



Emerald City Herald



There's no place like Home...

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OCTOBER 2017

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Village Administrator

Happy October! According to the calendar it is Fall but according to the weather it is Summer. Michigan, you never know what to expect. Fall is a beautiful place here at Holly Woodlands. The leaves begin changing colors and nature's beauty unfolds. Get outside and enjoy it while we still have nice weather.

Thank you to all those who helped support the Holly Youth Assistance with donations of school supplies. We had a couple big boxes of supplies to go to those who could not afford items for school. It feels so good to help those in need.

A few reminders:

- If you have a vehicle and have not received your parking pass, please contact the office
- Residents with pets should update pet vaccines with the office
- If you have a work order, please contact the office so they can be entered into the system
- Contact the office if your phone number has changed

Contact the office if your emergency contact person had changed their phone number or address. We like to make sure we have updated information in your file

October 11th at 1:30 will be our next resident meeting at the Manor. Please come out and share your suggestions on how we can provide better service to you. I hope to see you all at the meeting.



The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Deanna Coggins
Administrator



Cassie's Corner

We have a few NEW things on October's Calendrer
Holly Rocks with Patterson Elementary students
We will need a lot of residents participation for these two days
the 9th & 16th.

Come to the meeting on October 5th at 1pm to find out more
information about this event.

We also have a Choir Meeting & Decorating Committee Meeting
In the Manor Community Room on October 19th & 30th.
Hope to see you there.

Watch for your memo packet for more details
Be sure to sign up for these events in the lobby
Any questions or suggestions please call Cassie @ 248-634-0592

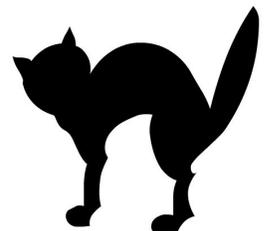
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <p>1</p>  | <p>2</p> <p>Balance Exercise 9am</p> <p>Drumming to the Beat 9am</p> <p>Celeste Market 1pm</p> <p>Waterford Mott Swimming 9:30am</p> | <p>3</p> <p>Michaels 10am-Woodland</p> <p>Walkers 8:30</p> <p>Bible Study 10am</p> <p>Bingo 6:45</p> <p>Bag Folding 1:30</p> | <p>4</p> <p>Holly Foods 9:30</p> <p>Drumming to the Beat 9am</p> <p>Hearing Screening 1pm</p> <p>Blood Pressure 2pm</p> <p>Chair Yoga 6pm</p> | <p>5</p> <p>Woodland Walkers 8:30</p> <p>Flu Shot Clinic 10am</p> <p>Bingo 6:45</p> <p>Holly Rocks Meeting 1pm</p> | <p>6</p> <p>Spicer's Orchard & Culvers 11:40</p> <p>Balance Exercise 9am</p> | <p>7</p> <p>Prayer 6:00</p>  |
| <p>8</p>  <p>Church 6:00</p> | <p>9</p> <p>Dollar Tree Holly 10am</p> <p>Drumming to the Beat 9am</p> <p>Balance Exercise 9am</p> <p>Holly Rocks With Patterson Kids 1:30pm</p> | <p>10</p> <p>Attorney Generals Presentation 10am</p> <p>Woodland Walkers 8:30</p> <p>Bingo 6:45</p> <p>Flint Farmers Market 1pm</p> | <p>11</p> <p>Walmart Grand Blanc 9:30</p> <p>Drumming to the Beat 9am</p> <p>Chair Yoga 6pm</p> <p>Administrator-Resident Meeting 1:30</p> | <p>12</p> <p>Tangle Wood Home Health Presentation 10am</p> <p>Woodland Walkers 8:30</p> <p>Bus Service 9-3</p> <p>Bingo 6:45</p> | <p>13</p> <p>Color Tour & Lunch 10:30am</p> <p>Balance Exercise 9am</p> | <p>14</p> |
| <p>15</p> <p>Church 6:00</p>  | <p>16</p> <p>Breakfast at Villagers 8:30am</p> <p>Balance Exercise 9am</p> <p>Drumming to the Beat 9am</p> <p>Holly Rocks With Patterson Kids 1:30</p> | <p>17</p> <p>Craft Sale & Brunch Stand 10am</p> <p>Woodland Walkers 8:30</p> <p>Bingo 6:45</p> <p>Bible Study 10am</p> <p>Bag Folding 1:30</p> | <p>18</p> <p>Vgs 9:30</p> <p>Drumming to the Beat 9am</p> <p>Carpenter Church Free Bread 1pm</p> <p>Blood Pressure 2pm</p> <p>Chair Yoga 6pm</p> | <p>19</p> <p>Vgs 9:30</p> <p>Woodland Walkers 8:30</p> <p>Bingo 6:45</p> <p>Decorating Committee Meeting 1:30pm</p> | <p>20</p> <p>Home Goods & Lynn's Café 9:30am</p> <p>Balance Exercise 9am</p> | <p>21</p> <p>Prayer 6:00</p>  |
| <p>22</p> <p>Church 6:00</p>  | <p>23</p> <p>Balance Exercise 9am</p> <p>Drumming to the Beat 9am</p> <p>Goodwill Holly 11am</p> <p>Celeste Market 1pm</p> | <p>24</p> <p>Woodland Walkers 8:30</p> <p>Bingo 6:45</p> <p>Collette's Antique Mall 10am</p> <p>Bag Folding 1:30pm</p> | <p>25</p> <p>Kroger 9am</p> <p>Drumming to the Beat 9am</p> <p>Neighbor to Neighbor 12:30</p> <p>Chair Yoga 6pm</p> | <p>26</p> <p>Woodland Walkers 8:30</p> <p>Bus Service 9-3</p> <p>Bingo 6:45</p> | <p>27</p> <p>Movie Day "The Secret Life of Pets" 1pm</p> <p>Balance Exercise 9am</p> | <p>28</p> |
| <p>29</p> <p>Church 6:00</p>  | <p>30</p> <p>Balance Exercise 9am</p> <p>Drumming to the Beat 9am</p> <p>Choir Meeting 1pm</p> | <p>31</p> <p>Halloween</p> <p>Party 1:30</p> <p>Woodland Walkers 8:30</p> <p>CSFP Distribution 9-12 at the Wellness Center</p> <p>Bingo 6:45</p> |  | |  | |

SPOOKY HALLOWEEN WORD SEARCH

K U Q O Z J M Y A P U M P K I N A E
 R T U Q O Y B B K R H L J F U S F I
 L E A F S C R D T O W A I B S O A E
 N C B E G Z A E E N O Y F J R A V G
 R R O Z R Y T N B G R P G S K A X I
 E Q R Q I T I V D O D D S G M I Q J
 T C F N J C R K J Y T S U P Y M C S
 N F Y E F S N O F E A C I N M S W J
 A Y F E A L N O K P J R O O Z W I T
 L R G W B Q B I M C E P J K O Y E S
 O W H O Y H G H L S I Z C B E T M O
 K D B L B U X A P B D R L A M K U H
 C U U L K D X U H K O K T H R G T G
 A C I A K E W N F D T G S T A B S O
 J J D H V S V T C W I T C H E S O D
 R T V Y P D C E B T N S V W C K C N
 A S D H D X L D F M L R T P D Q M F
 X S H A M A G I C B H X H O R W E S



- bats
- candy
- ghost
- magic
- spooky
- costume
- goblins
- haunted
- October
- pumpkin
- witches
- vampires
- halloween
- jackolantern
- trickortreat







Detroit Princess Cruise





SERVICES OFFERED

Community Supplemental Food Program (CSFP): Last Tuesday of every month at the Wellness Center 9 am-noon.

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

2017 Birthday List

Joyce Collins 10-1

Rose Mary Ventre 10-1

Eileen Jones 10-2

Sharon Jackson 10-2

Kathy Palmero 10-6

Mary Koewler 10-6

Rebecca Robbins 10-9

Delores Bishop 10-11

Maxie Petry 10-11

James Beck 10-16

Dorothy Rimmell 10-18

Russell Matar 10-18

Linda Hebert 10-24

Joan Barna 10-27

Betty Hoover 10-28

Fire Safety

We will have a Practice Fire Drill

Sometime in October....



Service Coordinator

Approximately one in three adults between the ages of 65 and 74 has some amount of hearing loss, and half of people 75 and older have difficulty hearing. Sometimes hearing loss in older adults is believed to be Alzheimer's disease or some other cognitive impairment. Uncorrected hearing loss can cause social isolation, depression, and dementia in older adults. It is important that seniors have their hearing tested annually and that they are supported in adjusting to hearing aids. Join Hear USA on October 4th, at 1pm in the Manor for free Hearing Screens.

Traditional flu vaccines are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There will be a flu Shot Clinic on October 5th, at 10 am in the Manor. Sign up now!

A representative from the Attorney General's office will be here on October 10th at 10 am to discuss a topic related to Senior Safety.

Do you need help at home?

Tanglewood's experienced and highly trained staff of compassionate caregivers provide all the care you need, in the comfort of your own home. Come meet with staff from Tanglewood Home Care on October 12th at 10 am, and learn what services are available in our area.



Green Tomato Pie

1\2c Raisins

1\2 tsp Cloves

1\2 c Brown Sugar

1 tsp Salt

3\4 tsp Cinnamon

1 Tbsp Cider Vinegar

1 Tbsp Grated Lemon Rind (I use a squirt of lemon juice)

1\8 tsp Grated Nutmeg

Chop tomatoes, 2 cups add salt & 1\2 c water let stand 30 min. Drain water. Add tomato to other ingredients, stir well. Line pie tin with pastry , pour in mixture. Dot with butter, put on top crust and sprinkle with sugar. Bake 20 minutes (I bake at 375).

Done when crust is lightly brown.

-Submitted by Dawn White-





Volunteer Substitute drivers are very much needed for the Holly area. We are blessed with a good staff of drivers however, there are times they cannot come and run their route. At these times we are in need of drivers we can call on to do a route with very short notice.

Often times we do not know the driver cannot make it until the last minute.

Meals on Wheels is a wonderful service to have in our community.

We help provide a warm meal to local seniors in need.

This can be a rewarding opportunity for the volunteer, knowing you are helping someone in need.

If you do not drive , you can still help!

We may be able to pair you up with someone who drives and you can take the meals to the doors.

Volunteers who drive can be reimbursed for mileage.

You will also receive a meal the day you drive.

If you have any questions please stop in and talk to Dawn White in the Manor Community Room, Monday thru Friday 10:30am –12:30pm.

She will provide you with an application packet.

Or you can call Oakland Meals on Wheels @ 810-632-2155

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

National Check Your Meds Day

This year on **October 21st** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21st** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21st** don't worry, this is a service that most major pharmacies will perform any day.





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 Phone Number
248-634-0592

Characters

Deanna Coggins
The Wicked Witch of the West

Kristin Shannon
Glinda, The Good Witch of the North

Cassie Roberts
Dorothy & Toto

Mandy Sly
Auntie Em

Derek Elkins
The Great and Powerful Oz

Eugene Blankenship
The Scarecrow

James Powers
The Tin Man

Tanzy Singleton
The Cowardly Lion

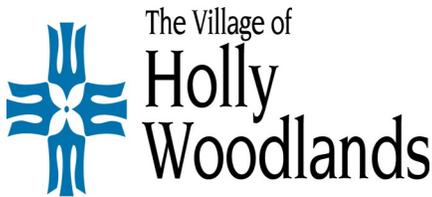
Mitzi Uebel & Linda Wilkin
The Munchkins

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



A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Holly Woodlands Board Members

Kent Barnes

Sharlyn Gates

Reisa Hamilton

Pauline Kenner

Mary Lloyd

Dale Smith

Sally Swayne

William Walters

Embrace the possibilities