



# Village Herald



## Embrace the possibilities

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

SEPTEMBER 2017

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## Village Administrator

It is almost Fall, where has the time gone. The weather has been so unpredictable this year so you never know what Fall will bring. We should see the leaves begin to change colors and fall off the trees.

School will begin soon and the children will be out walking to and from school. Thank you for all the school supplies that were brought into the office for the children. We had 2 full boxes to give to the Holly Youth Assistance to give to those in need.

We had a busy month of August. Oakland County Commissioner Robert Hoffman was here for a visit and talked about what was happening in Oakland County. We also had Holly Village Manager Jerry Walker here to tell us what was happening in Holly. They were very informative and they also answered several questions from the residents.

We want to thank the Villager's restaurant for the great luncheon they provided for all the residents. If you missed it, you missed a delicious meal. We had almost 60 people in attendance.

Please make sure you check your calendar this month. There are several fun things coming up in September such as the Zoo and going to the new Hobby Lobby. Please be sure to sign up early.

Get out and enjoy the nice weather while it is here.

Deanna Coggins  
Administrator



## The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Look for PVM on:



# Cassie's Corner

September is full of fun new things to do  
watch for your memo packet for more details  
on upcoming events like

- ◆ The Detroit Princess River Boat Lunch Cruise
  - ◆ Senior Day at the Detroit Zoo
  - ◆ Volunteering opportunities
- ◆ Fiesta Bingo & Choir Concert with Oakland Woods
  - ◆ Soup Sale Fundraiser

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



*Photo by: Derek Elkins*

*Holly Woodlands Butterfly Garden*

*This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.*

## Fall is in the Air

As the weather starts to change we are reminded that fall is in the air. To some, fall reminds us of crisp cool air, warm delicious drinks and the color change. To others the word fall might mean something entirely different. According to the National Council on Aging (NCOA), every 11 seconds an older adult is seen in an emergency department for a fall-related injury. As we begin to age a fear of falling can become a part of our everyday lives, dictating the things we do and places we go. Luckily there are easy ways to manage your risk for falling!

The NCOA has six tips to help reduce your risk for falling:

Find a good balance and exercise program

Ask your health care provider for an assessment of your risk of falling

Regularly review your medications with your doctor or pharmacist to make sure the side effects aren't increasing your risk of falling

Get your vision and hearing checked annually and update your eye glasses

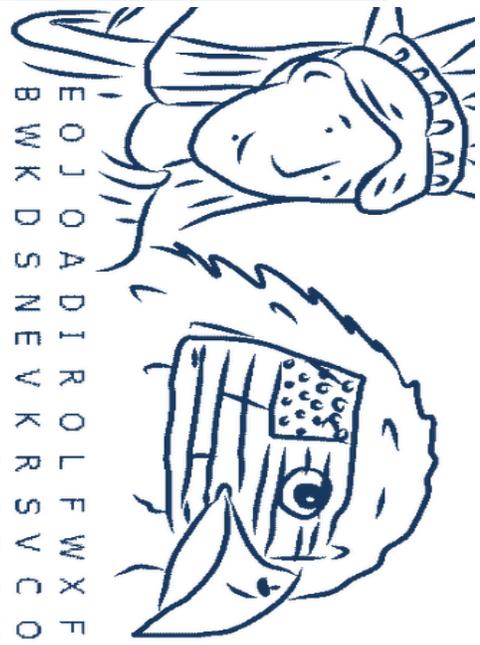
Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars in key areas

Enlist the support of your family members and PVM staff in taking simple steps to stay safe

By implementing some or all of these tips you can help reduce your risk of falling. Instead of worrying about **A** fall, you can instead enjoy **THE** fall!

*More information on how to reduce your risk of falling is available on the NCOA website: <https://www.ncoa.org/healthy-aging/falls-prevention/>*





# AMERICAN STATES



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| ARKANSAS      | NEW HAMPSHIRE  |
| CALIFORNIA    | NEW JERSEY     |
| COLORADO      | NEW MEXICO     |
| CONNECTICUT   | NEW YORK       |
| DELAWARE      | NORTH CAROLINA |
| FLORIDA       | NORTH DAKOTA   |
| GEORGIA       | OHIO           |
| HAWAII        | OKLAHOMA       |
| IDAHO         | OREGON         |
| ILLINOIS      | PENNSYLVANIA   |
| INDIANA       | RHODE ISLAND   |
| IOWA          | SOUTH CAROLINA |
| KANSAS        | SOUTH DAKOTA   |
| KENTUCKY      | TENNESSEE      |
| LOUISIANA     | TEXAS          |
| MAINE         | UTAH           |
| MARYLAND      | VERMONT        |
| MASSACHUSETTS | VIRGINIA       |
| MICHIGAN      | WASHINGTON     |
| MINNESOTA     | WEST VIRGINIA  |
| MISSISSIPPI   | WISCONSIN      |
| MISSOURI      | WYOMING        |
| MONTANA       |                |
| NEBRASKA      |                |

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Balance Exercise 9am	2
3  Church 6:00	4 Labor Day Office Closed Balance Exercise 9am 	5 Woodland Walkers 8:30 Celeste Market 1pm Holly Foods 9:30 Bible Study 10am Bingo 6:45	6 Drumming to the Beat 9am Senior Day at Detroit Zoo 9:30am Blood Pressure Checks 2pm Chair Yoga 6pm	7 Woodland Walkers 8:30 Davison Farmers Market 10am Bingo 6:45	8 Volunteer Meeting 10am Balance Exercise 9am	9 Prayer 6:00
10 Church 6:00 	11 Drumming to the Beat 9am Fiesta Bingo Noon Balance Exercise 9am	12 Woodland Walkers 8:30 Soup Stand 11am Bingo 6:45 Bag Folding 1pm	13 Drumming to the Beat 9am Walmart Fenton 9:30 Carpenter Church Free Bread 1pm Chair Yoga 6pm	14 Woodland Walkers 8:30 Bus Service 9-3 Bingo 6:45	15 Salvation Army & Sav-a-lot 10am Balance Exercise 9am	16
17 Church 6:00 	18 Drumming to the Beat 9am Villagers for Breakfast 8:30am Balance Exercise 9am Celeste Market 1pm	19 Woodland Walkers 8:30 Bible Study 10am Wellbridge Facility at 1:15 for Banana Splits Bingo 6:45	20 Drumming to the Beat 9am Vgs 9:30 Oakland Woods Choir Concert 1:15pm Blood Pressure Checks 2pm Chair Yoga 6pm	21 Woodland Walkers 8:30 Detroit River Boat. 10:15 Bingo 6:45	22 First Day Of Autumn Goodwill Holly 10am Balance Exercise 9am 	23 Prayer 6:00
24 Church 6:00 	25 Drumming to the Beat 9am Scenic Drive Seven Lakes State Park 11am Balance Exercise 9am Door Tag Craft 1pm	26 Woodland Walkers 8:30 CSFP Distribution 9-12 at the Wellness Center Bingo 6:45 Bag Folding 1pm	27 Drumming to the Beat 9am Kroger 9am Neighbor to Neighbor 12:30 Chair Yoga 6pm	28 Woodland Walkers 8:30 Bus Service 9-Noon Bingo 6:45	29 Hobby Lobby White Lake 9:30am Balance Exercise 9am	30 

***Goodbye Summer; Hello Fall!***  
**Seeds sewn years before are bearing fruit.**

**Almost nothing is more satisfying than seeing hard work and preparation pay off.** This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—***it's cider mill season!***

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer become so very worth it.

The season is also a great metaphor for a planned gift, **such as a gift in your will.** Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

**By doing the hard work now**—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—**you can create a bountiful harvest** which will survive long into the next “season.”

Learn how you can leave a gift in your will and start planning at [MyLegacy.pvmf.org](http://MyLegacy.pvmf.org).

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!

Paul J. Miller, CFRE

**LEAVE A Legacy**

Help support the PVM Mission during your lifetime and beyond.

**CONTACT US TO LEARN MORE**

**WAYS TO MAKE A PLANNED GIFT**

- > **Bequest in your will**
- > **Charitable Gift Annuity**
- > **Life Insurance**

**Presbyterian Villages OF MICHIGAN THE FOUNDATION**

For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[MyLegacy.pvmf.org](http://MyLegacy.pvmf.org)

# Service Coordinator News

Please join us every Monday and Wednesday at 9 am in the Wellness Center for Drumming to the Beat.

This will be a learning experience for all, with fun interactive drumming and movement.

No experience necessary!

Limited space, first come availability!

Please join us on Tuesday September 19th for a tour of Wellbridge of Fenton along with banana splits.



## 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 2<sup>ND</sup> FLOOR LOUNGE OF THE MANOR.

BEAUTY SALON: THIRD FLOOR OF THE MANOR.

PLEASE CALL BETSY AT 810-877-3747 TO SCHEDULE AN APPOINTMENT.

### 2017 Birthday List

*Robert Marshall 10th*

*Frances Austin 13th*

*Mary Wilkinson 15th*

*Judith Berry 16th*

*Frances Limban 16th*

*Donna Fisk 20th*

*Dottie Reed 26th*

### Staff Birthday

*Mandy Sly 10th*





# FAREWELL SHIRLEY



**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*

*Eugene Blankenship  
Maintenance Technician*

*Kristin Shannon  
Administrative Assistant*

*James Powers  
Maintenance Technician*

*Cassie Roberts  
Activity Coordinator*

*Tanzy Singleton  
Housekeeper*

*Mandy Sly  
Service Coordinator*

*Mitzi Uebel & Linda Wilkin  
Receptionist*

**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](http://www.pvm.org)



A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Holly Woodlands Board Members

*Kent Barnes*

*Sharlyn Gates*

*Reisa Hamilton*

*Pauline Kenner*

*Mary Lloyd*

*Dale Smith*

*Sally Swayne*

*William Walters*

**Embrace the possibilities**