



Village News



Embrace the possibilities

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

July 2019

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Notes from the Administrator

Wow, what a way to end the month of June everyone. Your Village of Oakland Woods Fighting Cardinals went into the PVM Village Victory Cup competition, determined and prepared, to bring the Victory Cup home to Oakland Woods. Your 26 talented neighborhood athletes competed in every event and when the dust settled, WE WERE THE CHAMPIONS! I can't express, in words, the happiness and pride we are all feeling after an eight month recruitment and practice regiment by your team. So many smiles, laughs, and just plain fun happened at the competition. Thank you, congratulations and job well done for one and all. If you are interested in joining a team or event for the 2020 Victory cup, it's never too early to begin our title defense. Stop up or call our Wellness Coordinator and hall of fame team coach, Jon Hayes. Be a part of the victory.

So as we begin July, some improvements and projects will be beginning and going through the summer for you to note. Starting next week with Area #1, we will be doing a systematic cleaning out of the gutters at all buildings. You will receive a notice when your area or building is scheduled. When you do receive the notice, please lend a hand and try to keep any personal belongings from directly underneath the gutters in front and back.

Immediately following the gutter project we will begin the power washing program in the same manner beginning with Area #1 and moving through the entire campus. You will receive a separate notice when this is to begin. They will be scrubbing and washing the building exteriors.

During our Friends & Family campaign this past April, a very generous and anonymous donor gifted the Village enough for a restoration and upgrades to the Village Street and area signs. This project will begin in the coming weeks.

We share your frustration with the systemic exterior lighting outages at the Village. Our lighting system is reaching 40 years of age and as we prepare to replace the system, we will continue to work on repairing the existing lights as they fail. We will make every effort to provide the appropriate exterior lighting for your and the staff's safety. Thank you for your patience during the repair process.

We will be performing concrete sidewalk, curb, catch basin and driveway repairs in the coming weeks; along with asphalt repairs, crack fill and seal coating of the roads. We will distribute notices as the project date draws closer. So much going on and much more to come!

Everyone enjoy the warm weather and outdoor activities. Be safe and have a blessed month.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Stay Cool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided.

To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages.*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body temperature and increases water loss).
- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

**If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.*



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Creating A Dementia Capable Michigan

Have you had concerns about dementia either for yourself or a loved one? You are not alone. An estimated 190,000 Michiganders age 65 and older have Alzheimer's or other dementias. That means that more than a half million family members in Michigan are caring for these loved ones.

In 2016 a committed group of individuals and organizations formed the Michigan Dementia Coalition. Their vision is to make Michigan a dementia capable state. They have created a roadmap to achieve this goal by 2022 via promoting the well-being and safety of people living with dementia at all ages and stages; mobilizing partnerships to strengthen the service network; recognizing and promoting dementia as a public health priority; and enacting policies that strengthen families, communities and the economy.

The Alzheimer's Association along with a total of 65 organizations is working to take action on this very important public health issue. For further information go to alz.org.



Office News

By Hillary Vandenberg

Administrative Assistant

Happy July residents!

I just want to say that I am so proud of all of those who participated in the Village Victory Cup! You guys did an AMAZING job and because of your dedication and perseverance, we won the gold! I have never been more proud to be an Oakland Woods Cardinal. I hope even more people participate next year so we can bring home the gold a second time!

July has a lot of good events going on and I hope to see you at one of them!

Have a great summer!



Leasing News



By Ricardo Palacios

Sales, Marketing & Outreach

Happy Independence day to all! And congratulations to our Villagers on their triumphant Village Victory cup! A special shout out to our Wellness Coordinator and all the staff for their awesome support. Sorry I wasn't able to attend, but my heart was with you all.

Summer is here and the living is easy, fish are jumping... and people want to know about the Village's income requirements and rental rates to name a few questions that are often asked. Please share the following information with friends and family

Housing Option	Maximum Income Limit-1 person	Maximum Income Limit-2 persons	Rental rate
Subsidized Apartments	\$32,760	\$37,440	30% of Adjusted gross Income
Tax Credit Cottages	\$32,760	\$37,440	\$897
Market rate Cottages	No Limit	No Limit	\$1,280

Future residents have many other questions, so please make sure you have them call me and I'll be very happy to schedule an appointment to answer questions and take them on a tour. My regular office hours are Monday-Thursday 8am to 1pm.

Service News

By Sue Carney

Service Coordinator



MAY WE ALL CELEBRATE OUR FREEDOM AND REMEMBER THAT FREEDOM IS NOT FREE. PLEASE REMEMBER ALL THOSE WHO FOUGHT HARD AND THE THOSE WHO GAVE THERE LIVES FOR OUR FREEDOM.

CONGRATULATIONS TO ALL THE RESIDENTS WHO PARTICIPATED IN THE VICTORY CUP, & BRINGING THE VICTORY CUP BACK TO THE VILLAGE OF OAKLAND WOODS. GREAT JOB!

WEDNESDAY JULY 10 AT 1 P.M., JENELL WILLIAMS, FROM DISABILITY NETWORK OAKLAND MACOMB WILL INTRODUCE YOU TO PREVENTION OF ELDER ABUSE AND OTHER KINDS OF SITUATIONS WHERE YOU OR SOMEONE YOU CARE ABOUT, MAY BE TAKEN ADVANTAGE OF. SHE WILL WALK YOU THROUGH MANY RESOURCES THAT ARE AVAILABLE TO YOU LOCALLY TO PROTECT YOURSELF.

MONDAY JULY 22, 2 P.M. DUSTIN FOSTER, FROM COOLEY LAW SCHOOL, AUBURN HILLS WILL BE HERE TO SPEAK ABOUT SOME OF THE FREE LEGAL SERVICES THAT THEY CAN HELP YOU WITH. HE WILL BE SPEAKING AND HAVING QUESTIONS & ANSWERS AND THEN SETTING UP APPOINTMENTS FOR A LATER DATE.

IF ATTENDING EITHER OF THE ABOVE, PLEASE SIGN UP IN THE SIGN UP BOOK IN THE LOBBY.

LASTLY, THURSDAY JULY 18 & FRIDAY JULY 19, 11:30 A.M. TO 12:30 P.M. MEALS ON WHEELS REPRESENTATIVE WILL BE HERE WITH FREE BOX LUNCHES AND INFORMATION ABOUT THE MEALS ON WHEELS PROGRAM. EACH DAY THIS IS A FIRST COME FIRST SERVED FOR THE BOX LUNCHES. WHEN THEY RUN OUT FOR THE DAY, THEY ARE OUT.

HAVE A GREAT MONTH!



Wellness News

Jon Hayes
Wellness Coordinator



Well team, we did it! The Victory Cup is back home where it belongs! To all of the 25 participants who came to Novi, THANK YOU! Thank you for your hard work, dedication, sportsmanship, and passion for something that we can march away from with great pride! You were able to bring the Cup back to YOUR village as a result of the character of each and every one of you. Again, I cannot thank you enough and trust me when I say, the Village Victory Cup was by far my favorite day here so far. Seeing all of you so excited melted my heart!!

Please see the next page for the Village Victory Cup Results!

July is going to host more trips than we have all year. Pay special attention to the Motor City Casino trip, the Imlay City Lavender Festival, Partridge Creek Mall in Clinton Township (either for a movie day, or a shopping day), and finally the Clinton River Cruise. This cruise is a great deal! \$10 per person for a 3 hour cruise, a full buffet, and beverages. There will be a cash bar for those interested so please prepare to bring money if interested in Adult Beverages.

You will also notice a Happy Hour for this years 4th of July Celebration. Come hang out, have some beverages and snacks and mingle with your friends.

One final note, I will be out of the Office on Thursday July 4th, along with Friday July 5th, and Friday July 19th. I will have GitFit hosted by the TV on the 19th. That said, here is to a fun, healthy and safe 4th of July to you and your families.





Wellness News

Jon Hayes
Wellness Coordinator

Village Victory Cup Results



<u>Victory Cup Winner</u>		
Place	Points	Village
10	318.00	Peace Manor
9	355.75	McFarlan Villages
8	362.25	Woodbridge
7	367.00	Lakeshore
6	376.00	Harmony Manor
5	383.00	Trowbridge
4	389.00	Brush Park Manor
3	403.25	Westland
2	405.50	East Harbor
1	411.75	Oakland Woods

Event Placing's:

- **Wellness Walk:** Larry Milz (6th Place 75-84 Group), Vernice Harper (2nd Place 75-84 Group)
- **Hoop Shoot:** Willy White Jr. (10th Place 64 and Under Group), Vernice Harper and Felicia Hollis (2nd Place Tie 75-84 Group)
- **Kick-A-Roo:** Gail Holmes (3rd Place 85+ Group)
- **The Puzzler:** Joyce Parlor, Gertie Rankin, Thelma Anderson, Marie Richter, Dorothy Dye (2nd Place Overall)
- **Expression of Wellness—Poetry:** Felicia Hollis, Gail Holmes, Chris Milz, J. Samples, Becky Bolden (2nd Place Overall)



Wellness Takes a Village

2019 Village Victory Cup Poetry Team: Johnetta Samples, Felicia Hollis,
Gail Holmes, Chris Milz, Becky Bolden

Lonely lethargic hearts quicken their beat
No longer do our seniors feel defeat
The energy in the woods gives us drive
Village activities help us to thrive

People enjoy a sense of peace
Moving here gives life new lease
Our minds and bodies move from plight
new feelings bring us into light

Our spirits rise from endless strife
to peace and love in this new life
Oakland woods brings us wellness
Life no longer overwhelms us

When things go wrong as they sometimes will
when all roads seem uphill
when emotions are pressing down a bit
we stand up tall and do not quit

Birthday Celebration!

The Birthday Party will be held on **Friday, July 26**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Kelly Atchinson	7/1
Mary Snoodly	7/1
Mary Hudson	7/4
Ester Hood	7/5
Norieta Clincy	7/6
Norvalene White-Johnson	7/12
Ruthie Griffin	7/12
Susie Taylor	7/12
Sharon Robinson	7/13
Essie Rimson	7/15
Gladys Jahanke	7/17
Ed McConney	7/19
Frances Metcalf	7/21
Susan Wright	7/27
Delores Chaser	7/28
Judy Shatto	7/28
Bonnie Bliszack	7/29
Douglas Medonis	7/29
Lena Schrader	7/30
Joyce Holland	7/31



Happy July 4th

Resident Council News

By Judy Shatto

Resident Council Secretary

Hooray and congrats VOW Cardinals for bringing back and winning the 1st place trophy again!! All that hard work and endless practice really paid off. Jon—your first year here definitely says “compliments and well done, Jon, along with your great team and teamwork.”

Happy 4th of July! As you celebrate the 4th, let’s all remember how grateful we are to be living in America the Beautiful. We are so blessed to be a part of a free nation. We are still the best country in the world.

It is now official. Philena is now President of our Resident Council. She is taking off with a good start by presenting our officers and Area Reps with a beautiful long stem rose for appreciation. How thoughtful, right?

A BOLO! BEWARE!

There have been some COYOTE sightings around the Campus. Be careful. Do NOT ever approach them or taunt them. Report to the office any sightings and the location where seen.

Free Table:

Free Table: Clean out those closets and drawers and those hard-to-part with items! The FREE Table is back the week of July 22nd. “One Person’s trash (not saying it is so) is someone else’s treasure.”

Private Papers Recycling:

The Recycling Container for documents and private secured papers will again be in the lobby in July. This is ONLY for those papers to recycle.

Please use the five regular recycling bins outside by the garage for paper, paperboard, CLEAN cans and CLEAN plastics. NO GLASS or MEDICAL SUPPLIES or CARDBOARD. Deposit your FLATTENED cardboard in your dumpster. The city of Pontiac also has a large container for all your recyclables including FLATTENED cardboard but NEVER MEDICAL WASTE located in the City Hall parking lot every Saturday! We ALL need to do more recycling so do what you can, please and THANK YOU!

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

Ruthie Griffin, Sympathy Cards

(248) 322-4222

Something is hidden in our monthly newsletter. Can YOU find it?

Each monthly newsletter will have a hidden item for you to find. Drop your answer in the dining room suggestion box. Please use the entry form provided. Be sure to include your name, the newsletter page number, and where on the page it was found. The monthly drawing for the winner will happen at our Resident Council Meetings. You must be present in order to win.

For the month of July, locate Captain America () hiding. Good Luck!

Resident Council News

By Judy Shatto

Resident Council Secretary

Garden Club:

All Garden Club Volunteers, please notice! At the July meeting, we will be determining the direction and perhaps restructuring of the Garden Club. It is very important that YOU attend. We will meet on the 2nd Monday, July 8th, at 1:00pm. Contact Edith or Judy.

On a hot day, wouldn't Ice cream taste mighty good? We can help you. We have Nestles Ice Cream Drumsticks for sale at only \$1.00 each donation! Check at the office or see Judy, Hillary, or Jon.

School Supplies:

Can you believe it? It's that time already. Around the 4th of July, the stores start the sales of school supplies and offer great bargains and the best prices! We will have a collection bin in the lobby for your donations. We appreciate your generous donations every year. Only NEW items accepted please. We will announce the school chosen later this year. We have a newly appointed Chair for the "Community Projects" which I am glad to announce—Becky Bolden, Vice President of the Resident Council. Please contact either one of us.

From the Village Library

The nation has recently observed tributes to our veterans, past and present, on Memorial Day, D-Day, Omaha Beach Invasion, Flag Week, and now Independence Day.

NEW HARD COVER in our library, *The Greatest Generation*, by Tom Brokaw (1998) is a great tribute to the WWII generation. His book is divided into eight sections, making it easy to find what most interests you. It begins with heart-breaking tales of "Ordinary People." Another section is about women of that time. The section entitled "Shame" points the finger directly at those responsible for the treatment of Japanese -Americans, Native- Americans, and African-Americans, both civilians and military, describing many incidents endured. Final sections cover leaders who stepped forward to make a difference in the war effort. This book is well researched with many photos and interviews.

In our Village, we are honored to have veterans living amongst us. This is their story, too. If you check it out, please return promptly.

FOR ONE MORE DAY is Mitch Albom's fifth book (2006) IN LARGE PRINT.

We all wish we had one day back to talk to someone who has passed. As Albom observes, "Family is everything: the dead sit at our tables long after they are gone." One-time baseball player, Chick Benitto, tells his own true-life story realizing that "secrets will tear you apart." There is more to this tale than the first person that Benitto meets after his accident. As he learns, "you should never let our past disappear." We follow him from childhood to the accident and beyond. This slim volume is a fascinating evening's read.

TRAVELING LIBRARY CART RETURNS SECOND MONDAY promptly at 2:00. Greg visits our fireside room with selections from the Pontiac Public Library for you to check out. Return books when he comes again in August, always second Monday.

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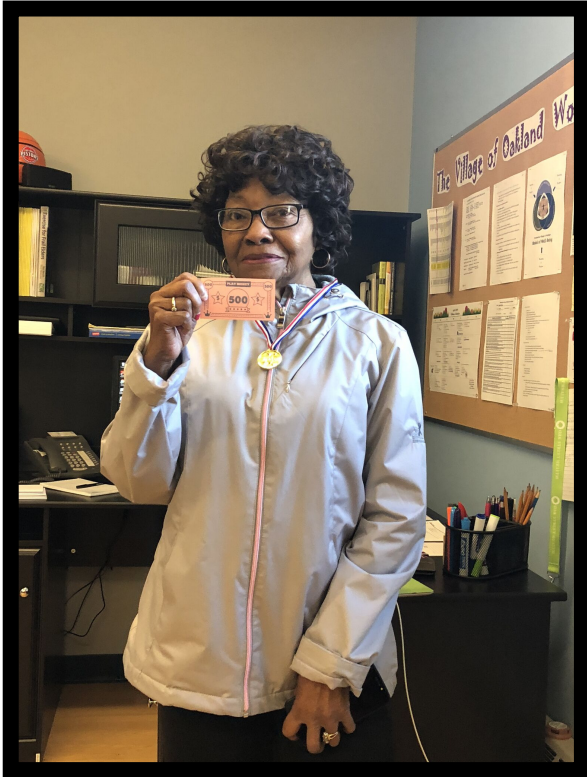
(248)210-5678

Ruthie Griffin, Sympathy Cards

(248) 322-4222

GETTING TO KNOW YOUR NEIGHBORS

MARY HUDSON



On Independence Day, 1939, Mary Hudson was born to Irene and Albert McMorris in Greenville, Mississippi, the 7th of 13 children: 9 sisters and 3 brothers. She graduated from Coleman High School. Her first job was as a salad girl. She married and had 5 children: 3 boys and 2 girls. Before the fifth was born, Mary left her husband, moving to Chicago where she cared for her sister's children while she worked, as well as her own.

In 1993 another sister persuaded her to come to Pontiac. Here she met a nice man, married, and had 5 more children. Mary's first daughter died of an aneurysm when her second baby was two weeks old.

Mary also cared for her sister's two children.



Mary's second daughter was killed in a tragic accident at age 17. She was playing with her nieces and nephews when a little boy next door wandered over holding a gun he had found. One bright spot in Mary's life is that her son, Eddie Potlow, is Pastor of Mt. Zion Church in Pontiac.

Mary worked for Oakland County as a nurse assistant for five years, also at Woodside Nursing Home and Osteopathic Hospital in Pontiac. She worked a short time at Pontiac Motors but didn't like it.

In 2003 Mr. Hudson died. They had enjoyed many cruises and trips to New York and other places to visit her siblings. Mary sold her house in Pontiac in 2015. She moved to Auburn Hills and discovered the Village of Oakland Woods. With all the activity at the Village plus involvement with her church, Mary is a lovely, happy lady.

July 2019

Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>RED = BUS TRIP BLUE = EXERCISE BLACK = VILLAGE ACTIVITIES GREEN = PARTIES</p>	<p>10:00 GritFit 11:00 Motor City Casino</p>	<p>10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit</p>	<p>10:00 GritFit 11:00 Village Chorus 12:00 Walmart and Chase Bank 2:00 4th of July Happy Hour <i>(Adult Beverages and Snacks Served)</i> Co-Sponsored by Comcast</p>	<p>4</p> <p>OFFICE IS CLOSED</p> 	<p>5</p> <p>NO GRIFFIT</p>	<p>6</p>
<p>7</p>	<p>10:00 GritFit 11:00 Matter of Balance 12:00 Garden Club</p>	<p>10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Cooking For One</p>	<p>10:00 GritFit 11:00 Village Chorus 1:00 Elder Abuse/Neglect and Financial Abuse</p>	<p>11</p> <p>10:00 Walking Club at Dodge Park #4 in Waterford 12:00 Sit & Be Fit 1:00 Visit from Costco Wholesale</p> <p>FRUITS & VEGETABLES</p>	<p>12</p> <p>10:00 GritFit 11:00 Inlay City Lavender Fest <i>(\$7/person)</i></p>	<p>13</p>
<p>14</p>	<p>10:00 GritFit 11:00 Matter of Balance</p>	<p>10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Cooking For One</p>	<p>10:00 GritFit 11:00 Village Chorus 12:00 Aldi and Menards</p>	<p>18</p> <p>10:00 Walking Club 10:00 Partridge Creek Shopping and a Movie Day 11:30 Meals on Wheels Luncheon 12:00 Sit and Be Fit (Video Class) FOCUS HOPE</p>	<p>19</p> <p>10:00 GritFit (Video WOD) 11:30 Meals on Wheels Luncheon</p>	<p>20</p>
<p>21</p>	<p>10:00 GritFit 11:00 Matter of Balance 2:00 Cooley Law School Speaker</p> <p>FREE TABLE</p>	<p>10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 2:00 Resident Council Meeting</p>	<p>10:00 GritFit 11:00 Village Chorus 12:00 Aldi and Menards</p>	<p>25</p> <p>10:00 River Cruise <i>(\$10/Person Cruise 12-3pm)</i></p>	<p>26</p> <p>10:00 GritFit 2:00 Birthdays & Bingo <i>Sponsored by Xtreme Xcursions</i></p> 	<p>27</p>
<p>28</p>	<p>10:00 GritFit 11:00 Matter of Balance</p>	<p>10:00 God and Prayer 11:00 TOPS 11:30 Blood Pressure Clinic 12:00 Sit & Be Fit 1:00 Cooking For One</p>	<p>10:00 GritFit 11:00 Village Chorus 12:00 Kroger</p>	<p>31</p> <p>10:00 GritFit 11:00 Village Chorus 12:00 Kroger</p>	<p>31</p> <p>10:00 GritFit 11:00 Village Chorus 12:00 Kroger</p>	<p>31</p> <p>10:00 GritFit 11:00 Village Chorus 12:00 Kroger</p>

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

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**



Knights of Columbus
Fr. Goettiges Council #1987

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

