



# Village News



## Embrace the possibilities

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OCTOBER 2022

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. Hello Residents,

October is here. An early “Happy Halloween” to you. We have also officially entered the fall season and as you know, we are ready to kick off some of our favorite events including the Halloween Party, Thanksgiving brunch and Christmas party. More details on all of those events to come.

PVM has also been working hard on planning the 2022 Humana Village Victory Cup. I will look forward to seeing all of you, hearing your cheers, seeing your pom-poms, and witnessing some VVC fun!

Please come check out all of our new upgraded exercise equipment made possible by our friends at Kirk in the Hills. We cannot thank the Kirk enough for their generosity to the Village of Oakland Woods.

Effective as of October 1, 2022, we will be discontinuing rentals of the Community Center until further notice. We apologize for any inconvenience this may cause, and thank you for your understanding.

I will hope to see you all soon.



The Village of  
**Oakland  
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

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# Office News

*Sharon Benton & Stephanie Daniel*

*Administrative/Receptionist*

## What is beautiful about Autumn

There's something special about **the way the light shines through the leaves**. From pumpkin-spiced-everything to hayrides and haunted houses, there is so much to love about the fall. Autumn represents change—the changing of the leaves, the start of a new school year, and maybe even the beginning of a few new resolutions.

## Fun facts about Autumn

- Only America Calls it Fall. ...
- Pumpkin Pie Spice Doesn't Taste Like Pumpkin. ...
- More People Fall in Love in Fall. ...
- There are More Than 7,500 apple Varieties. ...
- There's a Candy Corn Day. ...
- You Can See the Brightest Full Moon in Fall. ...
- Bobbing for Apples was a Courting Ritual.

## What does Autumn Smell Like

That **brisk, crisp, slightly sharp** smell we associate with autumn is actually the smell of leaves, trees, and plants dying and rotting. The memories we associate with the change of seasons are what make it pleasurable, even when many of us are allergic to moldy leaves and burning wood.

According to superstition catching leaves in autumn bring good luck. Every leaf means a luck month next year.

Daylight Saving end on November 6th, so don't forget the FALL back an hour.

## Jokes

How do you fix a pumpkin?

What did the leaf say to the other leaf:?

Why do birds fly south for the fall?



Answers: 1. With a pumpkin patch 2. I'm falling for you 3. Because it's quicker than walking

# Sales and Leasing News

*Katie Harris  
Sales & Leasing*

**Hello to all of the residents at The Village of Oakland Woods. My name is Katie and I am the new Sales and Leasing Coordinator. I wanted to take this opportunity to introduce myself to you all so that when you see me around the campus you will have a name and a face. I was born and raised in Flint and that is where I currently live. I have three children, two girls and a boy. We lived for a number of years in Roswell, NM before returning home last year. They say that home is where the heart is and I defiantly agree. I have worked in Sales and Leasing for about a year at other PVM properties but my background is Pastry Arts and Cooking. If you have recipes you would like to talk about I am the one for you. I love the work that I do with Sales and Leasing and I find it very rewarding as I want to be helpful to everyone I meet. If I don't know the answer to something I will find out to the best of my abilities. Sales and leasing isn't just about waitlist and leasing homes, it's about the connections that I make with people. I enjoy listening to peoples stories and getting to know them, I am what you would call a people person. I look forward to getting to know you all in the days, weeks and months to come. I am reachable in the office from 9-4:30 Monday thru Friday and by Cell at 248-672-2694.**







# Maintenance News

*Matthew Myers*  
*Maintenance Lead*

Hello residents,

**Doors:** If you would like to make sure visitors to your home still wear masks inside, please do keep a mask notice taped to your door. Oakland county is in yellow now, and we are wearing masks by request. I'd like to remind cottage residents that the best way to keep from locking yourself out is to avoid using the handle lock and only locking the deadbolt. For all residents it can be a good idea to not lock your screen door, as we do have emergency master keys for emergency services to get in, but the screen door could take precious time to disable.

**Sinks:** I'd like to remind everyone that the handle to our faucets shouldn't take much force to turn on. Try using only your fingertips to adjust your faucet and you may cause less leaks. Also it is imperative that you use your garbage disposal at least once a week or it'll rust and jam. If your garbage disposal is smelly or you can see build up, a tray of ice will help clean the disposal, just put the ice in there and run a little water, step back and turn it on.

**Toilets:** Please remember that there should be no in-the-tank cleaners installed here. They will ruin the rubber seals and cause the toilet to gel up or leak. The only clip in toilet cleaners that should be used are the type that clips into the bowl, not the tank. Also our new seats are wood covered in enamel paint, if you clean this with strong disinfectant, scrub hard, or leave bleach too long on the seat the paint will wear off and you could be responsible for buying your own seat.

**Dumpsters:** You or your guests must bag your garbage and place bags inside the dumpsters. While we do have Randy, our groundskeeper, to clean dumpster enclosures, he shouldn't be picking up after your family disrespectfully drops bags outside the dumpster. We will be investigating dropped bags for evidence. Please ensure that your garbage is bagged to avoid attracting pests, and that bags are inside the dumpster.

**Hoses:** Not now, but as the weather changes it's a good idea to empty, clean, and store your hose. At the least make sure it's disconnected. We will be capping the faucets as the weather changes and many residents forget to bring in their hose and are disappointed when their hose is damaged by the winter weather.

# Service News

*Sue Carney & Terri Price*  
Service Coordinators

**Greetings Village of Oakland Woods Residents. I can hardly believe we are in the month of October! Fall is such a beautiful season that brings an array of gorgeous colors, scent of cinnamon spice and pumpkins. As we welcome the Fall season, please make note of the following event dates and observances:**

**Tuesday, Oct. 4<sup>th</sup> at 11:00a.m. Debbie Stroup, Medicare Specialist will be here**  
**Tuesday, Oct. 11<sup>th</sup> at 1:00p.m. Blood Pressure check in the dining room**

**Oct. 2<sup>nd</sup> - 8<sup>th</sup> National Mental Illness Awareness Week [nami.org/miaw](http://nami.org/miaw)**

**Oct. 9th-15th is Fire Prevention Week**

**<https://www.nfpa.org/Events/Events/Fire-Prevention-Week>**

**October 3rd - 9th Active Aging Week – U.S. The International Council on Active Aging began the first Active Aging Week in 2003 Celebrate how positive the process of aging can truly be. <https://www.activeagingweek.com/>**

**Hispanic Heritage Month Sept. 15-Oct. 15**

**<https://www.hispanicheritagemonth.gov/about/>**

**Oct. 20<sup>th</sup> World Osteoporosis Day [worldosteoporosisday.org](http://worldosteoporosisday.org)**

**October – National Breast Health Awareness Month**

**October – National Dental Hygiene Month [adha.org/ndhm](http://adha.org/ndhm)**

**October – Talk About Your Medicines Month [talkaboutrx.org](http://talkaboutrx.org)**





# Wellness News

Jessica Roberts  
Wellness Coordinator

*With the approach of autumn colors and crisp air, we are looking forward to a full fall calendar of events for all areas of wellness!*

The month of October kicks off with the big Village Victory Cup Games which will be held in Novi at the Suburban Showplace! The Oakland Woods Team has been practicing faithfully and will represent our community in the games on Friday, October 7<sup>th</sup>! Go Cardinals!!

This month’s wellness focus is mental health awareness as October features Mental Illness Awareness Week the 3<sup>rd</sup> – 9<sup>th</sup> and World Mental Health day on the 10<sup>th</sup>. In light of this, Monday, October 10<sup>th</sup>, our Care + Connect gathering will feature one of the many ways to promote good mental health by addressing self-care strategies.

Our guest speaker, Anita Norwood, is a skilled and licensed health educator with decades of experience in massage therapy as well as relaxation. She will provide education and an interactive relaxation experience focused on stress reduction and sound immersion. This event will provide beneficial strategies and the opportunity to relax and unwind! If you would like to take part in this event, please sign up in the Activities Book at the front desk.

We will also be addressing physical and mental wellness this month with a new, fun way to exercise your body and mind! On Monday, October 24<sup>th</sup>, we will host Fitness Trivia with Dr. Steven Cain – a Chiropractic Doctor and experienced personal trainer/health coach. Dr. Steve will guide you through a good workout to strengthen and stretch while also providing a game of Trivia! You will have the chance to win prizes and have a few laughs while getting fit! Please sign up in the Activities Book for this event!

In September, we had the opportunity at our Weekly Wellness class to learn about our PVM partner, PACE, which provides seniors with all-inclusive care addressing all dimensions of wellness. To learn more about what the program has to offer, we will take a trip to the Pontiac PACE center for “Lunch and Learn”. At this event, residents will be provided with lunch and information on PACE; anyone who is interested in learning more about the PACE program is welcome to attend!

Space for this event is limited to bus capacity, so be sure to sign up in the Activities Book soon!

Finally, on Friday, October 21<sup>st</sup>, for Birthdays and Bingo we will be welcoming Oak Street Health who will sponsor our celebration by providing us with a Harvest Party – complete with mini pumpkin painting and fall-themed fun! Come join us for a great time celebrating our October birthdays while getting to know the team at Oak Street Health prior to enjoying our traditional Bingo game!

We are all aware that colder months are coming and to ensure you have opportunities to remain healthy and active, we are looking at the possibility for Oakland Woods residents to utilize the UWM Sports Complex facility’s walking track. If you have interest in taking a bus to the facility at 10 or 11am on a weekly or bi-monthly basis on a Tuesday or Thursday morning, please inform Jessica at the Wellness office either by phone or verbally as soon as possible!

As the seasons change, we hope to continue to address YOUR needs as a valued member of our Oakland Woods Community! With my own life season changing at the beginning of October – getting married on October 1<sup>st</sup> I will be out of the office from September 30<sup>th</sup> through October 7<sup>th</sup>.

Feel free to leave me a message or email if you have any needs or to schedule a wellness one-on-one to learn more about how you can develop your health and wellness!





# Resident Council News

*Becky Bolden*

*Resident Council Vice President*

Well here we go again. Another month that puts us a little closer to the end of the year. This is my favorite time of the year. Warm days and chilly nights.

Remember it's not too late to register to Vote or request an absentee ballot.

There is a need for an area Rep. for Area "4" and Maplewood Lane. Please contact a member of the Council Board if you would like to be considered.

The contest to see "How Many Words" one can make from: Win Village Victory Cup" A prize to be given to the winner at the October Resident Council meeting.

The Resident Council established a new committee: **New Residents Meet & Greet!**

The committee will plan and coordinate a quarterly meet & greet to be held directly after Resident Council Meetings. All new residents (during a period of time) will be invited, introduced, and greeted by all who are present.

All residents are encouraged to come to the Resident Council meeting for our new residents meet & greet to welcome our new residents on October 19th at the community center, refreshments will be served.

**The Village Chorus needs your voice to help keep singing and music on our campus. So, please join us on Wednesdays at 11:30am in the community center dining room. Also, we are asking all Victory Cup participants to join the Village Chorus in singing the National Anthem at the Village Victory Cup event on October 7th. Please Join Us on Wednesday, October 5th at 11:30am to practice. Thanks to all of you.**

## Resident Council Board

**Becky Bolden, Vice President**

*(248) 766-3684*

**Vernice Harper, Secretary**

*(248) 622-4470*

**Joyce Parlor, Treasurer**

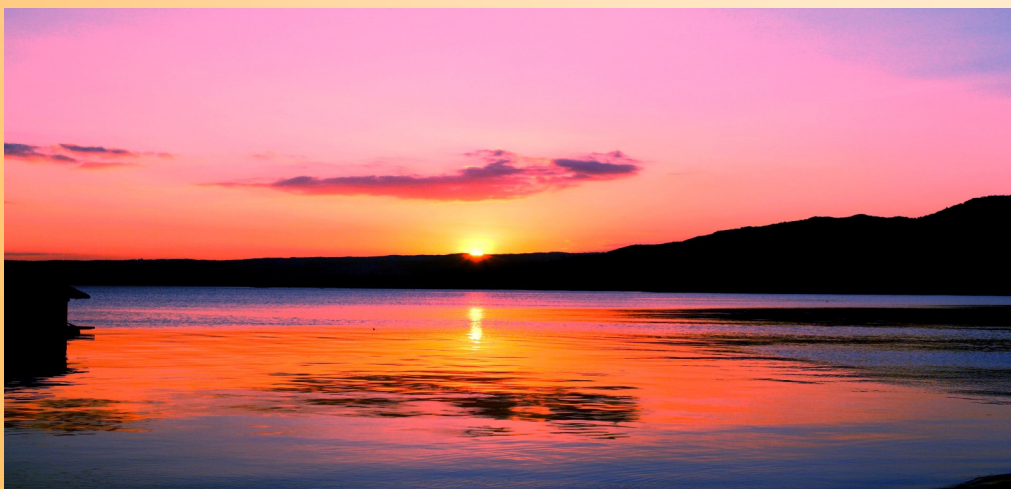
*(248) 210-5678*



## **Birthday Celebration!**

The Birthday Party will be held on **Friday, October 21st**. Join us in the community room at 1:00pm for refreshments, bingo and prizes!

Theodore Tillils 10/1  
Frederick Spann (Keith) 10/2  
Betty Johnson-Green 10/9  
Lorna Stevens 10/10  
Melissa Brideman 10/11  
Georgina Fontana 10/15  
Dolores Terrell 10/17  
Patricia Taylor 10/17  
Cornelia Crooks 10/18  
Dorothy Hannah 10/18  
Larry Milz 10/21  
Alice White 10/21  
Linda Burnett 10/23  
Brenda Phippen 10/25  
Lena Jordan 10/25  
Dorothy Dye 10/29  
Glyndon Holland 10/31



## **In Memory of**

Nancy McDonald



**Large Calendars are Available  
at the Activities Table**

SUN	MON	TUE	WED	THUR	FRI	SAT					
30	OCTOBER 10:00 Fitness Foundation with Jessica 12:00 Halloween Party!	31				1					
2	12:00 Victory Cup Practice - Balloon Volley	3	10:00 God's Word and Prayer 11:00 Medicare information/Open Enrollment	4	10:30 Fitness Class with Hillary 11:30 Village Chorus 12:00 Victory Cup Practice - Hoop Shoot/Kick-A-Roo	5	10:00 Walking Club - Wellness Walk 11:00 Victory Cup Practice - Bean Bag Toss/Puzzler	6	OFFICE CLOSED 8:00 VILLAGE VICTORY CUP!	7	8
9	10:00 Fitness Foundation with Jessica 2:00 Care + Connect - Relaxation/Stress Reduction Guest Speaker (Board Room)	10	10:00 God's Word and Prayer 1:00 Blood Pressure Clinic	11	10:30 Fitness Class with Hillary 11:30 Village Chorus 1:00 Grocery Bus Trip - Hollywood	12	Fruits/ Vegetables 10:00 Walking Club 11:00 "Brainerize" Brain Fitness Class	13	10:00 Fitness Foundation with Jessica 1:00 Franklin Cider Mill Bus Trip!	14	15
16	10:00 Fitness Foundation with Jessica 11:00 Weekly Wellness	17	10:00 God's Word and Prayer 2:00 Resident Council Meeting	18	10:30 Fitness Class with Hillary 11:30 Village Chorus 1:00 Grocery Bus Trip - Walmart	19	Focus Hope 10:00 Walking Club 10:45 Lunch and Learn at PACE	20	10:00 Fitness Foundation with Jessica 1:00 BIRTHDAYS AND BINGO! - Harvest Party featuring Oak Street Health	21	22
23	11:00 Weekly Wellness 1:15 Brain/Body Fitness Trivia With Dr. Steve	24	10:00 God's Word and Prayer 11:00 Best Life Management Series 12:00 Blood Pressure Clinic	25	10:30 Fitness Class with Hillary 11:30 Village Chorus 12:00 Call to Prayer (Board Room) 1:00 Grocery Bus Trip - ALDI	26	10:00 Walking Club	27	10:00 Fitness Foundation with Jessica	28	29

**October 2022**

**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](http://www.pvm.org)

## Office Number

**(248) 334-4379**

### Village Staff

**Jon Hayes**

*Housing Administrator*

**Sharon Benton**

*Administrative Assistant*

**Stephanie Daniel**

*Administrative Receptionist*

**Sue Carney**

*Service Coordinator*

**Jessica Roberts**

*Wellness Coordinator*

**Matthew Myers**

*Maintenance Lead*

**Randall Shannon**

*Grounds Keeper*

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**EMERGENCY MAINTENANCE**

**(248) 330-0213**

**On-Site Security**

**(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](http://www.pvmfoundation.org)**

**Embrace the possibilities**

**Pontiac, MI 48341-3145**

**420 S. Opdyke Rd**

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