



Village Herald



Embrace the possibilities

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

APRIL 2018

Featured Articles

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VILLAGE ADMINISTRATOR

ARE YOU READY TO RAISE MONEY????? Our Friends and Family fundraising will begin **April 1, 2018**. Be sure to let everyone know that we will be raising funds for Activities and Improvements. Last year residents were able to go on the Detroit lunch cruise and the theatre to name a couple, for a discounted price from the funds raised last year. We also were able to purchase a new fireplace, grill and the beautiful Christmas lights that were on every light pole. Remember all funds raised stay at Holly Woodlands and for our resident's enjoyment.

Happy Easter! It will be a great Easter for our family. The Grandchildren make me smile so I thought I would share them to brighten your day.



The Village of
Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



Be sure to come out to the Resident Meeting on April 23rd, 2018 at 1:30 in the Circle. We always have good things to talk about. It is great to hear from the residents and help resolve issues and concerns.

Look for PVM on:



Deanna Coggins
Administrator



Service Coordinator News



Our mission is to provide a full range of person-centered, evidence-based therapeutic services to maximize the individuals' ability to function independently, thus enhancing quality of life. We value not only our customers and patients, but also our staff. We offer specialized training programs and incentives and believe that staff satisfaction is conducive to quality patient care.

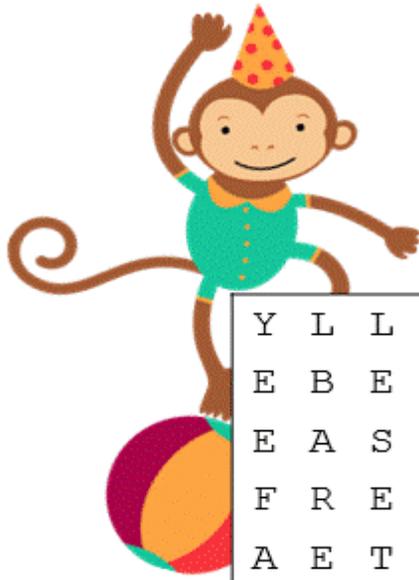
April 3rd, 10 am



All the comfort, convenience, and safety of assisted living is available in the less costly environment of your own home. When a retiree needs home care, it takes more than companions to truly support that person. As in a good assisted living, we have a group of professionals associated with us that can analyze the reasons why your loved one needs help. We coordinate with your physician to arrange nursing and rehabilitative therapies for your loved one at home, thus keeping him or her safe and healthy. Usually, there is little or no cost to the client, as these services are covered by

insurance. April 10th, 1pm





APRIL FOOL'S Day

APRIL 1st

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

APRIL
 BAMBOOZLE
 BEFUDDLE
 BEMUSE
 BEWILDER
 CAPER
 DELUDE
 DUMBFOUND
 DUPE
 FARCE

FIRST
 HOAX
 HOODWINK
 JEST
 JOKES
 LAUGHTER
 LEVITY
 MALARKEY
 MISCHIEF
 MONKEY

BUSINESS
 PRANK
 PREPOSTEROUS
 SHENANIGANS
 SILLY
 SURPRISE
 TOMFOOLERY
 TRICK
 WACKY

Alcohol: the Good, the Bad, & the Ugly

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits (≤ 2 drinks/day for men, ≤ 1 drink/day for women), it's excessive drinking that you have to worry about. Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits. If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol.

For more information on the health effects of alcohol, visit www.niaaa.nih.gov.



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

2018 BIRTHDAY LIST

NEVA SWEET 4-6

ROSE MARIE BADER 4-13

SHARON BRITTAIN 4-18

ROBERT POND 4-21

MARY ESTEP 4-28

VERNONA SCHLEICHER 4-29

CONSTANCE SARKOZI 4-30



**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 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

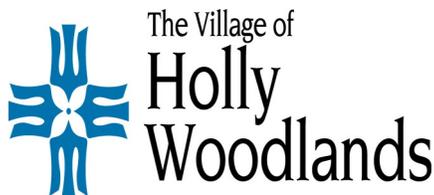
James Powers
Maintenance Technician

Tanzey Singleton
Housekeeper

Dottie Reed & 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

- | | |
|------------------------|-----------------------|
| <i>Kent Barnes</i> | <i>Reisa Hamilton</i> |
| <i>Pauline Kenner</i> | <i>Mary Lloyd</i> |
| <i>Dale Smith</i> | <i>Sally Swayne</i> |
| <i>William Walters</i> | |

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