



Village Herald



Embrace the possibilities

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

April 2017

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Village Administrator

THIS IS FRIENDS AND FAMILY MONTH!!! Our goal is to raise \$4,000 this month for resident activities and facility enhancements. We can only achieve our goal with your help. Contact your friends and your family and ask them to donate this month to Holly Woodlands. The more people that know about this, the more people will have the opportunity to impact a resident's life. Spread the word and let's make our goal.

We had a great rummage and bake sale last month. Thank you to all that helped set up as well as those who baked. We could not have done it without you. Our grand total raised was **\$1,460.30**. This was great for a 2 day sale.

We had a nice turn out for the last resident meeting. A lot of good ideas came out of the meeting. I appreciate receiving ideas on how to help Holly Woodlands be a better place. Our next meeting will be April 5th at 1:30 at the Circle. Please plan on attending. We will recap last month's meeting and continue to have conversation about more ideas.

April 16th is Easter. I hope we can all take a moment to remember what this day is about. I wish you all a great Easter and hope the day is beautiful and you are able to share it with someone special.

On a sad note, we have said goodbye to Patience the Meals on Wheels site hostess. She has been such a breath of fresh air during her time here. She has decided to leave and do something different with her time. We wish her all the best. Dawn White will be taking over as site hostess and we are excited to have her step into this roll. Please let her know if you would like to volunteer. I am sure that she would love the help. Welcome Dawn!

Have a great month!

Deanna Coggins



The Village of
Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Cassie's Corner

April 13th at Noon in the Manor Community room we will have a
Spring Potluck

Please join us for some good food & great company..
Please bring a dish to pass



Easter



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

BASKET
CHICKS
EGGS
HUNT
SPRING

BEANS
CHOCOLATE
GRASS
JELLY

BUNNY
EASTER
HATS
PEEPS



	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 Balance Exercise 9am Church 6:00	4 Blood Pressure 2pm Bible Study 10am Bingo 6:45	5 Holly Foods 9:30& 1pm Resident meeting Community Building Circle 1:30pm Chair Yoga 6pm	6 Young Living Essential Oils Presentation Wellness Center 1pm Bingo 6:45	7 Balance Exercise 9am	8	
9	10 Balance Exercise 9am Celeste Market 1pm	11 Craft 1pm Bingo 6:45	12 Holly Foods 9:30& 1pm Chair Yoga 6pm	13 Spring Potluck Noon Bingo 6:45	14 Balance Exercise 9am	15	
16		17 Church 6:00 Balance Exercise 9am	18 Bag Folding 1:30 Bible Study 10:00 Blood Pressure 2pm Bible Study 10am Bingo 6:45	19 Holly Foods 9:30& 1pm Hearing Screenings in Manor 1pm Chair Yoga 6pm Bingo 7:00 Chair Yoga 6pm	20 Bingo 6:45	21 Balance Exercise 9am	22
23 <hr/> 30	24 Celeste Market 1pm Balance Exercise 9am	25 CSFP Distribution 9-12 at the Wellness Center Bag Folding 1:30 Bingo 6:45	26 Holly Foods 9:30& 1pm Chair Yoga 6pm	27 Bingo 6:45	28 Balance Exercise 9am	29	

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.

Beauty Salon: Third floor of the Manor.

Please call Betsy at 810-877-3747 to schedule an appointment.

APRIL 2017 BIRTHDAY LIST

ROSE MARIE BADER 4-13

ROBERT POLLACK 4-17

SHARON BRITTAN 4-18

ROBERTS POND 4-21

VERNONA SCHLEICHER 4-29

CONSTANCE SARKOZI 4-30



From the Desk of Your Service Coordinator

Mandy Sly

Learn About Hearing Loss

Since hearing loss typically occurs gradually, many people do not realize the damaging effects that occur with hearing changes. As America ages and with Baby Boomers expected to live longer than any previous generation, hearing impairment will reach new levels in coming decades. Currently, only about one in five people with hearing loss seek appropriate treatment which is particularly alarming since untreated hearing loss can lead to an increase in depression, feelings of anxiety and isolation from family and friends.

There are three types of hearing loss:

Sensorineural hearing loss occurs in the inner ear and is the most common type of hearing loss caused by damage to the inner ear and/or auditory nerve due to one episode or more of prolonged exposure to loud noise, certain medications or simply the process of aging. Once damaged, the inner ear cannot be repaired. Sensorineural hearing decreases the ability to differentiate consonant sounds (thus the fine distinctions in words such as hat versus cat). Most sensorineural hearing losses can be treated effectively with hearing aids.

Conductive hearing loss occurs in the outer and middle ear. The most common causes are wax build-up in the ear canal, middle ear infection, a hole in the tympanic membrane or damaged ossicles.

In most cases, conductive hearing loss affects the lower frequencies or pitches and makes it difficult to hear vowel sounds. Since vowels contain the "power of speech," the individual with conductive hearing loss perceives speech and other sounds as being much "quieter" than normal. The condition can often be medically treated.

Mixed hearing loss is a combination of a conductive and a sensorineural hearing loss.

Join me on April 19, 2017, at 1 p.m., in the community room located on the first floor of the manor for a free hearing test, provided by HearUSA.

What are Essential Oils?

Essential Oils Defined

The term "essential oil" is a contraction of the original "quintessential oil." This stems from the Aristotelian idea that matter is composed of four elements, namely, fire, air, earth, and water. The fifth element, or quintessence, was then considered to be spirit or life force. Distillation and evaporation were thought to be processes of removing the spirit from the plant and this is also reflected in our language since the term "spirits" is used to describe distilled alcoholic beverages such as brandy, whiskey, and eau de vie. The last of these again shows reference to the concept of removing the life force from the plant. Nowadays, of course, we know that, far from being spirit, essential oils are physical in nature and composed of complex mixtures of chemicals.

On April 6, at 1 p.m., in the Wellness Center, Young Living will host an informational presentation on essential oils.

SCHEMES, SCAMS & SWINDLES

I have said for many years that for every dollar you make there are thousands of swindlers lining up to steal it from you! If only people used their cleverness for good, the world would be a better place. However, since that is not likely to happen, we need to protect ourselves and out-manuever these scoundrels. Here are some of the latest issues and what to do about them:

CAN YOU HEAR ME? - In this gambit, when you answer the phone a voice on the other end will ask: "Can you hear me?" Do not answer. **HANG UP IMMEDIATELY!** What they will do if you answer "Yes" is tape record your voice and use it to scam you by acting as if you are saying yes to a number of false transactions. Some savvy consumers have gotten to the point (me included) where we monitor calls on Caller ID and don't pick up for any number we do not recognize. If the call is important enough and legit, the person can leave a message for you.

Family Tree.Now - This is a search site that gives information about you and your family members. Although the original intent of this site was most likely innocent and helpful in nature, it has been reported that it is being used for nefarious purposes by bad people. There is an opt out. Go to the site, get your information and then go to the privacy section. They will tell you how to opt out. Don't let these scoundrels ruin you financially. Be clever in a good way to offset their cleverness for evil. **PROTECT YOURSELF!**



“H” stands for Heal

In December I introduced you to MESH, which is an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. It was coined by renowned geriatrician Dr. Bill Thomas and is what he considers to be the key to healthy aging. This month I will focus on the last letter: “H” (Heal).

Contrary to what he was taught to believe in medical school, Dr. Thomas’ vast experience working with older adults has led him to conclude that healing does not come from doctors, rather it comes from patients themselves. Dr. Thomas acknowledges that doctors prescribe medicine, provide compassionate care, and give good counsel (all of which are helpful) but they don’t actually heal. Instead, he believes healing comes from within. It happens when after suffering a serious injury or illness we move forward and define a new normal for ourselves. It happens when we reject the “tragedy narrative” with its paralyzing and debilitating focus on loss and begin to create and tell a new story; a story of love, growth, and possibility. And it happens when we return to living life with meaning and purpose; when there is something in our lives that matters more than our own problems or physical ailments.*

In sum, if we weave these four things (move, eat, sleep, heal) into the fabric of our lives, Dr. Thomas believes we will create a structure that supports our desire to live a full, productive, and meaningful life; in essence to live life well.

**To learn more about how purpose and meaning impact our health and wellbeing visit www.dungbeetle.org.*



Village Staff

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

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

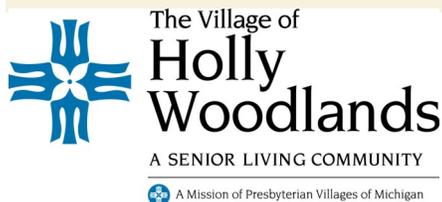
Tanzy Singleton
Housekeeper

Mitzi Ubel
Receptionist

Office Phone Number
248-634-0592



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



Holly Woodlands Board Members

Kesha Akeridge

Kent Barnes

Sharlyn Gates

Reisa Hamilton

Pauline Kenner

Mary Lloyd

Dale Smith

Sally Swayne

William Walters

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