

Village Herald

Embrace the possibilities

3325 GRANGE HALL ROAD HOLLY, MICHIGAN 48442 • WWW.PVM.ORG

NOVEMBER 2017

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VILLAGE ADMINISTRATOR

There are a few things I would like to recognize that will happen in November.

I will be meeting my new grandbaby this month. This is a very exciting time in my family. I will make sure that pictures are posted at my office for all to see when he arrives.

To all our Veterans I would like to give a very special thank you for your service. Without you we would not be able to enjoy all the freedom that you fought for us to have. So on November 11th, please be sure to tell our Veterans how much you appreciate them.

We will also be celebrating Thanksgiving this month. What are you thankful for? Could it be your family, friends, neighbors and maybe even the staff here at Holly Woodlands? Make sure you tell those that have made a difference in your life. I would like to thank the wonderful staff here at Holly Woodlands. They are the best people I have had the privilege of working with and what you do does make a difference. I am also thankful to our Board of Trustees for all the time they give to make a difference in the helve of our residents. And last but certainly not least, all the residents. You have taught me and changed my life in so many ways. I am truly blessed for the time I have shared with and learned from you!

This is the time of year we need to begin thinking about snow. Please remember to wear proper footwear and clothing for the season. We want everyone to be safe. We will also be sending out the snow removal policy just to refresh you on the rules during this season.

Deanna Coggins
Administrator



The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Look for PVM on:



Cassie's Corner

Please take note of the change to this months Bus Service schedule it will be the second & fifth Thursday of the month due to the holiday.

This months feature events:

- Jiffy Factory Tour-
- Shopping at Green Oak Village Place (Brighton)-
- Hello Dolly Play-
- Thanksgiving Potluck-
- Brown Bag Auction-
- Christmas Wreath Craft-

More information on these events in this months Memo Packet.
Any questions or suggestions please call Cassie @ 248-634-0592



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Holly Foods 9:30 Carpenter Church Free Bread 1pm Blood Pressure 2pm Chair Yoga 6pm</p>	<p>2 Decorating Committee Meeting 1:30pm Bingo 6:45</p>	<p>3 Jiffy Factory Tour & Big Boy for Lunch 8:30am Balance Exercise 9am</p>	<p>4 Prayer 6:00 </p>
<p>5 Church 6:00 </p>	<p>6 Brown Bag Auction Noon Balance Exercise 9am</p>	<p>7 Green Oak Village Place Shopping & Kirby Coney 9:30 Bible Study 10am Bingo 6:45</p>	<p>8 Walmart Fenton 9:30 Chair Yoga 6pm</p>	<p>9 Bus Service 9-3 Bingo 6:45</p>	<p>10 Dollar Tree Holly 10am Balance Exercise 9am</p>	<p>11 Veterans Day </p>
<p>12 Church 6:00 </p>	<p>13 Soup Stand 11am Balance Exercise 9am</p>	<p>14 Lunch Bunch Olive Garden 11am Bingo 6:45</p>	<p>15 Meijer 9:30 Blood Pressure 2pm Chair Yoga 6pm</p>	<p>16 All American Health & Hospice for Diabetes 10am Hello Dolly Play 2:45 Bingo 6:45</p>	<p>17 Thanksgiving Potluck Lunch 11:30am Balance Exercise 9am</p>	<p>18 Prayer 6:00 </p>
<p>19 Church 6:00 </p>	<p>20 Goodwill Holly 10am Balance Exercise 9am Christmas Wreath Craft 1pm</p>	<p>21 Bible Study 10am Bingo 6:45 Bag Folding 1pm</p>	<p>22 Vgs 9:30 Chair Yoga 6pm</p>	<p>23 Happy Thanksgiving Office Closed </p>	<p>24 Balance Exercise 9am</p>	<p>25</p>
<p>26 Church 6:00 </p>	<p>27 Paper Marbling Class 1:30pm Balance Exercise 9am</p>	<p>28 CSFP Distribution 9-12 at the Wellness Center Bag Folding 1pm Bingo 6:45</p>	<p>29 Kroger 9am Neighbor to Neighbor 12:30 Blood Pressure 2pm Chair Yoga 6pm</p>	<p>30 Bus Service 9-3</p>		

Thanksgiving Word Search

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

cook
 corn
 dinner
 fall
 family
 feast
 food
 gravy
 harvest

maize
 pilgrims
 pumpkin
 relatives
 settlers
 squash
 stuffing
 thanks
 turkey



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.



Lynda Foust 11/6

Dennis White 11/16

Donna McKeny 11/24

Diane Bundridge 11/28

Katherine Hollister 11/28

Staff

Tanzy Singleton 11/11



What is a Maintenance Emergency?

ELECTRICAL

Any major electrical problem or power outage, partial outages do not constitute an emergency. Report the problem during normal business hours or by leaving a voice mail on the main office line, 248-634-0592.

WATER LEAKS

Call immediately if there is risk of damage to possessions or the property and you cannot contain the leak. If necessary, contact other residents who may be affected by the leak.

GAS LEAK

Please contact Consumers Energy at 800-477-5050. Natural gas has the unmistakable odor of rotten eggs.

NO HEAT

This is only an emergency in extreme cold weather in winter time and when the heater is not working due to mechanical malfunction. If your gas or electric is shut off for non-payment of your bill, call your electric or gas provider.

Fire, assault, burglary, vandalism, suspicious persons or circumstances should be immediately reported to the Police or Fire Departments by dialing 911.

Then call the Maintenance Emergency, 248-534-8263

SIGNS OF SCAMS

The Office of the Michigan Attorney General has shared some signs that a call you receive is likely from someone attempting to scam you and/or steal your identity. They fall into 3 categories:

URGENT/SECRET

Pressure to act immediately.
Limited term: act now language.
Told to keep the contact a secret.
Designed to frighten you into action.

BELIEVABLE

Claims to be from government or law enforcement.

Claims to be calling to fix a problem with your account, computer, government benefits, or related to something in the news.

The contact has some of your personal information already.

MONEY/PERSONAL INFORMATION

Requires a wire transfer, prepaid credit card, or any personal information.

Remember - No need to be polite. Simply hang up the phone. Be a smart and savvy senior!





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.

Have you laughed today?

There is something intrinsically human about laughing. Regardless of nationality, race, religion or creed, if someone in a crowd starts laughing, most of the crowd will end up laughing. It is built into us.

It is pretty straight forward to discuss how laughter brings joy and happiness to our lives, but thanks to research inspired by Norman Cousins, and his book *Anatomy of an Illness*, we now know that laughter can actually make you healthier. Laughter has been shown to reduce or prevent stress, improve immune function, reduce pain and can even improve your cholesterol! How often do you get to hear that something you already enjoy doing will make you healthier?

Unfortunately, laughter doesn't always come to us when we need it most, such as during stressful times or when we are in pain. However, you can use humor to create laughable moments in even the direst of times.

The trick is to hone and master the skill of humor so that you can tap into it when you need a good laugh. Yes, humor can be taught and trained. The next time someone tells you a joke try and guess what the punch line will be. If you're watching a funny TV program try and figure out what will happen next.

Here is training exercise for you to work on. Try and guess the missing punch line of the joke using just the hint.

I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the ---- were there

(Hint: What would a road worker steal from work?)



(Answer: Signs)

**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

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248-634-0592**

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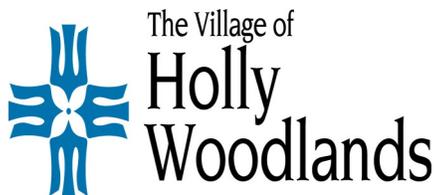
James Powers
Maintenance Technician

Tanzly Singleton
Housekeeper

Mitzi Uebel & Linda Wilkin
Receptionist



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

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