



Village News



Embrace the possibilities

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

SEPTEMBER 2024

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Tracy Lathan Administrator

Hello Village of Oakland Woods Residents!!

Thank you to all the new residents who joined our recent meeting to introduce yourselves to your neighbors. It was a great discussion, and I'm pleased to hear positive feedback from some of our long-term residents about the improvements we've made.

A special thanks to everyone who participated in our Pre-4th of July event and to those who enjoyed an afternoon of baseball at the Jimmy Johns Field.

As we transition from the warm days of summer to the crisp air of fall, we have a variety of exciting activities coming your way. I'd also like to give a big shout-out to our amazing Activities Committee-BethAnn (Captain), Georgian (Co-Captain), Becky and Annette, and to our Wellness Coordinator, Anita, for overseeing this fantastic committee.

Don't forget to mark your calendar for Jazz on the Grass on September 7, 2024 from 1pm to 4pm. Also, We've placed another order of Ring cameras, so please be patient; they'll be arriving soon.

Thank you Tracy Lathan



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

When did Labor Day begin and why?

Labor Day was declared a nation holiday in 1894 and is observed on the first Monday in September. The roots of Labor day grew out of violent clashes between labor and policy during the Haymarket Riot in 1886, when thousands of workers in Chicago took to the streets to demand an eight-hour workday.

What is Labor Day Famous for?

Labor day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the last 19th century.

Why Do People say “You can’t wear white after Labor Day?”

You may constantly hear people saying, “You can’t wear white after Labor Day! But where exactly did this myth come from? Its origin may surprise you. This fashion “rule” originated in the 1800 as a way to distinguish between social classes.

One of my fondest memory growing up, was to wake up early to the smell of barbecue in the air throughout the neighborhood, eating watermelon with friends and getting excited about the first day of school.— **Stephanie**

HAPPY
★ ★
Labor Day

Sales and Leasing News

ERICA PINES

Leasing has been working hard to fill units. The GOOD NEWS is that our Cottages is at 100% capacity and the Apartment at 95% capacity.



The beautification for the yard/patio will be posted soon. There were so many beautiful units that it was really hard to just pick two. Once the two are chosen a picture of your unit/cottage will be posted in the next newsletter.



Maintenance News

Rick Petrella/Maintenance Supervisor

Wow, can you believe it is already September? This year truly has been a blur.

So on a very serious note I have a subject to address with every resident whom has a clothes dryer in their apartment.

IT IS IMPERITIVE FOR YOU TO CLEAN THE LINT SCREEN EVERY TIME YOU USE THE 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 damage to property could be in the multiple tens of thousands of dollars and displace residents for many months. Recently I came across a dryer lint screen which was not cleaned in some time. 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 Fall weather.

If your dryer lint screen looks like this, it's time to clean it.



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

Rick Petrella

Service News

Terri Price
Service Coordinators

Greetings VOW Residents

News & Reminders: Please sign-up in the activities book for events you plan to attend. Thank you

Monday, September 2nd – Office closed for Labor Day recognition. Have a safe holiday

Wednesday, September 4th – 2:30pm-3:30pm *Fall Prevention and Safety Tips*, presented by PACE Physical Therapist. Helpful information on fall injuries and safety measures. Falls are second leading cause of unintentional injury-related deaths worldwide, with an estimated 684,000 people dying from them each year.

Source: World Health Organization

Wednesday, September 18 – 11:30am-12:30pm Medicare update and preparation for open enrollment. Plan to attend and hear from speaker, Sara Hoffman. Sara will address new Medicare changes. Prepare your questions for our Q&A session.

**Unfortunately, we did not receive a sufficient number of participants to conduct flu shot/immunization for our VOW community. Therefore, please consult with your health care provider or your pharmacy of choice to receive immunization / vaccine(s).



- **Flu** (influenza): a virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches.
- **Shingles**: an infection that affects the nerves and can cause pain, tingling, itching, a rash, and blisters.
- **Whooping cough** (pertussis): an illness that causes uncontrollable coughing fits, which can make it hard to breathe.
- **Pneumococcal disease**: an infection that spreads from person to person by air and often causes pneumonia.

Coronavirus (COVID-19): a respiratory disease that can cause fever, cough, shortness of breath, and other serious health problems. Learn more about [vaccines recommended for older adults](#) Source: NIA - National Institute on Aging

Important information to note: The first of three numbers the Social Security Administration (SSA) will use to determine the 2025 **cost-of-living adjustment (COLA)** is in, and it points to a more modest increase in monthly benefit payments next year. The Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) rose by 2.9 percent in July compared to a year ago. The COLA is based on how much that federal inflation gauge changes in July, August and September from one year to the next. **The final figure for 2025 will be announced in October.**

AARP - Andy Markowitz, Published August 14, 2024. To learn more visit SSA (Social Security Administration) <https://www.ssa.gov/oact/COLA/colasummary.html>

Terri Price, Service Coordinator, CWPC, MHA Hours: **Mon.Wed.Fri. 7:30a-4:00p** Phone: (248) 334-4379 ext. 93004

Wellness News

Anita Norwood/Wellness Coordinator

September: Healthy Aging Month

September is healthy aging and cholesterol education month. Maintaining an active lifestyle and managing cholesterol levels is a vital part of healthy aging; it helps reduce the risk of heart disease and stroke, and aids in healthy brain functions. By making small consistent changes we can experience significant improvements in our overall health and quality of life. Some effective strategies to consider include:

Regular activity helps maintain heart health and reduce the risk of cardiovascular disease. Make it more enjoyable by walking with a friend.

Incorporate *gentle stretching* to improve flexibility and muscle strength

Improve sleep habits by staying active during the day to help get better rest at night

Incorporate *heart healthy food and snacks*; an easy way is by adding a smoothie between meals.

Smoothies That Promote Healthy Cholesterol Levels

Berry & Spinach

Blend together a cup of mixed berries of your choice, a handful of spinach, half a banana, and a cup of unsweetened almond milk

Avocado & Citrus

Combine half an avocado, one orange, a small piece of ginger, and a cup of water in a blender.

Avocados are rich in healthy fats and can help lower bad cholesterol, citrus fruit provides vitamin C and fiber

Nutty Banana

Blend a banana

1T flaxseeds

1T almond or peanut butter

1cup unsweetened Almond, Soy, or Oat Milk

Green Power Smoothie

Blend together: 1c kale, ½ green apple, one small cucumber, juice from ½ lemon, 1c coconut water

Check your September calendar for activities that you may like to include in your schedule; mixing up activities can keep life interesting and help you stay healthy!!

Mark your calendar for upcoming activities; try something new this month.

I look forward to your participation!

Anita Norwood

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

Fall here!

We have twenty six new residents in our community. Thanks to all the new residents that came out to the town hall meeting. It was nice to be able to put a name with a face, don't be a stranger.



Please report any and all soliciting to the office! Do not let anyone into your unit

**NO
SOLICITING**

Birthday Celebration!

The Birthday party will be held on Thursday, September 19th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Shirley Stroggin 9/3

Phyllis Davenport 9/8

Sydney Rooks 9/11

Bernadette Harrison 9/26

Mary Tillman 9/3

Becky Bolden 9/8

Dorothy Dilworth 9/23

Larry McCall 9/29

Joan Manchester 9/4

Patricia Coulson 9/9

Raycene Madden 9/24



IN MEMORY OF



September 2024

Large Calendars are Available
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Office Closed for Labor Day	3 10:00 God's Word & Prayer - 1:00 Indoor Ladder Toss	4 10:30 Fitness Class - 1:00 Cholesterol Health - 2:30 Speaker	5 10:30 Cardio Drumming - 1:30 Earring Crafts	6 9:00 Kroger - 10:30 Fitness Class - 11:00 Sprout	7 1:00 - 4:00 Jazz on the grass
8	9 10:30 Fitness Class - 1:00 Smart Card Activity	10 10:00 God's Word & Prayer - 2:00 Cardio Drumming	11 9:30 - 3:00 Senior Day at the Zoo	12 10:30 Fitness Class - 11:30 Fresh Juice	13 9:00 Walmart - 10:30 Fitness Class - 11:00 Sprout	14
15	16 10:30 Fitness Class - 1:30 Crafts/earrings	17 10:00 God's Word & Prayer - 2:00 Indoor chair volley ball	18 10:30 Fitness Class - 11:30 Medicare Insurance Presentation	19 10:30 Cardio Drumming - 1:00 Birthday & Bingo	20 9:00 Aldi - 10:30 Fitness Class - 11:00 Sprout - 1:00 Grief Support	21
22	23 10:00 Fitness Class - 1:00 Table Games/Cards	24 10:00 God's Word & Prayer - 2:00 Cardio Drumming	25 10:00 Fitness Class - 2:00 Movie - "Queen Bees"	26 2:00 Sound Bath Meditation	27 9:00 Meijer - 10:30 Fitness Class - 11:00 Sprout	28
29	30 10:30 Fitness Class - 12:00 Rep. Brenda Carter	1 Notes	2	3	4	5
6	7	Notes	Walking with Anita every Monday - Friday starting at 9:30			

**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

Anita Norwood

Wellness Coordinator

Rick Petrella

Maintenance Supervisor

Randall Shannon

Grounds Keeper

Erica Pines

Sales & Leasing

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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Pontiac, MI 48341-3145

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