



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

July

2015

Featured Articles

Administrator Notes	pg 1
Fitness in the Woods	pg 2
The Senior Advocate	pg 3
Giving Matters	pg 4
Wellness Coordinator	pg 6
Service Coordinator	pg 8
Resident Council	pg 9
Birthdays	pg 11
Monthly Calendar	pg 12
Contacts	pg 13

NOTES FROM THE ADMINISTRATOR

Summer has finally arrived at Oakland Woods and the Village is looking great. Thank you to everyone who contributes their own personal touch to their patios and entrances. We get so many comments on how incredible they all are. Keep them coming for the Patio Beautification contest in August.

As we talked about in the previous newsletter, we are combining the 35th Anniversary party with our now annual Health and Wellness Fair on Saturday August 22nd. We chose August to allow more participation and to allow your family members a chance to enjoy the event with you. We are still in the planning phase and hold regular meetings to get input from you on what you would like to be part of this event. We strongly encourage everyone to join in and make it their own. Contact the office or Devin Fritzier for additional details on how you can help. We need volunteers, donations of goods, services, food, drinks, entertainment and so much more. If you have a family member, friend or do business with a local merchant who could help us make this an incredible event we want to hear from you. It's a huge undertaking and we are putting out the call for help from all of you to ensure it is successful and fun for everyone.

For everyone who competed in this year's Village Victory cup challenge, a huge shout out for your efforts and enthusiasm. It was great to see so many of you there and engaged in our goal of regaining the cup in 2015. Keep it up!

A lot of improvements have been taking place and will continue through the summer. The first round of concrete repairs is completed but we will be doing a second round later in the summer if you have called about a crack or are of concern it will be addressed. The annual flowers have been installed and look amazing. The Garden Club, as always, has the Gazebo and Flag Pole looking sharp and they added a larger flag. Thank you ladies! New asphalt for the entire OW1 is coming in late July and you will be properly notified when your area will be done.

We have received a few comments about the new lawn crew. We ask for your patience as they learn the property and our exact need and requirements. Due to the excessive amounts of rain and our Village being adjacent to a wetland our grounds tend to stay wet for much longer than other areas. We have asked the company to skip any areas that a mower would cause tread damage if they drove over it. This means there are areas that have not been mowed every week. This is by design and not contractor incompetence. We appreciate your patience while we work through these issues but we can't control the weather.

Have a wonderful and safe July as we enjoy the heights of summer!

Kevin Centala, Administrator.



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

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Let Your Garden Grow



What better hobby than one that creates life! Gardening not only makes the environment around you bloom into something even more beautiful, it also provides some great health benefits. Here are a few important benefits to keep in mind as you plant:

Increases hand strength: Gardening keeps hand muscles healthy and strong, because of the continuous work it requires. Try maintaining a garden to lower the risk of your hands losing their agility!

Decreases risk of Alzheimer's disease: In a study, researchers found that daily gardening was one of the biggest activities that reduced the risk of dementia. This may be due to the amount of learning and problem solving that goes into managing a garden.

Improves immunity: While working outside in your garden, your body is turning sunlight into vitamin D. Vitamin D can help your body fight off diseases, and can also alleviate depression.

You can either choose to start plants from seed early in the season (6 weeks before the last frost) or buy starter plants any time during the summer. Pick out your favorites and watch them flourish!





The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center. Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer!





Giving Matters.

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

What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

Gifts that pay you income, like a Charitable Gift Annuity – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.

Gifts that benefit us after your lifetime, like a Bequest – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (_____ percent of the residue of my estate) or (the sum of \$_____), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.

Warm regards,
Paul J. Miller, CFRE

LEAVE A
Legacy

Ways to make a Planned Gift

Support PVM during your lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller
248.281.2045 www.pvmfgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION

July News from our Wellness Coordinator

Happy July everyone!!!

It is hard to believe that it is already July! Just a reminder, once again, as the weather starts to warm up and the humidity sky rockets, remember to drink plenty of water. You need to keep your body hydrated! If you simply don't like drinking water, try adding some fresh fruit to it, giving it a little bit of flavor. Make sure to be drinking at least 6 to 8 glasses a day. Drink more if you've been very active throughout the day.

I want to thank each and every one of you who pitched in and participated in the Village Victory Cup! We had such a great turn out of resident involvement this year and I was so happy to see you all there at practices and the day itself. Stop by the lobby to check out the results board if you missed the event. It will be posted on Monday, July 29th. There are extra shirts, if anyone is interested, please stop in my office to see if there might be one in your size.

There are many events coming up in July, therefore I must stress the importance of SIGNING UP. Space is limited for off site outings and you don't want to miss out on these great trips we have planned. So make sure to sign up as soon as possible for any trips you would like to be a part of. I would hate to have to turn anyone away on the morning of a trip, but all trips are first come first serve. So sign up early and also make sure to cancel, if you need to, as early as possible.

Once again, I must stress the importance of not over buying on grocery trips. I make sure that we go at least once a week to try to make your trips easier for you. I am now not allowed to be doing any heavy lifting and you should not be either. Please be aware of the amount being purchased, you should be able to carry and lift your bags with ease. Try to keep the rule of thumb, "If I can't lift this bag, it's too heavy". We definitely can make the exceptions for the occasional case of water or pop. Let's keep everyone safe and keep our bags light.

We have really been taking a crack at our bucket list lately, therefore, we need more items! If there is somewhere you've been wanting to go, or something you've been hoping to see, please let me know! I am always open to reasonable suggestions and I would love to help you check something off of your bucket list!

Have a great month everyone!!!

Devin Fritzler, Wellness/Activities Coordinator

New Events in July

- ✓ **Senior Power Day on Belle Isle:** Join us on Wednesday, July 8th at 9:00 am as we travel to Belle Isle in lovely Detroit! This is a new event happening on Belle Isle every Wednesday. There will be resource tents and much more available to you that day! Make sure to sign up as space is limited.
- ✓ **Lavender Festival Day Trip:** Make sure to sign up for our trip to the Lavender Festival on Friday, July 10th at 10:00 am. We will be going to Blake's Cider Mill for their annual Lavender Festival. The charge for entry is \$6.00 per person.
- ✓ **Movie Theater Trip:** We will once again be going out for a matinee movie at the movie theater on Wednesday, July 15th at 12:00. The movie we will be seeing will be announced closer to the date. If there is something you are hoping to see, please inform Devin.
- ✓ **Fitness Class Presentation:** Devin will be hosting a presentation on Monday, July 20th at 2:00 pm to explain in detail what happens in each exercise class that is offered. If you have been wondering about anything please stop in!
- ✓ **Eye Injury Prevention Presentation:** Wednesday, July 22nd at 2:00 pm meet with Devin to discuss how you can care for your eyes and your vision.
- ✓ **The Christmas Tree Store and Garden Ridge:** We will be going shopping on Thursday, July 23rd to The Christmas Tree Store and Garden Ridge. We will also be stopping for lunch while we are out!
- ✓ **Game Day and Pizza Lunch:** Join us in the Community Center on Monday, July 27th at 12:00 to enjoy some pizza and games! We will have the Wii going and also some other interactive games as well! Cost will be \$2.00 per person.

REMEMBER, YOU MUST BE SIGNED UP FOR ALL EVENTS

PRIOR TO THE DAY OF!

July News from our Wellness Intern

Move It or Loose It – the importance of daily physical activity

Kathleen Zintmaster

Adults 65 and older make up the most sedentary age group in American, with many individuals spending over 10 hours per day sitting or lying down. This means about 70% of older adults are not being active enough to obtain the multitude of health benefits that are possible from exercise. It is most commonly suggested that an older adult maintain 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week.

A sedentary lifestyle impacts an individual overall quality of life, level of independence, and risk of developing a chronic disease. Proper physical activity lowers an older adult's risk of breast, colon, or prostate cancer. It also decreases the risk of developing heart disease, Alzheimer disease, and type 2 diabetes mellitus. Physical activity slows the overall decline in functioning, such as reduced fall risk. With a physician's clearance, it is never too late to add exercise or light physical activity to your life, in turn, adding years to your life.

Adding regular physical activity is simpler than it sounds. It does not require a gym membership, extensive equipment, exhausting yourself, or too much of your time. In order to reap the benefits of exercise and physical activity try a 20 to 30 minute walk around your neighborhood five days per week – bring a friend with you and the time will fly by. If this seems like too much, that's okay. Start with a goal that seems realistic but still challenging. Starting with a ten minute walk or stretching session each day can change your whole week for the better. Make it a habit to walk or get up and moving during the same time each day, such as after your morning coffee, so that you will be less likely to skip you daily dose of physical activity.

In order to achieve the most beneficial exercise program possible remember to include four key elements: cardio, strength, flexibility, and balance training as you age. Any type of strength training or exercise has been proven to increase confidence and self esteem. Don't forget - the Oakland Woods Community Center offers strength training, stretch and flex, and Zumba classes for residents and community members. Summer is also the perfect time of year to start spending more time outside walking, gardening, or stretching. Move it or loose it.



July News from our Service Coordinator

As some of you may know already, Stacey Molinaro is no longer with The Village of Oakland Woods. Patti Mayes will be here temporarily to help out in the interim. She wants you to know that she will be scheduling appointments for help with Home Heating Credits, and will even make a home visit if needed. A Consumers bill is needed from December or January if you have it, otherwise a call can be made to them. Your income for 2014 will also be needed.

Did you ever wonder about the TOPS group that meets here every Tuesday at 11:00? TOPS is a hands on, pounds off approach to weight loss. ARE YOU READY TO STOP DIETING AND MAKE CHANGES? TOPS helps you reach your weight loss goals by providing the information, support and accountability needed for success. TOPS winning formula has been around for over 60 years! The fees are minimal: \$32.00 per year to the TOPS organization, which includes an excellent bi-weekly magazine delivered to your door plus \$4.00 a month for meetings.

Come to a meeting and check us out. First meeting is always FREE!!!



July News from our Resident Council

President: Judy Shatto (248) 499-8574

Sympathy Cards: Ruthie Griffin 248-322-4222

Vice President: Dolores Ochoa (248) 535-7306

Don't forget to

Secretary: Vernice Johnson (248) 622-4470

read your newsletters!

Treasurer: Catheryn James (248) 891-9290

- We will be adding a bright solar light around our flagpole area. It will be 14-15' off of the ground and will be installed by Flagpole Etc. Co. from Holly, MI. Our flag ceremony was delayed due to weather, so be sure to keep an eye out for the updated date. There will be a Spaghetti Dinner Fundraiser in the fall in order to help with the cost of the new flag, flag-pole restringing and the solar light.
- Recycling here at Oakland Woods: We are now able to recycle cans mixed with our secured plastic and paper. NO GLASS PLEASE!! Also, please do not place trash in the blue garbage/recycling bins located outside of the community center. These are strictly for recycling. Please let family members know as well, that these are not garbage bins. All garbage must be taken to the proper dumpsters. Also, remember that every Saturday you can recycle paper, plastic, cans, glass, foam or cardboard at Pontiac City Hall. See Judy for any questions.
- We will be having our patio beautification contest coming up in August! Make sure to keep an eye out for the dates and rules!
- Judy will be posting photos from around the village once again on the bulletin board in the community room. Check them out and try to guess where they are and you might just win a prize.



Christmas in July

The Pontiac Sun Time Bank will be hosting a Christmas in July party. Join them at the Lighthouse of Oakland County on Tuesday, July 14th from 5—8 pm. There will be an appearance by Santa, Christmas carols, and other mixed music. They are asking that anyone wishing to come brings a dish to pass and a wrapped gift (nothing over \$2.00) for a fun gift exchange.

They hope to see you there.

46157 Woodward Avenue, Pontiac, MI 48342



Bucket List Ideas

We still need your bucket list ideas!!

If there is anything you've been wanting to do,
or anything that you have been hoping to see,
please let Devin know!

We have been busy checking items off of our
bucket list but we are always looking for
reasonable suggestions!



JULY BIRTHDAYS

Mary Snoddy – 7/1

Mary Hudson—7/2

Harry Terrell—7/2

Ester Hood—7/5

Hannah Cole—7/6

Pauline Wylie—7/7

Vernon Snoddy – 7/12

Ruthie Griffin—7/12

Sharon Robinson—7/13

Essie Rimson—7/15

Lorraine Atchison—7/17

Frances Metcalf—7/21

Arzola Bishop—7/24

Judith Plaunt—7/25

Susan Wright—7/27

Judy Shatto—7/28

Bonnie Bliszack—7/29

Patty Serda—7/29



Happy Birthday!

Please join us in celebrating our June birthdays!

We will be celebrating our birthdays this month on Friday July 24th at 1:00 pm!



BE SURE TO CHECK THE CALENDAR FOR ALL
EVENTS AND MAKE SURE TO CHECK THE DATE
FOR THE MONTHLY BIRTHDAY PARTY!

HAVE A GREAT MONTH!

July 2015

Eye Injury Prevention Month

SU	MON	TUE	WED	THU	FRI	SAT
			1 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus	2 10:00 Stretch and Flex 11:00 BOSU Stability Class 11:00 Bible Study 1:00 Zumba	3 10:00 Total Body Workout 10:00 Walmart & Chase \$1	4
						
5	6	7	8	9	10	11
	Office Closed For 4th of July Observance	10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Meijer \$1	NO EXERCISE 9:00 Senior Power Day on Belle Isle	10:00 Stretch and Flex 11:00 BOSU Stability Class 11:00 Bible Study 1:00 Zumba	NO EXERCISE 10:00 Lavender Festival Day Trip 	
12	13	14	15	16	17	18
	10:00 Strength Training 2:00 Fitness Class Presentation	10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 12:00 Movie Theater Trip	10:00 Stretch and Flex 11:00 BOSU Stability Class 11:00 Bible Study 1:00 Zumba FOCUS HOPE	10:00 Total Body Workout 11:00 Kroger \$1	
19	20	21	22	23	24	25
	NO EXERCISE 	10:00 Stretch & Flex 11:00 Zumba 11:00 TOPS 2:00 Resident Council Meeting	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 2:00 Eye Injury Prevention Presentation	10:00 Stretch and Flex 11:00 The Christmas Tree Store and Garden Ridge	10:00 Total Body Workout 11:00 Hollywood Market \$1 1:00 Birthday Celebration & Bingo	
26	27	28	29	30	31	4
	10:00 Strength Training 12:00 Games & Pizza Lunch	10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Aldi \$1	10:00 Stretch and Flex 11:00 Bible Study 1:00 Zumba	10:00 Total Body Workout	

**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

Sharon Benton, Administrative Assist.

Nichole Ledwell, Administrative Assist.

Devin Fritzler, Wellness/Activities Coordinator

Heather Curtis, Leasing and Marketing

Tim Coil, Lead Maintenance

Matthew Myers, Maintenance

Emergency Maintenance

(248) 330-0213

On-Site Security

(248) 917-2539



**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

Pontiac, MI 48341

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

