



Village News



Embrace the possibilities

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September 2019

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Notes from the Administrator

Happy Labor Day to all of our current and retired union & labor workers, you are the backbone of the United States of America! Enjoy the Holiday weekend and note that the office will be closed on Monday September 2, 2019 in observance of Labor Day.

Well what can I say about the celebration of 39 years of living well at the Village of Oakland Woods, wow! The day was perfect, the company was magnificent, the event a tremendous success. To all the resident planning committee, residents in support, attendees, family members and staff, thank you from the center of my heart. To see everyone gathered having fun and enjoying each other's company reminds us of what makes Oakland Woods so special. We are still in awe of the Polynesian Dance Recital Performance, the ladies were on point and that special little dancer stole all of our hearts. Our big 40th is next August and the planning is already underway. Please come join and chip in to the planning and success for 40 years of living well at OW!

So did you know.....The Village of Oakland Woods is blessed to have a fulltime Service Coordinator on staff at the Village offices who is a superstar with pairing resources to residents who need them. Sue Carney's office is located in the Community Center but she loves getting out and visiting so please don't allow transportation or walking to the office discourage you from reaching out to Sue. She is only a golf cart ride away and she will take any excuse for a summer ride around the campus to meet you and discuss what she can do to enhance your quality of living. Please see her article and list of resources/services she can provide or direct you to.

Speaking of the Service Coordinator, you recently received a Service Coordinator Survey on your doors. Please take a moment to complete it, and then drop it off at the office, in the rent collection box or front office. These surveys directly affect what and how we engage our residents through the service coordinator so your input is Invaluable in making these decisions. We appreciate your input and they are due by Friday September 12, 2019.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Tell Congress How Important the Older Americans Act is to You

Dear PVM Supporters: Please note this Action Alert from The Senior Alliance. The Older Americans Act is crucial to the work of the aging services network. Please help us raise the voices of seniors with policy influencers. Thanks for all you do for PVM and Michigan seniors.

Background

The federal Older Americans Act (OAA) authorizes critical services for older adults and their caregivers, such as: home-delivered meals (meals-on-wheels), long term care ombudsman, elder abuse prevention, non-emergency medical transportation, legal assistance, adult day care, evidence-based wellness and other important programs. The current OAA expires at the end of September, which means that Congress must update the Older Americans Act to ensure these vital programs supporting older adults and caregivers continue not only in southern and western Wayne County, but around the country!

The Senior Alliance supports a baseline Older Americans Act authorization of \$2.5 billion to restore aging network funding to 2010 levels and indexing annual authorization increases over the next five years. In addition, the commitment to Title III local planning and development should be maintained with a robust aging services research and development authority enabled to evaluate, enhance and replicate evidence-based interventions. Updating long-term care ombudsman provisions and strengthening protections against all forms of abuse are also critical elements to modernizing the OAA.

The Senior Alliance is advocating for these programs alongside our partners in Washington, D.C. to ensure federal lawmakers understand how important the OAA is to their constituents. However, **we need YOU** to help make our voice stronger by telling members of Congress how these vital OAA services help older adults and caregivers in our community.

Action!

Call, e-mail or write U.S. Senators Debbie Stabenow and Gary Peters, as well as your U.S. Representative today! Share a story of how one or more of these programs has impacted someone you or someone you know! It's critical that all members of Congress understand how critical OAA funding is to older adults and caregivers.



Office News

By Hillary Vandenberg

Administrative Assistant

Happy September residents!

What a scorcher it has been! I hope everyone has been having a great summer and we can now look forward to cooler weather in the months to come.

I have an exciting announcement for everyone. Starting this month, I will be leading a park outing. These outings will be once a month until the winter months. Each month we will feature a new park to explore. Our first park will be **Dodge Park #4** in Waterford on **Monday, September 23rd at 11:30**. This state park is one of my favorite parks and has a beautiful beach, shaded picnic tables and paved nature trails with a boardwalk.

These park outings will be open to anyone who wants to enjoy the fall weather. No walking is required but if you would like to walk around the area, there are many areas to do so!

If we have enough participants, a picnic lunch will be provided.



Introducing...

Park outings with Hillary!

Once a month the village will be visiting a different park in the area. Whether you'd like to sit and relax or walk around the park is up to you. **Everyone is welcome!**

On **Monday, September 23rd** at **11:30** we will be going on our first park outing to **DODGE PARK #4** in Waterford!



Leasing News



By Ricardo Palacios

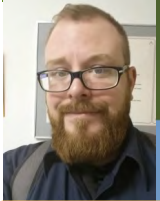
Sales, Marketing & Outreach

Happy End of Summer!

Hope we all enjoyed Labor Day the holiday that unofficially signals the end of summer and the beginning of the school year. Having been a former educator for 8 years, this time of year was always an exciting time to help the youngsters develop good learning habits and social skills. Here at The Village please make sure that you sign up for our programs and trips that also help us develop our understanding and give us opportunities to socialize and broaden our horizons. I enjoy expressing myself through poetry, so here's a poem I wrote back in May that I dedicate to all you Villagers who have welcomed me with open arms. Please stop in and say hola anytime. Muchas gracias y Camina con dios!

Awake!

Get up! Get up!
The day is here
It's time to hear the birds sing
And the bells ring!
Do a dance and sing a song!
Take a chance and do no wrong
Smile and play kiss and hug
For this is the Day
The Lord has made!



Maintenance News

By Matthew Myers

Maintenance Supervisor

Cleaning Drip Pans and Reinstalling Burners

The electric stove drip pans are there to keep the components of your stove clean, which means they get very dirty instead.

STEP 1

Remove your (completely cooled) drip pans, shake off loose crumbs into the garbage can, and rinse the pans thoroughly in hot water.

STEP 2

In a small bowl, mix liquid dish soap and baking soda in a 1:1 ratio. A half-cup of each is a good starting point, but you can add more if necessary.

STEP 3



Use your fingers or a pastry brush to liberally coat each drip pan with the soap/baking soda mixture, scrubbing it into the pans. Some of the stuck-on gunk should start to loosen right away—if not, fear not. Simply proceed to the next step.

STEP 4

Stack the soapy drip plates out of the way in your sink, and let them sit for about an hour. While you're waiting, scrub the rest of your stove top with a damp sponge dipped in baking soda so that it's ready to match your soon-to-be-sparkling drip pans. Wipe the baking soda off with a clean damp rag, then dry the stove with a soft dishcloth.

STEP 5

Rinse the drip pans thoroughly with hot water so that all soap mixture is gone. Tackle any remaining dirty spots with a scrub brush or a sponge freshly dipped in baking soda.

STEP 6

Dry the drip pans with a dish towel and return them to your stovetop.

STEP 7

Replace the burners and enjoy cooking on your pristine stovetop! If you're having trouble replacing a burner into its receptacle, you can lift the stove top and look under the surface to see where the burner receptacle is and how the burner should be oriented.



Save yourself some trouble in the future: The best way for residents to avoid spending time cleaning up the stovetop is mindfulness during and after cooking. Make a mental note of mess as it happens, then wipe the stovetop drip pans clean of splatter, dust, and grease as soon as they cool down after each cooking session.

Service News

By Sue Carney

Service Coordinator



WELCOME AUTUMN

WASN'T IT JUST THE BEGINNING OF THE YEAR, LIKE YESTERDAY? I DO LIKE FALL, THE CIDER MILLS, DONUTS, CHANGING OF COLORS OF THE TREES AND A LITTLE BIT OF A COOL DOWN WITH THE WEATHER. HOPE YOU ENJOY THE FALL SEASON AND JOIN IN ALL THE FUN ACTIVITIES HERE AT THE VILLAGE.

MARK YOUR CALENDARS FOR :

MONDAY SEPTEMBER 9 AT 2 P.M A REPRESENTATIVE FROM THE GARY BURNSTEIN COMMUNITY HEALTH CLINIC WILL BE HERE TO SHARE INFORMATION ABOUT THEIR FREE HEALTH CLINIC & FOOD DISTRIBUTION QUALIFICATIONS.

TUESDAY SEPTEMBER 24 2 P.M.

PAT MULLEN FROM WAYNE STATE INSTITUTE OF GERONTOLOGY, WILL BE HERE TO SPEAK AT THE START OF THE RESIDENT COUNCIL MEETING ABOUT SENIORS, SCAMS & IDENTITY THEFT ASSISTANCE.

LASTLY, MEALS ON WHEELS WILL BE HERE EVERY FRIDAY IN SEPTEMBER AT 11:30 A.M. WITH FREE MEALS. YOU MUST SIGN UP IF YOU PLAN TO ATTEND.

PLEASE SIGN IN THE SIGN UP BOOK IN THE LOBBY IF YOU ARE COMING TO ANY OF THE ABOVE ITEMS. HAVE A GREAT MONTH!

Services Offered at Oakland Woods:

Financial assistance

- Assist in reading and understanding your bills
- Advocate for you if you have problems paying bills and work with companies on payment options.
- Provide assistance with applying for programs, such as Medicare/Medicaid, services programs, bridge card, DTE senior program

Homemaking Assistance

- Arrange for assistance with cleaning, cooking, laundry, bathing, light housekeeping
- Coordinate Meals on Wheels/congregate meals service

Medical Assistance

- Provide assistance with prescription drug benefit plans
- Arrange for a home health care aide or needed nursing services
- Help you read and understand your Medicare/Medicaid statements
- Arrange transportation appointments for doctor visits



How to use Service Coordination

To access these services at Oakland Woods, contact the service coordinator to make an appointment or stop by the community center for a drop-in appointment. All information shared between you and the service coordinator remains safe and confidential.

Depending on what services you are seeking, an assessment will be done to determine eligibility for services and to better assist you in what you are looking for. If you are only seeking information, this can also be provided at any time.

It is not required to use service coordination as a resident of Oakland Woods, but it is strongly encouraged! It is the job of the service coordinator to make you feel welcome, safe, well informed and secure in your independence. The service coordinator is here to answer your questions and connect you to the information you need to enjoy your life here.

Sue Carney

Service Coordinator
The Village of Oakland Woods
Phone: 248-334-4379
scarney@pvm.org

Monitoring Services

- Advocate for additional, appropriate and supportive services
- Provide support to you with one-on-one visits and telephone reassurance

Educational and Emotional Support

- Arrange for professionals and community agencies to speak on senior-related topics
- Connect you with grief counseling and other counseling services for your life needs

Legal Issues

- Assist in reviewing documents regarding Social Security, Medicare/Medicaid statements and DHS paperwork
- Assist with locating an attorney to support you with legal issues



Wellness News

Jon Hayes
Wellness Coordinator

Happy September, Residents!

Hello everybody! I hope that the beginning of September is a Healthy start to an Autumn season! Kids and Grandkids will be going back to school which brings a shock of how fast this summer has gone by!

This past summer, we have had some cool events that I am very thankful to have been a part of with all of you! From winning the Victory Cup, to boating the Clinton River and Lake St. Clair, and finally our 39th Anniversary Party! I want to spend my time focusing on the volunteer committee who put together our Anniversary Party and give recognition to their positions. I want it to be known that these residents designed the event of what you all witnessed:

- Decorating Committee: Chris Milz, Gertie Rankin, Felicia Hollis, and Marie Richter
- Entertainment Committee: Vernice Harper and Becky Bolden
- Food Committee: Philena Holdridge with some help from Chris and Larry Milz
- Photography Staff: Larry Milz

Thank you all so much for your hard work and dedication to creating such a successful event! I am so grateful for all of the work you did.

This month you are going to notice a few things in regards to the calendar. A few things being that its completely different! I am still figuring out the kinks and ins and outs of our new software, Caremerge, so bare with me as I develop the calendar further, but do bring any suggestions that you have to me!

In regards to the calendar, a note that I will be out of town from Thursday, September 12th through Monday September 16th. I will be weightlifting and coaching another athlete in a meet in Daytona Florida! However, Sit and Be fit will still occur along with select other events!

Cant wait to see you all at some of the events coming up this month! Go Cardinals!

Healthy Living tip: Drink tons of Water! Water helps every system in our body including our joints, muscles, hair, skin, nails, etc. A good measure of how much water to drink is AT LEAST five 8 oz. glasses of water a day! Give it a try and see how you feel!

Walking With Grandma

*I like walking with Grandma,
Her steps are short like mine.
She doesn't say "now hurry up"
She always takes her time.*

*I like to walk
with Grandma,
Her eyes see things
like mine do,
Wee pebbles bright,
a funny cloud,
Half hidden drops
of dew.*

*Most people have to hurry,
They do not stop to see.
I'm glad that God made Grandma
Unrushed and young like me!*



Birthday Celebration!

The Birthday Party will be held on **Friday, September 20**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Mary Tillman	9/3
Shirley Stroggin	9/3
Joan Manchester	9/4
Mcguthrie Howard	9/7
Becky Bolden	9/8
Phyllis Davenport	9/8
Mary Proper	9/8
Elroy Lance	9/10
Marie Riley	9/12
Madeline Lindauer	9/17
Sharon Shreve	9/20
Dorothy Dilworth	9/23
Raycene Madden	9/24
Bernadette Harrison	9/26
Maggie Bilbo	9/28



 Happy
Grandparents Day 

Resident Council News

By *Philena Holdridge*

Resident Council President

39th Anniversary of VOOW Party

Many thanks to Jon, our Wellness Program Coordinator, and his team of residents who made this day possible! The KFC meal was delicious and Polynesian dancers set the mood. We had a great turn out! What a great success!!

Welcome New Residents

The Resident Council Area Representatives, our Welcoming Committee, are making an effort to welcome new residents to their areas and will be stopping in to introduce themselves. They will give you a gift bag with a Welcome Letter with all of the Area Representatives listed on the back. We hope that they will be an encouragement to you to read your monthly newsletter/calendar and join in some of the activities at the Community Center. Hopefully you can make some new friends here at the Village of Oakland Woods. Always feel free to contact your area representatives if you have questions. Call office for rides to events if needed.

Dessert Buffet to Welcome New Residents

Tuesday, September 24, at 1:30, the Resident Council will be hosting a dessert buffet to welcome our new residents since January 2019. All residents are invited to join us. Following this buffet, we will have a short Resident Council Meeting and special speaker for Safe Aging Through Financial Empowerment coordinated by Sue Carney, our Service Coordinator.

School Supply Collection

We are still collecting school supplies 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 at the beginning of October to the Rogers School in Pontiac. Help encourage the teachers and students in Pontiac!

Soda Pop Can Tab Collection

We are also collecting Pop Can Tabs for the Ronald McDonald House of Detroit. This small metal tab is a gold nugget to the Ronald McDonald House of Detroit, because it is made of more pure high grade aluminum. Jay Samples is in charge of this project and you may bring them to her at Apt. 9A or at our Resident Council Meetings each month. Thanks so much!

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

“SUMMER’S END SALE ICE CREAM DRUMSTICKS:

The Garden Club would like to thank everyone who helped with our fundraiser throughout the years for purchasing the delicious Nestles Ice Cream Drumsticks. Even though, at this time, our Garden Club has decided, due to lack of hard-working volunteers needed, to go on an indefinite hiatus, we are having a “Summer’s End Sale!”

We are offering to you, for a donation of only 50 cents each instead of \$1.00 for a scrumptious ice cream drumstick. Even better, why not just splurge and buy a whole box of 16 drumsticks for only \$8.00?! See Judy, Hillary or Jon to purchase them.

This year’s donations will again go towards our Village Garden Club Memorial fund. In light of the VOW future extensive expansion, we have to wait until more details are cemented for the placement of the Memorial. Be assured, it is going to be done with respect and with the utmost care to our residents who have passed on. We would like to remember them.

RECYCLING UPDATE:

Did you know that if our cans and plastics we recycle and deposit in our recycling containers are NOT CLEAN—meaning not emptied, rinsed out, dried and deposited loose or in CLEAN bags, it could contaminate the WHOLE recycling load picked up that week. It could be even just one item that would contaminate the complete truckload! It means then that all of our recycling efforts would be put in the garbage!!! So, PLEASE, deposit only CLEAN items.

I know we are dedicated to improve our environment by recycling and we appreciate all your efforts so for those that are new or not sure how and where to recycle, here’s a reminder:

There are five recycling containers by the garage—two are marked for PAPER and three are for CLEAN aluminum cans and CLEAN plastics that can be in bags or loose. They actually prefer loose but they MUST BE CLEAN and DRY! Remember, all those water bottles CAN and SHOULD be recycled, too!

Paper: magazines, paper, paperboard (cereal boxes etc.) NO CARDBOARD, NO GLASS, NO MEDICAL WASTE (NEEDLES ETC.) EVER! These bins are NOT for secured and private documents—shred those privately. If you put cardboard boxes in the dumpster, they MUST be flattened (Village Rules!) NO TRASH or GARBAGE—Use inside trashcans or put it in the dumpster.

Every Saturday, at the Pontiac City Hall parking lot located on Auburn Rd. before Wide Track has a large container that takes ALL recycling—FLATTENED cardboard, CLEAN glass containers, CLEAN plastics and CLEAN aluminum cans. Contact me if you have any questions. “Do What We Can”—John Denver.

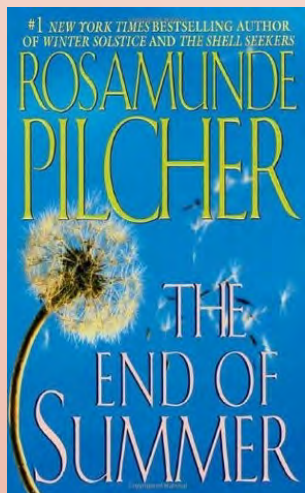
Something is hidden in our monthly newsletter. Can YOU find it?

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 Spider Man () hiding. Good Luck!

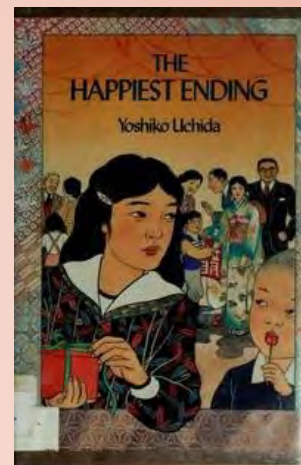
By Gail Holmes

This Month's Books'



"The End of Summer" by Rosmonde Pilcher makes you ask, "Can you go home again?" In this slim volume, in LARGE print, things are not always as expected. When a young woman, Jane," leaves her father's home in California to visit her grandmother in Scotland, she must face unpleasant facts about family. Add a love triangle and unexpected twists of fate keeps you guessing to the end.

"The Happiest Ending" by Yoshiko Uchida, shows how three generations of Japanese Americans cope with family problems. Set in pre-war San Francisco, as seen by a twelve year old daughter, it describes their culture and generational gaps beautifully. A quick read, this offers new appreciation for a girl's developing maturity and insight into different lifestyles.



GETTING TO KNOW YOUR NEIGHBORS

Felicia Hollis

Felicia Hollis was one of two children (born to Alice and Walter Hollis). From age 9 to 22 Felicia and her brother spent holidays and summers with her father in Washington DC. Felicia was very close to her two siblings. She misses her brother, Kenneth, very much who passed away 2 years ago.

Felicia credits her family's belief in the importance of good education for her successful life. After attending Ferndale High School, She earned an Associate of Science Degree from WC3 that took her into the field of Dentistry for 17 years. She minored in Creative Writing while at Wayne State and had 3 poems published in the Wayne State Literary Guild. She was on the winning poetry team representing VOW in the Senior Olympics this year.

Felicia also worked as an in-home secretary for Lewis Berry who was president of the Jewish Federation and owned the Fisher New Center and Penobscot Building in Detroit. Mr. Berry saw her potential to be an entrepreneur and encouraged her to return to school. She completed her studies in Cosmetology and started a hair studio then back to school to be a certified natural practitioner and started a Holistic studio.

After retiring, Felicia took a job as a lunch room coordinator at WCA Christian Schools and after that job, worked with the Lighthouse of Oakland County for four years.

Felicia had the opportunity 4 years ago to visit the Hollis Plantation outside of Atlanta, Georgia, where her 3rd generation grandfather married her grandmother who at the time was his servant. The plantation sits inside Hollis Ville where it is still active today, raising Organic Chickens and Cows.

Felicia lived in the family home in Detroit, raising 4 children, 14 grandchildren and 4 great, great grandchildren, until moving to the Village of Oakland Woods 7 years ago. She believes she was blessed with the greatest family of all.





HAPPY LABOR DAY



SEPTEMBER 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01



02

Labor Day
OFFICE WILL BE CLOSED FOR LABOR DAY

03

10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit

04

10:00 GiFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

05

12:00 Sit and Be Fit
01:00 *Walmart and Chase Bank*

06

11:30 Meals on Wheels Luncheon

07

08



09

10:00 GiFit
02:00 Library Club
02:00 Presentation by Gary Burnstein Community Health Center

10

09:00 *Eastern Market*
10:00 God's Word and Prayer
11:00 TOPS

11

10:00 GiFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

12

All Day Fruits and Vegetables
12:00 Sit and Be Fit

13

All Day Service Coordinator Surveys Due
11:30 Meals on Wheels Luncheon

14

15



16

10:00 GiFit

17

10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit

18

10:00 GiFit
11:00 Village Chorus
02:30 Diabetes Awareness and Emergency Preparedness

19

All Day Focus Hope
12:00 Sit and Be Fit
01:00 *Hollywood Markets*

20

10:00 GiFit
11:30 Meals on Wheels Luncheon
02:00 Birthday's and Bingo Celebration

21

22



23

10:00 GiFit
11:30 *Park Outing With Hillary*

24

10:00 God's Word and Prayer
11:00 TOPS
12:00 Sit and Be Fit
02:00 Wayne State University: Scams and ID Theft Assistance
02:00 Resident Council Meeting

25

10:00 GiFit
11:00 Village Chorus
02:30 Blood Pressure Clinic
03:00 Stretch and Flex

26

All Day Caremerge On-Site Launch
12:00 Sit and Be Fit

27

All Day Caremerge On-Site Launch
10:00 GiFit
11:30 Meals on Wheels Luncheon

28

29



30

10:00 GiFit
01:00 Wellness Buck Raffle - Turn in Wellness Bucks!

Large Calendars are Available at the Activities Table

Wellness happens at THE VILLAGE OF OAKLAND WOODS

**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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**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION

Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org

Embrace the possibilities

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

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

