



# Village Herald



## Embrace the possibilities

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

SEPTEMBER 2018

### Featured Articles

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## VILLAGE ADMINISTRATOR

I cannot believe that fall is fast approaching us. We will soon see the leaves begin to change color and then fall to the ground. Summer passed by too fast.

If you have not noticed yet we have our glider that we purchased with the money raised from our Friends and Family campaign. We changed the location of placement to the Rose Garden. We have been replacing some of the bushes as well to make it more attractive. We also purchased a swing to be placed in the Circle area. I hope that you enjoy these new additions to the property.

Please be sure to come out to the resident/administrators meeting on September 24<sup>th</sup> at 1:30 in the Circle Community Building. This meeting is the time to express your concerns and suggestions. I hope to see you all there.

Happy Fall!

Deanna Coggins  
Administrator



The Village of  
**Holly  
Woodlands**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



*This month we have a special guest columnist, Hope Wheeler. Hope recently graduated from Oakland University and is interning with PVM this summer.*

## If it's "Organic" is it "Healthier"?

Think back to the last time you were in a grocery store. Did you see any food labels with the word "organic" on them? When it comes to food, the word organic refers to the way in which food is produced. Organic foods are produced without using man-made pesticides, man-made fertilizers, human waste, radiation, genetic modification, antibiotics or hormones. Unfortunately, foods that aren't produced organically may contain some of these potentially harmful substances.

Though buying organic foods can be pricey, from a health standpoint limiting your exposure to harmful substances is generally a good idea. Because certain types of produce contain little to no pesticide residue without being produced organically, you can limit your pesticide exposure and save money by purchasing conventionally grown versions of these foods. Each year the Environmental Working Group, a non-profit, non-partisan organization dedicated to empowering people to live healthier lives in a healthier environment publishes two lists: the "Dirty Dozen" and the "Clean Fifteen" to help consumers decide which produce to buy organic and which to not. For more information, visit <https://www.ewg.org/foodnews>.

Whether you buy organic produce or not, to get the most "bang for your buck" shop at farmers markets, buy fruits and vegetables that are in season, and freeze any extra produce you may have. Also, remember to wash, trim, and peel your produce to reduce your pesticide exposure and to increase the health benefits, eat a wide variety. The more colors on your plate the better!

When it comes to our bodies, we invest a lot of time and money taking care of the outside (clothes, hair, shoes, makeup, etc.), shouldn't we do the same for the inside? To learn more about organic foods and their potential impact on your health, visit <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>.



# Autumn Word Search

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

ACORN  
 APPLE CIDER  
 AUTUMN  
 BONFIRE

FAMILY  
 HAYRIDE  
 LEAVES  
 PUMPKIN

SCARECROW  
 SMORES  
 TURKEY  
 THANKS

## 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

**THERESA RODGERSON 9-8**

**ROBERTS MARSHALL 9-10**

**MICHAEL GABOURY 9-14**

**MARY WILKINSON 9-15**

**JUDITH BERRY 9-16**

**FRANCES LIMBAN 9-16**

**DONNA FISK 9-20**

**DEE MILLER 9-21**

**DOTTIE REED 9-26**

### STAFF BIRTHDAYS

**MANDY SLY 9-7**

## Lady Huron River Boat Tour



***Retired teacher, Betty did a wonderful thing.******She honored her happy home, friends and family by leaving a gift in her will.***

Betty left a gift in her will that helped build The Karl and Frieda Kleemann Chapel at The Village of East Harbor and provide stained-glass windows.

Before her passing, Betty said she always believed in the PVM mission to serve older adults. She was delighted to honor her parents and a dear friend through the gift in her will.

Betty wanted to give back to her “happy home for these many years.” She wanted to make sure her gift would help future residents—people she’d never know! And she did! Today the chapel is a place where seniors of all faiths can gather, and Betty’s legacy shines!

***Anyone can leave a bequest. You have the power to answer future prayers today!***

Contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org) to learn more, or visit [mylegacy.pvmf.org](http://mylegacy.pvmf.org).



# Service Coordinator News

9-11-18 11 am EMT Basic First Aid Training:

Presented by Holly Township EMT's.

9-20-18 10 am Chief Assistant Prosecutor Paul Walton:

Presentation on Fraud Prevention and Internet Scams.

Blood pressures will be conducted the day of the resident meeting,  
half hour before and after.

LEAVE A  
*Legacy*

Ways to make  
a Planned Gift

Support PVM during your  
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

**CONTACT US TO LEARN MORE**

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller  
248.281.2045 [www.pvmgifts.org](http://www.pvmgifts.org)

 **Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2 Church 6:00	3  Chair Exercise 9am 	4 Lunch Sale 11am Food Samples 1-3 Bible Study 10am Woodland Walkers 9am Bingo 6:45	5 Kroger 9am Neighbor to Neighbor 12:30 Chair Yoga 6pm Blood Pressure 2pm Choir 2:30pm	6 Bus Service 9-3 Woodland Walkers 9am 	7 Goodwill Holly 10am Chair Exercise 9am	8 Prayer 6:00 
9 Church 6:00 	10 Fiesta Bingo With Oakland Woods Noon Chair Exercise 9am 	11 EMT Basic First Aid Training 11am Bible Enrichment 10am Woodland Walkers 9am Bingo 6:45	12 Choir 2pm Chair Yoga 6pm	13 Woodland Walkers 9am Bingo 6:45	14 Chair Exercise 9am	15 
16 Church 6:00	17 Dollar Tree 10am Mandala Tile Craft 1pm Chair Exercise 9am	18 Walmart Fenton 9:30 Bible Study 10am Woodland Walkers 9am Bingo 6:45	19 Cranbrook House Tour & Luncheon 10am Choir 2pm Chair Yoga 6pm	20 Fraud Prevention Presentation 10am Movie Day 1pm "The Bear" Woodland Walkers 9am Bingo 6:45	21 Joann Fabrics & Logan's Roadhouse 10:30 Chair Exercise 9am	22 Prayer 6:00 
23 Church 6:00 	24 Holly Donut Shoppe 10am Resident Administrator Meeting 1:30pm Blood Pressure 1pm Chair Exercise 9am	25 CSFP Distribution 9-11 at the Wellness Center Woodland Walkers 9am Bible Enrichment 10am Seven Lakes Color Drive 1pm Bingo 6:45	26 Vgs 9:30 Carpenter Church Free Bread 1pm Chair Yoga 6pm Choir 2pm	27 Bus Service 9-3 Woodland Walkers 9am Bingo 6:45 	28 Spicer's Cider Mill & Hay Ride 12:30 Chair Exercise 9am	29 
30 Church 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**

**James Powers**  
*Maintenance Technician*

**Tanzy 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)



A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Holly Woodlands Board Members

*Kent Barnes*

*Reisa Hamilton*

*Pauline Kenner*

*Mary Lloyd*

*Dale Smith*

**Embrace the possibilities**