



# Village Herald



## Embrace the possibilities

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

JUNE 2018

### Featured Articles

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## VILLAGE ADMINISTRATOR

The sun is shining and the grass is turning green. Flowers are beginning to appear. The weather plays a large part on our emotions. Sunshine brightens the day as well as our hearts. Be sure to soak up all the sunlight while we have it.

I am pleased to announce that we raised \$6,077.95 for friends and family. Thank you all so much for your contributions. We surpassed our goal of \$4,500. This money will be used here at Holly Woodlands. Again, thank you to all who helped raise the money.

There are many special events going on this month. Please make sure you are checking your calendar so you do not miss anything.

A very special Happy Father's Day to all of you. A Father is someone to look up to and should be cherished. Be sure to appreciate all those who are fathers. I hope your day is blessed.

Deanna Coggins  
Administrator



The Village of  
**Holly  
Woodlands**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

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## Drink Up!

As we get older, our need to stay hydrated increases. If you lead an active lifestyle, your need is even higher. And now that the weather has warmed up, if you are active outdoors your need is even higher still. So why is it important to stay hydrated? For one, water helps our brains function properly.

When we are dehydrated our capacity to think is diminished. We can get confused, become dizzy, get disoriented and as a result suffer a fall that could have disastrous consequences. If we don't drink enough water our ability to eliminate waste is also impacted. Our kidneys won't function properly, which in turn can lead to a host of serious health problems.

In general, the average healthy adult needs 64 ounces of water daily (eight 8 ounce glasses), however, the amount you need may differ depending on how active you are, on whether you have a chronic health condition, and on the amount and types of medications you take. As a result, it's best to have a conversation with your health care provider about your personal hydration needs. During that conversation, if you are someone who happens to also be dealing with incontinence and you haven't mentioned it to your doctor before; it's time to do so. A common but potentially dangerous practice some of us employ to deal with incontinence is to substantially reduce our fluid intake. Your doctor should be able to provide you with some tips, advice, and a treatment plan to deal with your incontinence in a much safer and healthier way.



# Summer Fun Word Search

- BARBECUE
- BATHINGSUIT PARTY
- BEACH BOAT
- CAR TRIP
- CHALK
- FAMILY
- FIREFLIES
- FIREWORKS
- FRIENDS
- FUN
- GAMES
- ICE CREAM
- LEMONADE
- PICNIC
- POOL
- SUNGLASSES
- SUNSHINE
- SWIM
- TOWEL
- VACATION
- VOLLEYBALL
- ZOO



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

## Summer Reading Fun

Recently I experienced the joy of being able to read to my grandchildren many times over while on vacation with them. I think I read the book about a dog named Biscuit at least forty times! What joy to be a part of their enthusiasm for reading. It flashed me right back to reading every night to my son and even being read to myself by my parents. I can even recall the excitement I felt as an elementary student when I brought the book *Fun With Dick and Jane* home to proudly show my mom. You can most likely flash back to some of your favorites as well. Reading is one of many ways that we can open up new worlds to our grandchildren and give our children some time to pursue other things. Also, this can help to set the path for success. Many studies have shown that being an avid reader gives youngsters a real advantage when it comes to learning overall.

Now that summer vacation is coming check out your local library. You can help your grandchildren select some of their favorite books and borrow them. Another thought is to create a contest to see how many books you can read together by the end of the summer. For advanced grades there will often be a recommended reading list sent home by teachers. You can also help with this which once again reduces some of the pressure on your own children as their parents. Some libraries ask for volunteer readers so that you can help other children learn the joy of reading. Remember to recapture the joy of reading for yourself. Sometimes we can look forward to lighter reading with fun novels at the pool or beach. Enjoy the summer and read on!



# Mothers Day Card Making with Patterson Elementary Kids



## SERVICES OFFERED

**Community Supplemental Food Program (CSFP):** Last Tuesday of every month at the Wellness Center 9 am-11 am

**Bible Study:** First & Third Tuesday's @10:00 2<sup>nd</sup> floor lounge .

**Bible Enrichment:** Second & Fourth Tuesday's @ 10am 2nd Floor Lounge.

**Beauty Salon:** Third floor of the Manor.

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

### BIRTHDAY LIST

**INA HOUSER 6-7**

**TWYLA BURGETT 6-10**

**BETTY CALDWELL 6-13**

**PATTY POLLACK 6-16**

**CHERRYL LEBHARON 6-17**

**LINDA KINNAMON 6-17**

**DIANNE SANFORD 6-17**

**WAYLAND STROUD 6-19**

**MARJORIE WATERS 6-23**

**BETTY KNIGHT 6-23**

**ROSE LINE 6-26**

### STAFF BIRTHDAY

**CASSIE ROBERTS 6-15**

### Free Produce

1st & 3rd Friday afternoon  
Please keep an eye out for  
free produce delivery in the  
Manor Community Room



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chair Exercise 9am	2 Prayer 6:00  
3 Church 6:00  	4 Lunch Sale 11am Victory Cup Practice 1pm Chair Exercise 9am	5 Office Closed Staff at Training Bible Study 10am Bingo 6:45	6 Vgs 9:30 Carpenter Church Free Bread 1pm Chair Yoga 6pm Choir @ Mission Pointe 1:50pm	7 Belle Isle Conservatory 9:30 Bingo 6:45	8 Garage Sales & Coney 9:30 Chair Exercise 9am	9
10 Church 6:00  	11 Walmart Fenton 9:30 Victory Cup Practice 1pm Chair Exercise 9am	12 Value World & Oakland County Farmer's Market 10am Bible Enrichment 10am Food Samples 1-3 Bingo 6:45	13 Detroit Princess River Boat Lunch Cruise 10:20 Groveland Twp. Supervisor, Meet and Greet with Residents 10am- Chair Yoga 6pm Choir 2pm	14 Bus Service 9-3pm Bingo 6:45 -Flag Day-  	15 Dollar Tree & Goodwill 9:30am Chair Exercise 9am	16 Prayer 6:00  
17 Church 6:00  	18 T-Shirt Leaf Printing Craft 10am Victory Cup Practice 1pm Chair Exercise 9am	19 Bible Study 10am Bingo 6:45	20 Kroger 9am Neighbor to Neighbor 12:30 Choir 2pm Blood Pressure 2pm Chair Yoga 6pm	21 First Day of Summer Summer Potluck Noon Bingo 6:45	22 Village Victory Cup 9:30 Chair Exercise 9am	23
24 Church 6:00  	25 Kensington Animal Park & Boat Ride 9:30 am Chair Exercise 9am	26 CSFP Distribution 9-11 at the Wellness Center Bible Enrichment 10am River Church Clothing Closet 1pm Bingo 6:45	27 Walmart Grand Blanc 9:30 Choir 2pm Chair Yoga 6pm	28 Bus Service 9-3 Bingo 6:45  	29 Mott Estate House & Garden Tour 9:45 Chair Exercise 9am	30 Prayer 6:00  

**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 Grier**  
*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*

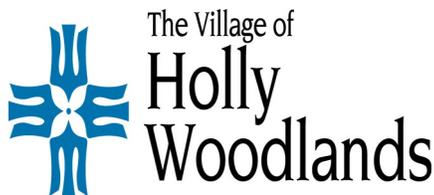
**James Powers**  
*Maintenance Technician*

**Tanzie Singleton**  
*Housekeeper*

**Dottie Reed**  
*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)



The Village of  
**Holly  
Woodlands**

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> |                       |

**Embrace the possibilities**