



# Village News



## Embrace the possibilities

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

March 2017

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### Notes from the Administrator

Happy almost Spring everyone! With the great weather lately it is hard not to dream of warmer and longer days ahead. As we move into March we will be completing the community room carpet and paint renovations. Please take a moment to stop up and take a look at what we have accomplished.

Our 2017 Village Victory Cup team practices have begun in earnest and we need you to help fill out the Oakland Woods roster. Even if you are not competing come on down and support and encourage your neighbors as they work to bring the cup home in 2017.

Next month will begin our annual Friends and Family Fundraising campaign. We would like your input on what special project you would like to see for Oakland Woods in 2017. Please forward your suggestions to the main office by e-mail, letter or fax. We are looking forward to reading your thoughts on this.

While the reprieve from the nasty weather has been nice we must remain vigilant in our efforts to ensure safety on the campus during the winter months. So please continue to work with the office to ensure all surface areas are clear of ice and snow as we move towards the spring.

Please check your activity calendars at the back of the newsletter for dates and times for a very extensive schedule of events and wellness programs.



The Village of  
**Oakland  
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





# Giving Matters.

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

## Saving More Than Daylight

### *Your legacy can change a life.*

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, **it's a gift.**

The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization.

The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service.

**Spring forward—and into action this March.** The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you.

Visit [mylegacy.pvmf.org](http://mylegacy.pvmf.org) for more information.

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

Paul J. Miller, CFRE



A GIFT IN  
YOUR WILL  
*can change  
the lives  
of seniors.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...**

**Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller**

**248.281.2045**  
[www.pvmf.org](http://www.pvmf.org)



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## “S” stands for Sleep

In December, I introduced you to MESH. It's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the “S” (sleep).

According to Dr. Thomas, we shouldn't accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it's not. Everyone needs sleep. Sleep is nature's way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won't adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it's time for sleep;*
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;*
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;*
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;*
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and*
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.*



For more tips and other information on sleep, visit [www.sleepfoundation.org](http://www.sleepfoundation.org).



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## HERITAGE AND LEGACY

With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!



Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michiganians do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications, conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at [www.michigan.gov/library](http://www.michigan.gov/library) or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday – Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy. Enjoy!



# Service Coordinator News

By Danette Pye,  
Service Coordinator

*“At the end of the day all you need is hope and strength. Hope that it will get better and strength to hold on until it does.”*

## **IDENTIFY THEFT**

Michigan Department of Attorney General will be here on **March 20<sup>th</sup> at 1:00 p.m. in the Community Room** to do a Presentation on **“IDENTIFY THEFT.”** This presentation will consist of signs of identity theft, fraud and protecting your personal information as well as what to do if you become a victim.

## **FREE TAX PREPARTATION FOR SENIORES**

Free Income Tax Preparation for seniors is available for those interested. Information regarding these services has been placed on the small table outside of the office. Appointments must be made in advance.

## **Kidney Disease Month**



March is National Kidney Month. To learn more about kidney disease, see your Service Coordinator for more information.

## **SEMINAR & BLOOD PRESSURE WITH ANGELIC HEART HOME CARE**

Please see your calendar for dates.





# Wellness Coordinator News

By Daniela Blechner,  
Wellness and Activities Coordinator

**This month, I have included a research article that was passed along to me. The article addresses a concept I am continuously trying to emphasize—for both men and women! Please take a minute to read the article written below. There is no better time than now to begin your own new exercise routine. I am here to help you establish a healthy and active lifestyle, please come to me with any questions, comments or concerns!**

## Sitting too much can age women by 8 years

**A recent study found that women who sit for more than 10 hours a day with little physical activity have cells that are biologically older.**

Eight years. Imagine yourself eight years ago – regardless of your age now, eight years ago you likely had more energy and vitality than you do now. Eight years of age is significant – and according to a new study, our time spent sitting combined with low physical activity can accelerate biological aging by that much.

Researchers from the University of California San Diego School of Medicine found that women between the ages of 64 to 90 who sat for more than 10 hours a day with less than 40 minutes of daily moderate-to-vigorous physical activity had shorter telomeres. Telomeres are the caps at the ends of DNA strands, often likened to the tips of shoelaces, that protect chromosomes. Shorter telomeres have been associated with increased incidence of diseases and poor survival.

The researchers found that the long-sitting/low-activity women had cells that are biologically older by eight years compared to women who are less sedentary.

"Our study found cells age faster with a sedentary lifestyle. Chronological age doesn't always match biological age," says Aladdin Shadyab, PhD, lead author of the study.

Shadyab and his colleagues say that this is the first time that the combination of sitting time and exercise has been objectively measured to determine aging biomarkers.

For the study, almost 1,500 women, ages 64 to 95, participated. The women are part of the larger Women's Health Initiative (WHI), a national, longitudinal study looking at chronic diseases in postmenopausal women.

However, despite the grim findings, the researchers also found that women who sat for long periods during the day did not show the same aging if they included physical activity in their routines.

"We found that women who sat longer did not have shorter telomere length if they exercised for at least 30 minutes a day, the national recommended guideline," says Shadyab. "Discussions about the benefits of exercise should start when we are young, and physical activity should continue to be part of our daily lives as we get older, even at 80 years old."

Which just adds more fuel to the idea that physical activity is some of the best preventative medicine out there. At the very least, get walking – you have nothing to lose and years to gain.

Source: <http://www.treehugger.com/health/how-sitting-too-much-can-age-cells-8-years.html>

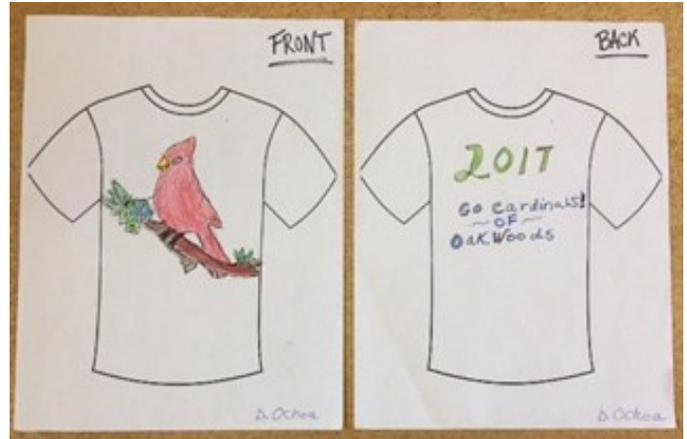
# T-SHIRT DESIGN CONTEST!

Please vote for only one t-shirt design. Please circle which design you like most, and then submit your response to Daniela no later than Wednesday, March 22nd.

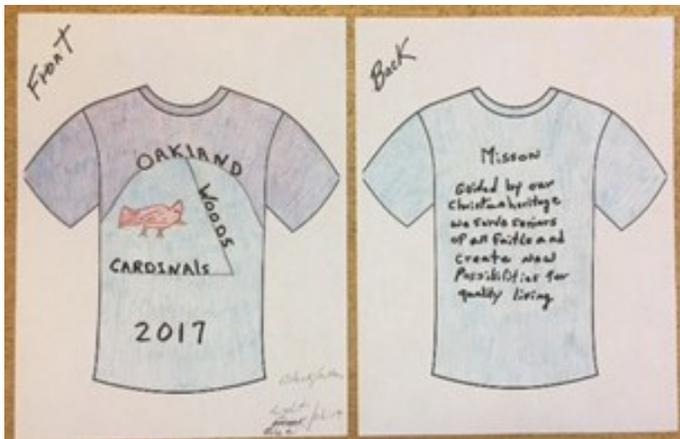
1)



2)



3)



4)



**\*\*Thank you to all who participated in this contest. You have created amazing & beautiful designs, and you have each really shown your Cardinal's team spirit!\*\***

# MARCH EVENTS

**Cracker Barrel Brunch & Shopping:** We are kicking off the month of March with a trip to Cracker Barrel. On **Thursday, March 2nd at 10:30am** we will be traveling to have brunch/lunch at Cracker Barrel, followed by a little bit of shopping at their “Country Store”. Cost of food and any shopping items will be the responsibility of the residents attending. Please be sure to sign up in advance!



**Village Victory Cup (VVC) Practices:** Our VVC practices will continue in March, and we are hoping to grow our team even more! If you missed our informational meeting about the Village Victory Cup back in February, no worries! We still have spaces available on teams, and plenty of time to practice before the big event in June. This is a wonderful opportunity to spend time with friends & neighbors, or meet new people within the Oakland Woods community! Let's work together to make this year's showing at the Village Victory Cup our best one yet! Check your calendar for bi-weekly practices.



**Walking Group:** We will be introducing a short Walking Group to coincide with our Sit and Be Fit Class. We will meet every other Wednesday, right after Sit and Be Fit, to take a stroll around the Community Center. If walking is something you are looking to work on, this is a great opportunity for you! We will start out easy and short with our walks, and eventually as the weather changes and our endurance increases, we may take our Walking Group outside! This is a small time commitment for a huge benefit. I highly recommend everyone partaking in this group, even if you do not attend Sit and Be Fit. Please see your March Calendar for exact dates and times for our Walking Group.

**Tour of Pewabic Tile Factory:** I am thrilled to announce that we will be taking a very special tour of the Pewabic Tile Factory located in downtown Detroit. This is a very unique experience, where we will have a first-hand look at how these special tiles and pieces of art are made—from sculpting, to painting, to being placed in the kiln. It is sure to be an informative and interesting tour! Our trip is planned for **Monday, March 13th at 9am**. Oakland Woods will be covering the cost for this tour. Please only sign up for this trip if you are absolutely certain you are able to attend. Exact numbers of attendees will be necessary to have prior to our trip date. Thank you!



# MARCH EVENTS CONT.

## **March Madness Watch Party:** It's college basketball season!

The March Madness tournament kicks off the week of March 13th, and we will be having a viewing party for the afternoon game(s) airing on **Thursday, March 16th**. The exact teams/games we will be watching, and the start time for the Watch Party are yet to be determined, since the selection for the tournament does not happen until March 12th.



Please look for an announcement the week of March 13th stating what time our Watch Party will officially start. Snacks and refreshments will be served, so please be sure to sign up in advance!



## **St. Patrick's Day Birthday Celebration & Bingo:** We will be com-

binning our celebration of March Birthdays with the celebration of St. Patrick's Day on **Friday, March 17th at 2:30pm!** Please come and join us for (green) sweets, snacks and refreshments. We will also host a few rounds of bingo, and add in a little St. Patrick's trivia to the afternoon—several ways to win prizes! I hope you have the "luck of the Irish"!

## **Detroit Symphony Orchestra (DSO):** For those who signed up for our trip to the DSO,



we will be traveling to the Symphony on **Friday, March 23rd at 9:15am.** For those of you who have not made your \$7 payment to attend the trip, please turn your payment into me by **Wednesday, March 15th.** I'm very much looking forward to this trip, and to the wonderful music we will get to experience! If there are any questions or concerns in regards to this outing please come see me.

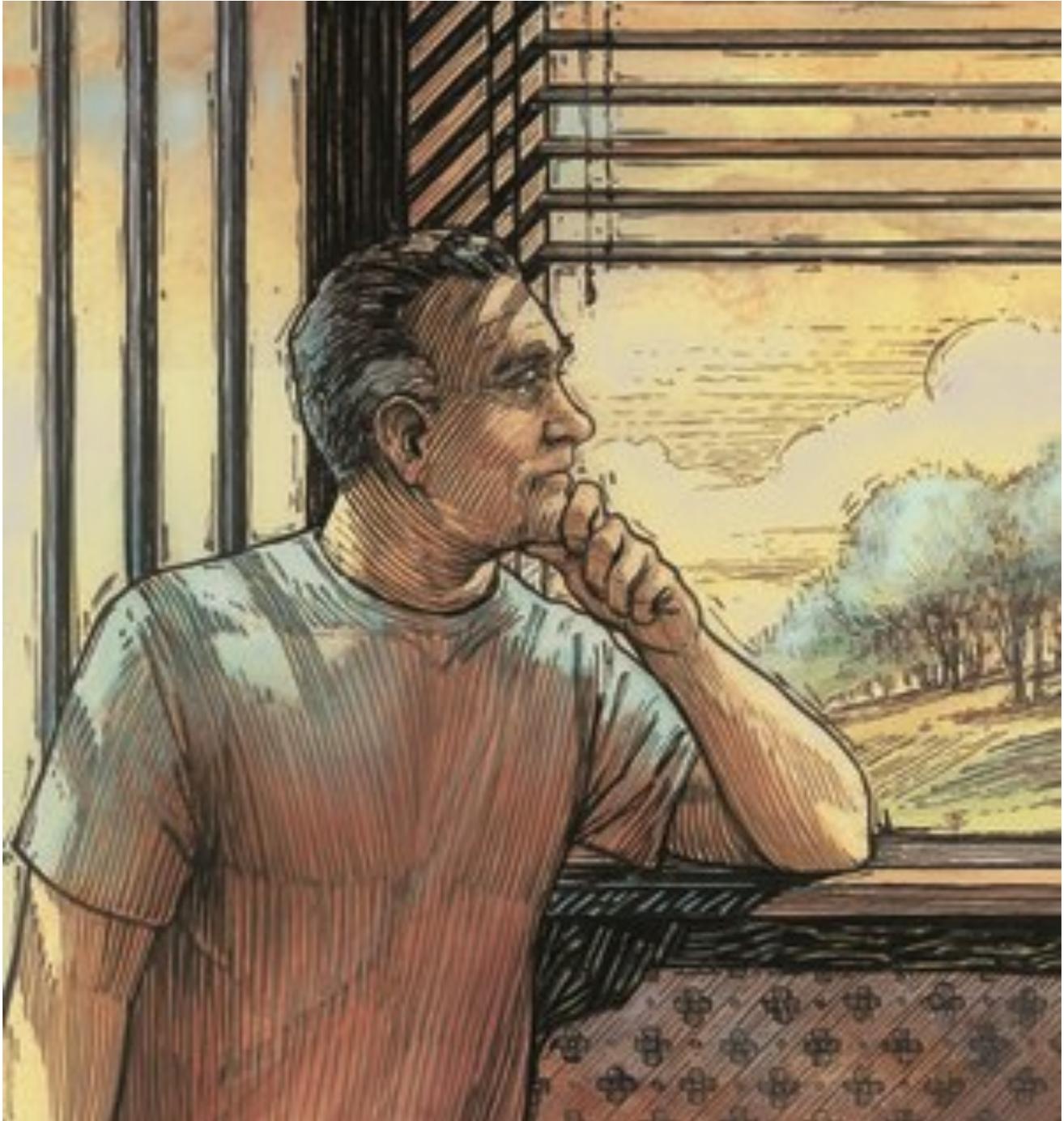
**Meadow Brook & Lunch:** Our Meadow Brook Theater performance is scheduled for **Wednesday, March 29th at 11:30am.** The play being put on is titled "The Unavoidable Disappearance of Tom Durnin", and a description is listed on the next page of your newsletter. We will also be stopping for lunch beforehand at TGI Fridays. Residents will be responsible for the cost of their own lunch. Please be sure to sign up for the outing so the lunch reservation may be made appropriately.

**Ollie's Shopping Trip:** It was suggested to me that we make a trip to "Ollie's" at some point in March. So we will be traveling to the Ollie's Outlet located off of Hall Rd. on **Thursday, March 30th at 11am!** This store offers an array of discounted items, and it is also located near a few other stores in the same complex—such as Target—in case those residents joining the trip would like to make stops at other stores as well. Please be sure to sign up in the Sign Up Book before the date of the trip. Thank you.



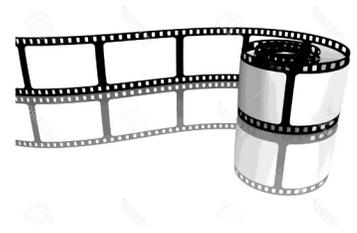
# MEADOW BROOK THEATER PRESENTS:

## *The Unavoidable Disappearance of Tom Durnin*



Tom Durnin did the time for his white-collar crime. Now, he's determined to win back the respect he believes he deserve---even if that mean ripping part the new life his family has so carefully put together in his absence. Tom's son warily allows his father to camp out on his couch, hoping the man who let everyone down has finally turned a new page. After a lifetime of empty promises, can Tom find a place in a family that has worked so hard to move on without him?

# Theater Thursday



**Thursday, March 9, Brooklyn:** After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men.

**Thursday, March 23, Wild Oats:** Eva (Shirley MacLaine), a widow and retired history teacher, enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. At the not-so-gentle urging her best friend Maddie (Jessica Lange), Eva deposits the money and the two friends head to the Canary Islands with every intention of living it up. But their fantasy is short-lived when they discover that they have become media sensations overnight. Fugitives from justice, the two are forced to outwit a trio of con men, led by the local Wine "warlord", Carlos (Santiago Segura), outmaneuver a dogged life insurance agent Vespucci (Howard Hesseman).



# ST. PATRICK'S DAY TRIVIA:

**1. Which of the following foods might be served at a feast for St. Patrick?  
Corned beef and cabbage, roast pig or salted cod?**

**2. Where was St. Patrick born?**



**3. Where is the largest St. Patrick's Day parade?**

**4. What kind of creature does legend say St. Patrick drove out of Ireland?**

**5. What color was originally associated with St. Patrick?**

**6. What kind of plant is associated with St. Patrick?**

6. Shamrock - He is said to have left the shamrocks as a symbol that the snakes would never return.

5. Blue - This gradually changed to green.

4. Snakes - There are no snakes in Ireland.

3. New York - This parade is also the oldest in North America.

2. Britain - He was taken captive and transported to Ireland when he was sixteen.

1. Corned beef and cabbage - You might also serve Irish stew or potatoes

ANSWERS:



## March: Springtime

*The daffodils were beautiful*

*And we remembered you.*

*The blackbird sang in the early light*

*Did he remember too?*

*The wind blew fresh and the sun grew bright*

*As it sparkled on the sea,*

*We thought of you, remembered you,*

*And how things used to be.*

*The clouds were low on the distant hills*

*And rain came falling fast,*

*But still our thoughts returned to you*

*With memories of the past.*

*The Springtime weaves her magic spell*

*Through all we see and do,*

*But we'll keep Springtime in our hearts,*

*For we remember you.*

## Birthday Celebration!

The Birthday Party will be held on Friday, March 17. Please join us in the community room at 2:30pm for the celebration, bingo and refreshments!

**Willie D. Ferguson ..... 3/3**

**Margaret Williams ..... 3/6**

**Jacqueline Voyles ..... 3/7**

**Valentine Robinson .... 3/8**

**David Dixon ..... 3/10**

**Nancy MacDonald..... 3/11**

**Betty Fitzhenry..... 3/12**

**Vernice Johnson..... 3/13**

**Margaret Mullen ..... 3/14**

**Pamela Neidrick..... 3/16**

**Douglas Herd ..... 3/19**

**Bertha Simpson ..... 3/19**

**Katherine Williams ... 3/22**

**Lola Stewart ..... 3/25**

**Irene Brown..... 3/26**

**Abraham Ramsey .... 3/27**

**Franzetta Hill ..... 3/28**

**Quincy McCoy..... 3/31**

## SAYINGS FOR MARCH...



*“Daffodils, that come before the swallow dares, and take the winds of March with beauty.”*

*“With rushing winds and gloomy skies the dark and stubborn Winter dies; Far-off, unseen, Spring faintly cries, bidding her earliest child arise; March!”*

*“When the winds of March are wakening the crocuses and crickets, did you ever find a Fairy near some budding little thickets,...And when she sees you creeping up to get a closer peek, she tumbles through the daffodils, a playing hide and seek.”*

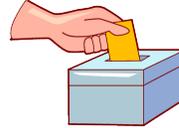


# Resident Council News

By *Judy Shatto,*  
*Resident Council President*

## UPCOMING NOMINATIONS:

Last month I included our Resident Council's By-Laws duties and requirements to be an Officer (President, Vice President, Secretary or Treasurer). It is required that you attend ALL meetings as an Officer. The deadline to nominate an Officer will be March 28, at our next Resident Council Meeting. Prior to the meeting, you may nominate someone to the Nominating Committee—Philena Holdridge, Felicia Hollis, Becky Bolden, or myself—Judy Shatto. To officially accept or decline a nomination, you MUST be in attendance at the March 28 Resident Council meeting.



## VILLAGE GARDEN CLUB:

Members and any resident interested in flowers, shrubs, and weeds, we would welcome you with open arms. Members, please come with ideas and anything you thought about this Winter. See you Tuesday, March 14, at 2:00pm in the Community Room.



*In addition to the Garden Club, VOW offers these four other Clubs you may be interested in joining:*

*Book Club: Meets every first Monday of the month at 1pm*

*The Village People Chorus: meets every Wednesday at 11am in the Community Room*

*Bible Study (non-denominational): Meets every Monday at 2pm in the Library*

*Prayer Group (also non-denominational): Meets every Wednesday at 9am in the Library*

## Resident Council Board

**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

# Resident Council News

By Judy Shatto,  
Resident Council President

## REMINDERS:

As residents of the Village of Oakland Woods, it is extremely important to do certain requirements, and follow up with them in the required allotted time. Such as:

- ♣ **Recertification** keep your appointments, and follow up as requested. When residents are not able to keep their appointments, it backs up the entire system and makes for a lengthier process for everyone.
- ♣ **Phone Numbers:** Notify the office immediately of any phone number changes.
- ♣ **Vacations:** Notify the office when you will be gone more than 48 hours.
- ♣ **Guests:** Notify the office when you have a guest staying over night for more than 48 hours. Check the management rules for additional information.
- ♣ **Emergency Lifeline Buttons:** Respond when notified for a low battery and drop off your button at the office at the designated time. Please pick--up your button the same day.



It is indeed a privilege to live here at VOW, but to do so, we must do our part. Thank you!—Judy Shatto, President of your Resident Council

## TOPS—TAKE OFF POUNDS SENSIBLY

“Tops” is a weight loss support program that understands the challenges of losing weight. Receive encouragement from new friends while using the diet that works for you. No special foods to purchase and reasonable rates. Annual membership is \$32, and \$1 a week at the meeting. We meet every Tuesday in the Library at 11:00am, with a weigh-in at 10:45am. Come and join in the challenge that suits YOU!



# AS THE VILLAGE TURNS

# AS THE VILLAGE TURNS

## ON AGING

-Maya Angelou

When you see me sitting quietly, like a sack upon a shelf,  
Don't think I need your chattering. I'm listening to myself.

Hold! Stop! Don't pity me! Hold! Stop your sympathy!

Understanding if you got it, otherwise I'll do without it!

When my bones are stiff and aching and my feet won't climb the stair,

I will only ask one favor: Don't bring me no rocking chair.

When you see me walking, stumbling, don't study and get it wrong.

'Cause tired don't mean lazy and every goodbye ain't gone.

I'm the same person I was back then, a little less hair, a little less chin,

A lot less lungs and much less wind.

But ain't I lucky I can still breathe in.

---

Last month we had an unexpected random act of kindness that was so appreciated. Can you believe it that it has happened again this month?!

Robert Strawter also has graciously donated to our Coffee Fund that will now take us through December. The Resident Council shares expenses for the coffee and supplies with the Staff every six months.

Thank you Robert and Johnetta for your generosity.



# March 2017

## National Kidney Month

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	1	2	3	4
			9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Stretch & Flex 10:30 Cracker Barrel Brunch/Shopping	10:00 Balance & Core 11:00 VVC-Puzzler	
5	6	7	8	9	10	11
	10:00 Strength Training 11:00 VVC-Volleyball 1:00 Book Club 2:00 Bible Study	9:00 Balance & Core 11:00 TOPS 11:00 Seminar w/ Sabrina 1:00 Walmart & Chase	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group (Indoors)	9:00 Stretch & Flex 1:00 Theater Thursday  <b>FRUITS AND VEGGIES</b>	10:00 Balance & Core 11:00 VVC-Bean Bag & Hoop Shoot	
12	13	14	15	16	17	18
	<b>NO EXERCISE</b> 9:00 Tour of Pewabic Tile Factory 11:00 VVC-Puzzler 2:00 Bible Study	9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Kroger 2:00 Garden Club	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Stretch & Flex March Madness Watch Party—Exact Game Times TBA  <b>FOCUS HOPE</b>	10:00 Balance & Core 11:00 VVC-Volleyball 2:30 St. Patrick's Day Birthday Celebration & Bingo!	
19	20	21	22	23	24	25
	<b>NO EXERCISE</b> 1:00 Identity Theft Presentation 2:00 Bible Study	9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Meijer	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group (Indoors)	9:00 Stretch & Flex 1:00 Theater Thursday	<b>NO EXERCISE</b> 9:15 Detroit Symphony Orchestra Performance 11:00 VVC-Puzzler	
26	27	28	29	30	31	1
	10:00 Strength Training 11:00 VVC-Volleyball 12:00 Hollywood Market 2:00 Bible Study <b>FREE TABLE</b>	9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 2:00 Resident Council Meeting	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 11:30 Meadow Brook Theater & Lunch <b>NO SIT &amp; BE FIT</b>	9:00 Stretch & Flex 11:00 Ollie's Shopping Trip	10:00 Balance & Core 11:00 VVC-Bean Bag & Hoop Shoot	

**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

**Kevin Centala**

*Administrator*

**Sharon Benton**

*Administrative Assistant*

**Carolyn Mancos**

*Administrative Assistant*

**Jack Johansson**

*Leasing Specialist*

**Danette Pye**

*Service Coordinator*

**Daniela Blechner**

*Wellness and Activities Coordinator*

**Matthew Myers**

*Maintenance Tech*

**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](http://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

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The Village of

