



Village News



Embrace the possibilities

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JUNE 2022

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Notes from the Administrator

Hello Residents – Happy summer!

I am certainly enjoying all of the warm weather that we have been having and hope you are as well. I am ready for some summer activities and we have a ton of new and exciting opportunities coming up on our calendar. See Jessica’s Wellness page and the June calendar for these exciting opportunities.

I want you to pay specific attention to an exciting robotics demonstration on Friday, June 3 from Labrador Systems. They will be modeling their “Helping Hand” robot called the Labrador Retriever. This will be an Open House from 12-4pm with an exciting demonstration at 2pm.

Last month, I mentioned that you were going to see an introduction from our new Administrative Receptionist, Stephanie Daniel. As promised, please see the Office News page to learn about Stephanie.

By now, you should have the most recent notice about Mask Recommendations. As a reminder, Wayne, Oakland, Macomb, St. Clair, Emmet, Calhoun and other counties are now red which means that you should wear a mask when indoors, outside of your home regardless of your risk level. We will continue to keep you up to date on the mask recommendations as they change by way of notices, the newsletter, and the one call system.

Finally, a Happy Father’s Day to all of the fathers, grandfathers, or father figures. Those who are with us, and those who have been called home.

Have a great month!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Office News

*Stephanie Daniel
Administrative Receptionist*

Hello! My name is Stephanie, and I am excited to introduce myself as the new Administrative Receptionist at the Village of Oakland Woods!

I'm coming with years of experience in Business Administration/
Receptionist.

I was born and raised right here in Pontiac, I've been happily married for twenty-nine years. Some of my favorite things is crafting, baking and spending time with my husband, my dog Buddy.

It is such a privilege to be a part of the PVM community! I am looking forward to meeting you, so next time you're in the Community Center stop by a say HI, I'll keep the lights on for ya!



Sales and Leasing News

Taylor Webb
Sales and Leasing Specialist

With longer days and warmer weather, June is a great time to get active or to just enjoy some time outdoors with friends and family.

We are all looking forward to some summertime fun – and we have plenty of that going on here at Oakland Woods!!

Our campus offers a wide variety of not only fun activities and events but also great spaces that promote **community!**

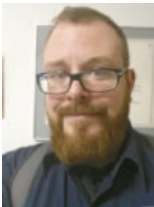
The Community Center at Oakland Woods is the Village hub in many ways! Our dining hall is one of the best places to find opportunities for socializing over coffee with your neighbors; attending one of our classes or events; or joining our Village Chorus for a time of singing!

The dining hall provides plenty of space for gatherings and – with the use of our kitchen – allows us to host events with plenty of good food!

On that note, one of our main events is **Birthdays and Bingo** which we host **every third Friday of the month** to enjoy food, dessert, and fun in honor of our residents' birthdays. This event will be extra special this month as we will be hosting a dinner provided by our local community partner: Kirk in the Hills Presbyterian Church.

On Friday, June 17th, Kirk in the Hills' congregation volunteers will be preparing a special dinner for Oakland Woods residents to serve our community and build relationship. Kirk in the Hills is very excited to partner in service with Oakland Woods, and we are very much looking forward to this unique celebration of birthdays!

This event will take place in the dining hall from **4-6pm on Friday, June 17th**. If you plan to attend, please **sign up in the activities book at the front desk in the Community Center.**



Maintenance News

Matthew Myers
Maintenance Lead

Hello Residents,

I hope everyone is enjoying this spring weather and getting outside and walking.

As you walk our grounds you'll find them more manicured thanks to your new groundskeeper, Randall. Randall has helped manage the gutter cleaning project, and soon the pressure washing project will begin. That means it's time to clean your patios! Some of our residents are finding they don't have the energy to manage all of their outdoor effects and are reaching out to their families to donate or trash their outdoor items and I applaud their responsibility.

Speaking of trash I want to remind everyone that garbage must be disposed of in a clean and safe manner. That means that leaving trash bags on your patios is prohibited, as animals will make a mess of your trash. It also means that all bags need to be tied up. We need to do what we can to minimize breeding grounds for insects and pests.

A slew of projects and unit turns have delayed our inspections from starting but I assure you that you will be given notice before your inspection, that we will start in area 1 and building 1, and as long as it's possible I will give you a week's notice rather than the 24 hours required.

Thank you all for your patience

Service News

*Sue Carney
Service Coordinator*

Welcome Summer!

I am so ready for Summer, bring on the sunshine and the warmer temperatures. I want to take this time to encourage you to come out if you can and participate with our activities and groups.

Mark your calendars for the following events:

Free blood pressure checks every Tuesday, 1 p.m. with Home MD on the 1st & 3rd, Tuesday of each month with Nicki, and Care Team on the 2nd & 4th, Tuesday of each month with Sue or Janelle.

Starting Thursday June 9, at 1p.m. we will be having a Cooking for One class. This class will be about 90 minutes, with educational food information and cooking demonstrations with Debra, from the Michigan State University Extension program. This program will run for 6 weeks.

Name that tune will be back, Thursday June 9 at 12, noon, with Lerone. Come join in the fun.

If you need any medium or large depends briefs, for free. Please see or call me, by June 17th. I have some packages that were donated.

Happy Father's Day, Sunday June 19, to all our wonderful dad's, godfather's, grandfather's and dad's in heaven.

Everyone have a great month.



Wellness News

Jessica Roberts
Wellness Coordinator

Hope you are all ready to kick off the summer months here at Oakland Woods with a full calendar of activities and some new opportunities!

To address your physical wellness, we will continue our fitness programs with Wayne State all through this month and throughout the summer on Mondays and Wednesdays.

The **Walking Club on Thursdays** is another opportunity for physical activity to increase mobility and endurance as well as socialization; this month we will feature a **Walking Challenge** to help motivate you to get out and move and have the chance to win fun prizes!

The Walking Challenge will require each participant to keep a log of their daily steps for the month of June; at the end of the month, the individual with the most steps will win the grand prize with a second and third prize being given to the runners up. The first 30 residents who choose to participate in the Walking Challenge will receive a free pedometer from Oakland Woods to track steps, but any step tracking device may be used to participate in this competition. **To sign up for the Walking Challenge, please see the sign up list on the door of the Wellness office.**

We hope this challenge will create a greater awareness of how movement is key to wellness and maintaining function – and provide some fun competition!

Another new addition to this month’s calendar is the start of the **Village Victory Cup (VVC)** promotion! The VVC has been a big event here at Oakland Woods, and as it will be live in Novi later this year, we want to help get you ready to participate with our **Kickoff Party on Wednesday, June 8th!**

We will be celebrating last year’s VVC games’ winners as well as learning more about the teams and practice sessions this year in preparation for the VVC event in Novi.

You won’t want to miss our Kickoff Party or the weekly **Tuesday Morning Social** where we will be featuring a different VVC game for you to practice each week – along with the traditional Wii bowling and coffee time.

Lastly, we are continuing to promote a community of individuals who care for one another by encouraging residents to be part of our **Village Wellness Representatives**. This is simply an opportunity to engage in social, emotional, and spiritual wellness through one or all of the following:

Participating in an Interest Group or social activity

Advertising events, celebrating birthdays, or welcoming new residents

Assisting neighbors with their needs and reaching out to them

Our **Care + Connect gathering on the first Monday of the month** is another opportunity for residents to come together to share and learn how to manage stress, grief, loss, and struggles. This gathering is meant to promote togetherness and support of one another; individuals may also enjoy some relaxing time together while doing an activity such as puzzles, painting, or learning some new self-care strategies.

Our **Interest Groups** are also a great way to connect with neighbors and do fun activities together! These are resident-led groups that are initiated by residents; our current groups will be posted on the bulletin board across from the restrooms in the Community Center.

To further promote the importance of neighbors assisting one another, we will also be posting residents’ needs or help required on the bulletin board. Contact Jessica in the Wellness office to advertise needs or receive more information.

These various opportunities for overall **health and wellness** are all ways for YOU to be part of a **community of seniors that engages in life!**



Resident Council News

Becky Bolden
Resident Council Vice President

Hello Neighbors

Another month has passed and the budding leaves on the trees reminds me that summer is on the way!

Hopefully this year we'll be able to enjoy this season with less restrictions. I am committed to take part in the Wayne State University Wellness program to help me get ready for an enjoyable summer season of healthy actives. It brings joy to my heart to see that so many others have taken part in the excellent study program also.

Memorial Day was original called "Decoration Day" Memorial Day is more than just hot dogs, barbecues, parades...On May 30th we paid tribute to those who lost their lives in the many wars our Country has engaged in.

A Proud Salute to all those lost souls "Our Nation owes a debt to its fallen HEROES that we can never fully repay" Former President Barack Obama

Resident Council Board

Becky Bolden, *Vice President*
(248) 766-3684

Vernice Harper, *Secretary*
(248) 882-5340

Joyce Parlor, *Treasurer*
(248) 210-5678



Birthday Celebration!

The Birthday Party will be held on **Friday, June 17th**. Join us in the community room at 1:00pm for refreshments, bingo and prizes!

Robert Robinson	6/2
Joyce Munson	6/2
Julie Fitzgerald	6/3
John McCoy	6/5
Savannah Doran	6/12
Helen Robins	6/13
Rose Brown	6/24
Andrea Kilmek	6/28
Joyce Parlor	6/29



***Don't forget to "Like"
The Village of Oakland
Woods on Facebook***

Mon- Friday 9AM to 6:00PM

Saturday 10AM to 3PM

(248) 333-0222

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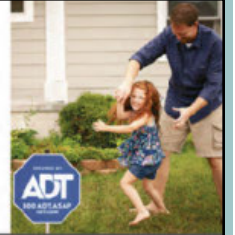
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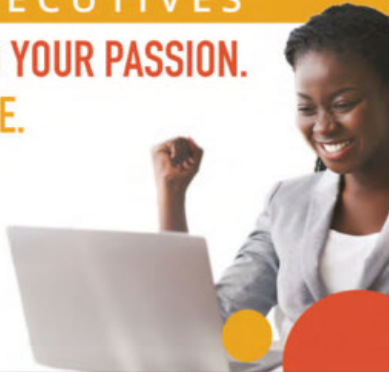


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June 2022



"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you."
- Ralph Waldo Emerson

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 10-11am - Yoga with Michelle 1pm - Weekly Wellness 2pm - Care + Connect Gathering	7 9am - Morning Social 10-11am - God's Word and Prayer 1pm - Blood Pressure Clinic	8 10-11am - Functional Fitness with Rob 11pm - Village Chorus 12pm - Village Victory Cup Kickoff Party!	9 10-11am - Functional Fitness with Rob 11pm - Village Chorus 12pm - "Brainerize" Homework 1-2:30pm - Cooking for One Class Fruits/Vegetables	10 No Exercise Class	11 No Exercise Class
12	13 10-11am - Yoga with Michelle 1pm - Weekly Wellness	14 9am - Morning Social featuring Victory Cup Game 10-11am - God's Word and Prayer 1pm - Blood Pressure Clinic	15 10-11am - Functional Fitness with Rob 11pm - Village Chorus 1-3pm - Hollywood Grocery Trip	16 10-am - Walking Club 1pm - "Brainerize" Homework 1-2:30pm - Cooking for One Class Focus: Hops, Boxes	17 10-11am - Fitness Foundation with Jessica 4-6pm - Birthdays and Bingo Featuring Dinner by Kirk in the Hills	18 10-11am - Fitness Foundation with Jessica
19	20 10-11am - Yoga with Michelle 1pm - Weekly Wellness	21 9am - Morning Social featuring Victory Cup Game 10-11am - God's Word and Prayer 1pm - Blood Pressure Clinic 2pm - Resident Council	22 10-11am - Functional Fitness with Rob 11pm - Village Chorus 1-3pm - Shipt Order Delivery	23 10-am - Walking Club 12pm - "Brainerize" Class	24 10-11am - Fitness Foundation with Jessica Bus Trip to Troy Farmer's Market 11-3pm	25 10-11am - Fitness Foundation with Jessica
26	27 10-11am - Yoga with Michelle 1pm - Weekly Wellness	28 9am - Morning Social featuring Victory Cup Game 10-11am - God's Word and Prayer 1pm - Blood Pressure Clinic	29 10-11am - Functional Fitness with Rob 11pm - Village Chorus	30 10-11am - Walking Club 1pm - "Brainerize" Homework 1-2:30pm - Cooking for One Class		

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

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 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

The Village of
Oakland Woods

