



Woodbridge Life



Embrace the possibilities

1300 Martin Luther King, Jr., Blvd. • Detroit, Michigan 48201 • www.pvm.org

June, 2014

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June's Activities are Hot and Summer Approved

June 1 (Sun): Praise & Worship Service
Community Rm at 3 pm

June 7 (Sat): Alpha's & Masons
Appreciation Brunch.....
Community Rm at 10 am

June 10 & 24 (Tues): Fresh Produce.....
Multi-Purpose Rm at 11 am

June 10 (Tues): Community Update with
Ed McNamara, running for Wayne County
Executive & Horace Sheffield, running for
CongressCommunity Rm at 12 pm

June 26 (Thurs): Community
Connections Group Meeting
Community Rm at 12pm

June 27 (Fri): Village Victory Cup
Competition
Bus Will Leave WM at 9 am – Must Sign Up

May (Tues): Bible Study.....
Dining Rm at 7pm

May (Wed): Dominos.....
Multi-Purpose Rm at 7 pm

May (Wed): Bible Study... ..
Multi-Purpose Rm at 10 am

May (Thurs, Fri & Sat): Pokeno.....
Community Rm at 7 pm

May (Fri): Movie Matinee.....
Mini-Theater Rm at 12 & 3 pm

Netflix (Anytime): Mini-Theater Rm

From the President's Desk

As we come to the end of, maybe not perfect, but successful year, we can look back with pride in our accomplishments here at Woodbridge Manor. We became better acquainted by coming together with: our "Fun Brunch" every other Tuesday; our monthly fundraising Brunch with the Alphas & Masons; we expressed pride in our heritage through our Black History Program & Display; residents, board and staff worked diligently on Woodbridge Manor's Friends & Family campaign; had a fabulous fashion show; celebrated Cinco de Mayo; we went around the world with our International Tea; and we'll end our Tenants' Committee Meetings with a quarterly birthday party & awards banquet.

Movies & games will be continued year round and for additional summer fun we're planning our annual Family Picnic and a yard sale. We'll keep you posted.

All activities are open to ALL residents. I want to give a personal shout out to all the hard-working, invested residents who make these activities successful.

For those who hear the negative rumors through the grapevine about the Committee, remember grapevines don't grow straight. Come and see for yourself what an awesome job your neighbors are doing at the Manor for you.

Clenora Byes, Tenants' Committee
President



The Village of
**Woodbridge
Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Working Together For Your Good

By Renee Venable, Resident Community & Social Worker Coordinator

Take A Look At The Month of June

SC Educational Presentation Schedule:

6/17 CRP Discussion/ Demonstration	1pm	Community Room
6/24 Juicing Demonstration	1pm	Community Room

Service Coordinator's Schedule Availability:

Monday	10am-4pm
Tuesday	10am-5pm
(Every 3 rd Tues. of each month SC office will be CLOSED from 12:30pm-1:30pm)	
Wednesday	10am-5pm
Thursday	9am-5pm
(Every 2nd Thurs. of each month SC office will be CLOSED)	

Note: You can always call to schedule an appointment ahead of time
313. 494 9000 (ext. 4)

Mindful Meditation Relieves Inflammation – Natural Awakenings Magazine

A new University of Wisconsin-Madison study shows that meditation, a proven reducer of psychological stress can also lessen stress-caused inflammation and thereby relieve the symptoms and pain of certain diseases. Long-term stress has long been linked to inflammation, an underlying cause to many diseases, including: rheumatoid arthritis, bowel disease, asthma, heart disease and Type 2 diabetes.

Meditation volunteers were divided into two groups – an eight-week mindfulness meditation course or a stress reduction program of supportive nutrition, exercise and music therapy that did not include meditation. The meditation group focused attention on the breath, bodily sensations and mental

content while seated, walking or practicing yoga.

Immune and endocrine [distributed by way of bloodstream/hormonal] data was collected before and after training in the two methods and meditation proved to be more effective. Melissa Rosenkranz, a neuroscientist with the university's Center for Investigating Healthy Minds and lead author of the report, concludes that, "The mindfulness-based approach to stress reduction may offer a lower-cost alternative or complement to standard treatment and it can be practiced easily by patients [all, especially and more specifically, our seniors] in their own homes whenever needed."

Dear Readers,

This month we have a guest columnist; a resident from the Village of Brush Park, Mr. Edward Leonard, who has some words of wisdom to share.

Edward's Words of Advice

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

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

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

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

Giving Matters

By Paul J. Miller, Presbyterian Villages of Michigan Foundation (PVMF)
President

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

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

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

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

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

Warm regards,
Paul J. Miller, CFRE

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

Tenants' Committee

The Woodbridge Manor Tenants' Committee is on Hiatus until

September 10, 2014

Have A Great Summer Vacation!

2014 Friends & Family

Friends & Family Project: Resident Activities & Supplies for Senior Wellness

- Total New Donor: 12
- Total Donors: 30
- F & F Total \$ Amount: \$2,881.25

Village Victory Cup

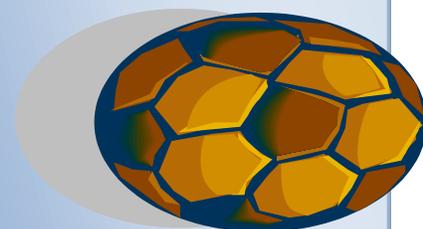
(Friday)

June 27, 2014

Woodbridge Manor Has Entered:

**Bake-Off
Spirit Award**

GO WOODBRIDGE!!!



**Limited Transportation
Provided**

Pineapple Express Mango Salsa

(Level: Easy/No Cook Recipe)

Number of Servings: 12

Prep Time: 20 minutes

Ingredients:

- ¼ c fresh pineapples, diced
- 1 c sweet peppers (red, yellow and green)
- ½ c corn (fresh or canned)
- 4 tsp. jalapeno pepper, seeded [remove seeds] and minced (optional)
- ¼ c apple cider vinegar
- 2 Tbsp. red onion, minced
- 1 ½ tsp. sugar
- ½ c mango, diced
- ½ c black beans (canned)
- ¼ c cilantro, chopped finely (optional)
- ½ tsp. salt

Directions:

Combine all ingredients thoroughly. Cover and refrigerate for at least an hour.

Serve with tortilla chips; over grilled chicken, fish, and steak; on salad, tacos, pizza, burgers, sandwiches or by the spoonful. It's delicious & good for you!

Tip #1: If using fresh corn for this recipe, try using the microwave to make the most of your time and nutrients. Remove the corn husk and silk from two ears of corn; rinse the ears of corn and put on a microwave-safe plate. Microwave the ears of corn for two minutes on high. Allow to cool. Cut the kernels off the cob and place into mixing bowl with the other ingredients and proceed with the recipe.

Tip #2: Use raw apple cider vinegar for even more nutrients. Raw foods are not processed and in its natural state. Raw foods are not cooked at temperatures over 117° F; therefore, the nutrients aren't cooked away.

Tip #3: Customize it! That is: If you don't like pineapples, leave them out; if you want tomatoes, put them in. It's your dish now. Make it your own and enjoy!



TOP 10

- 1) FOBS Are For Residents Only
- 2) Do Not Open the Door/Allow Strangers Into the Building
- 3) Wear Your Life Line Pendant & Keep Your Cell Phone With You
- 4) NO SMOKING, No Incense & No Candles in Apartments
- 5) Check On Your Neighbors
- 6) Report All Work Orders
- 7) Pick Up After Yourself & Remind Your Guests to Do the Same
- 8) Garbage Must Be In Tied Trash Bag & Tossed Down Trash Chute or Put In Refuge Room Trash Can; Boxes Broken Down & Laid Flat on the Refuge Room Floor
- 9) Go To Tenant Committee Meetings
- 10) Overnight Guests Are Allowed 21 Days Per Year & Must Register With Office

Interested In Advertising In Woodbridge Life?

Be A Servant Leader In Your Industry: "But among you it will be different; whoever wants to be a leader among you must be your servant." Mathew 20:6



See Featured Ad on pg. 5

Call us at
313-494-9000

~ or ~

Visit us at
Woodbridge
Manor

1300 Martin Luther
King, Jr., Blvd.
Detroit MI 48201
For More Details

Woodbridge Manor Advocates

Village Board Members

E. Kern Tomlin.....Chair	John Gardner.....Vice Chair	
James Bradford....Treasurer	Elaine Hearn.....Secretary	
Stacy Brackens	Arthur Caldwell	Ellen Childs
Dakima Jackson	Paul Johnson, III	Lynda K. Jeffries
Dana McAllister Armenteros	Donald McSwain	Michael Morrison

Happy Birthday To You, You and You!

The Woodbridge Manor residents, board members and staff would like to wish each of our Woodbridge Manor neighbors celebrating a birthday, the happiest birthday yet. We love you and hope for many, many more birthdays with you. You are so very special to us.

JUNE BIRTHDAYS

Gemini

May 22nd – June 21st

Annie G. Watts.....06/03	Curtis Mayfield.....Singer
Felton Parker.....06/12	George H. W. Bush.....President
Donald Black.....06/18	Eddie Levert.....Singer

Cancer

June 22nd – July 22nd

Dorothy Williams.....06/22	Meryl Streep.....Actress
Brenda Lindsey.....06/23	Randy Jackson.....Singer
Eddie L. Dorris.....06/23	Wilma Rudolph.....Olympian
Hazel Johnson-Anderson..06/25	Jimmy Walker.....T.V. Actor



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**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 Numbers

Village Staff

Marla Bradford
Administrator

**Geneva Phillips, Detroit Area
Agency On Aging**
Front Desk Attendant

**Renee Venable, Hannan
Foundation**
*Resident Community & Social
Worker Coordinator*

Phone: (313) 494-9000

James Munn
Head, Maintenance

Shelby D. Bradford
Village Mascot



EMERGENCY NUMBER

(313) 319-2018

Office Fax

(313) 832-7853



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



A Mission of Presbyterian Villages of Michigan and
National Black Caucus and Center on Black Aged, Inc.

**1300 Martin Luther King, Jr., Blvd.
Detroit, MI 48201**

Happy Father's Day



**"The time is always right to do what is
right." Martin Luther King, Jr.**



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