



Village News



Embrace the possibilities

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FEBRUARY 2026

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From the Desk of

Tracy Lathan Administrator

Valentines Day and Black History Month

Hello, Village of Oakland Woods residents. As renovations continue in our community for Oakland Woods 1, we appreciate your patience as these improvements are made for your comfort and safety.

February is a meaningful month as we celebrate both Valentine's Day and Black History Month. Valentine's Day reminds us to share kindness and compassion, while Black History Month gives us time to honor the contributions and achievements of the leaders who made a positive impact in history.

"A people without the knowledge of their past history, origin and culture is like a tree without roots." -Marcus Garvey

Please come and join me the townhall meeting Friday, February 13, 2026 at 11:00am.

Thank you for your understanding and for continuing to support and care for one another in our community.



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

Let's touch base on a couple things

Work orders: All work order MUST be called into the office, please **DO NOT** stop maintenance to request a work order. Nine times out of ten the office will not get the request.

Robo Calls: This is our way to communicate with our residents. Robo calls go out whenever there's a upcoming event or in case of emergencies. When you receive a call please listen to the message in it entirely. There's no need to call the office. The call usually start going out around 5:00—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 explain everything that is needed when you return the package. The checklist must be completed, signed and dated. You will see highlighted areas that need **ONLY** your signature and date, nothing else.

Social Security Letters: Everyone should have received your social security letter for 2026 in the mail by now, please bring it to the office so that we can make a copy and put it in your file. If you did not receive it you will have to call social security office and request one, you can also go on line.

Orders/Package Delivery: When you place an order to be delivered to you, make sure the following information is included. If you receive a package that do not belong to you please bring it to the office.

Your Name

Address

Apartment Number and Area

City, State & Zip Code

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



Sales and Leasing News

GREGORY BERGER

Winter Helpful Hints for us All

The winter weather in Michigan can be tough, especially for us older adults. As we head into the core of winter, it's important to be prepared for the colder Michigan temperatures & snow. Simple steps can make a big difference in helping stay safe, warm & comfortable all season

Staying Ahead of Slips and Falls

To help prevent falls around the house this winter, it's helpful to focus on a few low-effort habits:

- When out & about in your travels away from home, always remember walkways and streets may become hazardous overnight once snow and freezing rain hit. Walk with care.
- Wear shoes with grip, even indoors. Slippers can be comfy but risky on hard surfaces.
- Plug in nightlights along hallways especially now that daylight hours are shorter. Visibility matters more than we sometimes realize.
- A bit of attention to these everyday areas can bring greater peace of mind all season long.

Keeping the Home Warm Without Risk

Low temperatures arrive quickly and keeping the house warm becomes both a comfort & a necessity. But if appliances or space heaters are used in a rush or under stress, they can increase risks rather than reduce it. Here are a few safe, simple warming tips to keep in mind:

- If you notice your furnace or thermostat not working properly, Contact our office @ 248-334-4399 or on weekend the maintenance after hours #: 248-330-0213
- Practice easy-layer clothing options, sweaters, soft socks, light blankets, it can add warmth without having to fiddle with controls on the thermostat.
- Properly warming a house means knowing what makes someone feel safe, not just what raises the temperature.

Reducing Isolation During Long Winter Days

Winter doesn't just bring snow. It can also bring long, dark days. As loved ones spend more time indoors, it's not just physical safety that matters; it's emotional well-being too. Here are a few gentle ways to help keep us connected:

- Schedule regular phone or video chats with friends & family members at predictable times.
- Plan small, fun at-home activities that pass the time in meaningful ways. Reading together, working on puzzles, or listening to music can lift the spirit.
- When the roads are safe to travel, arrange short companion visits to break isolation.
- Winter may limit outdoor plans, but it doesn't have to limit how someone feels inside their own home, turning everyday activities such as conversation, games, meals, and light exercise into opportunities for connection during long winter days.

Service News

Terri Price & Angela Morton-Beavers
Service Coordinators



American Heart Month started in 1964 after President Lyndon B. Johnson issued a proclamation in December 1963, urging Americans to focus on the growing problem of heart and blood-vessel diseases, which were the leading cause of death; this annual event, supported by the American Heart Association (AHA), raises awareness, promotes heart-healthy lifestyles, and highlights research and treatment efforts against cardiovascular disease.

Tuesday, February 10, 2026 Wayne Westfield will return to our community to assist residents with **Medicare Advantage questions/changes**. You have until March 31, 2026 to make changes. Please be sure to sign up for an appointment and inform your Service Coordinator. Contact Angela with any questions 248-334-4379- Ext. 3

Please mark your calendar and plan to attend a very informative and interactive session with Clinical therapist, Pandora Brown and her team. This will be an engaging and delightful time of learning and joyful activities. The event is scheduled for **Wednesday, February 18, 2026 11:30am-12:30pm**. Please sign up in the activities boo

Here's to good heart health and well-being



Maintenance News

**Rick Petrella/Maintenance Supervisor, Bryan Mathis Maintenance,
Ben Kolasinski Maintenance & Randall Shannon/grounds keeper**

Well hello again to our dear residents,

Information from DTE

Temperatures are forecasted to fall below 20 degrees in the coming months, and sometimes the wind chill will make it feel even colder. When it's extremely cold, your home's heating system has to work harder and longer to keep you comfortable. Your furnace uses electricity and gas to heat your home, increasing your energy usage and your bill.

Take these steps to reduce your energy usage over the next few months, and lessen the impact on your next bill:

- **Set your thermostat** to a comfortable level. The greater the gap between indoor and outdoor temperatures, the higher your energy cost.
- **Be sure to leave** all of your vents open and uncovered, so the HVAC system works at its optimum level! Keeping all of your vents open and uncovered enables your system to run quieter.
- **Allow warm sunlight in windows** during the day and cover them at night to reduce drafts.

Join us in welcoming our new maintenance staff Ben Kolasinski

Rick Petrella
Maintenance Supervisor
Village of Oakland Woods

We look forward to serving you in 2026

Wellness News

Anita Norwood/Wellness Coordinator

February is Wise Health Consumer Month

This national health observance was established by the American Institute for Preventive Medicine to empower people to understand their options, communicate with providers and make the most education decisions possible about their health.

- Take it slow when choosing a doctor.
- Prepare for doctors visits well ahead of time by jotting down your concerns.
- Get regular physical exams
- Be a partner with your doctor and participate in your care.
- Address symptoms early on.
- Know your medication, what it's for and what it does.
- Ask questions about your prognosis and treatment protocol.
- Caring for your mental health is just as important as your physical health.

Trinity Health Oakland, Trauma Services-Anita Barksdale, will present a MATTER OF BALANCE, an award-winning program designed to manage falls and increasing activity, make change to reduce fall risks and home and how to exercise to increase strength and balance.

Tuesday and Thursday 12-200pm, February 5, 10, 12, 17, 24, 26 and March 3rd and 5th, just come out to learn to manage your concerns about falling.



Black History Fun Facts

Underground Railroad: PATH TO FREEDOM

The Underground Railroad was a secret organization of routes and safe places used by slaves to escape to freedom. Slaves left the southern states and went to the free northern states and Canada, where they could be free. Along the way, people who were against slavery, called abolitionists, would hide the slaves and help them to the next stop along the route.

Started in the early 1800s, the Underground Railroad ended when slavery was abolished during the Civil War. At least 30,000 people used the secret system to make their way to freedom.

Railroad Terms

The Underground Railroad used railroad terms as a secret code. Some of the terms were:

Agent: a person who helped the escaping slave find the railroad.

Station: a hiding place, often a home or church

Conductor: a person who guided the escaping slaves to the next stop.

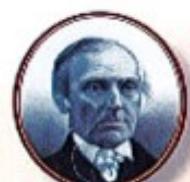
Station Master: a person who hid escaping slaves in his home.



William Still was called the Father of the Underground Railroad



Harriet Tubman, one of the most famous conductors, was known as the "Moses" of the Underground Railroad.



Levi Coffin and his wife, Catherine, helped 2,000 slaves on their road to freedom. Their home in Indiana was known as the "Grand Central Station of the Underground Railroad."

Q&A

Who was known as the Father of the Underground Railroad?

In Underground Railroad terms, what was a station?

What was an abolitionist?

Secret code

Use the secret code to find a phrase about the Underground Railroad. Write the letter in the blank that matches the number from the code.

— — — — — — — — — — — — — — — —

14 15 18 20 8 20 15 6 18 5 5 4 15 13

1 = A	7 = G	13 = M	19 = S	25 = Y
2 = B	8 = H	14 = N	20 = T	26 = Z
3 = C	9 = I	15 = O	21 = U	
4 = D	10 = J	16 = P	22 = V	
5 = E	11 = K	17 = Q	23 = W	
6 = F	12 = L	18 = R	24 = X	

Birthday Celebration!

The Birthday party will be held on Thursday, February 19th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes. Starting 2026 there will be a cost of \$2.00 to play bingo

Sharon Senter 2/1

Irian Sourkisoua 2/3

Charles Nicholson 2/13

Martha Bullis 2/22

Janice Model 2/2

Jeane Dockham 2/12

David Dewald 2/17

Doris LeClerc 2/23

Lessie Tademy 2/2

Marth Smith 2/12

Lorraine Jones 2/21

Veronica Moore 2/27



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February 2026

**Large Calendars are Available
at the Activities Table**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
10:30 Fitness with Rhonda 11:45 Leo's Coneg - 1:25 Book Club	10:00 God's Word & Prayer - 1:00 Lunch with Amy is BACK	10:30 Fitness with Rhonda	10:30 Fitness with Rhonda - 12:00 - 2:00pm A Matter of Balance		9:00 Kroger	
8	9	10	11	12	13	14
10:30 Fitness with Rhonda	10:00 God's Word & Prayer - 11:30 AM - Matter of Balance - 12:00 - 2:00pm A Matter of Balance	10:30 Fitness with Rhonda - 12:00 Pre Valentine's Day Treats	12:00 - 2:00 A Matter of Balance	9:00 Walmart/Aldi - 11:00 Town Hall meeting		
15	16	17	18	19	20	21
10:30 Fitness with Rhonda	10:00 God's Word & Prayer - 12 - 2:00 A Matter of	10:30 Fitness with Rhonda - 11:30 - 1:00 LMSW - 12:00 Focus	1:00 Birthday & Bingo. There will be a \$2.00 fee for bingo	9:00 Hollywood		
22	23	24	25	26	27	28
10:30 Fitness with Rhonda	10:00 God's Word & Prayer - 12: - 2:00 A Matter of	10:30 Fitness with Rhonda - 12:00 Black History Pot Luck	12:00 - 2:00 A Matter of Balance	9:00 Meijer/Aldi - 1:30 Catholic Food Distribution		
1	2	3	4	5	6	7
					Notes	
8	9					

Activity dates and times may change, we will do our best to notify residents of any changes.

**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



**Presbyterian
Villages
OF MICHIGAN**
THE FOUNDATION

Staff/Office Number

Tracy Lathan

Administrator

Sharon Benton

Administrative Assistant

Stephanie Daniel

Administrative Receptionist

Terri Price

Service Coordinator

Angela Morton-Beaver

Service Coordinator

Anita Norwood

Wellness Coordinator

(248) 334-4379

Rick Petrella

Maintenance Supervisor

Randall Shannon

Grounds Keeper

Bryan Mathis

Maintenance Tech.

Ben Kolasinski

Maintenance Tech.

Gregory Berger

Sales & Leasing

EMERGENCY MAINTENANCE (248) 330-0213 (1st)

Please call after 6:30 M-F & 24 hours Sat & Sun

Mon—Friday 4:30-6:30pm (248) 248-575-6518



Presbyterian Villages
essential funds to support
needs of our residents.
investment in our resid
Presbyterian Villages of

Michigan Foundation serves Michigan seniors of all faiths by raising
the mission of Presbyterian Villages of Michigan for the greatest
gift to Presbyterian Villages of Michigan Foundation is truly an
s. For more information on how you can help Michigan seniors, call
Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org

Embrace the Possibilities

Pontiac, MI 48341-3145
420 S. Old Dyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

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