



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

June

2014

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[NOTES FROM THE ADMINISTRATOR](#)

All APARTMENTS (Not Cottages) have been notified of the annual utility consumption data and corresponding rent decrease for the coming year. Please remember that you are required to come to the office between July 1 and July 14 to sign your lease addendum. Your new rental rates begin in July.

As you are aware we are always trying to add new classes, activities and informational seminars to our residents. We strongly encourage everyone to get involved and sign up for any of the events or activities we have planned for the summer. Without your participation we can't continue to offer these. Coming Events of note:

- 6/04/14: Getting to know you, chance to meet the new staff and also there will be a vending machine taste test during this event. Samples will be provided and feedback solicited. So we may finalize the product line for the vending machines.
- 6/19/14: Patio beautification contest: The PVM Foundation Board of Directors will be visiting that day and will judge the final winners for the cottages and apartments.
- 6/27/14: VILLAGE VICTORY CUP! If you haven't yet signed up for the Victory Cup, please do. We need you! Let's take back the title this year and bring the cup home to Oakland Woods.

Our annual Patio Patrol will be taking place this month. Please maintain your patio area in a clean and safe manner. No bulky storage of items. Keep your barbecues away from the siding and the building. No indoor furniture is allowed outside. IF you receive a letter from the office please follow the instructions on how to keep your patio area in compliance with your lease.

The staff here works so hard to provide classes, seminars, activities and events for our residents. Without your participation they mean nothing. If you haven't come to one of these or you have in the past and weren't impressed with them, please give us another chance and come take a look what the calendar has to offer. A suggestion box is located by the kitchen for you to put your feedback and thought in, try and take advantage of it.

Have a wonderful Holiday weekend!



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

Words of Advice

Dear Readers,

This month I have a distinguished guest columnist, a resident from the Village of Brush Park who has some words of wisdom to share.

Edward's Words of Advice

“Through the years, I have learned a lot about aging successfully. This list expresses what I think will help you and others enjoy life more after 60:

- Create good health habits that make your body better.
- Avoid the TV and telephone, and keep moving.
- Read all you can.
- Think about positive things.
- Be thankful for what you do have.
- Try to make each day better.
- Don't forget you made it this far.
- Remember to love yourself and others.
- Don't get knocked out in life's boxing match.
- Pray.

My name is Edward Leonard. With 89 years of life experience, I hope my words of advice will do you some good. I fought for my country. My wish for all you is peace of mind.”

If you would like to be a guest columnist, please contact me by phone at 248-281-2047 or via email at twyllie@pvm.org.

Fitness in the Woods



Hi! My name is Julia Moses and I will be interning here at The Village of Oakland Woods this summer as I finish my final semester at Oakland University. At the end of the summer I will graduate with my Bachelors of Science in Health Science. Just in time for my husband and I to move to Greenville, South Carolina. In my free time I enjoy going to the beach and swimming. I am looking forward to spending my summer working here with all of you!

- Julia Moses, Wellness Intern



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

PVM Foundation Raises \$200,000 through Friends & Family Appeal and Inspire Possibilities Breakfast

Due to the generosity of over 860 donors, the PVM Foundation raised nearly \$200,000 through April and May to benefit residents from every PVM Village.

The 11th annual Friends and Family Appeal ran through the month of April and raised over \$138,000 toward various projects in many of the PVM Villages. A special incentive was offered for Villages who met their fundraising goals. Congratulations to The Village of East Harbor, Rosebush Manor, Mill Creek and Harmony Manor who all met and exceeded their fundraising goals! For more information on how much each individual Village raised, please visit www.pvmfoundation.org.

The 4th annual Inspire Possibilities event was held at The Hilton Garden Inn in Southfield on Thursday, May 8th. 300 guests attended and donated and pledged over \$60,000 to support the PVM Mission. Residents from The Village of Oakland Woods energized the crowd with a wellness warm-up and resident presenters from The Village of St. Martha's, Westland and Brush Park Manor Paradise Valley all shared their stories and kept the crowd engaged. Mike Damone of The Damone Group also shared his story of how his family established the Claire Damone Fall Prevention Fund at the PVM Foundation in memory of his mother.

The fundraising success this spring would not have been possible without many donors and volunteers. Thank you to each and every one of you who made this possible and who contributed to a better life for so many seniors!

Warm regards,
Paul J. Miller, CFRE

Make your money grow!

SUPPLEMENT OTHER RETIREMENT INCOME

...now or later!

UP TO
9%
RETURN

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

 **Presbyterian Villages**
OF MICHIGAN
THE FOUNDATION

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Corporate Compliance

Presbyterian Villages of Michigan strives to adhere to the highest ethical standards and practices. Every employee signs a Code of Conduct which states clearly, and without ambiguity, what our expectations are for each employee. Volunteers, including board members, are also held to those standards. Presbyterian Villages also requires that each board member and staff person in a position of authority, complete a “Conflict of Interest” statement annually. As Corporate Compliance officer for Presbyterian Villages, my job is to make sure that our procedures and practices are in compliance with all federal and state laws.

An important component of the corporate compliance program is our hotline where someone can report a concern or tip about a possible violation of our policies, procedures or any federal or state laws. Anyone may make a referral to the hotline. This may be done anonymously. The hotline is monitored daily during the week by me. You may also go to our website, www.pvm.org and submit a referral. Either way, when I get the referral, I open an investigation. First I must establish that this is indeed a corporate compliance issue and not another issue. If it is another issue, I forward the concern to the right department. If indeed it is a corporate concern, I begin an investigation. After conducting a full investigation I issue a report to the Presbyterian Villages of Michigan Corporate Compliance committee including an action plan that shows the steps that have been taken to fix the issue. In some cases my investigation shows that there was no violation. In all cases the investigation is conducted swiftly, confidentially and with integrity. If necessary violations are reported to the proper agencies for follow up.

If you have a corporate compliance concern, such as Quality of Care, billing practices, conflict of interest or any other compliance concern, please call the HOTLINE at 1-866-964-6494. Anyone, resident, family, vendor, or staff member can make a referral. Together we can keep Presbyterian Villages of Michigan an organization with the highest standards.



June News from our Wellness Coordinator

Hi Everyone!

I hope you are all enjoying our break from the snow finally, now if we could just get a break from this rain! Please note that there are a lot of fun and exciting things coming up in June. The biggest event being our Village Victory Cup! There is still room available for cheerleaders and team members, make sure to sign up as soon as possible! We still have practice every Friday from 3:00-4:00 in the fitness room. I think with a little bit of practice we can bring home the trophy this year!

Many of you have probably already noticed the newest addition to the community room, but some of you may not be aware. We have recently added in two vending machines, one for drinks and one for snacks. There will be many healthy options to choose from when it comes to drinks or snacks. On Wednesday, June 4th, our vending machine representative will be coming in at 11:00 am to hand out some free samples. This way you can try something new before spending any money to buy it. Who knows, you might find a new healthy snack that you really enjoy! During this time we will also be having a “Meet & Greet” session for all of our new residents and new staff members. Please come and join us for light refreshments as we take this time to get to know anyone that we have yet to meet!

You will also notice that we will be holding a craft session on Wednesday, June 11th at 1:00 pm in the Community Room. We will be crafting a lovely decoration for the upcoming 4th of July season! I hope to see many of you join in on this fun activity.

Zumba participants please note that we will be having Zumba at 11:30 on June 19th instead of 11:00 for other scheduling reasons. Please also note the change for the Birthday Celebration will now be on Monday, June 30th at 1:00 pm. It had to be moved around so that we can all go and participate in the annual Village Victory Cup!!

Thanks everyone!

Devin Fritzler, Wellness Coordinator

June News from our Wellness Coordinator

New Events in June

- **Vending Taste Test and Meet & Greet:** Wednesday, June 4th at 11:00 am in the community room. We hope to see you all there to try some new snacks and to get to know all of the new residents and staff members.
- **Summer Craft Session:** Wednesday, June 25th at 1:00 pm in the community room. We will be crafting a special craft for the upcoming 4th of July season. The cost will be 5\$ per person, you will be supplied with everything you need in order to make the beautiful door wreath.
- **Blood Pressure Readings:** Friday, June 13th at 2:00 pm in community room. Please feel free to come have a free blood pressure reading done by the new Wellness Intern, Julia. She will be taking blood pressures from 2:00—3:00 pm.
- **Patio Contest Pre-Judging:** Monday, June 16th at 1:00 pm. Please remember to sign up for the Patio Beautification Contest in the book up front! The staff will be going around to pick out the 3 best patios from the apartments and the 3 best patios from the cottages. The winner will then be chosen on Thursday, June 19th by our visiting Board Members! Any questions can be directed to Devin in the Wellness Department. Please sign up to be judged.
- **Beat the Heat Presentation:** Please join our new Wellness Intern, Julia, on Monday, June 23rd at 1:00 pm in the Community Room. She will be going over heat exhaustion and heat stroke issues. These will be great things to know about as the summer months start to heat up! Sign up for presentation in book.
- Please everyone keep in mind that when we go on our weekly grocery shopping trips, you are to be purchasing only what you can carry yourself. The “three bag rule” is a great reminder, just try not to pack the bags so full so that you cannot carry them yourself. We go to a grocery store once a week, there should be no problem keeping our purchases under control.

Theater Thursday

Feature Presentations:

- Thursday, June 5th: “The Secret Life of Bees” - Set in South Carolina in 1964, this is the tale of Lily Owens, a 14 year-old girl who is haunted by the memory of her late mother. To escape her lonely life and troubled relationship with her father, Lily flees with Rosaleen, her caregiver and only friend, to a South Carolina town that holds the secret to her mother's past. Taken in by the intelligent and independent Boatwright sisters, Lily finds solace in their mesmerizing world of beekeeping.
- Thursday, June 12th: “The Monuments Men” - An unlikely World War II platoon is tasked to rescue art masterpieces from Nazi thieves and return them to their owners.
- Thursday, June 19th: “Philomena” - A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.
- Thursday, June 26th: “Mandela: Long Walk to Freedom” - A chronicle of Nelson Mandela's life journey from his childhood in a rural village through to his inauguration as the first democratically elected president of South Africa.



June News from our Service Coordinator

A Friendly Word From Your Service Coordinator

Hello, everyone! I wanted to take a minute to share with you the importance of the educational programs I arrange monthly here at the Village. Aside from providing services, resources and assisting with paperwork, part of my job is to provide you all with educational information that will help you age in place and adjust to changes in your lifestyle due to aging. HUD requires me to host at least one educational program a month as part of my funding. In the last 6 months, participation in these programs has declined rapidly. Sometimes, I have programs that NO ONE attends. Because I spend a lot of time researching, finding and organizing outside presenters to come out and present these topics to us, it is disheartening to see the lack of participation. The programs that I am offering have a WEALTH of great and useful information! They are always free! And even if you think a topic may not apply to you right now, down the road something may happen and it may become useful to you. Or it can be something you share with others who need it. For those who DO and HAVE attended, I thank you very much! I have heard you say that the information is really helpful to you.

Please keep coming!

It is just as important for you to SIGN UP IN THE BOOK BEFORE THE DAY OF THE EVENT and MAKE SURE YOU MARK YOUR CALENDARS SO YOU DON'T FORGET! This way I can give presenters a head count before they arrive. If you can't get to the office to sign up, just give us a call and we will add you to the list. I want to be able to keep bringing in GREAT presentations for everyone. I want to be able to share new information with you that may be beneficial to you and your everyday lives. If you have a suggestion for a topic or presentation, please feel free to let me know!

Older Adult Issues

Older adults face many new challenges as they age.

Some are physical, some financial, and some relate to lifestyle changes.

This can be a difficult transition for many people who are not ready for these changes.

Join Stacey on Monday June 16th at 2:00PM as she welcomes

Mary Strobe from the Oakland County Health Department to discuss

things like medications, driving, home safety, food preparation

and how to adapt to changes in these areas as we age.

PLEASE SIGN UP IN THE BOOK BEFORE DAY OF EVENT.

*Light refreshments will be served

June News from our Service Coordinator

Resource of the Month: Medical Transportation for Medicaid Recipients

Do you have Medicaid?

Do you have a difficult time finding a ride to the doctor's office or other medical appointments?

LOGISTICARE is a transportation agency that works with people who have Medicaid to get them to their doctor's appointments FREE OF CHARGE. There needs to be a 2 DAY NOTICE before transportation is needed. Also, you must call and set up an account with LogistiCare BEFORE you start making transportation arrangements with them.

Their phone number is: (866) 569-1908

A representative will be able to assist you in getting enrolled in the system and on your way to medical transportation! If you want, you can also contact Stacey and set up an appointment with her to help you make the call.

Thank You from our Wellness Coordinator

Thank you to everyone who came and participated in the beautiful bridal shower that June Ard threw for me in May. I appreciate all of the gorgeous gifts and I feel so blessed to be a part of this community.—Devin Fritzler, Wellness Coordinator



June News from our Resident Council

President: Judy Shatto (248) 481-9568

Vice President: Dolores Ochoa (248) 535-7306

Secretary: Vernice Johnson (248) 622-4470

Treasurer: Catheryn James (248) 891-9290

- Please contact either Ruthie Griffin 248-322-4222 or Judy Shatto if you or someone you know has lost someone close to them, is feeling under the weather or just feeling a bit lonely so that we can send our best wishes in a card.
- We will be getting a horse shoe pit behind the Community Center in the month of June. To use this you must be at least 18 years or older and accompanied by a resident of the village.
- The Village People Chorus is in need of a volunteer pianist for all of their rehearsals on Wednesdays at 11:00 am in the Community Center, for the monthly birthday parties and any other events. Please contact Johnnette Washington at 248-242-1353 if you would be willing to help.
- Remember that the Resident Council meeting is June 24th this month. It is always the fourth Tuesday of the month. Everyone is encouraged to attend in order to get involved with the things going on within the village.
- Don't forget there is a suggestion box in the dining room by the bulletin board. This is for any questions, comments or concerns to be addressed to the Resident Council. We welcome all suggestions.

“I want to thank everyone for your get well wishes during my illness and your thoughts and prayers on the loss of my son. I really appreciate having such caring neighbors.” - Dolores Ochoa

June News from our Resident Council

Apartment Area Representatives:

Area 1: Buildings 1-9

- John People: 8D 248-979-1388 Bldgs. 1-5
- June Ard: 7C 248-322-4516 Bldgs. 6-9
- Felicia Hollis 9D 313-728-6647 Alternate

Area 2: Buildings 10-18

NEED AN AREA REP FROM THIS AREA

Area 3: Buildings 19-25

- Martha Cameron: 21C 248-253-1423
- Mary Alexander: 25C 248-334-3909
- Betty Ridley: 24B 248-622-4246

Area 4: Buildings 26-33

- Helen Houston: 26C 248-758-9262

Area 5: Buildings 34-38

- Judy Shatto: 38D 248-481-9568
- Jackie Voyles: 37B 248-874-0478

Cottage Representatives:-

- Janet DeVold: 1181 Heatherwood 248-874-3494: AR Heatherwood
- Harry Terrell: 1164 Heatherwood 248-874-2508: AR Heatherwood
- Carolyn Dalby: 390 Maplewood 248-230-7119: AR Maplewood

Care & Concerns: Ruthie Griffin 30C 248-322-4222

Birthday Cards: Betty Ridley 24B 248-622-4246

Garden Club: Jackie Voyles 37B 248-874-0478

Community Volunteer Projects: Vicky Clark 25A 248-635-4170

Liaison to VOW Board of Trustees:

Edith Gutowski 1197 Heatherwood, 248-276-9035

JUNE BIRTHDAYS

Elaine Marentette 6/2

Cora Bradshaw 6/30

Eola Boston 6/4

Johnnette Washington 6/5

Betty Carthens 6/6

Izora Evans 6/8

Thomas Palmer 6/8

Sophie Wasik 6/10

Savannah Doran 6/12

James Gilbert 6/13

Gloria Stokes 6/19

Connie Fan 6/23

Evangelina Chavez 6/27

Holly Hixon 6/27

Ida Fantauzzi 6/30



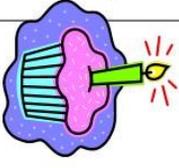
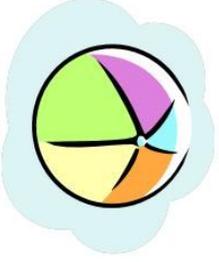
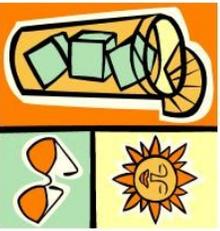
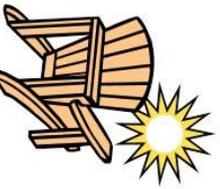
Please join us in celebrating our June birthdays!

We will have a party in the community center on 6-30-14 @ 1:00



June 2014

National Safety Month

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 NO EXERCISE	3 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS	4 9:00 Prayer Group 10:00 Strength Training 11:00 Vending Taste Test & Staff and Resident Meet and Greet	5 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 2:00 Theater Thursday "The Secret Life of Bees"	6 10:00 Total Body Workout 11:00 Walmart and Chase Bank 1\$ 1:00 Maintain Your Brain 3:00 VVC Practice	7 
8	9 10:00 Chair Yoga 11:00 Strength Training 1:00 Big Lots and Lunch	10 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 2:00 Garden Club	11 9:00 Prayer Group 11:00 Village Chorus 12:00 Meadow Brook Theatre and Lunch	12 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 2:00 Theater Thursday "The Monuments Men"	13 10:00 Total Body Workout 11:00 Meijer 1\$ 2:00 Blood Pressure Readings 3:00 VVC Practice	14
15	16 10:00 Chair Yoga 11:00 Strength Training 1:00 Patio Contest Judging 2:00 Older Adult Issues Presentation	17 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 2:00 Painting Class	18 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Family Dollar 1\$	19 10:00 Final Patio Judging 11:30 Zumba 1:00 Bible Study 2:00 Theater Thursday "Philonena"	20 10:00 Total Body Workout 11:00 Kroger 1\$ 1:00 Maintain Your Brain 3:00 VVC Practice	21 
22 	23 10:00 Chair Yoga 11:00 Strength Training 1:00 Beat the Heat Presentation FREE TABLE	24 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 12:00 Aldi 2\$ 2:00 Resident Council Meeting	25 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Summer Craft	26 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 2:00 Theater Thursday "Mandela: Long Walk to Freedom"	27 8:30 VILLAGE VICTORY CUP	28
29	30 10:00 Chair Yoga 11:00 Strength Training 1:00 Birthday Celebration 1:30 Bingo					31

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

Kevin Centala, Administrator
Stacey Molinaro, Service Coordinator
Nichole Ledwell, Receptionist
Sharon Benton, Administration Assist.
Devin Fritzler, Wellness Coordinator
Tim Coil, Lead Maintenance
Anthony Maitland, Maintenance

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

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

