



Village News



Embrace the possibilities

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

April 2020

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Notes from the Administrator

Hello everybody,

Many of you know me as The Wellness Coordinator, some have even referred to me as “the Oakland Woods Wellness guy.” However, I am very excited to introduce myself to you in a new capacity. My name is Jon Hayes and I am the new Administrator for the Village of Oakland Woods. Some of you may not know, I have been working at Oakland Woods for a year and a half and am very excited for the opportunity to get to know each and every one of you more than I know now. I cannot thank you enough for your constant support during my time here thus far, and during this transition. I also thank you from the bottom of my heart for welcoming me into YOUR home.

I came to Oakland Woods very “lost” and it was not long until my life changed because of YOU. I found a home. I was your typical personal trainer and group fitness coach looking for a new opportunity and soon after I started here, that “new job” turned into a Career, but most importantly a passion, AND even more important something I loved doing every day! YOU Made that happen for me and cannot thank you all enough. I am very excited for the opportunity to serve YOU.

Thank you very much for bearing with me during this transition!
I am here to help!

Jon Hayes
Housing Administrator



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





The Village of
Oakland Woods
 A SENIOR LIVING COMMUNITY
 A Mission of Presbyterian Villages of Michigan



**YOU give your Village the
 Power to Choose**

Your gift for your Village during the Family & Friends Campaign offer you the opportunity to combat isolation and to be more independent.

Your gift to Oakland Woods made it possible to have a Mother Day's Tea, a Father's day luncheon, and a Christmas celebration..

Simple pleasures! Yes. But, it's something important to you and your residents that can't be done by the Village and PVM alone. **Without you, it can't be done.**

YOUR gift changes things!

Your gift can help to make YOUR community healthier. Right here. Right now. Will you give today?

**You can make
 Oakland Woods
 the BEST
 place to age!**

Thank you!

**FRIENDS &
 family
 CAMPAIGN**

April 1—May 15, 2020

TO MAKE A GIFT:
 See the front desk for a donation envelope or

ONLINE:
 pvmf.org/OaklandWoods
CALL:
 248.281.2040

MAIL:
 PVM Foundation
 26200 Lahser Road
 Suite 300
 Southfield, MI 48033

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It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month's column was co-written with Lyndsey Malkovich, an intern from Oakland University's Wellness, Health Promotion, & Injury Prevention Program.

Stressed About Stress?

Stress. We've all experienced it and though it gets a bad rap, without it we wouldn't get much done. A little bit of stress is actually good for us. It motivates us to do the things we need to do to stay healthy and well. It's when we let it get out of hand, that it causes problems. Left unchecked, it can lead to a variety of health problems including headaches, sleep disorders, chronic pain, high blood pressure, cardiovascular disease, anxiety and depression to name just a few.

When faced with a stressful situation, our bodies react by producing a cascade of chemicals that among other things, heightens our senses, constricts our blood vessels, tenses our muscles, raises our blood pressure, dilates our pupils, and increases our heart and breathing rates. Sensing danger, our bodies are getting us ready to fight or flee. Back in the caveman days, when our biggest dangers were lions, tigers, and bears, such a reaction could literally be lifesaving. We would use the resulting extra boost of energy we would get to either fight off the threat or run away and escape from it.

Nowadays, our biggest threats are less tangible and include chronic conditions, bills, deadlines, internet scams, and traffic jams. And though we might badly want to, we really can't run away from them and we certainly aren't going to hit them. Yet, our bodies still react the same way. If we don't do something to dissipate this pent up energy, things will eventually start to go astray.

Fortunately, there are things we can do to quell these present day dangers:

- **Exercise** – it's the modern equivalent to fighting or fleeing. Whether you do aerobics, yoga, walk, swim or dance, the key is to move your body!
- **Meditate** – it will calm both your body and your mind. Inhale deeply through your nose then slowly exhale through pursed lips for twice as long as you breathe in. Doing this simple meditation 10-15 minutes daily can work wonders!
- **Socialize** – it will connect you to others with whom you can share and express your feelings and concerns. An empathetic ear can help lift some of that weight off your shoulders!
- **Laugh** – it will release endorphins, which are our body's natural "feel-good" chemicals. There are plenty of YouTube videos, Netflix comedies, and other forms of entertainment out there that can inspire a laugh. Find what works for you and let the belly shaking begin!



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Update on Coronavirus Actions

We want to update everyone on actions taken by PVM in response to COVID-19.

Thank you to our PVM staff who have been going above and beyond and upheld their duty of service excellence. To our residents, family members, board members and other stakeholders know that the safety and quality of life for all is at the forefront of all that we do. Here are some actions we have taken thus far:

- Consistently monitored and implemented directives and recommendations issued by public health authorities and other governmental agencies
- Restricted all social visitors
- Practiced recommended social distancing policies
- Halted all transportation except for individual and necessary medical appointments
- Posted signage to inform residents, families, staff and visitors on preventive measures
- Monitored staff, residents and others for symptoms
- Activated our Management and Communication Plans
- Maintained consistent communication among staff and leadership regarding resident needs, supplies and staffing

Aided families who wish to connect with their loved ones via various forms of communication

We will keep you informed as the situation changes. If you have questions feel free to reach out to staff at your community. Thank you for being a part of the PVM community.

Lynn Alexander
Senior VP & Chief Marketing Officer
Presbyterian Villages of Michigan
26200 Lahser Rd., Suite 300
Southfield, MI 48033-7175
(248) 281-2020
www.PVM.org





Office News

By Hillary Vandenberg

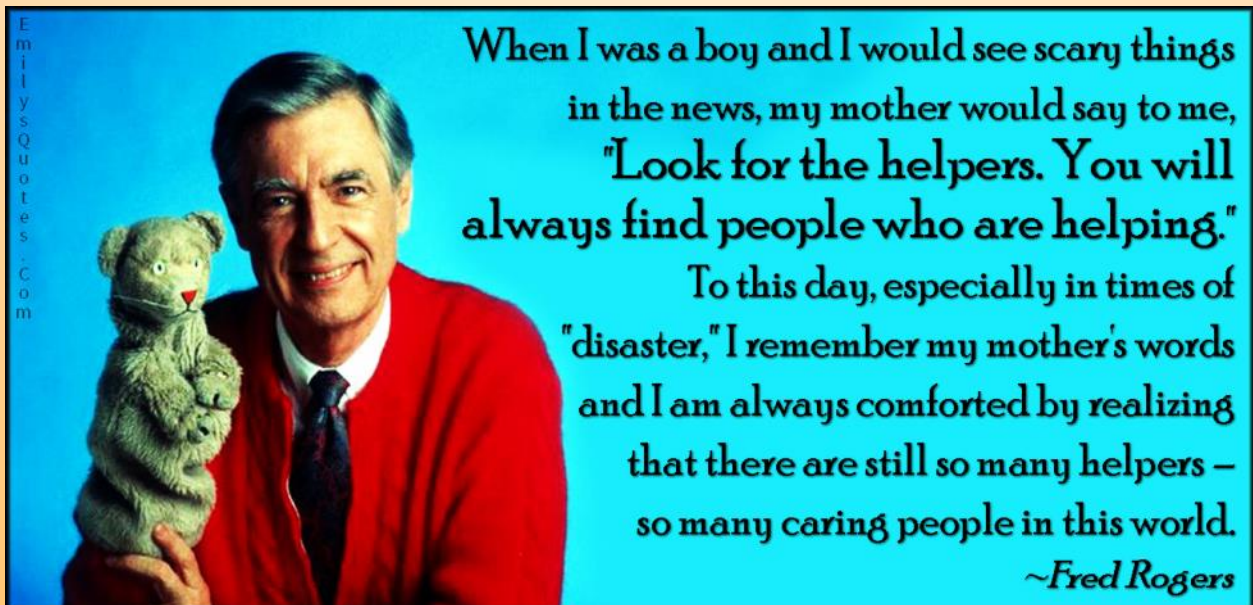
Administrative Assistant

Hello residents!

I will start off by saying how much I miss seeing everyone. It changes my whole work day not being able to interact with the residents who come here in the mornings and for activities. I sincerely hope you are all in good spirits and are able to think about the positives in this time where it's easier to focus on all of the negative things that are happening around us.

I know it's hard being in your apartment all of the time, especially if you're used to being active and being out and about. The Governor has told us that being outside is permitted, so if you are able, I suggest walking around the neighborhood or sitting on your patio when the weather permits. A little fresh air can really help our moods!

Lastly, I know how hard this isolation can be on everyone, so if you need someone to talk to, I suggest calling a friend, a family member, or even me in the office. I am here for you and would like to help in any way I can.



Service News

By Sue Carney

Service Coordinator

Happy Easter and Welcome April!

Hoping and praying that everyone is doing well and staying healthy.

This has been so different with everything that is going on and how we are not able to gather as we were used to.

I miss seeing everyone come to the community, socializing and all the activities. It is not a community without all of **YOU!**

Make sure that you are all taking good care of yourselves! Limit your face to face contact with family and friends or try to stay 6 feet away from each other. Wash those hands good for at least 20 seconds or more.

Just a reminder that the community center staff are here and we can still can help you. Let us know if we can help. If you can get your family to do your shopping for your or the stores that deliver drop off you order. There is generally a fee for these deliveries. We all need to think outside the box and help each other when we can.

Take time to be Kind! We will get through this. Hang in there & keep the faith.

Have a great month & enjoy Spring!



Are You in Need of Home Care?

If you are ill or in need of homecare services and are unable to get to your doctor, please reach out to our dedicated staff so that we may help coordinate these services **under the care of your physician.**

As always, **Angelic Heart Home Care & Hospice** supports your right to choose and encourages you to reach out to an agency of your choice if you need help. In these difficult times we would like to make sure you are aware that we are still available to assist you with your skilled home care needs. Our nursing and therapy staff can provide care for you in the privacy of your own home.

If you have any questions or concerns, please contact:

Sabrina 810-358-0131 or our office at (810)412-4378



Wellness News

Jon Hayes
Housing Administrator

It is Time to Stay Safe!

So it is no secret by now, we know the status of COVID-19. We will continue to be sharing information in regards to COVID-19 as it comes to us. However I wanted to re-iterate to you the biggest take ways you can stay safe during this time period!

- Limit your non-essential visitors. Do not allow visitors that have a fever, cough, shortness of breath or any other signs of illness. Do not allow visitors that have traveled by plane, train, bus or cruise ship
- Continue with your care providers but ask all friends and family not to visit unless it is necessary
- Wash your hands frequently, disinfect objects and surfaces in your apartment, cover coughs and sneezes with a tissue, stay home when you are sick except for medical care, and avoid sick people
- Contact your physician if you are sick. Keep medication refills up to date and keep two-four weeks of supplies on hand.
- Avoid public transportation and locations where a large number of people gather
- Please note that our Community Center is Closed to NON-ESSENTIAL visits. Our laundry room will remain open for NECESSARY use on Mondays, Wednesdays, and Fridays from 8am—3pm.

Unfortunately, you will not see a Calendar of events at the end of the newsletter. Currently, all resident activities have been postponed until we receive approval from both the Governor and our Corporate office. Therefore, on April 1st we will not be handing out calendars. We will be waiting until any activity restrictions have been lifted and will then be passing out Calendars. Even if that means in the middle of the month. We realize that this is not the ideal of times, however we do have the resources to help! As you know, we are here for you:

- **Shopping**—As we are currently not running trips to the store in order to help with social distancing, we are hoping you are able to utilize family during this time if needed so you can get the proper shopping essentials you may need. However, if you are in more need of resources, call the office and ask for Sue or myself and we will be able to assist.
- **Comcast**—Are you in need of internet during this time to stay in touch with family? Comcast is running a special! 2 months of high speed internet at \$9.95 a month + Tax. This could be a good way for you to have low cost internet to interact with family or other ways to stay involved while having to stay in.
- **Angelic Heart**—You all know Sabrina! Check out her options on Sue's Service Coordinator Page!

Birthday Celebration!

Happy Birthday to all of our April Babies!

Robert Raby	4/3
Wanda Jones	4/3
Shige Taylor	4/4
Rosemary Williams	4/8
Edna Martin	4/21
Herbert Edridge	4/23

You're not stuck at home, you're safe at home. One word can change your attitude, and one cough can change your life.

- Timber Hawkeye



Happy Easter



Resident Council News

By *Philena Holdridge*

Resident Council President

“I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made the heaven and earth...He that keepeth thee will not slumber...The Lord is thy keeper.”(excerpts from Psalm 121)

I must admit in this health crisis we are in, this Psalm came to my mind immediately. The past 3 weeks have brought many changes in the world, as well as in the Village of Oakland Woods.

PVM has acted very quickly to help our village to comply with safety measures that hopefully will assure our residents of protection from the virus. I want to encourage the residents to follow all guidelines put out there for our own benefit. We are trusting God to take us through this difficult time, helping us to be thankful for the provisions God has made through neighbors and family. God cares about each one of you and so do we. My husband and I will be praying for our Oakland Woods Villagers.

New Administrator of the Village of Oakland Woods

First of all, I want to congratulate Jon Hayes, our former Wellness Coordinator, on becoming our new Administrator at the Village of Oakland Woods. He is already having to weather a storm with this virus, that no one would have guessed would be so serious. Yes, he has to take orders from PVM Headquarters, but there will be many things to learn about overseeing this village. If you haven't already met him, make a point to introduce yourself and be patient as he transitions into new responsibilities.

Resident Council Meetings Cancelled

Until further notice, the Resident Council Meetings and Resident Council Executive Board Meetings are cancelled. I encourage area representatives to notify the office staff of concerns for your neighbors.

“His compassions fail not. They are new every morning: great is thy faithfulness.”

Lamentations 3:22b-23

May God encourage your heart one day at a time!

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

GETTING TO KNOW YOUR NEIGHBORS

Dave and Betsy Proper



Dave and I met when I was 15 years old. Before marrying four years later, Dave spent some time in Vietnam as part of the U.S. Navy's Construction Battalion, the Seabees.

We were both born in Pontiac and have lived in the surrounding area most of our lives. We have two wonderful sons - Tom will be 50 and Mike 48 this year! They are both happily married to our daughters -in-love. One lives in Pontiac and the other lives in Holly. We have been gifted with 3 fantastic grandchildren. Kristina, our married granddaughter, gave birth to our great grandson, Edward, who will be 3 in June. He brings us much joy and has enriched our lives beyond measure! Our adult twin grandsons, Andrew and Steven, both attended college in Grand Rapids and liked the area so much that they decided to stay and work in the area.

Dave was a small business owner/operator for the first 34 years of our marriage. We ran the excavation company out of our home so I could be a stay-at-home mom while helping to grow our business. His many long hours of hard work provided a good living for our family. He loved digging dirt and became one of the best in the business. He learned his trade from his father and grandfather before him.

November 22, 1980 and January 8, 1981 are significant dates to us. These are the dates that God called us out of darkness into His marvelous light, shining the love, mercy and grace of our Lord Jesus Christ into our hearts by faith. From then on we have been on a path of growing in the grace and knowledge of God and striving to love Him with all of our heart, mind and strength.

We have been attending and ministering in the same church in Auburn Hills for 40 years. As we matured in our faith, God began to put in our hearts the idea of serving together in full-time ministry. An opportunity to do just that came up in spring of 2000. We were commissioned as supported missionaries to serve at a Christian camp in the north woods of Fairview, Mi. Camp Barakel has been in operation since 1942. Our main function there was to run a commercial kitchen and help feed the 10,000 plus people who came year round to attend summer camps, spring and fall adult relational retreats and winter youth camps. Everyone who comes to work there are volunteers, so part of our job was to train 8-10 people each week to get everyone fed. We also had the responsibility to clean, stock and maintain the dining facility. We served there for 13 wonderful years. As Dave's heart condition worsened, we had to retire from our beloved Barakel and head back home. We still volunteer there several times a year and Dave serves on the board of trustees for the camp.

In May of 2018 we moved to Oakland Woods. We are very content here. We have wonderful, caring neighbors and are pleased with the hard working staff that keeps the place running like a well oiled machine!

We look forward to meeting many more of the people who reside here and being involved in the activities offered.

All 50 States of the United States of America

NEW MEXICO OSARKS ARBEN HEFY
ASUCYWEST VIRGINIA MLFTQI
SEOHADIMJCPENNSYLVANIA B
HSASNAKILIO MAINE WYOMING
VHIKRNYS PHVNOODAROLOCTD
HMTRSIESMXYONSHJGYAAREH
IIWOOLSIOPKIOERFVIIBLVV
NNOYUORSNFRHRYCVLGHAKJL
DNVWTRESTE VOTAETROWCYZA
IEUEHAJIAMWNHTNOIARKITG
ASTNDCWPNOEHCEEARCCIOMA
NOJQAHEPAVAIAGEE IUUKDCJ
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OSDOOIUJFOKBAOIRALRKEOO
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TZSURSHAWAII EIAARKANSAS
VIWASHINGTONALXDNALYRAM
NWN T LBNMNR RHODEISLANDEC
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MISSISSIPPI

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MONTANA

NEBRASKA

NEVADA

NEW HAMPSHIRE

NEW JERSEY

NEW MEXICO

NEW YORK

NORTH CAROLINA

NORTH DAKOTA

OHIO

OKLAHOMA

OREGON

PENNSYLVANIA

RHODE ISLAND

SOUTH CAROLINA

SOUTH DAKOTA

TENNESSEE

TEXAS

UTAH

VERMONT

VIRGINIA

WASHINGTON

WEST VIRGINIA

WISCONSIN

WYOMING

*****Please note: BASED ON COVID-19 STATUS, ALL ACTIVITIES HAVE BEEN CANCELLED. UNTIL FURTHER NOTICE. YOU WILL BE NOTIFIED AND GIVEN A CALENDAR WHEN ACTIVITIES WILL BE HELD***

**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

Sue Carney

Service 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

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Pontiac, MI 48341-3145

420 S. Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

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