



Village News



Embrace the possibilities

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

SEPTEMBER 2025

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Tracy Lathan Administrator

Hello Oakland Woods!!

We've had a busy couple of months with our Anniversary celebration in July, where we had seven winners and the Princess Boat Ride in August. As we now shift our focus to the upcoming fall season and prepare for renovations, we kindly ask for your patience during this time. If you have any questions or concerns, please don't hesitate to reach out, my door is always open.

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

HUD Residents should have received a notice in the mail regarding The Gross Rent Change which pertains to utility allowance given by HUD, goes in effect October 1, 2025. If you have any question concerning this letter please call the office.

September Fun Facts

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 of 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? It’s origin may surprise you. This fashion “rule” originated in the 1800 as a way to distinguish between social classes.

September’s Holidays

- Labor Day: Monday, September 1st
- Grandparents Day: Sunday, September 7th
- Constitution Day: Wednesday, September 17th
- National POW/MIA Recognition Day: Friday, September 19th
- National Cheeseburger Day: Thursday, September 18th
- National Voter Registration Day: Tuesday September 23rd, encouraging voter registration.



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 or staff.
- 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 privileges will be revoked and a lease violation will issued.

Maintenance News

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

Wow, can you believe it's already August?

I hope everyone is enjoying their summer on their cleaned washed patio.

We'd like to remind you that each of you should have a toilet plunger on hand. While it's not expected for you to over exert yourself in an attempt to clear a clog, it's reasonable to assume that you could attempt it as independence living residents.

Below recommended beehive plungers that is sold at most local retailers.



I wanted to mention something per the apartment "in wall" AC unit. As everyone is hopefully aware the AC units have a removable plastic filter (please see photo). The filter is designed to be removed, cleaned and replaced. A clean filter helps the equipment to run more efficiently thereby using less energy and costing you less money.

Cleaning the filter can be done in your kitchen sink or shower. Please just use warm water and a soft brush to gently clean. Be sure to let dry before installing into the unit.



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

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

Tuesday, September 9th from 9:00am-4:00pm AgeWays Counselor, Wayne Westfield will be here in the Community Center to assist residents with Medicare & Medicaid questions/concerns. Moving forward, he will be here the 2nd Tuesday of each month. PLEASE be sure to sign up for an appointment and inform your Service Coordinator. Contact Angela with any questions 248-334-4379- Ext. 3

Wednesday, September 17th at 12 noon Pharmacist, Kevin Ng from Star Pharmacy will be here to share a presentation and answer questions. Contact Terri with any questions 248-334-4379 Ext. 4

Monday, September 22nd at 12 noon Representative, Brenda Carter will return to share about Medicare/Medicaid

Healthy Aging Month Tips: 6 Healthy Lifestyle Ideas By Amy Davis, senior housing expert, Mansions Senior Living

Mix & mingle with the right crowd There is clear link between having the right social ties and living a longer life. Surround yourself [with] positive people who help lift you up and encourage you to follow your dreams. Continue your old hobbies and find new activities that you can do with your friends or alone.

Stay active Exercise regularly. It is recommended to get least 2.5 hours of exercise a week. Not everyone likes the gym but how about a nice nature walk or dancing?

Set realistic goals Make a plan to clearly define where you are going and how you will get there. Research has shown those [with a] clear sense of purpose and drive have less chance of getting Alzheimer's disease.

Budget and spend your money wisely Create a budget. Know where your money is going. Try to cut down your expenses. Not being able to afford the things you want to do in life can add stress your life. Look at ways you can lower regular bills and allocate it to [things you enjoy].

Eat foods that give you natural energy *Healthy snacking:* Everyone knows to stay away from processed sugar foods but there are many other snack options out there that are just as bad... instead of going for a convenient packaged item like chips try nuts, dried fruit or trail mix. Consider making your own fruit and energy nut bars. You will notice a difference in your energy levels as you continue to make healthier snack choices.

(<https://healthyaging.net/healthy-lifestyle/healthy-aging/>)

National Food Safety Education Month - Older adults are more at risk for foodborne illness, but a few simple habits can keep meals safe and worry-free:

- Wash hands & surfaces before and after cooking
- Cook food thoroughly — use a thermometer!
- Refrigerate leftovers within 2 hours
- Avoid risky foods like raw eggs, sushi, or unpasteurized cheese

Check dates and toss anything questionable When in doubt, throw it out — and stay safe while enjoying your favorite foods! (Courtesy of ChatGPT)

Need assistance? Contact your Service Coordinator: 248-334-4379 Angela Morton-Beavers-Ext.3

Terri Price Ext.4

Embrace Healthy Living

Aging well is an active journey, and the choices you make each day shape your long-term health and happiness. Seek out opportunities to connect with your community—whether it is joining a club, participating in social activities, or taking a class. These experiences foster a sense of purpose and belonging, which are essential for mental, physical, and emotional well-being.

I would love for you to join us!

Fitness Group: Monday & Wednesday mornings

Cooking/Baking Opportunities

Card Games: Bid Whist, Spades, Euchre, and more

Have a Heart Pillow/Sewing Project

Planning a Garden Club

I am looking forward to spending more Saturdays at the Village. In August we had a blast canning pickles, playing Spades, and enjoying each other's company!

Stay tuned for more activities—check the calendar and get involved. Let me know your interests; your participation and ideas are what make this community thrive!

Anita Norwood
Wellness Coordinator
(248)334-4379 ext #5

To make a delicious whole lentil soup from dried lentils, follow these steps:

- Rinse 1 cup of dried lentils under cold water to remove any debris.
- In a large pot, heat 2 tablespoons of olive oil over medium heat.
- Add 1 chopped onion, 2 minced garlic cloves, and 1 diced carrot; sauté until softened.
- Stir in 1 teaspoon of cumin, 1 teaspoon of thyme, and salt and pepper to taste.
- Add the rinsed lentils and 6 cups of vegetable or chicken broth; bring to a boil.
- Reduce heat and simmer for 25-30 minutes, or until lentils are tender.
- Optional: Blend part of the soup for a creamier texture, then stir in fresh herbs before serving.

45th Anniversary Celebration



Birthday Celebration!

The Birthday party will be held on Thursday, September 18th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Shirley Stroggin 9/3
Joan Manchester 9/4
Becky Bolden 9/8
Sydney Rooks 9/11
Raycene Madden 9/24
Larry McCall 9/26

Mary Tillman 9/3
Phyllis Davenport 9/8
Patricia Coulson 9/9
Dorothy Dilworth 9/23
Dennis Owens 9/26



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Eileen Frazier

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September 2025

Large Calendars are Available
at the Activities Table

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Office Closed for Labor Day	2 10:00 God's Word & Prayer 2:00 Cardio Drumming	3 10:30 Fitness With Rhonda - 1:00 Coloring	4 12:00 Labor Day Celebration	5 9:00 Kroger	6
7	8 10:30 Fitness With Rhonda - 2:00 B&W Movie - The Heiress	9 10:00 God's Word & Prayer 1:00 Lunch with Amy - 9-4 Agency By Appointment	10 10:30 Fitness with Rhonda - 1:00 Coloring	11 12:00 Meet & Greet Mayor Candiate Kermit Williams	12 9:00 Walmart	13
14	15 10:30 Fitness With Rhonda - 1:00 Sewing/pillow	16 10:00 God's Word & Prayer - 2:00 Cardio Drumming	17 10:30 Fitness with Rhonda - Ask the Pharmacist for Kavin from Star Drug	18 1:00 Birthday & Bingo	19 9:00 Aldi - 12:00 Lunch & Learn with Dr. Val Insomnia	20
21	22 10:30 Fitness With Rhonda - State Representative	23 10:00 God's Word & Prayer 2:00 Sound Therapy	24 10:30 Fitness with Rhonda 2:00 Movie Day	25 10:00 Oakland County Farmers Market	26 9:00 Meijer - 1:30 Catholic Food Services distribution	27 10:00 Cooking/Canning project - 1:00 Spades/Cards
28	29 10:30 Fitness With Rhonda - 1:00 Sewing/pillow	30 10:00 God's Word & Prayer - 2:00 Cardio Drumming	1 10:30 Fitness with Rhonda	2	3 9:00 Kroger	4
5	6	Notes				

**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 benefit 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

420 S. Opdyke Rd

A Mission of Presbyterian Villages of Michigan

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