



# Village News



## Embrace the possibilities

420 S. Opdyke Rd · Pontiac, MI 48341 · [www.pvm.org](http://www.pvm.org)

December 2019

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### Notes from the Administrator

Happy Holidays Oakland Woods! December is such a wonderful month of food, family, and friends but we need to be sure we stay safe. The snow and ice will begin soon and as we move through this winter to ensure resident safety, we will be extra vigilant in our snow removal duties. However, we do need help and it is part of the snow removal policy. First, the contractor always does the roads and entrances first. They will begin removal once the snow has stopped. After the roads come the sidewalks, driveways and porches. We live in quite a large Village and it takes some time to get all of the area cleared and treated so please be patient with us. Please review the attached snow removal policy for more details. One important detail in the policy is that the snow built up between parked cars cannot be shoveled, nor can a snow blower be used, without risking damage to your vehicles. These areas can only be cleaned once your vehicle has been moved. It is the resident's responsibility to move your vehicle after the snow removal was completed then the snow removal company will return to clean up the remaining parking areas. If you need assistance, moving your vehicle please call the office or ask a friendly neighbor to assist you. If we all work together, we can keep the Village looking fine through the Holidays.

Our annual Village Holiday celebration will be held on Saturday December 14th at 4:00 p.m. at the Community Center. You should have received your invitation but if you have not just call the office and ask for details on securing your tickets. We hope to see all of you on the 14<sup>th</sup>.

Thank you to everyone for working so diligently with our staff to move vehicles allowing for the concrete, asphalt and other improvements during November. It was a lot in a short period and add 8" of unexpected snowfall in there made completing the upgrades challenging but you came through Oakland Woods.

Please check the newsletter calendar for Holiday hours at the office and reminders posted throughout the community center. From all of us at PVM and specifically the Oakland Woods staff have a happy and blessed Holiday season! Thank you for being a part of our family.



The Village of  
**Oakland  
Woods**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Look for PVM on:



## The Village of Oakland Woods

### Snow Removal Policy

1. Snow removal from roads and walkways should be completed by 11 A.M. on snow days when there is a 2-inch or more accumulation if the snow has stopped. There MAY be a delay on weekends and holidays.
2. Snow removal from the parking area will be as follows:
  - A. Residents MUST remove the snow from their vehicles and move their vehicles as directed by maintenance. This will allow the contractor ample space to maneuver equipment and efficiently clear away snow and spread salt.

All vehicles need to be moved to an area that has been cleaned out when requested.

If the resident is unable to remove his/her vehicle for MAJOR health reasons, he/she must make prior arrangements with someone to move his/her vehicle to another location during snow removal.

- B. If resident plans to be away from the property overnight or for a vacation and will be leaving his/her vehicle parked in front of their building, he/she must notify the office with the name and telephone number of the person who will be responsible in his/her absence in case of an emergency.
- C. If after snow removal has been completed your parking area is still icy, please let management know. We can order additional salting for your safety.
- D. Inoperable vehicles are not allowed on the property. If they are not removed, they will be towed at the car owner's expense.

Questions and concerns about snow removal should ALWAYS be brought to the attention of Management. Management does recommend that residents purchase a small amount of salt (that should be stored inside) for emergency use.

Resident safety is always a priority with Maintenance and Management. Residents need to take extra precautions during cold, icy, and wet weather. Please dress warmly and wear rubber-bottomed boots or shoes that grip the ground better. Remember to always report, "black ice", water puddles, or other slippery spots. We cannot be everywhere at once, but with your help, conditions will be much safer for all!



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## *When Feeling SAD is More Than Feeling Blue*

As the seasons change from fall to winter and the daylight hours shorten, it's common to feel a little blue. If, however, these feelings persist and intensify you may have Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs between September and May. It's characterized by constant sadness, extreme fatigue, social withdrawal, and cravings for starchy foods.

While its exact cause is unknown, researchers think it is related to the decrease in sunlight that occurs during fall and winter. Low sunlight disrupts our bodies' natural rhythms, decreases our brains' serotonin levels, and interferes with melatonin production and absorption, all of which affect mood.

The first line of treatment for SAD is light therapy. It involves sitting next to a special, high intensity light for approximately 30 minutes a day. Another common treatment is dawn simulation. It involves use of a device connected to a high intensity light that gradually turns it on over 1 to 2 hours, thereby simulating sunrise. Researchers believe these therapies work because they reset our internal clocks and return our bodies to a more natural rhythm.

To be effective, they need to be performed throughout the fall and winter. Otherwise symptoms will return. If these therapies don't seem to work, additional treatment with medication and counseling may be needed. If you think you have SAD, don't treat yourself. Consult your physician. He or she will be able to make a proper diagnosis and determine the most effective form of treatment for you.





# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## *Honoring our Veterans*

Finally our veterans appear to be receiving even greater recognition. I was pleased to see so many veterans ceremonies on this recent Veterans Day. As a daughter of two Navy veterans it warms my heart.

The Oakland County Veterans Affairs Department and their department of Economic Development have teamed up to launch an intensive media campaign honoring veterans and encouraging others to come to them for assistance. Although still relatively new, this campaign has already seen a dramatic upward trend in referrals. You may have noticed their billboards with veterans' photos or heard them on the radio. They have even been showcased on national news outlets.

As part of this campaign Oakland County held a heartfelt reception to launch the new photo gallery exhibit of veterans photos. It is beautifully done and worth a visit. The photos will be on display at the Oakland County Executive Office Conference Center until December 20th. Go to [www.oakgov.gov](http://www.oakgov.gov) for details. Most Michigan counties have referral services for veterans. You can locate them through the county offices.

I am proud to say that PVM also has a Veterans Preference Program which allows veterans to move to the top of waiting lists at select locations. Contact our home office at (248) 281-2020 if you have a friend or relative who can benefit.

Our veterans protected all of us and our country and deserve the best from us.

*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.pvmfgifts.org](http://www.pvmfgifts.org)



## Office News

By Hillary Vandenberg

Administrative Assistant

### *Happy December residents!*

The holiday season is among us and I hope this newsletter finds you all in the holiday spirit!

I have a few housekeeping items for you this month. First off, Sharon and I would like to thank you for being on time with your monthly rental checks. Paying on the first of each month ensures that our records are up to date and in order. We really do appreciate everyone's cooperation with this. Also regarding the checks, please **do not** put the checks in envelopes when you drop them in the two boxes located in and outside the office.

Please also be careful on the rental amount you pay. We appreciate you not paying more or less than what is due. For the apartment residents, your rent changes two times a year, once in July during the Gross Rent Change and once during your recertification. These changes could raise or lower your rent depending on a few factors. For the cottage residents, any increases influenced by MSHDA for our tax credit units and Corporate for our market rate units will take place during your annual recertification. If you have a balance due on your account or a credit, you will be receiving a letter shortly explaining how much you should pay on your next rental payment.

Another point to discuss is the emergency buttons. When a resident is called to bring their button to the office, that means their button's battery is low or dead and needs to be replaced. When you are called to bring in your emergency button for service, please do so by the date and time we give you so your button can be serviced to ensure it's working to its best ability. If you do not bring your button in to be serviced, the next service date could be months away depending on our IT department's availability.

Thank you for reading this message and I hope you have a great holiday season!

## Leasing News

By Ricardo Palacios

Sales, Marketing & Outreach

### *Feliz Navidad y Prospero Ano Nuevo!*

Best wishes for a safe and happy holiday to everyone. Make the time spent with familia and friends memorable and fun. It's wonderful to remember past holidays filled with good times and we look forward to brighter holidays in the future, nonetheless there is no time like the present... It is truly a gift to be shared during the holidays and throughout the year.

On the other hand, holidays can be challenging for those of us who have lost loved ones. Just make a point to honor and show respect for all the blessings that we shared that remain in our hearts and spirits. We can lose everything, loves ones, jobs, homes, even our health, but no one can take away the goodwill we show others and the goodness others have shared with us.

So here's to living and being in the moment and enjoying every moment, cherishing our memories and having faith that the best is yet to come!

Si se Puede!



# Maintenance News

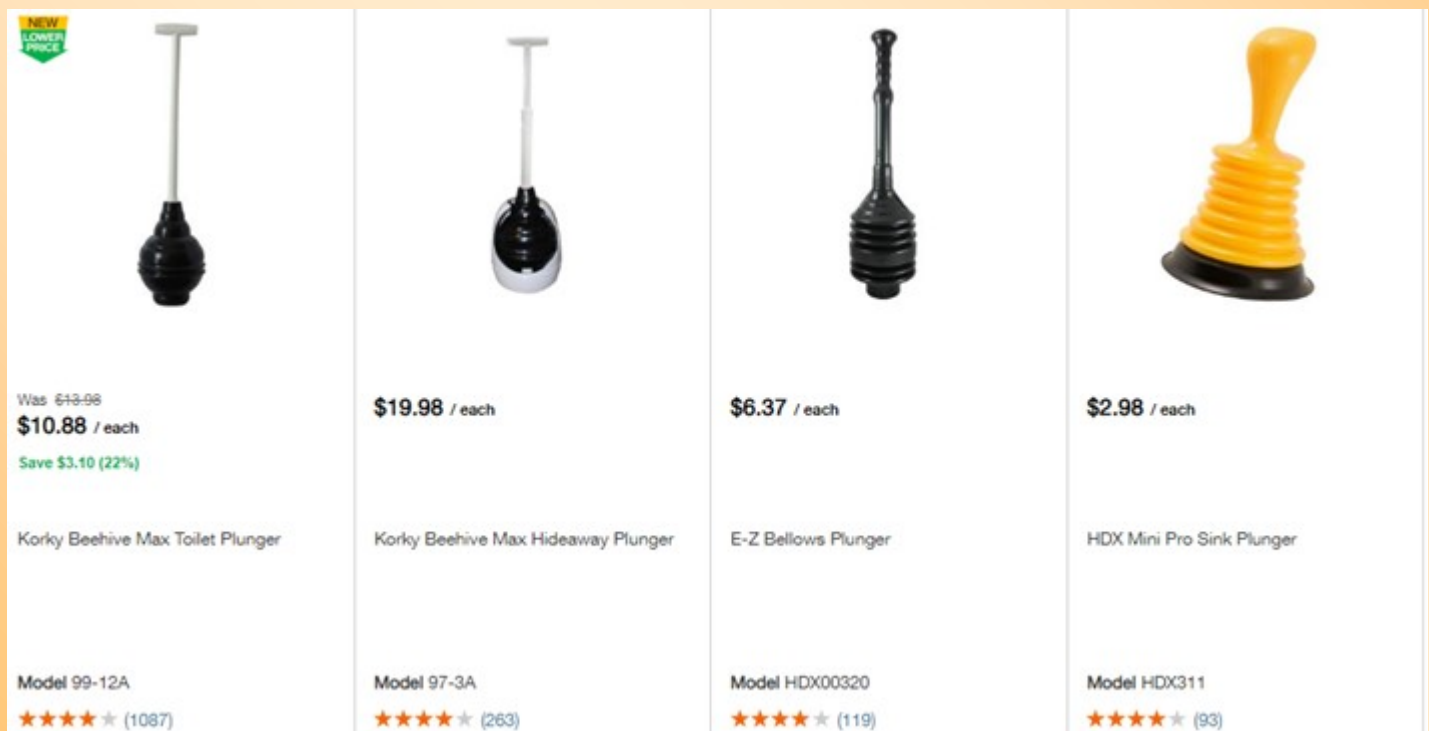
By *Matthew Myers*  
Maintenance Supervisor

## *Winter is here!*

I want to remind everyone to keep their under sink cabinet doors open when the weather is 10 degrees or less outside. If the cabinet doors are shut, the heat from your furnace can't reach the pipes, and you can end up with frozen faucets or even frozen drains! Occasionally this causes even more problems when pipes burst.

Also I want to remind everyone to be reasonable. Please do not get out first thing in the morning to clear your car from snow. Please allow landscaping to prepare the sidewalk, and if you see water leaking please inform the office so that we can investigate.

I would also like to remind everyone that as an independent resident you should own a toilet plunger. Independent residents are expected to attempt to unplug their toilet before reporting to the office that maintenance is needed to unclog their toilet. While you aren't required to have a sink plunger, I do recommend the yellow one below. All of these are in stock at our local Home Depot and I can recommend them.



Screen door locks keep emergency personnel out. If you have any reason to have need of EMS, or if you're worried that you could fall and not be able to get up, please make sure you get an emergency button, carry it, and not lock your screen door. For cottage residents I suggest you rely on your deadbolt to prevent locking yourself out with the handle. In the cottages, you can open the door with the handle from the inside, even though it is still locked from the outside. If you rely on your deadbolt you will know whether you locked the door or not.

## Service News

*By Sue Carney*

*Service Coordinator*

### *Welcome December*

May your December and all your days be filled with Love, Hope and Happiness.

Hope to see you at our December Events. Come Join the Part, Sing-a-long with the Choir and celebrate the Season!

*Have a Blessed Christmas and New Years!*







# Wellness News

*Jon Hayes*  
*Wellness Coordinator*

## *Happy December Residents*

It's the most wonderful time of the year! Yes, it's the holiday season. I cannot believe how fast this year has gone by and what an amazing year it was! My favorite memory of the year was watching how excited everybody was to bring the Victory Cup Home!! Pretty soon we will be battling for OUR cup!

### *Care Merge*

I wanted to take the time and thank all of the Care Merge participants! We were able to collect some excellent data, and see what we can bring to the village in the future. We will admit, there were things we liked and others we did not, however your participation is what made a successful trial period for us!

### *Christmas Party*

Our VOW Christmas Party will be taking place on *Saturday, December 14th, beginning at 4:00pm*. I wanted to inform you all that I made a typo in last months newsletter. Tickets for the Christmas Party are \$5 for residents and non-residents as well. We will be having dinner and dessert as always, a live band, a photographer, and raffle baskets available as well. Reserve your spots now! I am really excited for this years party!

### *Village Chorus Sing-a-long*

On the next page you will find information about our Village Chorus Sing-a-long. This was another one of my favorite events and I really hope that you can be a part of this event this year! The event will take place on *Wednesday, December 18, 2019 from 12:00 p.m. – 2:00 p.m.*

### *New You Challenge*

A lot of you may remember last year's "New You Challenge". Well it is that time of the year again. This challenge is based upon participation in the Wellness Classes and Personal Training Sessions. All participants are eligible for a prize at the, with a 1st, 2nd, and 3rd place podium finishers! Based on our results last year, we had a total of 6,310 points. I am hoping this year we can earn more than that! See The next page for more Details!

*Come stop in my office for any Questions!*



**The Village of Oakland Woods  
and  
The Village People Chorus**

**Present  
A  
Christmas Carol Sing-a-Long  
&  
Pizza Party**

**Wednesday, December 18, 2019  
12:00 p.m. – 2:00 p.m.**

**Come Join Us  
and  
Enjoy the Food and Fun**

**Please Sign-up by December 16th**



# The Village of Oakland Woods

A SENIOR LIVING COMMUNITY



## **NEW YOU** Challenge

**The 2020, 4 Week, New You Challenge is designed to be a “fresh start”.**

**This challenge will take place January 6th through January 31st.**

This challenge is based upon participation in the Wellness Classes and Personal Training Sessions. All participants are eligible for a prize at the, with a 1st, 2nd, and 3rd place podium finishers! Points are as Follows:


- Personal Training Sessions = 50 Points/Session
- GitFit = 20 Points/Session
- Sit and Be Fit = 30 Points/Session

***See Jon In the Wellness Office for more Details!***

## Birthday Celebration!

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

Sharon Dahl	12/2
Shellie Houston	12/4
Troy Richardson	12/6
Betty Satterwhite	12/7
Linda Hondo	12/8
Jeri Brain	12/11
David Proper	12/13
Carolyn Jones	12/13
Janet DeVold	12/17
Bessie Page	12/18
Mildred Jones	12/19
Marie Richter	12/19
Rita Frew	12/20
Debra Esters	12/21
Margaret Collins	12/23
Gail Holmes	12/23
Edith Gutowski	12/24
Charlene Woods	12/29
David Piotrowski	12/30



For unto you is born this day in the city of David  
a SAVIOUR, which is Christ the Lord.  
And this shall be a sign unto you;  
Ye shall find the babe  
wrapped in swaddling clothes, lying in a manger.  
And suddenly there was with the angel  
a multitude of the heavenly host  
praising God, and saying,  
GLORY TO GOD IN THE HIGHEST,  
AND ON EARTH PEACE,  
GOOD WILL TOWARD MEN.

**C**MERRY'S  
CHRISTMAS

## Resident Council News

*By Philena Holdridge*

*Resident Council President*

*Hope you all had a wonderful Thanksgiving with your family and friends. We all have so much to be grateful for, even when experiencing ups and downs. It makes us appreciate those things we take for granted from day to day. Since moving into the Village of Oakland Woods, we thank God for our new friends that encourage us, as well as the staff that cares for many of our needs and provide great activities as well.*

## 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

### Celebration of Christmas

It's hard to believe December is here and Christmas is just around the corner. Let's remember in all of our celebrations, "Jesus is the Reason for the Season". As our calendars fill up with activities, you want to be sure to sign up now for all of the Village of Oakland Woods special events, especially our Winter Wonderland Christmas Party, Dec.14, 4-8PM. Note all the details on your invitation and get your reservations in. The Village Chorus is also hosting a Christmas Sing-A-Long on Dec. 18. Please come and join in the fun!

### Winter Project

The Resident Council is still collecting warm mittens, gloves, hats, ski masks, scarves, socks and underwear for ages 6-17 for the Great Lakes Burn Camp Winter Retreat, Feb.12. These young people have suffered from severe burns and just enjoy being together. Any donations are appreciated and may be put in the plastic box in the foyer. Contact person is Becky Bolden 248-766-3684.

### Newsletter

For LONG Heatherwood Cottages (1205-1295), please get your newsletter in the SHORT Heatherwood box (1156-1201), until the other box is repaired. Thank you!

***Just a reminder, no Resident Council meeting in December. We will resume on January 27, 2020 and be planning for the new year before us.***

# GETTING TO KNOW YOUR NEIGHBORS

## *Christine Milz*

Christine “Gnebba” Milz was born in Detroit, Michigan in 1946. Her father, Anthony, owned the former Remer’s Pharmacy on Gratiot Avenue on the east side of Detroit, and her mother supported by staying home to raise Chris and her 3 siblings: an older sister, Judy, a younger sister, MaryAnn, and a younger brother, Tony. Chris attended Assumption Grotto for grade school, and Regina for High School. After graduation she went to school for cosmetology, and then took a job as supervisor at National Bank of Detroit. It was while working at NBD that she met her husband, Lawrence Milz.

Lawrence Milz was born in Detroit, Michigan in 1942. His mother, Mary, raised him and his older brother, Charles, after their father passed away when Larry was just 10 years old. Shortly after his father’s passing his mother took a job in Holly, Michigan, and the family relocated. Larry graduated from Holly High School, and went on to study accounting at Oakland University.

Christine and Lawrence married in 1977 at Assumption Grotto and just celebrated their 42nd wedding anniversary on November 11th. After their wedding they moved to Lake Orion, Michigan, and in August of 1978, they welcomed their first child, Kathryn. They moved to Warren, Michigan a year later, and in November of 1980, they welcomed their second daughter, Suzanne, and thirteen months later, in December of 1981, they welcomed their son, Daniel. Over the next ten years, they became active members of St. Anne’s Parish where their children attended school until 1991.

In 1991, Larry took a job with State Mutual Insurance Company, and the family moved to Lapeer, Michigan. There they became active members at Immaculate Conception Church, and Christine Milz took a job at Cynowa’s Hair Salon in Metamora, Michigan. It was during this time that Chris discovered her true passion, and became a preschool and child care teacher. Any time they were not working was spent driving and watching their children at their various sporting activities and games.

Chris and Larry are most proud of their children. Their daughter, Kate, graduated from Michigan State University, and went on to receive her law degree from Cooley Law School. She currently resides and works in Birmingham, Michigan. Their daughter, Suzie, graduated from Ohio Northern University with her BA in Early Childhood Education and currently resides and works in Los Angeles, California. Their son, Dan, graduated from Roanoke College, and went on to receive his masters from the University of Michigan and his doctorate from the University of Illinois at Chicago. He currently resides in Oahu, Hawaii with his wife, Stephanie, and their 3 year old daughter, Cecilia.

After Larry retired from his bookkeeper position at Immaculate Conception, they decided to pack up and sell their house in Lapeer, Michigan and move to The Village of Oakland Woods. During their time here, Chris and Larry have enjoyed meeting and becoming friends with many of its residents and staff. They enjoy participating in the exercise program, activities, trips, and plays at Meadow Brook. Chris also enjoys working on the planning and decorating committee, as it utilizes her favorite hobbies of crafting and creativeness.





# MERRY CHRISTMAS



DECEMBER 2019

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01



02

08:00 Coffee Club  
10:00 GiftFit  
01:00 Christmas Craft Time

03

08:00 Coffee Club  
10:00 God's Word and Prayer  
11:00 TOPS  
12:00 Sit and Be Fit

04

08:00 Coffee Club  
10:00 GiftFit  
11:00 Village Chorus  
01:00 Meadowbrook Theater:  
*A Christmas Carol*  
02:30 Blood Pressure Clinic  
03:00 Stretch and Flex

05

08:00 Coffee Club  
11:00 *DIA Trip (With Warren Glenn and Peace Manor)*

06

08:00 Coffee Club  
10:00 GiftFit  
05:00 *A Night in Rochester*

07

14

04:00 VOW Christmas Party

08



09

08:00 Coffee Club  
10:00 GiftFit  
01:00 Adult Coloring  
02:00 Library Club

10

08:00 Coffee Club  
10:00 God's Word and Prayer  
11:00 TOPS  
12:00 Sit and Be Fit

11

08:00 Coffee Club  
10:00 GiftFit  
11:00 Village Chorus  
02:30 Blood Pressure Clinic  
03:00 Stretch and Flex

12

All Day Fruits and Vegetables  
08:00 Coffee Club  
12:00 Sit and Be Fit  
01:00 Walmart

13

08:00 Coffee Club  
10:00 GiftFit

21

08:00 Coffee Club  
10:00 GiftFit  
02:00 Birthday's and Bingo Celebration

15



16

08:00 Coffee Club  
10:00 GiftFit  
11:00 Deb's Mobile Store

17

08:00 Coffee Club  
10:00 God's Word and Prayer  
11:00 TOPS  
12:00 Sit and Be Fit

18

08:00 Coffee Club  
12:00 Village People's Chorus:  
*Sing-A-Long*

19

All Day Focus Hope  
08:00 Coffee Club  
12:00 Sit and Be Fit  
01:00 Meijer

20

08:00 Coffee Club  
10:00 GiftFit  
02:00 Birthday's and Bingo Celebration

28

08:00 Coffee Club  
12:00 Sit and Be Fit  
01:00 Hollywood Markets

22



23

08:00 Coffee Club  
10:00 GiftFit  
04:00 Jewelry and a lot More Show: Magnolia and Vine

24

08:00 Coffee Club  
10:00 God's Word and Prayer  
11:00 TOPS

25

Christmas Day  
*Office is Closed*

26

08:00 Coffee Club  
12:00 Sit and Be Fit  
01:00 Hollywood Markets

27

08:00 Coffee Club  
10:00 GiftFit

31

08:00 Coffee Club  
10:00 God's Word and Prayer  
11:00 TOPS

29



30

08:00 Coffee Club  
10:00 GiftFit

31

08:00 Coffee Club  
10:00 God's Word and Prayer  
11:00 TOPS

**Large Calendars are Available  
at the Activities Table**

**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](http://www.pvm.org)

## Office Number

**(248) 334-4379**

### Village Staff

**Kevin Centala**  
*Administrator*

**Sharon Benton**  
*Administrative Assistant*

**Hillary Vandenberg**  
*Administrative Assistant*

**Ricardo Palacios**  
*Sales, Marketing & Outreach*

**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](http://www.pvmfoundation.org)

**Embrace the possibilities**

**The Village of  
Oakland Woods**  
A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan  
420 S. Opdyke Rd  
Pontiac, MI 48341-3145

