



Village News



Embrace the possibilities

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

February 2020

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Notes from the Administrator

Dear Oakland Woods Residents:

Please be advised that Kevin Centala is no longer with the organization. Kevin served as the Housing Administrator at Oakland Woods, and we wish him the best.

We will be recruiting for this position. In the interim, we will have other Administrators in place to assist the Village until an Administrator is hired.

You may continue to contact the office if you have any needs as it relates to Oakland Woods.

Best Regards,
Kesha Akridge
Director of Housing Operations



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

When we give, cheerfully and accept gratefully,
everyone is blessed – Maya Angelou



Starting May 2019, Presbyterian Village Foundation Corporate Office rolled out a new program, 'Blue Jean Friday.' Employees paid to wear jeans on Friday.

Dollars that contributed went to the Resident Benevolent Fund. Because Employees wore, blue jeans residents received **\$1,521** worth of support in 2019.

Your Life. Your Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...
and leave a legacy.**



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



It's Your Life. Live It Well.

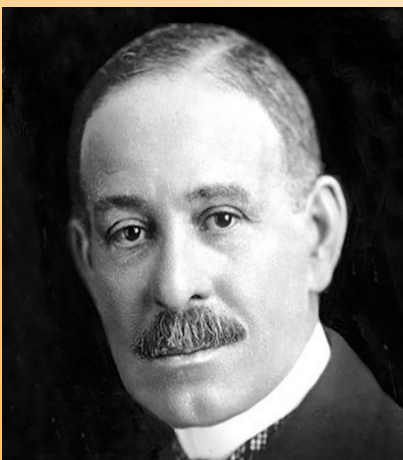
By Tom Wyllie,
Director of Wellness

Did You Know?

If you are among the 500,000 plus Americans who undergo open-heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.



Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open-heart surgery considered to be an automatic death sentence.



In addition to being the first physician to successfully perform open-heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

THE 2020 US CENSUS

Once every ten years, the US Census Bureau does a complete population count, surveying every resident in the US. This count is mandated by the Constitution and requires reaching millions of households. Everyone who has established a residence in the US is counted, including individuals with work visas, international students, and unauthorized immigrants, but excluding temporary visitors such as tourists.

The 2020 Census will be the first time you can take the survey online. Most households will be contacted by mail with a unique code to fill out the survey online. The goal of the Census Bureau is to have these distributed between March 12-20th. Be sure to look for this document since it is very important that you respond. For every resident not counted thousands of dollars are lost to your geographic area. If you are not handy with internet usage ask a family member or friend to assist you. Make sure you are responding to the official document since scammers will try to send fake ones to access your information.

Just as every vote counts at election time, every survey counts?

(Information was provided by USA Facts)



Office News

By Hillary Vandenberg

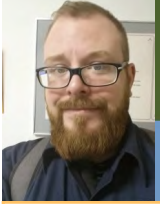
Administrative Assistant

Happy February Oakland Woods!

I hope this newsletter finds you well. For all of the **apartment** residents I work with, I would just like to remind you that you recertify once a year, based upon your move-in date. This means that if you moved in in May, your recertification date is May. The recertification process is a four month process, so recertifying in May means you will begin your paperwork in January and will receive your new rental rate no later than April 1st, which gives you time to adjust to the new rental amount.

The only other annual time that your rental rate could increase or decrease is on July 1st. On July 1st, you will receive a notice called the Gross Rent Change. This change directly relates to your utility allowance, which is the amount that is credited towards your rent each month to help you afford your utilities. Currently your utility allowance is \$79. The previous utility allowance was \$85, which explains why in July of 2019 your rental rate increased by \$6.00. This utility allowance is configured by sampling a random group of apartment residents every year to determine how much money each is spending on gas and electric.

Lately I've had a few questions about these dates and I hope I have helped clear up any confusion. Please let me know if you have any questions.



Maintenance News

By Matthew Myers

Maintenance Supervisor

Hello Residents!

Stay warm this winter and please don't venture out in the early icy mornings to take out your trash, a fall isn't worth it.

The furnace inspections are underway and we are planning to be finished by February 10th :

- Monday February 3rd should be inspections on buildings 33 through 36
- Tuesday February 4th buildings 37, 38, and any furnace units that were missed
- Wednesday February 5th through February 7th will be cottages 370 Maplewood through 1237 Heatherwood furnace inspections, with 1241 through 1295 and any other cottage furnaces missed on February 10th.

But that's not all! **March 2nd through March 6th** will be our Pontiac City inspection. Please be kind and help our furnace technician to go at a reasonable pace by keeping your utilities accessible.

Thank you for being understanding, we appreciate your patience.

Service News

By Sue Carney

Service Coordinator

Welcome February!

Hope everyone is staying warm. I am so ready for spring! Be careful when you go out.

February is a busy month here so check out & mark your calendar.

Tuesday, February 18, at 11 a.m. Julie Stulberg, from Health Steps will be here. Did you know that if you are diabetic that could qualify to get a free pair of diabetic shoes each year? Come to this informational session and learn how!

Wednesday February 19, 2:30 p.m. Sabrina Sawson, Angelic Heart will be here talking about congestive heart failure and what it is, treatment and how you can help yourself. She will also be doing free blood pressure checks.

Any questions on any of the above come see me.

Hope that you are making 2020 your best year. Come join in all the activities and the happenings. Become part of the active village life and meet & get to know your neighbors.

Hope to see you soon at community center!





Wellness News

Jon Hayes
Wellness Coordinator

Happy Valentines Day Month!

I hope the beginning of the year has been pleasant for you and your families! I can't believe that we are already in February! I am very excited for some of the events that we have planned this month:



- First off... I need YOUR help! As you all know we have a BIG anniversary this year. It's our 40th! I am hosting a Meeting on **Tuesday, February 11th at 1:00pm** to talk more about the Anniversary party. Mark your calendars and come on by and share what you want to see at our party!

- We will be hosting a "Show the Love" Trivia Game on **Thursday February 13th, at 3:00pm**. This is a name that tune style game show. There will be pizza, refreshments, and even a viewing party/recap of this year's Super Bowl. This event will be hosted by students from Notre Dame Prep, so come on out and support a great cause!



- A project I am very excited about will take place on **Tuesday, February 18th, at 1:00pm**. You will see a "Share your Story" Video Recording event on the calendar. That sounds just like what it looks like. We are creating a highlight video, displaying YOU. If you are comfortable sharing a few words, we will putting a video together which will be displayed at our Happy Hour on **Friday, February 21st, at 4:00pm**. At our happy hour we will have drinks, snacks, and good times.


Finally, You will see on the next page bus rules. This document has been modified to current date, and will be enforced on any and all bus trips. Take a read through them to help in our transportation process. Thank you in advance!

Have a great month! I cant wait to see you at all of our events!



The Village of Oakland Woods

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

BUS EXPECTATIONS

- Sign up in advance to ride the bus or attend an event that requires Village transport. Advance means by the day before, not the day of.
- Be ready when it's time to leave. If you ask to be picked up at your unit, be ready. If not, be at the community center so you do not keep others waiting.
- When the bus arrives at the destination, the driver will state the time that you are expected back at the bus or loading area. This is at the sole discretion of the driver. This is not up for debate. Please plan to check out 15 minutes prior to the loading time so you do not keep others waiting.
- The bus has a pre-arranged destination. While this may include a strip mall with a group of stores, generally drop-off and loading will be at one spot and the driver will determine this.
- As we are independent living, you are expected to be able to get yourself on the bus and off the bus. You are expected to be able to load and unload any items you purchase. You are expected to be able to carry your items to your door.
- We will make every effort to drop you off close to your unit upon return.
- If you are in a wheelchair, PVM policy now states that you must be seat-belted into your chair or you cannot ride the bus. The expectation is if you are able to transfer yourself from your chair to a bus seat and wear a seat belt.
- All residents should wear their seatbelt.
- There will be no food or drinks (other than bottled water with a cap) on the bus.
- There is a limit of 3 bags per resident. We have very limited space on the bus. Especially when all seats are full and/or there are wheelchairs and/or walkers. You can use 3 reusable bags and fill them with many plastic bags if needed. When going shopping we will try to be accommodating if you need to buy a large pack of toilet paper or case of soda or some other bigger one time item, for instance. But it needs to be an exception. You should never exceed the 3 bag limit.
- All riders must return to the Community Center or to their unit after the trip. If you wish to change this, it must be PRE-arranged with the driver and Administrator. (For instance, if your daughter is meeting you at Wal-Mart and will be driving you home, you must let us know in advance or you will be expected to board the bus for the ride back.)
- Any rider who does not respect other riders or the driver will be reported. The driver is in charge at all times and has sole discretion during the trip. All riders should be treated kindly and with respect.
- No one under the age of 16 is allowed to ride the bus.
- The bus (or minivan) is for residents and preciously registered community members. A caregiver may accompany a resident if needed and pre-arranged.

By signing below, I certify that I have read and understand the above bus expectations. I understand that if I do not follow these expectations I may lose bus privileges for a period of time.

Resident Signature

Date

February

Winter walks
and starlit nights,
Good books and cozy hours,
Time for friends,
and heartfelt sharing,
Dreams of springtime flowers...
Although it may be short on days,
Each February brings
The simple little gifts we count
Among life's
precious things.

Birthday Celebration!

The Birthday Party will be held on **Friday, February 21**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Lessie Tademy	2/2
Janice Model	2/2
Minnie King	2/9
Joyce Hice	2/9
Martha Smith	2/12
Carol Mott	2/12
Carol Wasnich	2/13
Minnie Jamison	2/13
David DeWald	2/17
Clara White	2/17
Mary Alexander	2/21
Martha Bullis	2/22
Cleta Jones	2/24
Gladys Smith	2/25



Happy Valentines Day

Resident Council News

By *Philena Holdridge*

Resident Council President

First of all, I want to let the staff and residents know, I have not dropped off the face of the earth as President of the Resident Council. I want to thank the officers for filling in for me while I experienced an 8 day hospital stay due to a urinary tract infection that got into the blood stream causing sepsis shock. I was very disoriented and praise God my family got me to the emergency room for immediate care.

Also because of the large amounts of fluid they pumped into me, I am carrying 20 lbs of extra weight due to my liver not filtering well. I am having a slow recovery, but feeling so much better than 2 weeks ago.

First 2020 Resident Council Meeting

I am so sorry I had to cancel our January Executive Board and Resident Council Meetings, but I was so weak. Our next Resident Council Meeting will be on *Feb. 25 at 2 PM* in the Community Center. Lord willing, I will feel much better by then. We will be discussing our Appetizer/Dessert Bar to welcome new residents in our village, as well as a fundraiser in the spring.

Great Lakes Burn Camp Winter Collection

Please bring in the last of your donations this week. Becky Bolden, Project Chairman, will be delivering them for their winter camp before Feb.12. The plastic container is in the foyer for items. Thank you to all who have contributed to this for the sake of these young people!

Best Wishes to Kevin Centala

We received the letter about Kevin no longer being a Housing Administrator for Oakland Woods and the Resident Council also wants to wish him the best. Pray for PVM as they seek to fill this position.

Thank You Again!

Once again, I am so appreciative for all of your support through your prayers, cards, calls, meals and texts while I was ill and recovering. God Bless You All!

Library News

February is the time for romance. Here are two, both in large print:

- You will know this book by its cover of a picturesque Kincaid painting. "Home Song" is a story of three romances, plus coping with family love. This includes a young woman searching for her birth mother, who happens to be running for mayor of their small town. Personalities work well together.
- Nora Roberts is at her best in "Vision in White" with humor, plot, and a scenic New England snowstorm. Four young, single women run a bridal service. The plot weaves a fun romance into their business lives. Will lifelong friendships survive this change of attitude?

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

Lou McIntyre



This month we salute Lt. Col. Lou McIntyre for her 20 years of service in the US Air Force. As a high school graduate, Lou enrolled in a three-year nurses training program earning an RN degree. Joining the Air Force as a 2nd Lt., Lou's first assignment, as a naïve girl in her mid-twenties, was far-away Morocco! It was quite an adjustment riding camels, eating strange food, and learning their customs. Next, stationed in the Phillipines, she tended the brave servicemen who were flown from Vietnam to the safe base hospital. After a brief relief stint at Lackland AF Base, TX, Lou was again assigned to the Phillipines.

That time, as an Air Force officer, she was a flight nurse on missions flying into Nam to evacuate the wounded, sometimes under fire! It was a grim time in our nation's history made better by their care of the men's wounds. The Phillipines was not a nice place to live. The hot, humid weather was almost unbearable.






Lou lived off base and her apartment was broken into, not once, but twice leaving it in shambles. However, travel perks were great to places such as Hong Kong and Australia.

It was at the Phillipines base where she met her first husband, a doctor. Through years of difficult service, Lou earned promotions all the way to Lt. Colonel. Eventually they were stationed at Fort Worth, Texas, where they retired. He opened a private practice where Lou also worked, along with general volunteering at the local hospital. Medicine was not her only vocation. For 23 years Lou was a Eucharistic pastor and hospital minister of her church. She eventually ended that troublesome marriage but continued living in Texas. Several years later, her sister played cupid, and Lou married a high school classmate. They had just 17 happy months together before he was killed in a trucking accident!

Lou's early childhood was in Wakefield, MI, in the western UP. The family moved to Clawson when she was in 8th grade. She graduated from there in 1952. began her 20-year Air Force career in 1956. Today her sister lives in Clawson, and they have a lunch bunch from high school that meets monthly. She is also very close to a nephew in Ferndale who is a great help. She moved from Texas to Oakland Woods almost four years ago to be close to family. Lou loves the friendliness and safety of Oakland Woods.

February 2020 Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p>BLUE = EXERCISE RED = BUS TRIP BLACK = VILLAGE ACTIVITIES GREEN = PARTIES</p>	<h2>Large Calendars are Available at the Activities Table</h2>				1	
	<p>3 8:00 Coffee Club 10:00 GiFit</p>	<p>4 8:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and Be Fit</p>	<p>5 8:00 Coffee Club 10:00 GiFit 11:00 Village Chorus 2:30 Blood Pressure Clinic 3:00 Stretch and Flex</p>	<p>6 8:00 Coffee Club 12:00 Sit and Be Fit 1:00 Walmart</p>	<p>7 8:00 Coffee Club 10:00 GiFit 11:00 Calendar Planning Meeting</p>	8	
	<p>10 8:00 Coffee Club 10:00 GiFit 2:00 Library Club</p>	<p>11 8:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and Be Fit 1:00 40th Anniversary Planning</p>	<p>12 8:00 Coffee Club 10:00 GiFit 11:00 Village Chorus 2:30 Blood Pressure Clinic 3:00 Stretch and Flex</p>	<p>13 8:00 Coffee Club 12:00 Sit and Be Fit 1:00 Hollywood Markets 3:00 "Show the Love" Trivia Game</p>	<p>14 8:00 Coffee Club 10:00 GiFit 3:00 Valentines Day Yaltzee (Presented By Sabrina Swanson)</p>	15	
	<p>17 8:00 Coffee Club 10:00 GiFit</p>	<p>18 8:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 11:00 Diabetic Shoes 12:00 Sit and Be Fit 1:00 Share your Story Video Recording</p>	<p>19 8:00 Coffee Club 10:00 GiFit 11:00 Village Chorus 2:30 Blood Pressure Clinic: <i>Congestive Heart Failure Presentation</i></p>	<p>20 8:00 Coffee Club 12:00 Sit and Be Fit 1:00 Menjer</p>	<p>21 8:00 Coffee Club 10:00 GiFit 2:00 Bingo 4:00 Happy Hour (Featuring "Our Story" Video Presentation)</p>	22	
	<p>24 8:00 Coffee Club 10:00 GiFit 1:00 Art Therapy: <i>Adult Coloring</i></p>	<p>25 8:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and Be Fit 2:00 Resident Council Meeting</p>	<p>26 8:00 Coffee Club 11:00 GiFit 11:00 Village Chorus 1:00 Meadowbrook Theater: <i>Working</i> 2:30 Blood Pressure Clinic 3:00 Stretch and Flex</p>	<p>27 8:00 Coffee Club 12:00 Sit and Be Fit 1:00 Kroger</p>	<p>28 NO ACTIVITIES TODAY</p>	29	

**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

Dana Phelan

Interim Administrator

Sharon Benton

Administrative Assistant

Hillary Vandenberg

Administrative Assistant

Sue Carney

Service Coordinator

Jon Hayes

Wellness 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

Embrace the possibilities

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Pontiac, MI 48341-3145**

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