



Village News



Embrace the possibilities

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

August 2019

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Notes from the Administrator

Awesome August Arrives! The peak of summer fun and good times. The Village of Oakland Woods' Anniversary is every August. This year, the Village will turn 39 years young. Wow, almost 4 decades of serving people of all faiths and circumstances! We are so proud to be one of PVM's flagship Villages, and that is why we celebrate the occasion every year. This year the resident planning committee is working hard with our Wellness Program Coordinator to arrange a proper and enjoyable toast to the success of the Village and our residents over the years. The celebration will be on **Friday August 23rd** at the Community Center. Check your calendar and event information on how you can take part and meet the staff and your neighbors. We hope to see everyone come out for a good time! See you all on the 23rd.

We completed the emergency exterior lighting repairs for the Village. Please help us stay diligent and report and exterior light poles that may not be operating and we will make note and take the appropriate action to correct it!

August is also the deadline for residents to recognize anyone at the office who has gone out of their way over the past year to do something special, extra, nice, uplifting or any pleasant experience you would like to acknowledge. **The SHINING STAR FORM is in this newsletter and it only takes a moment to complete and it makes such a difference in the staff's lives to hear that they are making a difference every day.** So take a moment and think about some of the enjoyable acts that you have been a part of this past year and fill out the nomination form before August 23rd to the office.

Please, current and new residents, we have so much going on at the Community Center and we need help, participation, and support to keep the momentum growing. Take a look at the Calendar and find something interesting and come join us. We need help with planning committees, decorating committees, chorus, Book Club and so many other ways to be involved and engaged. We live at such a wonderful facility and have the advantages of facilities for exercise, activities, music, and comradery.

Come be a part of the happenings!



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:





SHINING STAR NOMINATION



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)

Please choose at least one and describe a short story or actual example. (Please use the back of form if needed)

Which of the Service Excellence core values have you experienced or seen this employee engaged?

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

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.

Print Name of Person Submitting Nomination _____ **Date** _____ **Person submitting for is a (please circle one):** EMPLOYEE RESIDENT FAMILY OTHER

You can submit nominations any of the following ways:



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Hail to the Victors!

On Friday, June 21st twenty-two PVM senior living communities gathered at the Suburban Collection Showplace in Novi to vie for the coveted Village Victory Cup trophy. Throughout this fun-filled day of camaraderie and friendly competition, residents competed against one another in a variety of games that included the Wellness Walk, the Puzzler, the Kick-a-Roo, the Hoop Shoot, the Beanbag Toss, a Poetry Contest and of course the Balloon Volleyball tournament.

In one of the closest contests ever in the 14 year history of the event, the Village of Oakland Woods emerged victorious securing the win by a mere 6.26 points.



In addition, for the second year in a row, the Village of Oakman Manor won the Spirit Award. Full of energy and on their feet nearly the entire day, the OG's (as they like to refer to themselves), not only cheered for their own team, they cheered for their competitors too. What a great show of sportsmanship!

Also repeating as champion was the Village of Spring Meadows, claiming the Virtual Village Victory Cup trophy by a slim 14.58 points. Communities that participate in the Virtual Village Victory cup are located 100 or more miles from the PVM Home Office and play the games at their respective communities. They report their results to the PVM Wellness Department, who compiles them to determine the winner.

Collectively, between the Village Victory Cup and the Virtual Village Victory Cup, 370 residents from 28 communities supported by over 100 staff and 70 volunteers participated this year, making it the biggest combined event yet.

If you have never participated in either the Village Victory Cup or Virtual Village Victory Cup, but would like to get involved, please let your Administrator know. It's not too early to make your intentions known. Word on the street is that some teams are already practicing for 2020!



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

No Excuse for Elder Abuse

For some time now the State of Michigan and providers have focused on the rampant crime of elder abuse. Thus, we created a slogan which is easy to remember with a hotline to call. No Excuse For Elder Abuse can be reached at the toll free number (855) 444-3911. Presbyterian Villages of Michigan has played a role in developing protocols for reporting and prosecuting at the state level. We have also supported the publishing of materials and hosted major trainings in our area.

The Area Agency on Aging 1B, along with Neighborhood Legal Services Michigan have recently published good information on what elder abuse is and how to detect it. Chances are you may know someone who is being abused. Elder abuse is much harder to detect in many cases than child abuse since there is no school system to assist with detection. Here are some of the facts:

Elder Abuse is a crime that is committed against older adults. It is the most pervasive and underreported crime across the nation. Anyone can be abused; but vulnerable adults are most at risk. Warning signs can include social isolation, confusion, depression, dehydration, being undernourished, poor hygiene, bedsores, difficulty sleeping, not receiving appropriate health care, or changes in finances or documents. One major sign is when someone in charge of their care finds ways to prevent them from seeing others.

For adult caregivers it is important to keep a close eye on your loved one's physical condition as well as their finances. It is not good to be too trusting. In one instance an older brother had total control of his mother's finances. She owned a beautiful and valuable home and had been comfortable financially. This son had a history of being quite responsible and had an excellent career. Suddenly his life took a downward spiral – loss of job, divorce and mental health issues. By the time his siblings realized what was going on their mother's finances were in ruins; and her home was close to going into foreclosure. In many cases it is good to require two signatures for checks. Also, do not leave checkbooks and financial documents sitting around. If you are using caregivers properly vet them or use a service. Make sure you vet the service as well.

If you notice any of these signs of abuse in your friends or family members do not ignore them. You can report any suspicions anonymously. Also, if there are no issues no harm is done. Once again to report suspected abuse CALL 1 (855) 444-3911.



Office News

By Hillary Vandenberg

Administrative Assistant

Happy August, Village of Oakland Woods!

Woo time has flown by! In July we took a river cruise on the Clinton River and into Lake St. Clair. We lucked out and had some great weather. We had a good turnout with around 25 residents attending. I hope to see even more people next year on the boat and at other excursions!



I was processing some of my recertification files today and was very impressed by how many apartment residents have turned in their documents early and on time this year. Right now we have a 96% success rate on turning in paperwork on or before the due date. I want to thank every one of my apartment residents for staying on top of your recertifications. It makes a big difference in the recertification process. I hope everyone has a safe and fun last month or so of summer!

Leasing News

By Ricardo Palacios

Sales, Marketing & Outreach

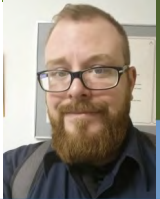
Happy Summer Days from the Sales and Leasing office!

Oh my! It's August and we're all enjoying the hot weather that's for sure. I look forward to getting to know more Villagers, so please call and make an appointment to stop in and say hello. You are the number one reason why The Village is the destination people want to call home.

In addition, please share with your friends and family that not only will they find different housing options available that offer both comfort and affordability in a country-like setting with city conveniences, but we have a Service Coordinator who helps with many resources based on an individual's wants and needs.

Furthermore, Our Wellness Director has many programs and outings that provide something for everyone. So until next time, be well and prosper!

Si se Puede!



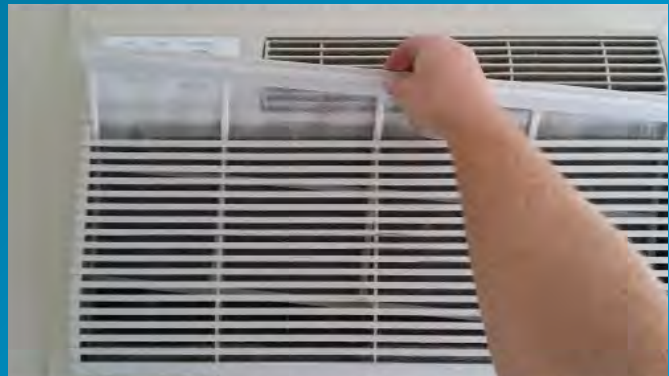
Maintenance News

By Matthew Myers

Maintenance Supervisor

Hello Residents!

Hope you're all having a great summer. In order to stay cool, apartment residents may need to clean their AC screens. To remove the AC screen, pull up and toward you as shown:



Once removed you can use a small brush or paper towel to brush the dust off. After most of the dust is off, give it a good rinse. If there is any discoloration to the screen rub a small amount of dawn dish soap on and let it sit for 5 minutes before rinsing again.



Once dry it can be reinstalled.

If you cannot reach the screen or get a family member to help you, **do not** put in a work order. All apartment residents will be inspected by the end of September, ask your maintenance who is inspecting to remove it, and we can reinstall it the next business day after you have cleaned it.

Service News

By Sue Carney

Service Coordinator

WELCOME AUGUST!

HOPE EVERYONE IS ENJOYING THEIR SUMMER!

IT HAS BEEN AWESOME SEEING MORE RESIDENTS PARTICIATING IN ALL THE ACTIVITIES. **THIS IS YOUR COMMUNITY CENTER, SO COME ENJOY IT AND ALL THE EVENTS. IF YOU HAVE ANY IDEAS FOR SPEAKERS OR ACTIVITIES, PLEASE LET US KNOW.**

REMEMBER TO CHECK OUT ALL THE EVENTS FOR AUGUST.

MARK YOUR CALENDARS FOR FRIDAY AUGUST 9 AT 11 A.M. FOR PONTIAC'S DISTRICT STATE REPRESENTATIVE , BRENDA CARTER WILL BE HERE FOR A MEET & GREET. GOT QUESTIONS OR WANT TO LEARN WHAT YOUR STATE DISTRICT REP IS WORKING ON IN LANSING FOR YOU OR YOU HAVE CONCERNS ABOUT AUTO INSURANCE, TAXES, STATE GOVERNMENT, COME TO THIS MEET & GREET.

ALSO THURSDAY AUGUST 29, JENNIFER WEALLANS FROM CAPTEL TELEPHONES WILL BE HERE AT 1 P.M. SHE WILL BE TALKING ABOUT A NO-COST PROGRAM FOR PEOPLE WITH A LITTLE OR A LOT OF HEARING LOSS.

IF YOU PLAN TO ATTEND ANY OF THESE, PLEASE SIGN UP IN THE SIGN UP IN BOOK IN THE LOBBY OR CALL AND HAVE YOUR NAME ADDED.

HOPE TO SEE YOU AT BOTH EVENTS.

HAVE A GREAT MONTH!





Wellness News

Jon Hayes
Wellness Coordinator

Happy August, Residents!

I cannot believe how fast this year has gone by!! I want to call the Month of August a slow busy month. We are going through some schedule changes which allowed us for a couple of things:

- Our blood pressure clinic will now be on ***Wednesdays at 2:30***. With the change in that schedule it allowed us to add a brand new exercise class, which I could not be more excited about!
- Our newest class, Stretch and Flex, which will take place on ***Wednesdays at 3pm***. During stretch and flex you can expect to see light resistance work, with a little bit more of focus on meditation and stretching. A very good low impact class! Come on in and check it out!

I am super excited to tell you about a couple of new games that we will be playing this month:

- Horse racing! Rachel Adaline (who is the Wellness Coordinator at The Park at Trowbridge) will be coming to play with us! I watched her play with her residents and thought it was super fun! Bring Quarters and Single Dollar bills on ***Thursday August 8th at 1:00pm*** to the Community Center for the fun!



- Another game I am excited about is our Fowling game. I want you to imagine a max of bowling with a football. My buddies and I played this game at the Fowling warehouse in Hamtramck and I wanted to bring the fun to you! Come to the Center on ***Thursday, August 15th*** at 1:00pm to check it out! Snacks will be provided!

Finally, I have been working with our Resident Committee in planning the Anniversary party! Can you believe that we turn 39 this year? Come join the fun on ***Friday, August 23rd at 4:00pm***! Bring Friends and Family to enjoy food, games, and fun!

You can find out more information about any and all of these activities by coming to the center and checking out the fliers, or by signing up in the activities book and coming in for the fun!

Would love to see YOU at our next event!



The Village of
Oakland Woods

A SENIOR LIVING COMMUNITY



STRETCH & FLEX

A chance to work on light chair exercises, stretching and meditating. Come get comfortable, breathe, relax, reflect, and walk away with a clear and relaxed mind and limber body.

Presented by:

 *Angelic Heart*
HOME CARE AND HOSPICE

Begins:
Wednesday,
August 7

Class Times:
Wednesday's
3:00

Theater Thursday

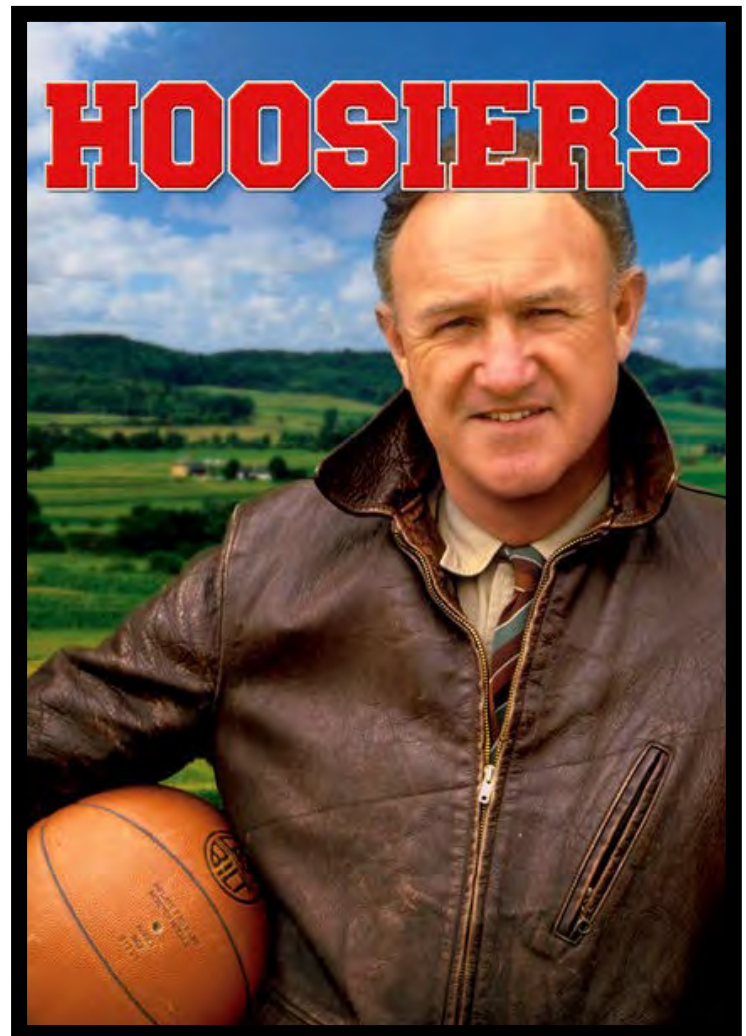


Thursday, August 1st, Tyler Perry's Madea Goes to Jail:

When a routine speeding incident turns into a full-blown highway "situation," Madea (Tyler Perry) mouths off to a cop and lands herself in jail, where she's suddenly trapped behind bars with more motherly instinct than she knows what to do with. But Madea's nurturing side comes in handy when she crosses paths with a recovering drug addict turned prostitute (Keisha Knight Pulliam) who needs all the love she can get.

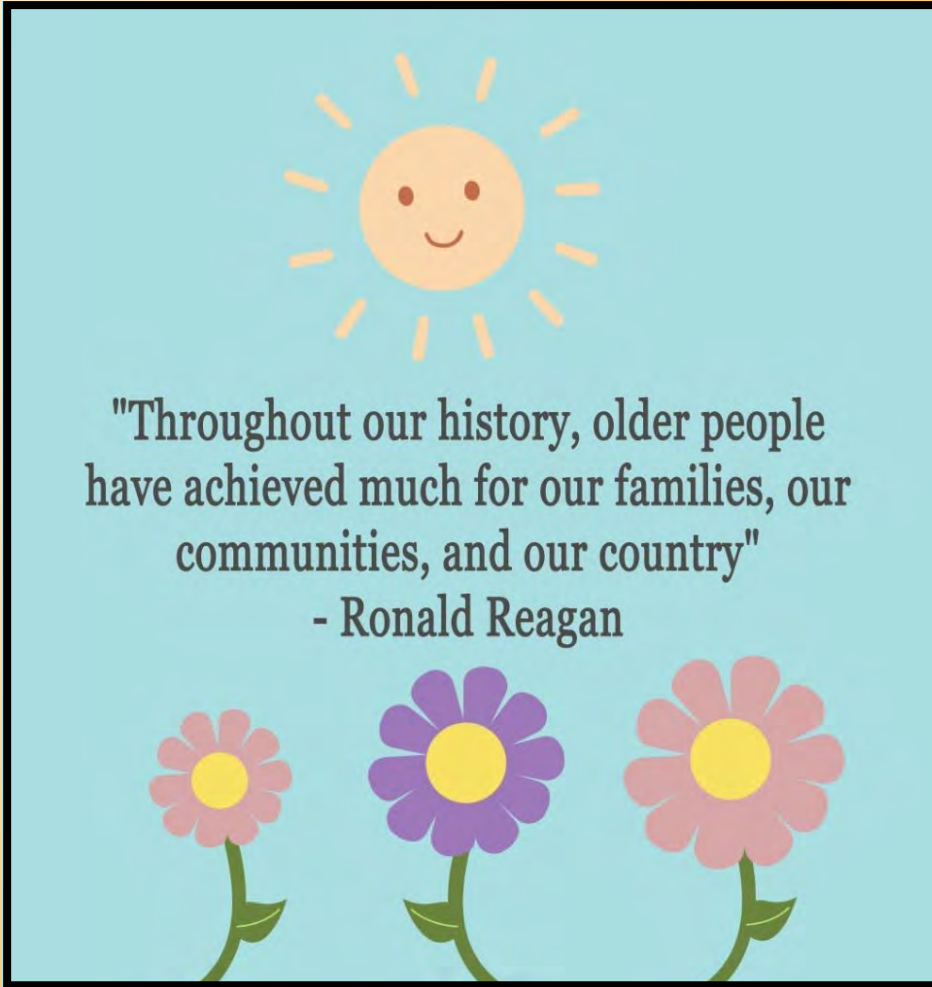
Thursday, August 15th, Hoosiers:

High school basketball is king in small-town Indiana, and the 1954 Hickory Huskers are all hope and no talent. But their new coach, abrasive and unlikable Norman Dale, whips the team into shape ... while also inciting controversy.



Birthday Celebration!

The Birthday Party will be held on **Friday, August 16**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!



D'Edra Lester-Roberts	8/3
Linda Williams	8/4
Alma Shelton	8/4
Joyce Bailey	8/5
Matthew Scott	8/11
Almeta Cook	8/12
Karen King	8/14
Colleen Moberly	8/14
Roseann Ramsey	8/16
Gertie Rankin	8/16
Philena Holdridge	8/19
Mildred Roberts	8/20
Sarah Pauling	8/24
Samuel Scott	8/25
Betty Lindauer	8/25
James Carrington	8/30
Autry Michael	8/31



Happy National Senior Citizens Day!

Resident Council News

By *Philena Holdridge*

Resident Council President

First of all, thank you all for all of your encouragement as I have taken on the new responsibility as Resident Council President and for the team of officers that serve as well. As I have reviewed our by-laws the main role of the Resident Council is “to encourage residents to live their best life and to form a connecting link between the residents and village staff.) In an effort to encourage our new residents, this past week the Area Representatives, which could be considered the “Welcome Committee”, met to discuss how we could contact our new residents. There were many good ideas presented. We are going to start by introducing ourselves to them and offering them a little gift with welcome letter, recent newsletter and invite them to upcoming events at the Village of Oakland Woods. We hope all our residents will reach out to neighbors, and not be afraid to introduce yourselves. Someone once said, “People don’t care how much you know, until they know how much you care.” A smile and friendly hello goes a long way!

Garden Club Disbanded

After two meetings with the Garden Club members the beginning of July, we came to a general consensus that due to the physical inability of the members to care for the gazebo flowers, we would have to turn that responsibility over to the Village of Oakland Woods. However, three groups of volunteers will still continue to serve: Watering inside plants, Dorothy Dye and Gertie Rankin; Planting the flowers in the large urn in front of the Community Center, Judy Shatto and friend Linda; Cleaning table, chairs and benches in gazebo every two weeks, Marie Richter and Gertie Rankin. We will also be purchasing a rock or plaque, “In memory of the Village of Oakland Woods Residents we have lost, but still remain in our hearts.” Ice Cream Drumsticks will still be sold for \$1.00 to help with a village project. Check with Judy Shatto, Hillary, or Jon if you would like one.

School Supply Collection

School will begin in a little over a month and we would love to have several boxes filled with new supplies for the children. This is our community project again this year because the need is so great. Teachers often spend their own money to cover supplies for needy children. We are collecting through September 30 and many items are on sale right now. All types of supplies are needed. Becky Bolden will see that they are delivered the beginning of October.

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 August, locate Iron Man () hiding. Good Luck!

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

Resident Council News

By Judy Shatto (Resident Council Secretary) and Gail Holmes

Library News:

In the recent heat wave it would have been fun to have a little boat for sailing into the August sunset. We would not, however, want to be involved in the tragic accident that begins.

“The Summer I Dared.” A ferry boat headed to Big Sawyer Island collides in heavy fog with a lobster boat off the coast of Maine. Only three people survived, Kim- a teenage girl, Noah-a local fisherman, and Julia, a 40 year old woman visiting her aunt. Julia wonders why she was spared when so many others died. Her nerves are shattered but eventually she realizes she now has a chance to make her next 40 years better. She works through conflicts with her husband, daughter, and even guilt feelings toward her parents. The well-known author, Barbara Delinsky, weaves a tale about three survivors surrounding the mystery of the collision, ongoing sabotaging of lobster boats, and people discovering new reasons to feel joyful for living. It’s in hard cover.

New in our library, “The Land”, opens with the South rebuilding after the Civil War. It continues into the new era and post-war generation. We follow the life of a plantation owner’s son, who meets prejudice wherever he goes. His determination to succeed makes him discover his own strength through all kinds of adventures. The author, Mildred D. Taylor, received three Coretta Scott King awards and grew up in Mississippi. “The Land” is a prequel to “Roll of Thunder”, “Hear My Cry”, with the same magnificent attention to detail by this gifted writer. It’s in hard cover.

On **MONDAY, AUGUST 12 at 2:00**, remember to return books from the Pontiac Library and choose another from Greg’s basket.

GETTING TO KNOW YOUR NEIGHBORS

Ronald Kolwalski

Ron Kowalski was born January 16, 1936 and grew up in Detroit; Joseph Compo - Grand Blvd. area, that was torn down to make way for the GM Pole Town plant. As a boy, Ron spent many happy hours flying model airplanes with friends on the Detroit Creamery Farms property at Grosbeck Highway and Gratiot Avenue, that is now a mall and homes.

He was a serious hobbyist, and in addition to building model airplanes and boats, he built a 16' boat, that he spent many weekends cruising on Lake St Claire in Anchor Bay. He was also an avid bowler, participating in many tournaments throughout the States. Another hobby was as a Ham Operator.

Ron graduated from Cass Tec Auto/Aero in June 1953 and started working at Western Electric, then was offered an apprenticeship at Fisher Body as a wood model maker and graduated to journeyman, April 1958.


After 8 years he got bored and restless and left for the job shop industry, ending up at Pioneer Engine and Manufacturing, a large supplier of prototypes built for the government and auto industry. Pioneer was responsible to the government for building practice modules for the astronauts first moon shot. After 12 years at Pioneer, providing tooling estimates, Ron retired at 72 years old.

Ron has 3 sons and 1 daughter and 5 grand children. He moved to The Village of Oakland Woods from Waterford in 2016.

You might want to join Ron in the Community room mornings, having coffee with friends.



August 2019 Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	RED = BUS TRIP BLUE = EXERCISE BLACK = VILLAGE ACTIVITIES GREEN = PARTIES					
4	5 11:00 Matter of Balance <u>NO GIIFIT</u>	6 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit & Be Fit 1:00 Cooking For One	7 10:00 GiFit 12:00 Walmart and Chase Bank 2:30 Blood Pressure Clinic 3:00 Stretch and Flex	8 12:00 Sit and Be Fit 1:00 Horse Racing Game <u>FRUITS & VEGETABLES</u>	9 10:00 GiFit 11:00 Pontiac District State Rep: <i>Brenda Carter</i>	10
11	12 10:00 GiFit 11:00 Matter of Balance 2:00 Greg From Pontiac Library	13 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit & Be Fit	14 10:00 GiFit 12:00 Kroger 2:30 Blood Pressure Clinic 3:00 Stretch and Flex	15 12:00 Sit and Be Fit 1:00 Theater Thursday <u>FOCUS HOPE</u>	16 10:00 GiFit 2:00 Birthdays & Bingo 	17
18	19 10:00 GiFit 11:00 Matter of Balance	20 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit & Be Fit 1:00 Cooking For One	21 10:00 GiFit 12:00 Hollywood Markets 2:30 Diabetes Awareness and Emergency Preparedness <i>Presented by Sabrina</i> <u>NO STREICH AND FLEX</u>	22 12:00 Sit and Be Fit 1:00 Fowling Fun!!	23 4:00 VOW's 39th Anniversary Party! • Food • Games • Entertainment <i>Please bring friends and family</i>	24
25	26 10:00 GiFit 11:00 Matter of Balance 1:00 Adult coloring <i>Snacks will be provided</i>	27 10:00 God's Word and Prayer 11:00 TOPS 12:00 Sit & Be Fit 2:00 Resident Council Meeting	28 10:00 GiFit 1:00 Cooking For One 2:30 Blood Pressure Clinic 3:00 Stretch and Flex	29 12:00 Sit and Be Fit 1:00 Capital Phone Presentation	30 10:00 GiFit	31

**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

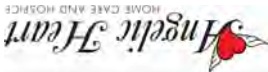
On-Site Security (248) 917-2539



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



Embrace the possibilities



Knights of Columbus
Fr. Goentges Council #1987



**420 S. Opdyke Rd
Pontiac, MI 48341-3145**

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

