



Village News



Embrace the possibilities

420 S Opdyke Rd • Pontiac, MI 48341 • www.pvm.org

May 2017

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Notes from the Administrator

May has arrived and the Village is coming alive with activity. I normally enjoy sharing all the great things going on at the Village in my notes but I must start with some regular business this month. As you are aware we are in the middle of a vehicle audit for all residents at the Village. We thank those who have responded promptly and completed their forms. For those who have not you only have until May 15, 2017 to complete and submit your vehicle registration form (Located at the back of the newsletter or available in the lobby of the community center). After receiving your vehicle registration form we will mail you an official numbered parking sticker to display in your car window. Beginning the week of May 15th all vehicles not registered to residents will be marked for towing if they are parked overnight. While you are allowed overnight guests they must be registered with the office for overnight stays. If a friend, family member or caregiver is going to be staying with you overnight they must register as a guest with the office. This can be done with a simple phone call to (248) 334-4379 and if it is after hours please leave a message containing the resident name, visitor name, vehicle type and license plate number. This will be strictly enforced and vehicles will be tagged and given 24 hours to move before they are towed. The Village of Oakland Woods is private property and parking enforcement is our responsibility, and we will begin a zero tolerance policy for non-registered vehicles. Please take a moment to complete the vehicle registration form on the back of the newsletter and submit it to the office. Lastly, **NO VEHICLES MAY BE PARKED ON ANY ROAD AFTER HOURS OR OVER THE WEEKEND. ANY VEHICLE PARKED ON THE ROAD WITH A STICKER OR WITHOUT WILL BE TOWED.** Parking along the main roads is for temporary use only, drop offs, pick ups and quick visits. The situation has grown out of control with parking especially after hours and we take this very seriously.

In other news you will see a lot of activity occurring at the Village this coming summer. Including concrete repairs and replacement, asphalt repairs, annual flowers, tree planting, Gardening work along Maplewood Drive, underground water repairs in Area 2 and most importantly exterior lighting repairs for all areas. We thank you in advance for your anticipated patience and cooperation as we continually work to improve the Village and its facilities.

Patios are not for storage! We allow preapproved storage containers to be placed on the patio that can be used to store your personal items but they must be out of sight and in the container. IF you are storing personal items on your patio without a proper container for them this is considered a lease violation and we will enforce this policy over the summer.

Lastly, we only have 2 months of practice in preparation for the Victory Cup on June 23rd this year. Let bring the cup home to Oakland Woods.



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

AGE OUT LOUD!

Michigan's Everyone's aging, but who is listening?

Be the wake-up call! Your backing and your voice = a variety of services, safe housing for a wide range of older adults and putting veterans first. YOU and PVM: we're up against a cultural indifference to the elderly.

It sounds harsh, but it's true.

Think about it:

"Over the hill." "Senior moment." "Past your prime."

Those are pretty rough words about older adults—and we hear them, or even say them without batting an eye.

You have the power to change that indifference and make this state a great place to live at any age. Every time you introduce someone new to PVM, or you make a gift, you're bringing aging out of the shadows. You're making it possible for you and your peers of all income levels, backgrounds and needs to **AGE OUT LOUD**. This month is Older American's Month, so **raise your voices and spread the word.**

World: listen up!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S. YOUR IMPACT:** *In 33 Michigan counties, there are now more older adults than school-aged children. HUGE when you consider that those older adults will stay as many kids grow up and move away.**

* "The Age Wave: A Call to Action" Thomas B. Jankowski

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 MyLegacy.pvmf.org

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

MARK YOUR CALENDARS!

“Vee Eye See Tee Oh Are Why”* is that your Village’s battle cry? If you’re having a challenge deciphering the battle cry, try reading it again but this time read it out loud. So, is it your Village’s battle cry? Is your Village ready for this year’s Village Victory Cup?

Scheduled for Friday, June 23rd this year’s event is being held at the Ford Community and Performing Arts Center in Dearborn. At 11:00 am sharp, PVM Villages from across Southeast Michigan will gather together at this location to compete for the coveted Village Victory Cup travelling trophy. To ensure everyone has the energy they need to compete, lunch will be served from 11:15 – 11:45 am. The games themselves will begin promptly at noon.



If you’re not familiar with the Village Victory Cup, it consists of a series of competitive events that include a puzzle building competition, a walking race, a lip sync battle, a photo contest, a beanbag toss, a timed basketball shoot and more. You earn points for your Village by simply coming to the event and cheering them on. You earn more points if you compete in the events and you earn even more points if you finish first, second, or third in an event. At the end of the day, the Village that scores the most points wins. To learn how you can join your Village’s team, contact your Administrator.

*battle cry = Victory





Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

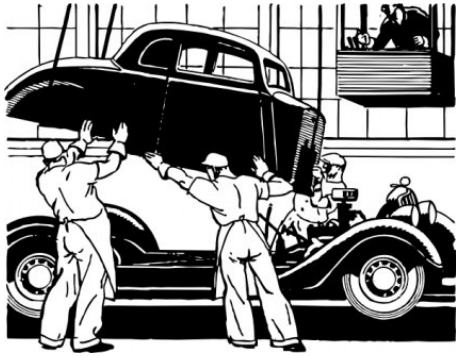
Hello Everyone! I have some exciting updates for our Wellness Department, with the launch of our Personal Training program beginning in May! An exact start date is yet to be determined, however please take a look at the flyer included in your newsletter which gives more detail on personal training and if it's the right fit for you! If you would like to get involved in a personal training/fitness program please come speak with me, and we can get started with some of the initial steps and scheduling of your sessions. I look forward to working with each and everyone of you on an individual basis!

May also means nicer weather and closer-to-summer temperatures. We will be taking our weekly Walking Group to the great outdoors starting in May! This will simply consist of a short walk around our community, taking in the sights, sounds and smells of the springtime! With a group consensus, we may gradually extend our walking time as we get more comfortable. All levels of experience are welcome to join! If the weather does not cooperate, we will keep our Walking Group indoors for that day—but regardless we will be walking and moving!

We are in full-preparation and practice mode for the Village Victory Cup, and our team is looking great! Thank you to those who have dedicated your time and energy to our weekly practices. Your hard work is much appreciated! We are still looking for residents to join the Wellness Walk competition, where participants complete a straight walking course in the least amount of time as possible. As well as we have a new event added to the Victory Cup this year—the Kick-a-Roo competition! This event involves kicking a foam ball into targets placed at different lengths and challenge levels. If you are interested in either of these two events, please come speak with me as soon as possible, or stop by one of our VVC practices. Thank you!



MAY EVENTS



FORD ROUGE FACTORY TOUR: Our first trip for May will be to the Ford Rouge Factory Tour on Monday, May 1st at 10am. This sign up is already closed, but be sure to mark your calendar if you did pre-register for this trip! The tour is self-guided and 100% accessible for walkers etc. There is a \$5.00 charge for the tour, so if you haven't already done so please be sure to give your fee to Daniela before the trip!

MEADOW BROOK THEATER & LUNCH: We will be returning to Meadow Brook this month for a wonderful production on Wednesday, May 3rd. They will be performing "I Love A Piano", which has received great reviews so far. We will also be stopping for lunch at TGI Fridays prior to visiting the theater. Our trip will leave the Community Center at 11:30am on that Wednesday morning.

GREAT LAKES CROSSING MALL TRIP: Let's take a trip to the Mall! On Thursday, May 4th we will travel to Great Lakes Crossing to do a little shopping, or maybe catch a movie in their Star Theater! We will leave for the trip at 11am. Any shopping, dining or movie costs will be the responsibility of each individual resident attending the outing.



MOTHER'S DAY TEA: It is that time of year again! The time where we get to spoil and celebrate all of the special ladies in our life. Whether it be a sister, an aunt, a mother or a very dear friend, let's all gather together in the Fireside Room for an afternoon tea in our Sunday's Best to celebrate the wonderful women we surround ourselves with! Tea, lemonade and light sweet treats will be provided for this event. Please be sure to sign up in advance so the proper amount of refreshments may be purchased! The Mother's Day Tea will happen on Friday, May 12th at 2:30pm.

MAY EVENTS CONT.

BALLOON VOLLEYBALL PRACTICE AT HOLLY: We are taking our VVC Balloon Volleyball team on the road! On Thursday, May 18th at 10:30am we will travel to the Village of Holly to practice our volleyball skills against their VVC team! This will be a great practice opportunity, as well as a chance to get to know some of the residents from a different village! Balloon

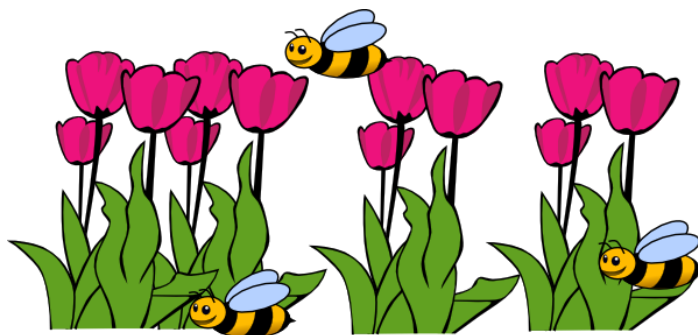


Volleyballers please be sure to mark your calendars for this event so that we can show up with our full team!



COLORING BOOK SOCIAL HOUR: Back by popular demand, we will be having a Coloring Book Social Hour on Thursday, May 25th at 11am. Please feel free to bring your own projects and coloring supplies to the event, or feel free to use the supplies I have for everyone to use! Light snacks and refreshments will be served as we color and socialize. I'm looking forward to this relaxing activity with all of you!

CRANBROOK GARDENS: Our last trip actually falls on the first day of June, however the sign up will be in the May sign-up booklet. We will be visiting Cranbrook Gardens on Thursday, June 1st at 11am. With weather permitting, this should be a lovely afternoon outside, exploring the gardens and the history of the grounds. No outside food is allowed within the grounds, however with time permitting we may either stop for lunch at a location within the grounds, or find a lunch spot on our way home to the Village.

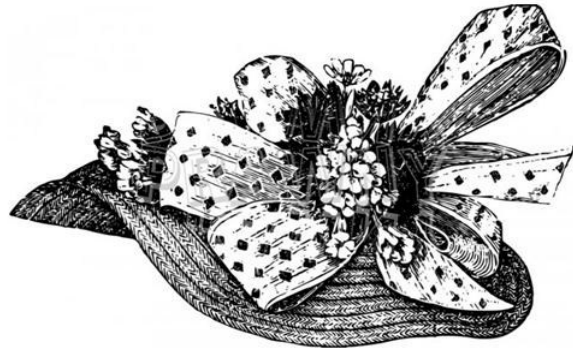


MEADOW BROOK THEATER PRESENTS:

Irving Berlin's I Love A Piano



I LOVE A PIANO, the celebration of the music of Irving Berlin, follows the journey of a piano as it moves in and out of American lives. Along the way, the story comes to life with over sixty of Irving Berlin's most beloved songs, including the classics "Blue Skies," "There's No Business Like Show Business," "Puttin' on the Ritz," "Cheek to Cheek," "Always," "God Bless America" and, of course, "I Love a Piano." Alternately heartbreaking and hilarious, rousing and reflective, and a fitting tribute to the man Jerome Kern famously said had "no place in American music - he is American music."



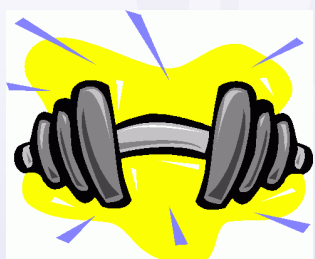
MOTHER'S DAY TEA

FRIDAY, MAY 12TH,
2:30PM

Please join us for afternoon tea in celebration of all of the mothers within our community, or lives and our hearts. Attendees are encouraged to bring along their favorite tea cup and to dress in their "Sunday Best". Light refreshments will be served along with the tea. Be sure to sign up for the event at
least 24 hours in advance.



PERSONAL TRAINING AT OAKLAND WOODS!



WHAT IS “PERSONAL TRAINING”?

Personal Training is fitness lessons on a one-on-one basis, where the workout and goals are catered to YOU! This allows for individualized programs, better results, and more in-depth training with a professional who can help you maintain your independence and better your overall health!

IS PERSONAL TRAINING RIGHT FOR ME?

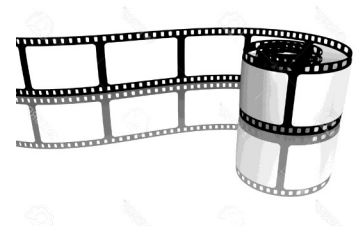
Personal training can be right for anyone, of any experience level. Are you someone who hasn't exercised in a while? Or have you recently gone through physical therapy and need to continue on a healthy fitness routine? Or are you someone who has exercised your whole life, and you are simply interested in learning something new or adding something new to your routine? Then personal training is right for you! This is a wonderful opportunity to incorporate fitness into your life, in a private and individualized manner.

HOW DO I GET STARTED?

If you are interested in trying out personal training please speak with your Wellness Coordinator—Daniela! An initial preparticipation and health screening will be necessary before participating in exercise, as well as there will be a small fee associated with personal training. For details on cost, and creating a workout plan that works best for you please schedule a time to speak with Daniela!

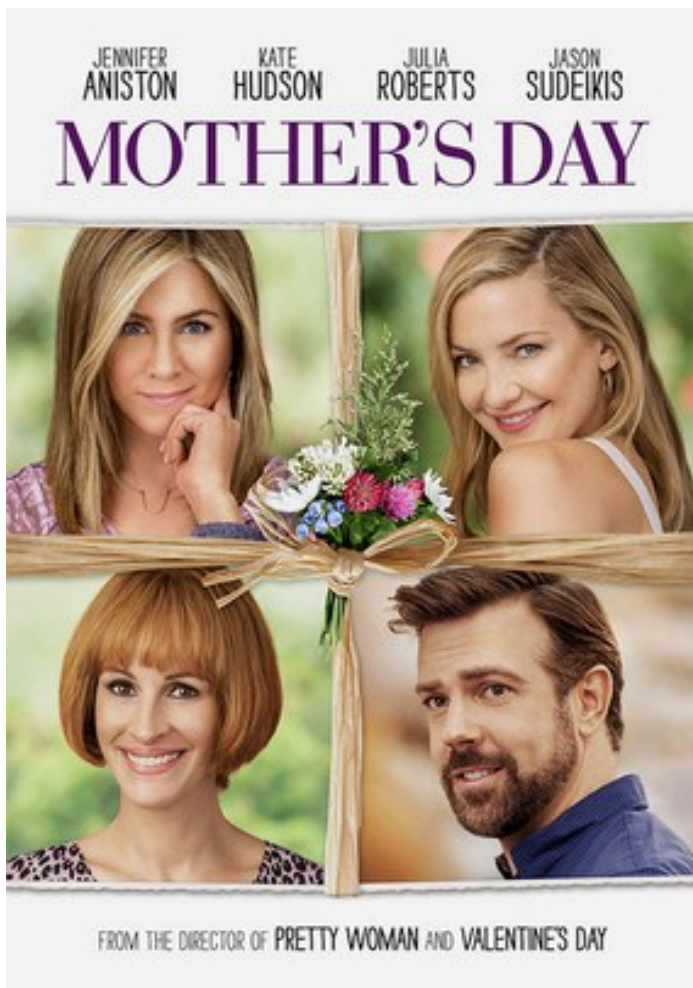


Theater Thursday



Thursday, May 11th, Mother's Day: Offering an ensemble tribute to mothers everywhere, this star-studded comedy focuses on an assortment of moms and their intertwining lives as their annual day of recognition approaches.

Thursday, May 18th, Kingsman, The Secret Service: Seeing untapped potential in a wayward teenager, veteran secret agent Harry Hart recruits the young delinquent and schools him in the skills that will ultimately transform him into a superspy.



 ***The Village People Chorus*** 
Campaign for New Members
May, 2017



If you love music and would like to be a part of a fun group, The Village People Chorus is the group for you!

Come, invite a friend, and join us on Wednesdays at 11 a.m.

The ability to sing is not a requirement!!!!

Help us to prepare for our 4th Annual Concert

Wonderful Mother

God made a wonderful mother,
A mother who never grows old;
He made her smile of the sunshine,
And He molded her heart of pure gold;
In her eyes He placed bright shining stars,
In her cheeks fair roses you see;
God made a wonderful mother,
And He gave that dear mother to me.

And Grandma's too...

While we honor all our mothers
with words of love and praise.
While we tell about their goodness
and their kind and loving ways.
We should also think of Grandma,
she's a mother too, you see...
For she mothered my dear mother
as my mother mothers me.

Birthday Celebration!

The Birthday Party will be held on Friday, May 26 Please join us in the community room at 1:30pm for the celebration, bingo and refreshments!

- Ella Steward 5/2**
- Glenetta Jenkins 5/4**
- Josephine Ondik 5/5**
- Victoria Clark 5/5**
- Barbara Pryber 5/6**
- Robert Robertson 5/6**
- Vivian Jones 5/12**
- Lou McIntyre 5/13**
- Annie Carrington 5/14**
- William Terry 5/15**
- Patricia Friend 5/18**
- Felicia Hollis 5/22**



Resident Council News

By Judy Shatto,
Resident Council President

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

ELECTIONS

At the May Resident Council Meeting we will be electing the new officers. The regular meeting date for May has been changed to Thursday, May 25th. Please make a note of the date change.



STAFF REMINDERS:

Please notify your personal and business mail contacts to include your apartment number or cottage number on the envelope! When omitting these numbers, the staff has to look up your address, add your mail back to the outgoing mail, and this causes your mail to be delayed. Help us with this ongoing problem.

Another ongoing issue is not reporting changes in your phone number to the main office. It is so important to notify the office of ALL changes regarding your phone numbers. If we are not notified, and you need help, the emergency services may end up taking precious time, or even go to the wrong address! It only takes a minute to notify us of any changes—please do so!

GARDEN CLUB



Tuesday, May 9 is our meeting day. We will clean up the Gazebo and the garden beds on this day. We will also plan our shopping trip for the borders, replacing some of the plants with miniature shrubs, and whatever else our budget allows on this meeting date. We will take some time to discuss the Memorial Rose Garden, as we are hoping to get a start on that this year!

If you would like to get outside, enjoy the spring air, and help make our Village an even more beautiful place to live, please join us! We would appreciate any help, plus you are sure to have fun doing so!

LIBRARY COMMITTEE

It is a luxury for every resident to enjoy our new library, and we sure hope that everyone will take advantage of it!

The books are alphabetized by author and will be labeled as to the category. If you have any nice book-ends to help display our books, or any extra book marks that you would be willing to donate, the Library Committee would gladly accept! If there are any comments, questions or concerns please contact Jackie Voyles at 248-874-0478. Thank you.



AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

A NOTE FROM JUNE, OUR FRIEND IN GEORGIA:

“Hi Judy and friends at the Village. I just want everyone to know I’m doing well, but I SO miss everyone at the Village. I miss seeing all of you, and going places with the group. I’m asking you, Judy, to read my note at the council meeting as I want everyone to know that I miss everyone and care about them even though I’m here in Georgia!

Blessings to All. As Always, June Ard”



It seemed appropriate to include her note here on “As The Village Turns” page.

We miss you too, June!



IF FLOWERS GROW IN HEAVEN

Lord, please pick a bunch for me.

Place them in my Mother’s arms and tell her they’re from me.

Tell her that I love her and miss her,

And when she turns to smile, place a kiss upon her cheek and hold her for a while.

Because remembering her is easy,

I do it everyday

But there’s an ache within my heart that will never go away...

Always in my heart and always in my thoughts.



SUN	MON	TUE	WED	THU	FRI	SAT
30	1 9:00 Strength Training 10:00 Ford Rouge Factory Tour 2:00 Bible Study	2 9:00 Balance & Core 10:00 VVC-Bean Bag/Hoop Shoot 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Aldi	3 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 11:30 Meadow Brook Theater & Lunch NO SIT & BE FIT	4 9:00 Balance & Core 10:00 VVC- Lip Sync 11:00 Great Lakes Crossing	5 NO EXERCISE	6
7	8 9:00 Strength Training 2:00 Bible Study	9 9:00 Balance & Core 10:00 VVC-Kick-a-Roo (New!) 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Walmart & Chase 2:00 Garden Club	10 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	11 9:00 Balance & Core 10:00 VVC-Lip Sync 1:00 Theater Thursday FRUITS AND VEGGIES	12 9:00 Stretch & Flex 2:30 Mother's Day Tea	13
14	15 9:00 Strength Training 11:00 Hollywood Market 2:00 Bible Study	16 9:00 Balance & Core 10:00 VVC-Puzzler 11:00 TOPS 11:00 Blood Pressure & Bingo 12:00 Garden Club: Trip to Planterra	17 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	18 9:00 Balance & Core 10:30 VVC Volleyball at Holly 1:00 Theater Thursday FOCUS HOPE	19 9:00 Stretch & Flex	20
21	22 9:00 Strength Training 1:00 PACE of S.E. Michigan Presentation 2:00 Bible Study FREE TABLE	23 9:00 Balance & Core 10:00 VVC-Bean Bag/Hoop Shoot 11:00 TOPS 11:00 Blood Pressure—Seminar on Arthritis/Pain 1:00 Meijer	24 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	25 9:00 Balance & Core 10:00 VVC-Lip Sync 11:00 Coloring Book Social Hour 2:00 Resident Council Meeting	26 9:00 Stretch & Flex 1:30 Birthdays & Bingo	27
28	29 OFFICE CLOSED FOR MEMORIAL DAY	30 9:00 Balance & Core 10:00 VVC-Kick-a-Roo 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Kroger (Telegraph Rd.)	31 9:00 Strength Training 10:00 Prayer Group 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	1 9:00 Balance & Core 10:00 VVC-Lip Sync 11:00 Cranbrook Gardens	2 9:00 Stretch & Flex	3

**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

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 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 48341-3145

420 S Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

Oakland Woods
The Village of

