



# Village News



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AUGUST 2025

## Featured Articles

Administrator Notes	P. 1
Office News	P. 2
Sales-Leasing News	P.3
Maintenance News	P. 4
Service News	P. 5
Wellness News	P. 6
Resident Council	P. 7
Sunrise & Sunset	P. 8
Monthly Calendar	P. 11

### Tracy Lathan Administrator

I hope everyone had a wonderful time at the 4<sup>th</sup> of July ice cream social and celebrating our 45<sup>th</sup> Anniversary, it was truly a special moment for our community.

As you've probably noticed, we've been quite busy making improvements around the property. Over the past few weeks, we've planted flowers, cleaned gutters, replaced the bench, cleaned the community chairs, upholstered some chairs in the community room, and installed new carpet tiles. Thank you all for your continued support and patience during these updates.

Looking ahead to August, let's end the summer on a high note with a relaxing Princess Boat Ride August 29<sup>th</sup> for those who registered, more details to come!

Please mark your calendar for our upcoming Town Hall Meeting on Thursday, August 14<sup>th</sup> from 3:00pm to 6pm. This is a great opportunity to stay informed and share your thoughts.

As always, my door is open if you have any questions or concerns. However, if you'd like to discuss something in-depth, I kindly ask that you call or stop by to schedule an appointment so I can give you my full attention.

*Thanks Tracy*



The Village of  
Oakland  
Woods

A SENIOR LIVING COMMUNITY  
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Look for PVM on:



# Office News

*Sharon Benton & Stephanie Daniel*

*Administrative/Receptionist*

In the next few weeks the front office is working diligently on delinquent and pre-paid balances. Resident will received a letter in the mail referring to delinquent or pre-paid balances. This will continue going forward. Please read the letter carefully and act accordingly. If you have any questions please call the office.

## PLEASE, PLEASE, PLEASE

**The office is receiving and abundance of residential mail and packages. Whenever you have any mail sent to the your apartment make sure the mailing address includes your unit number. We will give you one call to pick up the mail, after that the mail will be returned to the post office.**

## August Fun Facts

- **Dog days of summer:** This phrase ‘dogs days of summer’ used to refer to sweltering summer days has more to do with the stars than dogs. The star was so bright that the Romans believed it gave extra heat to the sun and was responsible for the hot days in summer.
- **August is the most thundery time of the year:** More thunderstorms occur during the summer than at any other time of the year. The warmth of summer often provides the perfect conditions of rising air and moisture required for the creation of thunderstorms.
- **Crickets get chirpy:** Next time you hear the sound of crickets chirping on a balmy summer evening, why not try this simple trick to find out the temperature. The frequency of a cricket’s chirps is consistent with air temperature, so you simply need to count how many chirps there are over 25 seconds then divide by 3 and add 4 to tell you the temperature in Celsius.
- **Height of Summer:** Did you know that on a hot day in Paris, the Eiffel Tower grows taller? The tower is constructed from iron and when it’s warmed it expands, causing the structure to grow by up to 17cm.
- **The longest day of the year is in summer:** The summer solstice marks the point when the Sun reaches it highest point in the sky. This is the longest day of the year and after this point, the days slowly begin to get shorter until the winter solstice which occurs around 21 of December. At the same time as the Northern Hemisphere experiences the summer solstice, the Southern Hemisphere has a winter solstice marking the shortest day of the year.
- **August marks the start of the harvest season:** A time of abundance and celebration. Farmers begin to gather crops such as wheat, barley, and oats, which have ripened over the summer.

## 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 August?

I hope everyone is enjoying their summer on their cleaned washed patio.

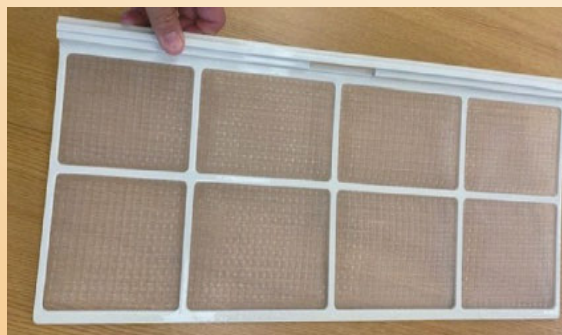
We'd like to remind that each of you should have a toilet plunger on hand. While it's not expected for you to over exert yourself in an attempt to clear a clog, it's reasonable to assume that you could attempt it as independence living residents.

Below recommended beehive plungers that is sold at most local retailers.



I wanted to mention something per the apartment "in wall" AC unit. As everyone is hopefully aware the AC units have a removable plastic filter (please see photo). The filter is designed to be removed, cleaned and replaced. A clean filter helps the equipment to run more efficiently thereby using less energy and costing you less money.

Cleaning the filter can be done in your kitchen sink or shower. Please just use warm water and a soft brush to gently clean. Be sure to let dry before installing into the unit.



***Rick, Bryan & Randy Maintenance Team.***



# Service News

*Terri Price & Angela Morton-Beavers*  
*Service Coordinators*

## **August greetings from your Service Coordinators: Angela Morton-Beavers and Terri Price**

The President signed into law on July 4, 2025 the One Big Beautiful Bill Act. The changes of this bill will not be sent immediately, hopefully not until 2029. Meanwhile let your voice be heard by contacting Congress, State and Local Government Officials.

Dr. Zel Markaj will be here on Wednesday, August 20th start at 1:00pm, to speak about Home Care Podiatry Services for seniors. He will see residents that day who may need services if they have signed up prior to that date.

**National Relaxation Day** is an annual event on **August 15<sup>th</sup>**. It was proposed by nine-year-old Sean Moeller of Clio, Michigan in 1985. The day is meant to **remind people to take a break from their hectic lives and focus on activities that promote relaxation and reduce stress**. You can celebrate by engaging in activities you find relaxing, such as:

- Taking a nap
- Going for a walk in nature
- Reading a book
- Practicing meditation or deep breathing exercises
- Spending time with loved ones
- Enjoying a hobby or activity that brings you joy

Avoiding stress-inducing activities (Courtesy of Google AI Overview)

### **Other fun days to celebrate in August:**

**2<sup>nd</sup> – National Ice Cream Sandwich Day**

**6<sup>th</sup> – National Wiggle Your Toes Day**

**9<sup>th</sup> – Book Lovers Day**

**13<sup>th</sup> – International Left-Handers Day**

**17<sup>th</sup> – Baby Boomers Recognition Day**

**21<sup>st</sup> – World Senior Citizen Day**

**24<sup>th</sup> – National Waffle Day**

**26<sup>th</sup> – Women's Equality Day**

**29<sup>th</sup> – More Herbs, Less Salt Day**

**IMPORTATNT** message for those that receive a monthly Focus Hope (FH) box.

If you do not wish to remain on the distribution list, contact your service coordinator. **PLEASE** do not discard your entire FH box in the dumpster. Unopened food items can be donated, shared with family, a neighbor or friend. With federal cuts to food programs, remain mindful that box contents might decrease or the program could be eliminated. Please remain resourceful, wise and appreciative of the food program.

**Thank you to our resident volunteers for delivering Focus Hope boxes. We Sincerely Appreciate Your Help!**

Mr. Blue - Ms. Bothuel - Mr. Bullock – Mr. Elliott

**Service Coordinators - Angela Beavers 248-334-4379 - Ext.3 / Terri Price 248-334-4379 Ext.4)**

## Medication Management Matters

For seniors, medications play a vital role in staying healthy and managing chronic conditions like diabetes, high blood pressure, and arthritis. Proper management of medications can enhance the quality of life and prevent complications. Mismanagement of medications include missing doses, taking the wrong medication, or combining incompatible drugs; all of which can have serious consequences.

Managing multiple medications can seem overwhelming, there are effective ways to take control to avoid medication mix-ups or missed doses, such as using a pill organizer, setting reminders, keeping a simple routine (i.e. take all morning medications at one time), maintaining a current medication list, get support from healthcare providers regularly.

## Best Black Bean Burger

2 cans black beans  
3/4 cup uncooked regular rolled oats  
2 clover garlic  
1 tablespoon soy service  
2 teaspoon chili powder

3 scallions, sliced thin  
2 tablespoons canola oil  
4 hamburger buns  
1 cup salsa

Combine beans, oats, garlic, soy sauce, chili powder in a blinder until smooth. Form into patties and place in hot skillet with canola oil. Brown on both sides. Service on the bun with salsa and scallions and other condiments as desired.

**ACTIVITY FUND BALANCE AS OF 7/24/2025**  
**\$10,588.04**

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

## Word Search

### WORD LIST

Air Show	Dream Cruise	Picnics
Boating	Mahjong	Pine Knob
Cass Lake	Meadow Brook	Trails
Cranbrook	Older Adults	Wave Pool
	Pickleball	

G P T K P Y R U Q D R E A M C R U I S E  
H Z R W E Q M X U T C D A G Z E X C Z J  
J D A Y E O O J X L J R C I G R J R P C  
W L I H S P F C B D J B A U K X O U R X  
F A L I E D I O R U L Q K N Q Z F B Z S  
W E S T D B O C M E A D O W B R O O K C  
I J O H N W C I K P L R C H E R S K N I  
H U R S A A N V O L F I L A V I O N O S  
U N D S G V E S T U E B I R C D M O W R  
F L Y H R E P L A C E B R E X I H U K X  
J A Z Z I P B R U J S T A M O T S J M O  
X P Y U T O G H O U N W E L P U A N A D  
B Y F E S O O L D E R A D U L T S V H N  
M Y T D U L T C V A A E M V U M Z R J A  
D H K M Y T Q M K A K I L N X F R O O B  
P I C N I C S E R B A C K C O U L E N M  
P H E V Q C U V Z K H B A Y R S A W G R  
J A M C A S S L A K E W A I D S Y V N I  
S P L D I Y P I N E K N O B V E X T R Q  
K I B O A T I N G A P X K A I R S H O W

What do the word search list have in common?

### **Birthday Celebration!**

The Birthday party will be held on Thursday, August 21st @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Alma Shelton 8/4

Joewanda Bond 8/5

Annette Lucas 8/13

Shirley McBride 8/22

Roseann Ramsey 8/16

Joyce Baily 8/5

Carlene Branner 8/6

Lelah Johnson-Green 8/15

Dolores Williams 8/22

Diana Leiva 8/5

Almeta Cook 8/12

Mildred Roberts 8/20

James Carrington 8/30





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CONTACT ME  
Eileen Frazier

[efrazier@lpicommunities.com](mailto:efrazier@lpicommunities.com)

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# August 2025

Large Calendars are Available  
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 9:00 Meijer	2
3	4 10:30 Fitness with Rhonda - 2:00 B&W Movie Day The Heiress	5 10:00 God's Word & Prayer - 1:00 Lunch with Amy	6 10:30 Fitness with Rhonda -	7 12:00 Lunch at Lela's	8 9:00 Kroger	9
10	11 10:30 Fitness with Rhonda - 2:00 Sewing Club Meeting	12 10:00 God's Word & Prayer	13 10:30 Fitness with Rhonda - 1:00 Coloring	14 3 - 6 Town Hall Meeting	15 9:00 Walmart - 12:00 Lunch & Learn with Dr. Val Diabetes	16
17	18 10:30 Fitness with Rhonda - 2:00 Craft	19 10:00 God's Word & Prayer	20 10:30 Fitness with Rhonda - Facer Hope Drop-off - 1:00 Dr. Zaf - Podiatry	21 10:00 OC Senior Fresh Farmers market - 1:00 Birthday & Bingo	22 9:00 Hollywood - 1:30 Catholic Service Food Delivery	23
24	25 10:30 Fitness with Rhonda - 2:00 Coloring	26 10:00 God's Word & Prayer - 2:00 Cardio Drumming	27 10:30 Fitness with Rhonda - 2:00 Movie Day - The Life List	28 2:00 Sound Therapy	29 9:00 Meijer - Detroit Princess Cruise Boat Leaves at 10:00	30
31	1	Notes	<b>EVERY TUESDAY FROM 9:00 - 12:00 NOON, WE HAVE FRESH BREADS AND GOODIES FROM PANERA BREAD</b>			



**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)

**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. 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)**

**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

