



Village News



Embrace the possibilities

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

JULY 2022

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Notes from the Administrator

We are officially in the summer season. I don't know about you, but summer is my favorite time of the year. I am looking forward to seeing you all at some of our summer time events.

One of my favorite things to hear about during the summer time at Oakland Woods is residents hosting events and activities that include neighbors and friends. Talk about a true platform for wellness. To help host these parties, the office will receive requests to lend out tables, chairs, tools, etc. Please realize that the office will no longer be lending out any tools to residents or guests. We will lend out tents and tables for resident gatherings but will be looking for a fully-refundable deposit when picking up items. The deposit will be returned when items are back in the possession of the office in the same condition it was lent out in. We have lent out items that have not come back to us, or have come back in poor condition.

I would like all Oakland Woods residents, and their guests, to remember our house rules with specific attention to bullying and harassment. Please realize that those house rules state that PVM has a zero tolerance policy for harassment or bullying. Furthermore, ***"The Village of Oakland Woods prohibits acts of harassment or bullying. A safe and civil environment is necessary for residents to feel safe and secure in their homes. Bullying can be defined as health-harming mistreatment of another resident, staff or guest to the campus that usually involves subtle methods of coercion such as intimidation. Bullying consists of four basic types of abuse – emotional, verbal, physical, and cyber."***

That being said, I am requesting that residents keep this in mind when interacting with PVM staff or other residents. Please also understand that any form of harassment can lead to lease violation and potential for appropriate consequences up to and including termination of the lease. Thank you for your cooperation in this matter.

Here is to a great month!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Office News

Sharon Benton & Stephanie Daniel
Administrative Assistant

Hello Residents

The Administration office is here to serve you, but in order for us to do so, you have to help us help you. When you receive a call from the office, nine times out of ten we are in need of a signature or documents. So please make it your best effort to return our calls. There are times that we call and can't leave messages because the voice mail is full. If you do not know how to check your voice mail, stop by the office and we might be able to help, or have a family member show you how to retrieve and clear out your voice mail.

By the time you read this everyone should have received a OneCall in regards to the Gross Rent Change notification (apartments only), this form will reflect your new monthly rent as of July 1st, 2022. If you have NOT signed this form, please stop by the office to do so. If for some reason you can't make it to the office please let us know, so that we can work something out for you.

Sales and Leasing News

*Taylor Webb
Sales and Leasing Specialist*

As we head into another month of summer weather, it's a great time to get outdoors and enjoy some fun, safe activities in our community!

Situated in beautiful, wooded surroundings, the Village of Oakland Woods provides picturesque scenery to enjoy while getting active outdoors. The location of our community, however, offers more than simply our campus for outdoor activity!

Right across the street from our community, the Clinton River Trail offers shaded paths for a walk or bike ride. This is a great activity that can be done with friends or just for a peaceful time of enjoying nature!

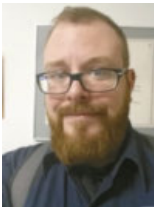
Local parks are another feature of the surrounding community of Pontiac that residents of Oakland Woods have access to. Riverside Park in downtown Auburn Hills is a 5 minute drive from our campus; River Woods Park is another scenic location in Auburn Hills that is less than 10 minutes away.

These pleasant spots provide great options for picnicking and enjoying time with friends and family!

Another great outdoor activity is checking out one of the local farmer's markets. The Oakland County Farmer's Market – only 15 minutes from our campus – offers fresh fruits and vegetables as well as many other treats such as baked goods, flowers, condiments, and crafts. The Farm Boy market located only minutes away near downtown Auburn Hills is another local farmer's market that provides access to fresh produce and is open daily.

Having the opportunity to purchase and enjoy nutritious, locally-produced food is such a great amenity for our residents at Oakland Woods! And to allow our residents to take advantage of this amenity, we will be taking a bus trip to the Oakland County Farmer's Market on Tuesday, July 12th from 11 to 2pm and to the Farm Boy Market on Thursday, July 28th from 11 to 1pm. Be sure to sign up in the Activities Book if you are interested in taking part in either of these trips as spots are limited!

They say location is really one of the most important things about where one lives; here at Oakland Woods the opportunity to enjoy local outdoor activities truly is a special privilege of living at this community!



Maintenance News

Matthew Myers
Maintenance Lead

Hello Residents,

The abundance of unit turns and projects has had us delay the inspections still. We apologize for any wait, and look forward to checking into your units soon.

The apartment pressure washing project continues. By the time you read this area 1 and 2 will be complete, and they should be halfway through area 3. We aren't getting as much cooperation as we had hoped, and many residents have too much to handle on their patios. If you find you have much more outside than your neighbors, you could be part of the problem, and should make a plan to reduce your outdoor items. Keeping a clean and organized outdoor area contributes to the peaceful enjoyment of the property, and is mentioned in your lease.

There has been some concern about the wild animals on our property and a resident felt much better after I explained that turkeys and raccoons are not predators. They are more afraid of you than you are of them. Please, try to enjoy the animals from a safe distance and understand they mean you no harm. That is not to say they are harmless, but just as many of our residents love them as there are those who are afraid. Our property exists surrounded by paved urban areas, and these animals are finding one of the few places nearby that they can live. We have a balance of nature here not found for many miles around, and the animals have a right to live here as much as any living thing.

Residents have also appreciated my tips on keeping a clean and nice smelling garbage disposal. First dump a tray of ice into the disposal, run the faucet, and stand back as you turn on your disposal and let the ice break up any loose food in the disposal. Afterward, leave a quarter of a lemon inside the disposal overnight. The next day remove and discard the lemon piece, plug the disposal with the black lid, fill half your sink with hot soapy water, pull the plug and run the disposal again for a clean disposal. This can be repeated every other week or so and your disposal will run well and smell better.

Also if you happen to run into any trouble with your GFCI outlet, even if it is not red like the one pictured here, the top button should reset the outlet. These outlets are often tripped by old appliances like microwaves that are on their last legs, but occasionally the problem can be the outlet. If it keeps happening, and your microwave isn't over 5 years old, put in a work order and your GFCI can be replaced.



Service News

Sue Carney
Service Coordinator

Welcome Summer!

For those who like it HOT, this is your time of year. Enjoy!

So who is ready for Christmas in July?

Hope everyone is enjoying their summer so far.

We are trying to get some more fun activities and more wellness for all of our residents. If you have any ideas /suggestions, please let Jessica or myself know. We hope that you care to share.

Did you know that if you have a bridge card/SNAP card that you can use them at most farmer's markets. You can get fresh fruits and vegetables with you bridge card. This could help you to eat healthy and maybe save some money too.

If you find that are in need of food, please see Jessica or myself and we can see if we can get you some resources for food pantries/resources.

The blood pressures schedule is changing. Home MD with Nicki will be here on the 1st Tuesday of each month, at 1 p.m. Blood pressure clinic with Sue, from Care Team will be here on the 3rd Tuesday of each month at 1p.m.

Name that Tune will be back, Thursday July 14, for your sing a long fun, and to exercise your brain, with Lerone. Mark your calendars. The more the merrier and more fun.

Cooking for One class will continue Thursday July 7, 14 & 21 at 1 p.m.

May we all celebrate safely, our freedom on July 4th and everyday. May we all count our blessings every day and thank those who gave us our freedom.

Lastly, Just an FYI: I will be off work July 1, July 28 & 29.

Enjoy your summer and remember to always be kind and pack your patience.

Have a great month



Wellness News

Jessica Roberts
Wellness Coordinator

Hello Residents! As we continue into the summer months, there are many exciting wellness opportunities for you to be involved in!

Our Village Victory Cup Kickoff last month initiated the excitement of the VVC games that will take place in October. There will be many opportunities to practice VVC games every Monday, Wednesday, and Friday at 11am; this is a fun way to enjoy social time with other residents while getting active as you practice the various games featured at the Victory Cup including:

- | | |
|---------------------|--------------|
| Balloon Volley Ball | Hoop Shoot |
| Kick-A-Roo | The Puzzler |
| Wellness Walk | Beanbag Toss |

These are simple games that can often be performed sitting but will get you moving and having a good time! There will be ice cream socials throughout the month during these practice times so you won't want to miss it!!

You may notice we have a new calendar format and a TV screen in our Community Center displaying the various activities we offer; these are features of the Touchtown program - a digital platform that allows you to stay up-to-date on all the happenings in our community!

We will be hosting a Touchtown Information Session on Friday, July 22nd at 1pm to introduce you to the new ways you can stay connected with our events. There will be light refreshments provided.

There are some other great events happening this month that will provide fun, new ways to interact with other residents while also providing opportunity to serve and build our community!

One such opportunity is our Morning Social Breakfast on Tuesday, July 26th. We will be hosting and serving seniors from the Kirk in the Hills Presbyterian Church while enjoying some social time and breakfast together. Oakland Woods residents are encouraged to attend and, if able, to sign up to prep and serve breakfast to those who will be joining us from Kirk in the Hills!

If you plan to attend and/or serve, please sign up in the Activities Book! Breakfast will be served from 9-10am - hope to see you there!!

To continue to address the needs of our community, we are always looking for resident volunteers to act as Wellness Representatives! We have residents who are unable to do their own yard maintenance, pick up their own groceries, or are simply needing a phone call once in a while for emotional support.

If you are aware of any needs or are able and interested in assisting with the needs of our community, please let Jessica in the Wellness office know or post needs on the bulletin board located in the Community Center across from the restrooms.

To specifically address spiritual needs is a very important aspect of wellness also; therefore, residents of all faiths are invited to attend "A Call to Prayer" on the 4th Wednesday of each month. This is a time to pray for the needs of individuals and our nation. This gathering will be led by Ms. Irene in the Board Room at 12pm on July 27th.

For all of our events, please call the office if you need transportation to the Community Center due to difficulties with mobility. And, as always, feel free to reach out to schedule a one-on-one Wellness Visit with Jessica to learn more about how to get involved in your overall wellness!



Resident Council News

Becky Bolden
Resident Council Vice President

It's July! And...

On Monday the 4th of July we will celebrate the 246th year of independence from British rule and King George the Third. The first organized celebration of our 4th of July holiday was in 1777, and Independence Day was made a federal holiday in 1941.

Another independence we can celebrate is our ability to live independently on the campus of Oakland Woods! In order to stay independent we must stay committed to the maintenance of our own health, and I have seen a renewed effort from many of our residents to do just that! Way to go!!

Please accept my apologies regarding the cancellations of the June Resident Council meeting. Several officers including myself had pressing issues that took precedence over the scheduled meeting.

We will resume Resident Council meeting this month. Thank you for understanding!

Finally, Vernice Harper **The Village Chorus'** Director would like to remind you, again, of some health benefits associated with music and singing.

Singing improves lung function

Singing improves memory

Music helps to fight depression

These are just a few positive things you will notice besides interacting with a fun group. So, you are all encouraged

Resident Council Board

Becky Bolden, *Vice President*

(248) 766-3684

Vernice Harper, *Secretary*

(248) 622-4470

Joyce Parlor, *Treasurer*

(248) 210-5678



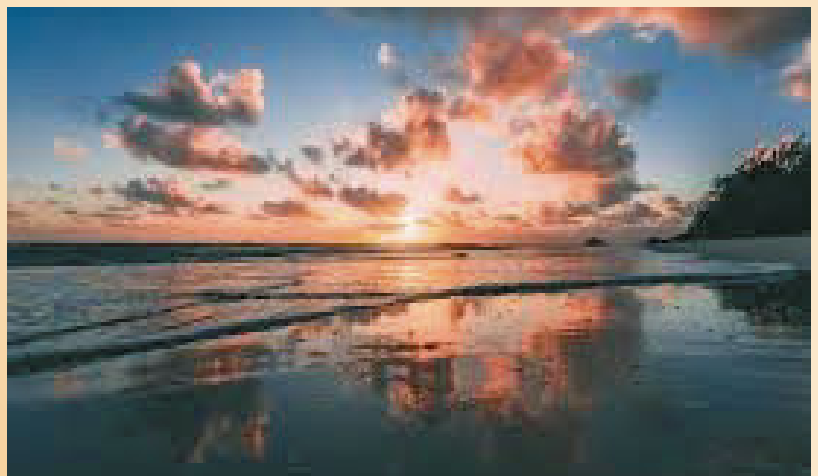
Birthday Celebration!

The Birthday Party will be held on **Friday, July 15**. Join us in the community room at 1:00pm for refreshments, bingo and prizes!

Betty Carthens	(6/6)
Mary Snoodly	7/1
Myrtis Hudson	7/4
Mary Jean Lynn	7/4
Ester Hood	7/5
Norieta Clincy	7/6
Lovenda Williams	7/10
Susie Taylor	7/12
Ruthie Griffin	7/12
Novalene White-Johnson	7/12
Sharron Robinson	7/13
Gladys Jahnke	7/17
Frances Metcalf	7/17
Nancy Stone	7/19
George Sirls	7/21
Linda Smith	7/21
Dominga Conley	7/27
James Paul	7/27
SusanWright	7/27
Judy Shatto	7/28
Dolores Chaser	7/28
Doris Atkins	7/29
Karen Kollhoff	7/29
Douglas Medonis	7/29
Lena Schrader	7/30
Joyce Holland	7/31

Loving Memory

Hilda Bass
 Ida Fantauzzi
 Thelma Anderson
 Douglas Herd
 Robert Robertson



Mon- Friday 9AM to 6:00PM

Saturday 10AM to 3PM

(248) 333-0222

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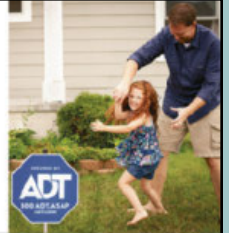
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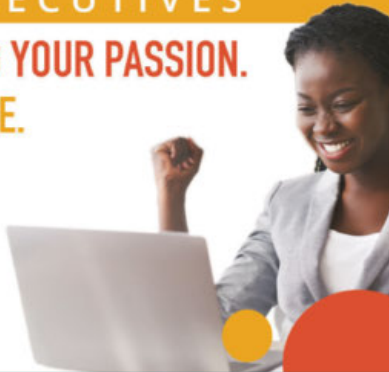


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15-0811

SUN

MON

TUE

WED

THUR

FRI

SAT

Large Calendars are Available at the Activities Table

SUN	MON	TUE	WED	THUR	FRI	SAT
	3 Independence Day OFFICE CLOSED	4 9:00 Morning Social 10:00 God's Word and Prayer 1:00 Blood Pressure Clinic	5 Wayne State Fitness Testing - 10am 11:00 Village Chorus 12:00 Victory Cup Practice 1:00 Grocery Bus Trip - Walmart	6 10:00 Walking Club 12:00 Name That Tune! 1:00 Cooking for One Class	7 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice 12:00 4th of July Party!	8 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice 12:00 4th of July Party!
	10 10:00 Yoga With Michelle 11:00 Weekly Wellness 12:00 Victory Cup Practice 2:00 Care + Connect (Board Room)	11 9:00 Morning Social 10:00 God's Word and Prayer 11:00 Bus Trip - Oakland County Farmer's Market	12 10:00 Functional Fitness with Rob 11:00 Village Chorus 12:00 Victory Cup Practice - Ice Cream Social 1:00 Grocery Bus Trip - ALDI	13 Fruits/Vegetables 10:00 Walking Club 1:00 Cooking for One Class	14 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice 1:00 BIRTHDAYS AND BINGO - Elvis theme (Dining Hall)	15 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice 12:00 Touchtown Info Session
	17 10:00 Yoga With Michelle 11:00 Weekly Wellness 1:00 Crafts & Creations	18 Resident Council - 2pm 9:00 Morning Social 10:00 God's Word and Prayer 1:00 Blood Pressure Clinic	19 10:00 Functional Fitness with Rob 11:00 Village Chorus 12:00 Victory Cup Practice 1:00 Grocery Bus Trip - Hollywood	20 Focus Hope 10:00 Walking Club 11:00 "Brainerize" Brain Fitness Class 1:00 Cooking for One Class	21 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice 12:00 Touchtown Info Session	22 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice 12:00 Touchtown Info Session
	24 10:00 Yoga With Michelle 11:00 Weekly Wellness 12:00 Victory Cup Practice - Ice Cream Social	25 9:00 Morning Social Breakfast 10:00 God's Word and Prayer	26 Shipt Grocery Delivery 1pm 10:00 Functional Fitness with Rob 11:00 Village Chorus 12:00 Call to Prayer (Board Room)	27 10:00 Walking Club 11:00 Bus Trip - Farm Boy Farmer's Market	28 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice	29 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice
						30

July 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

Office Number

(248) 334-4379

Village Staff

Jon Hayes

Housing Administrator

Sharon Benton

Administrative Assistant

Stephanie Daniel

Administrative Receptionist

Taylor Webb

Sales and Leasing Specialist

Sue Carney

Service Coordinator

Jessica Roberts

Wellness Coordinator

Matthew Myers

Maintenance Lead

Randall Shannon

Grounds Keeper

EMERGENCY MAINTENANCE

(248) 330-0213

On-Site Security

(313) 742-0285



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 48341-3145

420 S. Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

The Village of
Oakland Woods

