



Village Herald



Embrace the possibilities

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

July 2013

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Village Administrator

CONGRATULATIONS to those who participated in the Village Victory Cup. We came in 3rd out of 12 overall. Karen Rudnicki took silver in the Hoop Shoot and the Puzzle Team – Millie Davis, Marianne Thompson, Kay Hollister, Mitzi Uebel and Eilene Merrill – brought home the bronze. The following people entered letters for the Expression of Wellness – Harold Tsuchiya, Kay Hollister, Eilene Merrill, Kathy Palmero, Bernice Riggs, Barb Mirsky, Margarita Oxholm, Dede Bishop and Mille Davis. Thank you to all the other participants and those that came out to cheer us on! We always have a great time getting together with the other Villages for friendly competition.

vendors that donated I will send them out to all the residents so you can be sure to say thank you when you see them.

REMEMBER to make sure you come to our annual Board/Resident cookout on July 17th at 5:30 pm. This picnic is a great opportunity to meet our local Holly Board. It is free to all residents but please remember to sign up so we know how much food we will need.

I hope you all enjoy the summer. The grounds are beautiful and it would be a great time to walk around and enjoy the beauty.

Deanna Coggins
Administrator

WOW! I am pleased to announce that we raised, including matching funds, a total of \$12,633.00 during our Friends and Family campaign. I appreciate all those who gave. This money will be going towards the purchase of a new bus with a chair lift. As soon as I receive the list of



The Village of
Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner

John Chandler
Service Coordinator

Attorney General Bill Schuette's Senior Brigade

On Tuesday July 9, 2013 at 2:00pm in the Manor community room, we will have a presentation from Senior Brigade on Residential Care Choices. Refreshments will be served.

Michigan State Extension

On Tuesday, July 23rd at 2:00pm in the Manor community room, we will have a presentation from Michigan State Extension. Robin from Michigan State Extension will continue her cooking demonstration and food tasting.

Veterans Community Living Program

A joint program, called the Veteran-Directed Home and Community-Based Service Program, has been launched by the Veteran's Administration and the Area Agency on Aging 1-B. The program is available to help veterans of any age who are at risk of nursing home placement. This program helps provide home and community-based support services that help older or disabled veterans remain living safely and independently in their own homes for as long as possible. Light housekeeping, home-delivered meals, personal care (help with bathing, dressing, etc.), and personal emergency response systems are just some examples of services that may help an individual remain living in their own home. Veterans also have the option of directing and managing their own care.



Stay Cool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided.

To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages.*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body temperature and increases water loss).
- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

**If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.*



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

Most Successful Friends & Family Appeal Raises Over \$125,000!

A big congratulations to all the Villages that participated in making the 2013 Friends & Family Appeal the largest and most successful in the history of the PVM Foundation. Together, over \$125,000 was raised for all PVM Villages!

To learn how much your Village raised, please ask your Administrator or visit the “Events” page at www.pvmfoundation.org.

Special congratulations goes to The Village of East Harbor, who raised the largest total amount with \$50,190; and to The Village of Spring Meadows, who had the highest percentage of donors over last year at 555% and won a \$2,500 grant toward their Village project!

None of this could be accomplished without our donors, who exceeded our greatest expectations.

- 1,079 donors participated in the 2013 Friends & Family Appeal
- 1,299 total gifts were contributed toward Village projects
- 513 of our Friends & Family donors were first-time contributors

We are so thankful to all our donors, whose generosity will make so much possible for PVM residents and seniors throughout Michigan!

Warm regards,
Paul J. Miller, CFRE

P.S. Save the date for next year’s Friends & Family Appeal taking place in April 2014!

Supplement other retirement income — now or later!



Key Features

- A sizable part of each gift annuity is also tax-free.
- You’ll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

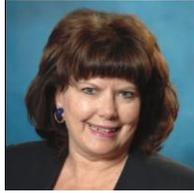
UPTO
9%
RETURN

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



For more information,
call Paul Miller at the
PVM Foundation
248.281.2045
www.pvmgifts.org

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GOOD NEWS FOR MICHIGAN SENIORS

Hello to all of our readers. I have some good news to report coming out of Lansing. The final budget for fiscal year 2014 has included an \$18 million increase in MI Choice, the program which assists seniors to remain independent and in their own homes. Also, there is an increase of an additional \$500,000 for meals, either congregate or home-delivered. During these times of budget cutting it is refreshing to not only avoid a decrease in funding but to actually receive an increase. Thank you to all who joined in our efforts to advocate for these important senior services.

In other news, the statewide Vulnerable Adult Abuse Reporting Protocol Work Group, for which I was appointed by Attorney General Bill Schuette, has completed our work. We will be launching this protocol at a stateside Elder Justice Summit. This should help to increase communication with all organizations in dealing with abuse and exploitation of vulnerable citizens, speed up response to reported crimes and ensure protection of our most vulnerable citizens. This work group was mandated by the elder abuse legislation which was passed recently in response to advocacy and testimony from all stakeholders across the State of Michigan. We will soon have all of this information available on the PVM website. In the meantime, please remember to find us on Facebook under Presbyterian Villages of Michigan and keep up to date on the latest happenings for seniors and PVM.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Workout Stretch 10:00 Euchre 1:00 Celeste & Jewelry 1:00 Scrabble 3:00 Bingo 7:00	2 Flint Farmers Market 10:30 Password 1:30	3 VG'S 9:30 Balloon Volleyball 2:00 Bingo 7:00	4 <i>Office Closed</i> Fourth of July	5 Yahtzee 7:00	6
7 Church Service 3:00	8 Workout Stretch 10:00 Oakland County Fair Senior Day 11:00 Euchre 1:00 Scrabble 3:00 Bingo 7:00	9 Bible Study 10:00 Matter of Balance 10-12 Senior Brigade 2:00	10 Holly Foods 9:30 Bingo 7:00	11 Matter of Balance 10-12 Focus Hope 1:00 Pictionary 2:00	12 Workout Strength 10:00 Uncle Rays 1:00 Yahtzee 7:00	13
14 Church Service 3:00	15 Workout Stretch 10:00 Hot Fudge Sundae Birthday Party 2:00 Euchre 1:00 Scrabble 3:00 Bingo 7:00	16 Bible Study 10:00 Matter of Balance 10-12	17 Korgers 9:30 Balloon Volleyball 2:00 Board Cookout 5:30 Bingo 7:00	18 Matter of Balance 10-12 Mexican Train 1:30	19 Workout Strength 10:00 Beach Bingo 2:00 Yahtzee 7:00	20
21	22 Workout Stretch 10:00 Euchre 1:00 Foot & Ankle Celeste & Jewelry 1:00 Scrabble 3:00 Bingo 7:00	23 Bible Study 10:00 Matter of Balance 10-12 Michigan State Extension Presentation 2:00	24 Aldis 9:30 Bingo 7:00	25 Matter of Balance 10-12	26 Workout Strength 10:00 Uncle Rays 1:00 Yahtzee 7:00	27
28	29 Workout Stretch 10:00 Euchre 1:00 Scrabble 3:00 Bingo 7:00	30 Bible Study 10:00 Matter of Balance 10-12 Lunch Bunch 12:00	31 Wal-Mart Fenton 9:30 Bingo 7:00			

\$3.00 suggested donation



**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
JULY 2013**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ORANGE CHICKEN RICE PILAF BROCCOLI CUTS TOSSED SALAD BREAD SELECTED FRUIT DESSERT	2 STUFFED CABBAGE MASHED POTATOES PEAS & CARROTS SELECTED FRUIT DESSERT	3 ALL BEEF HOT DOG BAKED BEANS POTATO SALAD BUN SELECTED FRUIT DESSERT	4 Happy 4th!! CLOSED	5 Happy 4th!! CLOSED
8 HAMBURGER POTATO SALAD GREEN BEANS BUN SELECTED FRUIT DESSERT	9 BBQ CHICKEN POTATO WEDGES PICKLED BEETS BREAD SELECTED FRUIT DESSERT	10 POTATO ENCRUSTED FISH W/TARTAR SAUCE STEAMED SPINACH COLESLAW BREAD SELECTED FRUIT DESSERT	11 MEATLOAF W/GRAVY WHIPPED POTATOES GREEN BEANS BREAD SELECTED FRUIT DESSERT	12 ROAST PORK W/GRAVY SCALLOPED POTATOES SUCCOTASH BREAD SELECTED FRUIT DESSERT
15 HERBED CHICKEN OVER SPAGHETTI NOODLES ITALIAN VEGETABLES BREAD SELECTED FRUIT DESSERT	16 COPPER COUNTRY PIE STEWED VEGETABLES BROCCOLI SPEARS BREAD SELECTED FRUIT DESSERT	17 MACARONI & CHEESE SNAP BEANS STEWED TOMATOES BREAD SELECTED FRUIT DESSERT	18 SLICED TURKEY W/GRAVY MASHED POTATOES CARROTS BREAD SELECTED FRUIT DESSERT	19 TUNA SALAD PLATE MIXED GREENS, W/TOMATOES CHEDDAR CHEESE, CUCUMBER, BLACK OLIVES BREAD SELECTED FRUIT DESSERT
22 CHOPPED STEAK W/GRAVY MASHED POTATOES CALIFORNIA VEGETABLES BREAD SELECTED FRUIT DESSERT	23 MANICOTTI W/MARINARA SAUCE CAPRI VEGETABLES MIXED GREEN SALAD BREAD SELECTED FRUIT DESSERT	24 BRATWURST W/PEPPERS & ONIONS REDSKIN POTATOES 3 BEAN SALAD BUN SELECTED FRUIT DESSERT	25 TERIYAKI CHICKEN IN SAUCE OVER BROWN RICE ORIENTAL VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT	26 LOW SODIUM MEATBALLS W/GRAVY OVER EGG NOODLES MIXED VEGETABLES COLESLAW BREAD SELECTED FRUIT DESSERT
29 BREADED COD FISH SANDWICH POTATO WEDGES COLE SLAW BUN SELECTED FRUIT DESSERT	30 BAKED HAM SCALLOPED POTATOES SNAP BEANS BREAD SELECTED FRUIT DESSERT	31 LASAGNA GREEN SALAD ZUCCHINI BREAD SELECTED FRUIT DESSERT	Please call 24 hours in advance to cancel a meal 810.632.2155 or 888.886.8971	
			Menu is subject to change without notice margarine and half pint milk served with every meal	

MANAGED BY PARAGON MANAGEMENT, INC. *SPONSORED BY THE COMMUNITY OF CHRIST CHURCH* FUNDED THROUGH THE AREA AGENCY ON AGING 1-8, OSA, OAA
OTHER CONTRIBUTORS. THE LIVINGSTON COUNTY COMMISSIONERS * THE LIVINGSTON COUNTY SENIOR NUTRITION PROGRAM COMPLES WITH ALL CIVIL RIGHTS AND SOCIAL REHABILITATION ACTS.

APPROVED: 05/12/2010

Services Offered at Holly Woodlands

Focus Hope: Second Thursday of every month.

Holly Foot and Ankle: July 22nd by appointment.

Bible Study: Every Tuesday at 10:00 in the second floor lounge.

CVS Deliveries: CVS will deliver prescriptions every Tuesday and Thursday at 2:00.

Beauty Salon: Third floor of the Manor. Melissa will be here by appointment only.

810-875-7269

Church Service: July 7th and July 14th at 3:00 in the Manor Community in the Manor Community Room.

May 2013 Birthday List

Happy Birthday!

Laura Hallmeyer	7-1
Doris Nielson	7-1
Elvira Gaines	7-3
Lorraine Russell	7-3
Bob Almas	7-5
Irene Raby	7-5
Sally Swayne	7-8
Ruth Klingelsmith	7-9
Donna Bowers	7-10
Susan Livingston	7-14
Barb Mirsky	7-15
June Teeples	7-21
Joann Brewer	7-22
Eugene Elliott	7-24
Kathryn Beach	7-28
Priscilla Lynn	7-29
Betty Mundale	7-29
Wilma Nagel	7-30
Judy Nieman	7-30
Opel McGoldrick	7-31





For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Summer Heat

Hopefully by the time you are reading this article, we really do have summer weather. It is hard to imagine on a day like today (57*) that we need to be prepared for the summer heat. As the CDC (Center for Disease Control) states, “Get ready to stay cool before the temperatures soar.”

The CDC reports that on average, extreme heat causes 658 deaths in the United States. Extreme heat can cause high body temperatures that can cause death and organ damage. Extreme heat affects children and the elderly the most.

The best way you can prepare for summer heat is to be informed about the weather conditions before you go outside. If there is a weather alert due to heat and or humidity, stay indoors in an air condition space. Stay well hydrated. Keep your blinds and shades drawn when the sun is beating down on your windows. If you must go out, wear a hat and loose clothing. Take water with you to drink while you are out. Early morning, or after the sun has gone down, are the best times to go outdoors.

If your air conditioning is not working properly, check to see that a piece of furniture or a drape is not blocking the vent. If that is not the problem, let your maintenance department know immediately that it needs repair. It may be necessary to move you to an area that does have air conditioning until the repair can be made. In the unlikely event that the whole building's air conditioning goes down, cooling stations or alternative arrangements will be made to keep everyone safe. Your administrator will direct you as to the emergency plans.

I am hoping those lazy days of summer arrive soon.

**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 Number

248-634-0592

Village Staff

Deanna Coggins
Administrator

Heather Green
Administrative Assistant

John Chandler
Service Coordinator

Cassie Roberts
Activities Coordinator

Carl Smith
Maintenance Technician

Gene Blankenship
Maintenance Technician

Receptionist
Bernice Riggs

Angel Marker
Housekeeper

EMERGENCY NUMBER

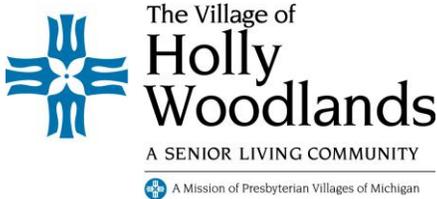
248-534-8263

Fax Number

248-634-8417



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



**3325 Grange Hall Road
Holly, MI 48442**

Holly Woodlands Board Members

Kesha Akridge
Kent Barnes
Elena Danishevskaya
James Gotch
Reisa Hamilton
Pauline Kenner
Mary Lloyd
Bernice Riggs
William Walters

Embrace the possibilities