



Woodbridge Life



Embrace the possibilities

1300 Martin Luther King, Jr., Blvd. • Detroit, Michigan 48201 • www.pvm.org

November, 2016

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November Activities

Nov. 5 (Sat.): Alphas & Masons Fundraising Brunch.....Dining Rm.....10 am

Nov. 6 (Sun): Praise & Worship Service Community Rm3 pm

Nov. 9 (Wed.): Resident Council Meeting.... Dining Rm.....1:00pm

Nov. Days of Giving Thanks

Chicken Soup for the Soul (Sat)..11/12...12pm

Sadie Hawkins Dance (Sun)....11/13.....5pm

Give Thanks Brunch (Mon)....11/14.....10am

Arts & Crafts (Tues).....11/15.....3pm

Spiritual Day (Wed).....11/16.....10:30am

Reasons 4 Thanks Movie (Thurs)11/17...3pm

Thanksgiving Dinner (Fri).....11/18.....5pm

Thanksgiving Lunch (Sat).....11/19.....10am

Nov. 16 (Wed.) Focus Hope Delivery

Nov. 1 All Saint's Day

Nov. 8 U.S. General Election Day

Nov. 11 Veteran's Day

Nov. 12 Chicken Soup for the Soul Day

Nov. 13 Care Giver Appreciation Day

Nov. 13 Sadie Hawkin's Day

Nov. 24 Thanksgiving Day

Nov. 28 French Toast Day

Nov. (Tues): Bible Study..... Dining Rm 7 pm

Nov. (Wed.): Bible Study..... Multi-Purpose Rm 10am

Nov. (Wed.): Dominos..... Multi-Purpose Rm7pm

Nov. (Thurs., Fri. & Sat.): Pokeno..... Community Rm 7pm

Netflix (Anytime):Mini-Theater Rm

Celebrations For The Soul

Chicken Soup for the Soul Day (Nov. 12th) according to the creators of the book series of the same name, *Chicken Soup for the Soul Day* was created as " a celebration of who you are, where you've been, where you're going, and who you will be thankful to be when you get there!"

Care Giver Appreciation Day (Nov. 13th) is a very important day of recognition for the tens of millions of people, who selflessly give their time to care for others. This day of recognition is for both paid and unpaid care givers. They give their time freely and it is often a thankless task.

- 29% of the U.S. population or 65 million Americans are care givers in some way
- According to the U.S. Dept. of Labor, over 40 million Americans, age 15 or older, provide unpaid care to the elderly alone

Celebrate By:

- Giving a simple thank you to everyone you know who is a caregiver in any capacity
- Giving a care giver a break/rest by temporarily assisting with some of his/her tasks



The Village of
**Woodbridge
Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Giving Matters

By Paul J. Miller, PVM Foundation President

Wonderful YOU Made It Happen....

YOU matter.

Thank you for being our hero!

You've given PVM residents and seniors all of this:

A safe and secure home

New friends and experiences

A chance to *thrive* in their golden years

& Hope....

We couldn't be more grateful for YOU! We give thanks to YOU, *our hero*, for **making life better** for older adults; not only this season, but all year round.

Thank you!

Wishing you and your family a blessed and Happy Thanksgiving,

Paul J. Miller, CFRE



Celebrations For The Soul

Continued from Pg. 1

Sadie Hawkins Day (Nov. 13th) is a holiday that originated from Al Capp's "Lil Abner" Cartoon in the 30's. In the series, the mayor of Dogpatch was desperate to marry off his daughter so he created Sadie Hawkins Day. On this day, a race is held and all the single men were given a short head start. Then, all the single women, including the mayor's daughter, chased the boys. If a girl catches her man, he had to marry her.

Sadie Hawkins Day races and events grew in popularity during the course of Al Capp's long running cartoon. After 40 years this cartoon made holiday lost its popularity when it was discontinued. It can be seen celebrated on college campuses and hip & trendy senior living communities everywhere.

French Toast Day (Nov. 28th)

Did You Know? French toast has other names in its history. They include: American toast, German toast and Spanish toast (Who knew!).

Recipes were common back in medieval Europe, where eggs and milk were often used to soften stale breads then cook them. Often, other leftovers were added. Its' real origin dates back to at least ancient Roman times, and probably before, but the Origin of French Toast, or this holiday, are unknown.

Resident Council

Resident Council Meetings: Every Second Wednesday, the Month at 1pm

From the Resident Council President's Corner:

Reflections. "A time to pluck up (gather) that which is planted." *Autumn, the season that God chose to dip His finger in a divine palette and paint beautiful hues of brown, yellow and red upon the leaves of the trees while preserving the evergreen for us as we anticipate the next season.*

Just as January 1st is a time for new resolutions, autumn, the season for harvesting, is a time for reflection. As we celebrated Harvest Week at Woodbridge (October 24-28th), we gave thanks for the abundance of vegetables produced by our garden and for the kindness of friends & family and life itself.

During our Resident Harvest Dinner neighbors laughed, talked and shared childhood memories and played a game focused on our knowledge of our bounties.

I am grateful for all who joined the fun and for those who served. As we reflect on the seasons of life: from the budding of the tree to the fullness of the bloom; through the summers when we were full of vigor and, yes, foolishness [from time to time] and to the fall where we begin to become peaceful within and truly appreciate our harvest. This is the time that we can reflect on: "what we learned," and "how we can improve?"

As we prepare for Thanksgiving let us remember that blessings may fail and fortunes may vary, but the thankful heart remains. God bless.

Want to learn more? Come to the next Resident Council Meeting, every Second Wed., in the Dining room at 1pm



Resident Council Officers

Clenora Byes, President

Annie G. Watts, Vice President

Hazel Johnson-Anderson, Treasurer Mary Austin, Assistant Treasurer

Gwendolyn Battle-Green, Secretary Cassie Parker, Assistant Secretary

Mary Washington, Sergeant-At-Arms

FAWN (Fighting AIDS With Nutrition):

AIDS is a devastating disease that millions of innocent people suffer from & die. In addition, children are left without family; homeless & destined to rummage for food, child slavery or some other horrific tale. But AIDS is a battle in which YOU CAN MAKE A DIFFERENCE...one can at a time.

If you are interested in providing liquid nutrition to those (men, women & children) suffering from AIDS in Africa, please donate to the cause & learn more about how you can help at Woodbridge Manor. For more info, please fightingaids.org

PENNIES from HEAVEN

Woodbridge Manor (WM) has established its very own philanthropic endeavor to help those less fortunate for the betterment & empowerment of others for a more just environment for all. We give because we can & we continue because we must. With the collection of simple soda plastic/cans, bulk hygiene & warming items, WM is able to donate without putting the participant, both the recipient & donor, in a financial hardship.

THANK YOU TO ALL WHO SUPPORTED

WM's Friends & Family

RESIDENT FUNDS



Friends & Family Events

- Resident Fellowship Brunch
- Resident Thanksgiving Dinner

Woodbridge where will YOU go & what will you do next....

It's Your Life. Live It Well

By Tom Wyllie, PVM Director of Wellness

Fact or Fiction Answers

1. **FALSE.** It is **NOT** very difficult for older adults to learn new things. It is well established that those who regularly practice their learning skills maintain their learning efficiency over their life span.
2. **FALSE.** Clinical depression **DOES NOT** occur more frequently in older than younger people. There is no evidence that depression occurs more often in older adults than younger groups, and it should not be considered a normal part of aging.
3. **FALSE.** Personality **DOES NOT** change with age. Particular traits in youth and middle age will not only persist but may be more pronounced in later life.
4. **TRUE.** Older adults **DO** have more trouble sleeping than younger adults do. They often experience sleep changes such as taking longer to fall asleep, frequent awakenings, daytime napping, and lighter sleep.
5. **TRUE.** Physical strength **DOES** decline in old age. However, research shows that weight bearing exercise, aerobics, and weight resistance can restore muscle strength, increase stamina, stabilize balance and minimize falls.
6. **FALSE.** Older people are **NOT** happier if they are allowed to disengage from society. There is substantial evidence that people who remain active and engaged have higher levels of function and happiness.
7. **TRUE.** Older persons **DO** take longer to recover from physical and psychological stress; however, older adults who have developed active and health lifestyles may be able to resist some of the negative effects of stress or illness.
8. **TRUE.** Most older adults **DO** consider their health to be good or excellent. Overall, most people over the age of 65 still rate their health positively.
9. **FALSE.** Older workers **CAN** work as effectively as younger workers. Research has identified characteristics of low turnover, less voluntary absenteeism and fewer injuries in older workers.
10. **FALSE.** Research **DOES NOT** show that old age truly begins at 65. Old age is a social construct.



SAFETY FIRST

- 1) **FOBS Are For Residents Only**
- 2) **Do Not Open the Door/Allow Strangers To Follow You Into the Building**
- 3) **Wear Your Life Line Pendant & Keep Your Charged Cell Phone With You**
- 4) **Look Out For One Another & Check On One Another**
- 5) **Report All Work Orders ASAP**
- 6) **Go To Tenant Committee Meetings & Read The Bulletin Board**
- 7) **All Guests Must Sign In & Use The Main Entrance**
- 8) **Do Not Travel Alone After Dark**
- 9) **Keep All Common Area Doors Closed When Not In Use**
- 10) **Make Sure That Anyone That You Allow Into The Building/Gate Identifies Who He/She Is. You Don't Know Anyone Named "It's Me"**

Interested In Advertising In Woodbridge Life?

Be A Servant Leader In Your Industry: "But among you it will be different; whoever wants to be a leader among you must be your servant." Mathew 20:6



Call us at
313-494-9000
~ or ~
Visit us at
Woodbridge
Manor
1300 Martin Luther
King, Jr., Blvd.
Detroit MI 48201
For More Details

Woodbridge Manor Advocates

Village Board Members

E. Kern Tomlin.....Chair	John Gardner.....Vice Chair	
James Bradford....Treasurer	Elaine Hearn.....Secretary	
Stacy Brackens	Arthur Caldwell	Ellen Childs
Dakima Jackson	Paul Johnson, III	Lynda K. Jeffries
Donald McSwain	Michael Morrison	

Happy Birthday To You, You and You!

The Woodbridge Manor residents, board members and staff would like to wish each of our Woodbridge Manor neighbors celebrating a birthday, the happiest birthday yet. We love you and hope for many, many more birthdays with you. You are so very special to us.

November Birthdays ScorpioSagittarius

Clifton Brownlee.....11/02	Daniel Boone.....Explorer
Ernestine Freeman.....11/05	Ike TurnerR&B Singer
Charley France.....11/07	Madame Curie.....Scientist
Jeanette Hendrix.....11/12	Grace Kelly.....Actress
Barbara Scott.....11/14	Claude Monet.....Painter
Al Cannon.....11/17	Ru Paul.....TV Show Host
Sarah Richardson.....11/21	Michael Strahan.....Football Player
Walter Blair.....11/23	Boris Karloff.....Actor
Delores Baldrige.....11/26	Charles Schulz.....Cartoonist



“...and many more!!!”

Maintenance Corner

- Do not put boxes down the garbage chute. Breakdown ALL boxes and place them in the first floor level refuse room
- Do not leave trash and untied garbage bags on the floors of any refuse room.
- Smoking is allowed ONLY in the outdoor designated areas, NOT in the building or apartments
- Candles and incense are prohibited from being burned in the building
- Woodbridge grey carts are to transport groceries ONLY. Management asks that ALL carts be returned immediately to the first floor vending area after use

Overnight Guests

Residents MUST complete the Extended Guest Form when a visiting guest(s) stays at the resident's unit for an extended time. **An extended guest is defined as 1) anyone staying in a resident's unit during the hours of 10 pm through 8 am and, or, 2) anyone staying at the resident's unit for an extended period of time of 7 hours or more.**

All resident's guests are allowed to stay no more than 21 days per year.

Management asks that the resident please return the completed forms to the office. All Extended Guest Forms should be turned into the office no later than the following day.

**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 Numbers

Village Staff

Marla Bradford
Administrator

Shelia Cusic
Administrative Assistant

**Therese Williams, National
Church Residences**
*Resident Community & Social
Worker Coordinator*

Phone: (313) 494-9000

China Dew
Head, Housekeeping

Kim Bradshaw
Head, Maintenance

Ms. Maggie Lee
Village Mascot



EMERGENCY NUMBER

(313) 319-2018

Office Fax

(313) 832-7853



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



The Village of
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A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan and
National Black Caucus and Center on Black Aging, Inc.

1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201



Happy Thanksgiving

“Imagine a world where your vote counts. Now
open your eyes and vote”

Embrace the possibilities