



Village Herald



Embrace the possibilities

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

November 2014

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Give Thanks Pg11

Village Administrator

HAPPY FALL!!!

Fall has come in very quickly. The leaves are falling and the air is crisp. Thanksgiving is not far away. I hope everyone will have the opportunity to enjoy Thanksgiving with friends and family.

The new satellite system has been installed. We are continuing to work out the glitches. Please contact the office if you would like to sign up for the satellite service. Also, please let us know if you are experiencing any problems. With any new system there can be glitches. Thank you for your understanding during the changeover process.

We would like to welcome Heather Paavo to the Village of Holly as our new Service Coordinator. Please make sure to stop by her office and welcome her. I am sure she will love to meet all of you.

The maintenance team will be working to complete the work orders from the inspections. I would like to thank ALL the staff that helped complete the inspections. They are truly a TEAM.

November 11th is Veterans Day. We have several Veterans here at Holly Woodlands and I want to take this time to say THANK YOU for your service to our country and for our freedom. I am honored to know you and I hope that you all have a blessed day!

Deanna Coggins
Administrator



The Village of
**Holly
Woodlands**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Welcome Heather

My name is Heather Paavo and I am the new service coordinator for Holly Woodlands. Previously I worked with Macomb Community Mental Health as a Supports Coordinator and Area Agency on Aging 1B as a MMAP Administrator. I have a MA in Counseling with concentration on Gerontological counseling from Oakland University. I am excited to be able to use my experience and education in this position.

I have experience with MiCafe, bridge cards, social security, Medicare and Medicaid. I have experience helping people navigate through the red tape of government agencies and would like to help you if you run into questions or problems.

*When I am not at work, I am a mother to a five year old boy and eight year old boy. They keep me and my husband hopping. When I have time I love to read, watch scary movies and cook with my kids.
We use my husband as our guinea pig.*

I look forward to working with everyone and providing the best services I can. Any suggestions about monthly educational seminars topics please let me know.

I just want to remind everyone that Medicare Open Enrollment is from now until December 7 and you will probably get mail and phone calls regarding switching supplemental or advantage plans. If you have any questions and/or concerns, please feel free to come discuss them with me.



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Help PVM Residents Who Need It Most

Did you know that PVM offers financial assistance to residents who have outlived their resources, so they are always able to call PVM their home? And did you also know that PVM also supports residents in an emergency financial need? This type of support is offered through the Benevolence Fund and positively impacts each and every PVM Village. You can help support residents who need it most by making a donation to PVM's Benevolence Fund today!

The residents using Benevolence funds today did not plan to be in dire financial circumstances. Savings may have disappeared due to an unexpected healthcare expense or simply because they lived to be over 100 years old! Other residents only need temporary help, perhaps with an unexpected expense such as expensive medical equipment for a resident who is nearly blind, food for a resident who was the victim of a phone scam and countless other examples.

Your gift supporting the Benevolence Fund during November and December is eligible to be matched, \$1.00 for \$1.00! Maximize your gift today by visiting the front desk, your Village Administrator or our website, www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match).

And, new this year, for any Benevolence gift received by the PVM Foundation office on Tuesday, December 2nd, or "Giving Tuesday," we will double the match, \$2 for every \$1 donated! For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you for supporting residents and for making a difference!

Warm regards,
Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation
presents its 11th annual Gala

Get Your Motors Running!

Friday, November 14, 2014
COBO Center, Detroit

Sponsorship Packages Available!
Patron Tickets \$375
Individual Tickets \$250

For more information, contact
PVM Foundation at 248.281.2040
or visit www.pvmfoundation.org

5:30 p.m.
VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.
General Reception & Raffle

7:30 p.m.
Dinner, Program & Entertainment



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Bullying and Respect

When you think of the word 'bullying,' your mind may go back to the days on the schoolyard playground, in high school halls, or even in the professional workplace. Bullying, however, can occur at any time and any place in a person's life including our later years. Although it is a growing problem, we can take effective steps toward addressing the issue and perhaps redefine what bullying means.

Bullying can take on many forms which may include name calling, gossiping, insults, racial slurs, shunning, belittling jokes, bossy behavior, invading personal space, spreading rumors, making fun of physical or mental disabilities, making offensive gestures or facial expressions, and engaging in mental and/or physical abuse. It can lead to reduced self-esteem, feelings of rejection, fear and anxiety, depression, suicidal thoughts or actions, self-isolation, increased stress, negative changes in eating and sleeping habits, and negative effects on activities of daily living.

To bully is to essentially disrespect your peers.

There are steps YOU can take to prevent and stop disrespectful thoughts and actions. Everyone can practice RESPECT:

- o Recognize others for who they are and appreciate their differences
- o Energize your environment; make it welcoming for others
- o Support and uplift the spirit of your peers
- o Practice empathy; put yourself in their shoes
- o Expand your social network, connect with your peers
- o Communicate with kind words and gestures
- o Treat others how you would want to be treated

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Church Service 3:00	3 Workout 10:00 Euchre 1:00 Celeste 1:00 Bag Folding 1:30 Bingo 7:00	4 Bible Study 10:00 Election Day 10:00	5 Holly Foods 9:30 Bingo 7:00	6 Flint Farmers Market 1:00	7 Workout 10:00 Cracker Barrel 11:00 Yahtzee 7:00	8
9	10 Workout 10:00 Euchre 1:00 Bag Folding 1:30 Bingo 7:00	11 <i>Veteran's Day!</i> <i>Thank you to all of</i> <i>you that have</i> <i>served.</i> The Scrap Box & Lunch 10:00	12 Walmart Grand Blanc 1:30 Bingo 7:00	13 Bus Service 9-12 Focus Hope 1:00 Church Service 6:30	14 Workout 10:00 Michael's 10:00 Yahtzee 7:00	15
15 Church Service 3:00	16 Workout 10:00 Euchre 1:00 Celeste 1:00 Bingo 7:00	18 Dollar Tree Fenton 1:00 Bible Study 10:00	19 VG'S 9:30 Bingo 7:00	20	21 Snow Man 2:00 Yahtzee 7:00	22
23	24 Euchre 1:00 Bag Folding 1:30 Bingo 7:00	25 Bus Service 9-3	26 Kroger 9:30	27 Happy Thanksgiving <i>Office Closed</i>	28 <i>Office Closed</i>	29
30						

Wanting to Buy

*Washer/Dryer Combo
Stackable*

*Willing to pay \$200.00
or best price.*

*Rose Mary Ventre
209C
248-420-1008*

Wanting to Sell

*Esteban's
acoustic/electric guitar
with amplifier. Like new
with case and
accessories.*

*\$200.00
Pat Dombroski
309C
248-933-0129*

Wanting to Sell

*Dining table 42" square,
dark wood finish and
contemporary style.*

*Good condition and less
than 1 year old.*

\$60.00 or best offer.

*Lin
607C
248-369-8081*

Wanting to Buy

*Looking for a love seat
that makes into a single
bed and a recliner.*

*Lin 607C
248-369-8081*

If you would like to advertise here, please mail me your buying or selling listing to hgreen@pvm.org or stop by the office for a listing sheet that you can fill out.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

THANKSGIVING – A TIME TO THANK OTHERS

The holidays are in full swing! Alongside the Halloween costumes are displays of Thanksgiving and (YES!) Christmas and Hanukah decorations. Thanksgiving is reportedly one of the most traveled holidays while airports and highways are clogged with people trying to return to their hometowns to reconnect with family and friends.

Let's also think about the folks who helped us get to where we are in life. Chances are there were many others in your life other than your parents who guided you along life's journey. It could be an aunt or uncle, grandparents or a neighbor or teacher who were part of your growing up years. I was reminded recently of a former neighbor, "Uncle Pat", who used to pack his five children into their blue station wagon for a trip to the local swimming pond. As an only child it was always an adventure for me to be part of the gang. And they always seemed to find room for me to join in.

Recently my mom and I went to visit friends and relatives in my hometown located about five hours from here. We had a packed schedule which included relatives and friends from my parents' genealogy society. There was little time to spare. Yet, there were two visits which meant a great deal to my mom. They were stops to visit my aunt as well as a long-time friend of my parents. Both are presently in nursing homes. One visit involved driving a great distance into the countryside of Pennsylvania and was not very desirable geographically. I reminded myself that she had been a very good aunt to me and that her son has been wonderful to my parents by making a visit to them a top priority during the last days of my father's life.

Once we were deep into the countryside I noticed what a beautiful scene lay before us. It was truly spectacular scenery. "This is a good adventure!" I said to myself. However, nothing could compare to the look of joy on my Aunt Mary's face, as well as that of my mom's friend at the other nursing home, when they enjoyed our visits. So along with enjoying touch football, games on television, favorite recipes of family and catching up with family and friends, please remember those who can't join in the festivities with a visit and celebrate the important message inherent in Thanksgiving! I wish all of our readers a wonderful holiday.

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 & Third Tuesday at 10:00 in the second floor lounge during August.

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.

November 2014 Birthday List

Lin Voorheis	11-9
Donna McKeney	11-24
Shirley Weiss	11-24
Dianne Bundridge	11-28
Kay Hollister	11-28
Mary Swartz	11-28

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SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
NOVEMBER 2014 MENU



MONDAY

TUESDAY

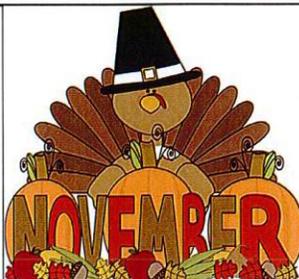
WEDNESDAY

THURSDAY

FRIDAY

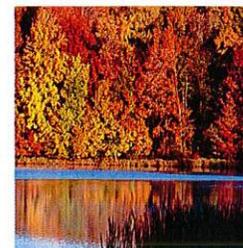


PLEASE CALL 24 HOURS IN
ADVANCE TO CANCEL MEALS
810-632-2155
888-886-8971



MENU SUBJECT TO CHANGE
WITHOUT NOTICE
MARGARINE & HALF PINT OF MILK
SERVED WITH EVERY MEAL

Cost Share \$3.00



3

POTATO ENCRUSTED FISH
W/VEGETABLE BROWN RICE
STEAMED SPINACH
BREAD
SELECTED FRUIT
DESSERT

4

ELECTION DAY
CHOPPED STEAK W/GRAVY
MASHED POTATOES
MIXED VEGETABLES
BREAD
SELECTED FRUIT
DESSERT



5

BAKED MACARONI & CHEESE
STEWED TOMATOES
GREEN BEANS
BREAD
SELECTED FRUIT
DESSERT

6

CHEESEBURGER
POTATO WEDGES
3 BEAN SALAD
BUN
SELECTED FRUIT
DESSERT

7

BAKED HAM
SCALLOPED POTATOES
SNAP PEAS
BREAD
SELECTED FRUIT
DESSERT

10

PEPPER STEAK OVER RICE
JAPANESE VEGETABLES
COLE SLAW
BREAD
SELECTED FRUIT
DESSERT



11

VETERAN'S DAY
CHICKEN & DUMPLING CASSEROLE
STEAMED BROCCOLI
MIXED GREEN SALAD
BREAD
SELECTED FRUIT
DESSERT

12

BBQ BEEF SANDWICH
BAKED BEANS
POTATO SALAD
BUN
SELECTED FRUIT
DESSERT

13

COUNTRY FRIED STEAK
MASHED POTATOES
GREEN BEANS
BREAD
SELECTED FRUIT
DESSERT



14

BEEF CHILI
WEDGE POTATOES
MIXED VEGETABLES
CRACKERS
SELECTED FRUIT
DESSERT

17

STUFFED PEPPERS
MASHED POTATOES
GREEN PEAS
BREAD
SELECTED FRUIT
DESSERT



18

ORANGE GLAZE CHICKEN
RICE PILAF
CAPRI VEGETABLES
CREAMY SLAW
BREAD
SELECTED FRUIT
DESSERT

19

VEGETABLE LASAGNA
SALAD GREENS
VEGETABLE MEDLEY
BREAD
SELECTED FRUIT
DESSERT

20

HOLIDAY THEME MEAL
ROAST TURKEY W/GRAVY
CORNBREAD STUFFING
GREEN BEANS
BREAD
CRANBERRY SAUCE
PUMPKIN PIE

21

MEATBALLS W/GRAVY
REDSKIN POTATOES
3 BEAN SALAD
BREAD
SELECTED FRUIT
DESSERT

24

MOSTACCIOLI W/SAUCE
ITALIAN GREEN BEANS
TOSSED SALAD
BREAD
SELECTED FRUIT
DESSERT

25

CHICKEN ALA KING
BLEND VEGETABLES
CARROT RAISIN SALAD
BREAD
SELECTED FRUIT
DESSERT



26

MRS. DASH BAKED FISH
POTATO WEDGES
COLE SLAW
BREAD
SELECTED FRUIT
DESSERT

27

THANKSGIVING DAY



28

CLOSED
NO DELIVERIES

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

APPROVED: 10/20/2011



WELCOME, FROM THE
BEAUTY SALON
MAKE YOUR APPOINTMENT

ASK FOR SARAH
(810) 444-3208

3RD FLOOR
OPEN THURSDAYS, AND BY APPOINTMENT

Services:	Wax - \$5	Color and cut - \$45
Shampoo and set - \$17	Manicure - \$10	Highlight and cut - \$47
Hair cut - \$10	Haircut w/style - \$15	
Perm - \$35 (includes style only)		Color - \$40 (includes style)

FOR MORE INFORMATION CONTACT: DAVINA @ (248) 462-4232



As this time of year approaches, it's always nice to take time and give thanks. Please take a few moments to write something on these fall leaves that you're thankful for. You can drop the whole sheet in the rent box and I will cut them out to display them.

Heather



**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

EMERGENCY NUMBER

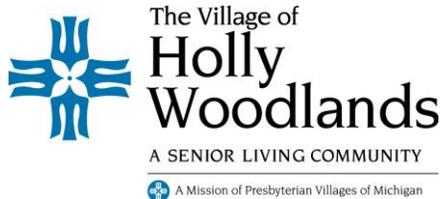
248-534-8263

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