



Village News



Embrace the possibilities

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

JULY 2025

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Tracy Lathan Administrator

Hello Oakland Woods Residents!

Happy 4th of July!

I first want to thank everyone who joined us for the Father's Day luncheon. The feedback has been amazing!! A special thank you to Mr. Sirs for sharing his powerful spoken word on that day.

As we move through the month, don't forget our 45th Anniversary Celebration on July 26th!! This is a special time to honor our strong foundation here in Pontiac. We would love to see you, and please feel free to invite your family. RSVP is required, so don't wait. Looking forward to celebrating with you.

Thanks 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

Summer, Summer Time, you sit back and unwind

The office staff would like to thank everyone for returning your recertification paper at a timely matter. One think we would like everyone to know that once your lease is ready to be signed, we will NOT accept any additional out of packet medical expenses. It is very time consuming for the staff to go back and adjust figures. If you want your medical expensed to count for the year you **MUST** have the paper work turned in with your recertification package.

REMINDER: Rental payment are due the 1st through the 5th. All checks will be removed for the rental drop box by end of day on the 5th. If your check is placed in the box after closing on the 5th it will be consider late and a late fee will be applied.

Apartment late fees start at five dollars after the 5th plus one dollar for each day after.

Cottage late fees:

Market Rate fees: \$23.00 after the 5th

Tax Credit late fees: \$16.00 after the 5th

Trash Dumpster in areas 1—5, please make sure your trash is tied up before placing into the dumpster. **DO NOT** place large item in or around the dumpsters. If you drop trash pick it up, just don't leave it on the ground for someone else to pick up. If you can't open the top lid, there's a sliding door on each of the dumpsters.

PEST CONTROL

Abell Pest Control is on site every 2nd & 4th Friday of each month. If you are having problems with pest please call the office to be added to the log book, explain what you are in of this will help the technician when he arrives. You must be home in order for the technician to enter you unit.

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 July?

Would like to address with every resident whom has a clothes dryer in there apartment.

IT IS IMPERITIVE FOR YOU TO CLEAN THE LINT SCREEN EVERY TIME YOU USE YOUR 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 residents for many months. Recently I cam across a dray lint screen which as not be cleaned in sometime. This is serious neglect. Please everyone do your part to keep yourself and fellow residents safe.

Additionally, an uncleaned lint screen renders the dryer extremely energy inefficient. Your cost for electricity will increase dramatically! Okay, let's enjoy the **DOG DAYS OF SUMMER**.

If you dryer lint screen look like this, it's time to clean it.



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

Rick, Bryan & Randy Maintenance Team.

Service News

Terri Price & Angela Morton-Beavers
Service Coordinators

July Greetings from your Service Coordinators: Angela Morton Beavers and Terri Price Wayne Westfield Counselor from AgeWays will be available for individual appointments Tuesday July 8th from 8:30 4:00 to assist residents with Medicare/Medicaid concerns and provide valuable information. Please mark your calendar, schedule an appointment and come over to the Community Center.



10 Reasons Why Hydration is Important

Staying hydrated is a simple yet critical part of maintaining good health. But ... research shows 75% of Americans are chronically dehydrated. As we age, drinking enough water is even more important. Dehydration is common among older adults, occurring in up to 28% of this population. Adults 60 and older are at greater risk for dehydration for a number of reasons, including natural drops in thirst levels and body composition changes. Older adults are also more likely to take diuretics and other medications that cause fluid loss in the body. Here are **10 great reasons to stay hydrated**.

1. Improved brain performance
2. Digestive harmony
3. More energy
4. Weight loss and weight management
5. Decreased joint pain
6. Better temperature regulation
7. Kidney stone [& UTI] prevention
8. Healthier heart
9. Improved detoxification
10. Fewer headaches

Every person's hydration requirements are different," said [Kathleen Cameron](#), former Senior Director of NCOA's Center for Healthy Aging. "It depends on factors like medical history, health conditions, and any medications you take. Your doctor can help you come up with a hydration plan that meets your personal health needs and lifestyle." Find details in the full article here: <https://www.ncoa.org/article/10-reasons-why-hydration-is-important/>

Foods that hydrate you _Your body typically gets about 20% of the water it needs from the foods you eat throughout the day. Foods that typically provide the highest water content are raw fruits and vegetables. Eating a diet heavy in produce is a good way to give the body vitamins, minerals and fiber while increasing your daily water intake. Any fruits and vegetables with more than 80% water content are a great choice. But these foods (all with a water content greater than 92%) offer the best bang for your buck when it comes to getting the water your body needs: **1. Cucumber (96%) 2. Iceberg Lettuce (96%) 3. Celery (95%) 4. Radishes (95%) 5. Romaine Lettuce (95%) 6. Tomatoes (94%) 7. Zucchini & Summer Squash (94%) 8. Asparagus (92%) 9. Bell peppers (92%) 10. Cabbage (92%) 11. Cauliflower (92%) 12. Mushrooms (92%) 13. Spinach (92%) 14. Strawberries (92%) 15. Watermelon (92%)** If you have questions about your water intake, reach out to your primary care physician. Find details in the full article here: <https://www.uclahealth.org/news/article/15-food-that-help-you-stay-hydrated>



Need assistance? Contact your Service Coordinator at 248-334-4379 (Angela Beavers-Ext.3 / Terri Price Ext.4)

July Awareness: Herbal Supplements & Prescription Interactions

Herbal remedies have become a popular choice for many seeking natural alternatives or complementary treatments for their health concerns. However, it is essential to be aware of potential interactions between herbal supplements and prescription medications. Sometimes these interactions can reduce the effectiveness of your medication or increase the risk of side effects.

Some general recommendations to safely combine herbal supplements and prescription medications into your regimen include:

- Consult a healthcare provider—speak with your doctor or pharmacist.
- Monitor symptoms—watch for side effects for example dizziness, fainting, itching, unusual bleeding, etc.
- Start slowly—if approved by your doctor, introduce herbal supplements gradually and monitor their effects.
- Use trusted brand—choose high quality herbal products from a reputable supplier

The Key to safely using herbal remedies lies in being informed, cautious, and communicative with your healthcare provider. Prioritize your health consult a professional to tailor a plan that meets your individual needs. Your safety and effective health management always comes first.

JULY CELEBRATIONS

Thursday, July 3, 2025—ICE CREAM SOCIAL STARTING AT 12:00—3:00PM

45th ANNIVERSARY SATURDAY, JULY 26, 2025 STARTING AT 1:00—4:00PM

FUN

FOOD

FELLOWSHIP

MAY RAFFLE WINNER

EUGENE ELLIOTT

The logo features the word "Wellness" in a pink, sans-serif font with a green leaf icon above the "e". Below it, the phrase "happens at" is written in a smaller, green, sans-serif font. At the bottom, "THE VILLAGE OF OAKLAND WOODS" is written in a bold, blue, sans-serif font.

Resident's News

Thanks to all the Father's that came out for our Father's Day Luncheon, everyone had a great time. Shout out to Vincent Pearson to carving the beef brisk and George Sirils for the wonderful poem. Here's some pictures from the event.



Birthday Celebration!

The Birthday party will be held on Thursday, July 17th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Mary Shoddy 7/1
Cornelia Crooks 7/6
Denise Morgan 7/11
Susie Taylor 7/12
George Sirls 7/21
Susan Wright 7/27
Judy Shatto 7/28
Lena Schrader 7/30

Roberta Brown 7/4
Gail Granderson 7/9
Constance James 7/11
Dennis Owens 7/19
Kitty Vigneau 7/21
Delores Chaser 7/28
Karen Kolhoff 7/29

Mary Hudson 7/4
Lovenda Williams 7/10
Sharron Robinson 7/12
Nancy Stone 7/19
Linda Smith 7/21
Doris Atkins 7/28
Dominga Conley 7/29



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SUMMER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 10:00 God's Word & Prayer 1:00 Lunch with Amy	2 10:30 Fitness with Rhonda	3 4th of July Ice Cream Social starting at 12:00	4 Closed for July 4th	5
6	7 10:30 Fitness - 2:00 B&W Movie	8 8:30 - 4:000 Agewags Consultation - 10:00 God's Word	9 10:30 Fitness with Rhonda - 2:00 Crafts	10 11:00 Herbal Remedy Awareness - 2:00 Sound	11 9:00 Kroger - 10:30 Stress Reduction Aromatherapy	12
13	14 10:30 Fitness - 2:00 Coloring	15 10:00 God's Word & Prayer - 2:00 Crafts Painting	16 10:30 Fitness with Rhonda - 12:00 Future Hope - Jimmy Jaboy Ball Park TBD	17 1:00 Birthday & Bingo 2:00 Table games/cards	18 9:00 Walmart - 12:00 Lunch & Learn Hypertension Dr. Val	19
20	21 10:30 Fitness	22 10:00 God's Word & Prayer - 2:00 Cardio Drumming	23 10:30 Fitness with Rhonda - 2:00 Movie Day	24 2:00 Craft	25 9:00 Aldi	26 45th Anniversary Celebration Starting at 1:00 - 4:00
27	28 10:30 Fitness	29 10:00 God's Word & Prayer	30 10:30 Fitness with Rhonda - 2:00 Sound Therapy	31 1:00 Catholic Service Food Pantry (Tentative)	1	2

EVERY TUESDAY FROM 9:00AM - 12:00 NOON, WE HAVE
FRESH BREADS AND GOODIES FROM PANERA BREAD

**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 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**

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Oakland Woods**
A SENIOR LIVING COMMUNITY
420 S. Opdyke Rd
Pontiac, MI 48341-3145

