



Village News



Embrace the possibilities

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FEBRUARY 2023

Featured Articles

Administrator Notes	P. 1
Office News	P. 2
Sales-Leasing News	P.3
Maintenance News	P. 4
Service News	P. 5
Wellness News	P. 6
Resident Council	P. 7
Sunrise & Sunset	P. 8
Monthly Calendar	P. 11

Happy Valentine’s Day, all!

Thank you to all who have signed the updated House Rules and Pet Policy. For those who have not signed yet, the office placed out a One Call in January to remind you to do so as soon as possible. Failure to have these important documents signed could result in non-compliance of the lease, which is signed at the time of move in. Management thanks you for your cooperation in this matter.

Speaking of pet policy, please be advised that all residents, and their guests, are responsible for the lease and lease addenda including the Pet Policy. If your loved one brings a pet to visit, you are required to abide by all aspects of the pet policy including the pet deposit. Please contact the office for more information.

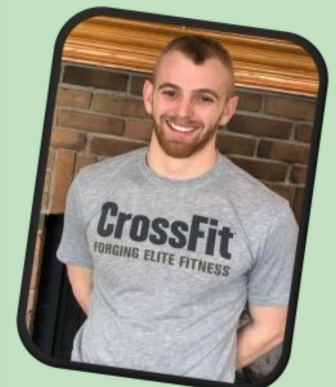
Finally, should you need to contact after hours emergency or maintenance, please see the back page of the newsletter for your reference – Thank You.



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

IT'S FEBRUARY

February is a weird month just 28 days long, but sometime 29 every four years. February is the most intriguing month on the calendar.

One Call Now is a robocall that we use to get important information out to our residents, in order to receive a call we must have your correct contact number in our system. When you receive a call PLEASE listen to the message in its entirety, before calling the office.

We are having increasing number of residents who cannot for fill their recertification obligation, once your recertification package is completed, please return all of the form on or before the date on the cover letter.

With that being said join us for our 1st Mix & Mingle

Please call the office to reserve your spot.



Sales and Leasing News

*Katie Harris
Sales & Leasing*

Here is a Haiku for your enjoyment.

**Aluminum bowl
Full of dry ingredients
We are out of eggs**

EGGS?? Can you believe the cost of eggs? I have been thinking about ways to eliminate eggs from recipes lately because the cost of a dozen eggs is outrageous. I personally love eggs but I just can't bring myself to pay the price that the stores are asking.

Here is a quick chocolate mug cake recipe without eggs in it, and you cook it in the microwave. Have a sweet tooth? 10 minutes is all you need for a piece of chocolate cake. Be careful, the mug gets HOT!!

Chocolate Lava Mug Cake

Prep time: 6 min

Cook time: 2 min

Servings: 1

Ingredients

2 ½ T flour

2 T sugar

1 T cocoa powder

1/8 t baking soda

1 pinch of salt

3 T milk

1 T mashed banana

¼ t vanilla

1/8 t Apple cider vinegar

Handful of chocolate chips



Maintenance News




Matthew Myers
Maintenance Lead

Winter is here! Kind of. Even though this winter has been warm I want to remind everyone to keep their under sink cabinet doors open when the weather is 10 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. Currently I don't foresee this being an issue, but I warn residents about the winter every year.

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 sink plunger below. All of these are in stock at our local Great Lakes Ace Hardware in Auburn Hills and I can recommend them. Also it is important to inspect the jets around the underside rim of the toilet, as clogged jets can reduce flow and eventually clog the drain, and a thorough cleaning is an independent resident's responsibility.

Enjoy our unseasonably warm winter!

		
<p>Korky BEEHIVE Max Toilet Plunger 25 in. L X 5 in. D ★★★★☆ 60 Reviews \$17.99</p>	<p>Korky Toilet Plunger with Holder 16 in. L X 6 in. D ★★★★☆ 16 Reviews \$18.99</p>	<p>Korky Beehive Mini Sink and Drain Plunger 9 in. L X 5-1/2 in. D ★★★★☆ 13 Reviews \$12.99</p>

Let me know if you need something else in here.

Service News

Sue Carney & Terri Price
Service Coordinators

Greetings from your Service Coordinators: Sue Carney and Terri Price

The days are moving right along, it's February! Generally recognized as heart health month. President Lyndon B. Johnson established February as American Heart Month in December 1963 and the first heart health month was celebrated in February 1964. February is also associated with the month of love, color red and yummy Valentine chocolates (in moderationJ).

When we think in terms of our heart health, it is not just a matter of routinely checking blood pressure and taking medication as this is important but paying attention to what affects our heart and over all well-being. Stress, fear, anxiety, grief, broken relationships, anger, financial concerns, emotional, mental and physical well-being all affect that major "pumping" organ, the **HEART**. If you have not done so, take time to reflect on your heart and how you are coping. You may wish to visit the websites noted below for credible heart health information.

Credible Organizations/Websites:

American Heart Association <https://www.heart.org>

CardioSmart – American College of Cardiology <https://www.cardiosmart.org>

NIH - National Heart, Lung, and Blood Institute <https://www.nhlbi.nih.gov>

Important Dates and Reminder:

February 6, 2023 – Speaker, Deborah Dixson, BSN, RN-BC and Minister Kenneth Dixson will be here **Monday, February 6th at 11:30a.m./community center**. *“Take Back Your Life”* and learn about heart health tips.

February 20, 2023 - Our monthly Wellness Clinic will feature Rob the PT from Wayne State providing basic balance testing and education regarding fall prevention and home safety. Clinic will be held on **Monday, February 20th at 11:30a.m.** To participate in the clinic, **please sign up in the Activities Book. Reminder: Don't forget to sign-up for activities and trips in the activities book. Thank you -**

February 21, 2023 – Home MD staff, Nikki will provide blood pressure checks/education resources in the community center **Tuesday, February 21st at 1:00 p.m.**

Stay warm, safe and heart healthy





Wellness News

Jessica Roberts
Wellness Coordinator

As we head into February, we look forward to many new and engaging wellness activities and celebrations!

We will have plenty of Valentine's events this month starting with a special **Care & Connect gathering** centered on showing love to our neighbors by **making Valentine's cards**. This event, featuring our multi-talented receptionist Stephanie, will include a fun time of creating cards that can be given to a neighbor or friend on Valentine's Day to remind them that they are cared for. To participate in this event, **please sign up in the Activities Book by Thursday, February 9th!**

These special cards may be given at our **Valentine's Day Party on Tuesday, February 14th**, where we will enjoy food and fun together in celebration of this holiday of love. The party starts at 12pm! **Please sign up in the Activities Book to attend!**

Another fun love-themed celebration will be our **Birthdays and Bingo Party on Friday, February 24th**, featuring **"Name that Tune" and Karaoke with Lerone**. We will be singing love songs from the ages and enjoying some treats from 1-2pm with Bingo to follow at 3pm. **Sign up in the Activities Book to join us!**

Our bus trip this month will be an opportunity to show yourself some love by enjoying a wine tasting! We will be taking the bus to the **Auburn Hills location of Michigan by the Bottle on Friday, February 17th, from 2-4pm**. The **cost for this event is \$15 a person** which includes 3 two oz. pours and a \$5 bottle credit. There will also be charcuterie and chocolate included with this event. Residents **must sign up in the Activities Book by February 15th to attend**. Seats on the bus are limited, so be sure to sign up as soon as possible!

There will also be many opportunities this month to improve your overall health and wellness in a fun way! To enjoy a bit of healthy competition, we will host an **Oakland Woods Wii Bowling Tournament at the Community Center on Tuesday, February 7th, at 11am**. This will be a time to compete against your neighbors and stay active! **Sign up in the Activities Book to get in on the fun!**

"Creation & Circulation", hosted by Hillary our fitness instructor, will be a fun time of movement and creativity this month! Drawing and painting is more than just about being creative. It's about enhancing fine motor skills, lubricating our joints, and increasing our hand dexterity - that is multitasking at its finest. Join us **Tuesday, February 28th, at 1pm** as we exercise our arms, wrists, and fingers while learning about shapes, color, and brush strokes. **Be sure to sign up for this exciting new event!**

This month, I encourage you to not only take part in our many wellness events, but also take advantage of the wellness coaching you have access to as a resident of Oakland Woods. As your Wellness Coordinator, I want to be a part of your journey towards whole person health and wellness; I would love to connect with you for a 45 minute **personalized one-on-one wellness coaching session** where you can learn how to take steps towards your goals of improving your overall wellness and quality of life. **Schedule your session with me by calling the office at 248.334.4379 and asking for Jessica.** Whether celebrating with friends or enjoying some self-care time, may this month of love be a special one for our much-loved residents at Oakland Woods!

Grocery bus trips will be cancelled until further notice
For those who have difficulty getting out to get groceries, starting on February 22nd we will be offering a free weekly shipment of groceries purchased online. Here's how it works:

- Sign up before Tuesday of each week to receive a shipment of groceries*
- Contact Wellness office to provide your list of grocery items (limit of 15 items)*
- Come to Community Center every Wednesday at 1pm for grocery pick up and bring your reimbursement for groceries*

If residents are physically unable to pick up their groceries, office staff may be able to assist. Limit of 5 people per week for this service. Please contact Jessica the Wellness Coordinator for more information.



Resident Council News

Becky Bolden
Resident Council Vice President

February is here...It's the most lovely month of the year!

This is the time to remind all to show your love to God first, love yourself second and lavish love on all those you care for, not only during this month, but all year long.

Our 2nd "Meet & Greet" went well last month, but we didn't get to meet all twelve new residents for one reason or another, but we hope after everyone is settled that we will see more of you.

Make sure to get a monthly calendar to keep up on all the activities you may be interested in. It's so important to stay active during the winter when we just want to hibernate until spring.

LOVE

"L" Lonely lethargic hearts quicken their beat, to Cupid pericardial thump, and the beat goes on...

"O" Ostracized feelings of youth return to rejuvenate the soul and the beat goes on...

"V" Venus's viscous fluids flow freely in exuberation without hesitation. My cup run over and the beat goes on...

"E" Eternity is mine with love for God is love. It's what the world need more of and the beat goes on...

BJB

The Village Chorus needs your voice to help keep singing and music on our campus. So please join us on Wednesdays at 11:30am in the Community Center dining room. No tryouts or audition are required.

Resident Council Board

Becky Bolden, Vice President

(248) 766-3684

Vernice Harper, Secretary

(248) 622-4470

Joyce Parlor, Treasurer

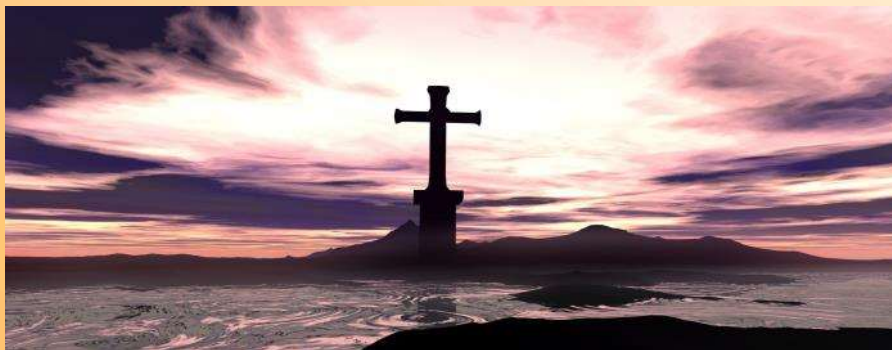
(248) 210-5678



Birthday Celebration!

The Birthday Party will be held on Friday, February 17th. Join us in the Community Room at 1:00pm for refreshments, bingo and prizes!

Sharon Senter 2/1
Janice Model 2/2
Lessie Tademy 2/2
Mark Adams 2/11
Jeane Dockham 2/12
Carol Mott 2/12
Martha Smith 2/12
Minnie Jamison 2/13
Charles Nicholson 2/13
Carol Wasnich 2/13
Christine Benton 2/14
Clara White 2/17
David DeWald 2/17
Sus Carney 2/19 (Staff)
Lorraine Jones 2/21
Martha Bullis 2/22
Doris Lederic 2/23
Gladys Smith 2/25
Varonica Moore 2/27
Minnie King 2/28



In Memory of
Stanley Terry
Joyce Munson

SUN	MON	TUE	WED	THUR	FRI	SAT
			1 NO GROCERY TRIP Black History Month 10:30 Mindful Movement Fitness Class - STABILITY 11:30 Village Chorus	2 Groundhog Day OFFICE CLOSED AT 12PM 10:00 Gentlemen's Coffee Hour 11:00 Open Gym - Beanbag Toss	3 10:30 Mindful Movement Fitness Class - STRENGTH 11:30 Mindfulness Training 3:00 Mix and Mingle	4
5	6 10:30 Mindful Movement Fitness Class - MOBILITY 11:30 Be Well Presentation Series - Heart Health	7 10:00 God's Word and Prayer 11:00 Wii Bowling Tournament	8 NO GROCERY TRIP 10:30 Mindful Movement Fitness Class - STABILITY 11:30 Village Chorus	9 OFFICE CLOSED AT 12PM 10:00 Ladies' Coffee Hour 11:00 Open Gym - Hoop Shoot	10 10:30 Mindful Movement Fitness Class - STRENGTH 11:30 Mindfulness Training	11
12	13 10:30 Mindful Movement Fitness Class - MOBILITY 1:00 Care + Connect - Valentine's Day Card-Making	14 Valentine's Day 10:00 God's Word and Prayer 12:00 Valentine's Day Party!	15 NO GROCERY TRIP 10:30 Mindful Movement Fitness Class - STABILITY 11:30 Village Chorus	16 OFFICE CLOSED AT 12PM Focus Hope 10:00 Gentlemen's Coffee Hour 11:00 Open Gym - Balloon Volley Ball	17 10:30 Mindful Movement Fitness Class - STRENGTH 11:30 Mindfulness Training 2:00 Bus Trip! - Local Wine Tasting	18
19	20 President's Day 10:30 Mindful Movement Fitness Class - MOBILITY 11:30 Wellness Clinic - Balance testing and Fall Prevention	21 10:00 God's Word and Prayer 11:00 Ladies' Coffee Hour 12:45 Brain Games 2:00 Resident Council Meeting	22 NO GROCERY TRIP 10:30 Mindful Movement Fitness Class - STABILITY 11:30 Village Chorus 12:00 Call to Prayer (Board Room) 1:00 Shipt Grocery Service	23 OFFICE CLOSED AT 12PM 10:00 Ladies' Coffee Hour 11:00 Open Gym - Fun and Games!	24 10:30 Mindful Movement Fitness Class - STRENGTH 11:30 Mindfulness Training 1:00 BIRTHDAYS AND BINGO! - "Name That Tune"/Karaoke Love Songs	25
26	27 10:30 Mindful Movement Fitness Class - MOBILITY	28 10:00 God's Word and Prayer 11:00 Gentlemen's Coffee Hour 1:00 Creation & Circulation				

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

February 2023



**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

Katie Harris

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

Embrace the possibilities

Pontiac, MI 48341-3145

420 S. Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

Oakland Woods

The Village of

