



Village News



Embrace the possibilities

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

August 2018

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Notes from the Administrator

It's awesome August at the Village! Summer is in full swing and so are we, August is our Anniversary month and we turn 38 years old this year. Please join us for a celebration just shy of four decades of service and commitment to our residents and Village on August 17, 2018 at the community center. We will have all sorts of fun, food and friends to enjoy. See the events calendar and Daniela's' article for more details. See you all on the 17th!

Ahead of the celebration we are taking the Diamond Jacks River tour on August 7, 2018 and that promises to be something you will want to be a part of. Join us for a beautiful summer day on the water for some cruising and conversation.

You may have noticed some improvements going on around the grounds. We recently installed 18 new trees along Opdyke road and other areas to replace the ones blown over in March 2017's wind storm. They look great and are wonderful and welcome additions to the Village. New concrete being poured to keep our sidewalks safe, more to come. We will begin the working on the road surface in the coming weeks.

Our bus is back! Yes the Village of Oakland Woods is mobile again and with that we have so many trips and off site activities to catch up on you will be hard pressed to not find something that interest you. We will be making a triumphant return to the Tea Room that was the genesis of the bus breaking down. The tea room is back, see the events calendar and have your pen ready because you have a lot of circling to do this month.

On August 24, 2018 the staff and volunteers from our Village Partners will be making landscaping improvements to the Maplewood Project Units as part of that projects final phase. If you are interested in volunteering to man the BBQ or the water tent or to plant some flowers we would certainly invite the help. Look for the signup sheet in the events book.

Please note between August 28 – Aug 31 we will be entering each residence to complete the b—annual inspections, change the furnace filters, shower heads and check the smoke detectors. You will receive a notice prior to the inspection but it's never too early to begin preparing for it.

Lastly as a courtesy note, please ask your guests to refrain from using their horns to indicate they have arrived especially in the early morning or late evening hours. With cell phones and internet maybe opt for a text or call to let you know they have arrived. Everyone has different schedules and we all need to be aware and respectful to that point. Thank you!

Final reminder to nominate a staff member for the Shining Star Awards. If a staff member has gone out of their way to help, assist or just make your day better please let us and them know about it with a nomination form for the Shining Star Employee Recognition Awards. Form is Attached and yes Administrators are eligible for nomination too.....:) Have a blessed month everyone!



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

This month we have a special guest columnist, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!

Victory is in the Air!

And the winner is...Westland! Congratulations to the Westland Stars for a big sweep to win the 2018 Village Victory Cup for the 5th time! This year was the closest competition with only a five point difference between the Stars and the Pirates from East Harbor!



Big congratulations to the residents of Oakman Manor “for taking home the Spirit Award. Sporting “Straight Outta Oakman Manor” t-shirts, they wowed the judges with their contagious team spirit, loud cheers, and incredible sportsmanship!

We also can't forget about our Virtual Village Victory Cup winners! Congratulations to the Village of Spring Meadows for winning the 2018 Virtual Village Victory Cup and the Village of Sage Grove for winning the Spirit Award with their amazing cheers during each event! Congratulations to all of the Villages for participating!



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

KEEP THE FUN IN SUMMER

I wish for all of our readers a fun and interesting summer. A chance to play on a beach with our grandchildren, check out one of the many summer novels, and enjoy walks in the nice weather are hallmarks of this beautiful season. Let's make sure to keep it fun by adhering to some tips on safety. There is nothing worse than a trip to the emergency room to zap the joy out of our fun! Here are some things to keep in mind:

Avoid peak periods of sun when the heat index is extreme.

Use sunscreen when you are out and about, even for a short time.

Find some shady areas to sit at which can still allow you to join in the fun. A beach umbrella has prevented many a sunburn.

Hydrate well by drinking lots of water.

Make sure you stock up with groceries and water in case of a power outage.

If you have an extended power outage don't try to be a hero. Stay with friends or relatives or go to a cooling center until the power is back on. Local officials/government can guide you as to where to go.

Make sure to notify emergency contacts as to your safety. Our loved ones worry about us if they cannot reach us. Make sure their numbers are up to date with Village personnel so they can be reached.

Regarding water safety, keep your eyes on anyone in the water at all times. Use life preservers. A tragic accident can happen in an instant.

Food safety is also key. Do not let food sit out in hot temperatures. Have a way to keep things cool.

Let's KEEP THE FUN IN SUMMER! ENJOY!





OFFICE NEWS

BY HILLARY VANDENBERG

ADMINISTRATIVE ASSISTANT

Happy August, Village of Oakland Woods!

This has been a hot, hot summer, but it hasn't stopped the walkers from walking! We have gone on some fantastic walks this summer and have plans to go to **Dodge Park #4 in Waterford** for a walk around the beautiful beach and nature park on **Thursday, August 30th at 10:00**. Everyone is welcome! If you don't feel like walking, the beach and park have plenty of picnic tables and benches to sit on and enjoy the view. We are also planning on having lunch there.

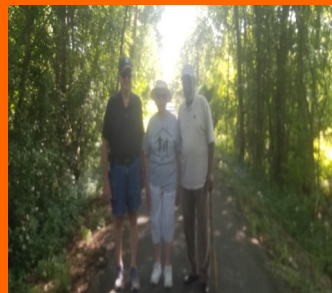


(Dodge Park #4 pictured above)

There has been a slight change with the normal Walking with Hillary schedule. We are still meeting every Tuesday and Thursday at 10am. I've just decided to designate Tuesday as our Clinton River trail day and Thursday as our walk around the neighborhood day. Typically our Clinton River trail days are between 45 minutes and an hour and we sometimes walk to the trail if the van isn't available for our use. The neighborhood walk days are usually between 20 and 30 minutes and are typically less strenuous. If you're interested, please join us!

The residents who have recertifications with me this month are: 25C, 20C, 21C, 6A, 25A, 29B, 8A, 17B, 20A, 35C, 1A, 15C, 38D, 34A, 21D, 3A and 15B.

I hope everyone has a great, sunny August!



Service Coordinator News

Service Coordinator “News You Can Use”



THANK YOU!

Thank you to the residents who attended the Scam and Identity Theft seminar presented by the Wayne State University, Institute of Gerontology, Success After Financial Exploitation program (SAFE). There was a wealth of information given; I hope you enjoyed the presentation. For those who have not already retrieved a copy of the presentation, you can obtain a copy outside of my office. If you should have any questions or need assistance please contact, **LaToya Hall, SAFE Program Coordinator** at l.hall@wayne.edu or (313) 664-2608. She can help with: filing police and consumer reports, contacting credit report agencies, disputing information on your credit report, placing fraud alerts on your credit report and more.



PACE Southeast Michigan will be at The Village of Oakland Woods on **Thursday, August 16 at 1 p.m.** hosting an **Ice Cream Social** and presenting on the services they provide. If at least 10 residents sign-up, there will be raffles and prizes (gift cards included). PACE Southeastern Michigan is a Program of All-Inclusive Care for the Elderly Pace provider. It is a unique plan providing comprehensive medical care to eligible older adults in the community. All Medicare and Medicaid covered services are included as recommended and are authorized by the PACE Southeast Michigan Interdisciplinary Team. PACE provides health and social services in the Day Health Center and in the participant's home. If attending the Day Health Center, hot meals and laundry services are available. You may also participate in activities (bingo, birthday parties, karaoke, board games/puzzles, nail salon), and receive medical and dental services and more. PACE provides transportation to and from the Day Health Center.

FOCUS HOPE

Please be sure to sign the forms in the office when picking up your Focus Hope box. If you will be out of town when the box comes, please let the Service Coordinator or office know. ***If there is no signature upon receipt of picking up your box after 3 consecutive months, you will be removed from the list.***



BLOOD PRESSURE CLINIC

It's always a great idea to keep your blood pressure monitored. Blood pressure is important because the higher your blood pressure is, the higher your risk of health problems in the future. Join us **every Tuesday at 11:30 a.m. for the Blood Pressure Clinic** in the community center hosted by **Angelic Heart**.



Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Happy August VOW residents! We have a fun and exciting month planned for you all. This includes our Anniversary Cookout happening on Friday, August 17th at 12pm! Please join us in celebrating our beautiful Village and the people who make it a great place to live! All food & drink will be provided by VOW, and the event is free of charge. Simply sign up in the Sign Up Binder no later than Friday, August 10th, to save your spot at the party. We hope to see the majority of you there to help us celebrate!

The deadline is fast approaching to nominate your “Shining Star” staff member! Please be sure to submit your nomination(s) no later than Wednesday, August 22nd. The nomination form can be found in the front lobby of the Community Center, as well as there is a copy of the form included in your August Newsletter. If there is a member of the staff that you feel deserves a little recognition, please nominate them. We all appreciate it!

Lastly, we will be making some changes to our “Free Table” system. This will no longer be a monthly activity—typically happening the last week of the month—rather we are looking to implement a quarterly system/activity in its place. Please note that the Free Table is not listed on your August Calendar, and stay tuned for further information on upcoming Free Table events.

Thank you!



OAKLAND WOODS ON THE GO!



AUGUST EVENTS

Lunch & HomeGoods Shopping Trip: Our first trip for the month will be to lunch and a little shopping at HomeGoods! This trip is scheduled for Thursday, August 2nd, leaving from the Community Center at 10:45am. The cost of lunch and any goodies purchased at HomeGoods will be the responsibility of each individual resident. The plan is to have lunch at Olive Garden and then head on to do our shopping. Please sign up as soon as possible (no later than Wednesday August 1st) so that a reservation can be made for lunch!



Coloring Book Activity: First Friday of the month continues! Join us in the Community Room for coloring and comradery! We have a lot of fun working on our creations, and we would love to see more familiar faces there on Friday afternoons! Meet us in the Community Room on Friday, August 3rd at 1pm. See you there!

Detroit River Boat Cruise: We will be taking a lovely boat tour on the Detroit River this upcoming Tuesday, August 7th! We will leave for this trip at 11:15am, and the cost to attend will be \$5 for the cruise and \$1 for the bus ride. A final count of attendees will be needed by Thursday, August 2nd, so be sure to sign up soon! The cruise is approximately 2 hours long (1pm-3pm) and concessions are available on the boat for purchase if you wish. I hope several of you are able to join and we have a beautiful day for this boat cruise adventure!



VOW's Anniversary Party: It is that time of year again! Our VOW Anniversary Cookout is scheduled for Friday, August 17th at 12pm. All food, drink, and prizes (yes prizes!) will be provided by Oakland Woods. The only thing you will need to worry about is signing up by the deadline of Friday, August 10th! This has always been a great summer activity, and a good excuse to light up the barbeques and enjoy each others company! Let's celebrate our beautiful Village together!



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AUGUST EVENTS CONT.

Board Games & Card Games: Bring your friends, your favorite card games, and boards games, and meet us at the Community Center on Monday, August 20th at 12pm! We will get together and enjoy some snacks, games, and friendly competition! Some games will be provided, but you are more than welcome to bring your own to share as well. Hope to see you there!



Trip to the Royal Tea Room: We have finally rescheduled our Tea Room trip! Thank you for those who have had patience as we got our bus back and found room in our calendar to reschedule this trip! We will be visiting the tea room for lunch on Wednesday, August 29th, at 10:30am. The cost will remain \$10, as before, and if you have already paid me from our last attempt to go, you are all set. If you would like to attend, please sign up no later than Wednesday, August 22nd. Thank you!

Walking with Hillary at Dodge Park: The walking group is going off campus! They will be traveling to Dodge Park for some walking (and maybe a picnic) on Thursday, August 30th at 10am. For those who have been interested in getting involved in the weekly walking group, this is a great opportunity to join! There will be a sign up sheet in the sign up binder, so even if you are a regular walker, please be sure to sign up!



Sprout Produce Market: For the foreseeable future we are going to continue the Sprout Pop-Up Produce Market. It will continue on the last Friday of the month, in the Gazebo, from about 11am to 1pm. This is a great opportunity to grab some fresh, local, fruits and veggies at a discounted rate. I hope that several of you will take advantage of this! The next market is scheduled for Friday, August 31st at 11am.

Birthdays & Bingo Celebration: We will end our month of August activities with our Birthdays and Bingo Celebration on Friday, August 31st, at 1pm. Join us for singing, sweets, and some bingo winning! If you have an August birthday you are especially encouraged to join in the celebration! Please be sure to sign up at least 24 hours ahead of time.

IMPORTANT NOTICE TO ALL RESIDENTS

It is important to the health and wellbeing of the Village that we be diligent about ensuring timely rent payments and correct amounts. Rent collection is a very important component of keeping the Village running and looking great each month. And so many of you are tremendous in your efforts to submit correct payments in a timely manner, for that we thank you. So please just allow this notice to serve as gentle reminder that rent is due on or before the 5th of every month and please take a moment to call or stop in to the office to confirm you are paying the correct rent amount. Our staff would be happy to inform you of the amount we have on file and that should be remitted. Again, we thank you so much for your diligence and efforts in this matter. Our office is at your convenience for assistance.

Oakland Woods Management



Presbyterian Villages

OF MICHIGAN

SENIOR LIVING COMMUNITIES

Hello PVM Residents, Families, Board Members and Employees,

The Shining Star Committee has revised the attached Shining Star nomination form with the intention of making it more user-friendly and adding more opportunities for recognition. A Shining Star is someone who works at PVM and has been **nominated by you** - a resident, family member, coworker or board member- for exhibiting one or more of the Service Standards of Excellence. One of the best things about this is that everyone can nominate a staff person as a Shining Star!

PVM is committed to providing excellent services to the residents we serve, their families and to each other. The vision of Service Excellence includes four core values: Respect, Relationships, Listening and Accountability. These values serve as a standard against which every action and thought can be measured. The Service Excellence Standards show our commitment to make PVM a great place to live and work.

If you witness a staff person, manager, or leader doing a great job and exhibiting of one or more of the Service Excellence Core Values, you can nominate them at any time. As an alternative to submitting a paper form you may also submit nominations online at <http://pvm.org/about-us/what-i-do-matters-service-excellence/>.

Please take this time to nominate deserving PVM staff members and share this nomination form with others. PVM is proud of the hard work and care our employees provide for those we serve and this is your opportunity to help recognize them for their efforts. Nominations may be submitted year round. However, 2018 nominations are due by August 22, 2018 to be processed in time for this year's celebration and award consideration.

Sincerely,

The 2018 Shining Star committee: Nicole Banks (Home Office), Michelle Steffen, (East Harbor), Jason Lovelly (Westland), Carl Brown (Home Office), Timprince Graves (Lakeshore), Ann Campbell (Lakeshore), Kristine Toutant (Lakeshore), Rachel Healy (East Harbor), Avni Thomas (Home Office), Nakia Johnson (Home Office), Jessica Gross (Rosebush), Dawn Corwin (Rosebush), Hannah Micallef (Redford), Gloria Robinson (Redford), Jill Tibbits (Perry Farm).

Office 248.281.2020

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26200 Lasher Road, Suite 300, Southfield, MI 48033





SHINING STAR NOMINATION



DUE BY August 22nd

The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence. Employees, residents, families and board members are eligible to nominate PVM employees.

EMPLOYEE NAME (One employee name only) _____
(All nominees must have completed at least 90 days of employment to qualify)

PVM VILLAGE _____

EMPLOYEE JOB TITLE OR CATEGORY (if you know please check one)

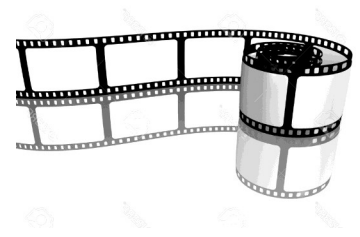
- Dining Services** (Dietary Assistant, Utility, Cook, Chef)
- Caring Spirit** (CNA, Resident Assistants/Leads., Universal Worker)
- 1st Impressions** (Administrative Assistant, Receptionist, Marketing Asst., Sales & Leasing Specialist)
- In-House Services** (Housekeeper, Laundry Assistant, Security)
- Maintenance Services** (Maintenance & Floor Technician/Coordinator/Leads, Groundskeeper)
- Wellness** (Wellness Assistant, Fitness Specialist, Wellness Coordinators, Driver/Transporters)
- Administrative/IT** (Biller, Accountants/Clerks, All Coordinators (except Wellness Coord.), Medical Asst., Gift/Database Specialist, Technology/Informatic Specialist, Compliance Specialist, Unit Secretary, Restorative and HR Assistants, Program/Vol. Coord.)
- Nursing** (LPN, RN)
- Leadership In Action** (Supervisors, Managers, Social Worker, Executive Chef, Director of Nursing)
- Sr. Leadership** (Administrators, All Directors)

CRITERIA – The PVM Service Standards of Excellence are built on the four core values listed below. These values serve as a standard against which every action and thought can be measured and support a culture where team members share their best work, gifts and talents.

Which of the Service Excellence core values have you experienced or seen this employee engaged? Please choose at least one and describe a short story or actual example. (Please use the back of form if needed)

Listening	Accountability
Listens with full attention and seeks to understand	Accepts responsibility and delivers upon expectations
Relationships	Respect
Forms meaningful and genuine connections with residents/staff	Treats all with dignity and worth

Theater Thursday



Thursday, August 9, Home Again: Set in Los Angeles, this romantic comedy follows a recently divorced single mother as she defies common sense and takes in three young male boarders -- who become part of her unconventional family.

Thursday, August 23, The Greatest Showman: Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.



Summer Leaves

Come walk with me on a summer day
Up a logging road, a long, long way
Summer leaves are all you can see
So lovely and healthy and green as can be

The grass and the ferns, the plants close to the ground
The bushes and branches, the trees all around
It's all as green as you've ever seen
Wonderfully, beautifully, brilliantly green

The tall green treetops are ever so high
Almost touching the bright blue sky
Come walk with me in a summer breeze
And find joy, like sunlight, shifting down through the trees.

*By Okie Howe
90 years old*

Birthday Celebration!

The Birthday Party will be held on Friday, August 31 Please join us in the community room at 1:00pm for refreshments, bingo and prizes!

Alma Shelton	8/4
Linda Williams	8/4
Matthew Scott.....	8/11
Almeta Cook	8/12
Karen King.....	8/14
Jennie Powell	8/14
Colleen Moberly	8/14
Gertrude Rankin	8/16
Roseann Ramsey	8/16
Philena Holdridge.....	8/19
Mildred Roberts.....	8/20
Harvey Bumpous	8/21
Sarah Pauling	8/24
Betty Lindauer	8/25
Samuel Scott	8/25
James Carrington.....	8/30
Autry Michael	8/31

HAPPY
BIRTHDAY

Resident Council News

By Judy Shatto,
Resident Council President

Resident Council Updates:

We are planning some really fun things, that will take place during our Resident Council meetings in September and October. Keep reading your newsletter for more details—Don't miss out!

What a good time to buy a delicious drumstick! Our Garden Club continues to offer them for only \$1.00. This \$1.00 helps pay for the beautiful flowers at the gazebo.

Ruthie Griffin has sent our “get well” and sympathy cards for many years. If you know of a resident that has been ill, is in the hospital, or has passed away, please contact Judy or Ruthie directly so that a card may be sent to the resident and their family. The phone for both are listed at the top of this page.



Our collection for donated school supplies is picking up with all the great sales going on. Please be generous (as you always are!) and help the kids at Rogers Elementary School. Thank you!

All five bins were filled to the top this week! We have new signage on the bins to help keep them organized. Please read the signs before recycling your items. For thicker cardboard (boxes etc.) please break them down when you throw them away in your area or cottage bins. Still no dense cardboard, glass, or medical waster in the bins by the community center. Thank you for your recycling efforts!

A friendly reminder that it is also mandatory to clean up after your pet. Please pick up after your furry friend each and every time! Thank you very much.



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.

For the month of August, locate the “Flip-Flop Sandal” hiding. Good Luck!

Resident Council News

By Judy Shatto,
Resident Council President

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

Library News:

The Book of the Month is : “Jewels-50 Phenomenal Black Women Over 50” by Michael Cunningham. I chose one woman on page 124 to share with you—

Marylin Gaston, M.D. She plays in her head “I think I can, I think I can” whenever she faces challenges. She thinks to herself, “I have a voice and I can do it”.

This book has 49 other women’s short life stories and their pictures. Good reading one at a time.

Thank you to all that bring new books for all to read. Also, there are two new pictures on the walls. Come and see!



Garden Club News:

Wanted:

Fun people who like to play in the dirt and water—skills or none.

Come meet some nice people who enjoy field trips, potlucks, and nature! All are welcome to join. Our next meeting will be held on August 6th in the Center at 11am. Come share thoughts or ideas—especially if you have ideas for our Memorial Garden—our next big project!

Please contact Patti Mayes or Bernadette Harrison if you have questions or are interested in participating.

And don’t forget we also sell ice cream (yum!). For \$1.00 get your drumstick from Judy, Hillary, or Sharon. Come join the fun!



AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

Judy Shatto

Judy Shatto was born and grew up in the beautiful little town of Troy, Ohio. She has a sister Carol and 5 nieces and nephews in Ohio, and a brother Bob in Myrtle Beach, with two children. She also has 13 great nieces and nephews.

Judy's first job was as a switchboard operator at an Ohio telephone company. Then as store manager at a Stop-N-Go foods, followed by a training manager in Human Resources. Later, she was transferred to a Stop-N-Go in Michigan, leaving behind friends and family.

She eventually worked at a Ford plant, a plastic plant, and an oil company in Ann Arbor. And finally, she nannied for 13 years, taking care of two little girls before she moved to the Village of Oakland Woods, Area 5, in 2006.

Judy found the Community very welcoming, friendly, and peaceful, and soon she became an area representative (which she still is today). She was secretary for the Resident Council before being elected the President of the Resident Council—going on 5 years now. It is a position she takes seriously.

Over the years, Judy has been receptionist at the Center, volunteered with printing the Newsletter and other clerical tasks, and participates in the Garden Club. We are grateful for all she does for the Village, and appreciate getting to know her a little better through this month's "bio"!



August 2018

National Immunization Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:00 Strength Training 1:00 Sit & Be Fit	2 9:00 Balance & Core 10:00 Walking with Hillary 10:45 Lunch & Home-goods Shopping Trip	3 9:00 Stretch & Flex 9:45 Morning Meditation 1:00 Coloring Book Activity	4
5	6 11:00 Garden Club NO EXERCISE	7 10:00 Walking with Hillary 11:00 TOPS 11:30 Blood Pressure Clinic 11:15 Detroit River Boat Tour!	8 9:00 Strength Training 1:00 Sit & Be Fit	9 9:00 Balance & Core 10:00 Walking with Hillary 10:30 Walmart & Chase	10 9:00 Stretch & Flex 9:45 Morning Meditation	11
12	13 9:00 Strength Training 2:00 Tai Chi Easy	14 10:00 Walking with Hillary 11:00 TOPS 11:30 Blood Pressure & Bingo 1:00 Aldi	15 9:00 Strength Training 1:00 Sit & Be Fit	16 9:00 Balance & Core 10:00 Walking with Hillary 10:00 Garden Club: Trip to Lapeer 1:00 PACE Presentation FRUITS & VEGGIES	17 9:00 Stretch & Flex 9:45 Morning Meditation 12:00 VOW's Anniversary Cookout!	18
19	20 9:00 Strength Training 12:00 Board Games & Card Games! 2:00 Tai Chi Easy	21 10:00 Walking with Hillary 11:00 TOPS 11:30 Blood Pressure Seminar 1:00 Meijer	22 9:00 Strength Training 1:00 Sit & Be Fit	23 9:00 Balance & Core 10:00 Walking with Hillary 1:00 Theater Thursday FOCUS HOPE	24 9:00 Stretch & Flex 9:45 Morning Meditation	25
26	27 9:00 Strength Training 10:00 Kroger Marketplace NO TAI CHI EASY	28 10:00 Walking with Hillary 11:00 TOPS 11:30 Blood Pressure Clinic 2:00 Resident Council Meeting	29 9:00 Strength Training 10:30 Trip to Royal Tea Room NO SIT & BE FIT	30 9:00 Balance & Core 10:00 Walking with Hillary: At Dodge State Park! 1:00 Theater Thursday	31 9:00 Stretch & Flex 9:45 Morning Meditation 11:00 Sprout Produce Market 1:00 Birthdays & Bingo Celebration	1

**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

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(248) 334-4379

Village Staff

Kevin Centala
Administrator

Sharon Benton
Administrative Assistant

Hillary Vandenberg
Administrative Assistant

Shree Marshall
Sales, Marketing, & Outreach

Jazmine McBride
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**

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**

