The Village of Oakland Woods



Village News



Embrace the possibilities

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

May 2019

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Look for PVM on:







Notes from the Administrator

May means all the beautiful flowers are on the way from all those April showers:) Warmer weather and more light every day lifts our spirits and our hope is the same for you. May is the month of Mother's Day and we salute all of the Mom's at the Village. You truly are real heroes! We have a special Memorial Day bonfire planned for the last Friday in May please check your calendars for more information, we would LOVE to see a packed party to kick off summer. There are several new trips, locations and events planned out for the month so it's time to have some fun.

May is also FIRE DRILL month. On **Thursday May 16, 2019** at an assigned time to be posted to your home several days before the drill, I will pull into your area and blast a warning sound from the blow horn. If you could please just simply show yourself at the front door and wave as I pass by you will be counted as a participant and we can continue to be in compliance with our Federal Regulations. Much more to come on the process for May 16th Fire Drill. They will begin at 11:00 a.m. and should only take about an hour to complete the whole Village. Your anticipated cooperation with the drill is appreciated.

We will have another required inspection in May. This time from the City of Pontiac and we will distribute the schedule for each area/unit as the City sends it to us.

The new wellness/exercise strength classes at the Wellness center have been charged with energy and incredible participation. You really need to come up and see what's happening at the center. Jon Hayes has revamped the entire department its' facilities and wellness programs. He has something for everyone to enjoy and utilize. So come by and just watch a class and see what's happening and I guarantees better health, spirit and energy once Jon gets you in a program tailor designed for your physical needs and abilities.

The office will be closed on Memorial Day May 27th this year. Please read page #2 of my notes and think about how the actions of one person can negatively affect so many.



Notes from the Administrator

By Kevin Centala Administrative Assistant

We are experiencing a problem with residents leaving trash outside of designated dumpsters and inside the enclosure. When this occurs, it causes an unpleasant odor and attracts rodents. It is imperative that you put your trash in the provided dumpsters to help keep your community clean and free of unwanted animals.

We believe we have the hardest working maintenance team at PVM so be respectful to them and your neighbors. Imagine your morning starting with having to clean up the absolute mess from rodents and animals getting into trash not deposited properly in the dumpster. This is what they have to face every day when they get to work, unpleasant smell, unhealthy environment, peoples personal items care items that require clean up. It is not fair to the staff or your neighbors. Matt & Charles spend hours each week just trying to clean up the mess left in the dumpster areas and that is time and Village money spent that could be best spent on the upkeep of the apartments and Village.

When discarding your trash, please make sure your trash bags are secured tight, placed inside the dumpster, and close the lid when done. Last year we purchased and installed new garbage containers with sliding side doors as well as a top door for easy access. There is no reason to leave your trash on the ground inside the dumpster. Please use the sliding door and place your rubbish in the dumpster.

Leaving trash outside the dumpster or keeping your trash can at the curb and not stored away is a lease violation because it disrupts the efforts to maintain a clean environment. It hinders the quiet enjoyment of your neighbors, which is also a lease violation.

Anyone leaving trash outside of the designated dumpster shall receive a lease violation and multiple violations may lead to terminating your lease.

Please join us and help keep the Village of Oakland Woods clean. Thank you for your attention and cooperation to this matter.



Giving Matters.

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

Did you know there's a PVM Foundation?

The PVM Foundation raises money to support <u>your</u> wellbeing. Last year, PVMF raised funds for Village Victory Cup, resident activities and emergency resident assistance.

A few examples:



In so thenkful to you for the money you gove me to get my glasses It is so wonderful to be ask to the graces on two feases of kelp, The glasses on twiffer, meest pair I would not wate the cyp problem's I have, now, thanks to you I can see ourything

Providing a new pair of glasses for an older adult who otherwise wouldn't be able to afford them

Residents from The Village of Oakland Woods at a Detroit Tiger's game



A trip to the ballpark or zoo for seniors at risk of isolation

Residents at Thome Rivertown Senior Apartments share a holiday meal



Holiday dinner (and crucial socialization) to residents who may not be able to celebrate with family

But the need doesn't end there. We can't make these life-sustaining gifts possible without your help! Over 300 of your fellow residents gave from the heart last year to help all of us. Won't you join them?

Make your contribution today. It's the gift that keeps on giving...right back to you.

Questions, comments or concerns? Contact us at 248-281-2040 or pvmfoundation@pvm.org.



It's Your Life. Live It Well.

By Tom Wyllie, Director of Wellness

"Spring has Sprung! The Grass has Riz! Do You Know When the Village Victory Cup is?"



Believe it or not, it's that time of year again. It's time to get ready for the 14th Annual PVM Village Victory Cup. Like last year, we will be hosting this year's event at the Suburban Collection Showplace in Novi. The date is Friday, June 21, 2019.

For those of you who may be unfamiliar with this event, it is a fun-filled day of camaraderie and friendly competition between senior living communities that are part of the PVM family. You earn points for your community by participating in a variety of games that involve building puzzles, shooting baskets, throwing beanbags, kicking balls, walking fast, playing balloon volleyball, and this year, writing poetry. The community that earns the most points wins the travelling Village Victory Cup trophy, which currently resides at the Village of Westland.

For communities 100 or more miles from the PVM Home Office, rather than travel to Novi, you have the opportunity to participate in the Virtual Village Victory Cup. The games are the same (with the exception of balloon volleyball) and you play them at your community.

If you are interested in either of these events, ask your administrator how you can join your community's team. At a minimum, you'll enjoy some food, have some fun, and meet a few new people. Or, you might walk away with a gold, silver, or bronze medal and help contribute to your community bringing home the Village Victory Cup trophy or the coveted Spirit Award.



The Senior Advocate.

By Lynn Alexander, Vice President of Public Affairs

May is Older Americans Month

May 1st has been known for centuries as May Day and has celebrated at the beginning of spring with a dance around a Maypole. As a centerpiece for an ancient European spring festival, Maypoles are known for being colorful and festive while decorated with ribbons. Springtime is known for celebrating renewal.

Thus, it is quite appropriate that the month of May is also known as Older Americans Month in America. As older adults we have opportunities not afforded to our ancestors. We experience the joy of being with our grandchildren and great grandchildren. We can create legacies for our families and communities. We even get second chances and, in some cases, rekindled romances. Adventure calls as many travel around the world and volunteer for charitable causes.

The theme for Older Americans Month of 2019 is CONNECT, CREATE, CONTRIBUTE.

Connect with friends, family, and services that support participation. Create by engaging in activities that promote learning, health, and personal enrichment. Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives.

We acknowledge the Administration for Community Living at the federal level for key information included in this message.



Office News

By Hillary Vandenberg

Administrative Assistant

Happy spring, residents!

The beautiful weather is finally here and I think it's putting a little more spring in our steps! Walking club is back at it again and we meet every Tuesday at 1:00 pm and Thursday at 10 am and we are excited to show what we've been working on at the Village Victory Cup!

There has been an update in the laundry room as the prices have increased a bit. It is now \$1.50 to wash and \$1.25 to dry.

The Garden Club is looking for new members! It's a fun group and they would love to have any gardening enthusiasts join.

I hope everyone has a great spring!





Leasing News

By Ricardo Palacios

Sales, Marketing & Outreach

Happy spring to all the Village residents from The Sales and leasing office!

Please feel free to stop by and say hello and remember to refer friends and family to become members of community.

My regular schedule is Monday through Wednesday 8:00am to 1:00pm, Thursday 8:00am to 12:00pm and Friday 8:00am to 2:00pm.

Highly recommended to call in advance to make an appointment so that I can give them a tour and help them submit their Pre-Rental application.



Maintenance News

By Matthew Myers Maintenance Supervisor

Maintaining your Unit

Happy spring everyone! As you break out your brooms and feather dusters for spring cleaning I'd like to turn your attention to a few items:

Cleaning Electric Bake Elements:

The element in the bottom of your oven can crack and break if it continues to heat up and cool with food stuck to it. Use a product like <u>Easy Off</u> on the element and let it sit, after a few hours wipe your oven down with a dry rag, and then follow with a rinse rag.

Cleaning Electric Burner Elements:

The electric burners on the top of your stove also need to be kept clean to remain in good working condition. Clean with Dawn dish soap and follow with rinse rags after letting sit.

Anatomy of an Apartment Shower:

This diagram is to help you identify which parts of the shower aren't working correctly when you make a call for a maintenance work order.

Also I'd like to say that the slider and slider cap should be saved should they break. There is a spring and a glide that can come out of the slider but can often be repaired so long as you do not throw them away. Thank you.



Service News

By Sue Carney

Service Coordinator

Welcome May. Are we really on our way to Summer?

I certainly hope so! I am looking forward to seeing more residents out and about and hopefully coming to the Community Center for all the activities and presentations. If you have any suggestions for speaker or topics you would like to learn about, let me know!

Hopefully no one is going to the hospital as a patient, but if you do find yourself there, please let me know or if a family member can let me know, that would be helpful!

Thursday May 2, at 11 a.m a nurse/practitioner from Residential Physician Association will be here for an "Ask the Nurse" presentation. Bring yourself and all and any questions, get some answers. *Remember to sign in the sign in book if attending*.

Thursday May 17 at 1 p.m. Anna, from Miracle Ear will be here for free hearing screenings. If you want to see her, you must sign up in the sign up book.

Lastly, just want to wish all the Mothers out there a Happy Mother's Day!





Wellness News

Jon Hayes Wellness Coordinator

Hello All! And a very Happy May! I cannot believe we are getting close to the summer. This is my absolute favorite time of the year and its finally nice to see some sunshine and better weather! Which means... MORE FUN!

Winter Melt Recap:

As most of you know, we took part in a 6-Week Winter Melt challenge. First off, I am SO very proud of all of those who participated. We totaled 8,767 points AS A TEAM! This is huge! (I was expecting us to hit around 5,000). I wanted to highlight our Winners of the Challenge:

- 1st place with 903 points, Mary Hudson
- 2nd Place with 892 points, Felicia Hollis,
- 3rd Place with 844 points, Frances King

We also had weekly winners: Marge Dilley, Joan Manchester, Thelma Anderson, Gertie Rankin, Felicia Hollis, Chris Milz. A huge thank you to all of those who participated!

Upcoming Events

Now that the weather has broke, you will see a lot more outings on the calendar. Coming up in May, pay close attention to our MGM Casino Trip. Those who are interested please bring your ID, Money, and prepare to bring a lunch or bring money to buy a lunch. Older Michiganian's Day, which will be a day trip to Lansing is presented by Area Agency on Aging. They will provide lunch, and I will provide transportation. And finally, we will be taking a trip to Great Lakes Crossing Mall in Auburn Hills on Thursday May 30th.

Another event I am SUPER excited about is our Memorial Day party which will take place on Friday, May 31st beginning at 4:00pm. There will be food, drinks, outdoor games, a bonfire, and in the community center we will be showing the Tigers Game as well. PLEASE invite all friends, and Family to this event! I really hope you can join us!

Finally, our <u>Village Victory Cup</u> is right around the corner! Mark your Calendars for June 21st! We have our teams set, and this year we set a record for the Most people coming to the VVC with 29 from VOW. WE CAN WIN JUST BY SHOWING UP! Come see me with more questions!

Resident Wish List

I am conducting a survey on the next page. It is a "Resident Wish List". As you know, we are not far off from expanding our village. This is YOUR chance to communicate with me your needs and wants when it comes to the Village of Oakland Woods. Please take the time to look at it, fill it out, and bring it back to me. As always please feel free to reach out to me with questions!

THE VILLAGE OF

Resident Wish List

On behalf of all of the Village of Oakland Woods Staff, we want to hear from you! As I have always told you, you know YOUR village much more than I ever will! So, what are goals and ideas that you have for your village? Give some REALISTIC goals that you have in mind for the village as The Village of Oakland Woods begins planning the next phase of expansion! This can include anything from Physical Improvements, Improvements to the Newsletter,

Improvements to services or activities offered in the village, and improvements related to the office as well. PLEASE NOTE: The sole purpose of this list is to identify what is most important to you; a list of what you wan

(PLEASE NOTE: The sole purpose of this list is to identify what is most important to you; a list of what you want, and only that).

YOUR feedback helps US plan!

Name:	
Comments:	



Thursday, May 9th, Incredibles 2:

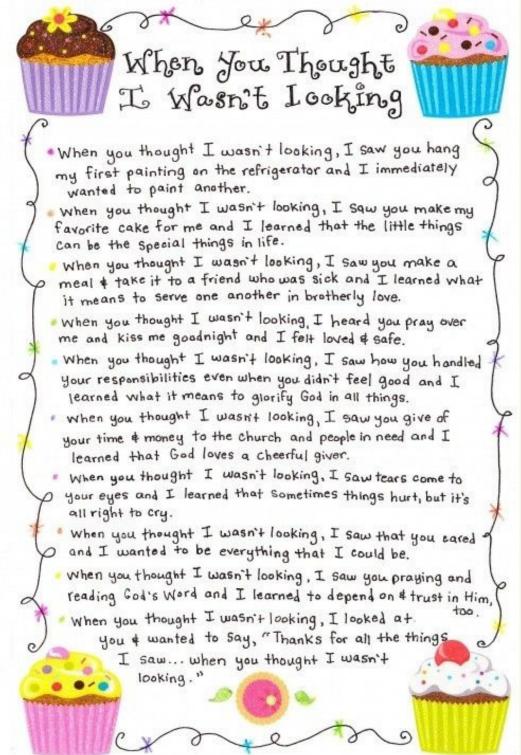
In Incredibles 2, Helen is called on to lead a campaign to bring Supers back, while Bob navigates the day-to-day heroics of "normal" life at home with Violet, Dash and baby Jack-Jack -- whose superpowers are about to be discovered. Their mission is derailed, however, when a new villain emerges with a brilliant and dangerous plot that threatens everything. But the Parrs don't shy away from a challenge, especially with Frozone by their side.

Thursday, May 23rd, Black Panther:

After the death of his father, the king of Wakanda, young T'Challa returns home to the isolated high-tech African nation to succeed to the throne and take his rightful place as king. But when a powerful enemy reappears, T'Challa's mettle as king -- and Black Panther -- is tested when he's drawn into a formidable conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, he must release the full power of Black Panther to defeat his foes and secure the safety of his people and their way of life.







Birthday Celebration!

The Birthday Party will be held on *Friday*, *May 24*. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

5/2
5/4
5/4
5/6
5/6
5/13
5/14
5/15
5/18
5/20
5/22



Happy Mother's Day



Resident Council News

By Judy Shatto, Resident Council President

Election:

May is the month we vote for our new officers. To be able to vote, you must attend the May meeting on Tuesday May 28 at 2:00. The nominees are- for the office of:

- President-Philena Holdridge
- Vice-President-Becky Bolden
- Secretary-Judy Shatto
- Treasurer-Joyce Parlor

The term is for two years. This is your opportunity to show your support and vote by attending the May meeting. <u>All</u> permanent residents of VOW may vote.

Friends & Family:

Each year, the VOW Resident Council votes to generously donate \$100.00 out of our treasury to support our Friends & Family PVM Foundation which happens April 1-30. Thank you VOW residents. In case you may not know, ALL of our donations from our fundraisers always come back to <u>US</u>-the residents in some way! Sometimes it is a specified request and sometimes it is used toward a major request.

Garden Club:

Our Garden Club also donated in April to the Friends & Family PVM Foundation in the amount of \$50.00. Thank you Garden Club for supporting the PVM Foundation.

It is that time—Spring Clean-Up! We need some hard-working helpers to get our Gazebo ready for new flowers including the cleaning of inside the Gazebo to make it spiffy! We can find a task for you to do when we know some cannot "get down." We will then get the flowers that we need probably late May or early June. *Our next meeting to do our Spring Clean-Up is Monday May 6 at noon.* Meet us at the Gazebo!

This year we are attempting to decorate our flagpole on Kirkman Rd. with decorative concrete bricks circling the flagpole and displayed with flowers. We could use your help on this project, too! Hey, Matthew! We have some definite plans for this project but let Judy hear your suggestions. I really think this will make our flagpole "pop" with patriotic respect that it deserves!

Have you discovered that there has been a theme happening during the last several months of "hidden items?" Can you guess the name of the book? Enter your answer and drop it in the suggestion box, please. The answer will be announced at the May Resident Council meeting!

Resident Council Board

Judy Shatto, President

(248)499-8574

Becky Bolden, Vice President

(248)766-3684

Philena Holdridge, Secretary (248)977-3038

Joyce Parlor, *Treasurer* (248)210-5678

Ruthie Griffin, Sympathy Cards (248) 322-4222

Resident Council News

By Judy Shatto, Resident Council President

Library News:

To all our readers: This month of May is a great time to investigate new flowers and also new kinds of books to read this summer. Here is one classic and one American legacy.

"To Kill a Mockingbird" by Harper Lee.

You may have seen the movie but the book fills in a great more of the story. This is a soft cover in regular print 1960 book.

American Legacy—"The story of John and Caroline Kennedy" by C. David Heyman. This is a hard cover large print 2007 book. This book covers from childhood to almost today and both John-John (his childhood name) and Caroline.

Reminder: Greg from the Pontiac Library will be here with us May 13th at 2pm.

Please, please — When spring cleaning search for our long lost book "Rangle River" by Zane Grey and return it to our library! Thank you.

Resident Council Board

Judy Shatto, President (248)499-8574

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Philena Holdridge, Secretary (248)977-3038

Joyce Parlor, Treasurer (248)210-5678

Ruthie Griffin, Sympathy Cards (248) 322-4222

GETTING TO KNOW YOUR NEIGHBORS

Vernice Harper

"I was born on March 13, 1942 in Valdosta, Georgia which was considered in the deep, segregated South. I was the first born to my parents and the only child to my mother. Their marriage ended when I was very young, and I was raised by my grandparents until the summer of 1957. During my formative years in Georgia, I was a very good student, graduated from junior high with honors, and the valedictorian of my class. I attended one year at Pinevale High School in Valdosta where I was a majorette and made the girls' varsity basketball team.

I had visited my mother and step-father many summers before; but the summer of 1957 was different. I was 15 years old going into my 2nd year of high school, I had met many friends that summer (including cute boys), and my mother convinced me that I could have a better future with her in Detroit. So I took the bait, broke my grandparents' hearts and stayed in Detroit. I attended Mumford High School on the Northwest side of Detroit where I experienced a culture shock. As I mentioned, I lived in the segregated south; but, the Mumford High School community was 95 percent Jewish and 5 percent other races. That



experience helped me to appreciate and accept people of all races and backgrounds. I did well and went on to attend Detroit Business Institute.

I married one of those cute boys that I met in 1957 and we have four children together (Kenneth, Veronica, Angela, and Otis, II). Our marriage lasted only 13 years so then I had to make a life for myself and my children. I first worked part-time at my church and attended Wayne County Community College a few evenings a week until I landed a job at Blue Cross Blue Shield of Michigan. I received frequent promotions and held various positions at BCBSM while I attended Wayne State University a few evenings a week. I worked at BCBSM 30 years until I retired in December, 2003. In 2005, because of my interest in the Bible, I started and am still attending Bible Study Fellowship International (BSF).

I moved to the Village of Oakland Woods in August, 2011 shortly after I was diagnosed with breast cancer. I'm cancer free now almost 8 years by the grace of God, but; it wasn't until after surgery and treatments (chemo & radiation) I was able to become active in the community. I started a Bible Class, and would be happy to resume that class if anyone is interested. I served four years as Secretary of the Resident Council; I joined the Village People Chorus upon its inception, and have served as its Director for close to 5 years. I am, also, currently serving as one of the Heatherwood Lane's Area Reps. The Village is exactly where I'm supposed to be at this point of my life.

My children and I grew up together and they are the greatest part of my life except for my love of God and my service to the Church. This past Christmas they proved how blessed I am to have them when they presented me with the gift of a 10-day all-expense paid trip to Italy. In February, I was able to join my two daughters (Veronica and Angela) and the two youngest of my 10 grandchildren (Camren and Trey) on a fabulous trip to Italy. It included Rome, Florence and Venice with guided tours. It was a trip of a life time which I am eternally grateful to have been able to experience."

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	Sat					
	Fri	3 10:00 GitFit 11:00 Kick-A-Roo 1:00 Relax and Meditate 2:00 Cinco De Mayo Party!!	10:00 GifFit (Video WOD) 11:00 Kick-A-Roo NO RELAX AND MEDITATE	17 10:00 GitFit 11:00 Kick-A-Roo 12:00 Mother's Day Dessert Pottuck 1:00 Miracle Ear NO RELAX AND MEDITATE	24 10:00 GifFit 11:00 Kick-A-Roo 1:00 Relax and Meditate 2:00 Birthdays & Bingo	4:00PM Memorial Day Party Tigers Game Viewing BBQ Bonfire with S'mores Games! NO GIFIT
	Thu	2 10:00 Walking Club 12:00 Sit & Be Fit 1:00 Calendar Planning Meeting	9 10:00 Walking Club 12:00 Sit & Be Fit 1:00 Theatre Thursday FRUITS & VECCIES	16:00 Walking Club 11:00 Fire Drill 12:00 Sit & Be Fit 1:00 Project Fresh Day Presented by Oak Street FOCUS HOPE	23 10:00 Walking Club 12:00 Sit & Be Fit 1:00 Theatre Thursday	30 9:30 Shopping at Great Lakes Crossing Mall 10:00 Walking Club NO SIT AND BE FIT
May 2019 Wellness Calendar	Wed	l 10:00 GifFit 11:00 Village Chorus 12:00 VVC: Hoop Shoot 12:30 VVC: The Puzzler	8 10:00 GitFit 11:00 Village Chorus 12:00 VVC: Hoop Shoot 12:30 VVC: The Puzzler 1:00 Meadowbrook	15 9:30 Older Michiganian's Day Lansing, MI Presented By AAA 10:00 GitFit (Video WOD) 11:00 Village Chorus	22 10:00 GitFit 11:00 Village Chorus 12:00 VVC: Hoop Shoot 12:30 VVC: The Puzzler	29 10:00 GitFit 11:00 Village Chorus 12:00 VVC: Hoop Shoot 12:30 VVC: The Puzzler
	Tue	Large Calendars are Available at the Activities Table	10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit and Be Fit Presented by Oak Street 1:00 Walking Club	14 10:00 God and Prayer 11:00 TOPS 11:00 Mobile Dollar Store 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Walking Club	10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Walking Club	10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Walking Club 2:00 Resident Council Meeting
	Mon	Large Calendal at the Acti	9:30 Walmart and Chase Bank 10:00 GifFit 11:00 VVC: Balloon Volleyball 11:30 VVC: Beanbag Toss 12:00 Garden Club Meeting 1:00 Art Therapy: Fleece Blanket Making	13 9:30 MGM CASINO TRIP WITH LAKESHORE 10:00 GitFit (Video WOD) 2:00 Greg from Pontiac Library	9:30 Meijer in Rochester Hills 10:00 GifFit 11:00 VVC: Balloon Volleyball 11:30 VVC: Beanbag Toss 12:00 Medicare Presentation Presented by Oak Street	27 Office Closed
	Sun	RED = BUS TRIP BLUE = EXERCISE BLACK = VILLAGE ACTIVITES GREEN = PARTIES	5	12 HAPPY MOTHERS DAY TO ALL THE MOMS!	61	26

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

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Sharon Benton

Administrative Assistant

Hillary Vandenberg

Administrative Assistant

Ricardo Palacios

On-Site Security

Sales, Marketing & Outreach

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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

(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

420 S. Opdyke Rd Pontiac, MI 48341-3145

