who raised the largest total amount with \$50,190; and to **The Village of Spring Meadows**, who had the highest percentage of donors over last year at 555% and won a \$2,500 grant toward their Village project!

None of this could be accomplished without our donors, who exceeded our greatest expectations.

- 1,079 donors participated in the 2013 Friends & Family Appeal
- 1,299 total gifts were contributed toward Village projects
- 513 of our Friends & Family donors were first-time contributors

We are so thankful to all our donors, whose generosity will make so much possible for PVM residents and seniors throughout Michigan!

Warm regards,
Paul J. Miller, CFRE

P.S. Save the date for next year's Friends & Family Appeal taking place in April 2014!



The PVM Foundation has donated funds to The Village of Woodbridge Manor to: 1) Update the Surveillance System 2) Update the FOB/Entry Level System 3) Update Resident Life Line Emergency Alert System 4) Support the Woodbridge Manor General Store 5) Support Woodbridge Manor's Resident Victory Garden 6) Create the Woodbridge Manor Outdoor Recreational and Picnic Center 7) Provide the Resident Entertainment Center, Setup and Various Activities 8) Support the Healthy Snax Program 9) Outdoor Lighting System

Tenants' Committee Bulletin

- **WOODBIDGE ARE YOU LISTENING?: Every Wed**

.....1pm.....

DISCUSSIONS AFTER

8/7 **This American Life:**
"Harper High School, Part I"

8/14 **This American Life:**
"Harper High School, Part II"

8/21 **Radio Lab:**
"The Hypnotist"

8/28 **Snap Judgment:**
"The Dirt"

Healthy Snacks Available

- **Cooking Matters - Nutrition Classes Begin:** (Tues) Aug. 13 – Sept. 17: 1- 3 pm Must Register to be Included(Dining Rm)
- **Raised Bed Garden:** Ribbon Cutting Ceremony (Fri) 08/30 @ 1pm.....(Dining Rm)
- **Residents Meeting Resumes:** (Wed) 09/11 @ 1:30pm(Dining Rm)
Meet Your Neighbors
Elect Officers
Light Refreshments

Note: Woodbridge Manor set out to raise \$4,800 for its Friends & Family Fund Raiser: Senior Safety: Project: Outdoor Lighting System

2013 Friends & Family

- Total Donors: 33
- Raised: \$2550
- Matched Dollars: \$940
- PVM Special Grant: \$500
- Grand F & F Total: \$3990

Happy Birthday To You, You and You!

The Woodbridge Manor residents, board members and staff would like to wish each of our Woodbridge Manor neighbors celebrating a birthday, the happiest birthday yet. We love you and hope for many, many more birthdays with you. You are so very special to us.

Leo

Jul. 23rd – Aug. 22nd

Josie Casey08/06	Lucille Ball.....Actress
Maggie Coleman08/12	Cecil B. Demille.....Director
Janet Gittens08/20	Issac Hayes.....Composer & Actor
Beverly Clanton Collins08/22	Regina Taylor.....Actress & Writer

Virgo

Aug. 23rd –Sep. 23rd

Reginald Edmonds08/23	Gene Kelly.....Dancer
-----------------------------	-----------------------



TOP 10 TO REMEMBER

- 1) FOBS Are For Residents Only
- 2) Do Not Open the Door/Allow Strangers Into the Building
- 3) Wear Your Life Line Pendant & Keep Your Cell Phone With You
- 4) NO SMOKING, No Incense & No Candles in Apartments
- 5) Check On Your Neighbors
- 6) Report All Work Orders
- 7) Pick Up After Yourself & Remind Your Guests to Do the Same
- 8) All Garbage Must Be In A Tied Trash Bag & Break Down Boxes
- 9) Go To Tenant Committee Meetings
- 10) Overnight Guests Are Allowed 21 Days Per Year & Must Register With Office



Do the math!

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.

IMPROVE YOUR CASH FLOW!

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

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.



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

www.pvmgifts.org



Interested In Advertising In Woodbridge Life?

Be A Servant Leader In Your Industry:

“But among you it will be different; whoever wants to be a leader among you must be your servant.” Mathew 20:6

For more details

Call us at 313-494-9000

~ or ~

Visit us at Woodbridge Manor

The Village of Woodbridge Manor
 1300 Martin Luther King, Jr., Blvd.
 Detroit MI 48201 (Btw. Grand River Ave./John C. Lodge Service Dr.)

**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 Numbers

(313) 494-9000

VILLAGE STAFF

Marla Johnson Bradford
Administrator

Janice McGee
Administrative Assistant

Sharita Johnson
Housekeeping

James Munn
Maintenance

Shelby D. Bradford
Village Mascot

HANNAN HOUSE AFFILIATES

Annette Pledger
*Resident & Community Social Work
Coordinator*

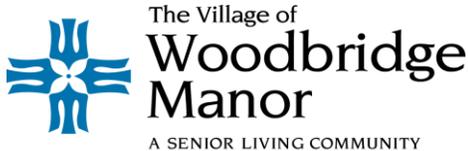


RESIDENT EMERGENCY NUMBER

(313) 319-2018



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



The Village of
**Woodbridge
Manor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan and
National Black Caucus and Center on Black Aged, Inc.

**1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201**

**“The time is always right to do
what is right.” Martin Luther**



Please Recycle

Embrace the possibilities