



Village News



Embrace the possibilities

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

JUNE 2025

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Tracy Lathan Administrator

Happy Father's Day and Juneteenth!

Thank you to everyone who made our Mother's Day Poetry Luncheon and Health Fair such a success. Awesome job to Becky Bolden on her phenomenal poem to close us out on Mother's Day. We got tons of great feedback!

Now it's time to celebrate our amazing fathers. This day is all about you!! We heard your request and we're ready to deliver. Feel free to bring your kids, grandkids, nephews, brothers or anyone you've mentored. Let's honor the impact you've made.

Quick updates:

- The dumpster is onsite until June 5th please use it while they're here.
- Thank you for your cooperation during the inspection. As mentioned at the meeting, it had to be done.
- Town Halls are for you. Join us to stay in the loop.

As we also celebrate Juneteenth, let's remember it marks the end of slavery in the U.S, a powerful movement in history.

Last but not least I would like to give special recognition to the residents making a difference in the community by volunteering their services to help. Terry Williams, Dian Leiva, Demetrice Shorter, Eyvonne Whaley, Annette Lucas and Georgina Fontana. Again, this is your community please get involved and make a difference.



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

Greetings Resident

There's times when Residents ask if we can hold checks. As much as we would like to, it's really hard for us to do. Reason being is sometime we just forget. The check get entered and may come back insufficient funds. If you need to pay your rent at a later date, do not turn it in early for us to hold. If you will be late paying your rent please do not add the late fees, let the office apply the late fees. Nine times out of ten that calculations are not correct.

Do you know that we have a laundry room at the community center? It's open Monday—Friday from 8:30 last load is at 3:00pm. Please do not leave machines unattended. The machine takes quarters only.

Washers \$2.25 per load

Dryers \$1.50 per load



FUN WORD SEARCH

Solution: 27 Letters



Adventure

Batik

Bikini

Caution

Cheap

Clubs

Cool

Dance

Denpasar

Diving

Drink

Friendly

Hotel

Humid

Indonesia

Java

Kuta

Luxury

Massage

Mount Agung

Muslim

Pura Tanah Lot

Rain

Rice paddies

Sanur

Shorts

Street food

Surf

Uluwatu Temple

Villa

Visa

Volcanoes

Yoga

Maintenance News

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

Wow, can you believe it's already June?

Would like to address with every resident whom has a clothes dryer in there apartment.

IT IS IMPERITIVE FOR YOU TO CLEAN THE LINT SCREEN EVERY TIME YOU USE YOUR DRYER?

A clogged dryer lint filter is one of the leading causes of home and apartment fires! So often these fires lead to death. Not to mention the damaged to property could be in the multiple tens and thousands of dollars and displace residents for many months. Recently I cam across a dray lint screen which as not be cleaned in sometime. This is serious neglect. Please everyone do your part to keep yourself and fellow residents safe.

Additionally, an uncleaned lint screen renders the dryer extremely energy inefficient. Your cost for electricity will increase dramatically! Okay, let's enjoy the great June weather.

If you dryer lint screen look like this, it's time to clean it.



Let us all go enjoy the great June weather. Hope to see you soon out and about.

Rick, Bryan & Randy Maintenance Team.


Service News

Terri Price & Angela Morton-Beavers
Service Coordinators

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

Please mark your calendar and plan to attend the presentation noted below. As always, sign up in the activities book. Thank you!

Wednesday, June 18 at 11am - AgeWays guest speaker will update us re: Medicare & Medicaid. The speaker will also share the latest news about Alzheimers

5 Secrets To Taking THE PERFECT NAP  An excerpt from Dan Pink's bestselling book, THE SCIENTIFIC SECRETS OF PERFECT TIMING (for those permitted caffeine):

Find your afternoon low point. The best time for a nap is generally about 7 hours after waking (to be more precise, note your afternoon mood and energy levels for a week to find your optimal nap time). Create a peaceful environment. Turn off your phone notifications. If you've got a door, close it. If you've got a couch, use it. Down a cup of coffee. Yes, you read that right. The most efficient nap is the "nappuccino". Caffeine takes about 25 minutes to engage in your bloodstream, so drink up right before you lie down. Set a timer for 25 minutes. Naps between 10 and 20 minutes measurably boost alertness and mental function without leaving you sleepier than before. When you wake up, the caffeine begins to kick in. Repeat consistently. There's evidence that habitual nappers get more from their naps than infrequent nappers, so if you have the flexibility, make an afternoon nap a regular ritual.

<https://www.danpink.com/wp-content/uploads/2017/12/nappuccino.pdf>

Dementia awareness can empower us

June is Alzheimer's and Brain Awareness month. Almost seven million Americans are living today with Alzheimer's disease, the most common type of dementia. This number is expected to grow to 14 million by 2060. Increasing our dementia awareness provides opportunities to better understand dementias, get screened, and develop realistic expectations for patients and caregivers.

We can also learn strategies to preserve and maintain quality of life, connect with support, plan in ways that honor our values, and empower us with knowledge to address risk factors. Although there is no proven prevention yet, we can address risk factors linked to dementias. Lifestyle strategies that are recommended include the following:

- Maintain a healthy weight
- Manage blood pressure and blood sugar
- Eat a healthy diet
- Keep physically and mentally active
- Manage mental and physical health
- Sleep well
- Engage in social activities and connect with others
- Treat hearing problems
- Stop tobacco use and limit alcohol

<https://www.va.gov/sioux-falls-health-care/stories/dementia-awareness-can-empower-us/>

Need assistance? Contact your Service Coordinator at 248-334-4379 (Angela Beavers-Ext.3 / Terri Price Ext.4)

Wellness News

Anita Norwood/Wellness Coordinator

June is here, and it's packed with joy, celebration, and opportunities to remember the moments that truly matters. From honoring fathers everywhere to reflecting on the history of freedom and equality, this month brings meaningful occasions to connect and cherish.

Mark your calendars for June 12th at 12:00 PM as we prepare to celebrate the incredible dad and father role models in our community.

Also, take time to reflect on Juneteenth; the history behind freedom and equality in the United States. June 19th is a pivotal moment in American history, commemorating the emancipation of enslaved African Americans.

Summer Cranberry Chicken Salad

4 cups cooked chicken

1 stalk celery

1-2 green onions

$\frac{3}{4}$ cup sweetened dried cranberries

$\frac{1}{2}$ cup toasted pine nuts

$\frac{1}{2}$ cup mayonnaise

$\frac{1}{4}$ - $\frac{1}{2}$ teaspoon dry mustard

$\frac{1}{2}$ teaspoon coarse salt

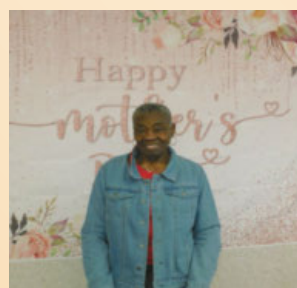
$\frac{1}{4}$ teaspoon black pepper

Stay tuned for more recipes and feel free to share your favorite one!!

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

Resident's News

Our Mother's Day Poetry Luncheon was a huge success. The staff prepared scrumptious salads. There were two poems read by Anita Powell and our very own Becky Bolden, they both did a great job. The ladies looked great in their Fascinator Hats. Here's a couple of pictures from the event.



Birthday Celebration!



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SUMMER

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:30 Fitness with Rhonda - 2:00 B&W Movie	3 10:00 God's Word and Prayer - 1:00 Lunch with Amy	4 10:30 Fitness with Rhonda - 2:00 Card Games,	5 12:00 lunch at Lela's - 2:00 Cardio Drumming	6 9:00 Kroger - 10:30 Stress Reduction with Anita - 1:00 CMU Managing Multiple Medications	7
8	9 10:30 Fitness with Rhonda - 2:00 Crafts	10 10:00 God's Word and Prayer - 2:00 Sound Therapy	11 10:30 Fitness with Rhonda - 2:00 Meadowbrook Shear Madness	12 12:00 Oakland Hope 1:00 Father's Day Celebration	13 9:00 Walmart - 10:30 Stress Reduction with Anita - 12:00	14
15 Father's Day	16 10:30 Fitness with Rhonda - 2:00 Coloring	17 10:00 God's Word and Prayer - 2:00 Cardio Drumming	18 10:30 Fitness with Rhonda - 11:00 Agaveyr Speaker - 12:00 Father Hope Drop-off	19 1:00 Birthday & Bingo & Juneteenth Celebration	20 9:00 Aldi - 10:30 Stress Reduction with Anita	21
22	23 10:30 Fitness with Rhonda - 2:00 Crafts	24 10:00 God's Word and Prayer	25 10:30 Fitness with Rhonda - 2:00 Movie Day	26 11:00 Lunch at Applebees & Park Outing (weather	27 9:00 Meijer - 10:30 Stress Reduction with Anita 1:00 Catholic Food Give away & General Store	28
29	30 10:30 Fitness with Rhonda	1 10:00 God's Word and Prayer	2 10:30 Fitness with Rhonda - 2:00 Movie Day	3 11:00 Lunch at Applebees & Park Outing (weather	4 9:00 Meijer - 10:30 Stress Reduction with Anita 1:00 Catholic Food Give away & General Store	5
6	7	Notes	<p>EVERY TUESDAY FROM 9:00AM - 12:00 NOON, WE HAVE FRESH BREADS & GOODIES FROM PANERA BREAD</p>			

**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

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**

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A SENIOR LIVING COMMUNITY
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Pontiac, MI 48341-3145

