



# Village News



## Embrace the possibilities

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

March 2025

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### *Tracy Lathan Administrator*

Happy ST. Patrick’s Month!

First, I want to take a moment to apologize for the lack of proper notices from the City of Pontiac. Due to an issue with their system, communication has been inconsistent, and it seems they are now rushing to meet deadlines. I appreciate your patience and understanding as we navigate these challenges.

As we step into March, I hope warmer days are ahead, giving everyone a chance to enjoy some much-needed sunshine and a dose of vitamin D.

I also invite you to join me for a Town Hall Meeting on March 21<sup>th</sup> from 1:00pm to 3:30pm. It’s a great opportunity to connect, discuss important updates, and address any concerns you may have. I encourage you to start thinking about goals for Friends and Family. If you’re unsure what that means, be sure to attend the meeting so you can learn more. Looking forward to seeing you there!

*Tracy*



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*

Did you know that M1 Mobility provides weekly store trips every Friday to local stores. Resident should arrive at the community center around 8:45 the van departs at 9:00. It's very important to sign up in the activity book, this ensure that we have enough room to transport everyone. The van can hold 14 passengers. Residents are allowed to shop for 1 1/2 hours, with the limit of two bags per person. When arriving back to our community the driver will drop each residents off at their apartment/cottage. See the monthly calendar to store dates.



## **LIST OF STORES**

**Hollywood Market**

**Kroger**

**Walmart**

**Meijer**

**Aldi**

# Sales and Leasing News

The Village of Oakland Woods is looking to fill the Sales & Leasing Specialist – Housing position, if you know someone that maybe interested please go to [pvm.org/careers](http://pvm.org/careers) and search **Sales & Leasing Specialist-Housing, Pontiac Location.**

We love that you want to share our community with friends and family, however, please let them know that we do work by a waitlist, which is a year to a year in a half long. For apartments you must be 62 years or older and pass a background check. Cottage must be 55 years or older and pass a background.

**Applicant are selected in the following order.**

**Veterans**

**Pontiac Resident**

**Non-Pontiac-Resident**

**HAVE NO FEAR THE STAFF WILL CONTIUNE TO MEET ALL OF YOUR SALES AND LEASING NEEDS.**



# Maintenance News

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

Happy Spring Residents!

As we get into spring cleaning, the Village of Oakland Woods staff is looking to options and resources to help residents discard things on a larger scale. It is important that residents remember the dumpsters are not the place for large furniture. If someone places something larger or overfills the dumpster, do not engage with that person, call us during normal work hours to report the problem. If you know who and when it happened, we appreciate that information, it isn't up to residents to police the dumpster areas.

When going out this spring to tidy your patios, be sure to welcome you new neighbors. There are many new potential friend that have moved here in the last couple of months., and they need to feel welcome in our community.

When planting, we would like to remind all residents that in ground planting is subject to management approval. Please check with the office first before planning.

We appreciated your concern for the appearance of our village, have a great spring 2025!



# Service News

*Terri Price & Angela Morton-Beavers  
Service Coordinators*

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



**Welcome the month of March and Spring! Mark your calendar and plan to join us on:**

- **Wednesday, March 12, 2025—Meet the Mayor Session at 11:30am**
- **Friday, March 14, 2025—Final Medicare/Medicaid update session at 11:30am**

**Short list of March 2025 Observances:**

March 1-31, 2025 National Colorectal Cancer Awareness Month  
March 10-16, 2025 Brain Awareness Week  
March 17-23, 2025 National Drug and Alcohol Facts Week (NDAFW)  
March 13, 2025 World Kidney Day—Are your kidneys ok? Detect early protect kidney health  
March—National Kidney Month

**IMPORTANT REMINDERS:**

- Please consult with family or a neighbor to pick up your monthly Focus Hope/Oakland Hope food box. Our maintenance staff members are not always available to deliver boxes. We certainly understand due to weather or other conditions that you may not be able to retrieve your box. Therefore, please make arrangements and coordinate accordingly. We are diligently working on a volunteer group to assist as needed. Focus Hope delivery is 3rd Wednesday of each month/ Oakland Hope 2nd Thursday of each month.
- Community Van transportation pick-up for Friday grocery trips and on-site events provided for those with mobility and other physical limitations. Unfortunately, we are not able to provide transportation for all requests. Thank you for understanding.

**Questions, hours, appointment requests with your Service Coordinator, please call:**

- ♣ Angela Morton-Beavers—Residents in Areas 1,2, & 4 248-334-4379 ext. 3
- ♣ Terri Price—Residents in Areas 3 & 5 248-334-4379 ext 4

Thursday, March 20, 2025—Frist day of Springs!  
Daylight Savings Time begins March 9, 2025

## A Senior's Guide to Navigating Daylight Savings Time and Improving Sleep Quality

Twice a year, we adjust our clocks for daylight savings time. While it might seem like a simple shift, the “spring forward” can be especially challenging for seniors. Losing an hour of sleep can disrupt your sleep patterns and leave you feeling groggy and off-balance, which may affect your overall health and wellbeing.

### Tips for Improving Your Sleep Quality

#### 1. Gradually Adjust Your Schedule

Prepare for the shift by gradually adjusting your bedtime and wake-up time by 10-15 minutes earlier each day in the week leading up to daylight savings.

#### 2. Make Use of Natural Allies for Better Sleep

These natural remedies can contribute to improved relaxation and deeper sleep:

- **Magnesium**
- **Melatonin**
- **Lavender** - Add a few drops to your pillowcase or use a diffuser in your bedroom.
- **Valerian Root** - Look for valerian teas, capsules, or essential oils

**Always consult your doctor before use, especially if you're on medications.**

#### 3. Create a Restful Sleep Environment

- Keep your bedroom as calm and inviting as possible by following these tips:
- Block out noise and light with blackout curtains and white noise machines.
- Avoid electronics before bed, as the blue light can disrupt your sleep cycle.
- Maintain a cool, comfortable room temperature for restful sleep.

#### 4. Incorporate Relaxation Techniques

Practicing relaxation techniques can also help. Deep breathing exercises, meditation, or gentle yoga can prepare your mind and body for a good night's sleep.

**Ease into the time change while improving your overall quality of life.**

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



## February 2025 Newsletter



### We're on a mission that transforms lives— **One Chair at a Time.**

You may have seen our recent social media post sharing a simple yet profound truth: a chair is more than just a piece of furniture. To someone in need, a chair is a fresh start. It's a symbol of mental well-being and healing. It's a safe space, a place of comfort in a world that might feel overwhelming or uncertain.

Imagine, for a moment, what it feels like to have nowhere to sit and rest—not just physically, but emotionally. For families rebuilding their lives after hardship, for individuals finding their way after loss, and for those who have faced challenges many of us can only imagine, something as basic as a chair can restore dignity, stability, and hope.

This is where you come in. Through your generosity and compassion, you have the power to turn an empty room into a sanctuary. You could transform a barren space into a home filled with possibility. Your support provides more than furniture; it provides healing, comfort, and the foundation for a brighter future.

Every donation matters. Every act of kindness brings us closer to our goal. Together, we can ensure that no one is left without the simple, essential comforts that so many of us take for granted.

**Your generosity is changing lives—**



### **More Than A Chair**

*Donate your gently used furniture* to families in need today and give more than just a place to sit or sleep. You're creating an environment for them to feel safe, secure and helping to restore their dignity.

Help become part of this success story with your furniture donation today.  
[furniture-bank.org](http://furniture-bank.org)



### **Birthday Celebration!**

The Birthday party will be held on Thursday, March 20th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Shanea Scott 3/1

Kathleen Leep 3/6

Deborah Benton 3/16

Abraham Ramsey 3/27

Christine Milz 3/4

Hazel Jones 3/9

Edward Lance 3/17

Franzette Hills 3/28

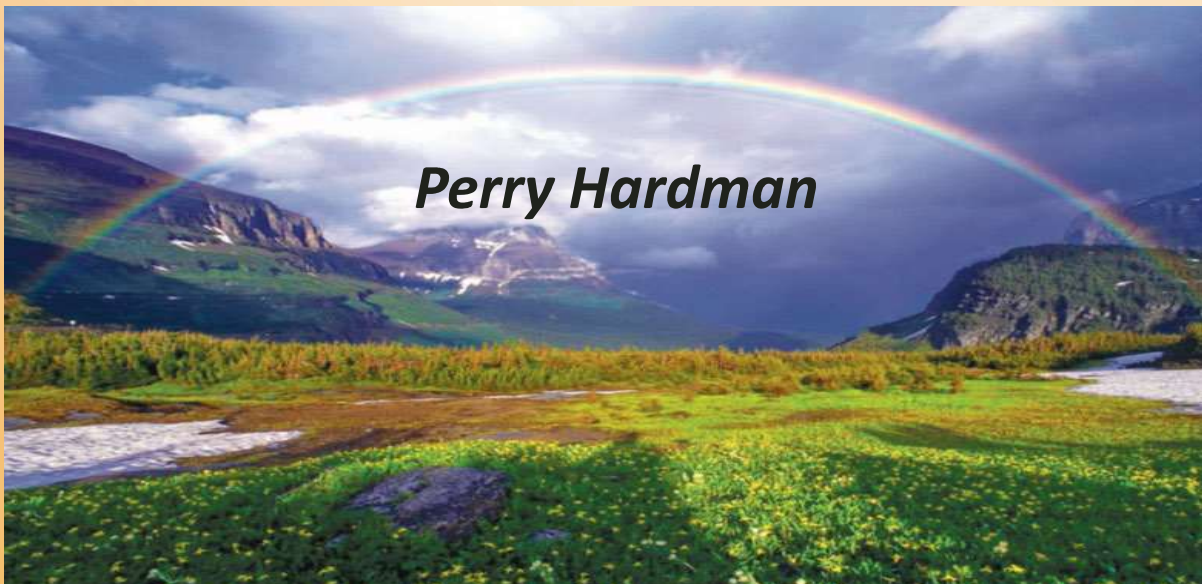
Bernadette Harrison 3/5

Millage McDonald 3/9

Jerry Winter 3/19



### *In Memory Of*





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15-0811

# March 2025

Large Calendars are Available  
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<p><b>EVERY TUESDAY FROM 9:00am - 12:00 NOON, WE HAVE FRESH BREADS &amp; GOODIES FROM PANERA BREAD</b></p>				

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of Michigan  
Mission Statement**

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new possibilities for  
quality living.

[www.pvm.org](http://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  
THE FOUNDATION

**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

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