



Village News



Embrace the possibilities

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

MAY 2026

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From the Desk of

Tracy Lathan Administrator

As we step into the beautiful month of May, we are excited to celebrate togetherness, appreciation, and remembrance within our community.

First, we would like to extend a heartfelt **Happy Mother’s Day** to all the amazing mothers, grandmothers, and mother figures who make a difference every day. Your love, strength, and dedication do not go unnoticed, and we celebrate you this month and always.

We also want to thank everyone who participated in our recent **Friends and Family Event**. It was wonderful to see so residents and their loved ones come out to share food, laughter, and great memories. Events like these make a huge impact for raising money.

As we approach **Memorial Day**, we take a moment to honor and remember the brave men and women who gave their lives in service to our country. Their sacrifice allows us the freedoms we enjoy today, and we are deeply grateful.

May is a time of renewal and connection. We encourage everyone to enjoy the warmer weather, come to the community center check in on neighbors, and continue building positive bonds by coming out to the center. **We are open from 8:30am to 4:30pm. Please stop in for card games, corn hole, a cup of coffee, or just to say hi!**

Wishing you all a safe, happy, and meaningful month!



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

We are working diligently on your rental accounts, for Delinquent & Prepaids. We are sending out letters for overpayments and credits. These letters indicate if you are to deduct or add monies to your rental amount. Please read these letters carefully and follow the charts at the bottom of the page. If you have any questions please call the office.

We process your monthly rental checks using a scanner. At times the scanner reads your routing number incorrectly. This creates an error in the system, that will not allow your check to clear the bank. Please check your monthly bank statement to make sure your monthly check has cleared the bank. If not please contact the office immediately. This will eliminate the delay in correcting this error.

Hope to see your smiling faces around the village.



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 outing 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 theme**

It's fun to make 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 bring a dish to share.

Come up with a theme and decorate you 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 and mentally, it leads to Meaningful activity and pleasant time.

Go through your old photos remembering special memories and add new Photos of current memories.

- **Organize the closet for the pending warmer weather**

Spring is a excellent time to take inventory of your closet and identify and Items we no longer wear and consider donating them. They could be taking Valuable space needed for new spring cloths.

Service News

*Terri Price & Angela Morton-Beavers
Service Coordinators*

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

May is Mental Health Awareness Month, a campaign observed since 1949 to reduce stigma, highlight the importance of behavioral health, and provide support for mental illness. Join us on **Wed., May 13th at 11:30am** as we welcome CNS speaker, Cheryl LeFluer, Community Advocate Educator.

May is Arthritis Awareness Month This month, take time to celebrate the strength and resilience that have carried you through life's many miles. Gentle, joyful movement can ease stiffness and lift your spirits, whether it's stretching in the sunshine, trying chair yoga, or walking with a friend. Explore fun, free movement classes at getsetup.io and discover ways to keep your body—and spirit—moving with kindness.

May is Healthy Vision Month!

Your eyesight is precious — and it's never too late to protect it. This May, take one small step for your vision health:

- Schedule a comprehensive eye exam
- Update your eyeglasses or contacts prescription
- Wear sunglasses with UV protection outdoors
- Eat eye-healthy foods like leafy greens and fish

STROKE AWARENESS MONTH

*You can take steps today to prevent a stroke, no matter your age or history. **7 Ways to Lower Your Stroke Risk***

1. **Check your blood pressure regularly.** High blood pressure is the leading cause of stroke. Work with your doctor to keep it at a healthy level.
2. **Watch your weight.** Losing even 10 pounds can significantly lower your risk.
3. **Move your body.** Daily exercise lowers blood pressure and keeps your heart strong.
4. **Drink less alcohol.** Even one drink a day can raise your blood pressure. It is best to cut back or stop entirely.
5. **Listen to your heart.** If you have an irregular heartbeat (atrial fibrillation), get it treated. It can cause clots that travel to the brain.
6. **Control blood sugar.** High blood sugar damages your arteries. Manage diabetes carefully through diet and medicine with medical guidance.
7. **Quit smoking.** Quitting is one of the most powerful ways to protect your brain and heart.

Happy Mother's Day – May 10, 2026

Happy Memorial Day – May 31, 2026 - Remember and Honor service men and women

*Village of Oakland Woods Service Coordinators: Angela Morton-Beavers 248-334-4379 ext.3 Areas 1-2-4
Terri Price 248-334-4379 ext.4 Areas 3 and 5*

Maintenance News

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

Happy April everyone,

And yes, we are now in beautiful season of Spring. Hopefully the temperatures are reflecting so. We all do know about April showers so keep our umbrellas ready.

Just wanted to let everyone know have had some issues on the property because of the frigid winter temperatures followed by warmer temperatures then frigid temperatures again. Those issues would be heaving or cracked concrete as well as asphalt. The extremely high winds have also had a negative effect on our siding / roofing etc. All these issues will be addressed when the weather is warmer and conducive to repairs.

We also will be trimming the trees which could not be trimmed in the warmer weather as those trees have to be trimmed in the winter.

A quick update on the Upgrades in our apartments:

In about 3 weeks (mid-April) we will be halfway through the project.

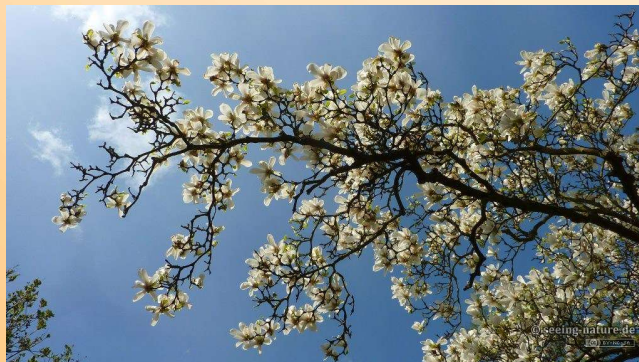
The contractors complete one apartment building every week so if your apartment has not been upgraded yet you can figure out an approximate timeline for your upgrades.

We'll hope to see everyone out and about with the warmer weather!

Regards,

Rick Petrella

Maintenance Supervisor for THE VILLAGE OF OAKLAND WOODS



Wellness News

Lori Young Wellness Coordinator

Join us to welcome Lori Young to the Village Of Oakland Woods

My name is Lori Young and I would like to thank everyone for being so welcoming during my first week. I will be your dedicated Wellness coordinator and am excited to build meaningful relationships, inspire positive change, and make a lasting impact on the well-being of our community. I possess over 25 years of experience in the medical field, bringing a diverse background in health and Wellness, patient care, and rehabilitation services. Throughout my career, I have been committed to supporting others through recovery, promoting healthy lifestyles, and helping individuals regain strength, confidence, and independence. My approach is rooted in compassion, real-world experience, and a genuine desire to see people thrive. My extensive hands-on experience has given me a deep understanding of the physical needs of individuals at all stages of their Wellness journey. As a mother of five grown children and grandmother to 12, I bring a strong sense of empathy, patience, and connection to this role. I understand the importance of balancing health with the realities of everyday life and am passionate about creating supportive, inclusive Wellness programs that meet people where they are. My door is always open and I love visitors, so please feel free to call or stop by.



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

COMMUNITY OUTSIDE EVENTS Policy & Agreement

The Village of Oakland Woods
420 S. Opdyke Road
Pontiac, MI 48341
248-334-4379

POLICY:

The community grounds and gazebo are available for groups of 25 or less. The community grounds and gazebo belong to the residents and staff of The Village of Oakland Woods and as such, the Administrator reserves the right to approve or deny any outside events. You **MUST HAVE APPROVAL**.

RULES:

Must be a resident of Oakland Woods

Weekday events can start no earlier than 1:00pm and must end no later than 8:00pm

Weekend events can start no earlier than 12:00pm and must end no later than 9:00pm

You must provide your own tables & chairs

You can have music but not **LOUD** (be mindful of other residents)

Tents **MUST** be removed the following day, no exceptions

Bounce House **MUST** be removed the following day, no exceptions

Children must be supervised; you are responsible for your guest

NO Porta Potty

No Firepits

Alcohol **MUST** be discreet

MUST clean up after the event the same day, no exceptions

If you do not obey the policy and rules your privilege will be revoked and a lease violation will issued.

LET'S MAKE PLANS TO CLEAN THE GAZEBO BEFORE MEMORIES DAY

Birthday Celebration!

The Birthday party will be held on Thursday, April 16th @ 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

Riley Blue 5/21
Diana Brown 5/24

Ruth Curry 5/21
Gregory McNeal 5/31

Fellicia Hillis 5/22



In Memory Of



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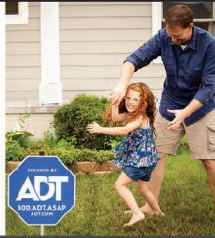
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May 2026

Large Calendars are Available
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 9:00 Store Trip	2
3	4	5	6	7	8	9
	10:30 Fitness with Rhonda - 11:30 Lunch @ Leo's	10:00 God's Word and Prayer - 1:00 Cinco De Mayo Lunch with Amy	10:30 Fitness with Rhonda - 12:30 Avondale Middle School Band	10:00 Walkie Talkies with Lori	9:00 Store Trip - 11:00 Mother's Day Brunch	
10 Mother's Day	11	12	13	14	15	16
	10:30 Fitness with Rhonda	10:00 God's Word & Prayer - 1:00 Chair Yoga	10:00 God's Word & Prayer - 11:30 CNS - Mental Health Month	10:00 Walkie Talkies with Lori - 1:00 Birthday & Bingo	9:00 Store Trip	
17	18	19	20	21	22	23
	10:30 Fitness with Rhonda - 6:00 Movie Night	10:00 God's Word & Prayer - 1:00 Chair Yoga	10:00 God's Word & Prayer	10:00 Walkie Talkies with Lori - 4:30 PVM Board Meeting with	9:00 Store Trip - 12:00 - Pre Memorial Day Celebration	
24	25	26	27	28	29	30
	Closed for Memorial Day	10:00 God's Word & Prayer - 1:00 Chair Yoga	Coffee Klatch "Dish & Donut - 10:00 God's Word & Prayer	10:00 Walkie Talkies with Lori	9:00 Store Trip	
31	1	Notes				
PLEASE CHECK ACTIVITY BOOK FOR STORE TRIPS FOR THE MONTH						

**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

Tracy Lathan
Administrator

Sharon Benton
Administrative Assistant

Stephanie Daniel
Administrative Receptionist

Terri Price
Service Coordinator

Angela Morton-Beavers
Service Coordinator

(248) 334-4379

Rick Patrella
Maintenance Supervisor

Randall Shannon
Grounds Keeper

Bryan Mathis
Maintenance Tech.

Gregory Berger
Sales & Leasing

Lori Young
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 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

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

