



Village News



Embrace the possibilities

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

August 2021

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Notes from Administrator

Happy August!

Hello all! What have you thought about all of this rain we have been getting? I can't believe how much it has been. I will admit, it really has made it quite difficult for our landscapers! I have received questions about landscaping and wanted to inform all residents that all questions are heard, and as a result plans are set in place. We are having several landscaping projects taking place including weeding, tree trimming and removal, flower planting, plus our recurring services. Miller has been doing their best to work around the poor weather, which has been difficult. I very much appreciate all the concern we have received and please be advised we are working our best with Miller around the poor weather.

Other upcoming projects include Concrete and Asphalt work. We will have some days in August in which you will see Midwest construction repaving both concrete and asphalt in specific areas for us. Please see the maintenance page for a layout of our plan for this.

It has come to my attention that we have been experiencing a higher level of solicitors during off hours. Thank you to all who have brought this to my attention. We do have a "No Soliciting" sign at the front of the campus. Should somebody come to your door and attempt to solicit please feel free to inform them that they "MUST check in with the office prior to going door to door." Please also take precaution in the following ways:

- Do **NOT** give out ANY personal information to anybody you do not know
- Ask the solicitor for a business card or a badge number
- Conduct research on that company **ONLY** after being provided with information

Finally, I do have to roll out a new policy. PLEASE CALL THE OFFICE WHEN A SMOKE DETECTOR GOES OFF. This will mostly occur when cooking food.

WHENVER your smoke detector goes off; please call the office to report. Following your report, Matt and Charles will come reset your smoke detectors to ensure safety. Following that we will ask you to sign off at the office that the smoke detector was set off and NOT an emergency and that all is "OK".

As always please feel free to call the office with any questions or let us know in any way we can be of service to you! Thank you and here is to another great month.



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

Time to Smile!

Originally established to promote dental health, this year National Smile Week runs from August 8th through August 14th. With the events of the past year and a half, it may be difficult to find something to smile about, but that is precisely why you need to make time to smile. Whether you feel like smiling or not, putting a smile on your face - even if it is a “fake” smile - sends signals to your brain that cause it to release chemicals that boost your mood. Smiling also gives your immune system a boost, reduces stress, lowers blood pressure and may even increase longevity. So the next time things aren't going your way, force yourself to smile. A short time thereafter, you may find things aren't quite as bad as they first seemed. And what better time to practice than during National Smile Week?



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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

Thank You The Village of East Harbor Family!

I am sharing this very heartfelt Thank You message from Sarah, our intern at The Village of East Harbor. It captures beautifully the reasons all of us choose to be a part of Presbyterian Villages of Michigan. Congratulations to Sarah! Wishing all of our readers a joyful rest of the summer. We are all enjoying reconnecting with family and friends.

Hello East Harbor Family,

As I'm sure many of you may know today is my last "official" day of my internship here at the Village. I am going to be staying contingent and will most defiantly be stopping in on all my breaks, visits home from school and try my best to come to all the events hosted here!

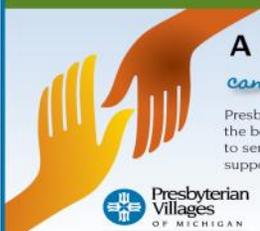
A quick update on me and my next steps after this internship; this was the last course I needed to complete my healthcare administration degree! So I guess we can say I am officially one degree hotter now!?! Lol ☺ But I am heading back to Alma at the end of the month to play basketball for one more year, finish my second degree in Communications and then in January I will hopefully start at Madonna University to get my NHA! Any wisdom or advice is always welcomed!

With that all being said, I truly am at loss for words for all of the wonderful experiences, leadership and mentorship each of you have showed me throughout the last 13 weeks here! It has all came and gone so fast and I can't thank you all enough for the amount of smiling faces and the open arms you have all have so easily given to me. I feel overwhelmed with gratitude leaving here and thank you for all the kind words said to me, taking the time to teach and mentor me, and most importantly for being the best family to work alongside. I don't think I could have been blessed with a better wholesome experience!

I would also like to give special thanks to David Miller who made this all possible and to Carolyn Martin who has made my entrance and time on the AL and IL side exceptional.

In my best efforts to show appreciation to you ALL, on Monday, July 26th, I have made a special video in honor of you guys and going to be hosting donuts and cider for ALL OF EAST HARBOR EMPLOYEES at 2 pm in Marguerites. If you can't come at 2 pm on Monday please at least stop and get some yummy treats that day when you can! If I could hug, and personally say thank you to each and every one of you, I would!

All my best & don't be strangers---
Sara Lesnesky
Intern



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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

Maintenance News

By Matthew Myers

Maintenance Lead

Hello Residents!

We have been having record breaking rainfall all around Michigan, but especially in our village. These rains come after having the storm drains cleared, and we can only imagine what the flooding rains would be like if we



had not cleared them. We sympathize with your worries, and are doing what we can to mitigate and clean anything that does get flooded. It needs to be said though that you should do what you can to protect yourself. If your unit has had water penetration or you are afraid that it could happen if these flooding rains continue, even though insurance will cover the costs of true floods, you should do what you can to save your precious belongings. Some things are irreplaceable, like pictures, memories, or gifts. Don't leave these precious things in a box on the floor, find a place on a shelf where even if your carpet was wet they would still be safe. For the future, a large paving project will begin and you will all receive information on your door about what will happen and when. Thank you for your patience.

PS. As a bit of non maintenance related news I'd like to announce that my son was born on July 19th! Link Martin Myers was 7 lbs 4 oz and 19 inches long. He's beautiful, healthy and my wife Stephanie is in good health and spirits. We appreciate all of you that prayed and wished us well, thank you so much!

Receptionist News

By Chaelyn Williams

Receptionist



**WANT HELP WITH
YOUR WEIGHT?**



We are happy to announce that our TOPS group is starting up again after being stopped by Covid-19. TOPS stands for "Take Off Pounds Sensibly".

Our area leader Cindy Evangelista will be joining us on Tuesday, August 3rd at 11:00 to talk to you about TOPS, how it works and how affordable it is compared to many other weight loss programs. Our own little group has been meeting here at The Village of Oakland Woods since 2007. We support each other through our gains and losses and even have a "Best Loser" of the week! We would love to have you stop by and see what we are about!



Service News

By Sue Carney

Service Coordinator

Welcome August!

Hope everyone is well. We are finally starting to get back to some sense of what ever normal is these days. It has been a very different past year and a half. Hopefully the future is much better.

Attention all residents who are veterans. We are planning to create what we call a wall of honor, as a way to honor our resident veterans. If you are interested in being honored, please let me know. We hope to have one picture of each of our veterans to be on display in the community center. If interested, please let me know no later than August 30.

Flu shots will be coming here Wednesday September 15th, and will be distributed by Walgreens. If interested, let Sue know or come sign the sheet on the table outside the office.

August will be a busy month, so check out your calendars.

There will be free blood pressure checks with Sabrina, from Angelic Home Health Care on the following dates: Tuesday August 3, 1:30 p.m., Tuesday August 10, 1:30 p.m. followed by Bingo, Tuesday August 17, 1:30 p.m. and a presentation on learning about & managing diabetes. Tuesday August 24, 2 p.m. and Tuesday August 31, 1:30 p.m. will be just blood pressure checks.

Wednesday August 11 at 1 p.m. Oakland County Deputy, Samuel James will be here to speak on senior safety, crime, scams and how to not become a victim. There will be time for questions and concerns.

Friday August 20, from 11 a.m. to 2 p.m. the Gleaners FREE food truck will be here in the community center parking lot.

Lastly, we are having a mobile farm food truck coming here every Thursday in August from 9:30 a.m. to 1 p.m. in the community center parking lot. This truck will have the first few weeks fresh veggies from a local farm and then the number of products could expand. This food truck is NOT free. You can pay for your purchase with cash, Michigan bridge card or credit card.

Please check out your calendar. Have a great month!

-Sue



goodbye July, hello
AUGUST



Wellness News

Joelle Baughman
Wellness Coordinator

Happy August!

It's the last month of the summer, how sad. We had a lot going on in the month of July and will continue with the pattern throughout August. I want to thank you all for your participation with the various events that have been running. It's great to see you all getting back out again. I also want to remind all of you that any and all suggestions about upcoming events and related topics must be brought up at the calendar-planning meeting.

For the upcoming month, we are going to be using our village van to take trips to grocery stores and such. Remember the fee is \$1, and **you must sign up in advance because space is limited to 6 spots.** First come first serve. In addition, we will be having our 41st anniversary party on August 13th from 4:30-6:30PM. We will have a food truck, free of charge, dunk tank, photos, entertainment, and ice cream. Check out the flier on the front for additional information. This month's birthdays and BINGO will be a bit different with PACE taking the lead. PACE will be bringing birthday treats and I will set games up throughout the community room. **Please make sure to sign up for all events in the binder located inside the community center!**

If you are having trouble seeing and reading the monthly calendar, there are bigger print calendars located in the community center. Don't forget to find us on Facebook at The Village of Oakland Woods for community news, upcoming events, and announcements.



August Events

- VVC Practice
- Sugar Cookie Eat and Decorate
- Technology Together
- Walking Club
- Detroit Institutes of Art Presentation
- Gleaner's Food Bank
- Prayer Group
- Resident Council Meetings
- Birthday Party with PACE
- 41st Anniversary Party
- National Rootbeer Float Day
- BINGO
- Oakland County Deputy Speaker
- Cards, Games, Popcorn
- Van Trips: Aldi, Dollar Tree, Walmart
- Exercise Class
- Adult Coloring
- Calendar Planning



5				8	6			1
		2	7		1	6		
	7	1				2	5	
9	1			2			7	
3			1	4	5			6
	6			9			2	4
	5	3				4	6	
		8	9		3	5		
2			5	1				7

Birthday Celebration!
Happy Birthday to all of our
August Babies!

D'Edra Lester-Roberts	8/3
James Keyes	8/3
Alma Shelton	8/4
Joyce Bailey	8/5
Carlene Branner	8/6
Nancy Mcgee	8/9
Glenda Stephens	8/11
Matthew Scott	8/11
Almeta Cook	8/12
Annette Lucas	8/13
Gertrude Rankin	8/13
Colleen Moberly	8/14
Karen King	8/14
Lelah Johnson -Green	8/15
Roseann Ramsey	8/16
Philena Holdridge	8/19
Mildred Roberts	8/20
Tanya Shabazz	8/22
Earline Thorne	8/23
Sarah Pauling	8/24
Samuel Scott	8/25
James Carrington	8/30



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.

Resident Council News

By *Philena Holdridge*

Resident Council President

Resident Council News

August 2021

“The works of the Lord are great, sought out by all them that have pleasure therein. His work is honorable and glorious and His righteousness endureth forever.” Psalm 111:2-3

Let’s not forget, our God is so great and greatly to be praised!

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

New Leasing Agent and Receptionist

As a Resident Council, we want to welcome Taylor, as the New Leasing Agent, and Chaelyn, as the new receptionist. Your friendliness and helpful ways are so appreciated!

Volunteer for Area 4 Representative

Please call or text Philena at 248-901-7939, if interested in welcoming new residents and answering any questions they may have.

Welcome Bags

The area representatives continue to give out welcome bags to new residents. If you have not received one from your area representative, call Philena at 248-901-7939.

Tabs for McDonald’s House in Detroit

Jay Samples is still collecting the tabs off pop cans as well as tabs from fruits and vegetables. They use the money from these tabs to fund some of their programs, as well as expenses. Drop them off at her Apt.9A, or bring them to our Resident Council Meeting.

Resident Council Meetings

We are changing our meeting time to the second Monday of each month at 2 PM, so that we don’t have conflicts with other activities at the Community Center. The Executive Board will normally meet on the first Monday of each month at 2 PM, unless you are notified of a change.

“Diamonds Are Forever”

This is the theme for the Fall Gala. Several of the Village of Oakland Woods residents and staff will be part of this fundraiser. Get your tickets early to reserve your spot.

Enjoy your final days of summer!!

Philena, Resident Council President

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 11:00 Exercise 1:00 Adult Coloring	3 10:00 God's Word and Prayer 11:00 TOPS 1:00 VVC Practice 1:30 Blood Pressure Clinic	4 11:00 Exercise 11:30 Village Chorus 12:30 Dollar Tree Trip	5 9:30-1:00 Farm Truck on Wheels 11:00 Walking Club 11:30 Technology Together 1:00 Detroit Institute of Arts Presentation and Craft	6 11:00 Exercise 1:00 Celebrate National Rootbeer Float Day and BINGO	7
8	9 11:00 Exercise 11:30 Calendar Planning Meeting 2:00 Resident Council Meeting	10 10:00 God's Word and Prayer 11:00 TOPS 1:00 VVC Practice 1:30 Blood Pressure Clinic	11 11:00 Exercise 11:30 Village Chorus 1:00 Seniors and Safety Presentation: Oakland County Deputy	12 9:30-1:00 Farm Truck on Wheels 11:00 Walking Club 12:30 Resale Shop Event <u>Fruits and Veggies</u>	13 11:00 Exercise 4:30-6:30 41st Anniversary Party with Food, Games, Entertainment	14
15	16 	17 10:00 God's Word and Prayer 11:00 TOPS 1:00 VVC Practice 1:30 Blood Pressure Clinic	18 11:00 Exercise 11:30 Village Chorus 12:30 Walmart Trip	19 9:30-1:00 Farm Truck on Wheels 11:00 Walking Club 11:30 Technology Together 1:00 Card, Games, and Popcorn <u>Focus Hope</u>	20 11:00-2:00 Gleaners Free Food Truck	21
22	23 	24 10:00 God's Word and Prayer 11:00 TOPS 1:00 VVC Practice 1:30 Blood Pressure Clinic	25 11:00 Exercise 11:30 Village Chorus 12:30 Aldi Trip	26 9:30-1:00 Farm Truck on Wheels 11:00 Walking Club 1:00 Birthday Party and Games Sponsored by Pace	27 11:00 Exercise	28
29	30 11:00 Exercise 1:00 Sugar Cookie Decorate and Eat	31 10:00 God's Word and Prayer 11:00 TOPS 1:00 VVC Practice 1:30 Blood Pressure Clinic			Exercise Village Activities Van Trips	All events are subject to change.

**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

EMERGENCY MAINTENANCE

(248) 330-0213

ON-SITE SECURITY

(586) 596-8185 OR

(313) 742-0285



**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

