



Village News



Embrace the possibilities

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SEPTEMBER 2026

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

From the Desk of

Tracy Lathan Administrator

It's hard to believe that summer is already coming to an end and September is here! As we begin to welcome cooler temperature and the beautiful colors of fall, I want to take a moment to thank everyone for your continued patience, cooperation and understand as we work to make our community an even better place to call home.

This year has certainly kept us busy. Between renovations, inspections, maintenance needs, resident activities, and the everyday operations of our community, there has been a lot happening around the Village. I know that some of these changes and projects have caused a temporary inconvenience, and I truly appreciate your patience as we continue to working through them.

As we move into the fall season, please remember that communication is important. If you have a maintenance concern, please report it to the office so that it can be properly documented and addressed. Also, if you have any issues regarding items with the renovations project please report to the office immediately as we are keeping a tracker of the issues.

As always, please continue to watch for notices, flyers, One Call messages and other important updates from the office regarding upcoming activities, projects inspections and community information.

Thank you Tracy



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

Just a few reminders

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 complaint form insures that your complaint is received and handled by the correct person. If you need assistance in filling out the form, please let us know.

Visiting Pets: It has come to our attention that several of our residents are pet sitting without notifying the office. According to the 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 resident is "pet sitting" for someone the following policy shall be enforced.

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

HISTORICAL FACT ABOUT SEPTEMBER

- September 1, 1939: Nazi Germany invades Poland, marking the official start of World War II in Europe.
- September 2, 1966: The Great Fire of London begins, destroying a massive portion of the historic city.
- September 2, 1945: Formal surrender documents of Japan are signed aboard the USS Missouri, marking the end of World War II.
- September 3, 1783: The Treaty of Paris is signed, officially ending the American Revolutionary War and recognizing U.S. independence.
- September 5-6, 1972: The Munich Massacre takes place at the Summer Olympics when Palestinian terrorists kill Israeli team member.
- September 11, 2001: Terrorist attacks destroy the World Trade Center towers and damage the Pentagon, drastically altering modern history and aviation security.



5 WAYS TO MAINTAIN HEALTHY HABITS WHEN THE SEASONS CHANGE

Just because the weather is changing doesn't mean you have to let go of your routines. When the seasons change—especially when the temperature turns from warm to cool or from cool to cold—it can be difficult to keep up your regular [healthy habits](#). After all, exercising outdoors in a brisk wind or snowy/icy conditions is less than appealing.

1. ENFORCE BEDTIME FOR YOURSELF

Dr. Reed recommends trying to get seven to eight hours of Z's per night. The key to getting enough shut-eye is going to bed earlier and developing a wind-down routine before bed. Shut down everything electronic—yes, that means, your TV, laptop, tablet, and phone—and dim the lights in the 30 to 60 minutes before bedtime. Spend that time reading, meditating, taking a bath, or doing something else calming.

2. TAKE STEPS TO STRESS LESS

Speaking of meditating, you don't just have to limit it to bedtime. For some people, taking some time to meditate or take a microbreak at some point during the day can be beneficial. Another idea: Ask for help. "A lot of times we don't want people to know what we're going through. We're trying to be so private. We think we have to do everything, but that can lead to stress.

3. ADD SOMETHING EXTRA

Dr. Reed includes getting 1,000 milligrams of vitamin C, an immune-supporting antioxidant, in her everyday routine. [Make vitamin C-rich foods](#) like citrus fruits (different varieties are in season during different parts of the year), frozen berries, or mango part of your inter-seasonal diet.

4. KEEP UP THE EXERCISE

First things first: Schedule exercise the same way you'd schedule a haircut or a pedicure. Our calendars are bust at times. It's about prioritizing yourself. Squeezes in a quick workout year-round by getting up a half hour earlier. Then [there's no reason you can't exercise](#) at the Community Center.

5. DO YOUR BEST TO MAINTAIN HEALTHY HABITS

Use a multi-pronged approach. Dress appropriately for the weather ([hello, layers!](#)), wash your hands regularly with warm water and soap (or using hand sanitizer when on the go) Likewise, model other good behavior like keeping your hands away from your face and covering your mouth with a tissue when your cough or sneeze.

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 sign-up sheets with Aware Insurance Group.

Our Xfinity representative, Lamar Patterson, will be here on **Wednesday, September 16th at 12 noon** to assist and answer questions. Please sign-up. New residents are encouraged to attend.



Fall Prevention Awareness Month - September is Fall Prevention Awareness Month. A perfect time to take simple steps toward staying safe and independent. Many falls are preventable.

Keep **WALKWAYS** clear of **CLUTTER**

Secure loose **RUGS**

Wear sturdy, well-fitting **SHOES**

Hold the **HANDRAILS** on **STAIRS**

Use devices as needed (**cane, walker, rollator**)

Add **LIGHTING** to dark hallways and rooms

Stay **ACTIVE** to build **STRENGTH** and **BALANCE**

Review your **MEDICATIONS** with your doctor

Have your **VISION** checked each year

Small changes make a big difference. If you ever feel unsteady, ask for help—**protecting your health protects your freedom to enjoy each day.**

Your Service Coordinators:

Angela Morton-Beavers 248-334-4379 Ext. (3) for Areas 1, 2 and 4 residents

Terri Price 248-334-4379 Ext. (4) for Areas 3 and 5 residents

There are several maintenance tech working diligently with us to fill work orders. Here's a lists of techs.

Mike Gomez Great Lakes — Monday's

Roger Davis (Best Efforts) and his staff will be on hand Tuesday, Wednesday and Thursdays

Cliff-CT Properties will be on hand Friday's

This schedule will stay in place for at lease 30 days or until further notice. If you have any questions or concerns please call the office, thanks for your patience

MAINTENANCE EMERGENCY

CONTACT NUMBER

248-330-0213

AFTER 4:30—MONDAY—FRIDAY

24 HOURS

SATURDAY & SUNDAY

Wellness News

Lori Young Wellness Coordinator

Big Welcome to Our Newly-formed Resident Committee!

A huge round of applause for our newest Resident Committee members: **Diana Leiva, Felicia Hollis, Beth Ross**

(Area 1), **Felix & Paula Sirls** (Area 2), **Mardi Bothuel, Irma Leiva** (Area 3), **Mary Hudson** (Area 4), **Judy Shatto, Annette Lucas, Keith Spann** (Area 5), **Georgina Fontana, James Carrington, Demetrice (Dee) Shorter, Chris Miltz, Becky Boldon, Shirley McBride, Sharron Robinson** (Cottages)! *We are still in need of an additional Area 4 person.* Please see Lori Young if interested.

Each of them brings fantastic energy and a shared dedication to keeping our community connected, active, and happy. They are eager to bring your feedback and ideas to our upcoming meetings. Thank you all for stepping into these leadership roles—next time you see our new members around the community, please give them a warm welcome!

Fall is Right Around the Corner

A new season (Fall) is right around the corner. The leaves will soon be changing, and cooler weather is upon us. We will want to step out into nature and see what it has to show us. Being safe and preventing falls is of the utmost importance. Here are a few tips to help keep you safe.

Clear pathways and remove trip hazards.

De-clutter your home (we all have too much stuff anyways).

Bathroom safety: Grab bars and non-slip mats.

Lighting solutions for nighttime navigation.

Put daily items in easy-to-reach places.

Wear a fall-detection device/Keep your cell phone by you at all times.

Have a plan for travel.

Wear sensible, non-slip shoes.

Always look behind you when sitting down onto a chair.

Have a plan in place (do a dry run), in case the fall happens; you will be fully prepared for next steps.



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

RESIDENT SPOTLIGHT

Alan Jenkins



Alan is one of our newest residents. He has been living here in our Heahterwood Cottage for three Month now and enjoys the quiet and serene surroundings. He enjoys being involved in some of the activities, and you can frequently see him around the community joining in on the fun.

Lift Highlights:

- **Hometown/Early Life:** Alan was born in Midland, Michigan. He met Gail in Utica, MI 30 years ago and they were married shortly after.
- **Career/Profession:** Alan has worked as a “Class A Sheet Metal Model Maker”, where he has built rocket missals and aircraft space shuttle parts. He worked on the original Delorian! He also worked 8 years as a “Machine Tool Wireman” where he worked on control panels. He did work on the phototype for the very first Tesla. Alan also worked in Pest Control’; so as you can see he has had a very eclectic working history.
- **Hobbies & Interests:** Alan loves buying and building Legos, which he has done for the past 10 years. He is currently working on a Lamborghini Sian, for the 2nd time. He has also completed the Millenium Falcon. He owns hundreds of classic Lego kits.
- **Family:** He has 2 children and 2 grandchildren.
- **Favorite Food:** Seafood and steak
- **Favorite Music:** Christin Rock

Words of Wisdom: Alan has a very strong faith in God and is not afraid to share that with everyone. His favorite bible verse is from Isaiah 40:31 *“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and for faint”*

Closing: We are so excited and honored to have Alan living here among us. His wonderful smile and outgoing personality is a joy to be around, and will chat with you on any issue. He is very open and enjoys being with people. *Alan is living proof the growing older is not for the faint of heart, It's for the strong.*

Birthday Celebration!

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

Shirley Stroggin 9/3

Demetra Goldsmith 9/3

Patricia Coulson 9/9

Raycene Madden 9/24

Mary Tillman 9/3

Phyllis Davenport 9/8

Wansetta Amerson 9/16

Dennis Owens 9/28

Joan Manchester 9/4

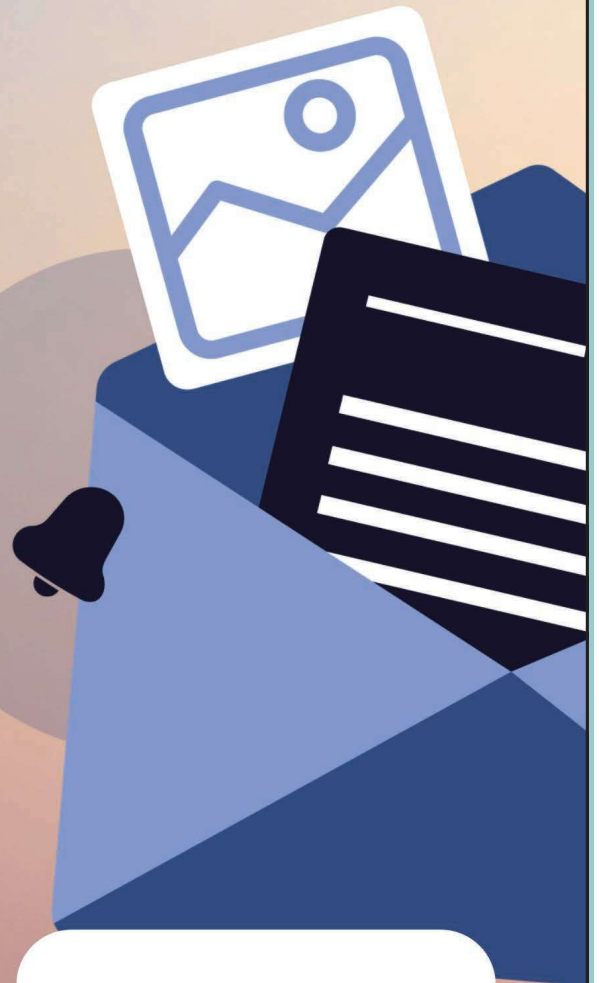
Becky Bolden 9/8

Edwin Williams 9/22



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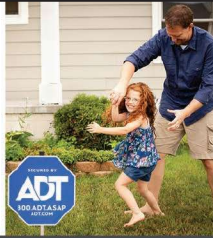
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September 2026

Large Calendars are Available
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 10:00 God's word & Prayer - 12:00 Pre Labor Day Celebration with Amy	2 9:00 Coffee Klatch - 10:30 Fitness with Donna	3 10:00 Walkie/Talkie	4 9:00 Walmart/Aldi	5
6	7 Office Closed for Labor Day	8 10:00 God's word & Prayer - 11:00 Chair Yoga	9 9:00 Coffee Klatch - 10:03 Lori 3-5 Game Day	10 10:00 Walkie/Talkie	11 9:00 Hollywood - 1:00 Mixin with Mardi	12
13	14 10:30 Fitness with Donna - 11:30 Meet up at Leo's - 1:15 Book Club Meet	15 10:00 God's word & Prayer - 11:00 Chair Yoga	16 9:00 Coffee Klatch - 10:30 Fitness with Donna - 12:00 - 2 Larma from Xfinity - Focus Hope Drop-off	17 10:00 Walkie/Talkie - 1:00 Birthday & Bingo	18 9:00 Meijer/Aldi - 2:00 Ballet for Seniors	19
20	21 10:30 Fitness with Donna - 12:00 Lunch at Olive Garden	22 10:00 God's word & Prayer - 11:00 Chair Yoga - 3-5 Movie Night	23 9:00 Coffee Klatch - 10:30 Fitness with Donna	24 10:00 Walkie/Talkie	25 9:00 Kroger - 1:00 Food Distribution-	26
27	28 10:30 Fitness with Donna - 11:30 District 6 Councilwoman Regina Campbell	29 10:00 God's word & Prayer - 11:00 Chair Yoga - 1-3 Artisan Class with Diana	30 9:00 Coffee Klatch - 10:30 Fitness with Donna - 1:00 Meet & Greet new Residents	1 10:00 Walkie/Talkie	2 9:00 Walmart/Aldi	3
4	5	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

Staff/Office Number

Tracy Lathan
Administrator

Stephanie Daniel
Administrative/Receptionist

Terri Price
Service Coordinator

Angela Morton-Beavers
Service Coordinator

(248) 334-4379

Randall Shannon
Grounds Keeper

Gregory Berger
Sales & Leasing

Lori Young
Wellness Coordinator

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

Please call after 4:30 M-F & 24 hours Sat & Sun



**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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A SENIOR LIVING COMMUNITY
420 S. Opdyke Rd
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