



Village News



Embrace the possibilities

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

March 2020

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Notes from the Administrator

Oakland Woods Residents'. You will see two faces in the Administrator's Office during our Transition. Please give a warm welcome to:

- Deanna Coggins (Administrator of Holly Woodlands - located in Holly, MI)
- Melissa Riesterer (Administrator of The Village of Peace Manor—located in Clinton Township, MI)

Thank you for your help during this transition process!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Lyndsey Malkovich, a student intern from Oakland University's Wellness, Health Promotion & Injury Prevention program.

Taste the Rainbow!

If you're like me, you have "candy-aholic" tendencies, you may recognize the phrase, "Taste the Rainbow!" as being the tagline for the candy Skittles. Though snacking on Skittles might help satisfy your sweet tooth, it's not going to do much for your health.

Rather than indulge in a rainbow of colorful candy, you'd be much better off if, when preparing your meals, you filled your plate with fruits, vegetables and other colorful whole foods. Doing so will help ensure you eat a variety of foods and thus get the nutrients your body needs to stay healthy and strong.



Below is a list of foods that match the colors of the rainbow along with some of their potential health benefits. If they aren't already a part of your diet, you might want to consider adding them:

- **Red** (may help reduce cancer risk) - apples, tomatoes, red peppers, raspberries, strawberries, watermelon, cranberries, cherries, red grapes, pomegranate, beets.
- **Orange/Yellow** (may help improve immune function) – oranges, grape fruit, mangoes, carrots, sweet potatoes, pineapple, peaches, winter squash, cantaloupe, corn.
- **Green** (may boost the immune system) - broccoli, spinach, peas, kale, arugula, avocado, edamame, asparagus, green beans, zucchini, kiwi fruit, romaine lettuce, Brussel sprouts.
- **Blue/Purple** (may help reduce inflammation) – blueberries, blackberries, eggplant, plums, prunes, figs, purple grapes, purple cabbage.
- **White/brown** (may help reduce cancer risk) – cauliflower, garlic, mushrooms, onions, potatoes, parsnips, jicama (Mexican turnip).

For more information on eating healthy visit <https://www.choosemyplate.gov/>.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PVM TO CELEBRATE OUR 75TH DIAMOND ANNIVERSARY THROUGHOUT 2020

To All of Our Readers: Welcome to 2020! We wish you a wonderful year full of promise and vitality. It is a very special year for Presbyterian Villages of Michigan (PVM) since it is our 75th Anniversary.

PVM began in September of 1945 with the opening of our flagship location at The Village of Redford. At the time it was considered quite innovative to do so since there were very few options available for senior housing. Thus began a 75 year journey of serving seniors and communities throughout Michigan and being known as an innovative organization. From the Ambassador Bridge in Detroit to Harbor Springs Up North and from the west to the east side of the state we provide quality senior living and services to Michigan seniors. As a resident or PVM stakeholder you are part of a vibrant community network dedicated to making Michigan a great place to age and live.

Throughout 2020 we will host many events to celebrate in a big way! Every PVM Village will host an event and invite all of our residents and stakeholders to participate in planning and attending. We will tell our story far and wide. On June 5th the Village Victory Cup will have a special event tied to the celebration. In our anniversary month of September The Village of Redford will be front and center with a large community event. And our annual PVM Gala will be showcase our theme of celebration.

Please join us in celebrating the remarkable work and leadership which has served PVM and Michigan over these past 75 years. We will be asking you to share any stories and anecdotes you may have about your experiences with being a part of the PVM community. For further information

contact your Administrator or Wellness Coordinator. Here's to a memorable 75th in 2020 – a new decade of promise and innovation for PVM.



Service News

By Sue Carney

Service Coordinator

Happy March, Is it spring yet?

Hang in there everyone, warmer weather is hopefully coming soon. As the weather gets better I hope to see more of you out and about in the community center, joining in all the activities and fun.

- Are you a registered voter? Do you want an absentee ballot? **The Pontiac City Clerk's office representative will be here on Monday March 2, at 11 a.m.** You can get registered if you are not, get an absentee ballot, and have questions answered.
- **Friday March 20 at 11 a.m.** Pontiac State District Rep. Brenda Carter will be here for a meet and greet, a chance to find out about your state representative, find out what is happening in your local and Lansing government, and be able to ask questions.

If you plan to attend either or both of the above, sign up and show up. Hope to see you at both of the above.

Any questions see Sue

Make it a great month!





Wellness News

Jon Hayes
Wellness Coordinator

Happy March, Residents!

We are going to be having an incredibly busy month coming up, which I could not be more excited about! I wanted to give you a taste of just a couple of the events we have going on for the month of March

- **All Month Long:** I will have March Madness Brackets at the Activities Table. Come pick one up and fill it out to join the fun for March Madness!
- **Monday March 9th at 1:00pm** we will be having our Village Victory Cup Kick Off Party! Join us for Food, Games, and a very Special Village Victory Cup Presentation.



WE ARE THE VILLAGE VICTORY CUP CHAMPIONS!!! Can we do it two years in a row? I know we can! But we need YOU to do so! Therefore, we will be launching our 12 Week Village Victory Cup Challenge. More details about this challenge are below.

- **Monday March 16th at 2:00pm** we will be having a Pre St. Patrick’s Day Party. We will be having Corned Beef, Cabbage, Potatoes, Drinks, and So much fun! Food will be catered by the Irish Tavern (Waterford, MI). Please RSVP by signing in the Activities Binder so we can get an accurate count for food. Paul Miller of the PVM Foundation will be here to tell you all how much YOU are a part of the PVM success!



- **Wednesday March 25th at 1:00pm.** Join us for Drums Alive! An exciting exercise class to the beat of the music! Come have fun and bang on some exercise balls with a pair of drum sticks!

I am looking forward to seeing you at our upcoming events! Check the Calendar for more fun this month.

I do want to make one special Announcement and Congratulate the winners of our 2020 New you Challenge.

- **1st Place—Kay Hopkins (470 Points)**
- **2nd Place—Willie White Jr. (440 Points)**
- **3rd Place – Fran King (400 Points)**

It was everybody’s participation who made this a success! As a team we finished with 6,770 points in 4 weeks. To put this in perspective, in 2019, we finished at 6,310 points in 5 Weeks! That’s one less week with 400 more points! I am so proud of all the participants! If we keep this type of participation up we WILL win a second Village Victory Cup!



The Village of Oakland Woods

A SENIOR LIVING COMMUNITY



VILLAGE VICTORY CUP

Challenge

The 2020 Village Victory Challenge is designed to help The Village of Oakland Woods take home the gold for the SECOND YEAR IN A ROW! This challenge will take place March 9 through June 5.

This challenge is based upon participation in ANYTHING related to the Village Victory Cup! All participants are eligible for a prize with 1st, 2nd, and 3rd place podium finishers! Points are as Follows:

- Attending the 2020 Village Victory Cup—1,000 Points
- Serving as a Village Victory Cup Captain—500 Points
- Attending a Village Victory Cup Meeting—200 Points
- Attending a Village Victory Cup Practice—100 Points
- Participating in a Village Victory Cup Event—50 Points per event

See Jon In the Wellness Office for more Details!



FUN FACTS

SAINT PATRICK'S DAY MARCH 17th



SHAMROCKS

On St. Patrick's Day, shamrocks seem to be everywhere. But why? It is said that Saint Patrick used the shamrock, or three-leaf clover, to explain the Holy Trinity to the Irish people.



LEPRECHAUNS

Leprechauns are a type of male fairy that live in Ireland, and are very smart and known to trick people. They are extremely quick and will vanish at the sight of any human, but if you can manage to catch one, you might be able to get his pot of gold or three wishes.



LUCK OF THE IRISH

During the gold and silver rush in the 1800's, many of the most famous and successful miners were Irish. Over time, these mining fortunes led to the phrase, "luck of the Irish." Now, the luck of the Irish can mean extreme luck, sheer luck, or even bad luck.



WEARING GREEN

Ever since the Irish Catholic Confederation started using the green harp flag in the 1600's, St. Patrick's Day celebrations have included green ribbons and shamrocks. If you don't wear green on St. Patrick's Day, lookout! You might get pinched!



SAINT PATRICK

Saint Patrick was a missionary that brought hope and optimism to the people of Ireland by building churches across the country. Saint Patrick died on March 17, 461, and that day has become an Irish holiday. Saint Patrick's Day has spread beyond Ireland and grown into a worldwide holiday, a day to celebrate everything Irish.



PINCHING

St. Patrick's Day celebrators say wearing green makes you invisible to leprechauns, who pinch everyone they see. People began pinching others who didn't wear green as a reminder that a leprechaun might sneak up and pinch them!



CELEBRATING WORLDWIDE

St. Patrick's Day has become a cultural celebration for both the Irish and non-Irish; everyone joins the party! Almost every major city celebrates with parades, marathons, or other fun events. Dublin, Ireland holds the grandest St. Patrick's parade. Here in America, Boston, Massachusetts has the biggest celebration.



KISS ME, I'M IRISH!

This saying comes from the Irish legend, kissing the Blarney Stone. The Blarney Stone is said to bring luck to those who kiss it, and attracts people from all over the world. Since many people can't travel all the way to Ireland to kiss the Blarney Stone, the next best chance of getting good luck is by kissing an Irish person!



CLADDAGH RINGS

The Claddagh ring is a traditional Irish ring that shows two hands holding a heart, which is wearing a crown. The ring represents friendship (the hands), love (the heart), and loyalty (the crown). Claddagh rings can be given as a friendship ring, or as an engagement and wedding ring.

www.printsies.com

Birthday Celebration!

The Birthday Party will be held on **Friday, March 20**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Chuck Holdridge	3/1
Christine Milz	3/4
Carolyn Green	3/6
Kathleen Leep	3/6
Valentine Robinson	3/8
Millage McDonald	3/9
Diane Perkins	3/10
Nancy MacDonald	3/11
Betty Fitzhenry	3/12
Vernice Harper	3/13
Margaret Mullen	3/14
Edward Lance	3/17
Clara Lee	3/17
Bertha Simpson	3/19
Douglas Herd	3/19
Catherine Carter	3/19
Joe Amerson	3/21
John Collins	3/21
Katherine Williams	3/22
Kathryn Price	3/23
Abraham Ramsey	3/27
Franzetta Hill	3/28
Quincy McCoy	3/31



Happy St. Patrick's Day



Resident Council News

By *Philena Holdridge*

Resident Council President

Winter Great Lakes Burn Camp Project

Over 80 items were collected for our winter community project to help burn victims ages 6- 17 at their winter camp. Thank you Becky Bolden for heading this up and thank you to all who made contributions!

Black History Month

Thank you to all of the residents who helped prepare the display at the Community Center for Black History Month in February and spoke on the recording that Jon put together. It was also on the VOW Facebook Newsfeed. Go check it out. It certainly brought awareness of their role in our American History.

Village Victory Cup

Jon is having our Kick-Off Party on March 9th at 1 PM and residents we need you!!! Come check it out. The challenge to compete in two events or be a spectator is what brings the championship home to VOW. What a great victory in 2019! Let's do it again in 2020!

Village Library

The library crew is working with Jon to do some rearranging in our Oakland Woods Library. In April, we will be having a book sale of many of the books in the library. They will only cost \$.25 a piece.

Welcoming New Residents

In April, the Resident Council will be hosting an Appetizer/Dessert Bar and game day, to honor our new residents that have joined us in 2020. An invitation will be sent to new residents with details at the beginning of April.

St. Patrick's Day Party

This party will be sponsored by The Irish Tavern and Paul Miller, PVM President. He will be speaking that day on our "Family and Friends" Drive starting in April. He will explain what these monies go to and how it will help the Village of Oakland Woods. More information for Friends and Family is below.

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



The Village of
Oakland Woods
 A SENIOR LIVING COMMUNITY
 A Mission of Presbyterian Villages of Michigan



**YOU give your Village the
 Power to Choose**

Your gift for your Village during the Family & Friends Campaign offer you the opportunity to combat isolation and to be more independent.

Your gift to Oakland Woods made it possible to have a Mother Day's Tea, a Father's day luncheon, and a Christmas celebration..

Simple pleasures! Yes. But, it's something important to you and your residents that can't be done by the Village and PVM alone. **Without you, it can't be done.**

YOUR gift changes things!

Your gift can help to make YOUR community healthier. Right here. Right now. Will you give today?

**You can make
 Oakland Woods
 the BEST
 place to age!**

Thank you!

**FRIENDS &
 family**
 CAMPAIGN

April 1—30, 2020

TO MAKE A GIFT:
 See the front desk for a donation envelope or

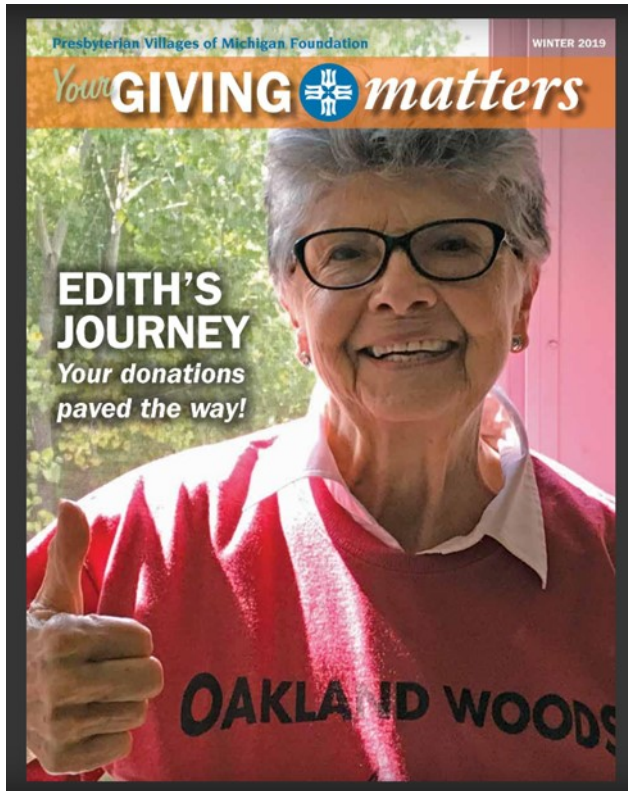
ONLINE:
 pvmf.org/OaklandWoods
CALL:
 248.281.2040

MAIL:
 PVM Foundation
 26200 Lahser Road
 Suite 300
 Southfield, MI 48033

Presbyterian Villages of Michigan Foundation is a 501(c)(3) nonprofit organization.
 Michigan Charitable Solicitation Registration #MCS 35871.

GETTING TO KNOW YOUR NEIGHBORS

EDITH MAE GUTOWSKI



Edith was born in Paonia, Colorado during the great depression in 1931, to Walter and Ermadean Tuttle. She had a sister born one year later who died of Pneumonia. Two brothers are both deceased.

The family moved to Hotchkiss, CO where Edith attended first grade through Junior High School, riding a school bus those 11 years. Her family then moved to Gunnison, CO where her Dad was a cattleman for Dan Thornton (who was the Governor of Colorado at that time). She finished high school there and went on to attend college at Colorado Western University where she met and married her husband, Thad, who was from Milwaukee. After graduating they moved to Milwaukee where their son Thad Jr. was born. Thad SR's promotions took them to Richland Center and Sheboygan, WI then to Evanston, Illinois.

When Thad Jr. was 13 years old they moved to Bloomfield Hills where they lived on Helston Road for 27 years. They had a family business, Falcon Golf on Woodward Ave in Pleasant Ridge, that manufactured custom clubs.

Thad Jr. had a blood disorder called Hemophilia. He was married to a wonderful lady for 11 years until the age of 38 when he died. They had no children so Edith has no real

grandchildren however she has been adopted by many of her friend's grandchildren.

After Thad Jr. died, Thad Sr. had deep depression; they lost their business and he and Edith divorced after 41 years of marriage. Edith lived in the Heathers on Square Lake Rd. for 3 years then moved to the Meadows Senior complex in Auburn Hills for 9 years before moving to the Village of Oakland Woods

Edith had never traveled anywhere requiring a passport until after she was 70 years old. In March of 2002 she went to Seville, Spain with staff members from Children's Hospital where she volunteered in their Blood Clinic. The same year, in October, she traveled to China with a friend who adopted a baby girl. What a great experience. They stopped in Hong Kong to see the wonders of that city on their way there. Edith was nanny-grandma to the China Doll for a few years.

In 2009, Edith went on her first Mission trip to Ghana, Africa to the King Jesus Orphanage, sponsored by the First United Methodist of Birmingham. It was so impressive she went again the following year. There were 185 children from infants to 20 years old. When the older ones had vacation from boarding school or jobs, they return to the orphanage because they had no other home. The team also spent time at a village Hospital and a women's organization that made loans to the women to start businesses with the help of Opportunity International.

At 77 years old Edith retired from The Beneicki Group as a leasing consultant. Before that she was in sales at Don Thomas Sporthaus at Telegraph and Maple for 9 years. She volunteered over the years with American Red Cross, Hospice of S. E. MI., Children's Hospital, Hemophilia Societies and other organizations.

Edith is tremendously grateful for her home and friends at the Village.

March 2020 Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>March Madness:</u> <i>Grab your March Madness Bracket at the Activities Table</i>	2 8:00 Coffee Club 11:00 Pontiac City Clerk: <i>Voting Information</i> NO GIIFFIT	3 8:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and be Fit 1:00 40th Anniversary Executive Board Meeting	4 8:00 Coffee Club 10:00 GiFit 11:00 Village Chorus 2:30 Blood Pressure Clinic 3:00 Stretch and Flex	5 8:00 Coffee Club 12:00 Sit and be Fit 1:00 Walmart	6 8:00 Coffee Club 10:00 GiFit 11:00 Calendar Planning Meeting	
8 <u>Time Change:</u> <i>Spring Forward: Move your clocks forward 1 Hour!</i>	9 8:00 Coffee Club 10:00 GiFit 1:00 Village Victory Cup Kick off Party **VVC Challenge Begins**	10 8:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and be Fit 1:00 Scarf Making	11 8:00 Coffee Club 10:00 GiFit 11:00 Village Chorus 2:30 Blood Pressure Clinic 3:00 Stretch and Flex	12 8:00 Coffee Club 12:00 Sit and be Fit 1:00 Meijer FRUITS AND VEGETABLES	13 8:00 Coffee Club 10:00 GiFit 4:00 Happy Hour with Karaoke <i>(Presented By Comcast)</i>	
15	16 8:00 Coffee Club 10:00 GiFit 2:00 St. Patrick's Day Party <i>(Sponsored by The Irish Tavern)</i> 	17 8:00 Coffee Club 10:00 God's Word and Prayer 10:00 Troy Senior Expo 11:00 TOPS NO SIT AND BE FIT	18 8:00 Coffee Club 10:00 GiFit 11:00 Village Chorus 2:30 Blood Pressure Clinic: <i>UTI and Incontinence Presentation</i>	19 8:00 Coffee Club 12:00 Sit and be Fit 1:00 Hollywood Markets FOCUSHOPE	20 8:00 Coffee Club 10:00 GiFit 11:00 Pontiac District Rep: <i>Brenda Carter</i> 2:00 Birthdays and Bingo	
22	23 8:00 Coffee Club 10:00 GiFit	24 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	25 8:00 Coffee Club 10:00 GiFit 11:00 Village Chorus 1:00 Drums Alive 2:30 Blood Pressure Clinic	26 8:00 Coffee Club 12:00 Sit and be Fit 1:00 Aldi	27 8:00 Coffee Club 10:00 GiFit 4:00 Football Bowling	
29	30 8:00 Coffee Club 10:00 GiFit 1:00 Art Therapy: <i>Adult Coloring</i>	31 8:00 Coffee Club 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit and be Fit	Large Calendars are Available at the Activities Table			BLUE = EXERCISE RED = BUS TRIP BLACK = VILLAGE ACTIVITIES GREEN = PARTIES

**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

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

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