



Village News



Embrace the possibilities

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

October 2019

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Notes from the Administrator

Fall is officially here and the colors will be exploding in all their beauty, lighting up the campus very soon. As we move through October, the Village will be embarking on an ambitious Village improvement program that will include a great deal of services and contractors on our site.

We are beginning with a Village wide Power-Washing & Cleaning program for the porches, patios, siding and balconies. This began the last week of September and will be completed by the end of the first week of October. The second phase will be the Asphalt and Concrete program.

The Asphalt & Concrete program will include selected sidewalks, porches, patios, roadways, curbs, parking lot striping and catch basins. The Main South Entrance to the Village will need to be closed for a few days as we repave this area. You will be notified of the exact dates well ahead of the entrance closing. Note that Oakland Woods has (2) entrances so we will be utilizing the North entrance during the closure of the south. Stay tuned for more details.

After the entrance, we will then shift to the OW2 driveways and OW1 parking areas. You will be required to move your vehicle from the parking area on your scheduled days of work. Alternative parking will be available and each area will be notified ahead of their closure dates for the work.

We have several other upgrades coming as to the Village during this period but they should have very little impact on your daily routine. We thank you in advance for your anticipated cooperation as we work through this difficult period of Village improvement. We will keep the communications open and often on each service, how and when you will be effected.

Thank you so much everyone! Happy Halloween!



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

Train Your Brain to be More Positive – Take the 21 Day Challenge!

Over the course of two decades, Harvard educated psychologist Shawn Achor has studied and helped advance the field of positive psychology. As many of you I am sure already know, it turns out that having a positive outlook (i.e., having a positive brain) is good for you. His research found that people with positive brains have fewer illnesses; feel less stress; experience less pain; have more energy; are more productive; and report being happier. He also discovered that contrary to what many people believe, you can train your brain to be more positive - and you can do it in just 21 days! If you engage in the following 5 activities for 21 days in a row, you will begin “rewiring” your brain to be more positive and start reaping the ensuing benefits.

The 3 Gratuities. Each day write down 3 new things you are grateful for and why. Be specific. For example, don't simply write “I am grateful for my family”. Instead, write “I am grateful for my son Bob because he calls me every Friday and makes me laugh when we talk”.

The Doubler. Each day write down one meaningful moment you experienced within the past 24 hours. Write down as much detail as you can recall (e.g. where you were, what you said, what was happening, who else was there, when it happened, how you felt, etc.). Doing so will cause your brain to “relive” the moment thus doubling the positive experience.

The Fun Fifteen. Each day engage in 15 minutes of intentional physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. The important thing is to do it regularly. Make sure to consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.

Meditation. Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.

Conscious Acts of Kindness. Each day write and send a letter or email to someone in your social circle (family member, friend, co-worker, neighbor, past teacher, etc.) thanking and praising them. For example, “I want you to know how thankful and lucky I am to have you as a friend. Whenever I am feeling down, you always know just the right thing to say to cheer me up”. Remember to not only thank them, but to be specific as to what you are thanking them for.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

CAREGIVERS BEST FRIEND

Former First Lady Roslyn Carter has been quoted as saying: “You either have been a Caregiver, are a Caregiver or will be a Caregiver”. It can be a joyful and heartfelt experience and can also be quite challenging all at once. It is estimated that over 80% of care is provided by a loved one rather than a professional caregiver. Caregivers often spend over 30 hours per week in their “second job”.

Since PVM is all about quality of life for all seniors and their families, we recently launched a blog called Caregivers Best Friend. It is chock full of excellent information to help Caregivers reduce stress, save time and allow for a more positive and meaningful experience. It includes tips on many of the latest technologies such as Alexa, SHIPT, Uber and more.

In a short amount of time we have garnered over 1,200 unique visitors to our blog and attracted over 36,000 viewers on Pinterest. Check us out at www.caregiversbestfriend.org or look us up at Facebook or Pinterest. Even if you are not a Caregiver you can enjoy the benefit of learning all about convenient ways to add joy and reduce stress in your life.

Happy exploring!



Office News

By Hillary Vandenberg
Administrative Assistant

Happy autumn residents!

We recently took a trip to one of my favorite beach parks, Dodge Park #4. It was a very windy, beautiful day and I think the participants had a lot of fun!



I am happy to see a lot of great activities and events on the October calendar, including a train trip that Jon and I have planned for Saturday, October 19th at noon. We will be hopping on the Huckleberry Railroad to explore the Flint countryside on an autumn-themed train ride. It should be a fun time and I hope to see you there!



Leasing News

By Ricardo Palacios

Sales, Marketing & Outreach

Fall into the Autumn season

- I'm sure now that the harvest season is here it's time to get our fall wardrobe ready so we can keep nice and warm.
- Don't forget to sign up for the different events and programs and ask another villager to join you.
- Otherwise, curl up with a great book, or tune in to your favorite TV program or watch a favorite movie.
- In any case remember to schedule some carefree timelessness instead of rushing from one thing to another.
- Now is your time to take better care of yourself and be your own best friend.
- So as always, please make a point to stop in and I'll be happy to answer any questions that your friends or family may have about **becoming a villager.**

Camina con Dios!

Si se Puede!

Service News

By Sue Carney

Service Coordinator

Fall, such a beautiful time of the year!

Fall colors, crisp air, pumpkins, cider, donuts, Football, Baseball Playoffs & Cider Mills.

Mark your calendars for October:

- **Debbie Stroup, a Michigan Medicare specialist** will be here Tuesday, October 8 at 2 p.m. Do you have questions about Medicare, open enrollment, or want to make changes in your Medicare? Sign up and show up.
- **Flu shots** will be here Wednesday, October 9 at 2:30 p.m., They will be given by Wal-greens. They also have shingles & pneumonia shots & will check your insurance to see if it is covered. Most insurances cover flu shots. Bring your insurance cards with you if you get the shot.

Lastly, Wednesday, October 16 at 2:30 p.m., Sabrina, who is responsible for our blood pressure clinics will be here talking about breast cancer awareness and facts you & loved ones need to know.

If attending any of the above sign up in the book in the lobby.

Enjoy the fall season.





Wellness News

Jon Hayes
Wellness Coordinator

I can't believe it is time for fall already! Where did the summer go??

I hope everybody had a great summer and is looking forward to our fall and winter activities! I know that I am!

I want to thank you all for bearing with me as the month of September was a crazy month on the administrative side, but good news!! Our Care Merge trial has launched and we will be testing the Care Merge voice software with 15 of our residents for the next month. Come ask me about Care Merge!

October is going to be a SUPER busy month for Activities and trips!

- ***Friday October 4th at 12:00*** will be our continental Potluck! Bring a dish to pass from your culture or a culture that you admire. We will be celebrating Diversity and Inclusion day.
- ***Monday October 7th at 11:00am*** we will be traveling to and visiting at the Royal Oak Senior Health and Fitness Expo. This is a good opportunity for you to see things that other places are doing that you like, and can help me better gauge what we are missing here at the Woods.
- ***Friday October 25th at 12:00*** we will be traveling to a Cider Mill. I am still looking for the perfect Cider Mill to take you all to, so please stop in my office and tell me your favorite!
- ***Sunday October 27th at 5:30*** we will be traveling to my church to take part in passing out candy to the kids at the St. Michael's Trunk or Treat event. Candy has been donated to us by a very special donor to pass out. They will have treats along with a costume contest, so dress in your best character or costume to win! More information on the next page.

I hope to see you at our events! We have also made some fun changes to the Sit and Be Fit class, and the GitFit class. Come check them out!

Healthy Living tip: What to buy in the Grocery Store. I have had a lot of questions that are based around "what is healthy to eat and what is not?" Give this a try next time you go to the grocery store. Try ONLY purchasing foods from the perimeter of the grocery store. Those are where your healthiest foods are found. When you start going down the aisles, that is where the chemicals and processed foods live. Give it a shot.. Let me know how you feel afterwards.

**ST. MICHAEL CATHOLIC COMMUNITY
THIRD ANNUAL**

TRUNK OR TREAT

Sunday, October 27th 5:30-7:00 pm

St. Michael Catholic Community

40501 Hayes Rd.

Sterling Heights, 48313

586-566-4487



**Bring your family, friends & neighbors to enjoy
Trick or Treating, Refreshments, Photo Station
and Fellowship**

All Are Welcome - Rain or Shine!

Birthday Celebration!

The Birthday Party will be held on **Friday, October 18**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Fredrick Spann	10/2
Hilda Bass	10/6
Betty Johnson	10/9
Lorna Stevens	10/10
Melissa Bridgeman	10/11
Corinne Anderson	10/11
Willie White	10/15
James Phippen	10/16
Taylor Patricia	10/17
Delores Terrell	10/17
Dorothy Hannah	10/18
Cornelia Crooks	10/18
Josephine Valderas	10/20
Alice White	10/21
Larry Milz	10/21
Linda Burnett	10/23
Kathy Styles	10/24
Lena Jordan	10/25
Dorothy Dye	10/29
Virginia Bertoncello	10/30
Glyndon Holland	10/31

Autumn Blessings

Autumn brings to the soul relief,
as hot Summer days slip to an end
God sent the season for weary hearts
to restore, repair, and mend.

Unlike the Autumn trees,
that shed their changing leaves
God sent the season for failing hearts
to adhere, embrace, and cleave.

Just as with the Autumn winds,
there comes a new refreshing rain
God sent the season for fraying hearts
to increase, grow, and gain.

The Autumn sun is slow to climb
and dips much earlier into the night
God sent the season for sleepy hearts
to rise, shine, and unwind in His light.

God gave to us the Autumn season,
so we could have a respite and rest
for it is the season for our beset souls
to see how much we are blessed!

~ Author : ©2012 Deborah Ann Belka
(Web author : poetrybydeborahann.wordpress.com)

<http://Nubiagroup.blogspot.com>



Trick or Treat!

Resident Council News

By *Philena Holdridge*

Resident Council President

Resident Council Board

Philena Holdridge, *President*

(248)977-3038

Becky Bolden, *Vice President*

(248)766-3684

Judy Shatto, *Secretary*

(248)499-8574

Joyce Parlor, *Treasurer*

(248)210-5678

Welcome to New Residents

We had 22 present for our Dessert Buffet to honor 6 new residents at the Village of Oakland Woods! Thank you to all who provided desserts and welcomed our “new neighbors”. It was a great success!! We will be doing this about every 4 months to help build some new relationships and make some new friends.

Hosted Special Speaker on Safe Aging Through Financial Empowerment

Thanks to Sue Carney, Service Coordinator, we had a very informative speaker at our September Resident Council Meeting. We need to be informed on scams and identity theft, so we can protect ourselves from being taken advantage of. It was very helpful and they offer free services to senior citizens.

School Supply Collection

Becky Bolden thanks all who contributed towards supplies for the Rogers School. They will be delivered in the next week. We will begin a new project the end of October which relates to the Great Lakes Burn Camp. It is a special place for kids 6-17 to meet, heal, grow and support other burn victims.

Becky will share more at our next Resident Council Meeting.

Something is hidden in our monthly newsletter. Can YOU find it?

Each monthly newsletter will have a hidden item for you to find. Drop your answer in the dining room suggestion box. Please use the entry form provided. Be sure to include your name, the newsletter page number, and where on the page it was found. The monthly drawing for the winner will happen at our Resident Council Meetings. You must be present in order to win.

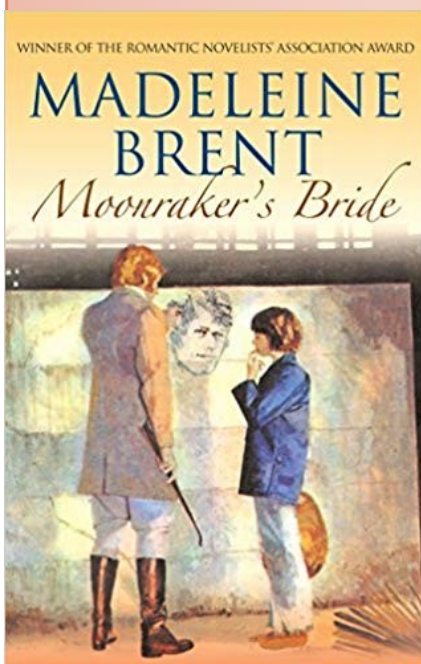
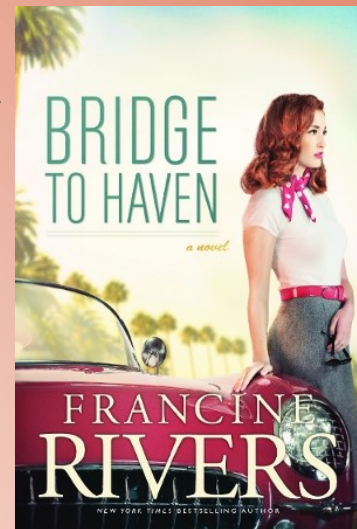
For the month of October, locate The Pumpkin () hiding. Good Luck!

Library News

By Gail Holmes

This Month's Books'

"Bridge to Haven" in LARGE PRINT, by well-known Christian writer, Francine Rivers" deals with the moral and spiritual struggle of a 17 year-old beautiful girl ongoing for several years. Her early years in the town "Haven" in well-meaning homes causes Abra grief and confusion. She naively takes off for California with a stranger. and soon learns he is not as handsome as his convertible. With no skills, she sticks with him for several years. At age 23, Abra asks herself "How do I move ahead with my life if all I can do is look back?" She must decide whether or not to once again cross the bridge to Haven.



"Moonraker's Bride" by Madeline Brent, is set in China in 1901 featuring 17 year-old Lucy Waring, an English girl who has lived her entire life at a remote mission. Back in 1882 Lucy's parents were sent to the orphanage as educators but both died of chorlea a year after Lucy was born. At an early age she begins helping with the orphans poverty. On an isolated trail, a strange young man mysteriously appears. He asks Lucy about a weird riddle before galloping off on his horse, Moonraker. Upon returning to the mission, Lucy studies a drawing of an English home titled Moonraker; and puts it back in her hiding place. She tries to steal to help the children but goes to jail. Luckily an English family pays for her voyage to England. Customs there cause Lucy great stress. The strange young man travelling in remote China is part of this family. He warns her never to visit the neighbors in the "Moonraker" house. The weird riddle is so important that Lucy returns to China amidst great danger, but does she eventually find a real treasure with her heart?

GETTING TO KNOW YOUR NEIGHBORS

Dorothy Dye

The oldest of 9 children, Dorothy Dye was born in Detroit to William and Emma Settlemyre. The family lived on a farm in Cheboygan Mi. until Dorothy was 13 years old, when World War II broke out and her dad moved the family to Detroit. When she was 17, her father left them, and the family moved to Berzonia.

At age 20 Dorothy left Michigan with two friends to live in Dayton Ohio where she met her first husband and had 3 children, a son James and twin daughters, Tina and Trudy all three finished High School and had some college. Her husband left them and she moved with the children back to Michigan to be with family. She worked for Michigan Bell Telephone for 6 years before moving to Marlette in the thumb area where she was employed at John Deere dealership as their bookkeeper.

While the children were still small, Dorothy became a Christian and took 2 years of Bible College by correspondence. While living in Marlette, she went to the Holy Land for 10 days, the tour guide of 23 years experience, knew everyone and the history, making it most interesting. Then an additional 12 day tour to Moscow, Cairo, Switzerland and Rome....trip of a life time.

When she was 45, her Mother 65 and one of the 15 year old twins, took a memorable trip to California, to visit Disney Land, driving on Route 66 thru Arizona, seeing all the sights, they barely made it home before running out of money. When Dorothy was 50 she met Nelson Dye, both had spouses that had left them and both had teenagers. Neither wanted to marry again. Nelson was a severe Diabetic and Dorothy felt compelled to care for him. They decided to have a big church wedding that both their churches catered. Only 7 months later Nelson passed away.

Dorothy moved to Florida. All 3 of her children married and she felt free. A year and a half later she went to Brussels, Belgium as a missionary associate and worked as a bookkeeper. On Saturdays she would take day trips to France, Germany, Netherlands and all over Belgium, plus a 3 day mission conference to Spain.

After two and a half years in Europe she came home to care for her mother who was getting Dementia, she lived with Dorothy for 8 years; 4 years in her home, before moving with Dorothy to Village of Oakland Woods in 1991 for another 4 years, during this time Dorothy worked in Troy at her Assembly of God Church as Missions Coordinator. She is looking forward to their 24th Missions banquet in November of this year. She also worked for 12 years at the Pontiac library and 3 years as bookkeeper at her Church.

Dorothy had to retire when, in a 6 month period she had a stroke, a heart attack and gall bladder surgery. She is now involved in Village events that her body will allow. She thanks God for the health and strength he has blessed her with. "My Lord is a prayer answering God"



HAPPY HALLOWEEN

OCTOBER 2019

Wellness happens at
THE VILLAGE OF OAKLAND WOODS

SUNDAY



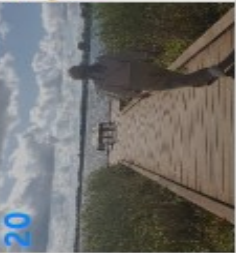
06



13



20



27

05:30 Trunk or Treat at St. Michael's

MONDAY



07

08:00 Breakfast Club
10:00 GiFit
11:00 *Royal Oak Senior Health and Fitness Expo*

14

Columbus Day
08:00 Breakfast Club
10:00 GiFit
02:00 Library Club

21

08:00 Breakfast Club
10:00 GiFit

28

08:00 Breakfast Club
10:00 GiFit

TUESDAY

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS

08

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit
02:00 Medicare Presentation
Featuring Debbie Stroup

15

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit

22

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit
02:00 Resident Council Meeting

29

08:00 Breakfast Club
10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit

WEDNESDAY

08:00 Breakfast Club
10:00 GiFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

09

08:00 Breakfast Club
10:00 GiFit
11:00 Village Chorus
02:30 Flu Shots
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

16

08:00 Breakfast Club
10:00 GiFit
11:00 Village Chorus
12:00 Lighthouse Luncheon
02:30 Breast Cancer Awareness
Presentation By Sabrina Swanson

23

08:00 Breakfast Club
10:00 GiFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

30

08:00 Breakfast Club
10:00 GiFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

THURSDAY

08:00 Breakfast Club
12:00 Sit and Be Fit

10

All Day Fruits and Vegetables
08:00 Breakfast Club
12:00 Sit and Be Fit
01:00 *Walmart*

17

All Day Focus Hope
08:00 Breakfast Club
12:00 Sit and Be Fit
01:00 *Meijer*

24

08:00 Breakfast Club
12:00 Sit and Be Fit
01:00 *Hollywood Markets*

31

08:00 Breakfast Club
12:00 Sit and Be Fit
01:00 Halloween Party

FRIDAY

08:00 Breakfast Club
10:00 GiFit
12:00 Continental Potluck

11

08:00 Breakfast Club
10:00 GiFit
12:00 Calendar Planning Meeting
01:00 Pumpkin Painting

18

08:00 Breakfast Club
10:00 GiFit
02:00 Birthday's and Bingo Celebration - Presented by Comcast

25

08:00 Breakfast Club
10:00 GiFit
12:00 *Cider Mill*

SATURDAY

08:00 Breakfast Club
10:00 GiFit
12:00 Continental Potluck

12

08:00 Breakfast Club
10:00 GiFit
12:00 Calendar Planning Meeting
01:00 Pumpkin Painting

19

08:00 Breakfast Club
10:00 GiFit
02:00 Birthday's and Bingo Celebration - Presented by Comcast

26

08:00 Breakfast Club
10:00 GiFit
12:00 *Cider Mill*

Large Calendars are Available at the Activities Table

**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

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Administrator

Sharon Benton
Administrative Assistant

Hillary Vandenberg
Administrative Assistant

Ricardo Palacios
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Sue Carney
Service Coordinator

Jon Hayes
Wellness Coordinator

Matthew Myers
Maintenance Supervisor

Charles Williams
Maintenance Technician

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

**The Village of
Oakland Woods**
A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan
420 S. Opdyke Rd
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