



Village Herald



Embrace the possibilities

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

JULY 2017

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VILLAGE ADMINISTRATOR

Congratulations to those who participated in the Village Victory Cup. This is a great time to join with other Villages to have a day of fun and friendly competition.

Holly Berries team took Silver in the Puzzler Competition, Balloon Volley Ball & "The Day in the Life of" Photo Contest..

We will be having our Board and Resident Cookout

Wednesday, July 12th at 5:30 pm

The event is FREE to all residents

Please make sure that you sign up in the Lobby

this will help us plan on how much food we will need.

This is a great time to come together and meet the board members

We always have great fun!

We will not be having our resident/administrator meeting this month. We will be getting ready for the board cookout and other activities. I will resume the meetings in August. However, if you have any suggestions or concerns you can always contact me at the office or leave a note in the rent box.



The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Enjoy celebrating Independence Day!

Deanna Coggins

Administrator



Cassie's Corner

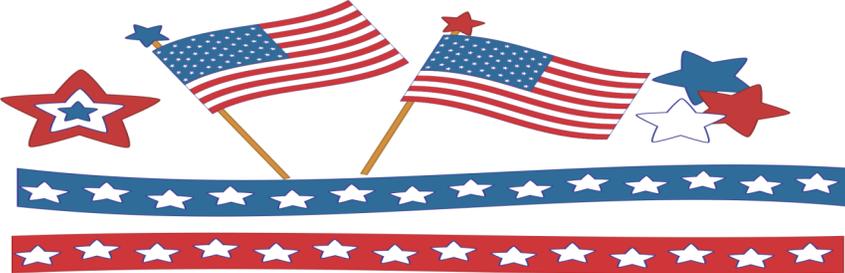
We have a lot of fun things going on this month. Below I have highlighted a few:

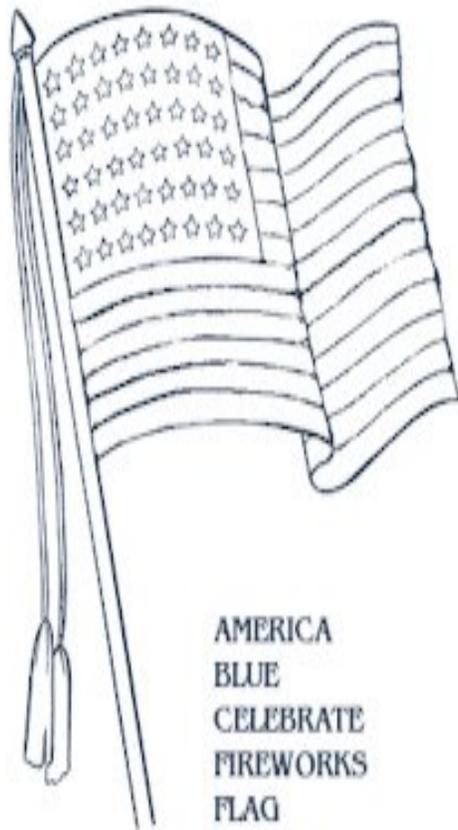
Oakland County 4-H Fair
Knights Bridge Antique Mall
Board Cookout
Garage Sales
Movie Day
Ford House Tour

Watch for your July Memo Packet for more information on these events
Any Questions or Suggestions please call Cassie @ 248-634-0592



Happy 4th of July!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p> <p>Prayer 6:00</p> 
<p>2</p>  <p>Church 6:00</p>	<p>3</p> <p>Balance Exercise 9am</p>	<p>4</p> <p>Office Closed Bingo 6:45</p> 	<p>5</p> <p>Holly Foods 9:30 Chair Yoga 6pm Candy Dish Craft 1pm</p>	<p>6</p> <p>Woodland Walkers 8:30am Knights Bridge Antique Mall & Lunch 10am Arthritis Presentation 1pm (Manor)</p>	<p>7</p> <p>Balance Exercise 9am</p>	<p>8</p>
<p>9</p> <p>Church 6:00</p> 	<p>10</p> <p>Oakland County 4-H Fair Senior Day 11am Celeste Market 1pm Balance Exercise 9am</p>	<p>11</p> <p>Woodland Walkers 8:30am Lunch Stand\Bake sale 11am Bingo 6:45</p>	<p>12</p> <p>Walmart Fenton 9:30 Blood Pressure 2pm Board Cookout 5:30pm Chair Yoga 6pm</p>	<p>13</p> <p>Woodland Walkers 8:30am Bingo 6:45 Bus Service 9-3</p>	<p>14</p> <p>Goodwill Holly 10am Balance Exercise 9am</p>	<p>15</p> <p>Prayer 6:00</p> 
<p>16</p> <p>Church 6:00</p> 	<p>17</p> <p>Scenic drive through Holly Rec & Lunch at Dairy Queen 11am Balance Exercise 9am</p>	<p>18</p> <p>Woodland Walkers 8:30am Edsel & Eleanor Ford House & Garden Tour 9am Bingo 6:45</p>	<p>19</p> <p>Vgs 9:30 Chair Yoga 6pm Wreath Craft 1pm</p>	<p>20</p> <p>Woodland Walkers 8:30am Davison Farmers Market 9:30 Ice Cream Social Wellness Center 1pm Bingo 6:45</p>	<p>21</p> <p>Garage Sales & Coney 10am Balance Exercise 9am</p>	<p>22</p>
<p>23</p>  <p>Church 6:00</p> <hr/> <p>30</p>  <p>Church 6:00</p>	<p>24</p> <p>Balance Exercise 9am Celeste Market 1pm</p> <hr/> <p>31</p> <p>Balance Exercise 9am Beach Blanket Bingo 1pm</p>	<p>25</p> <p>Woodland Walkers 8:30am CSFP Distribution 9-12 at the Wellness Center Bingo 6:45</p>	<p>26</p> <p>Kroger 9am Neighbor to Neighbor 12:30 Blood Pressure 2pm Chair Yoga 6pm</p>	<p>27</p> <p>Woodland Walkers 8:30am Bus Service 9-3 Bingo 6:45</p>	<p>28</p> <p>Movie Day "The Shack" 1pm Balance Exercise 9am</p>	<p>29</p> <p>Prayer 6:00</p> 



AMERICA
 BLUE
 CELEBRATE
 FIREWORKS
 FLAG
 FOURTH
 FREEDOM
 HOLIDAY
 INDEPENDENCE
 JULY
 PARADE
 PICNIC
 RED
 STARS
 STRIPES
 SUMMER
 UNITED
 WHITE

4th of July

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





Home Sweet Home



CROSSROADS VILLAGE

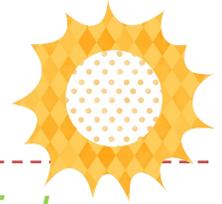


Arthritis

Arthritis is very common but is not well understood. Actually, "arthritis" is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of arthritis and related conditions. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America. More than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older.

Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go. They can be mild, moderate or severe. They

may stay about the same for years, but may progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs. Arthritis can cause permanent joint changes. These changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin as well as the joints.



Join me on July 6th at 1pm in the Manor Community Room for Premier Medical Rehabilitation's presentation on Arthritis!

Blood Pressure and Balance: July 12th (Manor) & July 26th (Wellness Center)



Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). Wear loose-fitting clothing, preferably of a light color.

Cotton clothing will keep you cooler than many synthetics.

Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.

Fans can help circulate air and make you feel cooler even in an air-conditioned house.

Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.

Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.

Take frequent baths or showers with cool or tepid water.

Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.

Avoid caffeine and alcohol as these will promote dehydration.

Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.

If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.

Don't forget the pets also! Our furry friends need plenty of fresh water during the hot temperatures.

Walking Club: Tuesday and Thursday Morning at 8:30 am

HOT DOG!

You're Invited for some Grillin' & chillin'!

Join us for our Annual Resident-Board Member Cookout

July 12th at 5:30pm in the Manor Community Room

This event is sponsored by our Board Members so it is free for all residents to attend. Please sign up in the lobby by July 7th

Any questions please call Deanna or Cassie @ 248-634-0592

Hope to see you there!



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.

July Birthdays

Doris Nielson 1st

Flvira Gains 3rd

Sally Swayne 8th

Elizabeth Schroeder 9th

Donna Bowers 10th

Bonnie Scott 12th

Norman Neuenchwander 13th

Susan Livingston 14th

Barbara Mirsky 15th

Mary Salim 17th

June Teebles 21st

Linda Cook 27th

Judy Nieman 30th

Staff Birthday

Gene Blankenship July 15th



Remember PVM in Your Will ***Help an older adult keep their independence***

Use your independence to help others. By remembering PVM in your will, you'll be remembered as someone who cared for the independence of their neighbors.

What a powerful word: independence. It means so much, especially in July.

Today, think about what it means to you—and to your peers.

One day (if not already), you may be an older adult, living on your own. You may have financial independence, good health and the loving support of your family to help you stay in your home for as long as possible.

BUT...what if everything changed? What if an ongoing medical issue drained your finances? If you couldn't keep up with the day-to-day tasks of living on your own? If you didn't have family living close by? That's the situation many older adults are in...every day.

You care about your friends and neighbors. That's who you are.

But you're even more. You're a caring person with the power to help.

Learn how you can leave a gift that will create independence long into the future. Visit mylegacy.pvmf.org.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

A GIFT IN YOUR WILL
can change the lives of seniors.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045
mylegacy.pvmf.org

Presbyterian Villages
 OF MICHIGAN
 THE FOUNDATION

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

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248-634-0592

Village Staff

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Kristin Shannon
Administrative Assistant

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Mandy Sly
Service Coordinator

Derek Elkins
Maintenance Supervisor

EMERGENCY NUMBER 248-534-8263

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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



A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Holly Woodlands Board Members

Cheryl Carney

Kent Barnes

Sharlyn Gates

Reisa Hamilton

Pauline Kenner

Mary Lloyd

Dale Smith

Sally Swayne

William Walters

Embrace the possibilities