



Village News



Embrace the possibilities

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

October 2017

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Notes from the Administrator

October is upon us and with the changing leaves and seasons we are looking forward to a wonderful fall at the Village filled with events, projects and opportunities. First I would like to take a moment to acknowledge the Village Chorus for their performance concert which was a tremendous success with a full house of attendees including our guests from the Village of Holly Woodlands. Great work everyone. October is our get out of town month and we wish our residents who signed up for the Toronto trip a safe and exciting adventure as we head to the great north of Canada.

An issue that is of concern to everyone at the Village lately has been the trash/dumpster service provider. We have some good news on that front. Beginning in January 2018 we will have a new provider, Waste Management. They have promised new receptacles with sliding side door access to the dumpsters and the drivers will close the gates of the enclosures every time they service them. With the addition of all dumpsters having side door access we ask that you assist us in keeping the enclosures safe, clean and sanitary by not leaving the garbage bags on the ground. If you need help call the office and we can assist you with this to avoid issues of rodents and other animals getting into those areas and creating a mess.

Take a good look at your October Calendar for some special events, activities, exercise programs and other opportunities to get out and meet your neighbors. We have not confirmed yet but we hope to host a Mayoral candidate forum ahead of the Pontiac election in November, more to come soon.

As we transition from summer to colder temperatures we want to remind everyone that storing your personal items on your patio is allowed but they must be secured and stored in proper containers or boxes. Keeping the patios looking good keeps the Village looking great.

Lastly we have some site improvements being performed in October. Look for concrete repairs and replacement along with a water control project along Maplewood drive. Contact the office if you have any questions on these projects.



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

PVMF Gala—November 17th!

**Come join the fun Friday, November 17th at
The Henry Ford Museum of American Innovation!**



PVMF's 14th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

The best part?! By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan a better **the best** place to live at any age!

We hope to see you there!

Join the Fun! Book your Sponsorships & Tickets:

\$375 Patron Ticket* Strolling Dinner & Program, Name recognition in event program

\$250 Individual Ticket* includes Strolling Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Learn more about how to attend at pvmf.org/Gala2017. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S. Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!**

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AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION

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

248.281.2045 MyLegacy.pvmf.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

National Check Your Meds Day

This year on **October 21st** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21st** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21st** don't worry, this is a service that most major pharmacies will perform any day.





Service Coordinator News

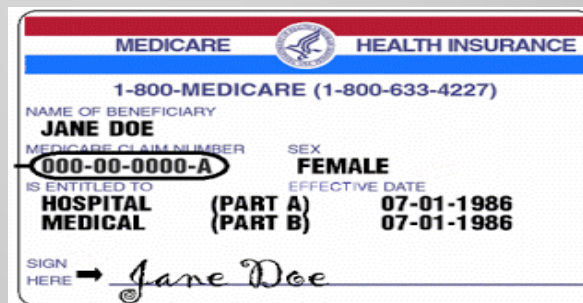
By Danette Pye,
Service Coordinator

“OUR GREATEST WEAKNESS *LIES IN GIVING UP.* THE MOST CERTAIN WAY TO SUCCEED IS ALWAYS TO TRY JUST ONE MORE TIME.” ~ Thomas Edison

Medicare Open Enrollment

Medicare Open enrollment starts October 15, and ends December 7, 2017. You have the opportunity to make changes with your Medicare if you choose, if not your plan will remain the same. Come out and learn about the different options available to you on **October 16, at 1:00 pm in the Community Room.**

Light refreshments will be served



Food Distribution and Health Fair

Attention residents, you have **three more months** to come out and take advantage of the Gary Burnstein clinic. The clinic provides families with vegetables to assist in healthy eating. For more information, please see the Service Coordinator.

Diabetes Prevention Program

Small steps can help with preventing diabetes, the Gary Burnstein health clinic is offering a no cost work shop to individuals who qualify. Please see the Service Coordinator for more information.



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Fall is officially upon us, and we have plenty of fall-focused activities planned for the month ahead! A few highlights from the October calendar include apple picking at the Plymouth Orchards and Cider Mill, a craft project decorating pumpkins, as well as our big trip to Toronto happening at the end of this month! I was thrilled to see such a positive response to the Toronto trip, and I think we are going to have a fabulous few days in Canada together! As a reminder for those attending the trip, please be sure to have all remaining balances (for travel, lodging, and admission tickets) to me no later than Wednesday, October 18th. Thank you!

Changing topics a little bit here, I was given a very interesting and valuable article from a resident, and I thought I would share with you a few of the highlights:

The topic of the article was drinking water, and its importance to our ongoing health. On a daily basis, water should be a major part of our routine. The optimum times to drink water are:

- * 2 glasses of water after waking up—helps activate internal organs.
- * 1 glass of water 30 minutes before a meal— helps digestion
- * 1 glass of water before taking a bath/shower—helps lower blood pressure
- * 1 glass of water before going to bed—helps to prevent stroke or heart attack, and may also help with leg cramps.

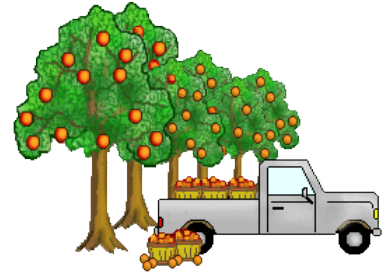
The take-home message is that even when you are not thirsty, or craving something to drink, you should still be drinking water, and water should be chosen over sugary, or carbonated drinks. As the weather changes to more comfortable/cool temperatures, and a cold glass of waters doesn't seem quite as necessary, remember these few pointers and try to continue to incorporate drinking water into your daily routine!



For more information visit: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

OCTOBER EVENTS

Plymouth Apple Orchard & Cider Mill: Our first trip of October will be to the Plymouth Apple Orchard and Cider Mill! We have a tour scheduled, along with a chance to pick an apple and visit their country store. This trip is scheduled for Thursday, October 5th, at 9am. Please be sure to sign up at least 24 hours beforehand, and also be prepared to bring your own lunch as we will have time & space reserved to enjoy lunch at the orchard. Thank you!



BRUNCH

Brunch at Family Table: As we have done in the past, we will take a morning in October to visit the local establishment—Family Table. We will go for brunch here on Monday, October 9th, at 10:45am. The cost of brunch will be the responsibility of each resident. If you are looking to join in this activity, please sign up no later than Friday, October 6th, so that I can make a reservation for the appropriate number of people.

Meadow Brook Theater: This month's Meadow Brook production will take place on Wednesday, October 18th. This is on the same day as the Lighthouse Luncheon, so we will not be going to lunch prior to the show. We will leave for the theater at 1:15pm, and enjoy the production of Shear Madness all together! Details and the show description are listed in the next couple pages of your newsletter. It looks to be a really fun show—hope to see you all there!



OCTOBER EVENTS CONT.

Fall Craft: Pumpkin Painting: To get us even more into the fall spirit we will be participating in some pumpkin painting later this month! Our craft project is scheduled for Thursday, October 19th, at 1pm. Pumpkins and painting supplies, along with some light refreshments, will be provided by Oakland Woods. This is a great opportunity to spend time and socialize with neighbors, while creating some new décor for the fall season! Please sign up in advance.



Toronto Trip: The big event happening this month is our trip to Toronto, Canada! It is just around the corner, and I am buttoning up the final details of our trip! We will be departing bright and early on Wednesday, October 25th, and we will return from Toronto on Friday, October 27th. For those of you signed up for the trip, please be sure to have your passport and/or enhanced license ready, as well as make all final payments for accommodations and activities no later than Wednesday, October 18th. I'm very much looking forward to a few days in Canada with all of you!



Halloween Birthday Bash & Costume Party: Get your costumes ready! We will be hosting a Costume Party and Halloween Bash on Tuesday, October 31st, at 12pm! This party will include some spooky bingo, snacks & treats, a prize for the best costume (voted on by the residents & staff), as well as the celebration of all of our October Birthdays! It is sure to be a fun afternoon, and I hope that several of you are able to attend and participate in the fun activities! Happy Halloween!



MEADOW BROOK THEATER PRESENTS:
SHEAR MADNESS



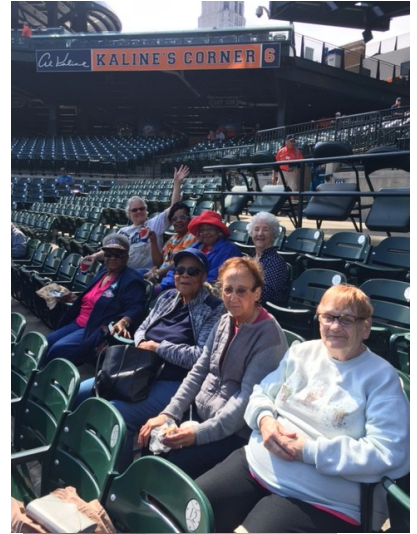
This unique comedy-whodunit takes place today in the “Shear Madness” hair salon and is chock full of up-to-the minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime. The outcome is never the same, which is why many audience members return again and again to the scene of the mayhem.

HALLOWEEN BIRTHDAY BASH & BINGO!!

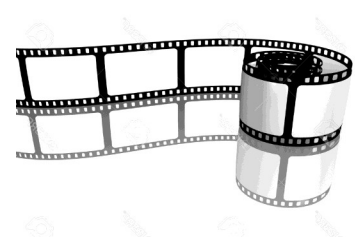
JOIN US FOR SOME SPOOKY SPECTACULAR FUN ON TUESDAY, OCTOBER 31ST, AT 12PM IN THE COMMUNITY ROOM! THE CELEBRATION WILL INCLUDE SWEET TREATS & REFRESHMENTS, BINGO, BIRTHDAY SINGING, AND SPECIAL PRIZES! COSTUMES ARE HIGHLY ENCOURAGED, AND THE RESIDENT VOTED AS “BEST DRESSED” WILL WIN A GRAND PRIZE! SO START BRAINSTORMING YOUR COSTUME, AND COME JOIN US FOR SOME TRICKS, TREATS, AND FUN! THE COST TO PLAY BINGO WILL BE \$2 FOR 3 BINGO CARDS. PLEASE BE SURE TO SIGN UP AT LEAST 24 HOURS IN ADVANCED, SO THAT THE PROPER AMOUNT OF PRIZES & REFRESHMENTS MAY BE PURCHASED. HAPPY HALLOWEEN!



OAKLAND WOODS ON THE GO!

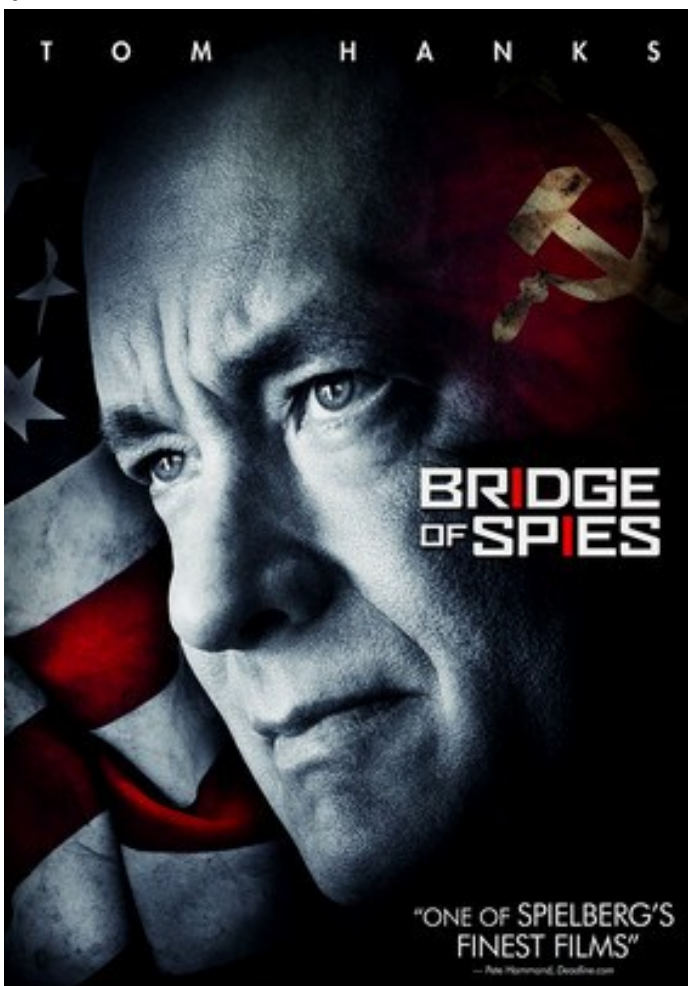


Theater Thursday



Thursday, October 12, Bridge of Spies: At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release.

Thursday, October 26, Young Frankenstein: A laugh riot from beginning to end, this classic parody from director Mel Brooks stars Gene Wilder as Frederick Frankenstein, who detests his family history but ultimately can't resist the temptation to follow in his infamous grandfather's footsteps. Adding to the fun is a brilliant supporting cast that includes Marty Feldman as bug-eyed assistant Igor, Madeline Kahn as Frankenstein's frosty fiancée and Peter Boyle as the zipper-necked monster.



When The Autumn of Life Has Ended

By Susan Nikitenko

*Autumn is a fanciful season;
The leaves of colorful glow.
The squirrels gather for winter;
Before the cold winter's snow.
Pumpkins brighten grandmas front porch;
Scarecrows cheer each passerby.
Harvest cooking fills the autumn air;
Apple tarts and pumpkin pie.
The wooly bear forecasts the weather;
The flowers of summer fade.
Bringing forth life in a tiny seed;
A miracle that is heaven made.
Memories and laughter fill my heart;
When I think about it all.
The yearly hayride until dark;
And all the fun in the Fall.
I am reminded this time of year;
We must gather and prepare.
Because harvest time is ending soon;
Soon our Jesus will appear.
And though fall is beautifully designed;
And holds a place in my heart.
There's nothing like home awaiting.
Filled with God's celestial art.
If we fill our lives with goodness;
And plant God's seeds along the way,
When the autumn of life has ended;
They will bloom a sweet bouquet.*

Birthday Celebration!

The Birthday Party will be held on Tuesday, October 31st, in conjunction with our Halloween Party! Please join us in the community room at 12:00pm for refreshments, bingo and prizes!

Hilda Bass 10/6
Robert Strawter 10/10
Corinne Anderson ... 10/11
James Phippen 10/16
Dolores Terrell 10/17
Cornelia Crooks 10/18
Joesphine Valderas 10/20
Linda Burnett 10/23
Thelma Munson 10/24
Lena Jordan 10/25
Charles Paige 10/25
Dorothy Dye 10/29
Virginia Bertoncello 10/30
Glyndon Holland 10/31



Resident Council News

By Judy Shatto,
Resident Council President

Resident Council:

The Resident Council Appreciation Party had to be canceled in September because of unforeseen circumstances. It is rescheduled for Tuesday, October 24, at 2:00pm—during our regular Council meeting. Please be sure to sign up once again. It is sure to be fun and entertaining, so please attend! The event will be sponsored fully by the Resident Council.



Resident Council Board

Judy Shatto, *President*

(248)499-8574

Becky Bolden, *Vice President*

(248)766-3684

Philena Holdridge, *Secretary*

(248)977-3038

Joyce Parlor, *Treasurer*

(248)210-5678

Ruthie Griffin, *Sympathy Cards*

(248) 322-4222

The Garden Club has been chosen to receive a very generous private donation from a long-time resident, who has expressed an admiration of the improvements to our Campus this year. We give a special and heartfelt thanks to this resident!

We are still offering Ice Cream Drumsticks for a \$1.00 donation. The donation will go towards beautifying the Gazebo and Flagpole areas next Spring. Thank you to all who regularly support by buying these treats! The delicious drumstick is getting to be a standard to many of us here. To satisfy your sweet taste buds, see Judy or someone in the office.



Resident Council News

By Judy Shatto,
Resident Council President



Resident Council News Continued:

The Pontiac School Supplies Drive was indeed a big success. We have collected almost FIVE “banker boxes” of various supplies to help out the Pontiac students. We have chosen the Whitman Elementary School to receive our donation this year. Thank you to all who gave supplies!

Garden Club:

All five of us who were at the September meeting got a lot of planning done! On the 10th, which would normally be the October meeting, we will be cleaning up around the Gazebo, starting at 10 am. Then, the next Tuesday, October 17th at 1:00, we will be heading to The Moose Preserve to celebrate the end of the season, all our hard work, and anything else we feel like celebrating!! And to further continue the fun, we will be having tea at the Troy Historical Village on the 26th at 1:00. There is an \$8.00 fee for this event, and it is needed in advance. So think about it, and let me know on the 17th. There will be a speaker there who has taken pictures of all the lighthouses in Michigan, and he will be talking about his experiences. It promises to be very interesting!



AS THE VILLAGE TURNS AS THE VILLAGE TURNS

Congratulations to our three winners of the “Beautiful Flowers Nomination Contest”—Pat Friend, Melissa Bridgeman, and Alma Shelton.

The campus-wide contest required any VOW resident to fill out a nomination form in order to enter or be entered into the contest. The forms were available either in your newsletter, or a form could be picked up at the office. Thanks to all who entered the contest. Next year, let’s see more entries and YOU may be a winner, too!



October 2017

Breast Cancer Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT	
1	2 10:00 Strength Training 2:00 Bible Study	3 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Aldi	4 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	5 <u>NO EXERCISE</u> 9:00 Plymouth Apple Orchard & Cider Mill Trip	6 10:00 Stretch & Flex	7	
8	9 10:00 Strength Training 10:45 Brunch at Family Table 2:00 Bible Study	10 9:00 Balance & Core 10:00 Garden Club 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Walmart & Chase	11 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	12 9:00 Balance & Core 1:00 Theater Thursday	13 10:00 Stretch & Flex 10:45 Toronto Trip Meeting	14	
15	16 10:00 Strength Training 1:00 Medicare Open Enrollment Presentation 2:00 Bible Study	17 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Kroger	18 9:00 Prayer Group 10:00 Strength Training 11:00 Lighthouse Lunch- eon 1:15 Meadow Brook Theater <u>NO SIT & BE FIT</u>	19 9:00 Balance & Core 1:00 Fall Craft: Pumpkin Painting	20 <u>FRUITS AND VEGGIES</u>	21 <u>NO EXERCISE</u>	
22	23 10:00 Strength Training 11:00 Meijer 2:00 Bible Study <u>FREE TABLE</u>	24 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Appreciation Party	25 <u>NO EXERCISE</u> 5:30am Leave for Toronto!	26 1:00 Theater Thursday	27 <u>NO EXERCISE</u> 6:00pm Return Home From Toronto!	28	
29	30 10:00 Strength Training 11:00 Hollywood Market 2:00 Bible Study	31 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 12:00 Halloween Birthday Bash with Bingo!	NOVEMBER				4

**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

Kevin Centala
Administrator

Sharon Benton
Administrative Assistant

Hillary Vandenberg
Administrative Assistant

Lisa May
Leasing Specialist

Danette Pye

Service Coordinator

Daniela Blechner

Wellness and Activities Coordinator

Matthew Myers

Maintenance Supervisor

Brian Gunner

Maintenance Tech

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

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Pontiac, MI 48341-3145

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