



Village News



Embrace the possibilities

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February 2017

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And so February has arrived and along with it another tremendous month of activities, events and goings on at the Village of Oakland Woods. First I would like to take a minute to recognize our Service Coordinator Danette Pye for her hard work and dedication to our residents. We receive thank you notes every month mentioning how much she has added to their quality of life. If you have not yet met Danette please come up or call the office and introduce yourself. Danette can help you or point you in the right direction for assistance with any of your daily needs. Thank you Danette for all you do!

We are beginning our Community Center Interior upgrades this month and once the carpet has been installed we want your help in deciding what colors and styles will be used for the walls, ceilings and trim. We will be holding a paint/color committee meeting on Thursday February 23rd at 1:00 p.m. in the community center. You can sign up in the event book located in the lobby. Come be a part of the change.

We have had several reports of a new phone scam going around. A stranger will call and begin the conversation and then say "I can't hear you.....can you hear me"? When you state loudly YES, they record that and use it to order items and the playback your voice confirming yes to complete the purchase against your cards or debit numbers that may have been compromised. Stay Vigilant!

The 2017 Victory Cup practice sessions are beginning. Check your events calendar for more details. Trust me we have an event that will interest you. Everything from the bake off, puzzler, chair volleyball, corn hole, walking, lip synch karaoke. Join Team Cardinal and lets bring the cup home.

April will be friends and Family month. This is the month we fundraise through our friends and family for a special project at the Village. Projects in the past have been the Auto Door Opener at the entrance, upgraded landscaping at the entrances, the wellness center, community bus among others. We want your feedback and ideas for 2017. So drop us a note or swing by and see us to talk about it.

Finally please help us keep Oakland Woods beautiful. Do not leave trash bags outside or inside the dumpster enclosures. Take a moment to place them inside the receptacle. Leaving bags on the ground invites rodents, bacteria and more. It's the little things that keep us beautiful. Thank you!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





Giving Matters.

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

ALL YOU NEED IS LOVE



...and amazing donors LIKE YOU.

Really!

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.



Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

Maybe money CAN grow on trees...

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM!

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

"E" stands for Eat

In December I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on the "E" (eat).

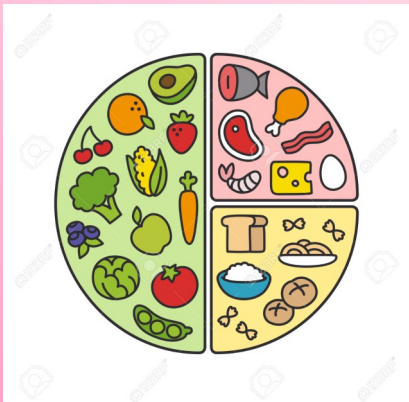
In the words of Dr. Thomas, "In order to be well, we need to eat well." So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but have since changed their minds and now claim it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say "whatever" and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit www.choosemyplate.gov.

**To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*





Service Coordinator News

By Danette Pye,
Service Coordinator



“Never let the odds keep you from doing what you know in your heart you were meant to do.”

~H. Jackson Brown Jr

Oakland County Health Division

Please join Mary Strobe from Oakland County Michigan on **February 27th at 2:00pm in the Community Room.** She will discuss information on staying safe in your home as well as providing you an overview on falls in your home, proper disposal of medication and other safety measures.

February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community. Please see your Service Coordinator for more information.



Bingo and Blood Pressures

Join Sabrina Sawson from Angelic Heart Home Care and Hospice on February 14, for Blood Pressure and Bingo. Please see your calendar for more Blood Pressure dates.



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:



Hello Everyone, and Happy February! Thank you to all of those residents who attended our very first “Coffee & Conversation”. It was a very positive discussion that allowed me to suggest some new concepts and ideas, as well as it gave me several new ideas for future Wellness Programming! Please look for those meetings to continue on a quarterly basis throughout the year. I believe they are a great way to check in and bounce ideas off of one another.

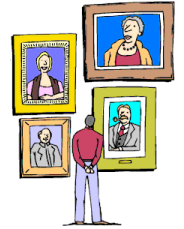
One concept that I introduced at our Coffee & Conversations session was an addition to our fitness offerings—**Personal Training!** I am currently in the process of studying and applying for my Personal Training Certification, and I am looking to introduce this new service to Oakland Woods in Spring 2017! I am very excited about this development, as I see it being a great stepping stone for those looking to become more physically active and/or independent, but perhaps looking for something aside from Group Exercise classes. Whether you are brand new to exercise, perhaps just finishing up with a Physical Therapy routine, or you are looking to make a change to your current workout regiment, this service will have something to offer everyone! Please keep an eye out for more specific details to come, and how to register for Personal Training, in your March Newsletter!

Lastly, you will see on the Calendar that we are having our first Village Victory Cup (VVC) Meeting on Friday, February 10th at 2:30pm. I encourage each and everyone one of you to attend this meeting! During this meeting we will be discussing the VVC events, teams for each event, and a practice schedule so that we are well prepared to take home the Cup in June! If you are new to Oakland Woods, this is a wonderful opportunity to meet your neighbors and participate in a village-wide event! If you are a seasoned VVC participant we need your help to lead our team to victory! I look forward to seeing you all there, and as always, GO CARDINALS!



FEBRUARY EVENTS

DIA TRIP: Join us for a trip to the Art Institute! We will be viewing their current exhibit, “The Edible Monument” along with the other long-standing exhibits that the Museum has to offer! Our trip is scheduled for Thursday, February 2nd, and we will be leaving from the Community Center at 10am. We will have lunch at the DIA, and then have the opportunity explore the Institute or participate in a free guided tour. The cost of lunch will be the responsibility of each resident attending, and admission to the DIA is free with a valid ID.



MOTOWN MUSEUM: I have arranged a trip for us to visit the Motown Museum on Thursday, February 9th! Come and see where the magic of Motown music all began! We will leave for the Museum at 10am on that Thursday, and there will be a \$5 admission fee required prior to attending the trip. If interested in visiting the Motown Museum, please sign up in the Sign-Up binder and pay the admission fee prior to Wednesday, February 8th. I hope you are all able to join on this trip!

VVC MEETING: It is that time of year again! We will be having our first Village Victory Cup meeting and practice on Friday, February 10th at 2:30pm. For any and all residents interested in learning more about this PVM-wide event, and perhaps participating in a few events, please mark your calendars to attend this meeting! We need as many Oakland Woods Cardinals as possible to participate in the games and cheer us on to victory! Go Cardinals!



BBAC (BLOOMFIELD/BIRMINGHAM ART CENTER) ART CLASS: Due to inclement weather in January, we postponed our trip to the BBAC until Tuesday, February 14th at 9:30am. For those of you who signed up for the original trip date, I will keep your name on the new list of attendees unless you let me know otherwise. For those who could not make the first trip date and are able to make the new event time please be sure to sign up on the Sign-Up binder by Thursday, February 9th! This will allow me enough time to let the BBAC know how many participants we will have for our art class. Again, the cost to participate in this class is \$10 per senior, to cover the cost of the art instructor and all supplies needed for your project.



FEBRUARY EVENTS CONT.

INDOOR MINI GOLF AT “PUTTING EDGE”: Get ready for a fun and exciting trip! We will be traveling to the Putting Edge on Friday, February 17th at 12pm for a fun indoor mini golf experience! No prior golf knowledge or experience is necessary, and all supplies are provided at the course. There will be a \$5 admission fee, and please be sure to wear comfortable clothes and shoes to move around in. This should be a great Friday afternoon activity for us all!



MEADOW BROOK THEATER: We will be visiting Meadow Brook theater on Wednesday, February 22nd. The performance at Meadow Brook Theater this month is titled “Altar Boyz” and it is a musical! Given that there is a Lighthouse Luncheon scheduled for this date, our trip will not include lunch this time around. We will leave for the theater at 1pm. Please be sure to sign up in advance so that tickets can be distributed appropriately. I look forward to seeing you all there!

BINGO & FEBRUARY BIRTHDAYS: On Friday, February 24th at 1pm we will celebrate all of our February Birthdays with sweet treats, singing and little bit of bingo! For those looking to join in the bingo fun, the cost is \$2 for 3 bingo cards. Please be sure to sign up for this event so that the proper amount of refreshments can be purchased. I look forward to celebrating with you!



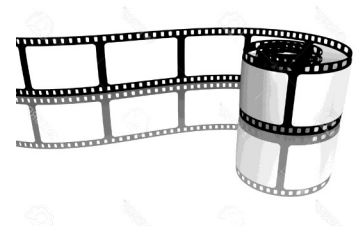
MEADOW BROOK THEATER PRESENTS:

"ALTAR BOYZ", WEDNESDAY, FEBRUARY 22, 2PM



ALTAR BOYZ is a foot-stomping, rafter-raising, musical comedy about a fictitious Christian boy-band on the last night of their "Raise the Praise" tour. The Boyz are singing, dancing heartthrobs from Ohio: Matthew, Mark, Luke, Juan and Abraham. As they perform their signature hits such as "Rhythm In Me," "The Calling," and "I Believe," the Boyz question their loyalty to each other and if faith is really holding them together. They finally deliver a message of unity, that "there is no star as bright as its constellation, no harmony in a single voice."

Theater Thursday



Thursday, February 16, Ghostbusters (2016): In this reboot of the 1984 classic, it's the ladies doing the ghost-busting. After writing a book suggesting that ghosts are real, Erin Gilbert and Abby Yates are called upon to lead the fight when spooks overrun Manhattan.

Thursday, February 23, Mama Mia!: On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding. Buoyed by the tunes of ABBA, this effervescent yarn -- a Golden Globe nominee for Best Picture (Comedy or Musical) -- also stars Pierce Brosnan, Colin Firth and Stellan Skarsgård as the trio of potential dads.



LIFE STILL HAS A MEANING

By Author Unkown

If there is a future there is time for mending—

Time to see your troubles coming to an ending.

Life is never hopeless however great your sorrow—

If you're looking forward to a new tomorrow.

If there is time for wishing then there is a time for hoping.

When through doubt and darkness you are blindly groping.

Though the heart be heavy and hurt you may be feeling—

If there is time for praying there is time for healing.

So if through your window there is a new day breaking—

Thank God for the promise, though mind and soul be aching.

If with harvest over there is grain enough for gleaning—

There is a new tomorrow and life still has meaning.

Birthday Celebration!

The Birthday Party will be held on Friday, February 24. Please join us in the community room at 1:00pm for the celebration, bingo and refreshments!

Lessie Tademy 2/2

Janice Model 2/2

Luciana Robinson 2/9

Martha Smith 2/12

Carol Mott 2/12

Carol Wasnich 2/13

Shara Hortick 2/13

Irene Nelson 2/14

David DeWald 2/17

William Model 2/20

Lorraine Jones 2/21

Mary Alexander 2/21

Martha Bullis 2/22

Cleta Jones 2/24

Patricia Fedorowicz.. 2/24

Ronald Bradshaw 2/24

Gladys Smith 2/25

Cloeann Geissinger.. 2/28



Choose to be happy,
Choose to feel great,
Choose not to let things make you irate.

I know that some people are not feeling great,
And I know that some people just know how to hate.
And I wish that all people could be healthy and strong
And I wish that all people would just get along.

If wands could be waved, and the world would be cured,
I'd wave that big wand, you can be assured.
But I'll do what I can every day I am here.
And try to remember "the good" year to year.

And I choose to be happy,
And I choose to feel great,
And I choose not to let things make me irate!

Resident Council News

By *Judy Shatto*,
Resident Council President

Resident Council Board

Judy Shatto, *President*
(248) 499-8574

Dolores Ochoa *Vice President*
(248) 535-7306

Vernice Johnson, *Secretary*
(248) 622-4470

Catheryn James, *Treasurer*
(248) 891-9290

Ruthie Griffin, *Sympathy Cards*
(248) 322-4222

Nominations for Resident Council Officers:

As stated in the Resident Council By-Laws:

“Nominations for the four elected offices and names of the volunteer representatives are due by March of the election year. The names of the nominees and volunteers shall be published in the April newsletter. Elections will be held in May, Installation of elected and volunteer officers will be held in June. “

Duties of Officers are listed below:

1. The President shall:

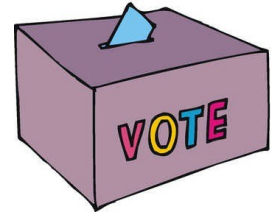
- ◆ Preside over all Resident Council Meetings
- ◆ Preside over all meetings of the Executive Board
- ◆ Appoint the chair of all committees
- ◆ The President’s name shall appear on the records of the Council’s selected financial institution.

2. The Vice President shall:

- ◆ Preside in the absence of the President
- ◆ Serve as membership chair
- ◆ The Vice President’s name shall appear on the records of the Council’s selected financial institution.

3. The Secretary shall:

- ◆ Keep a record (minutes) of proceedings at the Resident Council and Executive Board meetings
- ◆ Take attendance—by sign-in sheet—at above meetings
- ◆ Act as custodian of all records—including committee reports
- ◆ Provide copies of meeting minutes at subsequent meetings for the body’s approval
- ◆ The Secretary’s name shall appear on the records of the Council’s selected financial institution



Resident Council News

By Judy Shatto,
Resident Council President

Officers Duties Continued:

4. The Treasurer shall:

- ◆ Receive and deposit all monies collected by the Council into an account at a selected financial institution. The Treasurer's name shall appear on the records of said institution.
- ◆ Maintain a record of all monies collected by the Council
- ◆ Disburse checks for payment of obligations as approved by the Council. All checks must have signatures of two elected officers
- ◆ Provide copies of a current financial report at each meeting

5. Area and Cottage Representatives shall:

- ◆ Welcome new residents to the Village
- ◆ Distribute birthday cards
- ◆ Report deaths/illnesses to the Care and Concern Committee
- ◆ Bring resident concerns to the Council's attention.



****All nominations for an Officer can be directed to our Nomination Committee, which are: Philena Holdridge, Becky Bolden and Felicia Hollis; or contact Judy Shatto.****

Garden Club:

Ladies mark your calendars! Our first Garden Club meeting of Spring 2017 is scheduled for Tuesday, March 14th.





AS THE VILLAGE TURNS

AS THE VILLAGE TURNS



February is a month where love, friendship and kindness are celebrated. Specifically, the week of February 14-20 is “Random Acts of Kindness Week”. With this in mind, I’ve included some ideas of how *you* can participate in a random act of kindness, and how some of our residents here at Oakland Woods are already doing just that!

Valentines: You know those card that come 24 to a box that you buy in an drugstore in America? The ones you sent to everyone in your class back when you were in elementary school? Take those and send them out to 24 friends. It will (1) make them laugh to see those tiny cards again and (2) reconnect you in a tangible way where Facebook and phone calls fail.

Letters: And speaking of letters, take Valentine’s Day to pick one random person you encounter on your daily errands and write their boss to tell them what a great job they do. I did this for Steve who brings the carts back to the food store from the parking lot, and his boss shared it with him. I got on his Christmas card list after that and he said that it made his day.

Phone Calls: Take Monday to call three people you’ve been meaning to talk to but keep running out of time each night. Those conversations are going to be a lot more meaningful and fulfilling in the long run than a dragged out dinner in a crowded restaurant. Order in and use the time you save to catch up with those friends and family members.

Facebook: Take a half hour to peruse your memory for old friends from the past and see if they’re on Facebook. Use this day that is set aside to think about love to reconnect with a friendship that slipped away.

Bake: Instead of stressing about which goodies you’ll receive, bake a big batch of cookies. You’ll get to eat some yourself, and then you can give the rest away to friends or co-workers.

Our Very Own Example of Kindness: I wanted to thank and acknowledge our neighbor Johnetta Samples for her Random Act of Kindness during January’s Resident Council Meeting! Johnetta graciously donated \$60 for our 6 month supply of coffee in our Community Center. Typically, this \$60 is taken from the Resident Council budget, however Ms. Samples went out of her way and generously covered the cost for everyone. Thank you so very much J, we greatly appreciate you and your kindness!

Information gathered through www.blogger.com/use-valentines-day-do-acts-kindness

February 2017

NATIONAL HEART MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
			9:00 Prayer Group 10:00 Strength Training 1:00 Sit & Be Fit	9:00 Stretch & Flex 10:00 DIA Trip	10:00 Balance & Core	
5	6	7	8	9	10	11
	10:00 Strength Training 1:00 Book Club	9:00 Balance & Core 11:00 TOPS 12:00 Seminar w/ Sabrina: "Heart Smart Healthy Eating" 1:00 Walmart & Chase	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Stretch & Flex 10:00 Motown Museum <u>FRUITS AND VEGGIES</u>	10:00 Balance & Core 2:30 VVC Meeting	
12	13	14	15	16	17	18
	10:00 Strength Training 2:00 Bible Study	9:30 BBAC Art Class 11:00 TOPS 11:00 Blood Pressure & Bingo 1:00 Hollywood Market	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Stretch & Flex 1:00 Theater Thursday <u>FOCUS HOPE</u>	10:00 Balance & Core 12:00 Indoor Mini Golf at "Putting Edge"	
19	20	21	22	23	24	25
	10:00 Strength Training 2:00 Bible Study <u>FREE TABLE</u>	9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Meijer	9:00 Prayer Group 10:00 Strength Training 11:00 Lighthouse Lunch 1:00 Meadow Brook Theater <u>NO SIT & BE FIT</u>	9:00 Stretch & Flex 1:00 Theater Thursday 1:00 Paint Color Committee Meeting	10:00 Balance & Core 1:00 Bingo & Birthday Celebration	
26	27	28	1	2	3	4
	10:00 Strength Training 11:30 Aldi 2:00 "Staying Safe in Your Home" Presentation 2:00 Bible Study	9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Meeting		MARCH		

**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

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Kevin Centala

Administrator

Sharon Benton

Administrative Assistant

Carolyn Mancos

Administrative Assistant

Jack Johansson

Leasing Specialist

Danette Pye

Service Coordinator

Daniela Blechner

Wellness and Activities Coordinator

Matthew Myers

Maintenance Tech

EMERGENCY MAINTENANCE

(248) 330-0213

On-Site Security

(248) 917-2539



**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

Embrace the possibilities

Pontiac, MI 48341-3145

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

Oakland Woods

The Village of

