



Village News



Embrace the possibilities

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September 2018

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Notes from the Administrator

Happy Labor Day to all! We wish you the best of holidays and want to remind you that the office will be closed on Monday September 3, 2018 in observance of the holiday.

We have a new family member joining the PVM Oakland Woods team this month and his name is Ricardo Palacios. Ricardo is filling the Marketing/Outreach and Leasing Specialist position and we are fortunate to have such an experienced individual accept our invitation to join. Ricardo is a life long staple in the Pontiac community from working in government, nonprofits and community organizations. Some of you already know him from his activities over the years and those who have not yet had the pleasure, please take a moment next time you are at the office to pop in and introduce yourselves.

The other newest member of our team, Jazmine McBride the Service Coordinator received an incredible offer a few weeks into her position here from her college to return and work with program she loves so much. It was too attractive to turn down and she does leave us with heavy heart. We will miss you Jazmine. But in good news we are in the process of selecting a wonderful applicant to fill Jazmine's shoes. The new Service Coordinator should be available at our offices by the end of September. Watch for more details.

It is election season and the Village will be hosting some candidates from our representative area for meet and greets along with some Q & A. See the events calendar for exact times and dates.

At the end of September the Village in partnership with DTE and Consumers Energy will be performing unit inspections, tuning up the furnaces for the coming winter, replacing the filters, changing light bulbs to the highest efficiency available, new shower heads and other money saving equipment to assist in keeping your monthly utility bills the lowest possible. You will receive a notice a few days before the process so you can prepare your home.

ALERT: WE HAVE BEEN RECEIVING MULTIPLE REPORTS FROM RESIDENTS ABOUT PHONE SCAMS. INSURANCE AND HEALTH CARE PROVIDERS DEMANDING PAYMENTS, THE IRS THREATENING TO HAVE THE POLICE COME TO YOUR HOME IF YOU DON'T PAY IMMEDIATELY AND ALSO CLAIMING YOU ARE A WINNER OF MOANEY BUT YOU NEED TO SEND MONEY FIRST. THESE ARE ALL CON ARTISTS TRYING TO GET YOUR HARD EARNED MONEY. THE POLICE WILL NEVER COME TO YOUR HOME TO COLLECT A DEBT. IF YOU RECEIVE A CALL SIMILAR TO THIS, HANG UP! HANG UP! HANG UP!



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 special guest columnist, Hope Wheeler. Hope recently graduated from Oakland University and is interning with PVM this summer.

If it's "Organic" is it "Healthier"?

Think back to the last time you were in a grocery store. Did you see any food labels with the word "organic" on them? When it comes to food, the word organic refers to the way in which food is produced. Organic foods are produced without using man-made pesticides, man-made fertilizers, human waste, radiation, genetic modification, antibiotics or hormones. Unfortunately, foods that aren't produced organically may contain some of these potentially harmful substances.



Though buying organic foods can be pricey, from a health standpoint limiting your exposure to harmful substances is generally a good idea. Because certain types of produce contain little to no pesticide residue without being produced organically, you can limit your pesticide exposure and save money by purchasing conventionally grown versions of these foods. Each year the Environmental Working Group, a non-profit, non-partisan organization dedicated to empowering people to live healthier lives in a healthier environment publishes two lists: the "Dirty Dozen" and the "Clean Fifteen" to help consumers decide which produce to buy organic and which to not. For more information, visit <https://www.ewg.org/foodnews>.

Whether you buy organic produce or not, to get the most "bang for your buck" shop at farmers markets, buy fruits and vegetables that are in season, and freeze any extra produce you may have. Also, remember to wash, trim, and peel your produce to reduce your pesticide exposure and to increase the health benefits, eat a wide variety. The more colors on your plate the better!

When it comes to our bodies, we invest a lot of time and money taking care of the outside (clothes, hair, shoes, makeup, etc.), shouldn't we do the same for the inside? To learn more about organic foods and their potential impact on your health, visit <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>.



Giving Matters.

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

Retired teacher, Betty did a wonderful thing.

She honored her happy home, friends and family by leaving a gift in her will.

Betty left a gift in her will that helped build The Karl and Frieda Kleemann Chapel at The Village of East Harbor and provide stained-glass windows.

Before her passing, Betty said she always believed in the PVM mission to serve older adults. She was delighted to honor her parents and a dear friend through the gift in her will.

Betty wanted to give back to her “happy home for these many years.” She wanted to make sure her gift would help future residents—people she’d never know! And she did! Today the chapel is a place where seniors of all faiths can gather, and Betty’s legacy shines!



Anyone can leave a bequest. You have the power to answer future prayers today!

Contact us at 248-281-2040 or pvmfoundation@pvm.org to learn more, or visit mylegacy.pvmf.org.



The Senior Advocate.

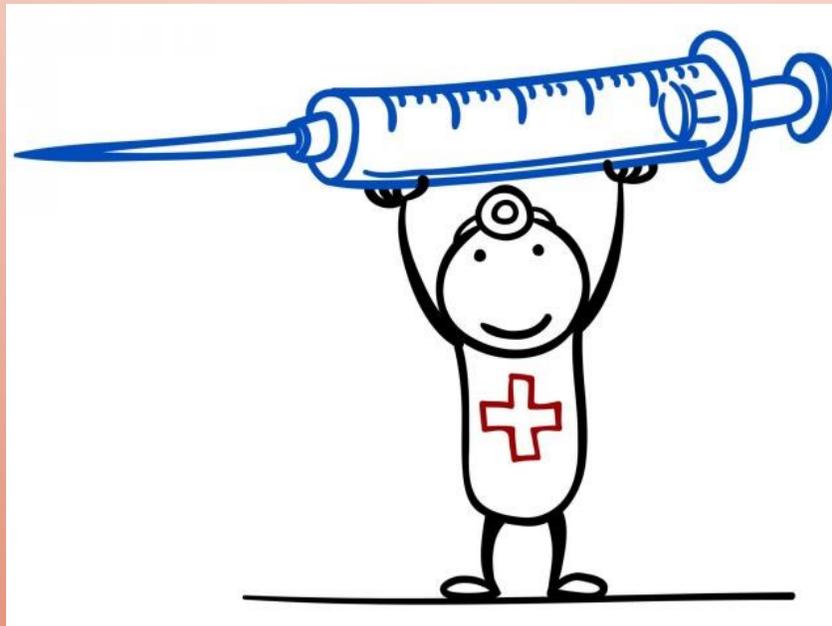
By Lynn Alexander,
Vice President of Public Affairs

It's Time For a Flu Shot

The summer is saying goodbye to us. Boaters are taking their last cruises. Others are getting ready to place their patio furniture in storage. Our children and grandchildren are headed back to school. Even years after we graduate from school we sense invigoration and new beginnings in the air.

It is also that time of year to get a flu shot. I know. It is not something we look forward to like we do for cider mills, apple picking and football games. However, we can be grateful that we have the chance to prevent serious illness. Not everyone believes that flu vaccine works. However, according to the Canadian Medical Association Journal: "Repeated vaccination for influenza was highly effective in preventing severe and fatal infection caused by influenza in older adults. "

There are many locations which help to make it convenient to get a flu shot. County health departments, senior centers and some of our PVM villages offer access to flu vaccine clinics. Check with our PVM staff members for more information. Be smart and savvy. Go for it!





OFFICE NEWS

BY HILLARY VANDENBERG

ADMINISTRATIVE ASSISTANT

Happy September, Village of Oakland Woods!

I hope everyone had a SPECTACTULAR summer and are getting ready for fall and all the fun fall activities coming up!

The walking club is still walking! We have decided to walk through autumn and take a break during the winter months and then come back in the spring for a whole new season of walking!



The apartment residents who have recertifications with me this month are: 13B, 18A, 23D, 21A, 24D, 37C, 29C, 25D, 20D and 31A. On your letter you have a due date of September 3rd, but since that is Labor Day and our office will be closed, your due date is extended to September 4th.

Like always, please let me know if you have any questions pertaining to your recertification packets.

I hope everyone has a great holiday and month of September! 😊

Service Coordinator News



Our Service Coordinator Jazmine McBride has moved on from Oakland Woods. She will be missed by all here at the Village, but we wish her all the best in her future endeavors! Our search for a new Service Coordinator is underway, and an announcement will be made once a replacement for Jazmine has been found. Thank you for your patience and understanding during this time of transition.





Wellness Coordinator News

By Daniela Blechner,
Wellness and Activities Coordinator

WELLNESS UPDATES:

Fall is just around the corner, and September is a perfect time of year to get outside, get moving, and enjoy some of the activities that Oakland Woods has to offer! With the temperatures dropping a little, but the sun (hopefully) still shining, I hope that several of you are able to make the most out of the September month! Please see the next 2 pages for some of the activities planned for the month of September.

On a slightly different note, I have some news to announce: I will be leaving Oakland Woods and my duties as your Wellness Coordinator in the middle of this month...It was an extremely hard decision to make, and I am sad to say goodbye, however, I have been offered an opportunity elsewhere that is impossible to pass up. I want to give a heartfelt thank you to each and every one of you—residents and staff—who have made my experience here at Oakland Woods truly wonderful. I will miss you all, and I will be sure to stop by and visit when I can! Please feel free to stop by my office before September 14th to chat and ask any questions in regards to this change. Wishing the Oakland Woods Cardinals all the best!

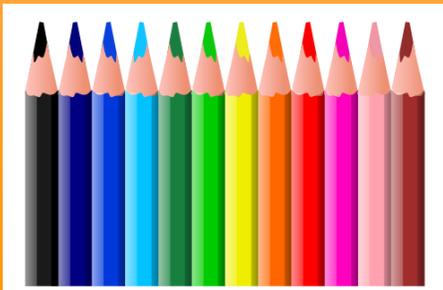


OAKLAND WOODS ON THE GO!



AUGUST EVENTS

Senior Day at the Detroit Zoo: Our first activity for September will be Senior Day at the Zoo! This is a free event for all seniors, happening Wednesday, September 5th. We will be leaving for the Zoo at 9:30am and returning by the early afternoon. The only fee associated with the trip will be a \$1 bus fee. The Zoo will have fun, games, bingo, and hopefully some great weather to check out all of the animals! Be sure to wear your walking shoes to explore all that the Zoo has to offer!



Coloring Book Activity: Join us for our First Friday coloring activity in the Community Room! The group will meet this month at 2:30pm. Bring your own coloring supplies, or borrow those provided by the Center. Either way, it is a great time to relax, chat, and catch up with friends as we coloring the afternoon away!

Fiesta Bingo at The Village of Holly: Our friends at Holly have invited us to participate in some yummy taco eating & bingo playing! To cover the cost of the food and the bingo prizes the fee to participate will be \$5. We will head over to the Village of Holly on Monday, September 10th at 11:30am. Please be sure to sign up far in advance so that a correct number of participants can be tallied. Thank you!



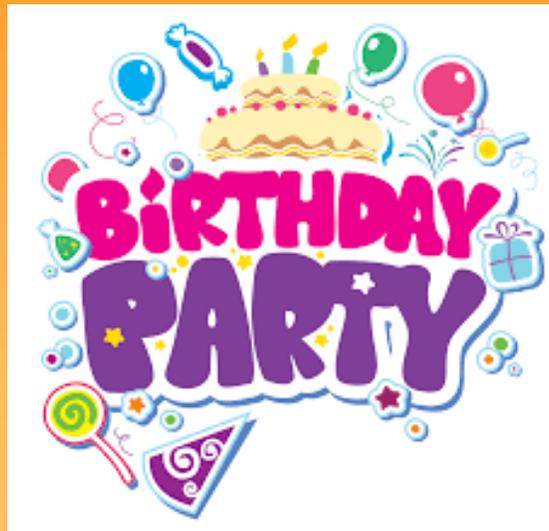
AUGUST EVENTS CONT.

Great Lakes Crossing Mall Trip: As requested by several residents, we will be taking a shopping trip to Great Lakes Crossing on **Thursday, September 13th at 10am**. Residents will have the opportunity to shop, dine, and explore the outlet mall for a few hours, at their own pace and leisure. If you would like to partake in this activity, please sign up in the sign up book before September 13th.



Candidate Q&A: Jake Cunningham, a candidate for Circuit Court Judge, has graciously offered to stop by our Village, meet our residents, and answer any of their questions on **Monday, September 17th at 1pm**. Mr. Cunningham will hold an open Q&A session with VOW residents in the Community Room. Please come prepared with your questions, and get to know one of your candidates before the elections in November! We hope that several of you will be available to participate.

Birthdays & Bingo Celebration: Our Birthdays & Bingo Celebration will be held **on Friday, September 21st at 2pm** in the Community Room. Cupcakes & punch will be served, Happy Birthday will be sung, and bingo will be played! The cost to participate in Bingo is \$2 for 3 Bingo Cards. We hope you are able to join in the celebration of all of our September birthdays!





Back to School

Z	G	N	S	T	U	D	E	N	T	L	V	Q
P	D	O	S	A	Y	U	A	J	E	I	G	U
Y	E	T	E	L	X	A	O	Y	G	L	U	E
Q	J	E	C	L	U	B	O	O	K	S	E	F
W	U	B	E	E	J	N	S	T	G	H	R	R
R	U	O	R	T	E	A	C	H	E	R	A	K
I	R	O	X	J	I	X	T	H	Q	P	S	R
T	P	K	O	W	J	P	B	M	B	E	E	E
I	M	A	M	D	E	Z	H	U	D	O	R	L
N	A	L	P	N	I	G	Z	T	M	R	X	U
G	T	K	C	E	R	M	L	B	N	L	G	R
R	H	I	L	G	R	G	N	I	D	A	E	R
P	L	A	Y	G	R	O	U	N	D	R	E	I

BOOKS

DESK

ERASER

GLUE

LUNCHBOX

MATH

NOTEBOOK

PAPER

PENCIL

PLAYGROUND

READING

RECESS

RULER

STUDENT

TEACHER

WRITING

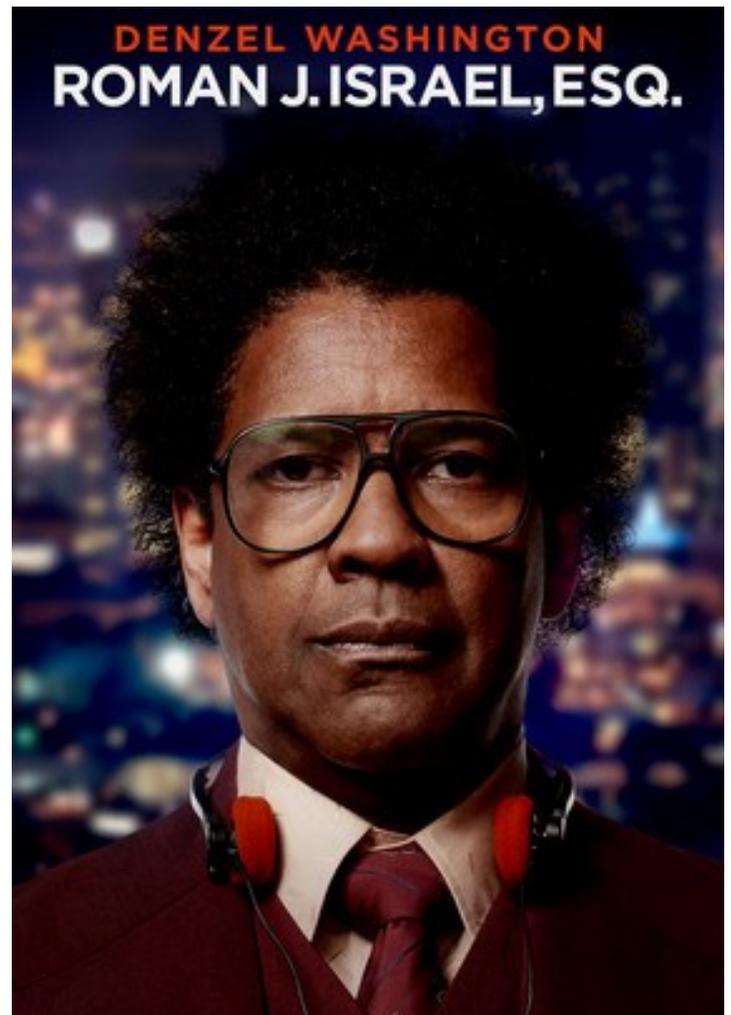
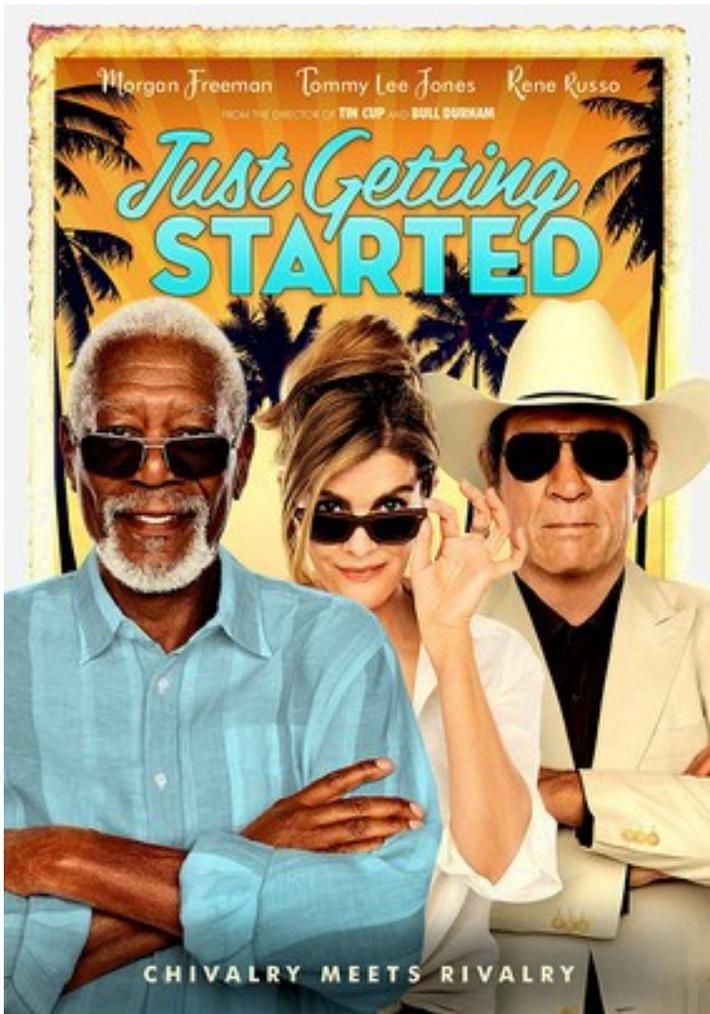


Theater Thursday



Thursday, September 6th, Just Getting Started: It takes all kinds to make a community, which is why an ex-lawman and a former mob lawyer find themselves on the same side when it comes to fending off a threat to the tiny resort where they live.

Thursday, September 20th, Roman J. Israel, Esq.: Roman J. Israel, Esq. is a dramatic thriller set in the overburdened Los Angeles criminal court system. Denzel Washington stars as a driven, idealistic defense attorney whose life is suddenly disrupted. When he is recruited to join a firm led by ambitious lawyer George Pierce (Colin Farrell) - and begins a friendship with a young champion for equal rights (Carmen Ejogo) - a turbulent series of events ensues, which will put the activism that has defined Roman's career to the test.



September

The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down. The gentian's
bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun. The sedges flaunt
their harvest,
In every meadow nook;
And asters by the brook-side
Make asters in the brook,
From dewy lanes at morning
The grapes' sweet odors rise;
At noon the roads all flutter
With yellow butterflies.
By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.
But none of all this beauty
Which floods the earth and air
Is unto me the secret
Which make September fair.
T'is a thing which I remember;
To name it thrills me yet:
One day of one September
I never can forget.

Birthday Celebration!

The Birthday Party will be held on Friday, September 21
Please join us in the community room at 2:00pm for refreshments,

bingo and prizes!

Willie Williams 9/2
Shirely Stroggin 9/3
Mary Tillman 9/3
Patricia Horn..... 9/8
Mary Proper 9/8
Becky Bolden 9/8
Phyllis Davenport..... 9/8
Elroy Lance..... 9/10
Marie Riley 9/12
Veola Wilson-Lynch 9/14
Lois Harney 9/15
Sharon Shreve..... 9/20
Dorothy Dilworth 9/23
Raycene Madden..... 9/24
Bernadette Harrison..... 9/26
Maggie Bilbo..... 9/28



Resident Council News

By *Judy Shatto*,
Resident Council President

Welcome September and Autumn! Don't you really enjoy the change of season here in Michigan? Although, I am truly anticipating the cooler weather!

Get ready for some fun! The Resident Council is excited to announce our annual fundraiser this year as Oktoberfest!



All residents, their friends and families are invited Friday afternoon, October 12th, for a donation of \$3 per person. The event will be held from 1pm to 3pm in the Community Room. There will be an Ice Cream Social, a Bake Sale, donated Homemade Items for sale, a Sing-A-Long with some of the choir members, as well

as raffle & door prizes for \$1 per ticket! All residents are encouraged to donate some homemade item. There will be a sign up sheet in the October sign up book, and in this sign up please list what you will be bringing to sell. Mark you calendars! And remember to sign up once October rolls around!

RESIDENT COUNCIL MEETINGS:

A reminder that our Resident Council Meetings are on the 4th Tuesday of every month. For September, it is September 25th at 2pm in the Community Room. All residents are always welcome. We can guide you through how to handle a problem or concern. We have a monthly drawing for a free carpet cleaning, and a drawing for the winner who located the "hidden item" in the current newsletter. It is a meeting, but we have fun and sometimes even enjoy some tasty snacks! Come and support your Village by attending! You may meet some new friends. Contact Judy with any questions.



SCHOOL SUPPLIES:

We have collected three boxes of school supplies thanks to all that generously donated to the Rogers Elementary School! I will deliver the items after Labor Day. There is still some time to donate if you wish!

Something is hidden in our monthly newsletter. Can YOU find it?

Each monthly newsletter will have a hidden item for you to find. Drop your answer in the dining room suggestion box. Please use the entry form provided. Be sure to include your name, the newsletter page number, and where on the page it was found. The monthly drawing for the

winner will happen at our Resident Council Meetings.

For the month of September, locate the "Pencil" hiding. Good Luck!

Resident Council News

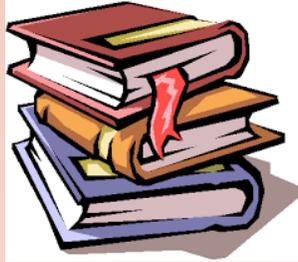
By Judy Shatto,
Resident Council President

LIBRARY NEWS:

This month we have two very readable mystery novels by Phyllis A. Whitney. Copyright 1960.

“Mrs. Lincoln’s Rival” by Jennifer Chiaverini:

This book follows President Lincoln’s Washington D.C. life from his inauguration until his death; through the eyes of Kate Chase Sprague—born 1840. Very interesting read. This is a new donation to our library!



GARDEN CLUB NEWS:

Want to be active? Have fun with a great bunch of people? Get your hands dirty and make plants pretty? JOIN THE GARDEN CLUB!! Think we're done for the season? Think again.

Here is our busy schedule for the rest of the year:

Tuesday, September 11 at noon: General meeting and planning: Catch up

Monday, October 1st at 11: GARDEN CLEAN UP DAY. BRING ALL AVAILABLE UTENSILS TO CLEAN UP THE FLOWERS AROUND THE GAZEBO. FRIENDS AND FAMILY WELCOME ALSO.

Monday, November 5th at 11:00 Christmas Card signing and fellowship. This is one of our favorite get togethers!

Hope to see YOU at many of these get-togethers



Resident Council Board

Judy Shatto, *President*

(248)499-8574

Becky Bolden, *Vice President*

(248)766-3684

Philena Holdridge, *Secretary*

(248)977-3038

Joyce Parlor, *Treasurer*

(248)210-5678

Ruthie Griffin, *Sympathy Cards*

(248) 322-4222

AS THE VILLAGE TURNS

AS THE VILLAGE TURNS

Ed Revis

Ed was born in Pontiac, in 1932. He graduated from Central High School in 1951, with an athletic scholarship to Michigan State University. In his first year at MSU he suffered an injury that sidelined him, and he lost his scholarship.

Ed married his high school sweetheart, Romoria “Cleasie” Paige and was blessed with two daughters—who both live in Pontiac. Michelle, the oldest, attended UofM and is a nurse practitioner. Paula attended Michigan State and got her Masters in Social Work at Wayne State University. Ed has three grandchildren and 8 great grand children.

After leaving MSU Ed enlisted in the U.S. Army, where he played football again, playing one in the U.S. Armed Forces Far East Championship.

When his enlistment was up, he returned home to Michigan, and he attended Central Michigan University. After graduating, he worked for the Michigan Department of Corrections, helping develop educational and recreational programs to help inmates adjust and return to society.

Leaving the prison system, Ed accepted a special assignment with the Juvenile Court Judge Arthur Moore. His job was to help reduce the number of juvenile referrals to the court systems—where he found great success in accomplishing this.

In 1965 Ed joined the Oakland Committee on Economic Opportunity—a poverty program in that in 1968 he came to lead. The organization was phased out in 1974 and Ed developed a plan that consolidated Oakland & Livingston counties—later known as OLHSA. OLHSA has 75 different programs receiving grants and funds from several different agencies.

Ed has served and sat on multiple boards & committees throughout Oakland County—including the Rotary Club of Pontiac, the Boy Scouts of America, St. Joseph Mercy Hospital, Oakland County Private Industry Council, & the Governors Blue Ribbon Committee of Welfare Reform.

After retirement, he spent some years in North Carolina, before returning home to Michigan.

No wonder you see Ed relaxing with his buddies over coffee at the VOW community center! You deserve a good rest Ed. Thank you for all your years of service to mankind.



September 2018

National Atrial Fibrillation Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
	OFFICE CLOSED FOR LABOR DAY	10:00 Walking with Hillary 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Walmart & Chase	9:00 Prayer Group 9:30 Senior Day at the Detroit Zoo! 11:00 Village Chorus NO EXERCISE	9:00 Balance & Core 10:00 Walking with Hillary 1:00 Theater Thursday	10:00 Stretch & Flex 10:45 Morning Meditation 2:30 Coloring Book Activity	
9	10	11	12	13	14	15
	10:00 Strength Training 11:00 Garden Club 11:30 Fiesta Bingo at The Village of Holly!	10:00 Walking with Hillary 11:00 TOPS 11:30 Blood Pressure Clinic 1:00 Kroger	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Balance & Core 10:00 Walking with Hillary 10:00 Great Lakes Crossing Shopping Trip FRUITS & VEGGIES	10:00 Stretch & Flex 10:45 Morning Meditation	
16	17	18	19	20	21	22
	10:00 Strength Training 1:00 Q&A with Jake Cunningham: Circuit Court Judge Candidate	10:00 Walking with Hillary 11:00 TOPS 11:30 Blood Pressure Clinic & Seminar 1:00 Meijer	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Balance & Core 10:00 Walking with Hillary 1:00 Theater Thursday FOCUS HOPE	10:00 Stretch & Flex 10:45 Morning Meditation 2:00 Birthdays & Bingo Celebration	
23	24	25	26	27	28	29
	10:00 Strength Training 1:00 Hollywood Market	10:00 Walking with Hillary 11:00 TOPS 11:30 Blood Pressure Clinic & Bingo 2:00 Resident Council Meeting	9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit	9:00 Balance & Core 10:00 Walking with Hillary	10:00 Stretch & Flex 10:45 Morning Meditation	
30	1	2	3	4	5	6
				October		

**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

Village Staff

Kevin Centala
Administrator

Sharon Benton
Administrative Assistant

Hillary Vandenberg
Administrative Assistant

(248) 334-4379

Ricardo Palacios
Sales, Marketing, & Outreach

Daniela Blechner
Wellness and Activities Coordinator

Matthew Myers
Maintenance Supervisor

Brian Gunner
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

