



# Village News



## Embrace the possibilities

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

FEBRUARY 2025

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### *Tracy Lathan Administrator*

Hello Oakland Woods Residents!!

Happy February! February invites us to reflect and celebrate Black History month honors the achievements, contributions and resilience of Black people. This month encourages us to reflect on the strides made toward equality and the work still needed to create a more inclusive future.

Valentine’s Day is a tradition rooted in expressions of love and appreciation. Though its modern celebration has been for businesses to boost profits, it serves as a reminder to cherish the people we hold dear.

Let us take a moment to reflect on both the heritage of Black history and the importance of showing love and gratitude in our daily lives. February offers us a chance to celebrate accomplishments, deepen connections, and grow in understanding and appreciation for one another.



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**Oakland  
Woods**

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# Office News

*Sharon Benton & Stephanie Daniel*

*Administrative/Receptionist*

## **Greeting from the Administration office**

**Work orders:** Should be called into the office, please do not stop the maintenance team requesting a work order. Nine times out of ten we will not get the request.

**Robo Calls:** Is our way to communicate with our residents. Robo calls go out whenever there's and upcoming event or in some cases of emergencies. When you receive a call please listen to the message in it entirety. Please don't call the office to see if we have called. The call usually start going out around 5:00pm—8:00pm.

**Appointments:** When you have an appointment PLEASE try to stick to the scheduled time of the appointment. If for some reason you can't make the appointment, please let the office know A.S.A.P. Do not assume if you come in late that we will be able to accommodate you. You will have to reschedule.

**Recertifications:** You will receive the recertification package 120 day prior to your anniversary. Please take time to read the coversheet, it explains everything that is needed when you return the package. We highlight areas that need a signature and date.

**Social Security Letters:** Everyone should have received your social security letter in the mail by now, please bring it to the office so that we can make a copy and put in your file for 2025.

**Orders/Package Delivery:** When placing an order for delivery make sure the following information is included:

**Jane Doe**  
**420 S. Opdyke Road**  
**Apartment #01A Area 1**  
**Pontiac, MI 48341**

**Rent:** Your rent is due on the first of each month, anything after the fifth is considered late and a late fee will be added to your account

**VISTING PETS:** All visiting pets **MUST** be reported to the office.

This information is a continuous for Maintenance News

## SPACE HEATER SAFETY PROGRAM

### PURPOSE

During extreme cold weather emergencies. The Village of Oakland Woods recognizes that we may have a need for supplemental heat. The purpose of this program is to permit residents to use electric space heaters that are provided on a temporary basis by The Village of Oakland Woods as a temporary measure. This program will help ensure safety when using space heaters.

### PROCEDURE

The use of personally owned electrical heaters is prohibited. Unapproved space heaters or heaters found to be used will be turned off and the resident will receive a lease violation letter.

### SPACE HEATER SAFETY REQUIREMENTS

All space heaters to be purchased and provided temporarily to residents at the Village of Oakland Woods shall comply with the following:

- Electric heater only.
- Heaters that are proved and listed by Nationally Recognized Testing Laboratories:
  - Underwriters Laboratories (UL)
  - ETL (Intertek Group)
  - NSF International (NSF)
  - American National Standards Institute (ANSI)
  - American Society for Testing 7 Materials (ASTM)
- Adjustable thermostat control that maintains constant heat level.
- Fan driven
- Overheat protection
- Tip-over safety protection
- High temperature safety protection

Any space heater not in compliance with the required features listed in Section 1 will be required to be removed from service. In addition to the requirements listed above, residents shall adhere to the following requirements for usage of space heaters:

- Devices with unprotected heating elements are strictly forbidden, even if they are recognized by a nationally recognized testing laboratory. Heaters with hot elements, even with guards are not allowed.
- The heater may only be located on the floor and shall not be placed under desks or furniture to help avoid heaters from being knocked over.
- Never place anything on top of the space heater.
- Heaters may not be used in area where flammable liquids are in use or stored.
- At least three (3) feet of clearance must be maintained around the heater at all times. Combustible materials, such as paper, plastic, and cloth must be kept away from the heater.
- Space eater must not take more than 110V or electricity to operate and cannot be rated for more than 1500 watts.
- Heaters should be connected snugly into a wall receptacle. The plug must be equipped with polarized A.C. (alternating current) having one blade longer than the other and the plug must include a grounding plug (three-prong plug). **Do not plug a heater into a multi-outlet strip/surge protector/power strip.**
- Electric cords must be kept out of foot traffic paths to prevent tripping and should never be hidden under rugs or carpets.
- **The heater must be unplugged (not just turned off) any time the room or work area being heated is unoccupied.**

## WINTER WEATHER PREPAREDNESS

### Walking in the Winter Wonderland

Walking to and from parking lots or between buildings during the winter can lead to slipping and falling on snow and ice.

#### **Tip for walking in snowy and icy conditions:**

- **Be Cautious:** In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy. Be extra careful when getting into or out of vehicles; hold onto the vehicle for support.
- **Put Your Best Foot Forward:** Wear the right shoes, which means shoes with large treads or raised patterns. Non-slip rubber or neoprene are best. Avoid wearing boots or shoes with smooth soles and heels. You might even consider getting some traction devices for your shoes. The steel coils on the bottom give some grip with ice and allow for better balance.
- **Stay on the path:** Walk in designated, clear walk way as much as possible. Taking shortcuts over snow banks and other frozen areas can be hazardous.
- **Think like a penguin!** Point your feet out slightly like a penguin. Spreading your feet out slightly while walking on ice increases your center of gravity. Bend slightly and walk flat footed with your center of gravity directly over the feet as much as possible.
- **Keep your hands out of your pockets:** Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.

#### ***Frostbite and Hypothermia***

Frostbite and hypothermia are the consequences of cold exposure, and both can have long-lasting effects. If you suspect either condition, call for help.

#### ***LAYERS, LAYERS EVERYWHERE***

1. Dress in layers, with wind resistant outer layer.
2. When it is cold, wear a hat, mittens or insulated gloves. Keep your face warm with a scarf, neck tube or facemask.
3. Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant cover as much exposed skin as possible.

#### ***BLACK ICE AND FREEZE-MELT REFREEZE CYCLE***

During the winter months, temperatures outside can fluctuate causing snow to melt and then refreeze. This process, (the freeze-melt-refreeze cycle) often results in a thin layer of ice on walkways and roadways—community referred to as “black ice.” The presence of black ice creates unsafe walking conditions, since sidewalks and other walkways can be covered with clear ice that looks dark gray—like a wet sidewalk. This can be hazardous and is a huge threat to slip, trip and fall safety.

To combat black ice, maintenance and other personal need to be vigilant about monitoring walking surfaces during periods of temperature fluctuations. Proper salting and surface treatment practices should be followed to help get rid of any ice areas that could cause injuries.

**STAY SAFE & WARM!**

# Service News

*Terri Price & Angela Morton-Beavers  
Service Coordinators*

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

**February**, recognized for many occasions such as Black History Month, Valentine’s Day and Heart health month. President, Lyndon B. Johnson established February as American Heart Month in December 1963. The first heart health month was celebrated in February 1964. When we think in terms of heart health, it’s not just a matter of routinely checking blood pressure and taking medication. This is important, in addition pay attention to what affects your heart and overall well-being. Stress, fear, anxiety, grief, broken relationships, anger, financial concerns, emotional, mental and physical well-being all affect that major “pumping” organ, the **HEART**. If you have not done so, take time to reflect on your heart and how you are coping. You may wish to visit the websites noted below for credible heart health information. Always consult with your doctor regarding your health intervention.

### **Credible Organizations/Websites:**

American Heart Association <https://www.heart.org>

CardioSmart – American College of Cardiology <https://www.cardiosmart.org>

NIH - National Heart, Lung, and Blood Institute <https://www.nhlbi.nih.gov>

### **Mark your calendar and Please sign-up if you plan to attend our February presentations**

**Mon. February 3, 2025 at 2pm** – Speaker, Ashly Tutwiler from Alzheimer’s Association

**Mon. February 10, 2025 at 11:30am** – Trauma Nurse, Anita Barksdale - Steps to Safety-Prevent Fire & Falls at Home.

**Wed. February 12, 2025 at 11:30am** – Maria Fortner will return to assist with your Medicare Advantage or Medicaid questions/concerns

### **IMPORTANT REMINDERS:**

Please consult with family or a neighbor to pick up your monthly Focus Hope/Oakland Hope box. Our maintenance staff members are not always available to deliver boxes. We certainly understand due to weather or other conditions that you may not be able to get your box. Therefore, please make arrangements and coordinate accordingly. We are diligently working on a volunteer group to assist as needed. Focus Hope - 3<sup>rd</sup> Wed. of each month / Oakland Hope - 2<sup>nd</sup> Thursday of each month.

Van transportation pick-up for Friday grocery trips and on-site events is provided for those with mobility and other physical limitations. Unfortunately, we are not able to provide transportation for all requests

Stay warm, safe and heart healthy!



## January Activities Recap

January was an engaging and informative month for our community! Here's a quick look at some of the highlights:

### Caption Call

Ms. Ramona introduced us to an incredible solution for those with hearing difficulties. With the *Caption Call* service, individuals can now read captions of their phone conversations for free. Her presentation was both enlightening and helpful, offering a valuable tool to improve communication for many residents.

### Pontiac Transportation Museum Visit

Our visit to the Pontiac Transportation Museum was a major success. Attendees enjoyed exploring the rich history of Pontiac vehicles and learning about their impact over the years. There's excitement to return once the museum is fully completed to see even more!

### Xfinity Presentation

We also welcomed an Xfinity representative who provided an overview of their services. The session was very well-attended, offering attendees valuable insights into the features and benefits Xfinity has to offer. Many left with a better understanding of the service options for their needs.

We're grateful to everyone who participated and helped make these events a success. Stay tuned for more exciting activities in the coming months!

Did you know that M1 Mobile provide transportation to local grocery stores every Friday. The bus will pickup residents here at the community center and leave at 9:00am. Sign up in the activity book if you are interested.

### End of Day Doughnation

**We are now taking part in Panera Bread's End of Day Doughnation program. I invite everyone who wants to receive pastries, breads, or bagels come by the Community Center and pick up delicious baked goods which will be available every Tuesday morning while supplies lasts!**

You can no longer walk into the Social Security Administration Office, here's helpful information.

## Social Security Administration



**The National 800 Number Network provides service 5 days a week from 8 a.m. to 7 p.m. local time.**

What you need to know before calling  
**1-800-772-1213**



**Call volumes are at their highest levels during the first week of the month.**

*866-299-3777*



May be less busy before 10 a.m. and from 4 p.m. to 7 p.m. local time, or later in the week.



Automated services are available 24 hours a day, 365 days a year. You can also complete many services online at [www.SSA.gov](http://www.SSA.gov).

Please take a moment to provide feedback about your service experience: [www.ssa.gov/feedback](http://www.ssa.gov/feedback)

Social Security Administration | July 2022 | Produced and published at U.S. taxpayer expense

## **Birthday Celebration!**

The Birthday party will be held on Thursday, February 20th @ 1:00pm. Join us in the Community Room for refreshments, bingo and prizes.

Sharon Senter 2/1

Lessie Tademy 2/2

Charles Nicholson 2/12

Lorraine Jones 2/21

Veronica Moore 2/27

Martha Bullis 2/2

Martha Smith 2/12

Christine Benton 2/14

Doris LeClerc 2/23

Janice Model 2/2

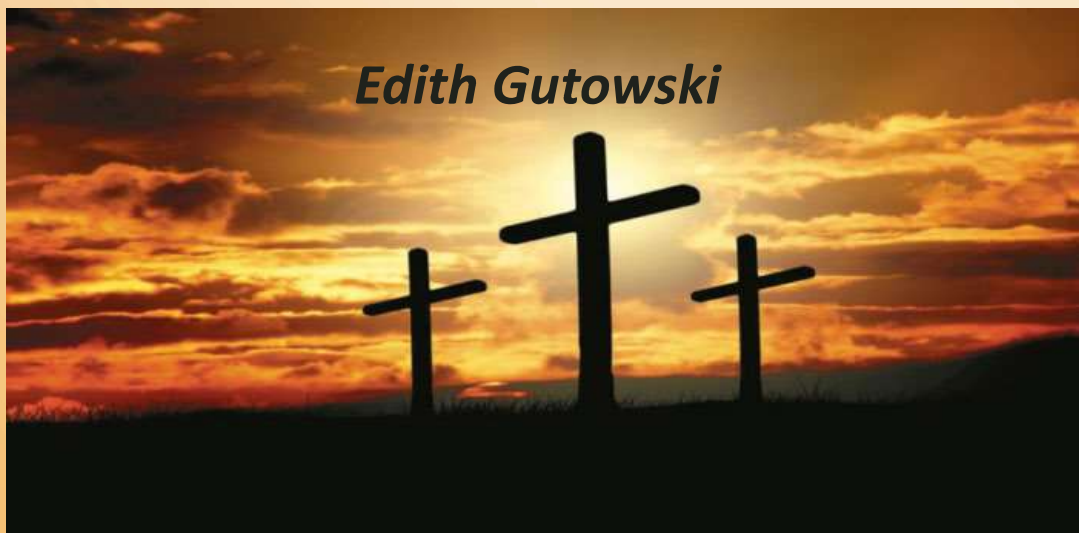
Jeane Dockhom 2/12

David Dewald 2/17

Gladys Smith 2/23



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# February 2025

Large Calendars are Available  
at the Activities Table



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	<p>10:30 Fitness Class - 2:00pm <b>Speaker Alzheimer's</b></p>	<p>10:00 God's Word &amp; Pray</p>	<p>10:30 Fitness Class</p>	<p>12:00 Lelas Lunch - 2:00 Skin Health/Body Buffet</p>	<p>9:00 Majer - 10:30 Strozzi Reduction - 11:00 Sprout - 2:00 Bauson Center Hustle Clazz</p>	
9	10	11	12	13	14	15
	<p>10:30 Fitness Class - 11:30 Fall &amp; Fire Prev. - 2:00 BW Movie -</p>	<p>10:00 God's Word &amp; Pray - 2:00 Valentine's Day Craft</p>	<p>10:30 Fitness Class - 11:30 Advantage Health Rep.</p>	<p>10:30 African American Museum - 12:00 Oakland Hope</p>	<p>9:00 Kruger - 10:30 Strozzi Reduction - 11:00 Sprout - 2:00 Bauson Center Hustle Clazz</p>	
16	17	18	19	20	21	22
	<p>10:30 Fitness Class - 1:30 Leather Crafts</p>	<p>10:00 God's Word &amp; Pray - 2:00 Cardio dunning</p>	<p>10:30 Fitness Class - 12:00 Focus Hope delivery - 2:00</p>	<p>1:00 Birthday &amp; Bingo</p>	<p>9:00 Walmart - 10:30 Strozzi Reduction - 11:00 Sprout - 2:00 Bauson Center Hustle Clazz</p>	
23	24	25	26	27	28	1
	<p>10:30 Fitness Class - 2:00 Craft Coloring</p>	<p>10:00 God's Word &amp; Pray - 1:30 Table/Card Games</p>	<p>10:30 Fitness Class - 2:00 Meadowbrook - The Angel Next</p>	<p>11:00 Celebration of Black History 2:00 Cardio Drumming</p>	<p>9:00 Hallymond - 10:30 Street Reduction - 11:00 Sprout - 2:00 Bauson Center Hustle-Clazz</p>	
2	3	Notes: Any question please see Anita				

**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 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)

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420 S. Opdyke Rd  
Pontiac, MI 48341-3145

