



# Village Herald



## Embrace the possibilities

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

FEBRUARY 2018

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## VILLAGE ADMINISTRATOR

Michigan weather can be so unpredictable. One day we are in the deep freeze and the next it is 45 and raining. This type of weather makes it difficult to keep the walks clear. Our maintenance team has done a great job in this area. However, if you see any spots that may need extra attention, please contact the office so it can be addressed.

The flu has been hitting people hard this year. Please remember if you are sick make sure you drink plenty of liquids and try to stay away from others. Also everyone should be washing their hands more frequently and avoiding those who are sick. If you think you have the flu, please make sure you go to the doctor early.

GET READY! Our Friends and Family fundraising will begin **April 1, 2018**. We will be taking ideas for our fundraising project at the next resident/administrator meeting. Look for more information to come.

Our Resident/Administrator meeting is scheduled for February 8, 2018 at 1:30 in the Circle community building. Please come out and have your voice heard.

We will be looking forward to warmer temperature coming this spring. Until then be safe and stay warm.

Deanna Coggins

Administrator



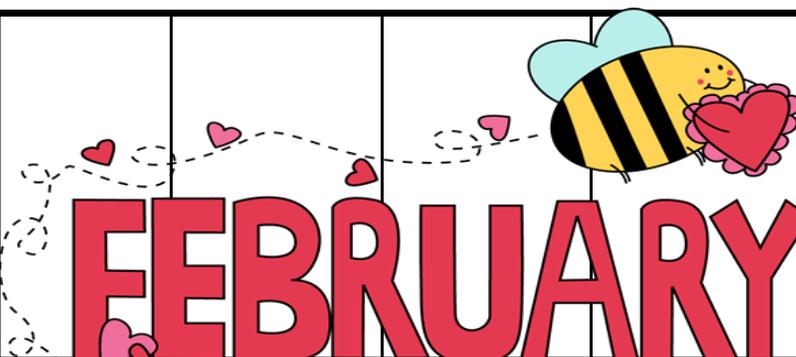
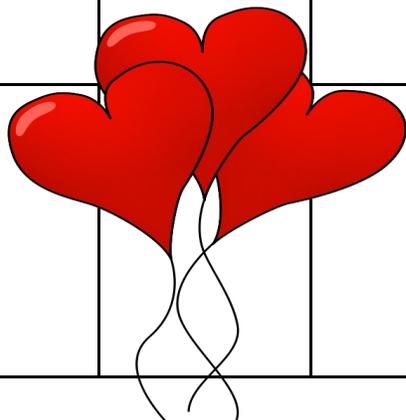
## The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1. River Church Clothing Closet 10am Decorating Committee Meeting 1pm Bingo 6:45</p>	<p>2. Movie Day "An Affair to Remember" 1pm Balance Exercise 9am Bingo 2 pm</p>	<p>3.</p>
<p>4.  Church 6:00</p>	<p>5. Lunch Stand 11am Balance Exercise 9am</p>	<p>6. Valentine Wreath 1pm Dollar Tree 10am Bible Study 10am Bingo 2 &amp; 6:45</p>	<p>7. Holly Foods 9:30 Carpenter Church Free Bread 1pm Blood Pressure 2pm Choir 2pm Chair Yoga 6pm</p>	<p>8. Administrator- Resident Meeting 1:30 Circle Bus Service 9-3 Bingo 6:45 </p>	<p>9 Sanders Factory Tour 10:30 Balance Exercise 9am Bingo 2 pm</p>	<p>10 Prayer 6:00 </p>
<p>11 Church 6:00 </p>	<p>12 Patterson Kids Cookie Decorating 1:30-2 Balance Exercise 9am </p>	<p>13 OLSHA: Home Safety 11am Patterson Kids Cookie Decorating 1:30-2 Bingo 2 &amp; 6:45 </p>	<p>14 Valentine Luncheon Noon Chair Yoga 6pm </p>	<p>15 Walmart Fenton 9:30 Bingo 6:45 River Church Clothing Closet 1pm</p>	<p>16 Goodwill Holly 10am Balance Exercise 9am Bingo 2 pm</p>	<p>17</p>
<p>18 Church 6:00 </p>	<p>19 Flint Institute of Arts Guided Tour Beadwork exhibit. 12:20 Balance Exercise 9am</p>	<p>20 Polymer Clay Pendant Class 1pm Bible Study 10am Bingo 2 &amp; 6:45</p>	<p>21 Vgs 9:30 Carpenter Church Free Bread 1pm Blood Pressure 2pm Choir 2pm Chair Yoga 6pm</p>	<p>22 Bus Service 9-3 Bingo 6:45 </p>	<p>23 Movie Day "Beauty &amp; The Beast " <u>2017 Version</u> 1pm Balance Exercise 9am Bingo 2 pm </p>	<p>24 Prayer 6:00</p>
<p>25 Church 6:00 </p>	<p>26 Target 10am Balance Exercise 9am</p>	<p>27 CSFP Distribution 9-12 at the Wellness Center Bingo 2 &amp; 6:45</p>	<p>28. Kroger 9am Neighbor to Neighbor 12:30 Choir 2pm Chair Yoga 6pm</p>			

# Valentine's Day Word Search

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

valentine  
 arrow  
 cupid  
 hearts  
 love

red  
 fourteenth  
 hugs  
 chocolate  
 pink

roses  
 friend  
 flowers  
 sweetheart  
 kisses

# Valentine's Day

word scramble

DER \_\_\_\_\_

KNIP \_\_\_\_\_

ERTHA \_\_\_\_\_

SESISK \_\_\_\_\_

OROWA \_\_\_\_\_

UFBRYRAE \_\_\_\_\_

HOLCETAOC \_\_\_\_\_

OPEM \_\_\_\_\_

SRHUC \_\_\_\_\_

LTETRE \_\_\_\_\_

DYNCA \_\_\_\_\_

EESTW \_\_\_\_\_

VLOE \_\_\_\_\_

PELEVEON \_\_\_\_\_

NEOYH \_\_\_\_\_

CIDPU \_\_\_\_\_





## Giving Matters.

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

**Love, Love, Love!**

**...and incredible donors like YOU.**

That's how **the world becomes a better place.**

That's how **MICHIGAN becomes the best place to live at any age.**

It's people like you, who selflessly, **LOVINGLY** give to a cause bigger than themselves.

**Thank you for your commitment to Michigan's older adults.**

Happy Valentine's Day!

If you have any questions or comments, please contact us at

248-281-2040 or

[pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

Paul J. Miller, CFRE



## 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 2<sup>nd</sup> floor lounge of the Manor.

Beauty Salon: Third floor of the Manor.

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

### FEBRUARY BIRTHDAY LIST

**MARGARET STANFORD 2-2**

**CAROL HORNING 2-5**

**SUSAN BALLINGER 2-8**

**KATHLEEN KESSLER 2-13**

**CARMON ORMSBY 2-14**

**WILLIAM COPLEY 2-18**

**MILDRED DAVIS 2-18**

**MITZI UEBEL 2-19**

**SHARON NAVARRO 2-20**

**JUDITH STANTON 2-24**

**JUDITH ANDREWS 2-28**

**CAROLE BURCH 2-28**

### Cheeseball Recipe

2(8oz) pks cream cheese  
1 (8 oz) can crushed pineapple, drained  
1\4c diced onion  
1tsp seasoned salt  
2c chopped nuts

Bring cream cheese to room temp, use fork to break up. Add pineapple, onions, salt and one cup nuts.

Form into ball, roll in reserved cup of nuts.

Enjoy

Submitted by: Dawn White





## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Exercise as a Spiritual Practice

We've all heard about the physical benefits of exercise, but did you know it can also be good for our souls? Though spirituality means different things to different people, at its core is a sense of connection to something greater than ourselves that fills us with awe and provides us with meaning and purpose. Cultivating that sense of connection requires practice, and one way to practice is through exercise.

As Dr. Stephanie Ludwig, Director of Spiritual Wellness for Canyon Ranch Wellness Resort so aptly put it, "to exercise is to move, and to move is to be alive. The more intentionally we move and experience the connection that is available through it, the more alive we become." The key is to move with intention.

Any form of movement (i.e., exercise) will do. The goal is to stay in the moment, to be and remain in the here and now. When you first start exercising you might notice a myriad of thoughts pop into your head. You might start thinking about all the things you still need to do or all the things you didn't do that you should have done. Rather than be in the present, you find yourself either dwelling on the past or planning for the future. When this begins to happen, shift your focus from your thoughts to the rhythmic movements of your body.

Focus on your breathing. Notice the rise and fall of your chest and abdomen as you breathe. Listen to the sound of the air as it enters and leaves your body. Feel the beating of your heart in your chest. Attend to the movement of your arms and legs and the placement of your hands and feet. Notice your surroundings. Hear the sounds. Smell the smells. See the sights. Know that because you are breathing and moving you are alive and well.

Over time, with regular practice you will begin to attain a heightened sense of awareness and achieve an unwavering connection to that which is greater than yourself whether for you it is nature, the universe, the sublime, the divine or God. Through exercise it is possible to experience a spiritual awakening. All it takes is a little practice.



# Service Coordinator News

**Feb. 13 - 11am OLSHA: Home Safety:** Older adults, ages 60 or older, who live in Oakland and Livingston County can receive safety devices for their home. Items may help assure the safety of older adults in the bathroom, at night, in emergencies and during everyday routines.

Program delivers and installs all types of devices that allow greater comfort or mobility to frail, older adults.

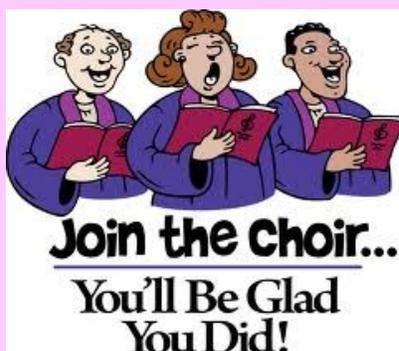
Products and Prizes will be available during the presentation

Mandy Sly



## **Choir News**

Practice Time: Wednesdays @ 2pm in the Manor Community Room  
The Choir has decided to relax on our rules. The idea of the choir is to have FUN! We are currently working on music for Valentines Day and soon we will start working on music for St. Patrick's Day. We would like to invite everyone interested in the choir to please come practice with us.



## **AARP Tax Aide Services**

February 1st through April 12th

On Thursdays 9am-2:15pm

AARP Tax Aide

Will be in the Manor Library

Please call the office to schedule your appointment

248-634-0592



**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*

**Kristin Shannon**  
*Administrative Assistant*

**Cassie Roberts**  
*Activity Coordinator*

**Mandy Sly**  
*Service Coordinator*

**Derek Elkins**  
*Maintenance Supervisor*

**EMERGENCY NUMBER 248-534-8263**

**Fax Number 248-634-8417**

**Eugene Blankenship**  
*Maintenance Technician*

**James Powers**  
*Maintenance Technician*

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



A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Holly Woodlands Board Members

- |                        |                       |
|------------------------|-----------------------|
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| <i>Pauline Kenner</i>  | <i>Mary Lloyd</i>     |
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**Embrace the possibilities**