



Village News



Embrace the possibilities

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

OCTOBER 2026

Featured Articles

Administrator Notes	P. 1
Office News	P. 2
Sales-Leasing News	P.3
Maintenance News	P. 4
Service News	P. 5
Wellness News	P. 6
Resident Council	P. 7
Sunrise & Sunset	P. 8
Monthly Calendar	P. 11

From the Desk of

Tracy Lathan Administrator

Hello Village of Oakland Woods Residents,

October is here, bringing cooler temperatures, changing leaves, and the beautiful colors of fall throughout our community. As we enter this new season, I want to thank everyone who continues to participate in activities, attend meetings, share concerns, and help make the Village of Oakland Woods a welcoming place to call home.

If you have a questions or concern regarding your apartment, cottage maintenance, community activities, or another matter involving the Village, please remember that the management office is here to assist you. We want to make sure concerns are addressed through the appropriate process and that residents receive accurate information.

As the weather changes, please begin preparing for the colder months ahead. Be mindful of changing temperature, falling leaves, and potentially slippery walkways. If you notice a maintenance or safety concern around the property, please report it to the office so that our team can follow up.

I appreciate the residents and staff who work together each day to make the Village of Oakland Woods a better community. WE may not always agree on everything , but respectful communication, kindness and a willingness to work together can make a tremendous difference.

October is also a wonderful time to stay connected. Watch for information about upcoming activities and events and consider joining us whenever you can. Whether you participate in an activity, attend a meeting, or simply take a moment to say hello to a neighbor, every POSITIVE interaction helps strengthen our community.

Thanks you Tracy :)



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Office News

Stephanie Daniel

Administrative/Receptionist

Pontiac Pride & Beautification

You may have noticed these signs around the community, for the Pontiac Pride & Beautification 2026. Thanks to all the residents that took time to beautify their area. Here's just a few.



THESE COULD BE YOU NEXT YEAR



Fun and Healthy Fall Activities for Seniors

Fall offers a perfect mix of cozy, active, and social ideas to keep seniors engaged, healthy, and connected.

Outdoor Adventures

- **Scenic Strolls & Leaf Peeping** – Walk in a local park, botanical garden, or neighborhood to enjoy vibrant foliage. Even short, gentle walks support heart health and mood.
 - **Apple or Pumpkin Picking** – Visit a local orchard or pumpkin patch for fresh produce, hayrides, and seasonal treats. Many sites are wheelchair-accessible and family-friendly.
- Nature Photography** – Capture autumn colors with a camera or smartphone; it's a creative, low-impact activity.

Creative & Indoor Activities

- **Autumn Crafting** – Make wreaths from leaves, pinecones, or ribbon; try leaf rubbing art or decorate pumpkins with paint or stickers.
 - **Baking Seasonal Treats** – Prepare apple bread, pumpkin muffins, or cinnamon rolls; baking stimulates memory and fosters social connection.
- Cook-Offs or Potlucks** – Host a chili or soup contest with friends or family; bring your favorite fall recipe.

Social & Community Options

- **Fall Festivals & Farmers Markets** – Enjoy live music, crafts, and seasonal food; many events are senior-friendly.
- Guided Nature Walks** – Some senior communities offer safe, social walks with scenic routes.

Tips for Seniors

- **Safety First** – Choose flat, accessible paths; bring water and weather-appropriate clothing.
 - **Mix Activities** – Combine light physical movement (walking, crafting) with social interaction for balanced wellness.
- Adapt to Ability** – Opt for seated activities or accessible venues if mobility is limited.

These ideas can be tailored to personal interests, mobility, and available resources, making fall a vibrant, healthy, and joyful season for seniors.

Service News

*Terri Price & Angela Morton-Beavers
Service Coordinators*

Greetings from you Service Coordinators
Angela Morton-Beaver & Terri Price

Residents, we have very informative sessions scheduled for the month of October, Please mark you calendar, register and plan to attend.

- **Wednesday 10/7 @ 9:00am—12:00 noon. Medicare 2027 Changes and update session with speaker, David Vita. Two sessions will be available for your convenience.**
- **Friday 10/9 @ 2:00pm—Health Strides (diabetic shoe fitting) with Julie Stulberg**
- **Monday 10/19 @ 12-2:00pm—Overdose Rescue Training**
- **Friday 10/23 @ 11:30am—Pontiac Mayor Mike McGuinness**

If you need assistance or have questions about **Medicare open enrollment** that begins on October 15th, call your preferred agent, AgeWay, or feel free to contact agents that have come to our property. As always, call your Service Coordinator as needed.

October Observance

- **Breast Cancer Awareness Month: October 1-31**
- **ADHD Awareness October 1-31**
- **National Physical Therapy October 1-31**
- **October 5th: World Meningitis Day**
- **October 6th: World Cerebral Palsy Day**
- **October 8th: National Depression Screening Day**
- **October 8th: World Sight Day**
- **October 10th: World Mental Health Day**
- **October 10th: World Hospice and Palliative Care Day**
- **October 15th: Pregnancy and Infant loss Awareness Day**
- **October 15th: Global Handwashing Day**
- **October 16th: World Spine Day**
- **October 24th: World Polio Day**

Your Service Coordinators:

Angela Morton-Beavers 248-334-4379 ext (3) for Areas 1,2 and 4 residents

Terri Price 248-334-4379 ext (4) for Areas 3 and 5 residents

Reminder: Don't forget to write your presentation suggestions or topics of interest and place in the suggestion box located in the community room (next to the kitchen) Thank you



Maintenance News

Von Jones Maintenance Supervisor

Join us in welcoming
Von Jones Maintenance Supervisor

I'm a dedicated and hands on maintenance supervisor with a strong commitment to keeping our buildings, safe, functional and well maintained. I take pride in leading by example, solving problems efficiently, and making sure daily maintenance operations are completed to a high standard.

My experiences includes, facility maintenance, repairs, preventative maintenance, cleaning troubleshooting, and coordinating day to day tools to keep operations running smoothly. I believe in teamwork. Accountability attention to detail, and treating people with professionalism and respect.



Wellness News

Lori Young Wellness Coordinator

What Is Healthspan, and How Can You Extend Yours?

Healthspan is the length of time you live in good health—remaining active, independent, and mentally sharp. While **lifespan** measures total years lived, healthspan focuses on the quality of those years.

Here are seven actionable ways to extend your healthspan:

- **Prioritize Whole Foods**: Eat a nutrient-dense diet rich in fruits, vegetables, and whole grains while avoiding processed foods, sugar, and white flour.
- **Boost Protein Intake**: Older adults should aim for 1 to 1.5 grams of protein per kilogram of body weight daily to slow age-related muscle loss and preserve independence.
- **Take "Exercise Snacks"**: If 150 minutes of weekly exercise feels daunting, adding just 10-minute bursts of movement (like walking, strength training, or yoga) can significantly improve longevity.
- **Stay Socially Connected**: Loneliness increases the risk of heart disease, diabetes, and dementia. Stay engaged with your community to foster strong social ties.
- **Get Regular Checkups**: Preventative care, routine screenings (for cancer, blood pressure, and cholesterol), and staying current on vaccines help catch and manage illnesses early.
- **Stick to a Sleep Schedule**: Aim for seven to nine hours of sleep nightly. Going to bed and waking up at the same time every day regulates your circadian rhythm and reduces aging inflammation.

Support Your Mental Health: Manage stress, anxiety, and depression through therapy, support groups, or calming practices like meditation, journaling, and spending time in nature.

IMPROVE YOUR HEALTHSPAN!

THERE ARE MANY ACTIVITIES PLANNED FOR OCTOBER!

PLEASE PLAN ON JOINING US FOR SOME FUN AND FELLOWSHIP!



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

RESIDENT SPOTLIGHT



Mary Reese

Mary is one of our newer residents. She has been living here in our community for 9 months now and enjoys meeting new people, even though she considers herself kind of shy. She appreciates the peace and serenity of our community, and is so glad she moved here. Mary truly has a servant's heart and can be seen working diligently around our community, volunteering to assist wherever she is needed. She helps in the kitchen (she recently assisted with cleaning out the pantry) and is on our newly formed "welcoming committee". Mary is very humble and likes to work in the background. VOOW is very lucky to have her here.

Life Highlights:

- **Hometown / Early Life:** Mary was born in New Haven, Michigan. She is the 11th of 16 children. She met and married her husband in 1977, but became a widow in 1980.
- **Career / Profession:** Mary retired from the State of Michigan but then continued to work her own business for a few years after that.

Hobbies & Interests: She loves to do "word search" puzzles and reading her Bible. She loves to learn from people and appreciates that you can learn something new if you just pay attention. She is not a fan of gossip, hearsay, or messes.

- **Favorite Food:** Seafood and any kind of bean.
- **Favorite Music:** Gospel
- **Favorite Travel Destination:** Mary does NOT like to fly and would rather drive to her vacation destination. Her favorite trips are traveling to casinos.
- **What I Love About Living Here:** The wonderful community of people and the awesome staff!

• **Words of Wisdom:**

Mary has a very strong faith in God and a quiet, loving spirit; which is always evident when you speak with her. Her favorite Bible verse is from **Ecclesiastes 3:1-8**

There is a time for everything "For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to cast away; a time to tear, and a time to sew; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war, and a time for peace."

Birthday Celebration!

The Birthday party will be held on Thursday, October 15th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Theodore Tillis 10/1
Andrew Bullock 10/3
Starlet Toilver 10/12
John Thompson 10/17
Gorneila Crooks 10/18
Linda Burnett 10/23

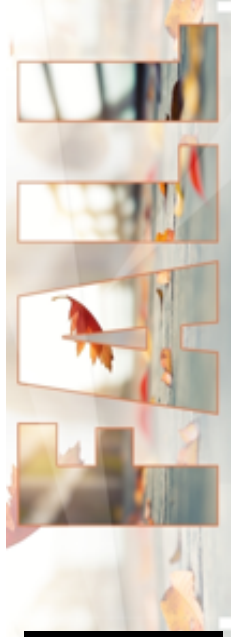
Deborah Najieb 10/1
Lorna Stevens 10/20
Isaiah Branner 10/17
Dorlores Terrell 10/17
Alicia White 10/21
Lena Jordan 10/25

Keith Spann 10/2
Melissa Bridgeman 10/11
Patricia Taylor 10/17
Gregory Tippins 10/18
Larry Milz 10/21
Glydon Holland 10/31



October 2026

Large Calendars are Available
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 10:00 Walkie/Talkies - 1:00 Ballet for Seniors	2 9:00 Walmart/Aldi	3
4	5 10:30 Fitness with Donna - 11:30 Lunch @ Leo's - 1:15 Book Club	6 10:00 God's Word & Prayer - 12:30 Lunch with Amy	7 Medical Sessions with D. Vitu 9:00 and 1:00 - 2:00 Exercise Class	8 10:00 Walkie/Talkie - 1:00 Ballet for Seniors	9 9:00 Hollywood - 2:00 Diabetic Shoe Lady Julie	10 Private Event 2-5
11	12 10:30 Fitness with Donna - 11:00 Pancake Breakfast Fundraiser	13 10:00 God's Word & Prayer - 2:00 Resident Committee	14 9:00 Coffee Klatch - 10:30 Fitness with Donna	15 10:00 Walkie/Talkies - 1:00 Birthday & Bingo - 4:00 Ballet for Seniors	16 9:00 Meijer/Aldi - 12:00 Resident Meeting	17
18	19 10:30 Fitness with Donna - 12 - 1:00 WSU Overdose rescue training	20 10:00 God's Word & Prayer - 1:00 Trip to Franklin Cider Mill	21 9:00 Coffee Klatch - 10:30 Fitness with Donna - Focus Hope Drop off	22 10:00 Walkie/Talkie - 1:00 Ballet for Seniors - 3:00 Movie Day	23 9:00 Kroger - 11:30 Mayor McGuinness 1:00 Food Distribution	24
25	26 10:30 Fitness Rhonda - 11:30 District 6 Councilwoman Regina Campbell	27 10:00 God's Word & Prayer - 1:00 Artisan Craft with Diana	28 9:00 - Coffee Klatch - 10:30 Fitness with Donna	29 10:00 Walkie/Talkie - 1:00 Ballet for Senior - 3:00 Meet & Greet new Residents	30 9:00 Walmart/Aldi - 1:00 - Halloween/Harvest Party	31
1	2	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

Staff/Office Number

Tracy Lathan
Administrator

Stephanie Daniel
Administrative/Receptionist

Terri Price
Service Coordinator

Angela Morton-Beavers
Service Coordinator

Lori Young
Wellness Coordinator

(248) 334-4379

Von Jones
Maintenance Supervisor

Randall Shannon
Grounds Keeper

Gregory Berger
Sales & Leasing

EMERGENCY MAINTENANCE (248) 330-0213 (1st)

Please call after 4:30 M-F & 24 hours Sat & Sun



**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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