



Village Herald



Embrace the possibilities

3325 Grange Hall Road Holly, Michigan 48442 • www.pvm.org

May 2015

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Village Administrator

GREAT NEWS!!!!

Little baby Nathaniel has arrived. He was born on 4-20-2015 at 12:53 P.M. He weighed in at 8.5 lbs. and 20 ¼ in. long. I am so excited to have this new addition to our family. My daughter, her husband and baby are all doing great.



We have a new seasonal grounds person, Edward Dubie. He will be working on the outside cleaning up from the winter. When you see him around be sure to say hello and make him feel welcome.

We will be receiving the totals for Friends and Family fundraising within the next couple weeks and I will put out a notice. I appreciate all the effort by everyone on our campaign this year. I am sure that we will have our new bus very soon.

A very Happy Mother's Day to all of the beautiful mom's. I hope you have a great day and remember that no one would be here if it wasn't for their mother.

Deanna Coggins
Administrator



The Village of
**Holly
Woodlands**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner

Food Safety for Seniors

Learn about the four most important food safety steps and how to avoid a foodborne illness. Discussion of special considerations for older adults is included.

When: May 11th

Where: Manor Community Room

Time: 1:30pm

Refreshments will be provided.

Please sign up in the Lobby of the Manor or in the Community Center's Bulletin Board.



Do I have Allergies or a Cold

Spring is here, and so are allergies. The reason for the spike in allergy flare ups in spring is because all the trees and plants are blooming, and pollen from the flowers get carried by the wind, and end up in our nose, eyes, and lungs. Immune cells in these body tissues react to the pollen and release histamine, a chemical that causes fluids to leak out of our bloodstream and into the tissues. In the nose, this results in swelling and mucus production. In the eyes, this causes redness and tearing. In the lungs, this triggers swelling, wheezing, and mucus production. Histamine is also responsible for the itching that occurs in the eyes, nose and throat.

NASAL ALLERGIES

This is the most common manifestation of allergies. Typical symptoms include:

- Nasal congestion
- Clear runny nose
- Itchy nose
- Itchy throat and post-nasal drip
- Crease across the top of the nose from constant wiping
- Excessive sneezing
- Dark circles under eyes
- Persistent cough, often rattling

How do you tell if you have allergies or just a simple cold? You notice that your nose has been running for a few days. You begin sneezing, develop an occasional cough, and have to blow your nose frequently. You ask yourself, "Could this be allergies? Or is it just a common cold virus?"

In reality, during the early stages of these symptoms, it doesn't really matter if this is an allergy or a cold. Neither condition needs an antibiotic and do not need to see a doctor. The answer is length of time. If you are better with two-three weeks, it was a cold. If it last longer, it could be allergies and you should see your physician.

If your allergies are interfering with your daily life, please contact your primary care doctor and schedule an appointment. Your doctor can help you decide if you need a prescription or if over the counter medications would work the best.

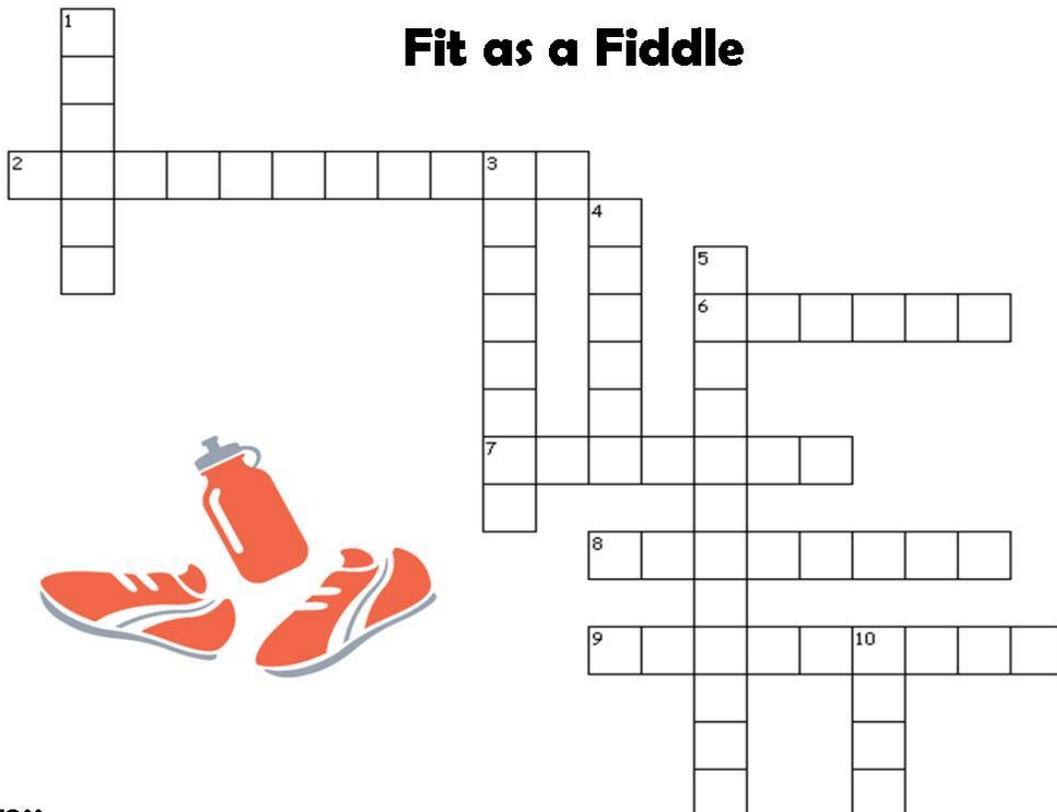




It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Fit as a Fiddle



Across

- 2. Lace these up when you're about to head out for a run.
- 6. Exercise can give you this, which can help wake you up and help you stay positive throughout the day!
- 7. It's good to do this before being active, to loosen up those muscles!
- 8. This is an activity you can do in the water, and can be easy on the joints.
- 9. This is a machine that you can use to walk or run inside, and is great when the weather isn't permitting exercise.

Down

- 1. Grab one of these and have them come with you for a walk!
- 3. This is something you can do to keep your body healthy.
- 4. You should always speak with this person before becoming active.
- 5. This illness impacts the heart, and the risk of it can be reduced with exercise.
- 10. This is improved when you exercise, and leads to a more positive outlook.

Answers can be found in next week's newsletter!

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Olympic Practice</i> 2:00	2
3	4 <i>Workout 10:00</i> <i>Celeste Market</i> 1:00 <i>Bingo 7:00</i>	5 <i>Bible Study 10:00</i> <i>Goodwill Holly</i> 1:00	6 <i>Holly Foods 9:30</i> <i>Bingo 7:00</i>	7 <i>Mother's Day</i> <i>Lunch</i> 12:00	8 <i>Workout 10:00</i> <i>Blood Pressure</i> 10:00 <i>Manor</i> 10:30 <i>Circle</i> <i>Olympic Meeting</i> 2:00 <i>Bingo 7:00</i>	9
10 <i>Mother's Day</i>	11 <i>Workout 10:00</i> <i>Save A Lot 9:30</i> <i>Food Safety 1:30</i> <i>Scrabble 3:00</i> <i>Bingo 7:00</i>	12 <i>Lunch Bunch</i> <i>Golden Buffett and</i> <i>Big Lots</i> 11:00	13 <i>Walmart</i> <i>Grand Blanc</i> 1:00 <i>Bingo 7:00</i>	14 <i>Bus Service 9-12</i> <i>Focus Hope 1:00</i>	15 <i>Workout 10:00</i> <i>Blood Pressure</i> 10:00 <i>Manor</i> 10:30 <i>Circle</i> <i>Olympic Practice</i> 2:00 <i>Bingo 7:00</i>	16
17	18 <i>Workout 10:00</i> <i>Celeste Market</i> 1:00 <i>Scrabble 3:00</i> <i>Bingo 7:00</i>	19 <i>Bible Study 10:00</i> <i>Movie Day 1:30</i>	20 <i>VG'S 9:30</i> <i>Bingo 7:00</i>	21 <i>Book Club 11:00</i>	22 <i>Blood Pressure</i> 10:00 <i>Manor</i> 10:30 <i>Circle</i> <i>Olympic Practice</i> 2:00 <i>Bingo 7:00</i>	23
24	25 <i>Office Closed</i> <i>Memorial Day</i>	26 <i>Potluck 12:00</i>	27 <i>Kroger</i> <i>Davisburg 9:30</i>	28 <i>Bus Service 9:30</i>	29 <i>Garage Sales and</i> <i>Coney 10:00</i> <i>Olympic Practice</i> 2:00	30

SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
MAY 2015 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 888-886-8971		MENU SUBJECT TO CHANGE WITHOUT NOTICE MARGARINE & HALF PINT OF MILK SERVED WITH EVERY MEAL Cost Share \$3.00	
	SPRING			1 BBQ PORK POTATO SALAD BAKED BEANS BUN SELECTED FRUIT DESSERT
4 HAMBURGER W/LET & TOM MACARONI SALAD GREEN BEANS BUN SELECTED FRUIT DESSERT	5 "CINCO DE MAYO" CHICKEN TACO SALAD MIXED GREENS CHEESE, TOMATO, BLACK BEANS SALSA TORTILLA CHIPS SELECTED FRUIT DESSERT	6 POTATO ENCRUSTED FISH W/TARTAR SAUCE STEAMED SPINACH COLE SLAW BREAD SELECTED FRUIT DESSERT	7 SLICED TURKEY W/GRAVY CORNBREAD STUFFING GREEN BEANS BREAD SELECTED FRUIT DESSERT	8 "MOTHER'S DAY MEAL" QUICHE MIXED VEGETABLES MUFFIN FRESH FRUIT DESSERT
11 CHICKEN PARMESAN ITALIAN BLEND VEGETABLES CAESAR SALAD GARLIC BREAD SELECTED FRUIT DESSERT	12 COPPER COUNTRY PIE BROCCOLI SPEARS CUCUMBER SALAD BREAD SELECTED FRUIT DESSERT	13 TUNA SALAD PLATE MIXED GREENS CHEESE, CUCUMBERS, TOMATOES PITA BREAD SELECTED FRUIT DESSERT	14 MEATLOAF W/GRAVY WHIPPED POTATO GREEN PEAS BREAD SELECTED FRUIT DESSERT	15 VEGETABLE LASAGNA MIXED VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT
18 BBQ CHICKEN POTATO WEDGES CARROT RAISIN SALAD BREAD SELECTED FRUIT DESSERT	19 PENNI PASTA W/MEAT SAUCE CAPRI VEGETABLES MIXED GREEN SALAD BREAD SELECTED FRUIT DESSERT	20 TERIYAKI CHICKEN OVER BROWN RICE ORIENTAL VEGETABLES BREAD SELECTED FRUIT DESSERT	21 MACARONI & CHEESE STEWED TOMATOES GREEN PEAS BREAD SELECTED FRUIT DESSERT	22 "MEMORIAL DAY HOLIDAY MEAL" BRATWURST W/PEPPERS & ONIONS REDSKIN POTATOES 3-BEAN SALAD BUN SELECTED FRUIT DESSERT
25 MEMORIAL DAY CLOSED FROZEN MEAL DELIVERED ON 5/22	26 SLOPPY JOE PASTA SALAD GREEN BEANS BUN SELECTED FRUIT DESSERT	27 CHICKEN FAJITA SALAD MIXED GREENS TOMATO & PEPPERS TORTILLA CHIPS SELECTED FRUIT DESSERT	28 BEEF LASAGNA CALIFORNIA VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT	29 CRISPY CHICKEN THIGH SCALLOP POTATOES GOLDEN CORN BREAD SELECTED FRUIT DESSERT

MANAGED BY PARAGON MANAGEMENT, INC. *SPONSORED BY THE COMMUNITY OF CHRIST CHURCH*, PARTIAL FUNDING THROUGH THE AREA AGENCY ON AGING 1-B, OSA, OAA AND PARTICIPANT DONATIONS*. THANK YOU! 4/20/15

Cassie's Corner

We are going to Golden Buffet (Chinese) for lunch bunch this month, after lunch we will be making a quick stop at big lots

Tickets on sale now for Mother's Day lunch \$4.00

We will be enjoying good company & eating
Lasagna, French bread & Dessert

I hope to see you all there.

On the 29th we will be going to our first garage sales
of the season.

On May 26th at noon we are having a potluck for
Memorial day and serving Holly foods chicken..

A big thank you to Holly Donut Shop for donating delicious doughnuts to us.

Any questions or suggestions please call
Cassie @ 248-634-0592



Maintenance Corner

Dog Waste Etiquette:

Dog waste that's improperly disposed of is more than just a disgusting nuisance. It's unhealthy for people and other dogs, and it's also bad for the environment. Curbing your dog (aka picking up his poop) is an ordinance in most cities now, although a lot of people still don't do it – and that makes all dog lovers look bad.

Reasons to scoop poop

- The Environmental Protection Agency (EPA) classified pet waste as a dangerous pollutant. And this doesn't come from folks jumping on the "green" bandwagon; this classification was made nearly 20 years ago.
- The US Center for Disease Control and Prevention (CDC) has confirmed that pet waste can spread parasites – including salmonella, tapeworms, roundworms and hookworms.
- Un-scooped poop can be washed into storm drains and wind up in distant rivers and streams.
- Dog poop is a team player and likes to get together with harmful bacteria like E. coli and fecal coliform bacteria. These can cause intestinal illness including cramps and diarrhea, and even kidney disorders.

Wanted-For Sale-Service Ads

For Sale

Red Leather Coat Ankle Length Size Large	\$15.00
Black Leather Coat Ankle Length Size Medium	\$15.00
Black Wool Coat Ankle Length Size Large	\$15.00

If interested, please contact Elizabeth Schroeder at 248-382-5525.

For Sale

Folding Dog Step Made By Animal Planet	\$15.00
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If interested, please contact Nancy Chappell at 248-820-3108.

Services

Are you looking for someone to clean your apartment, run errands, or just some companionship...once a week...or once a month? My name is Linda.....
912-222-3045. I live here at Holly Woodlands and have excellent references.
Call me anytime if you are in need of my services.

If you would like to run an ad, they are due to Heather G. no later than the 20th of each month.

Services Offered at Holly Woodlands

Focus Hope: Second Thursday of every month.

Holly Foot and Ankle: They are here by appointment only. Please call 248-634-6200.

Bible Study: First and Third Tuesday's at 10:00 2nd floor lounge of the Manor.

CVS Deliveries: CVS will deliver prescriptions every Tuesday and Thursday at 2:00.

Beauty Salon: Third floor of the Manor. Sarah will be here by appointment only. Please call 810-444-3208.

Saturday Lunch: Lunch with Phylliss on Saturday afternoons. For more information please contact Phylliss at 734-223-8842. *Saturday lunch is not sponsored or affiliated with Holly Woodlands/PVM or Meals on Wheels.

May 2015 Birthday List

Sharon Holsworth	5-11
Marianne Thompson	5-15
Cheryl Westbrook	5-16
Doris Wood	5-19
Juana Lopez	5-24
Rusty Rembach	5-27
Phylliss Luttrell	5-28

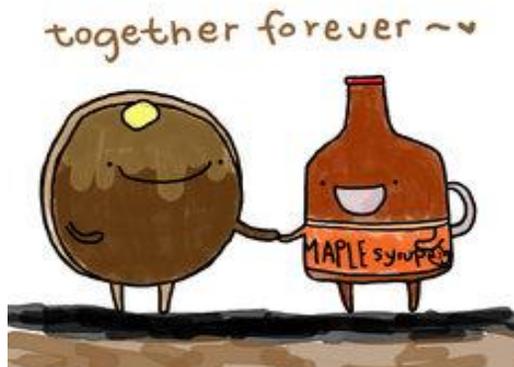
Reminder!!!!!!

Resident guests of Woodland Circle should park at the Community Building. The spots in front of each building are for resident parking.

We especially ask this when guests stay overnight.

Maple Syrup Raffle Winners

- 1st Shirley Bryan
 - 2nd Judy Andrews
 - 3rd Linda Taffar
 - 4th Tina Batchelder
- Congratulations!!!!!!!**



Mother *noun.* A person with the ability to detect a lie, hear the smallest noises, and see out the back of their head.

**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

Office Number

248-634-0592

Village Staff

Deanna Coggins
Administrator

Heather Green
Administrative Assistant

Cassie Roberts
Activities Coordinator

Heather Paavo
Service Coordinator

Derek Elkins
Maintenance Supervisor

Carl Smith
Maintenance Technician

Gene Blankenship
Maintenance Technician

Ashley Merritt
Housekeeping

Lee Krentzen
Receptionist

Edward Dubie
Groundskeeper

EMERGENCY NUMBER

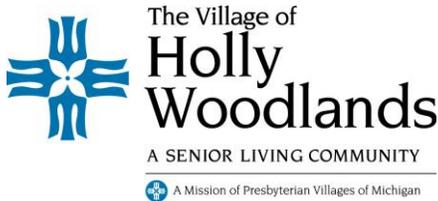
248-534-8263

Fax Number

248-634-8417



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 at **248-281-2040** or visit www.pvm.org



**3325 Grange Hall Road
Holly, MI 48442**

Holly Woodlands Board Members

Kesha Akridge
Kent Barnes
Sharlyn Gates
James Gotch
Anar Guru
Reisa Hamilton
Pauline Kenner
Mary Lloyd
Bernice Riggs
Dale Smith
William Walters

Embrace the possibilities