



# Village News



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APRIL 2026

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### *From the Desk of*

***Tracy Lathan Administrator***

Happy Spring!!!

We are excited to kick off the month with our Friends and Family Campaign!! This is a wonderful time to reach out to your friends and family members and invite them to support the Village of Oakland Woods. Our goal this year is to raise enough funds to take a special trip outside of Michigan-hopefully, a fun day trip to Chicago by train!

As we move through the month, please do not forget about the Resurrection Sunday. We also invite you to join us for our Good Friday Service, which will be held in the community room on April 3<sup>rd</sup> at 12:00 Noon. We look forward to sharing this meaningful time with you.

Lastly, we kindly ask that you pack your patience as renovations continue through the Village of Oaklands Woods 1 the apartments. There will be several inspections taking place during this time. As outlined in your lease, management does have the right to enter units as needed for renovations purposes. **We make every effort to communicate in advance, so please ensure that the office have your correct contact information. If for some reason you have optioned out of receiving calls please contact the office in order to get back on the call list.**

If you have any questions or concerns, you are always welcome to contact our home office. HUD has approved these renovations, and we appreciate your cooperation as we work to improve our community.

Thank you for your continued support and understanding!



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*

## **SPRING IS FINALLY HERE!!!**

**If you are in need of copies or printout from the office, please give us 24 hours to complete the request.**

The first day of spring is called the vernal equinox. The term vernal is Latin for “spring” and equinox is Latin for “equal night”.

- According to a Facebook study, couples are most likely to break up in the spring and two weeks before Christmas. The lowest breakup time was Christmas Day and from August through October.
- The fall and spring equinoxes are the only time during the year when the sun rises due east and sets due west.
- Spring babies are at a greater risk for health ills.
- While springtime brings flowers and warmer weather, it may be the worst time for human babies to be born. A large-scale study found that babies born in the spring are more like to develop schizophrenia, bipolar disorder, major depression and anorexia.
- On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see th sun shimming across the horizon, signaling the start of six months of darkness.
- Spring almost always arrives on March 20 or 21, but sometimes on the 19t. The reason the equinoxes and solstices don't always come on the same day is that Earth doesn't circle the sun in exactly 365 days.
- The first day of spring in the Southern Hemisphere is the first day of fall in the Northern Hemisphere.
- The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils and dandelions.
- Holidays that occur in spring includes Easter, Passover, April Fool's day, Earth day, Arbor Day, Mother's Day, Father's day, Cinco De Mayo and Holi (festival of colors in India)

**Join Irene Patterson “No Greater Love” Good Friday Service Friday, April 3rd @ 12:00 in the community room, Special music, singing, testimonies and a message from God's Word. Light lunch provide. Please let the office know if you are in need of a ride.**

**The office will be closed Monday, April 6th in observance of Easter Monday.**



## FROM THE KITCHEN

### Shepherd's Pie for One

With the winter chill still in the air, a hometown favorite for most. Let me know what you think.....

#### **For the Mashed Potatoes**

- 1 medium Yukon Gold potato scrubbed and quartered (about 7-ounces)
- ½ cup whole milk
- 1 clove garlic -minced
- 1 tablespoon salted butter
- ¼ teaspoon kosher salt

#### **For the Filling**

- ½ tablespoon olive oil
- 2 tbsps chopped onions
- 1 clove garlic -minced
- 4 ounces ground lamb
- ¼ teaspoon Italian seasoning
- ½ teaspoon kosher salt
- 1 tsp Worcestershire sauce
- ¼ cup frozen mixed vegs
- ¼ cup low-sodium beef broth

**Make the Mashed Potatoes:** Place quartered potatoes in a 1-quart saucepan. Add milk & garlic. If needed, add a little milk to almost cover the potatoes. Cook for 15 minutes, until the potatoes are tender. Strain the potatoes over a bowl, reserving the milk mixture. Return the potatoes to the pan, add 1/4 cup of the reserved milk, and mash with an immersion blender or potato masher. Add more milk as needed for a thick, creamy texture. Stir in butter and salt.

**Make the Filling:** Preheat oven to 350°F (177°C).

In a skillet over medium-high heat, heat the oil. Add onions and cook for 2 minutes, stirring occasionally. Stir in garlic, ground lamb, salt, and Italian seasoning. Cook for about 4 minutes, until the lamb is browned. Add Worcestershire sauce and vegetables, stirring to combine. Pour in broth and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer for 10 minutes, until most of the liquid evaporates. Remove from heat.

#### **Assemble and Bake:**

Grease a 10-ounce ramekin with butter or cooking spray. Spoon the meat mixture into the ramekin and top with mashed potatoes. Bake for 20 minutes, then enjoy immediately.



# Service News

*Terri Price & Angela Morton-Beavers  
Service Coordinators*

**Greetings from you Service Coordinators: Terri Price & Angela Beavers**

## **Finding Your Calm For Stress Awareness Month**

April is Stress Awareness Month, and while life often throws a lot our way, taking a moment for yourself doesn't have to cost a dime. Stress can weight heavy on the heart and mind, but simple, daily habits can help lighten the load. One of the most effective ways to reset is through focused breathing: try sitting comfortably, closing your eyes, and taking five slow, dee breaths. It's a free, "anywhere" tool that signals to your body that it's okay to relax.

**Mark your calendar and plan to attend the events noted below. As always, sign up in the activities book or give your Service Coordinator a call and let them know you plan to attend or need a ride. Your participation is important as well as your family and friends.**

- **Thursday, April 9th from 12:-1:00pm AmeriCorps Seniors Companion Program**

Find out how to receive free personal support while residing in you apartments. Find out how you can volunteer to receive tax free stipends starting at \$200.00 a month without penalties.

- **Thursday, April 16th Starting at 12:30pm Healing Hands Home Care LLC & Bingo**

Find out about in-house support care and activities of daily living through your insurance or self-pay.

**NOTE: Depending on how many showed up for the High Blood Pressure Screening is March will determine if they will be added to our calendar this month and on a Monthly Basis in the Future.**



Need assistance? Contact your Service Coordinator:

Angela Morton-Beaver—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*

Happy April everyone,

And yes, we are now in beautiful season of Spring. Hopefully the temperatures are reflecting so. We all do know about April showers so keep our umbrellas ready.

Just wanted to let everyone know have had some issues on the property because of the frigid winter temperatures followed by warmer temperatures then frigid temperatures again. Those issues would be heaving or cracked concrete as well as asphalt. The extremely high winds have also had a negative effect on our siding / roofing etc. All these issues will be addressed when the weather is warmer and conducive to repairs.

We also will be trimming the trees which could not be trimmed in the warmer weather as those trees have to be trimmed in the winter.

A quick update on the Upgrades in our apartments:

In about 3 weeks (mid-April) we will be halfway through the project.

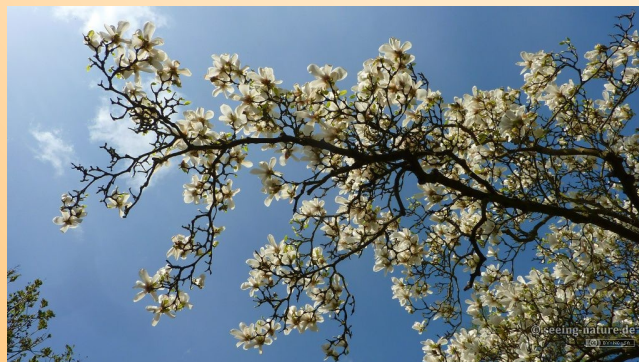
The contractors complete one apartment building every week so if your apartment has not been upgraded yet you can figure out an approximate timeline for your upgrades.

We'll hope to see everyone out and about with the warmer weather!

Regards,

Rick Petrella

Maintenance Supervisor for THE VILLAGE OF OAKLAND WOODS



## FRIENDS & family

FRIENDS & FAMILY - APRIL 1 TO APRIL 30

Join us in supporting the residents and community at our Village during the **Friends & Family Campaign!**

Your gift helps fund resident activities, community programs, and special experiences that bring connection, joy and engagement to everyday life.

Even better—your contribution could help **unlock an additional \$5,000 match**, multiplying the impact of every dollar given.

Give locally and help make a difference.

**Donate: [PVMF.org/FriendsandFamily](https://www.pvmf.org/FriendsandFamily)**



YOUR CONTRIBUTION COULD  
HELP UNLOCK AN ADDITIONAL

**\$5,000 MATCH**

MULTIPLYING THE IMPACT  
OF YOUR GENEROSITY!



**DON'T MISS YOUR CHANCE TO GIVE  
[PVMF.ORG/FRIENDSANDFAMILY](https://www.pvmf.org/FriendsandFamily)**

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

# Resident's News

In the months of February and March Trinity Health presented Matter of Balance for the residents, Anita Barksdale BSN, RN and Nusaibah Mabrouk Coach. This was at five week course that met on Tuesday's and Thursday's. There were eight resident that completed the course. Standing: Gail Holmes, Georgina Fontana, David Dewald, Joan Manchester, Joyce Parlor & Dennis Owens, missing: Sandra Dunlap and Annette Lucas: Front: Anita Barksdale Instructor and Nusaidbah Mabrouk Coach.



### Birthday Celebration!

The Birthday party will be held on Thursday, April 16th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes. Starting 2026 there will be a cost of \$2.00 to play bingo

Wanda Jones 4/3

Carol Ross 4/3

Arnel Moore 4/3

Judy Morton 4/5

Roberta Brown 4/7

Dorothy Janik 4/8

Donna King 4/8

Rosemary Williams 4/8 Hope Harris 4/12

Carolyn Arnold 4/21

Deneen Willis 4/28



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**Eileen Frazier**

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# April 2026

Large Calendars are Available  
at the Activities Table



| Sunday | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday |
|--------|--|--|--|---|--|----------|
| 29     | 30   | 31   | 1  | 2   | 3  | 4        |
| 5      | 6  | 7  | 8  | 9   | 10   | 11       |
|        | OFFICE CLOSED -<br>EASTER<br>MONDAY  | 10:00 God's<br>Word & Prayer -<br>1:00 - Lunch with<br>Amy | 10:30 Fitness with<br>Rhonda - Meet &<br>Greet with Gwendolyn<br>Womack Campbell | 12:00<br>AmeriCorps   | 9:00<br>Walmart/Aldi                           |          |
| 12     | 13   | 14   | 15   | 16  | 17   | 18       |
|        | 10:30 Fitness with<br>Rhonda - 11:30<br>Meet up to get up<br>☺ Lou's - 1:15 Bank | 10:00 God's<br>Word & Prayer                               | 10:30 Fitness<br>with Rhonda -<br>12:00 Focus<br>hope drop off                   | 12:30 - Healing<br>Hands Home Care<br>- 1:00 Birthday &<br>Bingo                            | 9:00 Hollywood<br>Market                       |          |
| 19     | 20   | 21   | 22   | 23  | 24   | 25       |
|        | 10:30 Fitness<br>with Rhonda   | 10:00 God's<br>Word & Prayer                               | 10:30 Fitness<br>with Rhonda   |   | 9:00<br>Meijer/Aldi -<br>1:30 Catholic<br>Food |          |
| 26     | 27   | 28   | 29   | 30  | 1  | 2        |
|        | 10:30 Fitness<br>with Rhonda   | 10:00 God's<br>Word & Prayer                               | 10:30 Fitness<br>with Rhonda   |   |  |          |
| 3      | 4  | Notes  |  | FRIENDS & FAMILY KICK OFF APRIL 1ST - APRIL<br>30TH, PAY ATTENTION FOR UP COMING ACTIVITIES |  |          |

**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](http://www.pvm.org)

**Staff/Office Number**

**(248) 334-4379**

**Tracy Lathan**  
*Administrator*

**Rick Patrella**  
*Maintenance Supervisor*

**Sharon Benton**  
*Administrative Assistant*

**Randall Shannon**  
*Grounds Keeper*

**Stephanie Daniel**  
*Administrative Receptionist*

**Bryan Mathis**  
*Maintenance Tech.*

**Terri Price**  
*Service Coordinator*

**Gregory Berger**

**Angela Morton-Beaver**  
*Service Coordinator*

*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**



**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. Your 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](http://www.pvmfoundation.org)

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**Embrace the possibilities**

Pontiac, MI 48341-3145

420 S. Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**Oakland Woods**  
The Village of

