



Village News



Embrace the possibilities

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

September 2020

Featured Articles

- Administrator Notes **P. 1**
- The Senior Advocate **P. 2**
- Office News **P. 3**
- Maintenance News **P. 4**
- Service News **P. 5**
- Wellness News **P. 6**
- Zoom Meet w/ Jon **P. 7**
- Painting w/ A Twist **P. 8**
- September Birthdays **P. 9**
- Resident Council **P. 10**
- September Calendar **P. 11**

Notes from the Administrator

Happy September Residents

Wow! What a busy time this has been. It's very easy to think "where has the summer gone?" Believe me, I am definitely wondering that! However, we are healthy and we know better days are to come!

I want to begin by thanking you all so very much for being so patient with our staff during this time period! Thank you for being patient with our maintenance team as we completed our internal inspections and have been working on fulfilling work orders placed during the COVID-19 time period. Thank you for being patient with our front office staff for completing all paperwork signings in a timely fashion! Thank you for being patient with our Service and Wellness team as they are learning how activities and services can be provided to you during this time. All of the patience you have given us, and hope you continue to give us, have really helped us to service you better!

Please see the Maintenance Page for an update on how we will be conducting work orders at this point, now that we have completed our Internal Inspection. I also want to note about our lighting and landscaping plans. You will see OAK Electric here at the end of August and beginning of September repairing all of our lighting issues on the campus! This is something we are thankful and again appreciate your patience on! Following that work, we are looking into several areas that will require landscaping at that time. We are very appreciative of all of the concerns brought to our attention. We are addressing them individually during a time of keeping all safe!

I would love to invite you all to a Zoom Town Hall Meeting that I will be hosting on Friday, September 11 at 1:00pm. I would love to answer questions, gain feedback and share other village announcements during that Zoom Session. Please see the flyer in the newsletter for more information.

Finally, I would like to offer a friendly reminder about the wildlife on the Oakland Woods Campus. While we realize how wonderful it is having the turkeys, geese, and other furry friends, please note that they are wild creatures. Feeding the animals can create disturbances for your neighbors. A respectful request to please refrain from feeding the animals and allow them to find food on our property will be greatly appreciated.

I hope you have a great month! Looking forward to seeing everybody soon!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Exercise Your Right to Vote!

The election will be here very soon! Remember that voting is a right folks have fought and died for. Many citizens around the world do not have this right. So please exercise your right to vote. Take action now! Request an absentee ballot as soon as possible to make sure it reaches your clerk's office in time to cast your ballot via mail.

Once you have completed your ballot you can also utilize the more than 700 ballot drop box locations which are around the state. Although others are prohibited from telling you how to vote, they can drop off your ballot for you. Get some "Return On Investment" from your children and grandchildren! You can check with your local clerk's office to find a location near you.

Vote not only for yourself, but to honor all those who sacrificed for this right!





Office News

By Hillary Vandenberg

Administrative Assistant

Happy September, residents! I hope everyone had a fun and safe summer. It sure was a different one, but I hope everyone was still able to enjoy the weather. I want to thank all of the residents who have visited us at the community center and have followed the mask mandate. Wearing a mask is the best thing we can do right now to reduce the spread of the virus and I appreciate everyone's cooperation at this time.

In village news, the walking club has started up again and we're seeing a good number of participants. We have been walking around the campus every Monday at 11:00. If you see us around, come join us! Once we have approval, Joelle our new wellness coordinator, will be able to take us on different walking trips with the bus. But until then, we are exploring our beautiful campus.

I hope everyone has a great September and start of fall. Please don't hesitate to reach out to me in the office if you have any questions.

Thank you,

Hillary





Maintenance News

By Matthew Myers

Maintenance Lead

Dear Residents,

Your maintenance team appreciates how you have cooperated to get all of your units inspected. Now that the inspections are complete, we need to follow up on many things. In the 150 apartments we inspected, we identified 488 tasks needing our attention. On the cottage side, we have 66 units with 330 items that we will return to work on. That is a grand total of 818 tasks to complete and makes for the most comprehensive inspection that any village can undertake.

Knowing that we have over 800 things to do, we continue to ask for your patience as we prioritize what we can do with the time we spend servicing you. Plumbing issues are going to take precedence over doors, which are more important than blind slats, to give an example of how things are weighted.

As we follow up on the lower priorities deficiencies, we will also be replacing your furnace filters. The maintenance team will be working with our administrative employees to give you notice. We will do our best to give notice 24 to 48 hours before returning to take care of lower priority things, but high priority things will be visited as soon as feasible. For instance buildings 1 and 2 may get a notice that maintenance will be visiting for repairs and filters in the form of a call message. If you are not receiving these call messages from our automatic call system, please call the office and update your phone number, and always check and clear your voicemails **before** calling the office.

We would like to thank you again for the opportunity to maintain your units and we appreciate how patient you have been in this unprecedented time. Please stay clean, safe, and healthy.

Service News

By Sue Carney

Service Coordinator

Welcome September!

Hello fall! What a beautiful time of the year, with hopefully a little bit of temperature cool down and all the fall colors changing. Do not get me wrong, I am definitely not ready for winter. We need to enjoy the outdoors as much as we can. Get out of your apartments, enjoy the sunshine and visit with proper social distancing.

Mark your calendars for the following events:

- Friday September 18, from 12:00, noon to 2:30 p.m. There will be **free** fresh fruits and veggies and some other food from Gleaners Food Bank. This will be in the office parking lot. Masks and social distancing will be required. Take only what you need. This is first come, first serve.
- Wednesday September 30, from 1 p.m. to 2:30 p.m. at the community center we will have Flu Shots from Wal-Green Pharmacy. If you are interested in one, you can come into the office to sign up or you can call the office at 248-334-4379 to sign up by **September 24**. You must bring a mask, your ID and insurance information.

Any questions on any of the above, let me know.

Have a blessed month. Stay safe and always remember to be KIND AND
PACK YOUR PATIENCE!.....SUE



Wellness News

Joelle Baughman

Wellness Coordinator

Hi All,

I hope you all enjoyed August as we were able to start some activities back up again. It was great to finally start to match names to faces and meet several new residents. During August, we had our Summer Picnic which had a great turn out and I hope that the one's who showed up had a good time. It was definitely good to hear laughs again. Also, we launched our Fall Risk Prevention Programs and they are off to a great start, you all are doing very well and getting stronger each day.

This month we are all about the Village Victory Cup. I appreciate all of you who volunteered to participate and are ready to take home the Village Victory Cup, once again. For those who did not want to take part in the events, we still would love to see you show your support at each of the events. Look at the September calendar for those dates and times. Between competing for the Village Victory Cup, getting active at the Fall Risk Prevention Programs, and taking time for yourself, I wanted to host a weekly bingo or craft event. This month it will be "Painting with a Twist" which you must sign up for in advance because space is limited. We will also be hosting a doctor, virtually, who will be talking about protein and its importance. More information is to come, so be on the look out.

I am very open to hearing ideas you may have or things you would like to see happen in the wellness department at the VOW. I love being able to create an atmosphere to which you can adopt a healthy lifestyle. Any questions, comments, or concerns please feel free to give me a call at 248-334-4379 or stop by my office.

Stay positive,

Joelle

Virtual Zoom Meeting with Jon

Come join a Town Hall meeting to go over announcements and be able to give your feedback.

Time: September 11th at 1:00 PM

How to join the meeting:

Option 1:

- Go To

<https://us02web.zoom.us/j/89076623539?pwd=aG9QblRrcUVicUhpOXFnbkFwOHZBQT09>

- Enter

Meeting ID: 890 7662 3539

- Enter

Passcode: 317440

Option 2:

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 890 7662 3539

Passcode: 317440

Painting with a Twist



September 17th at 1:00pm at the community center

Come join us as we follow along a step by step YouTube video tutorial that will result in this gorgeous painting. All materials will be provided.

You do not need to be creative or have had any previous painting/art experience.

This painting is beginner friendly.

There is a limit of 9 residents allowed in the class. **You must sign up in advance** by calling the community center at 248-334-4379 and speaking with Joelle.

5 Ingredient Recipe: Healthy and Budget Friendly White Chicken Chili

DESCRIPTION

This delicious and easy white chicken chili recipe can be made with just 5 ingredients in 15 minutes!

INGREDIENTS

6 cups chicken stock

3 to 4 cups cooked shredded chicken

2 (15-ounce) cans beans of your choice, rinsed and drained (I used Great Northern beans)

2 cups (16 ounces) salsa verde

2 teaspoons ground cumin

optional toppings: diced avocado, chopped fresh cilantro, shredded cheese, chopped red or green onions, sour cream, crumbled tortilla chips

INSTRUCTIONS

1. Combine ingredients. Stir together chicken stock, shredded chicken, beans, salsa and cumin in large stockpot.
2. Bring to a simmer. Cook on high heat until the soup reaches a simmer. Then, reduce heat to medium-low to maintain the simmer.
3. Serve. Serve immediately, garnished with your favorite toppings.

Birthday Celebration!

Happy Birthday to all of our
September Babies!

| | |
|---------------------|------|
| Mary Tillman | 9/3 |
| Shirley Stroggin | 9/3 |
| Joan Manchester | 9/4 |
| Becky Bolden | 9/8 |
| Betsy Proper | 9/8 |
| Phyllis Davenport | 9/8 |
| Patricia Coulson | 9/9 |
| Elroy Lance | 9/10 |
| Helen Clark | 9/12 |
| Marie Riley | 9/12 |
| Madeline Lindauer | 9/17 |
| Sharon Shreve | 9/20 |
| Dorothy Dilworth | 9/23 |
| Raycene Madden | 9/24 |
| Bernadette Harrison | 9/26 |
| Glenda Smith | 9/30 |



Resident Council News

By *Philena Holdridge*

Resident Council President

Hello Residents of Oakland Woods! It's hard to believe that autumn is here, and the leaves are beginning to change. The hibiscus with huge flowers and limelight hydrangea (white grape-clustered) are in full blossom in front of the community center, welcoming us as we enter. Each season of the year shows the handprint of God on creation and on our lives. As we get older, our roots go deeper and we cherish the wonderful memories we hold so dear. Each day becomes more precious! Let's encourage one another in the autumn of our lives!

“Being confident of this very thing, that He who has begun a good work in you, will perform it until the Day of Jesus Christ” Philippians 1:6

Summer Picnic

We are so grateful for the lovely picnic we had this month planned by Joelle, our new Wellness Coordinator. Thank you as well, to the rest of the staff that is always there to serve us. It was so wonderful to see the faces of fellow residents and share what's been happening in our lives. Please continue to pray for those you know that are still recovering from surgeries and loss of loved ones.

Wellness Classes

Please take advantage of Joelle's walking group on Mondays at 11 AM. Balance classes are on Tuesday and Thursday at 11:30AM and strength classes on Wednesday and Friday at 10:30AM. Call 248-334-4379 to sign up.

2020 Village Cup

We were **supposed to call and sign up by August 15**, so double check with Joelle to see if there are still openings.

Resident Council Officers' Meeting

This meeting will be held on **September 8, 6:30 PM** and is only for the **4 officers**. It will be held at my house (375 Maplewood Lane) **in the driveway outside, 6 ft. apart and with masks on. Please bring a lawn chair.** We will be discussing some future plans when Oakland Woods opens up. Bring some fresh ideas! Dessert and drinks will be served.

“Stir up one another to love and good works...encouraging one another and all the more, as you see the Day approaching” Hebrews 10:24-25

God's Blessing on You All~ Philena

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



September 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|--|-----------|
| <p>The Village Victory Cup Kicks Off This Month! Supporters Wanted.</p> | | <p>1 11:00 Healin Meals Pick Up 11:30 Fall Risk Prevention: Balance Village Victory Cup Begins</p> | <p>2 10:30 Fall Risk Prevention: Strength 11:30 Village Victory Cup Hoop Shoot</p> | <p>3 11:30 Fall Risk Prevention: Balance 1:30 Bingo</p> | <p>4 10:30 Fall Risk Prevention: Strength 1:00 Village Victory Cup Bean Bag Toss</p> | <p>5</p> |
| <p>6</p> | | <p>8 10:00 God's Word and Prayer 11:00 Healin Meals Pick Up 11:30 Fall Risk Prevention: Balance</p> | <p>9 10:30 Fall Risk Prevention: Strength 11:30 Village Victory Cup Banner Decoration</p> | <p>10 11:30 Fall Risk Prevention: Balance 1:30 Bingo</p> | <p>11 10:30 Fall Risk Prevention: Strength 1:00 Zoom Meeting w/ Jon Fruit and Veggies</p> | <p>12</p> |
| | <p>14 11:00 Walking Club 1:00 Village Victory Cup Sing - A - Long</p> | <p>15 10:00 God's Word and Prayer 11:00 Healin Meals Pick Up 11:30 Fall Risk Prevention: Balance</p> | <p>16 10:30 Fall Risk Prevention: Strength 11:30 Village Victory Cup Kick-A-Roo</p> | <p>17 11:30 Fall Risk Prevention: Balance 1:00 Painting with a Twist Focus Hope</p> | <p>18 10:30 Fall Risk Prevention: Strength 12:00—2:30 Free Fruits and Veggies Pick Up 1:00 Birthdays and Bingo</p> | <p>19</p> |
| <p>20</p> | <p>21 11:00 Walking Club 1:00 Village Victory Cup WordSmith</p> | <p>22 10:00 God's Word and Prayer 11:00 Healin Meals Pick Up 11:30 Fall Risk Prevention: Balance</p> | <p>23 10:30 Fall Risk Prevention: Strength 11:30 Village Victory Cup Wellness Walk</p> | <p>24 11:30 Fall Risk Prevention: Balance 1:30 Bingo</p> | <p>25 10:30 Fall Risk Prevention: Strength</p> | <p>26</p> |
| <p>27</p> | <p>28 11:00 Walking Club 1:00 Live Virtual Protein Talk w/ Dr. E</p> | <p>29 10:00 God's Word and Prayer 11:00 Healin Meals Pick Up 11:30 Fall Risk Prevention: Balance</p> | <p>30 10:30 Fall Risk Prevention: Strength 1:00-2:30 Flu Shots Village Victory Cup Ends</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

Hillary Vandenberg

Administrative Assistant

Joelle Baughman

Wellness Coordinator

Sue Carney

Service Coordinator

Matthew Myers

Maintenance Supervisor

Charles Williams

Maintenance Technician

EMERGENCY MAINTENANCE (248) 330-0213

ON-SITE SECURITY (586) 596-8185



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

**The Village of
Oakland Woods**
A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan
420 S. Opdyke Rd
Pontiac, MI 48341-3145

