



# Village News



## Embrace the possibilities

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

JANUARY 2023

### Featured Articles

- Administrator Notes **P. 1**
- Office News **P. 2**
- Sales-Leasing News **P.3**
- Maintenance News **P. 4**
- Service News **P. 5**
- Wellness News **P. 6**
- Resident Council **P. 7**
- Sunrise & Sunset **P. 8**
- Monthly Calendar **P. 11**

I trust that you and your families had a Merry Christmas and a Happy New Year. My thoughts and prayers are with you all for a healthy and safe 2023.

Thank you to those who had a chance to attend our annual Christmas Party. I know I had a blast and hope that you did as well. I again would like to recognize the staff and residents' who made that party possible. In combination with our friends at Kirk in the Hills, who volunteered their time to distribute food and drinks, our party was a success. Therefore, a huge thank you to their support. Our entertainment featured Ian Finkelstein and the "Christmas All-Stars." They sure did rock the house. Please check out the "Wellness News" page for all upcoming events and activities in 2023.

A reminder, if you have not done so, please stop into the office to sign your new house rules and Pet Policy. Please see the "Office News" page for more information.

Management and maintenance are aware of the lighting issues specific to Areas 4 and 5. We apologize for an inconvenience this may cause. Please know we are working hard at having this issue resolved and are battling cold weather in order to do so. Thank you for your patience in this matter.

The New Year is always a good time for resolutions, and goal setting. I can tell you that I am working on my vision roadmap for 2023, and hope you are too. I am very interested in hearing what you are excited for in 2023. Stop in and say "Hi" and share with the Oakland Woods team how we can help you accomplish your 2023 goals and objectives.

Happy New Year and looking forward to seeing you all soon.



The Village of  
**Oakland  
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



# Office News

Sharon Benton & Stephanie Daniel

Administrative/Receptionist

## NEW YEAR, NEW BEGININGS

Two attachments to your lease have been updated in accordance with HUD guidelines. Per your HUD lease agreement, we are required to provide you with a 30-day notice before the changes go into effect on **January 13, 2023**. The changes are as follows:

### House Rules

Added the rule: *“There shall be no grounds-disturbing activity on the property including plantings, installation of fences, patio blocks, and brick pavers, etc.”*

Added the rule: *“Free-standing exterior decorations must not impede with lawn and ground maintenance and must not detract from the overall appearance and quality of buildings.”*

**Added language clarifying that window treatments are provided**

**Added language clarifying that renter’s insurance is not mandatory.**

### Pet Policy

Added to Section 2. Pet Registration Prior to Admission the language *“Inoculation in accordance with state & local law is required.”*

Removed from Section 12. Pet Control language that discussed landlord involvement in mitigating a pet damage situation between two tenants.

Removed from Section 12. Pet Control language stating payment for pet-related damages to the landlord is due immediately. Changed to state that residents have 30 days from the date they receive a bill from management to pay pet-related damage charges.

You must either accept these changes by signing the updated Lease Attachments or provide a 30-day notice to vacate by no later than **January 13, 2023**.

**Please visit the office to sign these documents or contact us if you require an alternate method for signature.**

**When requesting paper work from the office, please give the office a 24 hour notice, in order for us to pull the proper paper work.**

# Sales and Leasing News

*Katie Harris*  
*Sales & Leasing*

Happy New Year!! This turned into a cold and white Christmas. I love a white Christmas but could do without the cold. Because it's a cold one, I thought I would share with you a tomato soup recipe because there is nothing better on a cold day than Grilled cheese and tomato soup. My mom made this often when I was growing up. It was also a cost effective way to feed many on a tight budget.

## Tomato Soup

¼ cup of chopped onion

1 clove of garlic, minced

¼ teaspoon smoked paprika

¼ teaspoon dried basil

¼ teaspoon kosher salt

1/8 teaspoon chili powder

14 oz of diced tomatoes, juice included

½ cup low-sodium chicken broth

1 teaspoon of honey

1. Melt the butter and cook the onions, stirring frequently, about 1 minute.
2. Add the spices, stirring frequently, about 1 minute.
3. Add the entire can of tomato
4. Tomatoes and chicken broth and bring to a boil, then reduce the heat to low and simmer for 20 minutes.
5. Stir in honey
6. Pour soup into a stranding blinder to puree the soup to desired consistency. \*Please remember this is not and to put the lid on tight. Do not burn yourself! I have done this, it's not fun

Add salt to taste and pepper.

\*A helpful tip with everything being so darn expensive right now, instead of butter for your grilled cheese, use Mayonnaise instead. A thin layer on the bread will crisp the bread to perfection. Do not worry, you will not taste the Mayo.

Happy New Year to you all!



# Maintenance News

*Matthew Myers*  
*Maintenance Lead*

Happy Holidays from your Maintenance Lead at the Village of Oakland Woods!

Some of our residents have shown that they can reset their outlets and disposals, and maybe you can too with this helpful guide.



Sometimes the reset button can be hard to push, but don't reach for something electrically conductive like a fork, instead use something nonconductive like the corner of a wooden spoon.

Note that often these GFCI's are connected to outlets downstream. So an outlet in the kitchen if tripped could make outlets in your living room stop working.



Sometimes if your disposal stops working suddenly it can be reset by pushing this red button back in. Usually you can feel it if it is popped out underneath the disposal.

I would like to remind everyone to stay safe and that maintenance is here to help you should you need it.

# Service News

*Sue Carney & Terri Price  
Service Coordinators*

Happy New Year!

Welcome 2023!

Hope and pray that your Christmas and holiday was wonderful.

Hopefully 2023 is a happy, healthy & blessed year for everyone.

January's calendar is full of activities and fun. Check out & mark your calendar. Anyone needing transportation to come to events can call the office and request a pickup.

Our weekly wellness class on Mondays-featuring speakers discussing various topics-will now be a monthly series called "Be Well". This new class will give your resources and education on how to better your overall health and wellness to be well. This month we will have our friend, Lerone, with Humana, to teach us about the Power of Positivity. Join us Monday January 9 at 11:30 a.m. as we learn how to promote positivity and joy in our everyday life that makes a difference in our own wellness and the wellness of those around us.

Tuesday January 10, at 1 p.m. will be the monthly blood pressure checks and education/resources on blood pressure management safety with Nikki from Home MD.

A BIG THANKS to all those who attended and helped at the December Christmas. Everything was very wonderful.

Hope everyone has a great month. Stay warm and keep thinking spring is coming



# Wellness News

Jessica Roberts  
Wellness Coordinator

*As we ring in the New Year, we look forward to some exciting new opportunities to improve overall health and wellness at the Oakland Woods Community!*

As many of us are wanting to maintain physical fitness and good health, we are offering a brand new exercise class schedule featuring three important areas of physical fitness: mobility, stability, and strength.

At each of our **Mindful Movement Fitness Classes on Monday, Wednesday, and Friday at 10:30am**, our fitness instructor Hillary Levin will provide you with the chance to reach your fitness goals and stay healthy! The stretching and mobility, Yoga-inspired class is on Mondays; exercise foundations, low-impact stability class is on Wednesdays; and muscle-building strength class is on Fridays.

Join us for the first Mindful Movement fitness class on Wednesday, January 4<sup>th</sup>, at 10:30am!

To continue the theme of Mindfulness, we will be welcoming Heather from Wayne State who will provide us with **Mindfulness Training each Friday after fitness class**. Mindfulness training can help improve mental clarity, reduce stress, manage emotions, and so much more! There will be 12 weeks of 20 minute Mindfulness sessions including 10 minutes of guided meditation and 10 minutes of journaling; journal will be provided. Join us every Friday at 11:30am to enhance your quality of life through Mindfulness!

This Mindfulness Training will also be the theme of the first of a monthly **Wellness Clinic on Friday, January 13<sup>th</sup>, at 11:30am**. Each month we will feature a different topic focus at our Wellness Clinic so that residents can take charge of your health and wellness in this New Year! This month Heather will teach us about setting intentions for the New Year and the importance of Mindfulness in that process.

Another great fitness opportunity that will be offered monthly at Oakland Woods is our **“Brain Games” class** that targets stimulating the brain for improving overall brain function in a fun, social environment!

Research shows that participating in social games and activities that challenge the brain can effectively strengthen the brain at any life stage; “Brain Games” will provide activities and games to train the brain – and we’ll have fun doing it!! Join us for “Brain Games” on **Tuesday, January 24<sup>th</sup>, at 1pm!**

To provide opportunity for physical activity and social involvement, Thursdays will be **“Open Gym” time for “Fun and Games”**. Participate in engaging physical activities in the gym – such as Hoop Shoot, Balloon Volleyball, and Beanbag Toss – to have some fun and stay active during the winter months. **“Open Gym” is held Thursdays at 11:00am** so come out for a great time!

We will kick off the New Year with some more fun at the **“Snow Glow Party” on Friday, January 6<sup>th</sup>, at 11:30am**. This will be an “Afterglow” party celebrating our Victory Cup team that competed in the games in October 2022, but this will also just be a time of fun enjoying winter-themed treats and games.

Another fun event will be our **“Warm and Cozy” Birthdays and Bingo celebration on Friday, January 20<sup>th</sup>, at 1pm**. Our friend and Saxophone player, Eugene Mann, will be entertaining us with some peaceful jazz while we enjoy a delicious hot chocolate bar and treats prior to Bingo at 2pm.

As always, we hope that you take advantage of the many opportunities to improve your wellness!

Please **sign up in the Activities Book to attend any of our events**.

Also, please contact Jessica, the Wellness Coordinator, at the office if you need a ride to any of our events and/or if you would like to meet with Jessica to discuss and address your wellness goals in this New Year!



# Resident Council News

*Becky Bolden*

*Resident Council Vice President*

If your are reading this.....It means you've done it....And through Gods Grace & Mercy made it to another year!

## HAPPY NEW YEAR?

The last community function was the annual Oakland Woods Christmas party; hosted by our staff members

- The food was great..
- Memorable (free) personal photos where taken.
- And the cherry on the top of the cake, was the amazing jazz trio that lifted our spirits while we got our groove on. It's a must, we have to hear from that group of young men again in the future.

Our Community Charity project was started the end of November and seams to be moving at a very slow pace. It will last until the end of January. Remember the bars of soap, paper towels and toilet paper can be purchased at the dollar store.

We have been blessed with a few extra dollars in our social security check, so let's pass on part of our blessing to the Battered and Homeless Women's shelter in Pontiac.



The Village Chorus needs your voice to help keep singing and music on our campus. So please join us on Wednesdays at 11:30 am in the Community Center dining room. No tryouts or audition are required.

## Resident Council Board

**Becky Bolden**, *Vice President*

*(248) 766-3684*

**Vernice Harper**, *Secretary*

*(248) 622-4470*

**Joyce Parlor**, *Treasurer*

*(248) 210-5678*



## **Birthday Celebration!**

The Birthday Party will be held on Friday, January 20th. Join us in the Community Room at 1:00pm for refreshments, bingo and prizes!

Kathleen Stanley 1/3  
Cheryl Jamerson 1/7  
Willis Stephens 1/9  
Barbara Eldridge 1/12  
Siney Morton 1/12  
Nancy Washington 1/13  
Dianna McCall 1/14  
Erma Wesley 1/15  
Patricia Jennings 1/16  
Edwin Bryd 1/18  
Betty Ridley 1/20  
Mary Alice McNeal 1/20  
Geraldnette Lancaster 1/25  
Dorothy Turner 1/26  
Brian Gnegy 1/28  
Debra Walton-Smith 1/28  
Will Baldwin 1/30  
Patricia Vaughn 1/30  
Georgina Fontana 1/31



In Memory of  
Lillian Mack



SUN	MON	TUE	WED	THUR	FRI	SAT
1 New Year's Day	2 OFFICE CLOSED	3 10:00 God's Word and Prayer 11:00 Ladies' Coffee Hour	4 10:30 Mindful Movement Fitness Class - STABILITY 11:30 Village Chorus 1:00 Grocery Bus Trip - Hollywood	5 OFFICE CLOSED AT 12PM 10:00 Gentlemen's Coffee Hour	6 10:30 Mindful Movement Fitness Class - STRENGTH 11:30 Snow Glow Party!	7
8	9 10:30 Mindful Movement Fitness Class - MOBILITY 11:30 Be Well Presentation Series - "Power of Positivity" by Lerone	10 10:00 God's Word and Prayer 11:00 Gentlemen's Coffee Hour 1:00 Blood Pressure Clinic	11 10:30 Mindful Movement Fitness Class - STABILITY 11:30 Village Chorus 1:00 Grocery Bus Trip - Walmart	12 OFFICE CLOSED AT 12PM 10:00 Ladies' Coffee Hour 11:00 Open Gym - Fun and Games!	13 10:30 Mindful Movement Fitness Class - STRENGTH 11:30 Wellness Clinic - Intro to Mindfulness 1:00 Bus Trip! - Great Lakes Shopping Mall	14
15	16 Martin Luther King Jr. Day OFFICE CLOSED	17 10:00 God's Word and Prayer 11:00 Ladies' Coffee Hour 2:00 Resident Council Meeting 3:00 New Resident Meet and Greet!	18 10:30 Mindful Movement Fitness Class - STABILITY 11:30 Village Chorus 1:00 Grocery Bus Trip - Meijer	19 OFFICE CLOSED AT 12PM Focus Hope 10:00 Gentlemen's Coffee Hour 11:00 Open Gym - Fun and Games!	20 10:30 Mindful Movement Fitness Class - STRENGTH 11:30 Mindfulness Training 1:00 "Warm and Cozy" BIRTHDAYS AND BINGO!	21
22	23 10:30 Mindful Movement Fitness Class - MOBILITY	24 10:00 God's Word and Prayer 11:00 Gentlemen's Coffee Hour 1:00 Brain Games	25 10:30 Mindful Movement Fitness Class - STABILITY 11:30 Village Chorus 12:00 Call to Prayer (Board Room) 1:00 Grocery Bus Trip - Kroger	26 OFFICE CLOSED AT 12PM 10:00 Ladies' Coffee Hour 11:00 Open Gym - Fun and Games!	27 10:30 Mindful Movement Fitness Class - STRENGTH 11:30 Mindfulness Training	28
29	30 10:30 Mindful Movement Fitness Class - MOBILITY	31 10:00 God's Word and Prayer	<b>Large Calendars are Available at the Activities Table</b>			

January 2023

**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

**Jon Hayes**

*Housing Administrator*

**Sharon Benton**

*Administrative Assistant*

**Stephanie Daniel**

*Administrative Receptionist*

**Katie Harris**

*Sales and Leasing Specialist*

**Sue Carney**

*Service Coordinator*

**Jessica Roberts**

*Wellness Coordinator*

**Matthew Myers**

*Maintenance Lead*

**Randall Shannon**

*Grounds Keeper*

---

**EMERGENCY MAINTENANCE**

**(248) 330-0213**

**On-Site Security**

**(313) 742-0285**



**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

**Oakland Woods**  
The Village of

