



Village News



Embrace the possibilities

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

MARCH 2026

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From the Desk of

Tracy Lathan Administrator

Thank you for the positive feedback at our recent Town Hall meeting. I hope you enjoyed the Valentine’s Day activity and the Black History potluck. Both events were a great success thanks for your participation.

As mentioned, we are looking for men to join the Men’s Club and for volunteer leaders to help lead activities. I love an active community, so please stop by the community center and share your talents.

With warmer weather approaching, it’s a great time to open your windows, enjoy the fresh air and start your spring cleaning. Be sure to look out for our March activities.

Thanks 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

Spring is in the air

If you're paying your rent for the upcoming month, in the current month the office will not longer hold the check/money order. The checks/money orders will be deposit in the month that it is turned into the office. The reason being the possibility of checks being missed placed while waiting for the upcoming month.

When packaged are received at the office, we will contact the individual person for them to pick up the package, if the package is not picked up with in a week it will be returned to the sender.

The office have been running into full voice mails when calling to make appointments or give information. If you do not know how to clear your voice mail please ask a family member for help or stop by the office for assistance .

Thanks to those of you who turned in their recertification package on their scheduled return date. For those of you who did not, please pay attention for the cover letter for the return date.

**DAY LIGHT SAVINGS BEGIN ON SUNDAY MARCH 8TH—DON'T FORGET TO
MOVE YOUR CLOCKS AHEAD ONE HOUR**



Fun Spring Activities for Seniors

Spring's warmer weather and blooming landscapes offer the perfect opportunity to shake off winter's cabin fever and embrace joyful, engaging activities. For us seniors, seasonal outings and crafts can boost mood, encourage gentle movement, and create meaningful connections with nature and loved ones.

Get outside and enjoy nature

- Walking around the Neighborhood or in a park.
- Eating meals outside.
- Visiting a Plant Nursey.
- Taking a scenic drive

Decorate with a spring or Easter theme

It's fun to mark the Spring season with festive decorations. This could bring Spring right into the room in a matter of minutes and can brighten up a room in minutes.

Celebrate spring with a family gathering

- Have a potluck lunch where everyone brings a dish to share.
- Come up with a theme & decorate your chosen location of the theme.

Create an indoor garden

- Having plants around the house bringing a little piece of Nature indoors.
- For greenery without maintenance, opt for silk or plastic flowers.

Do some spring cleaning

- Spring cleaning is a good exercise physically & mentally, it leads to meaningful activity & a pleasant time.
- Go through your older photos remembering special memories & add new photos of current memories.

Organize the closet for the pending warmer weather

- Spring is a excellent time to take inventory of your closets & identify any Items we no longer wear & consider donating them. They could be taking valuable space needed for new spring clothes.

Service News

Terri Price & Angela Morton-Beavers
Service Coordinators

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

Think Green, Think Spring!



Monday, March 2, 2026, 12-1pm Alzheimer's Association representative will be here to discuss Brain and Body

Xfinity representative, Lamar Patterson will return on **Friday, March 6, 2026, 12-2pm**. Come learn about the latest Comcast/Xfinity update and discuss any concerns regarding your account.

The *Self-Care* presentation is rescheduled for **Monday, March 9, 2026, at 11:30am**. Please plan to join us as we welcome speaker, Cheryl LeFluer and Andrew Parrish

Matter of Balance classes on Tuesday, March 3rd and Thursday, March 5th 12-2pm.



Top Foods to Stretch Your Dollars

Beans and Lentils

Oats

Chickpeas

Canned Meats and Fish

Rice (in moderation)

Pasta (in moderation)

Frozen Vegetables

Nuts and Seeds

Powdered Milk

Biscuit Mix (in moderation)

<https://www.bhg.com/recession-proof-grocery-items-11757542>

Maintenance News

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

Well, happy March everyone.

So, the Detroit Tiger's have started spring training. Doesn't that give us hope for warmer weather soon?

I thought I would speak about the amazing upgrades happening in our OW1 apartments. If you were able to attend our most recent Town Hall you would have heard some of our residents, who have already had their apartment UPGRADED, speak to how excited and happy they are with the upgrades. As one resident stated, "It feels luxurious". And others have stated "It feels like a new apartment".

Let me share the improvements you can look forward to in your apartment:

New energy efficient doors and windows. They are very high quality and will help lower your energy bill.

New commercial grade door locks and handles.

All new light fixtures. Again, they will help lower your energy bill as they are all LED fixtures.

All new fixtures and plugs which will be according to the new codes.

New circuit panel with all new Arc Fault circuit breakers which are now code and certainly result in a safer environment.

Let me remind everyone when it is time for your apartment upgrades, it is extremely important to:

Know it is a 2-day process and each day you do have to be out of your apartment before their 8 am start time. We cannot have the highly paid contractors standing around waiting for you to get out of the apartment. So please if you can be out early it is much appreciated. Note most residents choose to stay with a family member/friend for 2 nights.

You do have the DAY SUITE (22 D. Area 3) available for you to spend the day if you wish. It is cleaned and disinfected after each use for everyone's safety.

At the end of the second day at approximately 4 pm you will need to sign a form at the office stating you have received your new key for your apartment. In most cases you will be able to enter your apartment at that time.

The contractors have completed the upgrades through building 10 as of February 20th. Given they are completing a building every week you can calculate approximately when your apartment will be addressed. Certainly, as it gets close to your unit being updated, I will be confirming with you they specific days.

We have received many thanks for how respectful and caring the contractors are towards the residents and their property. I have every bit of confidence this will continue.

PLEASE EVERYONE READ THIS:

Presbyterian Villages of Michigan has been working long and hard to acquire the funds to enable these amazing apartment upgrades. Rest assured your cost of rent will not be affected!!! Go PVM team!!!

Take care and GO TIGERS!

Rick Petrella, Maintenance Supervisor of Oakland Woods

Wellness News

Anita Norwood/Wellness Coordinator

VOOW Residents,

It is with mixed emotions that I share the news of my sudden and unexpected departure as Wellness Coordinator at the Village of Oakland Woods. Serving this incredible community has been both a privilege and a joy, and I wanted to take a moment to express my heartfelt gratitude to all of you.

Over the past year and a half, I've had the honor of getting to know so many of you—participating in activities, sharing stories, and collaborating on projects. Each experience has left a lasting impression on me, and I will always cherish the connections we've built together.

While I may be stepping away from my current role, please know that this community will always hold a special place in my heart. I am so proud of what we've accomplished together, and I have no doubt that the Village of Oakland Woods will continue to thrive and serve you with care and dedication.

This isn't goodbye—it's simply "see you later." I hope to stay connected and continue to support you in any way I can. Thank you for your trust, kindness, and support throughout my time here. It has truly been an honor to be a part of your lives.

Wishing you all the very best,
With love and gratitude,
Anita Norwood



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

Meet up to Eat up & Book Club

Did you know that the Village of Oakland Woods have a Book Club that meets every first Monday of the month. This month they will meet at Leo's Coney Island starting at 11:45am, coney dogs are on special for \$1.50 on Mondays.

After lunch we meet to go over the monthly Book. If you enjoy reading a good book why not join the book club that meet every first Monday of the month starting at 1:15 in he conference room.



Birthday Celebration!

The Birthday party will be held on Thursday, March 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

Shanea Scott 3/1

Hazel Jones 3/9

Edward Lance 3/17

Abraham Ramsey 3/27

Jerry Thomas 3/30

Christine Milz 3/3

Millage McDonald 3/9

Jerry Winters 3/19

Franzetta Hills 3/28

Ella Harris 3/5

Deborah Benton 3/16

Joe Amerson 3/21

Robin Lane 3/30



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March 2026

Large Calendars are Available
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:30 Fitness with Rhonda - 11:45 - Lunch & 1:25 Book Club 12-1:00 Alzheimer's Assoc.	3 10:00 God's Word & Prayer - 12-2:00 A Matter of Balance - 1:00 Lunch with Amy	4 10:30 Fitness with Rhonda	5 12-2:00 A Matter of Balance	6 9:00 Kroger - 12:00 Lunch with Lamar from Xfinity	7
8 Day Light saving begin - Move your clocks ahead one hour	9 10:30 Fitness with Rhonda - 11:30 - CNS Self Care	10 10:00 God's Word & Prayer	11 10:30 Fitness with Rhonda	12 12:00 Movie at the Village - Bad Guardian	13 9:00 Walmart/Aldi	14
15	16 10:30 Fitness with Rhonda	17 10:00 God's Word & Prayer - St. Patty Celebration - TBD	18 10:30 Fitness with Rhonda - 12:00 Focus Hope Drop off	19 1:00 Birthday & Bingo \$2.00	20 9:00 Hollywood Market	21
22	23 10:30 Fitness with Rhonda	24 10:00 God's Word & Prayer	25 10:30 Fitness with Rhonda	26 1:10 - Tiger's Opening Day	27 9:00 Meijer/Aldi - 1:30 Catholic Food Distribution	28
29	30 10:30 Fitness with Rhonda	31 10:00 God's Word & Pray	1	2	3	4
5	6	Notes				

Dates and times are subject to change

**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

Staff/Office Number

(248) 334-4379

Tracy Lathan
Administrator

Rick Petrella
Maintenance Supervisor

Sharon Benton
Administrative Assistant

Randall Shannon
Grounds Keeper

Stephanie Daniel
Administrative Receptionist

Bryan Mathis
Maintenance Tech.

Terri Price
Service Coordinator

Ben Kolasinski
Maintenance Tech.

Angela Morton-Beaver
Service Coordinator

Gregory Berger
Sales & Leasing

Anita Norwood
Wellness Coordinator

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**

OF MICHIGAN

THE FOUNDATION

Presbyterian Villages of Michigan 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

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

