



Village News



Embrace the possibilities

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

JULY 2026

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From the Desk of

Tracy Lathan Administrator

Hello Oakland Woods Residents!!!

As we close out a busy month filled with Father’s Day celebration, Juneteenth, and the Victory cup, we would like to thank everyone who participated and helped make these events a success. We are now looking forward to celebrating Independence Day, and all that July has to offer.

As many of you are aware, we have recently experienced some staffing changes. During this transition, we ask for your patience and understanding as our team work diligently to continue providing quality service to our community. Also, we have some vendors that will be working with us to help with work orders. Please all work orders must be called into the office. A couple of vendors you are familiar with who will be helping us will be Cliff, Alex and Roger. If you have any questions, please feel free to give me a call. Until we have a permanent maintenance person I will have the emergency phone.

Please remember I have an open-door policy, and I am always willing to listen to your concerns. If you need assistance with a matter that may require additional time and discussion, I kindly ask that you schedule an appointment so that I can give your concern my full attention.

With summer upon us, we know that many residents enjoy spending time with family, including grandchildren and other visitors. We welcome family visits; however, we also want to be mindful that this is a senior living community. Some residents specially chose to live here because of the peaceful environment it provides.

As a reminder, our lease permits guest to stay no more than 21 days per calendar year. Residents who guest exceeds this limit may be subject to a lease violation. Additionally, please ensure that all guests including children, are respectful of the What may seem acceptable to one resident may be disruptive to another. By being considerate of our neighbors, we can continue to maintain the comfortable and enjoyable environment that everyone deserves.

If you have questions regarding the guest policy or would like to discuss your individual situation, please feel free to schedule an appointment with me.

Thank you for your cooperation and for helping our community a wonderful place to live.



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

Victors: Each resident is allowed 21 days per year for visitors, anything over the 21 days will result in a least violation. You must let the office know when you are planning visitors.

Visiting Pets: It has come to our attention once again that several of our residents are pet setting without notifying the office. According to Village of Oakland Woods house rules: All pets must be registered with the office and abide by the pet rules established by management. If a resident has a visitor who owns a pet or the is “pet setting” for someone the following policy shall be in force.

- Overnight visiting pets shall be registered at the office.
- Current pet policy and rules shall be given to the resident/guest with registering the pet.

Complaints: We would like to remind everyone that all complaints must be on a complaint form in order for the problem to be addressed. We will no longer take complaints over the phone or in person. Completing a complain form insures that your complain is received and handled by the Administrator. If you need assistant in filling out the form please let us know.

Laundry Room: Did you know that we have a laundry room in the community center, it’s open Monday—Friday from 8:30am last load no later then 3:00pm. Do not leave machines unattended, You might want to call in advance to make sure it’s available, there two washer and two dryers

Washer are \$2.50 per load,

Dryers are \$2.00. per load

Pest Control: Abell Pest Control (Mr. Ed) will be on site every second & fourth Friday of the month. If you are in need of service please call the office to the we can log you in for service. Please note the there’s not a certain time of arrival and you must be at home in order to get service. Please do not stop Mr. Ed and ask for service, you must be on his log sheet for that service date. Once again call the office.



Summer Potted Plant Care

Last month our article spoke about prepping & planting your summer flowers into pots. Now it's Very Important we take care of your flowers throughout the season.

As we transition into summer, outdoor potted plants require some extra TLC to keep them thriving. Pruning is an essential part of their care during this period. Remove any dead or dying leaves or branches, as these can be breeding grounds for pests and diseases. Cutting back overgrown plants will also encourage new growth and prevent overcrowding.

In terms of fertilization, summer is an ideal time to give your potted plants a nutrient boost. Use a balanced fertilizer (10-10-10) during the growing season to promote healthy foliage and blooms. For flowering plants, consider using fertilizer high in phosphorus (15-30-15) to encourage more blooms.

Some plants, such as azaleas and rhododendrons, require acidic fertilizers specifically designed for acid-loving plants. Make sure to follow the instructions on the fertilizer package for proper application rates. Water your plants regularly during this period, but avoid overwatering, which can lead to root rot and other problems. Regular soil check-ups will also help you detect any nutrient deficiencies in your potted plants' soil. Test the pH level and adjust it accordingly to ensure optimal growth conditions for your plants

Troubleshooting Common Problems

Don't worry if you're experiencing issues with your outdoor potted plants, as we've got some common problems covered here. From droopy leaves to pests and diseases, let's troubleshoot together!

Identifying Pests and Diseases

Identifying common pests and diseases is crucial to keep your outdoor potted plants healthy. Start by inspecting your plants regularly for signs of infestation or infection. Check the leaves, stems, and soil for any unusual growth, discoloration, or damage.

Some common pests that affect outdoor potted plants include aphids, whiteflies, spider mites, and mealybugs. These tiny creatures can cause curled or distorted leaves, sticky honeydew droplets on the leaves or surrounding surfaces, and even spread diseases like plant viruses. To prevent infestations, ensure your plants are located in a spot with good air circulation and keep them away from other infected plants.

Common diseases that affect outdoor potted plants include root rot, leaf spot, and powdery mildew. Root rot is caused by overwatering and can be prevented by ensuring the pot has proper drainage holes. Leaf spot and powdery mildew are fungal diseases that thrive in humid environments. To treat these conditions, remove affected leaves or stems, improve air circulation, and reduce watering.

If you notice any signs of pests or diseases, act quickly to prevent further damage. Isolate infected plants and consider using insecticidal soap or neem oil to control infestations. For fungal diseases, apply a fungicide specifically designed for outdoor potted plants. Regularly inspect your plants and take preventive measures to keep them healthy and thriving.

Addressing Nutrient Deficiencies

Diagnosing nutrient deficiencies in outdoor potted plants can be a challenge, but it's essential to address these issues before they become severe. The first step is to observe the plant's symptoms carefully. Are the leaves yellowing or developing brown edges? Is the growth slow and stunted? These visual cues can help you narrow down the possible causes.

Common nutrient deficiencies in outdoor potted plants include:

- Nitrogen deficiency: characterized by yellowing leaves, especially on younger parts of the plant
- Phosphorus deficiency: results in stunted growth, purple discoloration, and reduced fruit production
- Potassium deficiency: leads to weak stems, leaf scorch, and reduced resistance to disease

To address these issues, inspect the soil regularly for signs of nutrient depletion. You can also use a DIY soil test kit or send a sample to a lab for analysis. Based on the results, you can adjust your fertilization schedule accordingly.

For example, if your plant shows symptoms of nitrogen deficiency, consider adding a balanced fertilizer that contains nitrogen-rich ingredients like ammonium sulfate or urea. Regularly inspecting your plants and adjusting their care routine can help prevent nutrient deficiencies from arising in the first place.

Enjoy the Beauty of your Summer Flowers

Service News

*Terri Price & Angela Morton-Beavers
Service Coordinators*

Greetings from your Service Coordinators—Angela Morton-Beavers and Terri Price

- Do you need assistance or have questions about your health insurance? Stay tuned for appointment time slot/sign-up sheets with Aware Insurance Group.
- Do you have presentation suggestions or topics of interest? Please place your suggestion in the box on the information table.

Drink UP! Why Hydration matters more as we age

As we get older, our sense of thirst fades—so by the time you feel thirsty, you may already be dehydrated. Dehydration can cause dizziness, confusion, fatigue, and falls, and it sends many older adults to the hospital each summer. Easy ways to stay ahead of it:

- Sip water throughout the day—keep a cup within reach, and drink with every meal and medication.
- Eat your water: watermelon, cucumbers, soups and fruit all count.
- Pale yellow urine is a good sign, dark yellow means drink more. If a medication limits your fluids, follow your doctor's guidance.



Village of Oakland Woods Service Coordinators:
Angela Morton-Beavers 248-334-4379 ext. 3 / Areas 1-2-4
Terri Price 248-334-4379 ext. 4 / Areas 3 & 5

To the community of Oakland Woods, I'm sad to tell you all that I will be resigning from the maintenance position here at Oakland Woods. A job position came up that I couldn't turn down. Oakland woods gave me the opportunity to learn a skill trade and also embark and build relationships with this community. I've grown to love and appreciate this community, good, bad or indifferent. This community has help my growth as a worker and also as a person. I will miss the smiles and laughs of every person here. I will never forget the memories, and this won't be the last time you see or hear from me. I love y'all and till next time.



Bryan Mathis

Nutrition: What You Need to Know for Healthy Aging

Eating Healthy for Your Age / Aging Well / Food and Nutrition

When it comes to healthy aging and your diet, it can be challenging to separate nutrition fact from fiction. Here are some common myths, and the facts you should know.

Myth: You should avoid dairy as you get older.

Truth: Only if it aggravates your stomach or digestive system.

Our bodies often become less tolerant of certain foods as we get older. Dairy is one of them because production of the enzyme lactase, which aids in the digestion of dairy, decreases as we age. But unless you're not feeling well after having dairy products (symptoms such as gas and bloating), there's no need to start shunning dairy.

Myth: You can only get calcium from dairy.

Truth: Many other foods are surprisingly good sources.

If you can't tolerate dairy anymore (see above), you can still meet the daily recommended amount (1,300 milligrams to help prevent osteoporosis) by eating foods such as bok choy (79 milligrams per serving) and white beans (96 milligrams). Other foods with calcium: spinach (146 milligrams), salmon (181 milligrams) and sardines (325 milligrams).

Myth: You should switch to a low-carb, high-protein diet.

Truth: It's better to follow a well-balanced eating plan that helps you maintain a healthy weight.

Protein does help build muscle mass — something our body naturally loses after the age of 50 (thus the importance of resistance training). However, what's most important for those over 50 is achieving and maintaining a healthy weight.

For that goal, try practicing moderation, and making sure the largest food on your plate is a vegetable, followed by whole grains and protein. One eating plan that most medical experts support for healthy aging is the Mediterranean diet.

Myth: You should avoid saturated fats.

Truth: Some can be good for you. Instead, focus on eating more healthy fats.

There is good nutrition science supporting the benefits of good monounsaturated and polyunsaturated fats — fats found in foods such as nuts and fatty fish.

But don't make fats — of any type — the largest part of your diet. Bear in mind that fats help our bodies absorb many key vitamins and minerals for healthy aging.

Upcoming Wellness Seminar

Wellness Nutrition Seminar scheduled for Friday, July 17

Come and share your knowledge, and learn how to make a healthy snack!

July is full of activities; so make plans to get involved in this wonderful community.

My door is always open!

Stop by and let's chat!!!! 248-3344379 (Press 5 to leave me a message).

Lori Young, Wellness Coordinator

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

RESIDENT SPOTLIGHT

Mary Hudson



Mary joined our community 12 Years ago and has become an integral part of our neighborhood. Known for her warmth, curiosity and community engagement. Mary inspires those around her with a life well-lived and a spirit of generosity. She has always enjoy taking care of others.

Life Highlights:

- **Hometown/Early Life:** Mary was born in Greenville, Mississippi, and moved to Michigan as a young woman, where she married her soul mate Herman, until his passing.
- **Career/Profession:** Mary was a nurse and was employed in numerous positions in Oakland County, until her retirement.
- **Hobbies & Interests:** Her favorite hobby is attending church faithfully, and going on cruises (she's been on 5)!
- **Family:** She has 9 children, 23 grandchildren, and 7 great grandchildren. Family is extremely important to Mary, and is close with all of them.
- **Favorite Food:** Soulfood (Greens & Cornbread)
- **Favorite Music:** Michael Jackson, Dance music and country music.

What I Love about living here:

I have met some wonderful people here who I consider close friends. One can make lasting friendship with people who care about each other.

Words of Wisdom:

People need to not give up on life, but keep pushing forward. Enjoy and cherish every moment. Life is hard, but keep moving.

Closing:

We are proud to shine a spotlight on Mary Hudson, recognizing a life of contribution, kindness, and inspiration. It is an honor to have her as part of our community, reminding all of us that joy and purpose grow with age.

Birthday Celebration!

The Birthday party will be held on Thursday, July 16th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Mary Snoddy 7/1
Denise Morgan 7/11
Nancy Stone 7/19
Kitty Vigneau 7/21
Leonard Trala 7/29
Lena Schrader 7/30

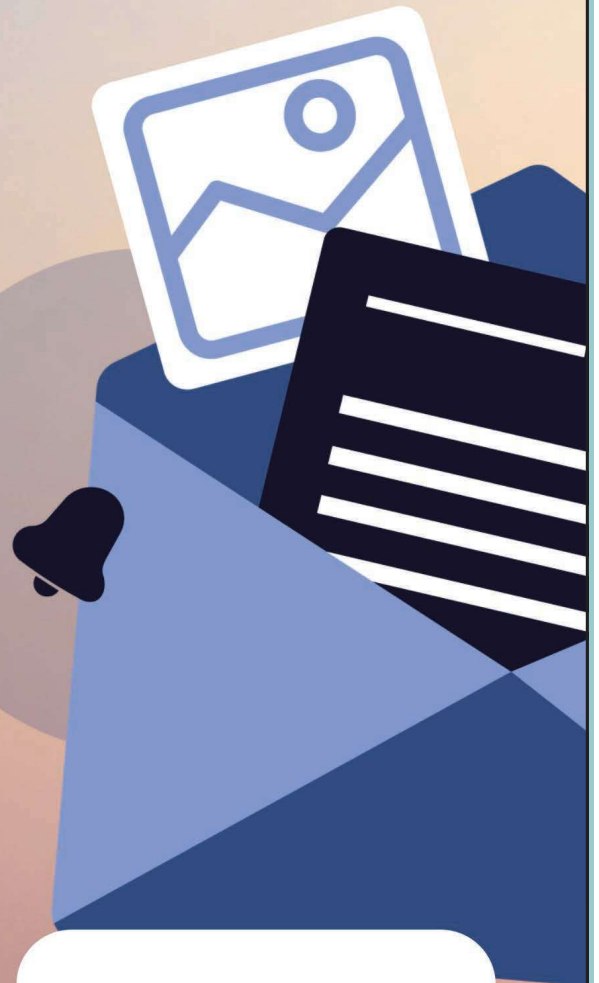
Mary Hudson 7/4
Susie Taylor 7/12
George Sirs 7/21
Susan Wright 7/27
Doris Atkins 7/29

Norieta Clincy 7/6
Sharron Robinson 7/13
Linda Smith 7/21
Judy Shatto 7/28
Karen Kolhoff 7/29



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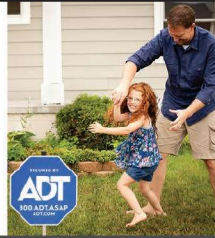
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July 2026

Large Calendars are Available
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 9:00 - Coffee Klatch - 10:30 Fitness with Donna	2 12:00 - Pre 4th Celebration - Lunch With Amy	3 Office Closed	4 
5	6 10:30 Fitness with Rhonda - Meet up to set up at 11:30 Lady's - 1:15 Bank Club	7 10:00 God's Word & Prayer - 1:00 Chair Yoga	8 9:00 - Coffee Klatch - 10:30 Fitness with Donna	9 10:00 Walkie/Talkies with Lori	10 9:00 Walmart/Aldi - 4-6 Movie Night	11
12	13 10:30 Fitness with Donna - 2:00 Crafts Day Charcuterie	14 10:00 God's Word & Prayer - 1:00 Chair Yoga	15 10:30 Fitness with Donna - Focus Hope Drop Off	16 10:00 Walkie/Talkies with Lori	17 9:00 Hollywood - Wellness Seminar TBD 1:00	18
19	20 10:30 Fitness with Donna	21 10:00 God's Word & Prayer - 1:00 Chair Yoga	22 9:00 Coffee Klatch - 10:30 Fitness with Donna	23 10:00 Walkie/Talkies with Lori - 1:00 Birthday &	24 9:00 Meijer/Aldi - 12:00 Food Distribution	25
26	27 10:30 Fitness with Donna - 4-6 Movie Night	28 10:00 God's Word & Prayer - 1:00 Chair Yoga - Craft Gathering with Donna	29 9:00 - Coffee Klatch - 10:30 Fitness with Donna	30 1:00 Walkie/Talkies with Lori - 2:00 Choir Meeting	31 9:00 Kroger - 3:00 Color & Canvas with Charlotte	1
2	3	Notes	BASEBALL SENIOR GAMES DAY AT UWM FIELD @ 10:00 (COST \$12.00 PER TICKET) REGISTRATION MANDATORY			

**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

(248) 334-4379

Tracy Lathan
Administrator

Randall Shannon
Grounds Keeper

Stephanie Daniel
Administrative/Receptionist

Gregory Berger
Sales & Leasing

Terri Price
Service Coordinator

Lori Young
Wellness Coordinator

Angela Morton-Beavers
Service 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 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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Embrace the possibilities

Pontiac, MI 48341-3145

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A SENIOR LIVING COMMUNITY

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