



Village News



Embrace the possibilities

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

August 2017

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Notes from the Administrator

Happy August to all at the Village! It is the height and heat of summer and that means lots of goings on at Oakland Woods. First I want to take a moment to ask for your help in recognizing the hard work and dedication of the people who serve the Village on daily basis. It is time to nominate our shining stars at the Village. Any employee who has gone out of the way to assist you or make your day a little better deserves some recognition and appreciation and the shining star is how we do it. We have attached the nomination form for you to complete at your convenience. This is an important thing for PVM as a whole to recognize the hard work our employees put in every day. The nominations go in with all of PVM sites and then the top ten are chosen and cash gifts are part of the top ten shining star finalists. So please if an employee has taken a few minutes to help you, take a few minutes to recognize them. Nominations are due by August 10th and can be dropped off at the office or mailed back to us.

August also means our annual Village Anniversary celebration to be held on Thursday August 24th this year. We are still in the process of polling all of you on the type of celebration you would like. Look for more details soon from Daniela Blechner and let's celebrate almost 40 years of Oakland Woods rocking the senior living community.

If you have not done so yet please place your parking stickers in your vehicle windows at your earliest convenience. We have begun to tow away vehicles without parking authorization stickers and we do not want to tow a resident car because they forgot to display their sticker. If you haven't registered your vehicle with the office yet please do so ASAP. If we all work together we can solve the parking issues at the Village.

The Village of Oakland Woods now has a Facebook page dedicated solely to the Village, events and news. Simply type in The Village of Oakland Woods next time you are on Facebook and push the like button for the latest and greatest at the Village.



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

Do Some Summer Planning!
You have the power right now.

Remember PVM and older adults in your will, and rest easy knowing that you'll be doing great work long into the future.

The weather is great. Friends and family are getting together for barbecues and to enjoy the lakes, beaches and everything the great state of Michigan has to offer.

Chances are, the farthest thing from your mind is planning for after your lifetime.

But as you're with your family, your friends and loved ones this summer, take a moment to think about your future.

Who wants to think about that at a happy time?! **I know!**
BUT—I challenge you—would you rather think about it at a desperate time?

By planning now, you can have the largest impact. You can build a legacy that's right for you and you'll let older adults know that you're with them now and always.

Learn more about how you can leave a bequest and start planning at mylegacy.pvmf.org. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S. Do you want to volunteer with the PVM Foundation? Call us at 248-281-2043!**



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



Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

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

248.281.2045
mylegacy.pvmf.org





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

We are the Champions!

How do you spell dynasty? I am beginning to think it's W-E-S-T-L-A-N-D. On Friday, June 23rd, for the second straight year and fourth time in six years the Stars from the Village of Westland won the Village Victory Cup. When asked what the secret is to their winning ways, they replied it's "the 2 p's – practice and participation. We participate in every event with the maximum number of allowable participants and we begin practicing weeks in advance. We've found the more people, the more fun and the more you practice the better you get."

With 265 participants and 96 coaches from 17 communities supported by over 70 volunteers gathered at the Ford Community & Performing Arts Center in Dearborn, this year's Village Victory Cup was the largest one yet. It was also the loudest. Though we didn't have a decibel meter to confirm it, the noise from all the spirited cheering rivalled that of a jet engine. In the end, the Sharks from the Village of Redford were deemed the most spirited and were presented with this year's Spirit Award.

Not to be out done by their southeast Michigan peers, throughout June PVM Villages 100 miles or further from the PVM Home Office competed in the Virtual Village Victory Cup. Participating Villages competed in the games at their respective Villages and reported the results to the PVM Wellness Department, which compiled them to determine the winner. Eighty-eight residents from six communities participated making it, like its counterpart, the largest one to date. It was also the closest. By just a half point, the Hornets from the Village of Hampton Meadows emerged as the victors.





WE WANT YOU! TO NOMINATE YOUR SHINING STAR!

**Don't forget that all nominations are
due by August 10th**

Nomination forms are available from your
administrator/HR or online at:

[http://pvm.org/about-us/what-i-do-matters-
service-excellence/](http://pvm.org/about-us/what-i-do-matters-service-excellence/)



**Presbyterian
Villages**

O F M I C H I G A N
SENIOR LIVING COMMUNITIES



Shining Star Nomination



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence. Employees, Residents, Families, and Board members are eligible to nominate a PVM employee. Nominations that do not do a narrative will be accepted but will not be considered when determining the top 10 so please write more rather than less!

Name of Nominee _____ PVM Village _____

Email _____ Phone H() _____ Cell() _____

All nominees must have completed at least 90 days of employment to qualify.

Criteria: The Service Standards of Excellence are built on four core values, listed below, and these values serve as a standard against which every action and thought can be measured and support a culture where team members share their best work, their gifts and talents. Please write a summary on **at least one and as many as four**. Write below each core value, in your own words, why you feel this person meets that particular value. Use the **back** of this form for additional comments.

(1.)Listening with full attention to another person and seeking to understand. _____

(2.)Relationships are our way of forming meaningful and genuine connections with our residents, each other and the community. _____

(3.)Accountability is the willingness to accept responsibility and to deliver upon expectations. _____

(4.)Respect is treating all with dignity and worth. _____

Name of Person Submitting Form _____

PVM Village _____ Email _____

Signature of Person Submitting Form _____ Date _____

Please place an X: Employee _____ Resident _____ Family _____ Other _____

Please turn the completed nomination form directly to the PVM Human Resources no later than April 30th of 2017. You can email, fax, or mail materials to: Presbyterian Villages of Michigan, Human Resource Nicole Banks, 26200 Lahser Rd., Suite 300, Southfield, MI 48033, nbanks@pvm.org or Fax 248.281.2096



Shining Star Nomination



Name of Nominee _____

(1.) Listening with full attention to another person and seeking to understand. _____

(2.) Relationships are our way of forming meaningful and genuine connections with our residents, each other and the community. _____

(3.) Accountability is the willingness to accept responsibility and to deliver upon expectations. _____

(4.) Respect is treating all with dignity and worth. _____



Service Coordinator News

By Danette Pye,
Service Coordinator

“When you see something beautiful in someone, tell them. It may take a second to say, but for them it could last a life time.” ~ The Minds Journal

EAT SMART, LIVE STRONG



It's not too late to sign up. Please join us for an interesting, fun filled event designed to outline the benefits of eating smart and living healthy lives. Join us in the **Community Room on August 7, at 1:00** so you can learn new recipes and how to stretch your dollar.

Food Sampling will be available

Gary Burnstein Community Health Clinic

Take advantage of this **Free Health Clinic**. There is still time to participate in the Gary Burnstein Community Health Clinic. Based on the feedback from the Village of Oakland Woods, residents you should attend this event. The clinic will provide families with vegetables to assist in your healthy eating. You still have time to take advantage of this **Free Health Care Screening and Education**. For more information please see the Service Coordinator.

National Immunization Awareness Month

Immunization vaccination helps prevent dangerous and sometimes deadly disease. Immunization is not just for kids, so stay protected against serious illnesses like the flu and pneumonia. Remember, you need to get vaccinated too, ***so please talk to your doctor about which vaccines are right for you.***





Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

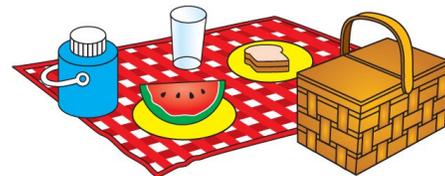
Summer is in full swing here at Oakland Woods, and we will be taking full advantage of the beautiful weather with some great summer events happening in August! A few highlights for our August Calendar include our picnic and fishing trip to Independence Oaks, our trip to Belle Isle for their annual “Senior Power Day”, and our annual VOW Anniversary Celebration! With an overwhelming majority, residents voted to have a cookout at Oakland Woods to celebrate our 37th Anniversary. Thank you to all who completed the Anniversary Celebration survey—your feedback was very helpful! More details on the Anniversary Cookout, and all other August activities, are listed on the next two pages of your newsletter.

It is hard to believe that we are already more than halfway through 2017...and perhaps your New Year’s resolutions and 2017 health goals have been slightly neglected as time has passed on. Now is a great time to regain some momentum and restart your health routine for the remainder of the year! Try something new, like an exercise class, or walking regimen that will kick start a new healthy routine! If you have questions or concerns about exercise, health, & wellness come speak with me! Together we can establish a wellness plan that is a perfect fit for you! Physical fitness and healthy eating are the keys to maintaining a happy & independent lifestyle, and together we can insure that this will continue to happen. I look forward to sitting down with you and discussing your wellness goals!



AUGUST EVENTS

Independence Oaks Picnic and Fishing Trip: This outing was also listed in our July Newsletter, and it will be in collaboration with the Village of Holly. We will be traveling to Independence Oaks Park on Tuesday, August 1st, at 11am. There will be time to fish, play lawn games, picnic, and mingle with PVM residents throughout the afternoon. Hot dogs, buns, and condiments will be provided by the Village of Oakland Woods; along with utensils and paper products, and bottled water. Additional side dishes and desserts will be pot luck style—provided by the residents attending, and shared by all. When signing up for this trip, please notate what you will be contributing to our picnic—thank you!



Shopping Trip to “At Home”: On Thursday, August 10th, at 11am, we will be traveling to the furnishing and décor store “At Home” located on Telegraph Rd. This store offers all sorts of odds and ends for your home—from smaller household items, to décor, to larger pieces of furniture. Even if you are not looking for something in particular, this trip will be a nice getaway, and you may find the perfect item for your home or garden! Please be sure to sign up in advance for this outing.

Board Games: It has been some time since we had a board games event. We will gather together to have some fun on Friday, August 11th, at 1pm. Board games and snacks/beverages will be provided by the Village of Oakland Woods, and depending on the number of attendees, we can divide up into several groups so that everyone gets to play the game they would like to play. As always, please be sure to sign up early for this event, so that the proper amount of snacks and drinks may be purchased.



Belle Isle Senior Power Day: Belle Isle will be hosting their annual Senior Power Day on Wednesday, August 16th. We will leave from the Community Center at 9:30am and return in the early afternoon. This Power Day is titled “Fun on the Isle” and will include the opportunity to golf, canoe, ride bikes, and enjoy leisure time on the grounds. More details on the event will be posted on the Community Lobby bulletin board. I hope that several of you are able to participate in this fun and free event!



AUGUST EVENTS CONT.

Birthdays & Bingo: All those residents with an August Birthday, mark your calendars! On Friday, August 18th, at 1pm, we will be celebrating those born in August with some sweet treats, refreshments, and bingo! This is always a fun time, and a great turn out of residents who are looking for something fun and social to do on a Friday afternoon. Please be sure to sign up in the sign up book!

“The Power of Music & Movement” Seminar: As several of you saw, we have been invited to attend a special seminar located in Troy, MI on the “Power of Music & Movement”. This seminar is scheduled for Wednesday, August 23rd, and at this point in time the sign up for this trip is closed. If you did not have an opportunity to sign up for this trip when it was posted in July, I can add you to a waiting list in the case that someone who is signed up decides to cancel. For this trip we will be leaving the Community Center at 9:30, and we should be returning home around 2pm. Lunch, snacks, and few door prizes will be provided at this event, all free of charge. It is sure to be a special and informative afternoon!



Anniversary Cookout: August means Oakland Woods’ Anniversary! This year we will be celebrating 37 years of our beautiful Village. To celebrate, we will be hosting a cookout at the Community Center, with games, grilling, sweets, and some special door prizes! Our Cookout is scheduled for Thursday, August 24th at 12pm. Those interested in having grandchildren or other relatives attend please add them to our sign up list (maximum of 2 guests). More information on the cookout is listed on the flyer, on the next page of your newsletter. I hope to see every resident there to help celebrate our Village of Oakland Woods!



ANNIVERSARY COOKOUT!



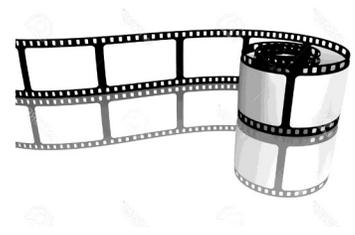
THURSDAY, AUGUST 24TH
12PM

JOIN US FOR OUR 37TH ANNIVERSARY COOKOUT, CELEBRATING OUR VILLAGE OF OAKLAND WOODS! THE EVENT WILL INCLUDE FOOD, DRINKS, GAMES, AND A FEW SPECIAL DOOR PRIZES FOR SOME LUCKY WINNERS! THE COOKOUT WILL BEGIN AT 12PM , AND FAMILY/GRANDCHILDREN ARE WELCOME TO ATTEND (MAXIMUM OF 2 GUESTS PER RESIDENT). PLEASE BE SURE TO SIGN UP YOURSELF AND ANY GUESTS WHO PLAN ON ATTENDING THE CELEBRATION WITH YOU NO LATER THAN **THURSDAY, AUGUST 17TH!** WE LOOK FORWARD TO CELEBRATING OUR WONDERFUL VILLAGE WITH YOU ALL! THANK YOU!

OAKLAND WOODS ON THE GO!



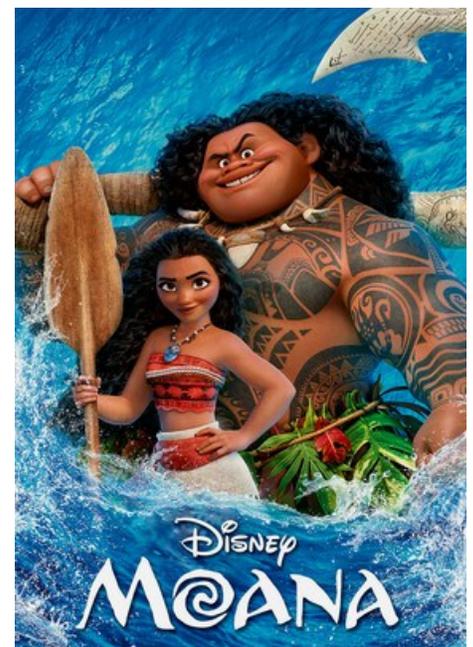
Theater Thursday



Thursday, August 3, La La Land: While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray.

Thursday, August 17, Collateral Beauty: With his life shattered by personal tragedy, advertising executive Howard Inlet is unable to break out of his deep depression. To help him, Howard's colleagues concoct an elaborate and unorthodox plan.

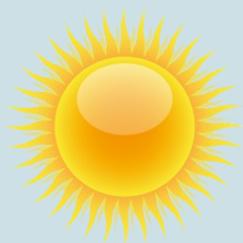
Thursday, August 31, Moana: This aquatic animated tale follows the journey of Moana Waialiki, a plucky Polynesian teen who sets out on a long and perilous ocean voyage in search of a mythical island, aided by the demigod Maui.



Hello August

The first week of August hang at the very top of summer,
the top of the live-long year,
like the highest seat of a Ferris wheel when it pauses in its turning.
The weeks that come before are only a climb from balmy spring,
and those that follow a drop to the chill of autumn,
but the first week of August is motionless, and hot.
It is curiously silent, too.
with blank white dawns and glaring noons,
and sunsets smeared with too much color.

—Natalie Babbitt, *Tuck Everlasting*



Birthday Celebration!

The Birthday Party will be held on Friday, August 18! Please join us in the community room at 1:00pm for the refreshments, bingo and prizes!

Alma Shelton8/4
Willa Cassey8/5
Karen King8/14
Colleen Moberly8/14
Elizabeth Allen8/14
Jennie Powell8/14
Gertrude Rankin8/16
Sarah Pauling8/24
Betty Lindauer8/25
James Carrington...8/30
Autry Michael8/31

As An August Butterfly

May love light delicately on my heart
as an August butterfly, Its gentle touch
caressing my emotions. May its brilliant colours
illuminate my senses as it flutters before my enchanted eyes,
stirring my imagination with dreams of eternal summer.
And as it pauses to inhale the heady scent of blooming roses,
may it hover in my spirit as that fragrance permeates my being.



Resident Council News

By Judy Shatto,
Resident Council President

Resident Council:

Hello everyone. We have been having some fun in our Resident Council meetings lately! YOU should come and join us! We meet every fourth Tuesday of the month, at 2:00pm. All residents are welcome. In fact, I will let you in on a little “secret”: At our **SEPTEMBER** meeting we will be celebrating the dedicated service of our outgoing & incoming Officers with a tasty cookout! Those details and sign-up sheet will be in the September Newsletter. Stay tuned!



Parking:

I have observed campus-wide that most residents have not put their assigned parking sticker in their vehicle at this time. All VOW residents, including all Cottage residents, must display their parking sticker either on the upper front or back window of their vehicle. This way security and staff know that you are a resident and should be parking here! Here are some reminders, as a VOW resident, we must all follow:

1. Visitors or caregivers staying over 24 hours must register with the office, and state the details and vehicle information.
2. Stickers are for one resident—one vehicle, one sticker
3. No Parking on any roads, including on Kirkman Road/side of Community Center (with the exception of drop-offs and/or unloading groceries etc.)
4. Your handicapped parking placard that is assigned to you must be current, and must be displayed in your front window or around rearview mirror, and must be visible at all times. This is the law, even if parked within private property. Thank you.



Resident Council Board

Judy Shatto, *President*

(248)499-8574

Becky Bolden, *Vice President*

(248)766-3684

Philena Holdridge, *Secretary*

(248)977-3038

Joyce Parlor, *Treasurer*

(248)210-5678

Ruthie Griffin, *Sympathy Cards*

(248) 322-4222

Resident Council News

By Judy Shatto,
Resident Council President



School Supplies:

We are collecting new school supplies for Pontiac Public Schools again this year. We gratefully welcome your donations. Now is the time to get really good bargains on Back to School items. Drop off your supplies to the box located in the Community Center lobby. Thank you!

Village People Chorus:

Would you like to have some fun and mingle with some entertaining people? Come on Wednesdays at 11:00am and join the chorus! You don't even have to sing well—but we bet there are quite a few of you out there that can!



Garden Club:

Wow—it seems as though this summer has sped by! The Garden Club will be having its annual Plant Sale on Thursday, August 24th, in conjunction with our Anniversary Cookout. Our Garden Club meeting on Tuesday, August 8th, will be a pot-luck held at Patti's house. There will be a sign up sheet with space for members to notate what they will be bringing to the pot luck. We will discuss our options for staining the gazebo—color, preparation, and materials needed—at this Garden Club meeting. Thank you.

Library:

August is sure to bring on some very nice days—great to relax and enjoy a good book! Please take advantage of the wide array of books located within our Library, and enjoy each and every page!



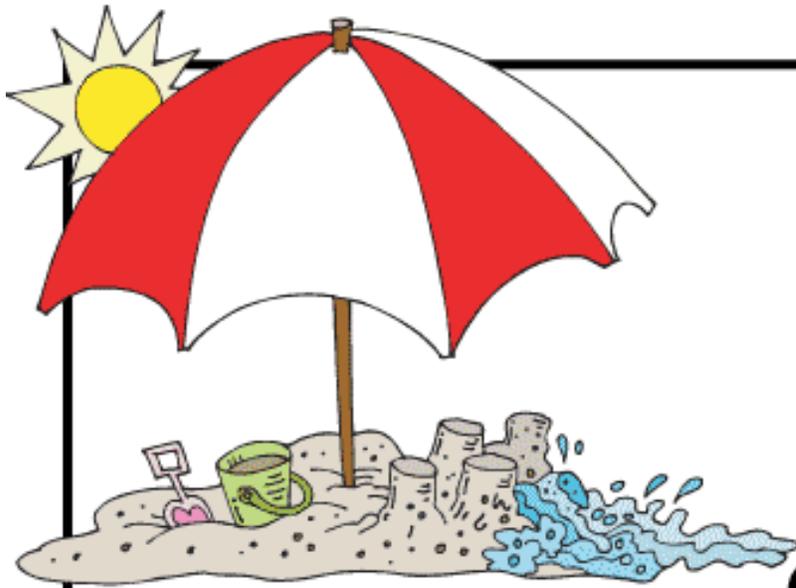
AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

CHRISTMAS IN JULY

Last month there were many “Christmas in July” shows on TV. The reason being either to “shop early” or, as I chose to believe, an attempt to encourage us to have the Christmas Spirit ALL year long! There is a common consensus nowadays that “things have changed”, and that “people just don’t care anymore.” I do realize that. However, I refuse to believe it. Our spirit of believing in the kindness and politeness of others can not be taken away. It never goes out of style, even in the fast-paced technology world. Believing in our good moral values still works! We just have to stand together and support one another! After all, we are the “Greatest Generation”! Look at all that we have survived and endured: The Great Depression, and World Wars to name a few! Let us find that Christmas Spirit in ourselves, and apply it to our Village and our daily lives. You all know where it is—dig deep. Together we can spread joy, rather than sadness, and our voices will be heard. Don’t give up, because that’s just not our way now, is it?





BEACH WORD SEARCH

DRNEAMESMLSBTBE
 RRTAHBAELSIUN
 SSACCIUERERKUEE
 NEXULIHCLZFISBG
 LBSBGSLSSTSSBNGSH
 BAOSAESAIOINCI
 MACEAAFNPJAZIKY
 TJSICLDIWGRCHLG
 LNWDPAAGVLQDZTAV
 XLNTLOWNPVPRAWN
 GAUSXIRWUHVBTD
 SKLGFMLTXSHEVRM
 NOITACAVWAVESAN
 PCDNSEBTPYXWSOJ
 QBD CGRSZWL BDRBL

Bathing Suit
 Bikini
 Boardwalk
 Lifeguard

Pelican
 Sailboat
 Sandals
 Sand Castle

Scuba
 Seagull
 Seashell
 Sunglasses

Surfboard
 Tropical
 Vacation
 Waves

August 2017

National Immunization Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 9:00 Strength Training 10:00 Kroger Marketplace	1 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 11:00 Independence Oaks Fishing & Picnic Trip	2 9:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	3 9:00 Balance & Core 1:00 Theater Thursday	4 9:00 Stretch & Flex	5
6	7 9:00 Strength Training 1:00 Eat Smart, Live Strong Presentation	8 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure & Bingo 1:00 Walmart & Chase 1:00 Garden Club Pot Luck	9 9:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	10 9:00 Balance & Core 11:00 Shopping Trip to "At Home" <u>FRUITS & VEGGIES</u>	11 9:00 Stretch & Flex 1:00 Board Games	12
13	14 9:00 Strength Training	15 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Aldi	16 <u>NO EXERCISE</u> 9:30 Belle Isle Senior Power Day	17 9:00 Balance & Core 1:00 Theater Thursday	18 9:00 Stretch & Flex 1:00 Birthdays & Bingo Celebration	19
20	21 9:00 Strength Training 10:00 Meijer	22 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Meeting	23 <u>NO EXERCISE</u> 9:30 "The Power of Music & Movement" Seminar	24 9:00 Balance & Core 12:00 VOW's 37th Anniversary Cookout!	25 9:00 Stretch & Flex	26
27	28 9:00 Strength Training	29 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Hollywood Market	30 9:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	31 9:00 Balance & Core 1:00 Theater Thursday	1 9:00 Stretch & Flex	

**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

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

