



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

October

2015

Featured Articles

Administrator Notes	pg 1
Fitness in the Woods	pg 2
Senior Advocate	pg 3
Giving Matters	pg 4
Wellness Coordinator	pg 5
Service Coordinator	pg 8
Resident Council	pg 9
Birthdays	pg 10
Monthly Calendar	pg 11
Contacts	pg 12

NOTES FROM THE ADMINISTRATOR

Fall is upon us and that means changing weather, leaves turning colors and lots of stuff happening at the Village. As we move from summer to fall we want everyone to be aware of the falling leaves and that they can become slippery when wet. Please be careful as you walk the campus and we will do our best to keep the sidewalks and driveways clean and safe.

We will be starting the annual gutter cleaning project to remove the leaves and debris from all of the gutters and downspout areas around the Village. Also additional concrete repairs to the sidewalks will be occurring later in the month.

October has some very exciting and interesting activities and events planned so be sure to check the events calendar and join us for some fun and adventures.

We will be conducting the annual fire drills on Monday October 19th. If you are in the apartments we will be notifying you of the time for your area that the drill will be performed and how you can help us make it a success. If you are in a cottage we will be notifying you of the time for your building that day. It doesn't take much but a couple of minutes to ensure that we are all aware of the proper exit points from your units in case of a fire. Your participation in the drills is a valuable part of the safety program at Oakland Woods and we thank you in advance for your anticipated cooperation.

A gentle reminder to all residents, that smoking in your home is a lease violation and we are moving forward with a zero tolerance policy on this matter. If you are a smoker you are allowed to do so anywhere on the campus except inside your unit. And please be a good neighbor and dispose of your cigarette butts accordingly.

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

October is National Breast Cancer Awareness Month

Although breast cancer is the second leading cause of death among women, because of early detection and treatment an increasing number of women diagnosed with breast cancer are beating the disease. According to the American Cancer Society (ACS), when breast cancer is detected early and is in the localized stage, the 5 year relative survival rate is 100%. To detect breast cancer early, the ACS recommends that beginning at age 40 women have both an annual clinical breast exam (CBE) performed by their health care provider and an annual mammogram for as long as they remain healthy. It is important to remember that it is health status, not age that should determine whether or not to continue with regular mammograms. As long as you remain healthy and don't have a serious, chronic health condition you should continue getting an annual mammogram. And though mammograms aren't fool proof, they are an important tool in detecting breast cancer early. To learn more about the early detection and treatment of breast cancer, visit www.cancer.org and/or www.nationalbreastcancer.org.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

TOTAL SOLUTIONS FOR AGING WELL

PVM is in the midst of our 70th Anniversary. We have been known as innovators since the beginning and continue to provide creative solutions for enjoying life to the fullest. If you are a PVM resident, a caregiver, or simply a senior who is wanting to remain where you are safely and securely, we have a new service to help you or a loved one. We have piloted a program at The Village of Westland for five years with high customer satisfaction and are now launching it to all of our Villages as well as entire communities throughout Michigan. The program is called CareSync Solutions and is already receiving rave reviews. It is a joint venture between PVM and Homestead Home Health Care Services, our partner in the Westland pilot.

Whether you are looking for the comprehensive medical care that will help you stay in your home, or the stress-reducing personalized assistance that will help make your life a little easier, CareSync Solutions' innovative approach combines time-tested talents and the latest technology to meet the needs of any individual, family or community. Whether it's transportation, telehealth, home repairs, or meal preparation, CareSync's experienced staff will work tirelessly to meet your needs and keep you healthy at home.

Sometimes just a little help can keep oneself on a good path of health and longevity, as well as the ability to remain independent. If you would like to know more about these services, call (248) 773-4550 or check out the website at www.caresyncsolutions.org. For PVM residents, you can also talk with your Village staff.

We wish all of our readers the chance to live life to the fullest in the setting of your choice.





Giving Matters.

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

Celebrate PVM's 70th Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12th annual PVM Foundation Gala on Friday, November 13th at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70th anniversary with a special theme of "**70 & Still Making Waves.**" The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

When: Friday, November 13, 2015

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:30 p.m. General Cocktail Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: **\$250 Individual Ticket*** includes General Reception, Dinner & Program

\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating

at Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation

And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit www.pvmfoundation.org/Gala2015. Thank you for supporting PVM residents and I hope to see you on November 13th!

Warm regards,

Paul J. Miller, CFRE



October News from our Wellness Coordinator

Hi everyone!

I hope you are all enjoying the absolutely beautiful fall weather we have been having! Now is the perfect time to get out for a lovely fall walk around our campus! Grab a friend, some comfy shoes, a bottle of water and take a stroll. We have a gorgeous campus to walk around so don't miss out, the snow will be here before we know it.

I want to start out by saying thank you to each and every one of you who has dropped by with a baby gift or to simply extend your prayers for my baby girl who is due next month. I appreciate all of the well wishes more than you know and more than I can even say. It is such a nice feeling to know how much many of you think of myself and my growing family. I do have thank you cards for everyone but I will get them to you as soon as possible! I want to extend a special thank you to the garden club members who organized such a beautiful luncheon in honor of my new addition. It was so great to have time to mingle with so many of you wonderful ladies. Thank you again.

On that note, we have A LOT of trips and outings planned for October. You will notice that the further into the month of October we get, the closer to home our trips will become. October will most likely be my last month for trips and excursions so I have packed our month full. Due to the fact that after a certain point I could welcome my new baby girl, please be aware that some of these trips may be cancelled or rescheduled. Please make sure that you sign up for any trips you are hoping to go on, as we have had many trips fill up. On the other hand, if you need to cancel please do so right away so that those residents on the waiting list may fill your spot on the bus.

Thank you all again and have a wonderful month!

Devin Fritzler, Wellness Coordinator



New Events in October

- ✓ **Great Lakes Crossing Day Trip:** We will be heading to Great Lakes Crossing Shopping Mall on Monday, October 5th at 11:00 am. You will have the chance to do some shopping, get some lunch or even see a movie. Sign up ahead of time for this event.
- ✓ **Senior Power Days on Belle Isle “Jazz on the Isle”:** Once again we will be heading to downtown Detroit to enjoy the FREE event on Belle Isle for seniors. This month we will be going to “Jazz on the Isle”. Sign up ahead of time as space is limited.
- ✓ **Canterbury Village:** We will be going to Canterbury Village on Monday, October 12th at 11:00 am. You will have the chance to shop in the stores, each lunch at the restaurants or buy some cider and donuts at Yates Cider Mill. Hope to see you there!
- ✓ **Meadow Brook Theatre and Lunch:** Once again we have received tickets through a donation and therefore we will be heading back to Meadow Brook Theatre at Oakland University for the first time this season on Wednesday, October 21st at 11:30 am. We will be stopping for lunch beforehand. Sign up as space is limited. ***IF YOU HAVE SIGNED UP FOR THE FLU SHOT CLINIC, YOU WILL NOT BE ABLE TO ATTEND MEADOW BROOK THIS TIME. YOUR FLU SHOT AND HEALTH IS MORE IMPORTANT.***
- ✓ **Dental Hygiene Presentation:** Meet in the community center on Monday, October 26th at 2:00 pm. We will be recognizing the fact that October is National Dental Hygiene Month. So please attend to get some great tips and tricks for keeping yourself healthy! Fun prizes will be given away and light refreshments will be served. Please sign up ahead of time.

REMEMBER, YOU MUST BE SIGNED UP FOR ALL EVENTS, EVEN GROCERY SHOPPING TRIPS, PRIOR TO THE DAY OF!

Theater Thursday

- ♣ **Thursday, October 1st: “Mortdecai”** - With the Russian Mafia on his trail, an urbane but unscrupulous art dealer sets off on a quest to recover a purloined painting that's allegedly connected to a bank account chock-full of Nazi treasure.
- ♣ **Thursday, October 15th: “Home”** - On the run from cosmic enemies, a band of aliens arrives on Earth looking for a safe haven, but one of them inadvertently gives away his location. As the extraterrestrial refugee desperately tries to avoid capture, he begins learning about humans.
- ♣ **Thursday, October 22nd: “Big Eyes”** - This biopic tells the complex story of Margaret Keane, the American painter who came to prominence in the 1950s and was known for her pop art paintings that often featured children with large doe eyes.



October News from our Service Coordinator

Hello Residents,

I have had a great start meeting with many of you and doing your annual assessments to make sure you are receiving all services and programs your income qualifies you for. My goal is to continue these meetings and hopefully I will get to everyone by the end of next month! If you would like to schedule a meeting with me, please do not hesitate to call! For those of you I have not met with yet, I encourage you to come to my **“Meet and Greet” in the community room on Tuesday, October 6, 2015 at 1:00 p.m.** We will have coffee and refreshments and it will be a great time to introduce myself and enjoy some great conversation. Please read on to see some of the great programs I have arranged for the rest of the month. Looking forward to seeing some new faces J

-Andraya

Coming to the Village of Oakland Woods in October... The At Your Service Concierge Program

Home helpers mission is to make life easier **wherever you call home**. When you're living in a senior community and you need a little extra attention, the At Your Service Concierge Program provides individualized care in your current residence. They can bring the experience of our senior home care services to you at an affordable price.

Possible activities include:

- Schedule Appointments
- Housekeeping
- Laundry
- Medication reminders
- Accompanying/transporting to medical appointments
- Shopping and grocery trips
- Walking the dog
- Drop in visits

And much more!

15 minutes of work=\$7, 30 min=\$14, 45 min=\$21, 60 min of cleaning=\$28

Each resident that is interested will have a personal meeting with the coordinator before any services are performed so you will have a confirmed plan of action and a price you can afford. Please come to the informational Presentation on **Friday, October 9, 2015 at 1:00 p.m.** to find out more information about this wonderful service!



The Flu Clinic with the Medical Team is this month! Make sure to bring your insurance cards to Andraya ASAP in order to receive your flu shot. This will make the process very easy! There will be no walk-ins welcome that day.

THE FLU SHOT CLINIC will be in the community room library on OCTOBER 21st at 1:00 PM

Dai Care Services will be here on **October 28th at 2:00 PM** to do a presentation on “German Culture” This will involve music, information, and possibly some dancing. This is a great opportunity to learn more about the heritage of some of your neighbors or if you are German, please come and share your own stories and experiences.



October News from our Resident Council

President: Judy Shatto (248) 499-8574

Vice President: Dolores Ochoa (248) 535-7306

Secretary: Vernice Johnson (248) 622-4470

Treasurer: Catheryn James (248) 891-9290

Sympathy Cards: Ruthie Griffin 248-322-4222

Don't forget to read your newsletters!

- Note from Resident Council President, Judy Shatto: "Recently I started watching a PBS program on Saturdays at 6:30 pm called, "One Foot in the Grave". I thought I would share the time for the show with all of you as well as the lyrics to the opening credits.

"They say I might as well face the truth, that I'm just too long in the tooth.

Oh I'm an O.A.P. and weak-kneed, but I have not yet quite gone to seed.

I may be over the hill now that I have retired, fading away but I'm not yet expired.

Clapped out, rundown, too old to save. One foot in the grave.

They say I might as well face the truth. That I'm just too long in the tooth.

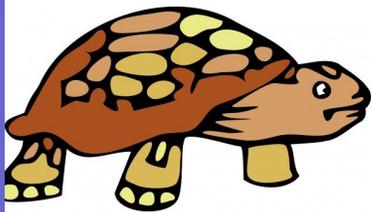
I've started to deteriorate, and now I've passed my own sell-by-date.

Oh I am no spring chicken it's true, I have to pop my teeth in to chew.

And my old knees have started to knock, I've just got too many miles on the clock.

So I'm a wrinkly, crinkly, set in my ways. It's true my body has seen better days.

But give me half a chance and I can still misbehave. One foot in the grave."



- Please remember we would like to know what YOU want at the Village of Oakland Woods. Share any talents/life skills you may have, any presentation topics you may want to hear, any games you would like to play. Please drop your suggestions in the box in our community room.
- We are still collecting much needed school supplies in our front lobby for WHRC.
- Our next resident council meeting will be Tuesday, October 27th at 2:00 pm. Please plan to attend our meeting, there will be plenty of useful information for all!
- Any questions or concerns you have please feel free to call or see the resident council president, Judy Shatto.

OCTOBER

Viola Hunter—10/4
Hilda Bass—10/6
Robert Strawter—10/10
Major Kelley—10/10
Ruby Phillips—10/13
James Phippen—10/16
Dolores Terrell—10/17
Cornelia Crooks—10/18
Josephine Valderas—10/20
Thelma Munson—10/24
Lena Jordan—10/25
Charles Paige—10/25
Dorothy Dye—10/29
Helen Houston—10/29
Virginia Bertoncello—10/30
Glyndon Holland—10/31

Staff Birthdays:

Kevin Centala, Administrator—10/30
Tim Coil, Maintenance— 10/12

**Remember to
wear your best
costume to our
birthday celebration!
There will be a
costume contest
and prize!**

Please join us in celebrating our October birthdays!

We will be celebrating our birthdays this month on Friday, October 30th 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!

October 2015

National Dental Hygiene Month

SU	MON	TUE	WED	THU	FRI	SAT
						
4	5 10:00 Strength Training 11:00 Great Lakes Crossing Day Trip	6 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:30 Bible Study 2:00 Meet & Greet with Andraya	7 9:00 Senior Power Days on Belle Isle "Jazz on the Isle"	8 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday	9 NO EXERCISE 1:00 Home Helpers Presentation 2:00 Hollywood Market	10
11	12 10:00 Strength Training 11:00 Canterbury Village	13 10:00 Stretch and Flex 11:00 Bingo & Blood Pressures 11:00 TOPS 1:30 Bible Study	14 NO EXERCISE 9:00 Prayer Group 11:00 Village Chorus	15 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday FOCUS HOPE	16 10:00 Total Body Workout 11:00 Aldi	17
18	19 10:00 Strength Training 11:00 Dollar General	20 10:00 Stretch & Flex 11:00 Zumba 11:00 TOPS 1:30 Bible Study	21 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 11:30 Meadow Brook Theater and Lunch	22 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Thursday	23 10:00 Total Body Workout 11:00 Kroger	24
25	26 10:00 Strength Training 2:00 Dental Hygiene Presentation FREE TABLE	27 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:30 Bible Study 2:00 Resident Council	28 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 2:00 German Culture Presentation	29 10:00 Stretch and Flex 11:00 Zumba 1:00 Meijer	30 10:00 Total Body Workout 1:00 Birthday Celebration & Bingo	31 HALLOWEEN 

**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

Andraya Przekora, Service Coordinator

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**

