



Village News



Embrace the possibilities

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

JANUARY 2025

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**

Tracy Lathan Administrator

Hello, Village of Oakland Woods Residents!

Happy New Year!!! Hope this year brings you joy, health, and an opportunity to explore a new hobby. As we begin a fresh chapter, let's make time to stay active, connected and engaged. We will have our first Town Hall meeting of the year on January 6th, 2025 starting at noon. Please come out to hear about all the new things to take place at the Village.

This month, we encourage you to focus on small, meaningful changes. Take time to connect with a friend over the phone or write a letter to someone who has been on your mind. If your goal was to volunteer more. We are in need you!! We are in need of volunteers for food box delivery. If you are interested, please contact the office or Anita our Wellness Coordinator.

Quote: "You are never too old to set another goal or to dream a new dream" C.S. Lewis

LET'S MAKE IT A GREAT YEAR!



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

Happy New Year

Let us start the New Year off with some reminders for the up coming year.

Work orders: Should be called into the office, please do not stop the maintenance team requesting a work order. Nine times out of ten we will not get the request.

Robo Calls: Is our way to communicate with our residents. Robo calls go out whenever there's and upcoming event or in some cases of emergencies. When you receive a call please listen to the message in it entirety. Please don't call the office to see if we have called. The call usually start going out around 5:00pm—8:00pm.

Appointments: When you have an appointment PLEASE try to stick to the scheduled time of the appointment. If for some reason you can't make the appointment, please let the office know A.S.A.P. Do not assume if you come in late that we will be able to accommodate you. You will have to reschedule.

Recertifications: You will receive the recertification package 120 day prior to your anniversary. Please take time to read the coversheet, it explains everything that is needed when you return the package. We highlight areas that need a signature and date.

Social Security Letters: Everyone should have received your social security letter in the mail by now, please bring it to the office so that we can make a copy and put in your file for 2025.

Rent: Your rent is due on the first of each month, anything after the fifth is considered late and a late fee will be added to your account

VISTING PETS: All visiting pets **MUST** be reported to the office.

LET'S MAKE IT A GREAT YEAR!

Sales and Leasing News

Live on your own terms with PACE Southeast Michigan

Medicare Open Enrollment season is almost here. At PACE Southeast Michigan, we offer a comprehensive healthcare program aimed at preserving independence, dignity and a high quality of life for older adults.

You may qualify for PACE services if you...

Are 55 years or older

- Can live safely in the community with the support of PACE Southeast Michigan services
- Qualify for nursing home-level care

Reside in Macomb County, Wayne County or Oakland County.

PACE Southeast Michigan is committed to helping older adults live in the community and age in their own residence. To do this, we focus on preventive care. Learn how you can age in place at your Presbyterian Villages of Michigan residence and rely on PACE Southeast Michigan for all-inclusive care (medical, spiritual and social) designed with seniors in mind.

The PACE difference:

PACE Southeast Michigan uses Medicare, Medicaid and private funds to cover all medically necessary care including specialized care, physical therapy, medication, transportation to appointments and much more.

PACE participants are at the center of their care plans, and our team works with you and your loved ones to create an individualized care plan.

Our day health centers in Detroit, Dearborn, Eastpointe, Clinton Township, Sterling Heights, Southfield, Pontiac and soon Westland offer safe, fun environments for you to receive care and socialize.

To speak with a PACE Southeast Michigan Enrollment and Outreach Representative, please call us at [\(855\) 445-4554](tel:855-445-4554) (TTY: 711).



WINTER WEATHER PREPAREDNESS

Walking in the Winter Wonderland

Walking to and from parking lots or between buildings during the winter can lead to slipping and falling on snow and ice.

Tip for walking in snowy and icy conditions:

- **Be Cautious:** In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy. Be extra careful when getting into or out of vehicles; hold onto the vehicle for support.
- **Put Your Best Foot Forward:** Wear the right shoes, which means shoes with large treads or raised patterns. Non-slip rubber or neoprene are best. Avoid wearing boots or shoes with smooth soles and heels. You might even consider getting some traction devices for your shoes. The steel coils on the bottom give some grip with ice and allow for better balance.
- **Stay on the path:** Walk in designated, clear walk way as much as possible. Taking shortcuts over snow banks and other frozen areas can be hazardous.
- **Think like a penguin!** Point your feet out slightly like a penguin. Spreading your feet out slightly while walking on ice increases your center of gravity. Bend slightly and walk flat footed with your center of gravity directly over the feet as much as possible.
- **Keep your hands out of your pockets:** Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.

Frostbite and Hypothermia

Frostbite and hypothermia are the consequences of cold exposure, and both can have long-lasting effects. If you suspect either condition, call for help.

LAYERS, LAYERS EVERYWHERE

1. Dress in layers, with wind resistant outer layer.
2. When it is cold, wear a hat, mittens or insulated gloves. Keep your face warm with a scarf, neck tube or facemask.
3. Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant cover as much exposed skin as possible.

BLACK ICE AND FREEZE-MELT REFREEZE CYCLE

During the winter months, temperatures outside can fluctuate causing snow to melt and then refreeze. This process, (the freeze-melt-refreeze cycle) often results in a thin layer of ice on walkways and roadways—community referred to as “black ice.” The presence of black ice creates unsafe walking conditions, since sidewalks and other walkways can be covered with clear ice that looks dark gray—like a wet sidewalk. This can be hazardous and is a huge threat to slip, trip and fall safety.

To combat black ice, maintenance and other personal need to be vigilant about monitoring walking surfaces during periods of temperature fluctuations. Proper salting and surface treatment practices should be followed to help get rid of any ice areas that could cause injuries.

STAY SAFE & WARM!

Service News

*Terri Price & Angela Morton-Beavers
Service Coordinators*

Greetings from your Service Coordinators—Angela Morton-Beavers and Terri Price

Happy New Year! Can you believe we have entered year 2025! Gear up for a great year at the Village of Oakland Woods. Check the information table for flyers, mark your calendar, register and plan to attend these upcoming events:

- **Monday, January 6th**—Townhall session at 12:00pm. Afterwards Caption Call which help people with hearing loss connect with friends and family by phone at no cost. A representative will be here from 2:00—4:00pm. Please plan to attend.
- **Wednesday, January 8th** from 12:-2:00pm Xfinity representative will be here to discuss how to get the most out of your Xfinity services. It's your chance to discover new features, ask about plans and inquire about your bill.
- **Monday, January 13th** starting at 11:30am Maria Fortner will be here to discuss and assist if you are enrolled in a Medicare Advantage plan. You may change plans or switch to original Medicare before the March 31st deadline.

Just a few January observance to note:

Dry January— The alcohol-fueled celebrations in December can take a toll on your health. January is a great time for a full body reset. Some may choose to fast, avoid certain foods or beverages, eliminate caffeine. **ALWAYS** consider your health condition and consult with your physician first.

Glaucoma Awareness Month—Eye irritations and vision problems often brushed off as seasonal allergies or a result of too much screen time. In reality, without getting your eyes checked, you can't know what's causing your eye symptoms. Consult with your Optometrist or Ophthalmologist.

Thyroid Awareness Month—Your thyroid plays a bigger role in your health than you may realize, impacting everything from your metabolism to your mood. Have you have your thyroid checked? Consult with your doctor.

January 20th—Martin Luther King Jr. Day—Keep the Dream Alive! - Befriend someone different than you. Pay attention social issues and make a positive difference—Serve others, lead by example.

Affordable Care Act Marketplace Open Enrollment period, enrollment ends January 15, 2025

If you or someone you know needs services please contact either or each organization:

CNS Health Care (248)745-4900
TTI (800)741-1682

EasterSeals (248)475-6300
LakeShore Legal Aide (888)783-8190

May this Yew Year bring love, peace and showers of blessings!

Greeting from your Wellness Coordinator

December Activity Recap:

December was a month full of joy, community, and celebration here in the Village? Here's a quick look at the highlights from our festive activities.

- **Rochester Christmas Lights:** We kicked off the holiday season with a breathtaking visit to the Rochester Christmas Lights. Residents came together to marvel at the twinkling displays, share laughter, and bask in the holiday cheer. The light were nothing short of magical. After the light display we went to Rams Horn's for dinner.
- **Christmas Dinner:** Our Christmas Dinner was a heartwarming success? Friends, families, and neighbors gathered together to enjoy a delicious mean filled with festive flavors. The event fostered followship and reminded all of us what the holiday spirit is truly about—warmth connection, and togetherness.
- **Renaissance High School Winter Concert:** We ended the month on a high note with a spectacular performance from the talented students of Renaissance High School. Their winter concert filled the room with excellent singing and festive tunes, leaving everyone in awe and filled the holiday joy.

A December to Remember

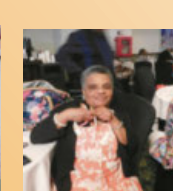
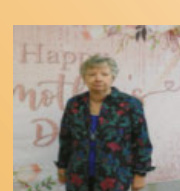
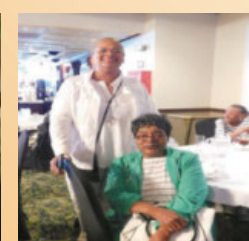
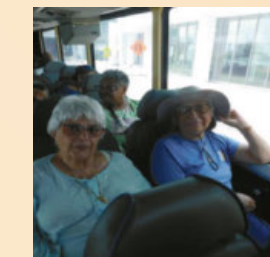
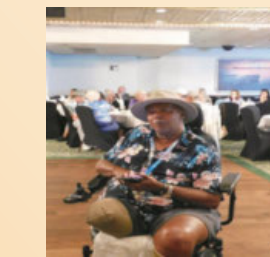
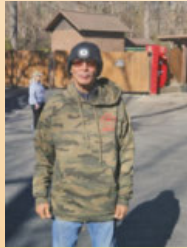
Thanks to all the residents who joined us for these events and helped make December so special. From the beautiful light to the shared meals and amazing music, we celebrated the season in the best way possible— together.

Here's to more wonderful moments in the New Year?

Be sure to check the calendar for January activities!

Wellness
happens at
**THE VILLAGE OF
OAKLAND WOODS**

Look back on 2024



Birthday Celebration!

The Birthday party will be held on Thursday, January 16th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Eugene Elliott 1/6

Siney Morton 1/12

Erma Wesley 1/15

Ernest Harris 1/23

Georgina Fontana 1/31

Cheryl Jamerson 1/7

Nancy Washington 1/13

Edwin Bryd 1/18

Geraldnette Lancaster 1/25

Eyvonne Whaley 1/7

Dianna McCall 1/14

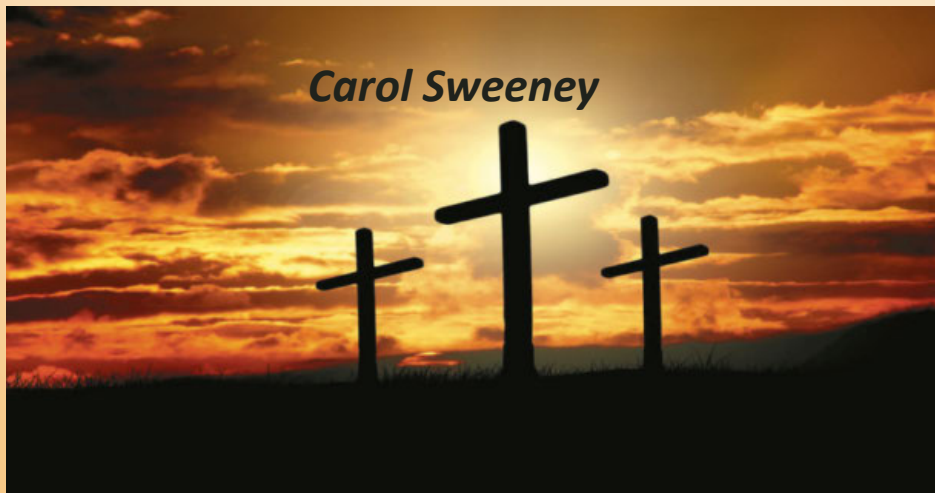
Mary Alice McNeal 1/20

Efrain Reyes 1/25



In Memory of

Carol Sweeney



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January 2025

Large Calendars are Available
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Happy New Year Office Closed	2 12:00 Lunch @ Lela's - 2:00 Sound Meditation	3 9:00 - Hollywood - 10:30 Fitness Class - 11:00 Sprout	4
5	6 10:30 Fitness Class - 12:00 Town Hall Meeting - 2-4 Caption Call Rep.	7 10:00 God's Word & Prayer - 2:00 Cardio Drumming	8 10:30 Fitness Class - 12-2 Xfinity Rep.	9 11:00 Pontiac Transportation Museum	10 9:00 - Meijer - 10:30 Fitness Class - 11:00 Sprout	11
12	13 10:30 Fitness Class- 11:30 Advantage Health Care Rep.	14 10:00 God's Word & Prayer	15 10:30 Fitness Class - 2:00 Cards Spades	16 10:30 Sound Meditation - 1:00 Birthday & Bingo	17 9:00 Kroger -10:30 Fitness Class - 11:00 Sprout	18
19	20 MLK Day Office Closed	21 10:00 God's Word & Prayer 2:00 Cardio Drumming	22 10:30 Fitness Class - 2:00 Meadowbrook	23 2:00 Jenga	24 9:00 Walmart - 10:30 Fitness Class - 11:00 sprout	25
26	27 10:30 Fitness Class - 2:00 Coloring Crafts	28 10:00 God's Word & Prayer	29 10:30 Fitness Class - 2:00 Movie Day	30 1:00 Sewing Project	31 9:00 Hollywood - 10:30 Fitness Class - 11:00 Sprout	1
2	3	Notes				

**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

Tracy Lathan
Administrator

Sharon Benton
Administrative Assistant

Stephanie Daniel
Administrative Receptionist

Terri Price
Service Coordinator

Angela Morton-Beaver
Service Coordinator

Anita Norwood
Wellness Coordinator

Rick Petrella
Maintenance Supervisor

Randall Shannon
Grounds Keeper

Bryan Mathis
Maintenance Tech.

EMERGENCY MAINTENANCE (248) 330-0213 (1st)
(248) 310-0129 (2nd)



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

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Oakland Woods**
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A Mission of Presbyterian Villages of Michigan
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