



# Village Herald



Embrace the possibilities

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JANUARY 2020

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## VILLAGE ADMINISTRATOR

For 2020,

I wish you Have...

12 Months of Happiness,

52 Weeks of Fun,

365 Days of Success,

8760 Hours of Good Health,

52600 Minutes of Good Luck and

3153600 Seconds of Joy.

Happy New Year!

-Bongoni Shekar



The Village of  
**Holly Woodlands**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Deanna Coggins  
Administrator

## A New Year's Resolution Solution

With the arrival of the New Year, like 100 million other Americans, you have probably made at least one New Year's resolution. Unfortunately, however, like most everyone else, by mid-April you will probably find that your resolutions are nothing but distant memories. So, why is it that as easy as resolutions are to make, they seem to be even easier to break?

Ask almost anyone that has made – *and broken* – a resolution and they will tell you that lack of will power was their downfall. But is failing at our resolutions really a matter of will power? Could it be that the problem isn't that we aren't mentally tough enough, but that we really haven't yet learned how to set realistic goals?

When it comes to learning how to set goals, behavioral experts recommend:

Starting with something you **WANT** to do rather than something you think you should/need to do (e.g., being more physically active vs. eating less salt).

Choosing something **ACTION** oriented rather than outcome oriented (e.g., walking vs. losing weight).

Selecting something **MEASUREABLE** (e.g., walking a certain distance or for a certain amount of time vs. just walking).

Selecting something **ACHIEVABLE** (e.g., walking 10 minutes/day, 3 times/week vs. walking 2 miles/day, 7 days/week).

As with any new skill, the more you practice it the better you will get at it. Before you know it, you will be setting and achieving goals with ease.

### January 6th, 2020—Free Blood Pressure Check Home Visits

The First Monday of each month Sabrina, from Angelic Home Care, will be providing Free Blood Pressure Check Home Visits. She will come to your apartment.

**This is a FREE SERVICE for you!**

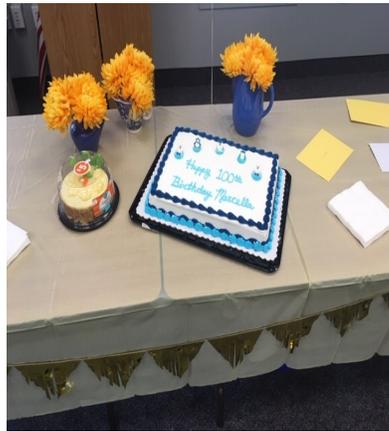
If you are interested, please sign up in the lobby or call her for an appointment at **810-358-5260**. This is offered the **First Monday** of every month.

Judith McVety

Enhanced Service Coordinator



# HAPPY 100TH BIRTHDAY MARCELLA!



## December Birthdays



## HOLIDAY CRAFT





2019



Merry Christmas from Holly Woodlands! Thank you Sally Cryder, the Ladies of the Moose and O'Malley's Galley