



Village Herald



Embrace the possibilities

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

July 2014

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Village Administrator

HAPPY INDEPENDENCE DAY!!!

First I would like to thank all the residents for their help with the cleanup on the grounds. There were some residents that weeded around their own buildings and others that came out and help on the clean-up day. Thank you to the staff for taking a day to work outside. We still have a lot more to do. We will be continuing throughout the next few weeks. A big thank you goes to the resident who brought me a large glass of ice water during one of those hot days when I was weeding. It came just in time.

I would like to announce that Derek Elkins has accepted the position of Maintenance Supervisor. Please be sure to congratulate him when you see him. We are still in the process of hiring a grounds person and we will be posting for the housekeeping position.

We have ordered rent drop boxes for each of the buildings in the Circle. This was a suggestion from one of our resident satisfaction surveys. They will be installed by the bulletin boards in each of the Circle buildings. These boxes will be locked and we hope this will make it easier for residents to pay rent. They can also be used as suggestion boxes. They will be installed within the next couple of weeks.

I had a meeting with our lawn service and they have asked when they are mowing, for your own safety, to please refrain from sitting on your patio or standing outside the areas that they are mowing. The mowers are very powerful and they do not want anyone to get hurt. If you are outside the will not mow your area for safety reasons. Please respect their efforts to keep everyone safe.

Reminder – The office can NOT sign for mail or packages on behalf of the residents. UPS, FedEx, US Postal or any other delivery MUST be delivered to the recipient and not the office. I am sorry if there was any misunderstanding regarding this policy. If you have any questions, please feel free to contact the office.

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

The Detroit Symphony

On Friday July 18, 2014 we are going to the Detroit Symphony in Dearborn Michigan. Please sign up to go!

Michigan State Extension

On Tuesday, July 1 and July 15, two days Robin will be here at 2:00pm in the Manor community room. Robin from Michigan State Extension will continue her nutrition series.

THANK YOU!

I would personally like to thank each and every resident for allowing me to be your Service Coordinator here at the Village of Holly Woodlands. It has been my pleasure to be your Service Coordinator for over six years here at the Village of Holly Woodlands.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Importance of Oral Health

This month we have a guest columnist, Andrea Taylor, an intern from Oakland University's Wellness, Health Promotion & Injury Program

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize.

Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis. As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk.

Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam. An annual checkup is vital to ensure that you are keeping your mouth healthy. Remember, oral health is important at any age.

Cassie's Corner

July Activities

* We have a few trips planned this month we are going to the **Frankenmuth Arts & Craft show** (craft show is free admission).

I have never been to this but I hear it is great! We will also be eating lunch at Zehnders so if you plan on attending this trip please be sure to sign up so I can get an accurate count for lunch reservations.

* We are also going to **Secretary of State** this month. This would be a great time to renew your license or get a discounted state park pass.

* For **Lunch Bunch** this month we are going to Fenton House.

We will be shopping in Dibble Ville

(downtown shops in Fenton) they have an old fashion candy store and lots of other little shops we will be leaving at 11:30am and eating lunch first then you will be free to toddle around the Shoppe's. There is also a nice small waterfall to sit and admire if you would rather do that than shop.

* July 1st at 1:30 pm we are making **4th of July craft** decorations for our community room come out to the Manor community room and help make decorations .

* **Beach Blanket Bingo**

Come out to win prizes & enjoy a summer snack

On July 21st at 2pm in the Manor Community room

Tickets on sale now only \$3.00

Please purchase tickets by July 16th

If you have questions or suggestions please call Cassie @ 248-634-0592 ext3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 4 th of July Craft 1:30 MSU Continued Presentation 2:00	2 Holly Foods 9:30	3 Library 9:30 Joann's 1:00	4 <i>Office Closed</i> Happy Independence Day	5
6 Church Service 3:00	7 Workout Stretch 10:00 Euchre 1:00 Bingo 7:00	8 Shopping & Lunch Bunch Fenton House 11:30	9 Walmart Grand Blanc 1:00 Bingo 7:00	10 Bus Service 9-12 Focus Hope 1:00	11 Workout Strength 10:00	12
13	14 Workout Stretch 10:00 Euchre 1:00 Celeste 1:00 Scrabble 3:00 Bingo 7:00	15 Secretary of State 9:30 Pictionary 1:30 MSU Continued Presentation 2:00	16 VG'S 9:30 Resident & Board Cookout Bingo 7:00	17 Library 9:30 Michaels & Dollar Tree 1:00	18 Detroit Symphony & Lunch Limited Seating Yahtzee 7:00	19
20 Church Service 3:00	21 Euchre 1:00 Beach Blanket Bingo 2:00 Bingo 7:00	22 Colasantis 1:00	23 Kroger Davisburg 9:30 Bingo 7:00	24 Bus Service 9-3	25 Frankenmuth Craft Show & Zehnders 10:30 Yahtzee 7:00	26
27	28 Workout Stretch 10:00 Euchre 1:00 Celeste 1:00 Scrabble 3:00 Bingo 7:00	29 Seven Lakes Picnic Lunch & Swim 11:00	30 Meijers Hill Road 9:30	31 Flint Farmers Market 1:00		

There will be no Bible Study in the month of July.

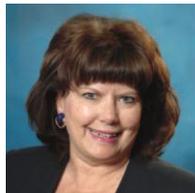
**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
JULY 2014 MENU**



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	
	1 GREEK SALAD GRILLED CHICKEN BEETS, FETA CHEESE BREAD SELECTED FRUIT DESSERT	2 BREADED PORT FRITTER WEDGE FRIES STEAMED SPINACH BREAD SELECTED FRUIT DESSERT	3 CHEESEBURGER AU GRATIN POTATOES BAKED BEANS BUN FRUIT SALAD COOKIE	4 HAPPY FORTH OF JULY!
7 BAKED CHICKEN SPANISH RICE STEAMED BROCCOLI TOSSED SALAD BREAD SELECTED FRUIT DESSERT	8 STUFFED PEPPERS MASHED REDSKIN POTATOES GREEN BEANS BREAD SELECTED FRUIT DESSERT	9 CHICKEN SALAD PLATE MIX GREENS 3-BEAN SALAD BREAD SELECTED FRUIT DESSERT	10 TURKEY BURGER W/LETT & TOM POTATO SALAD BAKED BEANS BUN SELECTED FRUIT DESSERT	11 VEGETABLE LASAGNA SALAD GREENS W/TOMATO BLENDED VEGETABLES BREAD SELECTED FRUIT DESSERT
14 BAKED HAM W/PINEAPPLE SWEET POTATOES LIMA BEANS BREAD SELECTED FRUIT DESSERT	15 GOULASH W/NOODLES PEAS & MUSHROOM CREAMY SLAW BREAD SELECTED FRUIT DESSERT	16 CHEF SALAD PLATE W/HAM & TURKEY MIX GREENS BREAD SELECTED FRUIT DESSERT	17 PULLED BBQ CHICKEN AU GRATIN POTATO BROCCOLI SPEARS BREAD SELECTED FRUIT DESSERT	18 MACARONI & CHEESE GREEN BEANS CUCUMBER/TOMATO SALAD BREAD SELECTED FRUIT DESSERT
21 TERYAKI CHICKEN RICE PILAF GREEN BEANS SALAD GREENS W/TOMATO SELECTED FRUIT DESSERT	 22 SLICED TURKEY MASHED POTATOES SLICED CARROTS BREAD SELECTED FRUIT DESSERT	23 BAKED ZITI W/4 CHEESE CAPRI VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT	24 TUNA SALAD PLATE MIXED GREENS CHEESE, TOMATO, CUCUMBER BREAD SELECTED FRUIT DESSERT	25 BEEF CHILI POTATO WEDGES MIXED VEGETABLES CRACKERS SELECTED FRUIT DESSERT
28 LEMON PEPPER CHICKEN RICE PILAF BROCCOLI CUTS BREAD SELECTED FRUIT DESSERT	29 STUFFED CABBAGE MASHED POTATOES PEAS & CARROTS BREAD SELECTED FRUIT DESSERT	30 ALL BEEF HOT DOG POTATO SALAD BAKED BEANS BUN SELECTED FRUIT DESSERT	31 BEEF CHOP SUEY WHOLE GRAIN RICE FAR EAST BLEND VEGETABLE BREAD SELECTED FRUIT DESSERT	

**HOME OF THE FREE
BECAUSE OF THE BRAVE**

MANAGED BY PARAGON MANAGEMENT, INC. *SPONSORED BY THE COMMUNITY OF CHRIST CHURCH, PARTIAL FUNDING THROUGH THE AREA AGENCY ON AGING 1-8, USA, OAA AND PARTICIPANT CONTRIBUTIONS*. THANK YOU! THE SENIOR NUTRITION PROGRAM/MEALS ON WHEELS COMPLIES WITH ALL CIVIL RIGHTS AND SOCIAL REHABILITATION ACTS. APPROVED: 10/20/11



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GOOD NEWS FOR MICHIGAN SENIORS

Governor Snyder presented his Message on Aging recently at the Rochester Older Person's Commission to a large and enthusiastic crowd. His message heralded great news for Michigan's seniors. In fact, our colleagues across the country have stated that he is the first governor in the country to draw such attention to the value and issues of our senior population. Some highlights of his message include:

Healthy Lifestyle: Promotion of Health & Wellness and a call for more innovation. Governor Snyder recognized us (Presbyterian Villages of Michigan) for our innovative and evidence based programs and mentioned our Village Victory Cup as an example of innovation.

Commitment to Home and Community Based Services and a pledge to make Michigan a "No Wait State" for aging services with a \$20 million investment in 2015.

Support for family caregivers by calling on employers to help their caregiver employees.

Support for a dementia pilot program in Michigan and expansion of innovations in this arena.

Promotion of culture change in nursing homes and reinvention based on task force recommendations.

Increased access to programs and services via a new website launched by the Michigan Office of Services to the Aging by 2015.

Enhanced protection of vulnerable adults by improving the Adult Protective Service program to offer timely assistance, comprehensive follow up and easy entry. Also, the state will work with financial institutions to further prevent financial exploitation and increase funding in this regard.

Creating an Age-Friendly Michigan via age friendly communities, access to transportation, volunteerism and support of an Older Adult Workforce as well as entrepreneurs. This would also include better trained health care providers, retirement planning, lifelong learning and utilizing senior volunteers for travel and recreation with our parks system.

To see the complete message, go to www.michigan.gov/snyder

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: Every Tuesday at 10:00 in the second floor except for July.

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.

Church Service: Church service is on the first and third Sunday of the month at 3:00 in the Manor Community.

July 2014 Birthday List

Laura Hallmeyer	7-1
Doris Nielson	7-1
Elvira Gaines	7-3
Lorraine Russell	7-3
Irene Raby	7-5
Sally Swayne	7-8
Ruth Klingelsmith	7-9
Donna Bowers	7-10
Sue Livingston	7-14
Barbara Mirsky	7-15
Mary Salim	7-17
June Teeples	7-21
Joann Brewer	7-22
Linda Cook	7-27
Kathryn Beach	7-28
Priscilla Lynn	7-29
Betty Mundale	7-29
Wilma Nagel	7-30
Judy Nieman	7-30
Opel McGoldrick	7-31





For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Summertime & the Outdoors

We thought winter would never end, but now that the summer is upon us, it is time for some common sense reminders about how to enjoy summertime, safely.

While it is wonderful to be able to open windows to let the fresh air in, just remember not to leave them open when you are not around. Especially if you live on a lower level, do not leave your patio door unlocked when you are not there. While it is tempting to put saucers of milk and food out for stray animals, please remember that this food also attracts unwanted non domesticated animals.

Here at Presbyterian Villages of Michigan, residents can cook outside with supervised barbequing. This means that outdoor cooking may be done as part of a supervised group activity with proper fire safety measures in place. Individual barbequing is not allowed anywhere on the property. This is due to fire safety concerns.

Be aware of the strength of the sun and protect yourself by wearing a hat and loose clothing. Drinking enough water to stay hydrated is always a good idea. Sunscreen is a must when you are going to be in the sun any length of time.

This is also time of the year where temperatures can soar to levels that make it difficult to breath, especially if you have a breathing problem. If you are having trouble with your air conditioning, opening windows or any other air quality issue, be sure to contact your building's maintenance department. Listen to your local radio station or TV station to learn of storms coming your way and stay inside in a windowless room if the local tornado sirens are going off. For most residents the inside of their bathroom or interior hallway is the safest place in the building. If you are not aware of your Village's emergency preparedness plans, ask your Administrator to provide you with the plan.

Summer is meant to be enjoyed and with a little preplanning, you can enjoy the summer safely.

**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

John Chandler
Service Coordinator

Cassie Roberts
Activities Coordinator

Derek Elkins
Maintenance Supervisor

Carl Smith
Maintenance Technician

Gene Blankenship
Maintenance Technician

Bernice Riggs and Lee Krentzen
Receptionist

EMERGENCY NUMBER

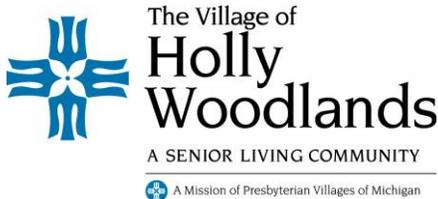
248-534-8263

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