



# Village News



## Embrace the possibilities

420 S. Opdyke Rd · Pontiac, MI 48341 · [www.pvm.org](http://www.pvm.org)

JUNE 2026

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### *From the Desk of*

***Tracy Lathan Administrator***

Hello Village of Oakland Woods Residents,

As we welcome the month of June, we would like to take a moment to reflect on the wonderful events and activities we shared together in May.

Our Mother’s Day Celebration was a tremendous success!! We received an overwhelming amount of positive feedback from residents who enjoyed the food, fellowship, and opportunity to honor the amazing mothers in our community. Thank you to everyone who attended and helped make the event so special

We also had a successful Memorial Day event with a great turnout from residents throughout the community. It was wonderful to see so many neighbors come together in remembrance, appreciation and unity.

We look forward to honoring the fathers and father figures in our community with another memorable gathering filled with fun, food and fellowship.

In addition, I will be attending the Residents Only Meeting in June to provide educational information regarding the Funds, Friends, and Family program. This will be great opportunity to ask questions and learn more about available resources and community initiatives.

Lastly, a dumpster will be ordered during the month of June to assist residents with spring cleaning efforts. Please begin preparing any unwanted household items and help us keep our community clean and beautiful.

Thank you for your continued participation and support. We look forward to another great month together!!



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*

We are working diligently on your rental accounts, for Delinquent & Prepays. We are sending out letters for overpayments and credits. These letters indicate if you are to deduct or add monies to your rental amount. Please read these letters carefully and follow the charts at the bottom of the page. If you have any questions please call the office.

We process your monthly rental checks using a scanner. At times the scanner reads your routing number incorrectly. This creates an error in the system, that will not allow your check to clear the bank. Please check your monthly bank statement to make sure your monthly check has cleared the bank. If not please contact the office immediately. This will eliminate the delay in correcting this error.

Resident contact information, if for some reason you changed your phone number please let the office know. In order to update your files.

You got Mail! Please make sure you check your mail box at least once a week. There's time that we send out important information, but a lot of you are not checking your mailbox or do not bother to read it.

Hope to see your smiling faces around the village.



## Flower Planting Season is Here

A container garden by creating pleasing arrangements and maintaining your plants opens up a world of possibilities regardless of space limitations.

### Why Choose Container Gardening?

You can grow all types of perennials in containers; it lets you skip the major digging and weed-pulling of backyard gardening and fast-forward to the fun of planting & enjoying. You get just enough dirt under your fingernails to feel like you accomplished something. Your Planted Flowers invite you to slow down, notice the details & savor the scents.

### Pick the Right Container

A good container will help ensure the health and longevity of your potted plants. Consider size, material, and drainage when making your choice.

For a mixture of plants, look for containers at least 12 inches wide. Annuals usually need at least 8 inches of soil depth. Whatever the pot's material, opt for one large container—14 inches or more in diameter, bigger pots stay moist longer and allow plants room to grow.

### Creating a Balanced Soil Blend

A good homemade soil mix consists of:

- Five parts compost
- One part builder's sand
- One part vermiculite or perlite
- One-quarter part dry organic fertilizer

This blend provides excellent drainage and nutrient retention for most container plants

### Incorporating Organic Matter and Fertilizers

When you purchase your plants, ask the nursery worker about any specific nutrition or fertilizer requirements they might have. However, if your potting soil already includes fertilizer, there's no need to add any more. (Consult the Nursery)

### Plant with Care

Before planting, ensure your container is clean and has adequate drainage. For tall pots with shallow-rooted plants, you can fill the bottom half with lightweight materials like broken terra-cotta pot shards or Styrofoam packing peanuts to improve drainage and reduce weight.

Gently loosen root balls of plants before planting, especially if they're tightly wound. Start planting from the center or with the largest specimen and work outward. Fill in around plants with potting mix, firming gently to eliminate air pockets. Aim to keep the plants at the same soil level they had in their original containers, about 1 to 2 inches below the pot's rim.

Finally, water thoroughly after planting to settle the soil and ensure good root-to-soil contact. You may need to add a bit more soil after the first watering.

### Have Fun Planting

# Service News

*Terri Price & Angela Morton-Beavers  
Service Coordinators*

## **June 2026 Greetings from your Service Coordinators - Angela Morton-Beavers and Terri Price**

**Wed, June 10, 2026, 12-2pm.** Xfinity representative, Lamar Patterson will return to our community. You don't want to miss this winning presentation. Xfinity is providing lunch. Therefore, **Please sign up in the activities book if you plan to attend.** Thank you

Do you need assistance or have questions about your health insurance? Stay tuned for appointment sign up with Aware Insurance Group.

**June is Men's Health Month** — a reminder that men matter. True health means caring for all of you — inside and out. Here are five simple steps to making a real difference: 1. Schedule that overdue checkup 2. Move your body for 30 minutes daily 3. Fuel your body with food and drinks that truly love you back 4. Prioritize sleep 5. Talk to someone Your choices today shape the connections and purpose waiting for you tomorrow. That best self? He's one good choice away; start today.

### **Show Your Brain Some Love!**

June is Alzheimer's & Brain Awareness Month! What a great opportunity to celebrate and exercise the most powerful tool you own — your big, beautiful BRAIN!

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### **TRY A DAILY BRAIN MINUTE CHALLENGE!**

*Once a day, take just 60 seconds and play "Name 5."*

Pick any category and name 5 things as fast as you can. Challenge a neighbor, try a new category daily, and see how sharp you really are. It's one minute. Your brain will thank you.

#### **Try a new category each day!**

- U.S. Presidents
- Car brands
- Movies from the 1970s
- Songs by your favorite artist
- Things in a kitchen
- Cities you've visited
- Animals that live in water
- Things that are purple
- Famous women in history
- Birds, Fruits, Insects, etc.

Here are a few other Daily Brain Minute Challenge games to help you stay sharp!

**Word of the Day** — learn one new word and use it in conversation

**Yesterday's Menu** — try to recall everything you ate yesterday in order

**Backward Count** — count backward from 100 by 3s, then 200, etc.

# Maintenance News

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

WOW, can you believe it is already June? 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 damaged to property could be in the multiple tens and thousands of dollars and displace resident 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 resident 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 June weather.

### **Make sure you clean your lint filter after each load**



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

Rik Petrella

## Live Better by Living Smarter

One challenging aspect of aging is adapting our lifestyle to best suit our changing circumstances. Many seniors are transitioning from decades of prioritizing careers and raising families to a freer, less-structured chapter in their lives. It's important for older adults to prioritize their wellness by maintaining positive, healthy habits and routines that will help them flourish.

### Stay Physically Active

*Physical fitness is a crucial factor in the overall health and wellness of older adults. The CDC recommends a mix of cardio, muscle-strengthening exercises, and activities emphasizing balance and flexibility. These three essential fitness elements can prevent and delay many health issues that accompany aging while also helping you maintain your independence by continuing to carry out daily tasks without assistance.*

### Find a Purpose

*With more free time on their hands, many older adults struggle with feelings of boredom, aimlessness, and irrelevance. Finding a renewed sense of purpose can go a long way toward enhancing senior wellness and happiness.*

### Embrace Lifelong Learning

*Lifelong learning emphasizes the concept that our intellectual growth isn't limited to a specific period of life. Our educational journey continues to evolve as we age, keeping our minds stimulated and active.*

### Maintain and Expand Your Social Connections

*Meaningful connections, engaging conversations, and a sense of community are not only personally rewarding but also contribute to our cognitive health and longevity. At a time when our relationships with family and friends are changing, it's important to actively maintain existing relationships and seek out ways to form new ones.*

### Create a Safe Home Environment

*Being able to navigate your living space safely and confidently can reduce stress and lessen the risk of falls and other injuries. Features like adequate lighting, handrails, and non-slip floors can help offset some of the mobility challenges that often accompany aging.*

### Stay Hydrated

*Make sure you drink plenty of water throughout the day. [A recent study](#) estimates that up to 40 percent of seniors may be chronically underhydrated. Dehydration can lead to fatigue, digestive issues, decreased kidney function, and periods of confusion and disorientation. It can also exacerbate chronic health conditions.*

### Embrace a Nutritious Diet

*Age brings changes in appetite and metabolism that increase the risk of deficiencies in nutrients like protein, calcium, and vitamins D and B12. A balanced, nutrient-rich diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and dairy products can prevent these deficiencies, support muscle and bone health, and boost the immune system.*

**It's been a whirlwind month with lots of activities happening. There's more coming, so feel free to choose those things that interest you and **get involved!** Calendars of events are always available. Please stop by my office so we can chat. I enjoy meeting with you, and am hoping you will take advantage of all the things we have going on. Stay healthy my friends!**

**Lori Young**  
Wellness Coordinator

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

## 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
- 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 privilege will be revoked and a lease violation will issued.**

***There will be a resident only meeting  
Friday, June 19th starting a 12:00 noon***

### **Birthday Celebration!**

The Birthday party will be held on Thursday, June 18th @ 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

Verna Rand 6/2

John McCoy 6/5

Betsy Hammond 6/10

Sally Jackson 6/12

Charles King 6/17

Joyce Parlor 6/29

Robert Robinson 6/2

Lori Woodmore 6/6

James Williams 6/10

Carol Hardemon 6/12

Kimberly Shaw 6/23

Dorothy Spears 6/30

Julie Fitzgerald 6/3

Robert Weir 6/7

Savannah Doran 6/12

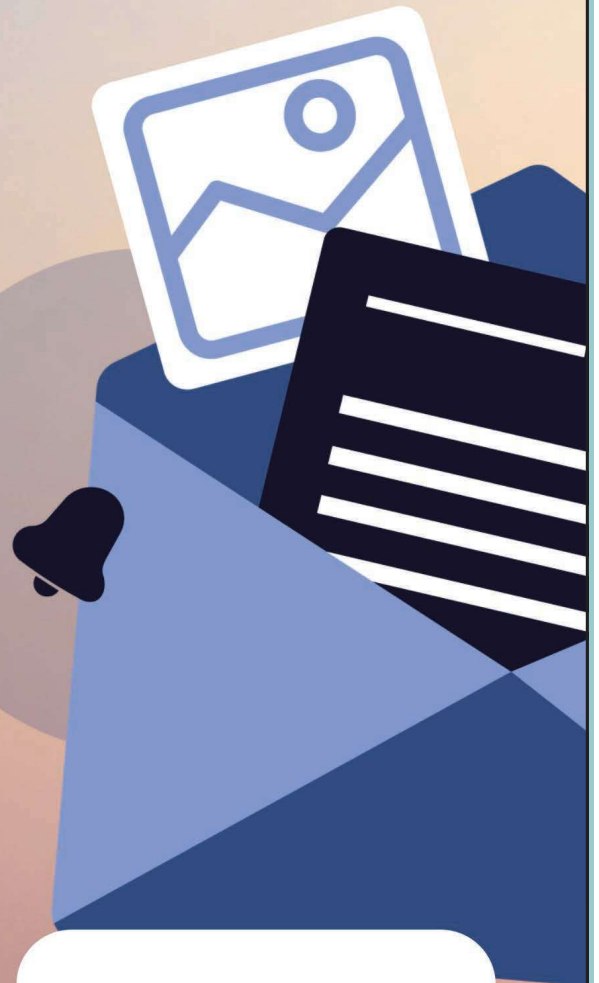
Helen Robins 6/13

Stanley Davis 6/24



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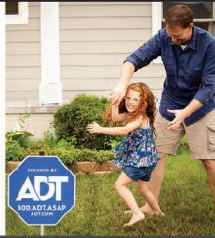
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(800) 950-9952 x6268



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# June 2026

Large Calendars are Available  
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 10:30 Fitness with Donna - 11:30 Lunch @ Lori's - 1:15 Bank club meet - 1:30 Village Victory Cup Practice	2 10:00 God's Word and Prayer - 1:00 Lunch with Amy	3 9:00 Coffee Klatch - 10:30 Fitness with Donna	4 10:00 Walkie/Talkies with Lori	5 9:00 Walmart/Aldi - Tracy Private Party 4:30 - 10:00	6
7	8 10:30 Fitness with Donna - 1:30 Village Victory Cup Practice	9 10:00 God's Word and Prayer - 1:00 Choir Tea with Lori - 4:00 Choir Meeting	10 9:00 - Coffee Klatch 10:30 Fitness with Donna - 12:00 Lunch from Efinaity	11 10:00 Walkie/Talkies with Lori	12 9:00 Hollywood - 6:00 Game Night	13
14	15 10:30 Fitness with Donna - 1:30 Village Victory Cup Practice	16 10:00 God's Word and Prayer - 1:00 Chair Yoga with Lori	17 9:00 Coffee Klatch - 10:30 Fitness with Donna - Focus	18 10:00 Walkie/Talkies with Lori - 12:00 Father's Day Lunch	19 9:00 - Meijer/Aldi - 12:00 Resident Meeting - Juneteenth Celebration	20
21 Father's Day	22 10:30 Fitness with Donna - 1:30 Village Victory Practice	23 10:00 God's Word and Prayer - 1:00 Chair Yoga with Lori	24 9:00 Coffee Klatch - 10:30 Fitness with Donna 1:00 Catholic Food Distribution	25 10:00 Walkie/Talkies with Lori - 1:00 Birthday & Bingo	26 9:00 Kroger - depart 8:30am Village Victory Cup	27
28	29 10:30 Fitness with Donna - 6:00 Movie Night	30 10:00 God's Word and Prayer - 1:00 Chair Yoga with Lori	1 10:30 Fitness with Donna	2 10:00 Walkie Talkies with Lori	3 Closed for th 4th of July	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](http://www.pvm.org)

**Staff/Office Number**

**Tracy Lathan**  
*Administrator*

**Sharon Benton**  
*Administrative Assistant*

**Stephanie Daniel**  
*Administrative Receptionist*

**Terri Price**  
*Service Coordinator*

**Angela Morton-Beavers**  
*Service Coordinator*

**(248) 334-4379**

**Rick Patrella**  
*Maintenance Supervisor*

**Randall Shannon**  
*Grounds Keeper*

**Bryan Mathis**  
*Maintenance Tech.*

**Gregory Berger**  
*Sales & Leasing*

**Lori Young**  
*Wellness Coordinator*

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

**Please call after 6:30 M-F & 24 hours Sat & Sun**

**Mon—Friday 4:30-6:30pm (248) 575-6518 (2nd)**



**Presbyterian  
Villages**

OF MICHIGAN

THE FOUNDATION

Presbyterian Villages of Michigan 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](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**

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