



Village News



Embrace the possibilities

420 S Opdyke Rd Pontiac, Michigan 48341

www.pvm.org

April

2015

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NOTES FROM THE ADMINISTRATOR

Well spring is upon us and that means warmer weather, greener grass, flowers blooming and lots of outdoor activities and improvements for Oakland Woods this year. First I would like to communicate to our residents that we have heard your objections to the no barbeque grill rule that was recently implemented at all PVM communities. We have asked that the decision makers revisit the issue and come to our campus to see how it is arranged and assess the risk of fire caused by grills. We hope they will consider our appeal.

Please help us in welcoming our newest employee, Matthew Myers. He started in the maintenance technician position on March 9th and has fit right in. When you see him on the property or in your home please make him feel welcome.

April is Friends & Family month at Oakland Woods and we are asking for your help in spreading the word and giving what you can towards this year's project. Our kickoff celebration will be on April 1, 2015 at 11:00 am at the community center. Food, drinks, entertainment, games and more will make this one a must see. So we hope to see all of you on the 1st.

As a reminder to all residents, your patio area is not a storage area for personal items. Per the house rules you are responsible for keeping this area clean and aesthetically pleasing for your neighbors. So again we ask for your help in keeping Oakland Woods the beautiful gem that is and always has been.

If you have a pet or are a smoker and have neglected to keep up with the waste removal around your home, please take a minute to clean these areas up. We will be conducting our semiannual "Patio and Grounds" patrol and I would be ecstatic if I didn't have to stop and speak to anyone about the state of their patio and yard area.

We will be conducting power washing of all the buildings, dumpster enclosures and patio areas as the spring weather allows so clean those areas up and we will do the rest.

Look for several improvements and upgrades to the Oakland Woods facilities this year. Stay tuned for more details.

Thank you,

Kevin A. 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

Write Your Worries Away

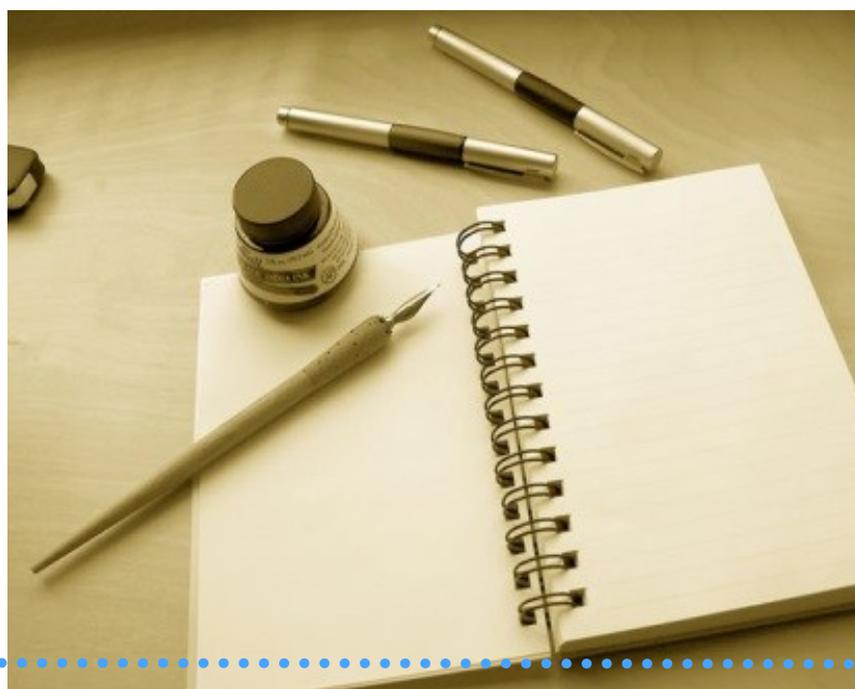
Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

Get to know yourself: By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.

Lower stress: Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.

Solve problems: When writing about issues you may be having, you have a higher chance of coming up with a solution.

Resolve disagreements: Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!





Giving Matters.

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

Friends & Family Kicks Off; Consider Joining a Giving Society

April 1st will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30th**! The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

See the front desk or your Administrator for a donation envelope

Go online at pvmfoundation.org and select the Village you want to support

Call the PVM Foundation at 248-281-2040

Mail your gift to: PVM Foundation,

26200 Lahser Road, Suite 300

Southfield, MI 48033

With the PVM Foundation's 21st Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8th at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.

Sterling Society: Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.

Your gift today will change the lives of seniors for years to come!

TO MAKE A GIFT:
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at 248.281.2040 or visit www.pvmfoundation.org.

Your gift can be **MATCHED!**
Match guidelines apply.

April 1-30

Village of Oakland Woods Bucket List

We are still looking for more ideas for our village wide bucket list! Every month we will try to experience a few items from the bucket list that we have made together. This month we will be going to the Detroit Zoo and painting ceramics in Royal Oak! So don't be shy, any idea is a good idea!



One Call System

We have been using our One Call System more and more lately to make special announcements and to send out village wide reminders.

Please remember to listen to your messages when you see a call from our office.

April News from our Wellness Coordinator

Hello Everyone! I hope that you are all ready for Spring! Remember that the Village Victory Cup is coming up fast! We have practices every Wednesday at 1:00 pm and I hope to see you all attending these practices. We will start having practice twice a week in May. If we want to win, we need to practice! We still need cheerleaders to support the team as well! If you would like to come and cheer on the team please let me know as soon as possible.

Once again I have to remind you that we go grocery shopping once a week. We used to follow the “Three Bag Rule” but that does not seem to be working very well lately. Please remember not to over buy when we go shopping. You **MUST** be able to carry your own groceries. We have had quite a few people buying so much that they cannot lift the bags from the cart to the back of the bus. Keep in mind, if you cannot carry it, save it for the next shopping trip. We are setting this rule in order to keep you and I safe.

We are also once again having issues with attendance at events. There is a sign up book in the front lobby with every event for the month in it. Please remember that any event you need to sign up for will be in **BOLD** on the calendar. Some events have deadlines and you must be signed up ahead of time. Also, please remember, if you need to cancel for an event please make sure to call ahead of time. When you simply do not show up for an outing or an event, it may take the spot for someone else who was hoping to go. Please make sure you are remembering to cancel if need be. I have been using our new One Call System to send out reminders for all outings and events so please make sure to listen to your messages.

We are also working on checking things off of our village bucket list! If there is an outing that you were hoping to see on our calendar please feel free to let me know. I am open to all reasonable ideas! I am also looking for ideas for an overnight trip for the year. Last year we took a wonderful trip to Chicago and this year I want to have another great experience with you! So please let me know if you have any ideas, I would love to hear them.

Have a great month!

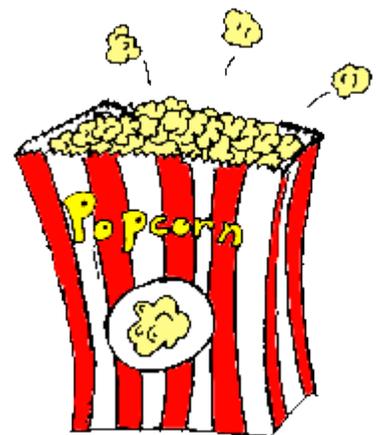
Devin Fritzler, Wellness Coordinator

April News from our Wellness Coordinator

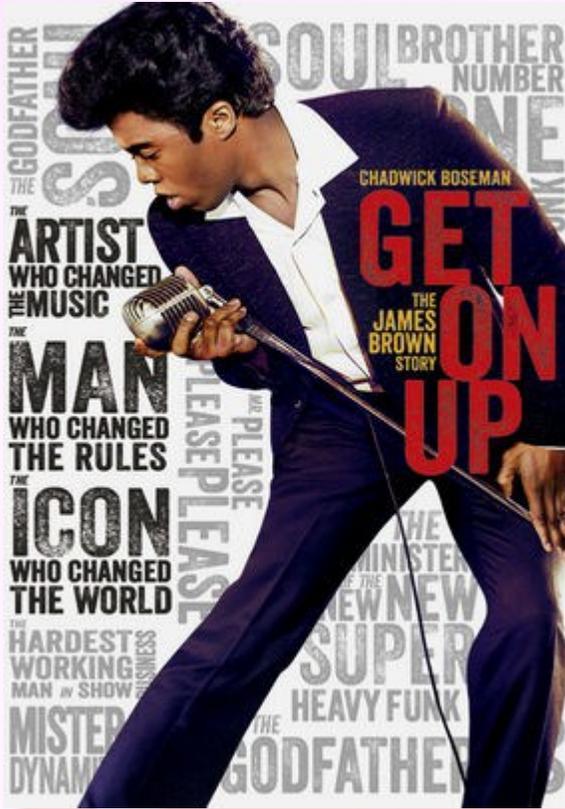
New Events in April

- ✓ **Village Victory Cup Practice:** We will be having team practices every Wednesday afternoon at 1:00 pm. Every game will be set up for you to participate in. Please try to make it to the practices so that we can get ready for the games!!
- ✓ **Movie Theater Trip:** On Monday, April 20th we will be going to the movies once again! Join us as we head to Star Theaters at Great Lakes Crossing to grab a quick lunch and see a movie. The movie will be announced closer to the trip!
- ✓ **Ceramic Painting in Royal Oak:** Join us on Monday, April 27th at 12:00 when we go to Royal Oak to paint ceramics. Cost will be \$7.00 for the supplies and then you will pay for your chosen piece of pottery. Sign up ahead of time for this outing!
- ✓ **Detroit Zoo Senior Day:** We will once again be heading to the Detroit Zoo for their annual Senior Day! Free entrance to the zoo all day! We will be leaving bright and early at 9:00 am for this lovely trip. Sign up soon as space is limited.

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

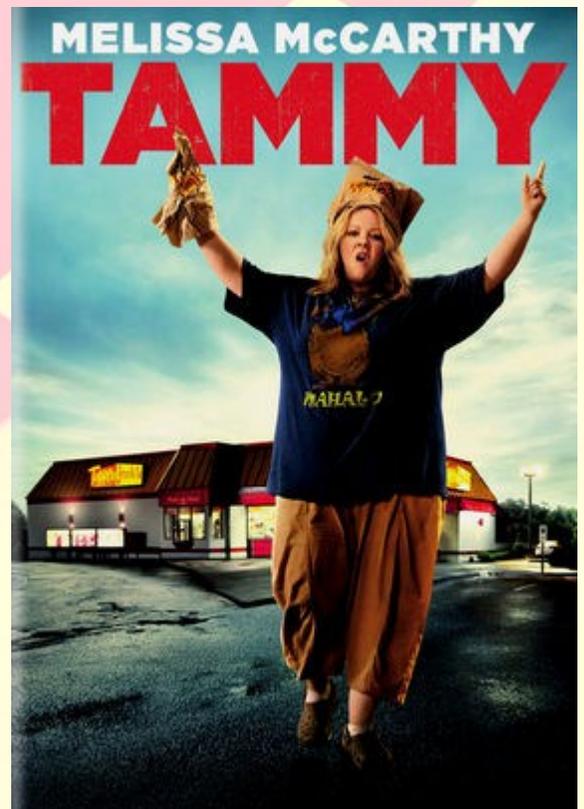


Theater Tuesdays



- ◆ Tuesday, April 7th: "Get On Up" - This powerhouse biopic traces the legendary James Brown's rocky road from humble origins to superstardom as the Godfather of Soul. The film also reveals the demons -- drugs, violence and near-bankruptcy - that haunted Brown on his rise to fame.

- ◆ Tuesday, April 21st: "Tammy" - Pushed to the limit after losing her job and discovering her husband's been cheating on her, Tammy agrees to flee town with her alcoholic grandmother. Their destination is Niagara Falls, but the journey offers some unexpected pit stops.



April News from our Wellness Intern

Brain Health Awareness

Why is Brain Health Important?

- Cognition is a combination of mental processes that includes the ability to learn new things, intuition, judgment, language, and remembering
- Cognitive health is a vital part of healthy aging and quality of life
- There can be significant health, social, and economic burdens associated with cognitive decline
- Necessary for everyday living; older adults and others experiencing cognitive decline may be unable to care for themselves

Risk Factors

- Age
- Gender
- Family history
- Decreased stimulation
- Smoking
- Hypertension
- Arteriosclerosis
- Poor diet
- Sedentary living
- A viral infection

Strategies to Prevent Brain Disorders

1. Engage in an active social life
2. Exercise regularly
3. Maintain a healthy diet
4. Practice mental stimulation regularly
5. Get high quality sleep
6. Manage stress

Examples of Common Types of Brain Disorders

Brain injury

- Aneurysm
- Stroke

Brain tumors

- Brain cancer

Degenerative diseases

- Dementia
- Alzheimer's Disease

Mental health conditions



How Aging Affects the Brain

- The brain and spinal cord lose nerve cells and weight (atrophy)
- Nerve cells may begin to pass messages more slowly than in the past
- Waste products can collect in the brain tissue as nerve cells break down, which can cause abnormal changes in the brain called plaques and tangles to form
- Breakdown of nerves can affect the senses, which leads to reduced or lost reflexes or sensation
- Problems with movement and safety
- Slowing of thought, memory, and thinking is a normal part of aging



April News from our Service Coordinator

The Growing Population of Older Adults and What The Future Holds

Hello everyone! As your Service Coordinator, it is my responsibility to stay up to date on aging trends, services available, and social and political changes that may affect you. I had the opportunity to attend the Aging in America Conference in Chicago Illinois last week. I spent the week with over 3,500 other professionals in the field of aging ranging from lawyers, to policy makers to doctors and beyond. Gathered together, we were there to discuss the future of aging and the importance of making sure there are services and funding available to accommodate the needs of a rapidly growing aging society.

With the Baby Boomers entering their Golden Years, the world is facing the biggest influx of people 65+ in HISTORY. For the first time ever, there will be more people who are 65+ than newborns and children! This is partly due to advances in the medical field that help keep older adults well and able to live well into their 80's, 90's and even 100's! By 2020, 16% of the population will be 65 and older. By 2040, they will make up over 20%! (Administration on Aging, 2015, aoa.gov). While this is an amazing and exciting new chapter for everyone, it also poses many questions. Is there going to be enough funding to support the growing number of older adults and the growing needs of older adults? Will there be enough resources like housing and supportive aging in place services? Professionals in the aging field are more determined than ever to advocate for increased funding for older adult services like food assistance, transportation and in home care services. There is a lot of lobbying going on at state and federal levels to help the law and policy makers understand the dire need for more older adult services so that our growing older adult population can live in comfort, age in place, and have a fantastic quality of life as they continue their journey.

There are many progressive and innovative ideas coming out of the aging field at the moment. There are different ideas for how to grow services with our older adult population. Age Friendly Communities are a big topic right now. There is a focus on adapting the community to meet the needs of the aging population where they are at rather than expecting the older adult to adapt THEIR needs to fit into the community.

If anyone is interested in hearing more in depth about what I learned during the conference or had interest in the workshops I attended, please don't hesitate to stop by my office or give me a call. I'd be more than happy to share with you what's currently available, what's to come, and ways that you can help create the future of services for the aging population.

Medication Management and Talking to Your Doctor

Do you take medications on a regular basis? Do you take more than one a day? Do you know exactly what your medication is for? Are you aware of what types of foods and over the counter supplements can cause a bad interaction with your medications?

When you go see your doctor, do you find yourself forgetting the questions you were going to ask? Do you feel like you don't have enough one on one time with them? Do you remember everything they told you after you get back home?

Medical needs and health are a very important concern, especially as we age. It can be difficult to keep track of all of the information and know how to make the most of our medical services and medications. Join Stacey on **Thursday April 9th at 2:00PM** in the Community Center as she welcomes a representative to discuss the importance of medication management and provides tips for making the most of your doctor's visits. There will also be a nurse available to provide blood pressure checks and medication reviews.

PLEASE SIGN UP IN THE BOOK.

April 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

Welcome Spring! Soon everything will be green again with flowers blooming bringing our village alive again! Earth Day is April 22nd and we support recycling here at Oakland Woods and we offer containers for paper and plastic. Every Saturday at the Pontiac City Hall parking lot there are containers for all types of recyclables. Remember the 4 R's, Reduce, Reuse, Recycle and Rethink.

April is also National Volunteer Appreciation month. We would like to thank all of our volunteers that take their time out to help and support the village. They truly help to make this a wonderful place to live. It may appear small but even welcoming a new neighbor or keeping in touch with your friends is a form of volunteering, too. Those little things go a long way. April is our annual Friends & Family fundraising month. Please try to donate whatever you can to the cause and remember, everything raised comes right back to our village. We hope to see everyone at the Friends & Family Kick Off Event on Wednesday, April 1st. All are welcome, just remember to sign up for this event in the book in the front lobby.

The Garden Club is back in full force and needs your help! There is a job for everyone and all are welcome to join. Even if you can't get down on your knees to garden, they will find something meaningful for you to do. The Garden Club meets on the second Monday of every month at 2:00 pm. Contact Judy Shatto for more information on joining the Garden Club.

One of our residents, Vicky Clark suggested we have a "Sock Drive" for the Baldwin Center. The socks donated must be new. A collection box will be in the Community Center front lobby. Please do not take any of these socks out for yourself, this is a donation box only. We have a goal of 100 pairs of socks so please do what you can to help us reach our goal!

- ✓ Do you play Canasta? Contact Judy Shatto if you would like to start a group to play.
- ✓ All are welcome to our weekly Prayer Group on Wednesdays at 9:00 am and our weekly Bible Study on Thursdays at 1:00 pm.

Village Chorus News

Do you have a favorite movie show tune?

Come to our Spring Concert on May 13th at 2:00 pm in the Community Center

to hear our favorite movie show tunes!

Save the date for an event you don't want to miss!

\$2.00 donation at the door.

APRIL BIRTHDAYS

Wanda Jones—4/3

Bryant Madden—4/4

Clara Kelley—4/4

Shige Taylor—4/4

Dolores Ochoa—4/8

Rosemary Williams—4/8

Philomena Torma—4/11

Diane Terry—4/16

Portia Wynn—4/19

Carolyn Dalby—4/20

Cheryk McKenzie—4/20

Edna Martin—4/21

Marilyn Ross—4/21

Diane Phillips—4/22

Bettye Hunting—4/23

Herbert Edridge—4/23

Sharon Watson—4/26

Irene Patterson—4/27

Staff Birthdays:

Devin Fritzler—4/23

Heather Curtis—4/27

Please join us in celebrating our April birthdays!

We will be celebrating our birthdays this month on Friday April 17th 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!

April 2015

National Glaucoma Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
			1 11:00: FRIENDS & FAMILY KICK OFF PARTY!	2 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 1:00 Hollywood Market \$1	3 NO EXERCISE	4
5	6 OFFICE CLOSED	7 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday	8 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice	9 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 2:00 Medication Management Presentation	10 10:00 Total Body Workout 1:00 Walmart & Chase Bank \$1	11
12	13 10:00 Strength Training 2:00 Garden Club	14 10:00 Stretch and Flex 2:00 Painting Class	15 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 VVC Practice	16 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study 1:00 Meijer \$1 FOCUS HOPE	17 10:00 Total Body Workout 1:00 Birthday Celebration and Bingo	18
19	20 10:00 Strength Training 12:00 Movie Theater Trip	21 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 1:00 Theater Tuesday	22 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 12:00 Lafayette Market \$1 1:00 VVC Practice	23 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study	24 10:00 Total Body Workout	25
26	27 10:00 Strength Training 12:00 Ceramic Painting in Royal Oak	28 10:00 Stretch and Flex 11:00 Zumba 11:00 TOPS 2:00 Resident Council Meeting	29 NO EXERCISE 9:00 Prayer Group 9:00 Detroit Zoo Day Trip SENIOR DAY AT THE ZOO!	30 10:00 Stretch and Flex 11:00 Zumba 1:00 Bible Study	1 10:00 Total Body Workout 11:00 Kroger \$1 MAY	2
3	4 10:00 Strength Training 1:00 Dollar General \$1	5 10:00 Stretch and Flex 11:00 Zumba 1:00 Theater Tuesday	6 10:00 Strength Training 11:30 Meadow Brook Theater & Lunch	7 10:00 Stretch and Flex 11:00 Zumba	8 10:00 Total Body Workout 11:00 Walmart & Chase \$1	9

**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, Administrative Assist.
Sharon Benton, Administrative Assist.
Devin Fritzler, Wellness Coordinator
Tim Coil, Lead Maintenance
Matthew Myers, Maintenance
Heather Curtis, Leasing and Marketing

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**

