



# Village Herald



## Embrace the possibilities

3325 Grange Hall Road Holly, Michigan 48442 • [www.pvm.org](http://www.pvm.org)

October 2018

### Featured Articles

Word Search Pg 3

Calendar Pg 7

Services & Birthdays Pg 4

## VILLAGE ADMINISTRATOR

OCTOBER ALREADY???

Where has the time gone? It seems like I was just picking out the flowers to plant for Summer and now it is Fall. We have many trees on the property, which makes for a beautiful scene when the leaves change color. They also make the maintenance team crazy trying to control the amount of leaves falling to the ground.

We are still down people in the maintenance department so please have patience during this time. We will be addressing the fall clean up as soon as we can.

Thank you for all the Shining Star nominations. Every staff member received nominations from the residents and now will be able to attend a dinner at the Detroit Yacht Club in October. It is nice to hear positive comments about what we are doing for our residents.

Make sure you are checking the calendar. We have several events and trips taking place. Please join in all the fun. Our Administrator/Resident meeting will be held on October 29<sup>th</sup> at 1:30 pm in the Manor. I hope to see you all there.

Happy Fall!

Deanna Coggins

Administrator



## The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## ***PVMF Gala—November 8<sup>th</sup>!***

**Come to the best party around Thursday, November 8<sup>th</sup> at The Henry Ford Museum of American Innovation!**

PVMF's 15<sup>th</sup> annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for ***Play Ball!***

*The best part?!* By attending, **you become the real MVP** for the 5500+ older adults served by PVM and you'll help make Michigan ~~a better~~ **the best** place to live at any age!

We hope to see you there!

**Join the Fun! Book your tickets: All Tickets \$300!**

Learn more about how to attend at [pvmf.org/Gala2018](http://pvmf.org/Gala2018). If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!

Paul J. Miller, CFRE

**\*P.S. Do you want to volunteer with the PVM Foundation—maybe even for the gala?**

**Call us at 248-281-2043!**

# The Ultimate Halloween Word Search



batwings  
blackcat  
bones  
broom  
cauldron  
coffin  
costumes  
creepy  
crypt  
dracula  
frighten  
frogeyes  
ghosts  
ghoul  
goblins  
grave  
groans  
halloween  
haunted  
hoot  
howl  
jackolantern

lizardfeet  
moans  
monster  
moon  
mummy  
night  
owl  
potions  
pumpkin  
scary  
screech  
skeleton  
spider  
spirits  
spooky  
tombstone  
trickortreat  
vampire  
webs  
werewolf  
witch  
zombie

y f t i s p i d e r c r y p t m  
i k r g h o u l h b t h g i n u  
n s p o o k y i s t i r i p s m  
h n g b g n i k p m u p o o m  
c a g l w e r e w o l f o t x y  
r o n i z y l t i j g r i b v  
e m e n c s b e w a a i d o d a  
e o t s e m u t s o c j l n r m  
p n h n b r o m o t o k k a s a p  
y i g a w m p o n o t o w c h a c i  
r f i o l i o r s a l x a a u r  
a f r r q l t n s e a u j e l e  
c o f g z r o c s h t o o h r u  
s c r e e c h w e e t e i b m o z  
l i z a r d f e e t e r r h o w l  
z s t s o h g d h e r r o w l  
t p g t o m b s t o n e v a r g

## SERVICES OFFERED

Community Supplemental Food Program (CSFP): Last Tuesday of every month at the Wellness Center 9 am-11 am

Bible Study: First & Third Tuesday's @10:00 2<sup>nd</sup> floor lounge .

Bible Enrichment: Second & Fourth Tuesday's @ 10am 2nd Floor Lounge.

Beauty Salon: Third floor of the Manor.

Please call Sally @ [248-534-5641](tel:248-534-5641) to schedule an appointment.

## BIRTHDAY LIST

**ROSE MARY VENTRE 10/1**

**JOYCE COLLINS 10/1**

**EILEEN JONES 10/2**

**SHARON JACKSON 10/2**

**MARY KOEWLER 10/6**

**KATHRYN PALMERO 10/6**

**REBECCA ROBBINS 10/9**

**DELORES BISHOP 10/11**

**JAMES BECK 10/16**

**RUSSELL MATAR 10/18**

**DOROTHY RIMMELL 10/18**

**LINDA HEBERT 10/24**



## **Service Coordinator News**

10-3-2018 Fire Drill, All Residents, 2pm with Fire Department

10-16-2018 Flu Shot Clinic along with Wellness Fair and Lunch Stand

10-30-2018 10am Chief Assistant Prosecutor Paul Walton - Fraud Prevention Presentation

10-30-2018 1pm Marlo Briggs Hear USA Hearing Screenings

I will conduct blood pressures one half hour prior to the resident meeting

I will be out of my office October 17th through October 23rd,  
I will return on October 24th

Mandy Sly



## So What's All the Fuss About Gluten?

If you're like me, you may have noticed an increase in foods labelled or promoted as being gluten-free. Restaurants too are offering an increasing number of gluten-free options. So what is going on? Is it a left-wing, communist conspiracy or a right-wing, fascist plot to change the way Americans eat? Will the "food police" soon be knocking on your door to check your pantry for gluten? While to some it might seem like it, it's actually a response by the food industry to an increasing number of people diagnosed with celiac disease or who are following a gluten-free diet.

Gluten is a naturally occurring protein found in wheat, rye, and barley. Unfortunately, for an estimated 1 in 100 people consuming foods containing gluten causes their immune system to go "haywire" and attack their small intestine causing substantial damage in the process, a disorder called celiac disease. There is no cure for celiac disease and the only effective treatment is to refrain from eating foods that contain gluten. Foods that commonly contain gluten, unless specifically labelled as gluten free, include breads, pastas, pastries (and other baked goods), cereals, soups, sauces, salad dressings, beer, and malt liquor.

Even the smallest amount of gluten can harm someone with celiac disease regardless of symptoms. Some people with celiac disease have no symptoms at all while others can have severe abdominal pain, joint pain, migraines and extreme fatigue. Most have symptoms that lie somewhere in between. If left untreated, other disorders can develop including diabetes, multiple sclerosis, anemia, intestinal cancer, osteoporosis and dementia.

So if you're like me, someone who has celiac disease, it's a good thing that the food industry is making more gluten-free foods available because it provides us with a little peace of mind and allows us to enjoy eating out with a little less worry. For more information about gluten and celiac disease, visit <https://celiac.org>.



**GLUTEN  
FREE**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. <i>Jake Cunningham</i> Circuit Court Speaker 1pm Chair Exercise 9am	2. <i>Decorating Committee</i> Meeting 1pm Bible Enrichment 10am Bingo 6:45	3 <i>Vgs 9:30</i> Carpenter Church Free Bread 1pm <b>Fire Drill 2pm-</b> Chair Yoga 6pm Choir 2pm	4 <i>Movie Day</i> "To Dance With The White Dog" 1pm Bingo 6:45 	5 <i>Chair Exercise</i> 9am	6 <i>Prayer 6:00</i>
7 <i>Church 6:00</i>	8 <i>Save-a-lot &amp; Salvation Army</i> 9:30 Chair Exercise 9am	9 <i>Olive Garden 11am</i> Bible Study 10am Bingo 6:45	10 <i>Walmart Fenton 9:30</i> Chair Yoga 6pm <b>Choir Concert 2pm</b>	11  Bus Service 9-3 Bingo 6:45	12 <i>Chair Exercise</i> 9am	13 
14 <i>Church 6:00</i>	15 <i>Color Tour &amp; Lunch 10am</i> Chair Exercise 9am 	16  <i>Wellness Fair</i> Flu Shot Clinic & Lunch Stand 10-12 Bible Enrichment 10am Bingo 6:45	17 <i>Kroger 9am</i> Neighbor to Neighbor <b>12:30</b> Choir 2:30pm Chair Yoga 6pm	18 <i>Movie Day</i> "The Staircase" 1pm Bingo 6:45 	19 <i>Dollar Tree 10am</i> Chair Exercise 9am	20 <i>Prayer 6:00</i>
21 <i>Church 6:00</i>	22 <i>Goodwill Holly 10am</i> Chair Exercise 9am	23 <i>Bible Study 10am</i> Bingo 6:45 River Church Clothing Closet 1pm	24 <i>Walmart Grand Blanc 9:30</i> Choir 2pm Chair Yoga 6pm	25  Bus Service 9-3 Bingo 6:45	26 <i>Chair Exercise</i> 9am	27 
28 <i>Church 6:00</i>	29 <i>Meijer 9:30 Resident\ Administrator Meeting</i> Manor 1:30pm Blood Pressure 1pm Chair Exercise 9am	30 CSFP <i>Distribution 9-11 at the Wellness Center</i> Fraud Prevention 10am Magic Show with Patterson Elementary 1:30pm Bingo 6:45 Bible Enrichment 10am	31 <b>HALLOWEEN POT LUCK NOON</b> 			

**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](http://www.pvm.org)

**Office Phone Number  
248-634-0592**

**Village Staff**

**Deanna Coggins**  
*Administrator*

**James Powers**  
*Maintenance Technician*

**Kristin Grier**  
*Administrative Assistant*

**Dottie Reed**  
*Receptionist*

**Cassie Roberts**  
*Activity Coordinator*

**Mandy Sly**  
*Service Coordinator*

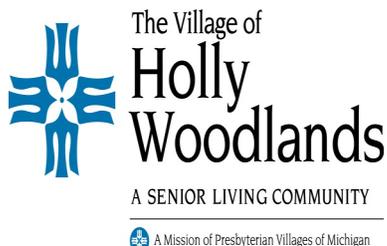
**Derek Elkins**  
*Maintenance Supervisor*

**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](http://www.pvm.org)



**Holly Woodlands Board Members**

- Kent Barnes***
- Reisa Hamilton***
- Pauline Kenner***
- Mary Lloyd***
- Dale Smith***
- Sally Swayne***
- William Walters***

**Embrace the possibilities**