



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

May

2014

Featured Articles

Administrator Notes	pg 1
Fitness in the Woods	pg 2
Giving Matters	pg 3
The Senior Advocate	pg 4
For Your Safety	pg 5
Wellness Coordinator	pg 6
Service Coordinator	pg 9
Resident Council	pg 11
Birthdays	pg 12
Monthly Calendar	pg 13
Contacts	pg 14

[NOTES FROM THE ADMINISTRATOR](#)

The magical month of May is upon us, and we are saddened by the retirement of Nancy Morin from the Oakland Woods staff. After 17 years as a volunteer and working for Oakland Woods she has decided it is time for her to enjoy her time with her family. As Nancy exits the Oakland Woods family we are excited to have a new member join us. Nichole Ledwell is taking Nancy's familiar spot at the front desk and we are thrilled to have such an experienced, energetic and enthusiastic person on board the team. Please take a moment when you come in to say hello and introduce yourself to her. Welcome Nichole!

Just a reminder to all the cottage residents who have guests and visitors that if they choose to park in the street rather than your driveway please let them know that they do not have to pull up on the grass areas. The road is wide enough to park on in between the curbs. This will help keep our community beautiful and in a pristine condition.

For our pet owners, when letting your dogs or cats out to enjoy the nice weather please remember that you are required to keep them on a leash which restricts them to the area just outside your patio. Be respectful of your neighbors and ensure that your pet is properly leashed! And yes this goes for cats as well. Free roaming cats are not allowed at Oakland Woods. It is not only a lease violation but dangerous to the animal.

Residents who have an issue or complaint regarding their neighbor's activities or behavior are required to fill out a written resident complaint form for us to follow up on. A phone call to the office is still ok to alert us of the problem but we ask that this is followed up with the official written complaint. All submissions are kept confidential and your name will not be mentioned.


Any resident who has a guest or care giver visiting the Village is responsible for the behavior and actions of those individuals. Remind your guests of the rules and lease clauses pertaining to guest behavior. If your guest or worker violates the rules your tenancy may be at risk. Also any overnight guests must be registered with the office so we may ensure that their length of stay is documented and within the lease guidelines.

The Furniture Bank of Southeast Michigan is looking for volunteers to assist in their mission to provide quality furniture to families in need. As sign up sheet for opportunities will be available at the community center. They need people who can help in the office as well as with some of their events. PVM will provide the transportation to and from the location, you only need to sign up and show up.



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

Last Month's Word Search Answers

The 2014 Village Victory

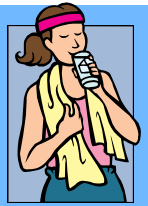
Mark your calendars! The 2014 Village Victory Cup will soon be here. Will the Westland Stars defend their title? Will the Warriors from the Village of St. Martha's re-claim the Spirit Award? To be the best you have to beat the best and rumor has it both Villages are ready to take on all challengers.

This year the Village Victory Cup has been scheduled for Friday, June 27th and will again be held at Ultimate Soccer Arenas in Pontiac. Along with the usual events: Wellness Walk, Puzzler, Bake Off, Hoop Shoot, Bean Bag Toss, Balloon Volleyball, and Expression of Wellness, we have added a paper airplane flying competition called Top Gun. It replaces the Relay Walk since in the past many villages were unable to enter this event because they couldn't find relay members for each age category.

In April detailed event descriptions and registration instructions were sent to each Village. If you want to participate this year contact your Village Administrator right away. The events have entry limits and there is a registration deadline.

Villages located 100 miles or more from the PVM Home Office will be able to participate in the Virtual Village Victory Cup. Event descriptions and registration information were sent to your Village in April as well. For more information contact your Administrator.

Fitness in the Woods



- We will officially be changing the name of our Yoga class to Stretch and Flex. The class will remain the same and we will still be going through all of our normal stretches and poses, yet sometimes the word 'yoga' can intimidate beginners. In this class we will be focusing on improving flexibility through out the entire body. Increased flexibility can decrease your risk for injuries and will protect you in everyday living. We also focus on relaxation and stress reduction in this class. I hope to see many of you in class with us! Remember, try everything once!





Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Column Name: Giving Matters

Headline: Grants Awarded to Villages!

Thanks to the generous support from our donors, the PVM Foundation Grant Allocation Committee was able to award over \$62,000 in grants to the Villages in April 2014. The following are the Villages and projects that were funded:

- The Village of Westland-New Furniture for the Cottages
- The Villa at The Village of Redford-Security Camera Upgrades
- The Village of Peace Manor-New Security Camera System
- Many PVM Housing Sites-Funding for Resident Activities

Projects like these and the many others that we fund throughout the year would not be possible without the support of our donors, so THANK YOU for all that you do for PVM and the Villages. If you have any questions regarding projects that we fund, please call me at 248.281.2040.


Another event that is sponsored by the PVM Foundation is the Village Victory Cup. I hope to see each of you there competing with your teams! I will be announcing the games again this year, so make sure to bring your earplugs if you don't like cheesy jokes!

On behalf of PVM Foundation, thank you again for all that you do to move the PVM Mission forward, and it is my pleasure to serve you as a resident.

With gratitude,

Paul J. Miller, CFRE
President
Presbyterian Villages of Michigan Foundation

HELPING OTHERS *helps you!*



Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

UP TO 9% RETURN

Presbyterian Villages OF MICHIGAN THE FOUNDATION
 Check out your possible rate of returns by visiting www.pvmgifts.org
 Or, for more information, call Paul Miller at the PVM Foundation **248.281.2045**
www.pvmgifts.org

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



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

TOP ROLE MODELS FOR AGING WELL

May is Older Americans Month. This is a time to honor older Americans and take notice of the wonderful contributions they have and will continue to make for our country. In recognition of this important designation I have chosen to unveil my annual list of role models for aging well:

Mickey Rooney : For many years he entertained audiences in a delightful manner as an actor and show business personality. Mickey passed away recently but left a legacy of taking on elder abuse and exploitation. A victim of his own family members, he spoke out and held them accountable. He then helped to launch a national campaign against elder abuse and testified before Congress.

CHER: CHER has entertained audiences for years and recently announced a new concert tour at which she will be wearing an original costume from her early days. Now I want to place a disclaimer here in that we do not all have to be able to fit into an outfit or costume from decades ago; but hats off to her!

GOLF LEGENDS: Jack Nicklaus, Arnold Palmer, and Gary Player, for their recent appearance at the Masters Tournament and for still being able to hit a golf ball better than most of America.

DOROTHY HEIGHT: A Village of Mill Creek board member, for her courage in not allowing the chronic condition of Lupus to get the best of her and for her continued work to bring attention to this issue. She also is involved with education programs for others to win the good fight.

GLORIA STEINEM: This icon of the Women's Movement also was one of the first in America to send the message to others that we should be proud of our age. At forty she announced: "This is what forty looks like!" At fifty she was featured at a "This is what 50 looks like" party at the Waldorf Astoria Hotel. Now at eighty years of age, Gloria celebrated in Botswana. Before she left on that trip she was feted at a "This is what 80 looks like" party, which was a benefit held at the Shalom Center.

We all can find our own path for aging well. It may not be a trip to Botswana or appearing in a legendary golf tournament. However, each of us has much knowledge and many talents to share with the world and can find most joy in sharing them with others. Enjoy life!





For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

The Risk Manager Falls:

A big part of my professional life is made up of educating residents and staff on safe practices to prevent falls. In an instance my professional expertise flashed before my eyes when I felt my feet fly out from underneath me and I landed with a thud on the floor, but not before hitting my head on the kitchen cupboard. I was home alone, rushing to get out the door, and not paying attention to what I was doing. I decided to wash the kitchen floor before I left. The end result was that I put myself in a precarious position by not paying attention to what I was doing and rushing. The good news, except for a nasty bruise and a little humiliation I was o.k. This episode got me thinking of what I should have done differently.

I should have been doing only one thing at a time, not planning to get out the door and stopping to wash up the kitchen floor before I left.

I was wearing leather soled shoes that did not give me any traction on the wet floor.

I was home alone and not near a phone for help. (Good reason to wear your personal emergency response button)

I thought nothing could ever happen to me.

I didn't realize that I am no longer able to withstand a fall like I did when I was younger. At 64 my reactions are not what they once were.

So I am considering this my wake up call. I am now a senior and need to make adjustments to my life that will keep me out of harm's way. Take a moment to look around your living area and think of what could possibly cause you to fall. Maybe that throw rug should be taken up. Is a room too dark to see clearly? Are your comfortable slippers not the proper footwear to give you support? Make a vow now to pay attention to the task at hand and do one thing at a time. Sure it can be annoying to have to adjust your lifestyle. It is far more annoying to have a broken hip. Let's enjoy a safe Spring.



May News from our Wellness Coordinator

Hi everyone!

Happy May! I cannot believe that it is already spring time! The weather will hopefully start to warm up soon and that means that we will all be able to get outdoors a little bit more. With that in mind, make sure to try to get outside at least once a day! Even if it is just a quick stroll around your building or to the mailbox, any amount of fresh air is beneficial. I also would like to let you know that I will be gone for a few days in May, which is why you will see “No Exercise” on those days. I promise it is for a good reason, as I am getting married and going on a small vacation. I made sure to get the grocery shopping in on the days that I would be in the office. With that being said, like I have said in the past newsletters, we will be going on one grocery trip each week, so please keep in mind the three bag rule. At times there is limited bus space and we simply cannot fit everything if too much is purchased. Also, please do not load bags up with too much for you to be able to carry yourself. So the three bag rule should also be thought of as the ‘Purchase what you can carry’ rule. Any questions or concerns you have may be directed to me and remember my door is always open!

Please don't forget that the Village Victory Cup is coming up soon, if you were hoping to participate in any way this year, please see me immediately. The events this year include: balloon volleyball, hoop shoot, bean bag toss, puzzlers, relay walk, distance walk, paper airplane (for distance) and many other options. There is truly something for everyone! Even if you do not want to play a game, please come and be a part of our cheer section and help us try to win the spirit award! Please come to our practices every Friday at 3:00 pm in the gym.

This year we will be holding a resident beautification contest. A registration sheet will be available at the community center if you wish to participate. Prizes will be awarded to the residents who beautify the exterior of their unit in the front area, rear area or both. The contest will be judged by the PVM Foundation Board who will be visiting our Village on June 14, 2014. Details will be posted along with the sign up sheet. In order to help with this we will be going on an outing to Garden Ridge at the end of May. Sign up for this trip as well.

Have a great month everyone!!

Devin Ranger, Wellness Coordinator

May News from our Wellness Coordinator

New Events in May

Tuesday, May 6th at 1:00 pm—Skin Cancer Presentation:

Join Devin in the community room to learn about how to identify and prevent skin cancer. As the weather is warming up and the sun is out more, it is imperative to know what to look for when it comes to skin cancer. Sign up for this event please. Light refreshments will be served.



The Week of May 11th — Furnace Filter Changes: Through out the entire week of May 11th our maintenance men, Tim and Tony, will be going through all units to change out your furnace filters. Please keep the area in front of closets clear and free of any blockages through the entire week. They will try to get through two areas per day.

Tuesday, May 20th at 12:00 pm—Baldwin Crossings and Lunch: We will be going shopping at Baldwin Crossings on Baldwin Rd. in Auburn Hills. This is an outdoor shopping trip and some walking may be required, walkers are able to be brought with you. Stores include Kohls, Michaels, Old Navy, Dollar Tree and many more. Please sign up for this event.

Wednesday, May 28th at 11:00 am— Garden Ridge and Lunch: We will be going to Garden Ridge, which will be the perfect opportunity to purchase new items for your patios in order to compete in our patio beautification contest in June! Please sign up for this event.



Theater Thursday

Feature Presentations:

- Thursday, May 1st: "The Iron Lady" - An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene. Starring Meryl Streep.
- Thursday, May 8th: "The Help" - An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African-American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis. Starring Emma Stone and Viola Davis.
- Thursday, May 15th: "The Lone Ranger" - Native American warrior Tonto recounts the untold tales that transformed John Reid, a man of the law, into a legend of justice. Starring Johnny Depp.
- Thursday, May 22nd: "Leatherheads" - In 1925, an enterprising pro football player convinces America's too-good-to-be-true college football hero to play for his team and keep the league from going under. Starring George Clooney and John Krasinski.
- Thursday, May 29th: "Saving Mr. Banks" - Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen. Starring Tom Hanks and Emma Thompson.

May News from our Service Coordinator

Medicare Part D Prescription Help!

The Extra Help program can greatly reduce your prescription drug costs. It's available to people with limited income and resources and helps reduce monthly premiums and annual deductibles for Medicare Part D prescription plans. Part D plans provide prescription coverage and enrolling in a plan makes prescriptions much more affordable—often reducing out-of-pocket expenses to a small co-pay for each prescription after a yearly deductible has been met.

On Thursday, May 8th at the Pontiac Library, from 11AM to 3PM the Area Agency on Aging will have Medicare Part D counselors on site to help enroll you in the prescription plan that is right for you. They will also be there to answer your questions.

This is a free event.

For directions to the library, contact Stacey in the office.

Creepy, Crawly and Icky: Bed Bugs in Apartment Living

We've all heard the horror stories about bed bugs.

They are sneaky, hard to manage and spread like wildfire, especially in apartment settings.

Did you know there are ways to prevent yourself from getting bed bugs?

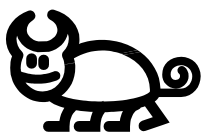
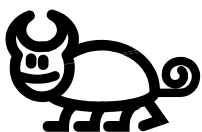
Did you know that having a clean home does not protect you from contracting bed bugs?

Did you know that bed bug issues could lead to infection,
eviction and a lot of emotional stress?

Join Stacey on Monday May 19th at 2PM in the Community Room as she welcomes the Oakland County Health Department to share valuable information about bed bug infestation, how it happens, how to address the issue and how to protect yourself!

It CAN happen to you. It CAN happen to anyone.

Light refreshments will be served. Please sign up in the book.



May News from our Service Coordinator

Understanding Your Medications

As we age, we may find ourselves getting more and more prescription medication from our doctors.

It may seem like every time we turn around, we have another medicine to take. Medication mishaps are one of the leading causes of hospitalization for seniors.

Often times, it can become overwhelming and we may forget what the medicine is for!

Or we may not remember if we took it for the day!

We also may not be aware of possible interactions between our medications that may make us even more ill than before!

Join Stacey on Wednesday May 21st at 2PM in the Community Room as she welcomes a representative to discuss the importance of KNOWING your medication, what it's for, how it's taken, and what may interact with it.

Light refreshments will be served. Please sign up in the book.



RESOURCE OF THE MONTH!

Did you know the Oakland County Sheriff's Office provides free cell phones to Oakland County seniors?

The phones are strictly for emergency purposes and the event in which 9-1-1 needs to be called.

There is no monthly fee for the phone.

This is a great thing to have when you are off of the Village property and your life alert button does not work.

Phones can be picked up at the Sheriff's office in Pontiac every Friday from 9-12.

For directions, contact Stacey in the office.

May News from our Resident Council

President: Judy Shatto (248) 481-9568

Vice President: Dolores Ochoa

Secretary: Vernice Johnson

Treasurer: Catheryn James

- Don't forget about the Cinco De Mayo Fundraising Party that will be on Monday, May 5th at 1:00 pm. The charge will be 5\$ per person which will include food and drinks. There will be bingo following for 2\$ as usual. We need dishes donated for this event such as; corn bread, taco dip, guacamole and any other festive dishes you would be willing to donate.
- We would also like to announce that we will be getting new, additional boxes at each location. Our original boxes will be for newsletters only and our new ones will be for any and all announcements.
- This spring/summer we will now have horse shoe pits for everyone to use. They will be located behind the community center next to the gazebo. This will be a great opportunity for everyone to come together to relax and have fun as we enjoy the nice weather.
- Please help to support your resident council by attending monthly meetings and fundraisers. There will be exciting new changes and improvements beginning next month. The May meeting will be on Tuesday, May 27th at 2:00 pm in the Community Center, all are welcome. We hope to see you there!

MAY BIRTHDAYS

Annie Carrington, 5/14

Nancy Chaltron, 5/7

Jean Hilderley, 5/2

Clare McVety, 5/31

Robert Robertson, 5/6

Patricia Wright, 5/15

Victoria Clark, 5/5

Virginia Croskey, 5/3

Xinsheng Fan, 5/1

Patricia Friend, 5/18

Joyce Hitt, 5/25

Vivian Jones, 5/12

Ella Steward, 5/2



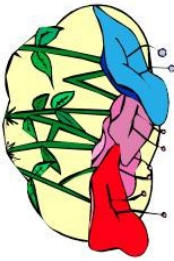

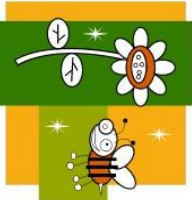


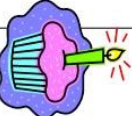
Please join us in celebrating our May birthdays!

We will have a party in the community center on 5-30-14 @ 1:00



May 2014

Melanoma/Skin Cancer Detection and Prevention Month

	MON	TUE	WED	THU	FRI	SAT
						
4	5 9:00 Chair Yoga 10:00 Strength Training 11:00 Aquatics Class 1:00 Cinco De Mayo Party	6 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Skin Cancer Presentation	7 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 12:00 Meadow Brook Theatre and Lunch	8 NO EXERCISE 1:00 Bible Study 2:00 Theater Thursday "The Help"	9 10:00 Total Body Workout 11:00 Aldi 2\$ 1:00 Maintain Your Brain 3:00 VVC Practice	10
11	5 9:00 Chair Yoga 10:00 Strength Training 11:00 Aquatics Class 3:00 Computer Class 3:30 Laptop Class	13 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Dollar Tree 1\$ 2:00 Garden Club	14 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	15 10:00 Stretch and Flex 11:00 Zumba 11:00 Patti's Hatties 1:00 Bible Study 2:00 Theater Thursday "The Lone Ranger"	16 10:00 Total Body Workout 11:00 Kroger 2\$ 3:00 VVC Practice	17 
18	19 9:00 Chair Yoga 10:00 Strength Training 2:00 Bed Bugs Presentation 3:00 Computer Class 3:30 Laptop Class	20 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 12:00 Baldwin Crossing and Lunch 1\$ 2:00 Painting Class	21 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 12:00 Meijer 1\$ 2:00 Understanding Medications Presentation	22 NO EXERCISE 1:00 Bible Study 2:00 Theater Thursday "Leatherheads"	23 NO EXERCISE 1:00 Maintain Your Brain 3:00 VVC Practice	24
25	26 <i>HAPPY MEMORIAL DAY!</i> <i>OFFICE CLOSED</i>	27 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 12:00 Hollywood Market	28 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 11:00 Garden Ridge and Lunch 2\$	29 NO EXERCISE 1:00 Bible Study 2:00 Theater Thursday "Saving Mr. Banks"	30 NO EXERCISE 1:00 Birthday Social 3:00 VVC Practice	31 

**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

- Kevin Centala, Administrator
- Stacey Molinaro, Service Coordinator
- Nancy Morin, Administration Assist.
- Sharon Benton, Administration Assist.
- Devin Ranger, Wellness Coordinator
- Stephanie Cooper, Administration Assist.
- Tim Coil, Lead Maintenance
- Anthony Maitland, Maintenance

Emergency Maintenance

(248) 330-0213

On-Site Security

(248) 917-2539



**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

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

Oakland Woods
The Village of

