



Village News



Embrace the possibilities

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

AUGUST 2022

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Notes from the Administrator

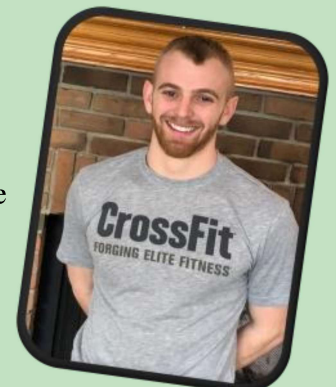
Hello residents and happy August. Is it just me, or is the summer really flying by?

I want to begin with recognizing the outage we have been experiencing with the streetlights on Kirkman and Peterson. It has been extremely frustrating with the lights being out for the residents, and I can assure you that management and maintenance have been just as frustrated. We are in the process of working with DTE and two different electrical companies to determine what the issue is and how to troubleshoot the issue. In the meantime, I have worked with Hampton Security to ensure proper surveillance of the entire campus. I thank you all for the concern and questions regarding the matter of our lights and at this point, we are working on having them restored as soon as possible.

I would like to highlight the incredible work of Scott Maki, who you may have seen at the community center. Scott is an Occupational Therapy Student at the University of Michigan - Flint and will be receiving his Doctorate this month. Scott states, "I've been interning at the Village of Oakland Woods for my 14 week capstone project. During my time at Oakland Woods, I have had the pleasure of working with some the residents as they prepare for the beloved Village Victory Cup (VVC). Alongside Jon, we were tasked with creating a manual that can be easily followed to coordinate the future VVCs. As I reflect on my short time at Oakland Woods, I am very grateful for residents and staff that have been so welcoming. You all will be missed!"

I am very grateful for Scott's hard work and can truly say that this year's Village Victory Cup will be a success with thanks to him. Scott will also be missed, and please feel free to stop in and say "hello" before his last day

Finally, please join me in keeping the residents who have been called home in our thoughts and prayers. I pray for stronger times ahead! A happy month to you all.



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/Receptionist

The Administration Staff would like to thank everyone who took the time to stop by and sign the Gross Rent Change Notification that went into effect on July 1st, 2022

Once a year everyone will receive a re-certification package (depending on when your lease is affective) in the mail. It is very important that when you receive this package that you fill out **ALL** of the necessary paperwork and return it to the office as soon as possible.

If for some reason you have changed your phone number, please let the office know so that we can update our records. We are still running into problems with voicemails being full, and we can not leave messages. Please ask family members or come to the office for assistance in clearing your voicemails.

It has been a pleasure socializing with old and new faces at all of the Wellness events. Looking forward to many more.

Hope you are enjoying the summer so far.

Sales and Leasing News

Taylor Wzebb
Sales and Leasing Specialist

Hope everyone is staying cool during these warm summer days!

There is no better way to start the month than surrounded by friends, and we would like to invite you to join us on Monday, August 1st at 2pm for Care and Connect gathering. These gatherings will take place on the first Monday of the month in our boardroom, located off of the fireside room in the community center. Our boardroom allows for an intimate and peaceful setting to share, learn, and grow together with the added bonus of a beautiful view of our woods.

Our Care and Connect gathering is a time for residents to learn and share with one another about ways to develop their emotional and spiritual wellness. There are many benefits to having a community and connecting with each other, such as reduced loneliness and stress, having emotional support, promoting personal growth, and gaining new perspectives on wellness related to self-care, as well as caring for others. This month, we will be discussing stress management including the role of aromatherapy and essential oils in promotion of stress relief.

Hope to see you there, and have a great month!



Maintenance News

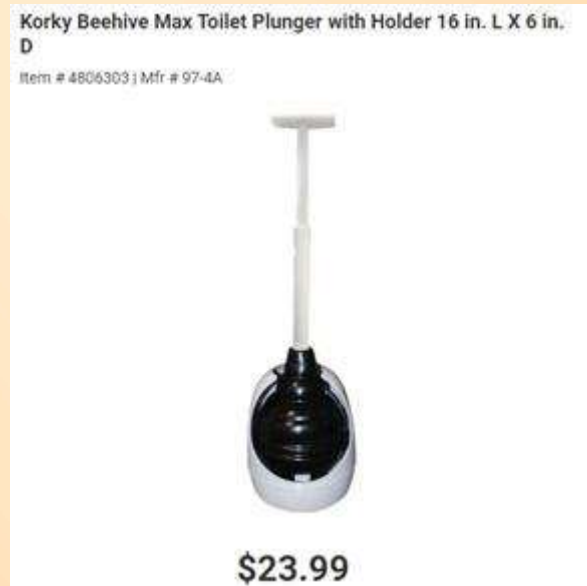
Matthew Myers
Maintenance Lead

Hello

I hope everyone is enjoying their summer through their cleaned glass and on their washed patios. In upcoming property maintenance and improvements we're looking at asphalt, concrete, and window replacements.

I'd like to remind residents that each of you should have a toilet plunger on hand. While it's not expected for you to over exert yourself in an attempt to clear a clog, it's reasonable to assume that you could attempt it as independent living residents.

Below are recommended plungers for your sink and for your toilet sold at our local Great Lakes Ace on South Boulevard



We are working on scheduling paving and window replacements for this year, and you'll hear more about those projects soon. As always, we appreciate your patience as we turn units and complete projects while maintaining the property.

Service News

*Sue Carney & Terri Price
Service Coordinators*

Welcome August, Happy Summer.

Hope everyone is doing OK and enjoying the Summer!

Reminder to drink plenty of water and do not be in the hot sun for extended time periods. This heat can be dangerous for you and your pets.

The blood pressure checks with Nikki and Home MD will be on Tuesday August 9, 1 p.m. instead of Tuesday August 2.

We need your help and ideas. Sue Dale from Care Team will be here Tuesday August 23, 11 a.m., to kick off our "Best Life Management Series". We are in collaboration with Care Team, to work with you and to provide education and resources at a monthly class at here at the Village. We need to hear YOUR VOICE and find out, what all of you need to help to make YOUR wellness complete. We need your ideas and suggestions to what guest speaker/presentations YOU want. What will help you? This will be an open forum and idea sharing and brain storming. This is your chance to be a part of a positive wellness future here. There will be snacks and beverages.

Just a reminder, for those who get fruits and vegetables through Lighthouse, it will be delivered to you on August 11, between 10 a.m. and 11:30 a.m. Focus Hope will be delivered to the garage for those who are signed up to receive it, Wednesday August 17, hopefully by 12, noon.

Welcome Terri Price

Hello Everyone,

I am the new part-time service coordinator at Oakland Woods. I'm delighted to join the team and be of service to you!

My previous experience includes extensive and diverse health service(s) background in geriatrics, chronic disease management, health promotion and wellness coordination.

Upon meeting the dynamic staff here, I'm honored to have a role with such a great team.

As I join Sue making resident visits, I look forward to us getting acquainted and working with each of you. My work schedule is:

Mon.-Wed.-Fri. 7:30am-4:00pm (occasionally Mon.-Wed.-Thur.)

Office # 244379 Ext. 50424 (I will update and share additional phone numbers coming soon)





Wellness News

Jessica Roberts
Wellness Coordinator

We are looking forward to a fun-filled, wellness-focused month here at Oakland Woods!

To continue the emphasis on health and wellness that Wayne State has facilitated through programming on our campus, Wayne State classes on Mondays and Wednesdays will continue until August 15th with the final Weekly Wellness with Mike the Nutritionist on Monday August 22nd. Following up these classes will be a new fitness class offered on Wednesdays at 10am called “Train to Victory”.

This class will tie in to our Victory Cup practice sessions; in “Train to Victory”, we will focus on key movements that are used for the games but are also used in everyday life. “Train to Victory” will feature warm ups and cool downs alongside Victory Cup-inspired exercise classes while training for VVC games. Join us for “Train to Victory” Fitness Class on Wednesdays starting August 24th!

Victory Cup practice sessions will be offered several times a week this month specific to each game; those who have signed up or are interested in a particular game are encouraged to attend practice sessions to train for the games and enjoy a fun time with other residents.

There are also so many health and wellness benefits with each VVC game! Not only do these games promote mobility, strength, and balance, but many of the games require hand-eye coordination, focus/attention, and specific muscle movements that are necessary for completing everyday tasks. Training the body and mind in a way that is challenging and fun can greatly improve one’s overall functioning and independence!

To learn more about how each VVC game can improve your health and wellness, check out our Wellness Wall in the dining hall where you can find posters with information on each VVC game. You will also find a poster with the sign-ups for teams associated with each game. For more information or to sign up for a game, contact Jessica in the Wellness office.

For further excitement and promotion of the Victory Cup event in October, we will have a Victory Cup Challenge Party on Friday, August 5th at 12pm! Enjoy some food and fun as we launch the start of a Victory Cup Challenge for our residents to gain points over the next 2 months for winning prizes.

Please sign up in the Activities Book - hope to see you there!!

Another big party event this month will be on Friday, August 26th, in celebration of the Village of Oakland Woods anniversary! We will commemorate this special event with delicious food and a performance by the Polynesian Dancers of Michigan. All residents are welcome to attend the anniversary party and enjoy a good time!

There will be more detailed information to follow regarding this event, so stay tuned!

As always, our goal is to help our residents in living a lifestyle of wellness! Please reach out to schedule a one-on-one wellness meeting or to provide suggestions and address concerns regarding wellness activities here at Oakland Woods.

Wellness
happens at
**THE VILLAGE OF
OAKLAND WOODS**

Resident Council News

Becky Bolden

Resident Council Vice President

This month was named to honor the 1st Roman Emperor (great nephew of Julius Caesar) Augustus Caesar 63 BC – AD-14

The “Dog days of summer” are upon on us.... As the days begin to shorten; the heat begins to scorch them.

Hydrate * Hydrate * Hydrate

Our apology for the cancelation of the July Resident Counsel meeting; but a few very important issues had to be addressed before we moved on to our next meeting.

Anyone who didn't attend the Elvis Birthday Bingo really MISSED OUT on a great day of entertainment with food.

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, August 19th**. Join us in the community room at 1:00pm for refreshments, bingo and prizes!

Deadra Lester-Roberts 8/3
Sharon Benton 8/5 (Staff)
Joyce Bailey 8/5
Nancy McGee 8/9
Matthew Scott 8/11
Glenda Stephens 8/11
Alemeta Cook 8/12
Annette Lucas 8/13
Gertrube Rankin 8/13
Colleen Moberly 8/14
Lelah Johnson-Green 8/15
Roseann Ramsey 8/16
Mildred Roberts 8/20
Stephanie Daniel 8/22 (Staff)
Alma Shelton 8/22
Shirley McBride 8/22
Tanya Shabazz 8/22
Earline Thorne 8/23
Sarah Pauling 8/24
James Carrington 8/30
James Keyes 8/31

Loving Memory
Mary Bridget Wilburn
Kia S. Johnson



SUN	MON	TUE	WED	THUR	FRI	SAT
	1 10:00 Yoga With Michelle 11:00 Weekly Wellness 12:00 Victory Cup Practice - Balloon Volley/Beanbag Toss 2:00 Care + Connect (Board Room)	2 9:00 Morning Social 10:00 God's Word and Prayer	3 10:00 Functional Fitness with Rob 11:00 Village Chorus 12:00 Victory Cup Practice - Hoop Shoot/ Kick-A-Roo 1:00 Grocery Bus Trip - Hollywood	4 10:00 Walking Club - Wellness Walk	5 10:00 Fitness Foundation with Jessica 12:00 Victory Cup Challenge Party!	6
7	8 10:00 Yoga With Michelle 11:00 Weekly Wellness 12:00 Victory Cup Practice - Balloon Volley	9 9:00 Morning Social 10:00 God's Word and Prayer 1:00 Blood Pressure Clinic	10 10:00 Functional Fitness with Rob 11:00 Village Chorus 12:00 Victory Cup Practice - Hoop Shoot/ Kick-A-Roo 1:00 Grocery Bus Trip - ALDI	11 Fruits/Vegetables 10:00 Walking Club - Wellness Walk	12 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice - Bean Bag Toss	13
14	15 10:00 Yoga With Michelle 11:00 Weekly Wellness 12:00 Victory Cup Practice - Balloon Volley	16 Resident Council - 2pm 9:00 Morning Social 10:00 God's Word and Prayer	17 Wayne State Fitness Testing - 10am 11:00 Village Chorus 12:00 Victory Cup Practice - Hoop Shoot/ Kick-A-Roo 1:00 Grocery Bus Trip - Wal-Mart	18 Focus Hope 10:00 Walking Club - Wellness Walk 11:00 "Brainercize" Brain Fitness Class - Puzzler Practice	19 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice - Bean Bag Toss 1:00 BIRTHDAYS AND BINGO! - Ice Cream Social (Dining Hall)	20
21	22 Wayne State Fitness Testing - 10am 11:00 Weekly Wellness 12:00 Victory Cup Practice - Balloon Volley	23 9:00 Morning Social 10:00 God's Word and Prayer 11:00 Best Life Management Series Kickoff	24 10:00 Train to Victory Fitness Class 11:00 Village Chorus 12:00 Call to Prayer (Board Room) 1:00 Shipt Grocery Delivery	25 10:00 Walking Club - Wellness Walk	26 5:00 Oakland Woods Anniversary Party!	27
28	29 11:00 Weekly Wellness 12:00 Victory Cup Practice - Balloon Volley	30 9:00 Morning Social 10:00 Bus Trip - Cranbrook Gardens 10:00 God's Word and Prayer	31 10:00 Train to Victory Fitness Class 11:00 Village Chorus 12:00 Victory Cup Practice - Hoop Shoot/Kick-A-Roo	Large Calendars are Available at the Activities Table		

August 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

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

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Pontiac, MI 48341-3145

420 S. Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

Oakland Woods

The Village of

