



Village Herald



Embrace the possibilities

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VILLAGE ADMINISTRATOR

It's November already. I cannot believe how the year is flying by. It just seems like yesterday we were taking the Christmas decorations down and now it is almost time to put them back up.

We are coming into the season where we will be seeing that "white stuff" flying through the air. The maintenance department will try their best to keep up with the sidewalks. However, if you see an area that needs attention, please call the office immediately. We will be sending out the snow removal policy as a refresher. If you have any questions regarding the policy, please feel free to contact me.

Our next resident meeting will be November 25th at the Circle. Please try to come out. This meeting help me understand what issues you as residents have. It is also a great time to share good things that are happening too.

This is the time of year that we take a few moments to ponder on all the things we have to be thankful for. I am very thankful for the Holly Woodlands Team. They are great to work with and I am thankful that they are all so dedicated to making Holly Woodlands a great place for the residents to enjoy. I am also thankful to all the residents. I enjoy speaking to and learning from each of you. You have so many great stories to share and I appreciate hearing them. I wish all of you a very happy Thanksgiving.


Deanna Coggins

Administrator



The Village of
Holly Woodlands

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

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Expert Advice

At times we all need the advice of experts. For seniors this is an opportune time to remember this. Fall not only brings out beautiful panoramas of fall colors, pumpkins and cider. It also attracts scam artists of all types. Do not respond to direct appeals by phone or mail. Unscrupulous people are standing in line to steal your money. Especially prevalent at this time of year are so-called contractors who will falsify needs that you could have for driveway and roof repair. Do not contract with anyone without seeking the advice of a trusted friend or family member.

Also, since we are moving into enrollment season for healthcare, scam artists will try to get your social security number, bank account information and other important data to create identity theft. You may have heard the phrase: "Better safe than sorry!"

Truer words were never spoken. Check with your PVM service coordinator or administrator. They can refer you to Medicare/Medicaid counselors whose services are free of charge.

Along with these seasonal scams, unfortunately on-going ones are still working. I just heard recently of another woman who was scammed into giving thousands of dollars away thinking she was helping her grandson who was in trouble. On the second attempt by the scam artists her instincts kicked in. She called her daughter to find out that her grandson was sitting right there with her daughter safe and sound! Keep in mind as well that banks will not be calling you and asking for private information to "protect" your account.

'Tis the Season: Flu Season!

The flu is a highly contagious respiratory illness that can have serious health consequences, especially for older adults. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall and winter. It starts as early as October, peaks in January or February, and ends as late as May.

The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

Washing your hands often with soap and water or an alcohol-based hand rub

Avoiding touching your eyes, nose, or mouth (germs spread this way)

Avoiding close contact with sick people

Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food)

Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it)

Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

The Village of Holly Woodlands Classifieds

- **Holly Woodlands Residents:** Starting November 13th at 2:20 pm, we will begin practicing our Christmas Music. This will be an excellent time, for new people or those who are ready to come back, to join us. ALL are welcome. We hear people say "You do not want me, I can't sing." We DO WANT YOU! We sing for FUN, not perfection. Please come try us out. *Chorus Director—Dawn White*
- If you have any old or odd coins that you would be interested in selling or learning the value of, please contact resident coin expert: Wayland Stroud (248) 270-6780.
- Carol Baldwin has a dog cage and bed for sale. \$10.00 for the cage and \$5.00 for the bed. Please contact her at 248-328-6071.
- Please note that there are now index cards located on the Wellness/Activity board outside of Rene's office in the manor for your use. You may pick-up a blank card to fill out and leave with any: