



Village News



Embrace the possibilities

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

February 2016

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Notes From the Administrator

February is upon us everyone and we want to remind all of our residents that we need your help in keeping the community safe for all us by moving your vehicles after a snow fall and cleanup to parking spots that have been serviced so our contractor can return to complete the snow removal from parking areas that were inaccessible due to parked vehicles. If you move your car to a clean spot and inform the office we will ensure that the cleanup of these areas is completed. Also please report any areas that are not being treated with ice melt properly.

It is with regret that we have to inform you that our Wellness and Activities Coordinator, Devin Fritzler, has decided not to return so she can stay closer to home to raise her newborn. We are in the process of interviewing for the position and hope to have a qualified candidate in place by the end of the month. We will keep you

informed as we move forward.

We are pleased to announce that we have filled the Service Coordinator position vacated when Andaya left. Please help us in welcoming our newest team member, Danette Pye. She is very qualified and eager to start assisting our residents with any needs that you may have. Even if you aren't in need of services, please stop by and introduce yourself. The Service Coordinator's hours are Monday-Thursday from 8:30 a.m. to 4:30 p.m. and from 11 a.m. to 2 p.m. on Fridays.

Just a reminder that April is Friends and Family month where we as a Village choose a project we want to implement at the Village and then we fundraise as a group to secure the funding for the chosen project. We want your suggestions to be heard. If you have any ideas for improvement, please contact the office and let us know. We have already gotten

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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

Did You Know?

If you are among the 500,000 plus Americans who undergo open heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.

Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open heart surgery considered to be an automatic death sentence.

In addition to being the first physician to successfully perform open heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.

Brain Fitness Program

Friday, February 12—1 pm

Mental Strengthening through Brain Games

and

Blood Pressure and Diabetic Checks

Come enjoy light refreshments and prizes

Presented by Health Source Home Care -- Hosted by Keisha Barnes



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

The Latest on the Aging of America

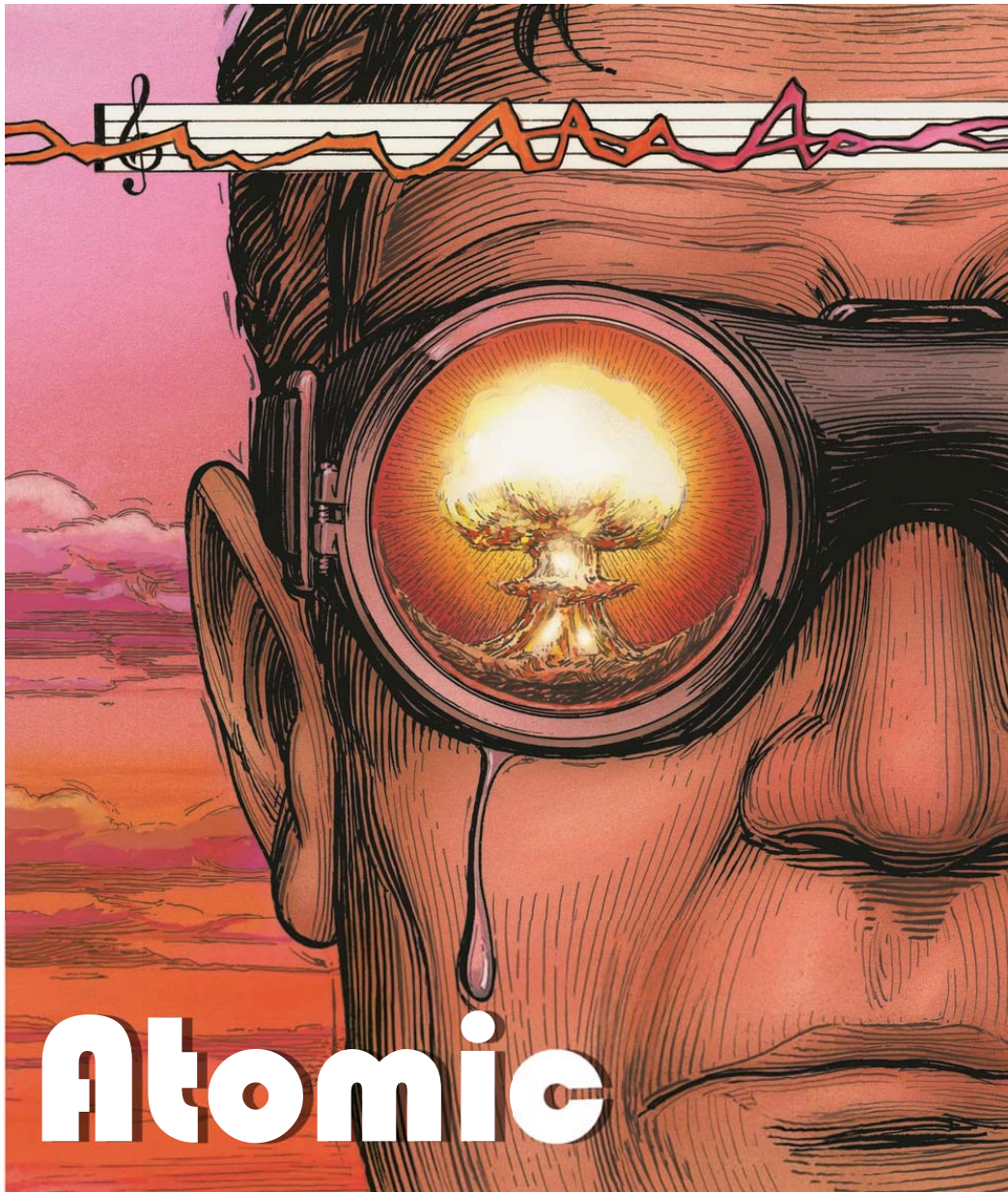
NEWS FLASH! Our society is getting older! I call this a news flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

- America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.
- The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.
- About one in every seven, or 14.1% of the population, is an older American.
- Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).
- There were 67,347 persons aged 100 or more in 2013.
- Older women outnumber older men at 25.1 million older women to 19.6 older men.
- Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that wom-

en are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is www.iog.wayne.edu. Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.



Meadow Brook Theatre, Rochester
Wednesday, February 24, 2 pm
FREE Tickets at the Front Desk
No transportation to this event

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suggestions for the Community Garden, Automatic Door opener for the front office door, a walking path through the wetlands. Please add yours to the list.

Lastly, it is tax season and as you prepare to file your returns please note that you may qualify for the Homestead Property Tax credit. Your professional tax preparer will be aware of this benefit and can guide you to see if you indeed do qualify for this benefit. If you need help with tax preparation our new Service Coordinator will be happy to assist you in finding a qualified firm or individual who you can work with. Please do not hesitate to ask.

Don't forget to look over the attached calendar of events and activities for February, we have a lot planned and hope that you will participate with us.

PREVNT

(PREVENT ELDER AND VULNERABLE ADULT ABUSE,
EXPLOITATION, NEGLECT TODAY)

Presented by the Disability Network Oakland & Macomb

Elder abuse can truly happen to anyone. Research indicates that one in ten American elders are affected by abuse. Unfortunately, elder abuse can happen in all types of relationships as a result of family dynamics, caregiver interactions, or targeted scams that prey on vulnerability. Through the PREVNT program you can learn how to recognize high risk situations and various ways to get assistance. Only through YOU can we make progress in changing the statistics and address the abuse that is occurring in our communities.

- ◆ Learn to recognize financial exploitation.
- ◆ Learn tips and tools to protect yourself from financial scams.
- ◆ Learn to recognize physical and behavioral signs of abuse.
 - ◆ Discover where to seek help.
- ◆ Receive a toolkit of community resources.

Light refreshments provided!!!

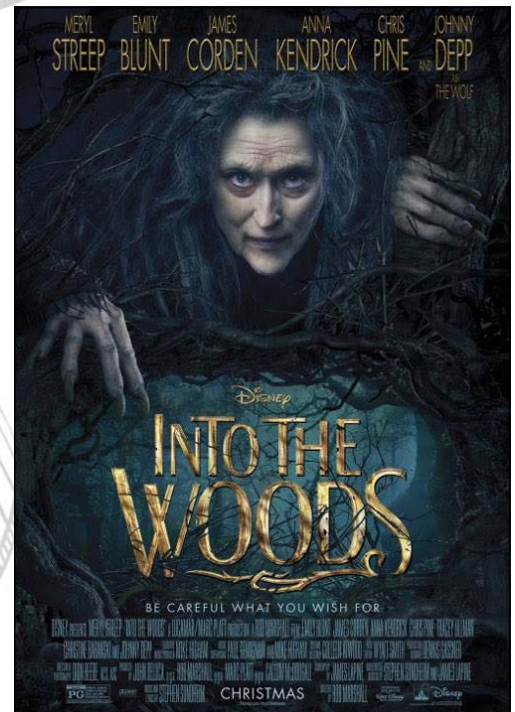
The more you know the more you can help those around you!

Thursday, February 25—1 pm

Sign up today!

Theater Thursday

- ♣ **Thursday, February 4 “Gone Girl”** - In Carthage, Mo., former New York-based writer Nick Dunne and his glamorous wife Amy present a portrait of a blissful marriage to the public. However, when Amy goes missing on the couple's fifth wedding anniversary, Nick becomes the prime suspect in her disappearance. The resulting police pressure and media frenzy cause the Dunnes' image of a happy union to crumble, leading to tantalizing questions about who Nick and Amy truly are.
- ♣ **Thursday, February 11 “Into the Woods”** - As the result of the curse of a once-beautiful witch, a baker and his wife are childless. Three days before the rise of a blue moon, they venture into the forest to find the ingredients that will reverse the spell and restore the witch's beauty: a milk-white cow, hair as yellow as corn, a blood-red cape, and a slipper of gold. During their journey, they meet Cinderella, Little Red Riding Hood, Rapunzel and Jack, each one on a quest to fulfill a wish.
- ♣ **Thursday, March 3 “Age of Adeline”** - Adaline Bowman has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever.





Happy
Valentine's
Day

Come and join us for the
***Valentine's Day &
February Birthday Celebration***

February 19 at 1 pm



We will be serving cupcakes, ice cream and playing Bingo

*Please sign up if you would like to bring a
desert or salad to share.*

Sign up in the sign up book.



Resident Council News

By *Judy Shatto*,
Resident Council President

- Judy Shatto**, *President*: (248) 499-8574
- Dolores Ochoa**, *Vice President*: (248) 535-7306
- Vernice Johnson**, *Secretary*: (248) 622-4470
- Catheryn James**, *Treasurer*: (248) 891-9290
- Ruthie Griffin**, *Sympathy Cards*: (248) 322-4222

HUG SQUARES

We continue to collect “Magic Hug Squares” for the Huron Valley Optimist Club to donate to the Children’s Hospitals for children facing cancer treatment. The hand-knitted or crocheted squares should be 12” x 12” squares; any yarn may be used except wool. Donations of yarn, needles or a new Beanie Baby will be accepted. Read the complete article posted on the Community Room bulletin board or contact Judy.

MEETINGS

Come to the Community Room for the next Resident Council meeting on February 23 at 2 pm. You may meet some neighbors or make some new friends. We welcome your questions—someone will surely be able to answer them for you.

WANTED / FOR SALE BOARD

We will be adding a bulletin board to post items you have available for sale or if you are looking for an item. Look for it soon.

SUGGESTIONS WANTED

Do you have somewhere you’d like to go or an idea/suggestion for something you would like to see happen at the Village? Please place this idea in the suggestion box that is in the Community Room. All suggestions are reviewed and given to the proper person for review. We want to hear from you!

VILLAGE GARDEN CLUB

We will give Spring a warm welcome on Tuesday, March 8 at 2 pm. If you are interested in gardening, please join us. If not, please at least check out what we do—we need you! Jackie 248.874.0478.



Birthday Celebration!

The Birthday Party will be held on Friday, February 19. Please join us in the community room at 1 pm for the celebration and bingo.

- Lessie Tademy**..... 2/2
- Scott Knowles**..... 2/7
- Luciana Robinson** 2/9
- Carol Mott**..... 2/12
- Martha Smith**..... 2/12
- Shara Hortick**..... 2/13
- Carol Wasnich** 2/13
- Irene Nelson**..... 2/14
- David DeWald** 2/17
- Mary Alexander**..... 2/21
- Lorraine Jones**..... 2/21
- Martha Bullis**..... 2/22
- Patricia Fedorowicz**..... 2/24
- Cleta Jones** 2/24
- Ronald Bradshaw** 2/24
- Gladys Smith** 2/25
- Cloeann Geissinger**..... 2/28

February 2016

American Heart Month

SU	MON	TUE	WED	THU	FRI	SAT
31	1 10:00 Strength Training 2:00 Bible Study	2 11:00 Zumba 11:00 TOPS 11:00 Blood Pressure Clinic	3 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	4 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday	5 10:00 Walmart and Chase	6
7	8 10:00 Strength Training 2:00 Bible Study	9 11:00 Zumba 11:00 TOPS 11:00 Blood Pressures and Bingo	10 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	11 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday <u>FRUITS AND VEGGIES</u>	12 10:00 Kroger 1:00 Brain Fitness Program	13
14	15 10:00 Strength Training 2:00 Bible Study	16 11:00 Zumba 11:00 TOPS 11:00 Blood Pressure Clinic	17 9:00 Prayer Group 10:00 Strength Training 11:00 Lighthouse Luncheon & Arm Chair Knitting	18 <u>NO EXERCISE</u> <u>FOCUS HOPE</u>	19 10:00 Hollywood Market 1:00 Valentine's and Birthday Celebration with Bingo	20
21	22 10:00 Strength Training 1:00 Service Coordinator Meet and Greet 2:00 Bible Study	23 11:00 Zumba 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Meeting	24 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 2:00 Meadow Brook Play	25 10:00 Stretch and Flex 11:00 Zumba 1:00 PREVNT Presentation	26 10:00 Meijer	27
28	29 10:00 Strength Training 2:00 Bible Study	1 11:00 Zumba 11:00 TOPS 11:00 Blood Pressure Clinic	2 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	3 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday	4 10:00 Walmart and Chase	5

**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
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Sharon Benton
Administrative Assistant

Nichole Ledwell
Administrative Assistant

Danette Pye
Service Coordinator

Heather Curtis
Marketing and Occupancy Specialist

Tim Coil
Maintenance Lead

Matthew Myers
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

Oakland Woods
The Village of

