



# Village Herald



## Embrace the possibilities

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

JANUARY 2018

### Featured Articles

- CALENDAR PG 3
- WORD SEARCH PG 4
- SERVICES & BIRTHDAYS PG 5

## VILLAGE ADMINISTRATOR

HAPPY NEW YEAR!!!!

I HOPE EVERYONE HAD A GREAT Christmas and is looking forward to a new year. The New Year is the time that most people make New Year resolutions. Have you made yours yet? Most of the time we make resolutions and by March we do not even remember what they were. I try to just make goals that I know I can achieve month by month.

Thank you to all those who filled our offices with the goodies, cards and thoughts. The staff enjoyed and appreciated them all. It is always fun to share the cookies, candy and chocolate.

The snow has arrived!! Please use extra caution when going outside. Be sure to bundle in layers and wear the correct shoes for the snow. Maintenance will be working hard to keep all the sidewalks clear. If you notice any areas that need more attention, please contact the office.

We will be having our Resident/Administrator meeting on January 17<sup>th</sup> at 1:30 pm in the Manor community room. Please come and join us to discuss ideas for the coming year.

Have a great start to the year,

Deanna Coggins

Administrator



## The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Service Coordinator News

Jan 11 - 10am ATI Physical Therapy: Introduction to Strength Exercises: Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones and improved flexibility. For seniors, there are additional benefits, like the fact that regular exercise reduces the risk of chronic diseases, lowers the chance of injury and can even improve one's mood.

Jan 16 - 10am OLSHA: Home Safety: Older adults, ages 60 or older, who live in Oakland and Livingston County can receive safety devices for their home. Items may help assure the safety of older adults in the bathroom, at night, in emergencies, and during everyday routines. Program delivers and installs all types of devices that allow greater comfort or mobility to frail, older adults.

Jan 30 - 1pm Mission Pointe Introduction: Our facility offers a wide continuum of nursing and rehabilitation services to help our residents reach their ultimate healthcare goals. We offer a comfortable and caring environment, always providing the highest level of quality, dignity and respect for our residents. With our special focus on short-term and physical rehabilitation stays, Mission Point Nursing & Rehabilitation Center of Holly provides our residents with access to highly trained and specialized nurses, therapists and caregivers, to ensure healthy and successful recoveries.

**CHECK**  
*it* **OUT**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. <i>New Years Day Office Closed</i> 	2. <i>Decorating Committee Valentine planning Meeting 1pm Bible Study 10am</i>	3. <i>Holly Foods 9:30 Carpenter Church Free Bread 1pm Chair Yoga 6pm Choir 2pm</i>	4. <i>Michael's &amp; Leos Coney 10am Bingo 6:45</i>	5. <i>Goodwill Holly 10am Balance Exercise 9am</i>	6.
7.  <i>Church 6:00</i>	8. <i>Tropical Oasis Bingo at Oakland Woods 11:20am Balance Exercise 9am</i>	9. <i>Soup Day 10:30am Bingo 2 &amp; 6:45 Bag Folding 1pm</i>	10. <i>Walmart Fenton 9:30 Chair Yoga 6pm Blood Pressure 2pm Choir 2pm</i>	11. <i>ATI Physical Therapy 10am Bus Service 9-3 Bingo 6:45</i>	12. <i>DollarTree 10am Balance Exercise 9am Bingo 2 pm</i>	13. <i>Prayer 6:00</i> 
14 <i>Church 6:00</i> 	15 <i>Martin Luther King Day Office closed Balance Exercise 9am</i> 	16 <i>OLSHA: Home Safety 10am Boston's Lunch Bunch 11am Bible Study 10am Bingo 2 &amp; 6:45</i>	17 <i>Vgs 9:30 Administrator- Resident Meeting 1:30 Manor Celeste Market 1pm Chair Yoga 6pm</i>	18 <i>Origami Class 1pm Bingo 6:45</i>	19 <i>Winter Chill Potluck Noon Balance Exercise 9am Bingo 2 pm</i>	20
21 <i>Church 6:00</i> 	22 <i>Dollar General 10am Balance Exercise 9am</i>	23 <i>National Pie Day 1pm Bingo 2 &amp; 6:45</i>	24 <i>Kroger 9am Neighbor to Neighbor 12:30 Chair Yoga 6pm Blood Pressure 2pm Choir 2pm</i>	25 <i>Bus Service 9-3 Bingo 6:45</i>	26 <i>Movie Day 1pm Balance Exercise 9am Bingo 2 pm</i>	27 <i>Prayer 6:00</i> 
28 <i>Church 6:00</i> 	29 <i>Community Threads 10am Balance Exercise 9am</i>	30 <i>Mission Pointe Introduction 1pm CSFP Distribution 9-12 at the Wellness Center Bingo 2 &amp; 6:45</i>	31 <i>Meijer 9:30 Choir 2pm</i>			

# WINTER WORD SEARCH



## WORDS TO FIND:



Am

## 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 Sally @ 248-534-5641 to schedule an appointment.

### **2017 BIRTHDAY LIST**

**DOROTHY BATCHELDER 1-1**

**JANET MACARTHUR 1-1**

**MARIE WRIGHT 1-2**

**JANETT MATHEWSON 1-3**

**DARLENE HAREMZA 1-3**

**ERNEST SARVER 1-7**

**ALFRED WESTON 1-12**

**RICKY PRESTON 1-14**

**JOAN HINDMARSH 1-20**

**PHILIP HENRY 1-26**

## BIRTHDAYS



## Older adults can THRIVE because of donors like YOU!

Going to the mall to return gifts today?...Or grocery shopping? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Michigan has moved from the **30<sup>th</sup> oldest state** in the USA to the **10<sup>th</sup> oldest**.



This is what Thriving looks like!

### **So what?**

More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

You strengthen the economy by keeping seniors active in their communities. **You're the reason that PVM residents Michiganders can thrive as they age.**

Thank you for caring and THANK YOU FOR GIVING!!

If you have any questions or comments, please contact us at 248-281-2040 or

[pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

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](http://mylegacy.pvmf.org)



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

This is very clever. I would probably fall for it if not warned. Give this wide distribution. This scam is actually very clever. Just when you thought you'd heard it all. Be very careful out there! Beware of people bearing gifts.

The following is a recounting of the incident from the victim:

Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: "Express Couriers," (The name could be any courier company). He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in roughly an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and a bottle of wine. I was very surprised since there was no special occasion or holiday, and I certainly didn't expect anything like it. Intrigued, I inquired as to who the sender was.

The courier replied, "I don't know, I'm only delivering the package."

Apparently, a greeting card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift.

He then went on to explain that because the gift contained alcohol, there was a \$3.50 "delivery/verification charge," providing proof that he had actually delivered the package to an adult (of legal drinking age), and not just left it on the doorstep where it could be stolen or taken by anyone, especially a minor.

This sounded logical and I offered to pay him cash. He then said that the delivery company required payment to be by credit or debit card only, so that everything is properly accounted for, and this would help in keeping a legal record of the transaction.

He added, "Couriers don't carry cash to avoid loss or likely targets for robbery."

My husband, who by this time was standing beside me, pulled out his credit card, and 'John,' the "delivery man," asked him to swipe the card on a small mobile card machine with a small screen and keypad. Frank, my husband, was asked to enter his PIN number and a receipt was printed out. He was given a copy of the transaction.

The guy said everything was in order, and wished us good day.

To our horrible surprise, between Thursday and the following Monday, \$4,000 had been charged/withdrawn from our credit/debit account at various ATM machines.

Apparently the "mobile credit card machine," which the deliveryman carried now had all the info necessary to create a "dummy" card with all our card details including the PIN number.

Upon finding out about the illegal transactions on our card, we immediately notified the bank which issued us a new card, and our credit/debit account was closed.

We also personally went to the Police, where it was confirmed that it is definitely a scam because several households had been similarly hit.

**WARNING:** Be wary of accepting any "surprise gift or package," which you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the gift or package. Also, never accept anything if you do not personally know or there is no proper identification of who the sender is.

Above all, the only time you should give out any personal credit/debit card information is when you yourself initiated the purchase or transaction!



# Choir News

**We will meet every Wednesday at 2pm**

**in the Manor Community Room**

**If you would like to join the choir,**

**it will take a small commitment on your part of agreeing**

**to come to all practices**

**(you may miss one a month if needed)**

**Also you must be at the last two practices prior to a performance.**

**We are currently practicing for a**

**Valentine's Day concert & St. Patrick's Day concert.**

**Practice will resume on January 3rd**

**We hope to see you there.,**

**Any questions or cancellations please call Dawn @ 586-567-9010**

**choir practice**



## 10 TIPS FOR IMPROVING BRAIN HEALTH

This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

- 1) BREAK A SWEAT.** Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.
- 2) HIT THE BOOKS.** Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.
- 3) BUTT OUT.** Quit smoking. Smoking increases your risk of cognitive decline.
- 4) FOLLOW YOUR HEART.** Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.
- 5) HEADS UP.** Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.
- 6) FUEL UP RIGHT.** Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.
- 7) CATCH SOME ZZZ'S.** Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.
- 8) TAKE CARE OF YOUR MENTAL HEALTH.** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.
- 9) BUDDY UP.** Pursue meaningful social activities. Staying socially engaged supports brain health.
- 10) STUMP YOURSELF:** Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides short and long-term brain benefits.



**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 Shannon**  
*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*

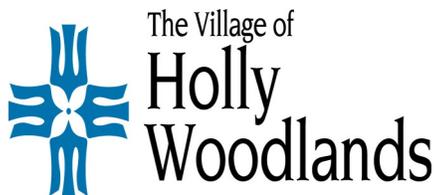
**James Powers**  
*Maintenance Technician*

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



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**