



# Village News



## Embrace the possibilities

420 S. Opdyke Rd · Pontiac, MI 48341 · [www.pvm.org](http://www.pvm.org)

SEPTEMBER 2022

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I hope that you had as much fun as I did at the Anniversary party in August. I enjoyed seeing all of you and the food, dancing, laughs, and so much more. As you know, the Anniversary party kicks off our season of fun holiday parties. I will be excited to see you all at the Thanksgiving brunch and Christmas party here in a few months. I cannot believe we are already talking about December.

Just a few friendly reminders:

**All pets** (including overnight visiting pets) must be registered with the office and abide by the Pet Rules established by Management. Pet owners, a dog or cat must be on a leash at all times when outside of the owner's apartment unless it is in an approved locked pet carrier. The pet owner must have a utensil (a scooper) and/or paper towels to use to remove any waste from his/her pet as soon as it is deposited on the Facility's property. The waste must then be placed in a plastic bag, sealed tightly, and placed in the trash containers

There are no assigned parking spaces, except that some spaces have handicapped signs. Only residents with **OFFICAL** handicapped cards may park in handicapped spaces. **Management does not act as a police person**

Patio areas and area around the apartments should be kept from being cluttered or used as a storage area. We will also be addressing this topic at inspection time

Please note that the feeding of wildlife animals is not **suggested** or **recommended**. This includes birds, squirrels, deer, etc. Where it does not go against the lease, it could take from the calm, peaceful living opportunity to neighbors' and guests.

Thank you for your cooperation and understanding.



The Village of  
**Oakland  
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



# Office News

*Sharon Benton & Stephanie Daniel*

*Administrative/Receptionist*

## When did Labor Day begin and why?



**Labor Day was declared a national holiday in 1894 and is observed on the first Monday in September.** The roots of Labor Day grew out of violent clashes between labor and police during the Haymarket Riot in 1886, when thousands of workers in Chicago took to the streets to demand an eight-hour workday.

## What is Labor Day famous for?



Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century.

## Why Do People Say 'You Can't Wear White after Labor Day?'

You may constantly hear people saying, "You can't wear white after Labor Day!" but where exactly did this myth come from? Its origin may surprise you. This fashion "rule" originated in the 1800s as a way to distinguish between social classes.

## Stephanie

One of my fondest memory growing up, was to wake up to the early morning smell of barbecue in the air throughout the neighborhood, eating watermelon with friends and getting excited about the first day of school.

## Sharon

"Ditto"

# Sales and Leasing News

It is with deep gratitude that I am thanking Taylor Webb for her service to the Village of Oakland Woods. As of the beginning of August, Taylor is no longer with VOW and we are going to wish her the best in her next endeavors.

Oakland Woods is in the process of hiring for a Sales and Leasing Specialist. Please follow the link to our PVM Website for a job description and application.

<https://careers-pvm.icims.com/jobs/1976/sales-%26-leasing-specialist---housing/job>

Kind Regards,

**Jon Hayes**

*Housing Administrator*





## Maintenance News

*Matthew Myers*  
*Maintenance Lead*

While I will admit that not all door to door salespeople are dishonest, I have no reason to trust solicitors that target our senior residents, and suggest that you don't trust them either.

I'd like to introduce you to the "Gas Scam Man". While it's possible that an alternative energy supplier could have proper identification, and could give you disclosure information to give you confidence in his credibility, there is no reason to believe that they could not also sell your information.



A major problem with this type of soliciting is they attempt to get you to sign a contract that may not actually be any different from the standard price. The other problem is they are soliciting at all.

If a solicitor is at your door, your question should be "Who asked you to be here? As that is the only person you should be speaking to, approaching my door to sell anything is soliciting."

These sales people come after the office is closed, and often you can't depend on us to ask them to leave the property. For your safety, and your information's security, I suggest you ask these people to leave and not solicit your neighbors who may not read the newsletter.

# Service News

*Sue Carney & Terri Price  
Service Coordinators*

Welcome September and Fall!

Fall is one of my favorite season with so much to do and checking out all the beautiful colors.

September will be a busy month here. Please check out the calendar and events listed below:

Wednesday September 7 at 12, noon, the City Clerk of Pontiac, will be here to help residents to get signed up for absentee ballots, getting registered to vote, if you are not and he will answer any questions.

Friday September 9, 11 a.m. to 12, noon, Pontiac City Mayor Tim Greimel, will be here for a Meet & Greet & Q&A.

Thursday September 29, 10 a.m. to 2 p.m. **FLU & COVID shots** will be given here in the community center, by Wal-Green's Pharmacy. The covid shots will be Moderna, it can be shots 1, 2 or first booster or second booster. If interested you must sign up. There will be a sign in book in the lobby.

Many of you have met Teri, our new part time service Coordinator. She will be helping residents in Area 3 and 5 and others as needed. Her direct phone number is **248-752-9256**



# Wellness News

Jessica Roberts  
Wellness Coordinator

*As we kick off the fall months, we have many opportunities to begin this new season with mindfulness and wellness at Oakland Woods!*

As we have learned from our Wayne State programming here at Oakland Woods, a healthy body, mind, and spirit starts with mindfulness – being present and conscious in our daily lives and decisions about our health. To continue that focus, we will be kick starting a new fitness program this month that focuses on full body alignment and strength to facilitate better functioning in daily life. The fitness instructor for this class, Hillary Levin, is a level 2 CrossFit Trainer and Co-owner of CrossFit Bloomfield along with her husband, Jordan, in Bloomfield Hills. More than anything, Hillary loves helping people move to the best of their ability; she states: “My goal is to help others move in a way where igniting strength invites a sense of freedom to the body and shines light to our outlook on life.”

Hillary’s class at Oakland Woods will address “Bottoms Up” fitness - fitness from the ground up - that gives you the opportunity to tap into your own personal strength and stability. Whether you start in your seat or on your feet, you will gain a deeper sense of balance and healthy movement patterns from the bottom up! Join us for this class Wednesdays at 10:30am starting September 7<sup>th</sup> and through December!

Our Weekly Wellness class will continue every Monday at 11am with a topic focus this month around fall prevention. As falls are a growing concern with aging and colder months, we want to provide education, discussion, and resources at Weekly Wellness to assist in preventing falls and remaining safe in the home and community.

This class will coordinate with the Best Life Management Series class on Tuesday, September 27<sup>th</sup>. These classes coupled with our various fitness programs can help increase your confidence and understanding of how to avoid falls and increase overall balance.

Not only do we have plenty of opportunities for physical, mental, and social wellness this month, but we also have a great opportunity to enjoy a fun outing to enjoy the outdoors and some wildlife!

Residents are invited to sign up for a bus trip to the Detroit Zoo for Senior Day on Wednesday, September 14<sup>th</sup>! Seniors 62 and up receive free admission to enjoy entertainment, tram rides, bingo, habitat chats, and exploring the zoo. Space is limited for this bus trip so sign up in the Activities Book is required.

Residents will also be required to meet at the community center at 11:30 on the 14<sup>th</sup> for briefing on the day prior to leaving for the trip at 11:45. Return time to the community center will be approximately 3pm.

Again, please sign up in the Activities Book if you’d like to attend and bring your ID for free admission over the age of 62.

Be sure to contact Jessica in the Wellness office to address any concerns or goals you have to improve your overall wellness!

Wellness  
happens at  
**THE VILLAGE OF  
OAKLAND WOODS**



# Resident Council News

*Becky Bolden*  
*Resident Council Vice President*

The days will be getting shorter soon and the chill of autumn will be in the air. We will be forced to do more events inside as the weather gets cooler. So I will make sure I get my “Booster-Shot” for Covid and the flu.

It will not be long before the “Village Victory Cup” will be upon us and just the prep for it is a great health benefit weather we win or not! If we all participate in some small way...WE WILL WIN!!!

How many words can you make from: “**Win Village Victory Cup**” the person with the most words can win a prize. The prize will be given at the next the next Resident Council meeting.

There will be another fun craft secession coming up, keep an eye out and sign up in the activities book.

**The Village Chorus needs your voice to help keep singing and music on our campus. So please join us on Wednesdays at 11:00am in the Community Center dining room. No tryouts or auditions are required**

## Resident Council Board

**Becky Bolden**, *Vice President*

*(248) 766-3684*

**Vernice Harper**, *Secretary*

*(248) 622-4470*

**Joyce Parlor**, *Treasurer*

*(248) 210-5678*



## **Birthday Celebration!**

The Birthday Party will be held on ***Friday, September 16th***. 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

Becky Bolden 9/8

Phyllis Davenport 9/8

Patricia Coulson 9/9

Elroy Lance 9/10

Sydney Rooks 9/11

Grance VanBuren Kirksey 9/17

Dorothy Dilworth 9/23

Raycene Madden 9/24

Larry McCall 9/26

Bernadette Harrison 9/26

**Loving Memory**

**Mary Alexander**

**Willie Leith**





SUN	MON	TUE	WED	THUR	FRI	SAT
	<b>Large Calendars are Available at the Activities Table</b>					
	<b>4</b> Labor Day OFFICE CLOSED	<b>5</b> 9:00 Morning Social 10:00 God's Word and Prayer 1:00 Blood Pressure Clinic	<b>6</b> 10:30 Fitness Class with Hillary 11:30 Village Chorus 12:00 Voter Registration with City Clerk 1:00 Grocery Bus Trip - Hollywood	<b>7</b> Fruits/ Vegetables 10:00 Walking Club - Wellness Walk	<b>8</b> 10:00 Fitness Foundation with Jessica 11:00 Meet and Greet the Mayor	<b>9</b> 10:00 Fitness Foundation with Jessica 11:00 Meet and Greet the Mayor
<b>11</b>	10:00 Train to Victory Fitness Class 11:00 Weekly Wellness 12:00 Victory Cup Practice - Balloon Volley 2:00 Care + Connect (Board Room)	<b>12</b> 9:00 Morning Social 10:00 God's Word and Prayer	<b>13</b> 10:30 Fitness Class with Hillary 11:30 Senior Day at the Detroit Zoo! 11:30 Village Chorus 12:00 Victory Cup Practice - Hoop Shoot/ Kick-A-Roo	<b>14</b> Focus Hope 10:00 Walking Club - Wellness Walk 11:00 "Braincize" Brain Fitness Class - Puzzler Practice	<b>15</b> 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice - Bean Bag Toss 2:00 BIRTHDAYS AND BINGO! - "Name that Tune"/Karaoke	<b>16</b> 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice - Bean Bag Toss 1:00 Crafts & Creations
<b>18</b>	10:00 Train to Victory Fitness Class 11:00 Weekly Wellness 12:00 Victory Cup Practice - Balloon Volley	<b>19</b> Resident Council - 2pm 9:00 Morning Social 10:00 God's Word and Prayer	<b>20</b> 10:30 Fitness Class with Hillary 11:30 Village Chorus 12:00 Victory Cup Practice - Hoop Shoot/ Kick-A-Roo 1:00 Grocery Bus Trip - Walmart	<b>21</b> 10:00 Walking Club - Wellness Walk	<b>22</b> 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice - Bean Bag Toss	<b>23</b> 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice - Bean Bag Toss 1:00 Crafts & Creations
<b>25</b>	10:00 Train to Victory Fitness Class 11:00 Weekly Wellness 12:00 Victory Cup Practice - Balloon Volley	<b>26</b> 9:00 Morning Social 10:00 God's Word and Prayer 11:00 Best Life Management Series	<b>27</b> 10:30 Fitness Class with Hillary 11:30 Village Chorus 12:00 Call to Prayer (Board Room) 12:00 Victory Cup Practice - Hoop Shoot/Kick-A-Roo 1:00 Shipt Grocery Delivery	<b>28</b> Flu/Covid Shot Clinic - 10-2pm *Signup* 10:00 Walking Club - Wellness Walk	<b>29</b> 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice - Bean Bag Toss	<b>30</b> 10:00 Fitness Foundation with Jessica 11:00 Victory Cup Practice - Bean Bag Toss

# September 2022



**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](http://www.pvm.org)

## Office Number

**(248) 334-4379**

### Village Staff

**Jon Hayes**

*Housing Administrator*

**Sharon Benton**

*Administrative Assistant*

**Stephanie Daniel**

*Administrative Receptionist*

**Sue Carney**

*Service Coordinator*

**Jessica Roberts**

*Wellness Coordinator*

**Matthew Myers**

*Maintenance Lead*

**Randall Shannon**

*Grounds Keeper*

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**EMERGENCY MAINTENANCE**

**(248) 330-0213**

**On-Site Security**

**(313) 742-0285**



**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](http://www.pvmfoundation.org)**

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**Pontiac, MI 48341-3145**

**420 S. Opdyke Rd**

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