



Village News



Embrace the possibilities

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

JANUARY 2026

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From the Desk of

Tracy Lathan Administrator

Happy New Year!!! We hope you enjoyed the Christmas Party! As always, our goal is to create experiences that bring joy and meet the needs of our community.

As we move into the new year, we encourage you to share all activity suggestions with Anita. We will also begin planning early for Friends and Family so we can better honor your wishes and ideas. Remember, this is a group effort, and we look forward to everyone's participation. This is how we make these wonderful moments happen together.

We are continuing with renovations, and we kindly ask for your patience and grace as we work through this process. So far, we have received nothing but positive feedback, and hope you continue to enjoy the beautification of your home.

If you have any questions or concerns, please don't hesitate to reach out. As we celebrate MLK this month, I would like to leave you with this quote "Faith is taking the first step even when you don't see the whole staircase.

Thank you Tracy

Looking forward to serving you in 2026



Look for PVM on:



Office News

Sharon Benton & Stephanie Daniel

Administrative/Receptionist

HAPPY NEW YEAR

Social Security Awards Letter

All Residents should have received their 2026 Social Security Awards Letter for. It's very important that you bring it to the office so we can make a copy the to put it in your file. We will need this document for your recertification.

We have been made aware that residents are asking the maintenance staff to bring their rent checks to the office. We are asking that you don't do this. If for some reason they forget or misplace your check, then we will have a problem. Rent is due on the 1st of the month, you up until the 5th to pay before late fee is added.

Please Call the office for any work orders. Do not give work order to maintenance, they get busy or distracted and may forget to report it to the office. To make sure your work order is processed, please call the office.

Resident Contact Information

If have changed your phone number, please let the office know. This will allow you to received informative information from the office. If we don't have a working number you will not get important information. The office is noticing that a lot of mailbox on your cell phone is full, not allowing us to leave messages

Robo Calls:

Robo calls is our way to communicate with our residents, it informs you of upcoming events. When you receive the call there's no need to call the office, you should be able to retrieve the message through your voice mail.

We look forward to severing you in 2026!!!!



Sales and Leasing News

GREGORY BERGER

Happy New Year

Leasing has been working diligently to fill vacant units in 2025. We have quite a few new residents here at our community. If you see an new face welcome them to our community.

WELCOME TO THE VILLAGE

JoeWanda B.

Irina S.

Serzhik S.

Donna P.

Gail G.

James W.

Marie L.

Brian Mc.

Robin L.

Diana B.

Kimberly S.

Mary R.

Raciene R.

Deborah N.

Robert J.

Leonard T.

Tangela R.

Minnie F.

James & Margaret S.

Verna R.

Arnel M.

Joyce M.

Patricia W.

I LOOK FORWARD TO SERVING YOU IN 2026

Service News

Terri Price & Angela Morton-Beavers
Service Coordinators

NEW YEAR, NEW YOU

The new year is a time for turning over a new leaf and adopting healthy habits that help us live a better life. New Year's resolutions that promote positive changes [make dramatic differences that help] maintain a higher quality of life for a longer time.

Here's a few ideas from Bethesda Health: Count your blessings

One of the best things we can do to maintain our happiness and perspective on life is to set time aside to think about all the good things that are going on in our lives. Take some time to think about your family, your accomplishments and other good fortunes you've enjoyed in your life. Start a gratitude journal or discuss with a loved one. Some say the key to life isn't about getting what you want as much as it is about wanting what you have.

All Saints Episcopal Church 171 Pike Street, Pontiac 48341—248-334-4571

They have Matchan Free Lunch Program in their Auditorium on Tuesday and Thursdays 10:00am-12:00pm. Free Market Day is on Tuesday from 10am to 12:30pm. Fresh Produce, eggs, milk, canned foods and other items are available on Tuesday only. No sign in is necessary, take whatever you need and want.

January 2026 Health Observances

Awareness Months (All Month):

- [Cervical Health Awareness Month](#)
- [National Blood Donor Month](#)
- [National Birth Defects Awareness Month](#)
- [National Glaucoma Awareness Month](#)

- [National Radon Action Month](#)

- [Thyroid Awareness Month](#)

- **Awareness Weeks:**

- **Jan 1-7:** Diet Resolution Week

- **Jan 18-24:** [Healthy Weight Week](#)

- **Jan 19-25:** [Health Information Week \(UK\)](#)

- **Jan 26-30:** Medical Group Practice Week & Radon Awareness Week



Blessings of good health and prosperity to all from your Service Coordinators:
Angela Morton-Beavers, 248-334-4379 Ext. 3 / Terri Price 248-334-4379 Ext. 4

Maintenance News

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

Well hello again to our dear residents,

Information from DTE

Temperatures are forecasted to fall below 20 degrees in the coming months, and sometimes the wind chill will make it feel even colder. When it's extremely cold, your home's heating system has to work harder and longer to keep you comfortable. Your furnace uses electricity and gas to heat your home, increasing your energy usage and your bill.

Take these steps to reduce your energy usage over the next few months, and lessen the impact on your next bill:

- **Set your thermostat** to a comfortable level. The greater the gap between indoor and outdoor temperatures, the higher your energy cost.
- **Be sure to leave** all of your vents open and uncovered, so the HVAC system works at its optimum level! Keeping all of your vents open and uncovered enables your system to run quieter.
- **Allow warm sunlight in windows** during the day and cover them at night to reduce drafts.

Rick Petrella
Maintenance Supervisor
Village of Oakland Woods



We look forward to serving you in 2026

Wellness News

Anita Norwood/Wellness Coordinator

HAPPY NEW YEAR!!

Here's To Your Health

Let's make our health a priority this year. Forget the usually cash diets, unsustainable resolutions, and the all-or-nothing mindset. Real, lasting health is about building sustainable habits, not quick fixes. It's about balance, consistency, and finding joy in taking care of yourself.

Some practical tips to help you start the new year include simple meal planning, learning self-compression, focusing on adding healthy foods to your meal plan, setting realistic goals, finding movement you enjoy, and prioritizing sleep and stress management.

Start with small changes.

- Add roasted vegetable in place of pasta, spaghetti squash instead of spaghetti pasta.
- Aim for one extra day of exercise
- Spice up your water with cucumber, lemon or strawberries.
- Try a new exercise.

January is just the beginning; be patient with yourself and celebrate small victories.

This year I am adding Gentle Qigong Exercises that are easy to incorporate and maintain. Try something new.... It might be a good fit!!!

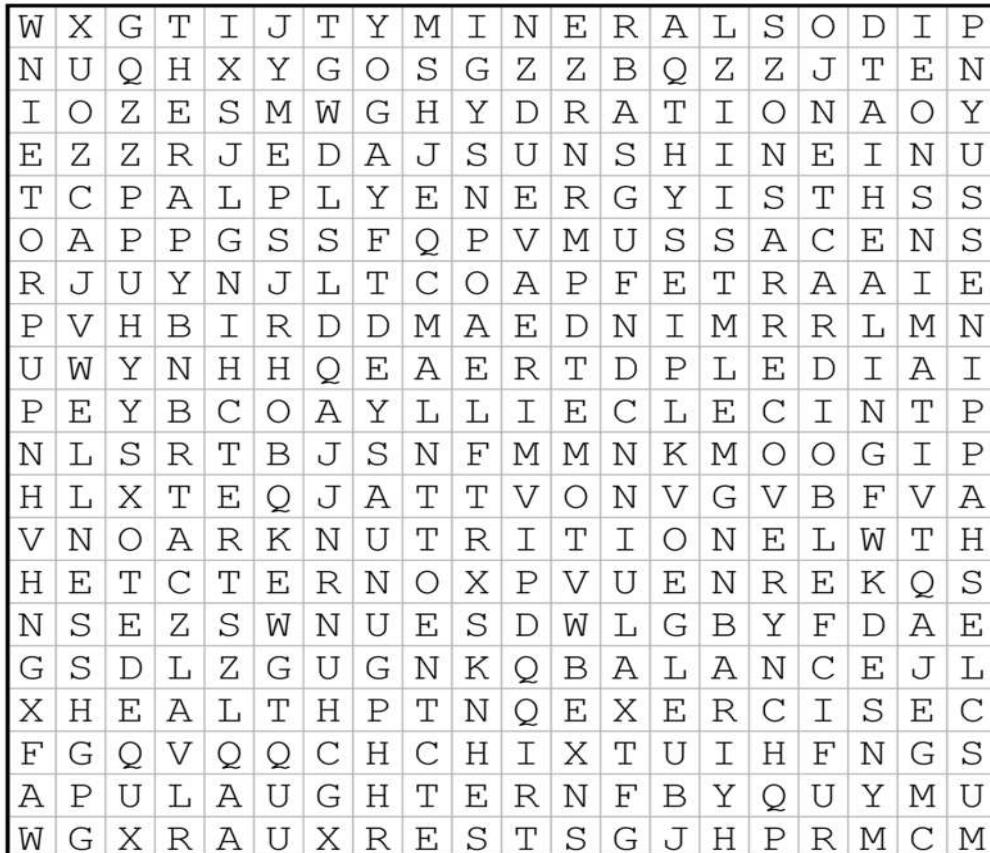


JUST FOR FUN

Word Search

Name: _____

Health and Wellness



Word list:

BALANCE	HEALING	NUTRITION	STRENGTH
CARDIO	HEALTH	PROTEIN	STRETCHING
DETOX	HYDRATION	RECOVERY	SUNSHINE
ENERGY	LAUGHTER	REST	THERAPY
EXERCISE	MEDITATION	RUNNING	VITAMINS
FITNESS	MINERALS	SELF CARE	WELLNESS
HAPPINESS	MUSCLES	SLEEP	YOGA



SuncatcherStudio.com

Birthday Celebration!

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

Eugene Elliott 1/6

Siney Morton 1/12

Mary McNeal 1/20

Geraldenette Lancaster 1/25

Cheryl Jamerson 1/7

Nancy Washington 1/15

Ernest Harris 1/23

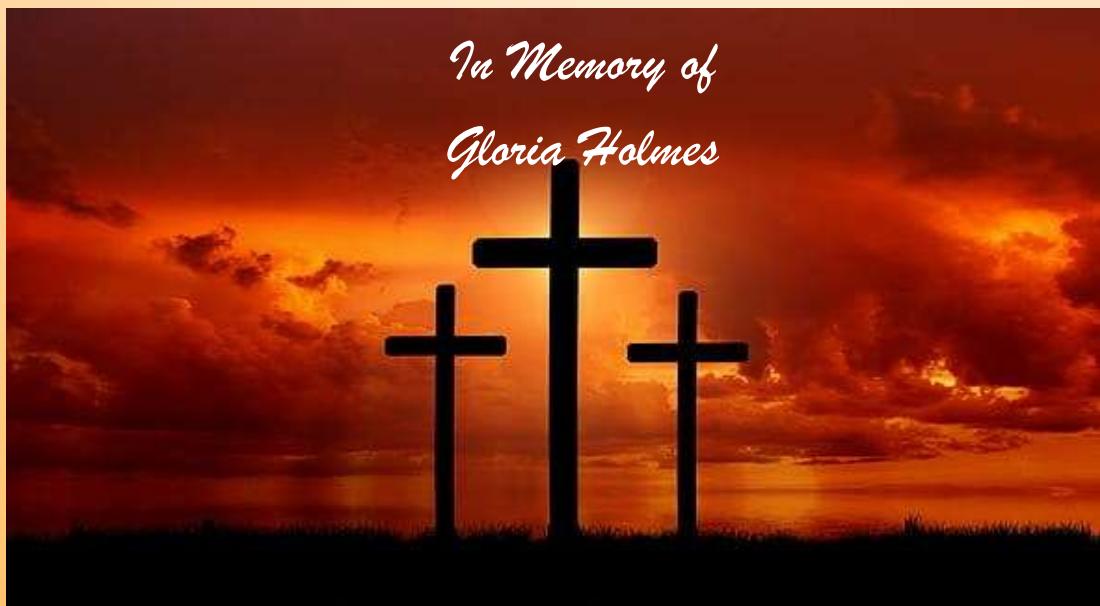
Efrian Reyes 1/25

Eyvonne Whaley 1/7

Edwin Bryd 1/18

Joyce Morgan 1/24

Will Baldwin 1/30



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ADT-Monitored Home Security

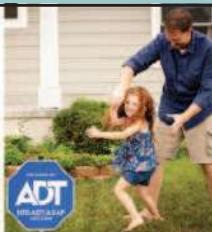
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January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
			Happy New Year Office Closed		9:00 Meijer/Aldi - 10:30 Gentle Qigong Exercise 2:00 B&W Movie	
4	5	6	7	8	9	10
10:30 Fitness with Rhonda - 12:00 Lunch at Leo's - 1:30 Book Club	10:00 God's Word and Prayer - 1:00 Weaving for Beginners limit	10:30 Fitness with Rhonda - 1:00 Coloring	2:00 Cornhole	9:00 Kroger - 10:30 Gentle Qigong Exercise		
11	12	13	14	15	16	17
10:30 Fitness with Rhonda - 2:00 Crafts Pillows	10:00 God's Word and Prayer - 2:00 Cardio Drumming	10:30 Fitness with Rhonda	1:00 Birthday & Bingo	9:00 Walmart/Aldi - 10:30 Gentle Qigong Exercise		
18	19	20	21	22	23	24
10:30 Fitness with Rhonda	10:00 God's Word and Prayer - 2:00 Sound Therapy	10:30 Fitness with Rhonda - 12:00 Happy Hour - 2:00 Meals on Wheels - All Skate up	11:00 Peanut Butter P	9:00 Hollywood - 10:30 Gentle Qigong Exercise - 1:30 Catholic Fund Distributions		
25	26	27	28	29	30	31
10:30 Fitness with Rhonda	10:00 God's Word and Prayer - 2:00 Cardio	10:30 Fitness with Rhonda - 2:00 Movie	2:00 Scavengerhunt	9:00 Meijer/Aldi - 10:30 Gentle Qigong Exercise - 2:00 Staff Street Reflections		
1	2		Notes			

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

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



Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

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.

Gregory Berger

Sales & Leasing

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



EQUAL HOUSING
OPPORTUNITY

Presbyterian Villages of Michigan
raise essential funds to support the needs of our residents. An investment in our residents' future ensures that Presbyterian Villages of Michigan

Michigan Foundation serves Michigan seniors of all faiths by raising the mission of Presbyterian Villages of Michigan for the greatest gift to Presbyterian Villages of Michigan Foundation is truly an investment. For more information on how you can help Michigan seniors, call Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org

Embrace the Possibilities

Pontiac, MI 48341-3145
420 S. Odyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

The Village of
Oakland Woods

