



Village News



Embrace the possibilities

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September 2017

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Notes from the Administrator

Happy happy September everyone! We want to take a moment to thank everyone who volunteered, assisted, attended and supported the Village anniversary party last week. What a wonderful event and day we had. Over 75 guests and staff came together to recognize and celebrate 37 years of great living at the Village of Oakland Woods. Thank you again for all of you work and effort to make the event a success. Be sure to keep an eye to the September calendar for month of incredible activities and events for Oakland Woods.

We have to mention our newest family members to join the staff at the Village. The new smiling face greeting you as you enter the community center belongs to Hillary Vandenberg. Hillary joined our team last month and is a fantastic addition to our team. She brings the energy, enthusiasm and dedication we are always looking for here at Oakland Woods. Please take a moment to say hello and introduce yourself to her when you visit the community center. Our second addition to the team is Lisa May. Lisa will be assisting with our Occupancy and Marketing responsibilities. Lisa is a wife, mother and all around fantastic addition to our staff. If you have friends, family or associates that are looking for housing please refer them to Lisa and she will ensure that all of their questions are answered about the Village and again take a moment to introduce yourself and welcome both new members to our team.

If you have not seen or heard about the upcoming Toronto trip we have planned for you please take a moment to see Daniela's section explaining how to become a part of this wonderful off campus event. It is not as expensive or out of reach as you may think. See the details.

Lastly just a friendly reminder that we all live in a community together and it is important to respect each other and the property itself. Our dumpster areas are definitely an area of concern as of late. Please take the extra moment to ensure that trash is placed all the way in the dumpster and not left by the side or in the back of the enclosure. When this occurs it creates a beacon for wild animals and it is an overall unsanitary condition. We beg you to be aware of where the trash goes and to mind the dumpster doors and bins. With a tiny effort we can make a huge difference in the quality of life 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

Goodbye Summer; Hello Fall! **Seeds sewn years before are bearing fruit.**



Almost nothing is more satisfying than seeing hard work and preparation pay off. This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—***it's cider mill season!***

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer... become so very worth it.

The season is also a great metaphor for a planned gift, **such as a gift in your will**. Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

By doing the hard work now—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—**you can create a bountiful harvest** which will survive long into the next “season.”

Learn how you can leave a gift in your will 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. Want to volunteer with the PVM Foundation? Call us at 248-281-2043!**



*Help support
the PVM
Mission during
your lifetime
and beyond.*

**CONTACT
USTO
LEARN MORE**



WAYS TO MAKE A PLANNED GIFT

- > Bequest in your will**

- > Charitable Gift Annuity**

- > Life Insurance**

For more information,
call Paul Miller at the
PVM Foundation
248.281.2045
MyLegacy.pvmf.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Fall is in the Air

As the weather starts to change we are reminded that fall is in the air. To some, fall reminds us of crisp cool air, warm delicious drinks and the color change. To others the word fall might mean something entirely different. According to the National Council on Aging (NCOA), every 11 seconds an older adult is seen in an emergency department for a fall-related injury. As we begin to age a fear of falling can become a part of our everyday lives, dictating the things we do and places we go. Luckily there are easy ways to manage your risk for falling!

The NCOA has six tips to help reduce your risk for falling:

Find a good balance and exercise program

Ask your health care provider for an assessment of your risk of falling

Regularly review your medications with your doctor or pharmacist to make sure the side effects aren't increasing your risk of falling

Get your vision and hearing checked annually and update your eye glasses

Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars in key areas

Enlist the support of your family members and PVM staff in taking simple steps to stay safe

By implementing some or all of these tips you can help reduce your risk of falling. Instead of worrying about **A** fall, you can instead enjoy **THE** fall!

More information on how to reduce your risk of falling is available on the NCOA website:

<https://www.ncoa.org/healthy-aging/falls-prevention/>





Service Coordinator News

By Danette Pye,
Service Coordinator

*"It's where we go, and what we do when we get there, that tells us who we are."
~ Joyce Carol Oates.*

EAT SMART LIVE, STRONG

If you have been a part of the **EAT SMART LIVE STRONG** program, our last meeting will be on **September 18, at 1:00**. Come out and mix and mingle as we discuss what we've accomplished and how to keep your plans in place during the fall and winter months.

FOCUS HOPE

Please be sure to sign the form in the office when picking up your Focus Hope box. ***If there is no signature upon receipt of picking up your box after 3 consecutive months, you will be removed from the list.***

NATIONAL CHOLESTEROL MONTH

Cholesterol is waxy, fat like substance that your body needs. When you have too much cholesterol in your blood, it can build up on your artery walls. Too much cholesterol puts you at risk for heart disease and stroke. For more information on Cholesterol please see your Service Coordinator.





Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Hello and Happy September! First of all, I would like to thank you all for making our 37th Anniversary Celebration one to remember. It was wonderful to see so many residents, and guests, in attendance to celebrate our beautiful Village! Here's to many more happy years at the Village of Oakland Woods!

September is filled with plenty of fun and exciting things to keep your weeks busy! A few highlights will be our trip to Comerica Park to cheer on the Tigers, as well as our theater season at Meadow Brook Theater will kick-off on September 13th! If you happened to miss the opportunity to sign up for the Tigers Game, or if space is limited on any of our other outings, please always come speak with me. I usually have a waiting list for trips, in case of cancellations or adjustments to the original sign-up list. I always want to make sure that anyone who wants to attend a trip is able to attend.

Lastly, as some of you may have heard, I am looking to take a resident trip to Toronto, Canada this coming Fall! This will be a 3 day trip to the city. A majority of the cost for this trip will be covered by the Village, however residents will be responsible for paying \$150 to help with the cost of transportation and hotel rooms. Once in Toronto, we will have the option to visit famous places such as the CN Tower & Aquarium, the Edwards Gardens, The Royal Ontario Museum, the Hockey Hall of Fame, the St. Lawrence Market, and many more! A sign up sheet for this trip has been posted for a little while now, and I am asking that those looking to attend this trip sign up by Wednesday, September 13th. Once the group attending is established we will have an informational meeting going over more details of our trip! I am hopeful that this will be a wonderful experience for several of us to take part in! If you have any questions about Toronto, traveling to Canada, or the cost affiliated with the trip, please come speak to me before the sign up deadline. Thank you!

SEPTEMBER EVENTS

Coloring Book Social Hour: It's back! Come join us for some creative, and stress releasing activity! We will be coloring on Friday, September 8th starting at 2:30pm. Light refreshments will be provided, as well as some coloring supplies. You are also always welcome to bring your own coloring books and utensils if you have them! I hope to see several of you there!



Fiesta Bingo at The Village of Holly: After a successful cookout and picnic trip with the Village of Holly in August, we have decided to get together again for some "Fiesta Bingo"! On Monday, September 11, at 11:15am we will travel to the Village of Holly where there will be a taco bar for lunch and plenty of bingo fun & prizes for everyone! The cost for this trip is \$5, which will cover your bingo fee (usually \$2) as well as the cost for lunch. Let's spend some time getting to know residents from a different village, and play some bingo along the way!



Meadow Brook Theater: Our season at Meadow Brook will be kicking off in September. Their first production this year is a musical titled Johnny Manhattan. Information on the show is listed on the next couple pages of your newsletter. We will be leaving for this show at 1:15pm from the Community Center. Please be sure to sign up for this trip, as there are only so many tickets available to us! I'm excited to have another year at the theater, and I hope several of you are able to take advantage of this great gift!

Tigers Baseball Game: Our trip to Comerica Park is finally upon us! Thank you to all of you who signed up for the trip. I have our tickets purchased, and our meal vouchers are ready to go. Now we just need a little luck for the Tigers in the hopes that they win! As a reminder, this game is on Thursday, September 14th, and we will be leaving from the Community Center at 12:15pm. If you have any other questions about the trip or details about the stadium please come speak to me before the 14th! Thank you.



SEPTEMBER EVENTS CONT.



Eastern Market Trip: As the summer season comes to an end, I thought it would be great to sneak in a trip to Eastern Market, and snatch up some of the early fall produce items! This trip is scheduled for Tuesday, September 19th, at 9am. Please be sure to bring your own reusable shopping bags, as well as some cash to purchase your fresh finds. I'm looking forward to this trip with you!

Village People's Choir Concert: Our lovely choir will be hosting a concert for us all on Wednesday, September 20th, at 2pm! Please see the attached flyer for further details on the concert, and cost for entry. This is a wonderful opportunity to support your friends and neighbors, as well as enjoy some lovely music that they have been diligently rehearsing for the last few months!

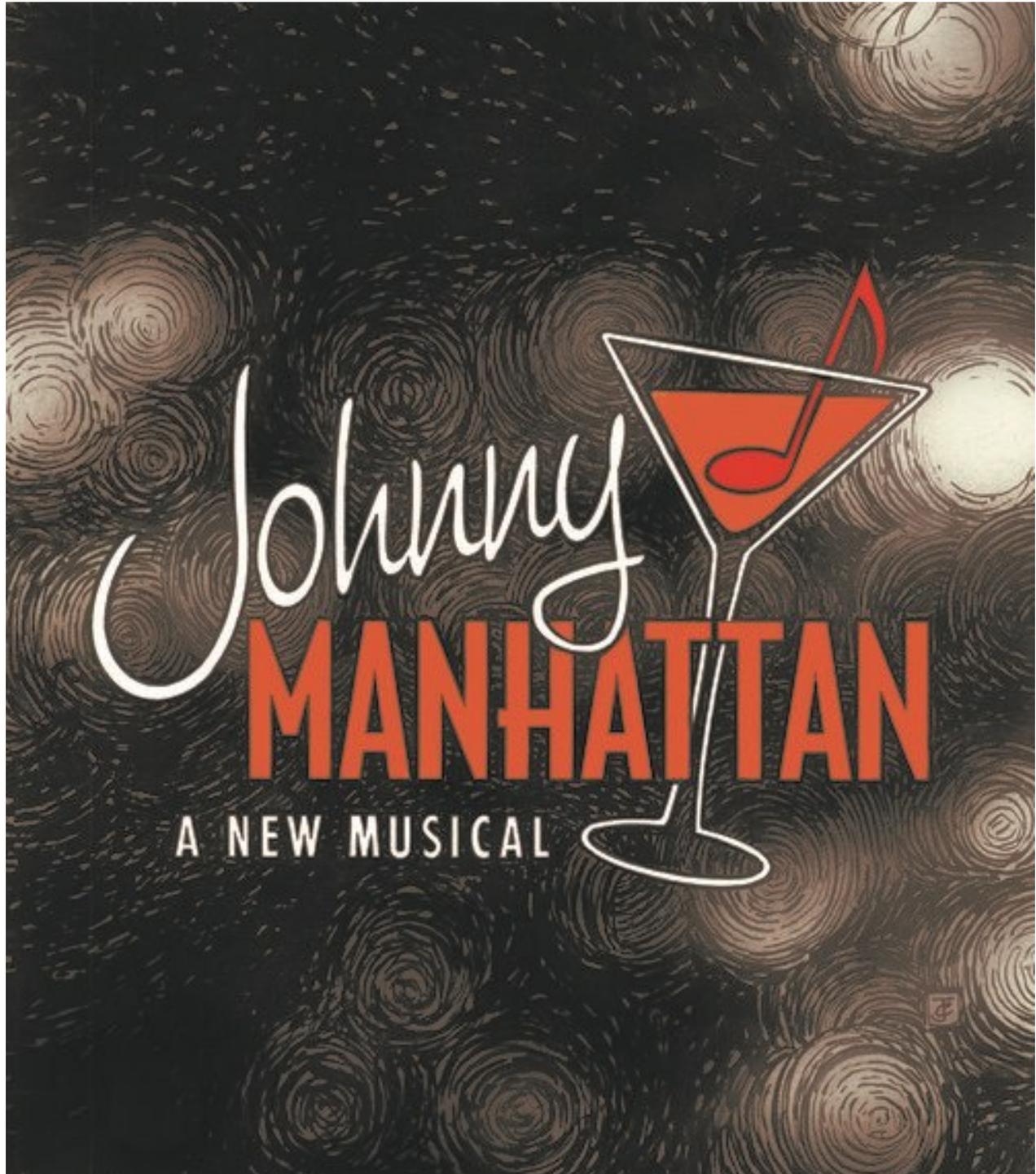


Birthdays & Bingo Celebration: If you are unable to attend Fiesta Bingo at Holly, you have another chance to play during our Birthdays and Bingo celebration on Friday, September 22nd! We will gather in the Community Room at 2pm, enjoy some sweet birthday treats together, sing a heartfelt "Happy Birthday" to all of our September Birthdays, and then play a little bit of bingo! It is always nice to have a big group of residents participating in this activity, and I hope that continues into the fall and winter months as well! See you all there.

Movie Theater Trip: Our last big trip for the month of September will be to Star Cinemas to check out the latest movies showing! We will take this trip on Monday, September 25th, at 11am. Residents will have their choice of movie selections that have a start time between 12pm and 12:30pm, as well as if you decide not to see a movie you are able to get some shopping done while at the Great Lakes Crossing Outlet Mall. Please be sure to sign up for this trip in advance, and also note that the cost of the movie ticket/snacks/shopping items will be the responsibility of each individual resident. Thank you!



MEADOW BROOK THEATER PRESENTS:
JOHNNY MANHATTAN



An exciting new musical set in a New York City nightclub when places like the Copacabana, The Latin Quarter and El Morroco were filled with socialites and glamorous showgirls. It's 1958 and Johnny, the owner of Johnny Manhattan's has invited his closest friends to a private party for a surprise announcement. Unexpected surprises abound as relationships clash and secrets are revealed. Don't miss this preview at Meadow Brook for the first time prior to opening on Broadway! World Premiere



4th Anniversary Celebration



The Village People Chorus



Presents

A Sweet Memories Concert

Wednesday, September 20th at 2:00 p.m.

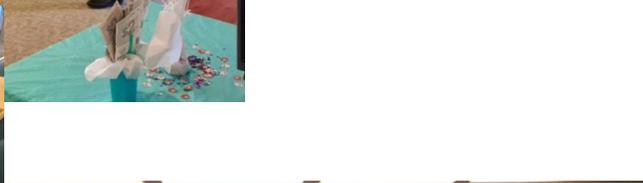
The Village of Oakland Woods

Invite your family members and friends

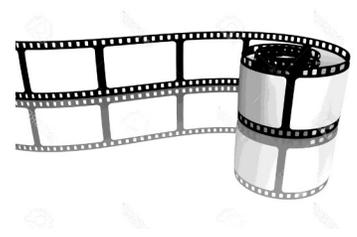
\$2 Donation Upon Entrance

Light Refreshments Served

OAKLAND WOODS ON THE GO!



Theater Thursday



Thursday, September 7, Hidden Figures: In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth.

Thursday, September 28, Florence Foster Jenkins: Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible.



SEPTEMBER

The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down. The gentian's
bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun. The sedges flaunt
their harvest.
In every meadow nook;
And asters by the brook-side
Make asters in the brook.
From dewy lanes at morning
The grapes' sweet odors rise;
At noon the roads all flutter
With yellow butterflies.
By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.
But none of all this beauty
Which floods the earth and air
Is unto me the secret
Which makes September fair.
T'is a thing which I remember;
To name it thrills me yet:
One day of one September
I never can forget.
—Helen Hunt Jackson



Birthday Celebration!

The Birthday Party will be held on Friday, September 22! Please join us in the community room at 2:00pm for the refreshments, bingo and prizes!

Martha Cameron.....9/1
Willie Williams9/2
Mary Tillman9/3
Patricia Horn.....9/8
Phyllis Davenport.....9/8
Becky Bolden9/8
Elroy Lance.....9/10
Marie Riley9/12
Veola Wilson.....9/14
Lois Harney9/15
Sharon Shreve.....9/20
Dorothy Dilworth9/23
Maggie Bilbo.....9/23
Raycene Madden....9/24
Bernadette Harrison9/26


“Side by side,
or far apart,
Our grandparents
are always in our
hearts”

~~

**Happy
Grandparents
Day!!**



Resident Council News

By Judy Shatto,
Resident Council President

September Celebration:

Instead of our regular Resident Council Meeting on Tuesday, September 26th, we will be honoring the outgoing officers, as well as past officers who have served our Village, and welcoming the new officers and area representatives. We thought we would have an Appreciation Party! It will be at 2:00pm on Tuesday, September 26th, in the Community Room. There will be a sign up sheet in the September sign-up binder, and you must sign up for this event. The Resident Council will be providing the entire menu. Sign up and come and meet your neighbors! It is sure to be a lot of fun!



Parking Stickers Village Rules Update:

1. All residents must register their vehicle at the office. There is a registration form every resident must fill out and turn in to the office.
2. One resident—one vehicle
3. All residents must permanently display their ASSIGNED parking sticker on their REGISTERED vehicle.
4. You must display your handicapped placard or handicapped license plate at all times if you are parking in “handicapped parking.”
5. Any changes of a resident’s vehicle or plate must be updated with the office
6. No parking overnight on ANY STREET (only to drop off or unload groceries, etc.). Security will issue a parking violation on your vehicle if parked on the street.
7. A second parking violation may end up with a towing, and the cost will be at your expense.
8. All visitors’ vehicles, staying for longer than 48 hours, must be reported to the office with details on the vehicle and the time visiting.

These are the rules we must all follow to keep our Village pleasant, safe, and secure. Thank you!

School Supplies:



We are still collecting school supplies for our local Pontiac schools, to be donated to those in need. Thank you to the many residents who have already contributed to our collection—you are helping many young students in our area!

Garden Club:

We would like to say a heartfelt THANK YOU to all those who purchased plants & ice cream drumsticks from us at our 37th Anniversary Celebration. It was quite successful, and all proceeds go back to our Village and its beautification. The Garden Club is still selling ice cream drumsticks for \$1!! Find Judy, Sharon, or Hillary in the office to get your sweet treat!



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

AS THE VILLAGE TURNS

AS THE VILLAGE TURNS



Beautiful Flowers Contest Winnners!



1st Place: Pat Friend, Area 1, Apartment 6D—Beautiful rose bushes on the front and side of her apartment.

2nd Place: Melissa Bridgeman, Area 4, Apartment 32C. A pretty variety of flowers and placement in the front of her apartment.

3rd Place: Alma Shelton, Area 3, Apartment 25D. Coordinating pink potted flowers along the front, side, and back of her apartment.

First, second, and third place ribbons will be awarded to the three winners based on the judges' decisions, and the required nomination forms filled out and handed in to the designated box by Village residents.

I want to thank everyone that took the time to enter someone's flowers that they admired. Congratulations to all that participated in this annual contest!

I have to say our Village Campus is so beautifully adorned with so many flowers on porches and patios. It definitely lifts a person's spirit and brings pure happiness and enjoyment for all. Thank You!!



AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

IN REMEMBRANCE OF SEPTEMBER 11TH:

Remember

Our brothers, our sisters,
our fathers, our mothers,
our sons and daughters,
and those we never knew
will remain forever in
our hearts and shall
never be forgotten.



September 2017

National Cholesterol Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
3	4 OFFICE CLOSED HAPPY LABOR DAY! 	5 NO EXERCISE 11:00 TOPS 11:00 Blood Pressure Clinic	6 NO EXERCISE 10:00 Prayer Group 11:00 Village Chorus	7 9:00 Balance & Core 10:00 Walmart & Chase 1:00 Theater Thursday	8 9:00 Stretch & Flex 2:30 Coloring Book Social Hour	9
10	11 9:00 Strength Training 11:15 Fiesta Bingo at The Village of Holly 2:00 Bible Study	12 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure & Seminar 1:00 Kroger 2:00 Garden Club	13 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:15 Meadow Brook Theater NO SIT & BE FIT	14 9:00 Balance & Core 10:45 Tigers Baseball Game FRUITES & VEGGIES	15 9:00 Stretch & Flex	16
17	18 9:00 Strength Training 1:00 Eat Smart, Live Strong 2:00 Bible Study	19 NO EXERCISE 9:00 Eastern Market Trip 11:00 TOPS 11:00 Blood Pressure & Bingo	20 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit 2:00 Village People's Choir Concert	21 9:00 Balance & Core 1:00 Meijer FOCUS HOPE	22 9:00 Stretch & Flex 2:00 Birthdays & Bingo	23
24	25 9:00 Strength Training 11:00 Movie Theater Trip 2:00 Bible Study FREE TABLE	26 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Appreciation Party	27 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit	28 9:00 Balance & Core 10:00 Hollywood Market 1:00 Theater Thursday	29 9:00 Stretch & Flex	30
1	2	3	4	5	6	7

OCTOBER

**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

Hillary Vandenberg
Administrative Assistant

Lisa May
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

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Pontiac, MI 48341-3145

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