



# Village Herald



## Embrace the possibilities

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

OCTOBER 2019

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## VILLAGE ADMINISTRATOR

‘HAPPY FALL! Soon the leaves will begin changing colors and falling off the trees. Holly Woodlands is a beautiful place to be in the Fall. We truly enjoy all the trees as they give us a colorful sight.

The staff enjoyed a Team Building exercise in September. We went to an Escape Room. Sorry to say we did not crack the case in the time allotted but had a great time working as a team to solve the problem.

I apologize for the resident meeting being canceled in September. I was able to travel to Florida the week of the meeting. It has been rescheduled for October 28<sup>th</sup> at 1:30 pm in the Manor. Please plan on attending. We gather great information at these meetings.

Deanna Coggins  
Administrator



The Village of  
**Holly Woodlands**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



## Train Your Brain to be More Positive – Take the 21 Day Challenge!

Over the course of two decades, Harvard educated psychologist Shawn Achor has studied and helped advance the field of positive psychology. As many of you I am sure already know, it turns out that having a positive outlook (i.e., having a positive brain) is good for you. His research found that people with positive brains have fewer illnesses; feel less stress; experience less pain; have more energy; are more productive; and report being happier. He also discovered that contrary to what many people believe, you can train your brain to be more positive - and you can do it in just 21 days! If you engage in the following 5 activities for 21 days in a row, you will begin “rewiring” your brain to be more positive and start reaping the ensuing benefits.

**The 3 Gratuities.** Each day write down 3 new things you are grateful for and why. Be specific. For example, don’t simply write “I am grateful for my family”. Instead, write “I am grateful for my son Bob because he calls me every Friday and makes me laugh when we talk”.

**The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Write down as much detail as you can recall (e.g. where you were, what you said, what was happening, who else was there, when it happened, how you felt, etc.). Doing so will cause your brain to “relive” the moment thus doubling the positive experience.

**The Fun Fifteen.** Each day engage in 15 minutes of intentional physical activity. If it’s been awhile since you’ve been active, start with 2 minutes and work your way up to 15. The important thing is to do it regularly. Make sure to consult with your doctor first in case there are certain activities you shouldn’t be doing. Otherwise, do what you enjoy.

**Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.

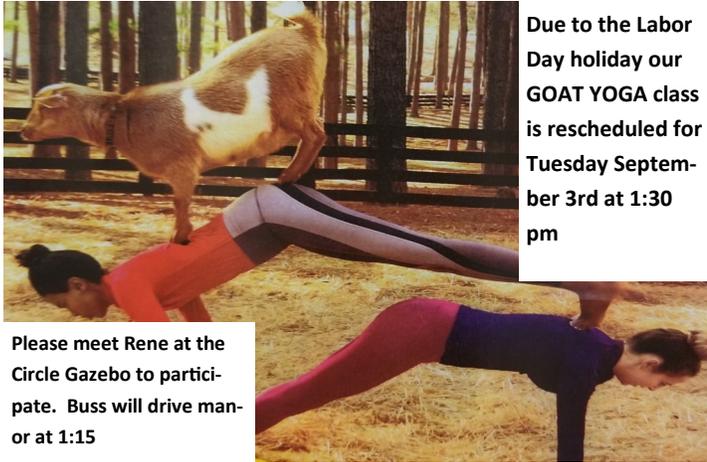
**Conscious Acts of Kindness.** Each day write and send a letter or email to someone in your social circle (family member, friend, co-worker, neighbor, past teacher, etc.) thanking and praising them. For example, “I want you to know how thankful and lucky I am to have you as a friend. Whenever I am feeling down, you always know just the right thing to say to cheer me up”. Remember to not only thank them, but to be specific as to what you are thanking them for.

## The Village of Holly Woodlands Classifieds

- **A big heartfelt thank you to ALL of the kind Holly Woodland Residents that had my family and I in their thoughts and prayers during the recent passing of my father-in-law. The beautiful cards signed and left for me were truly appreciated. Thank you—Rene**
- **Resident, Jon Retzlaf, would like to offer a wood carving class at NO charge to the residents. Please contact Jon at (248) 425-7219 for details if interested in learning a new hobby!**
- **If you have any old or odd coins that you would be interested in selling or learning the value of, please contact resident coin expert: Wayland Stroud (248) 270-6780.**
- **Please note that there are now index cards located on the Wellness/Activity board outside of Rene’s office in the manor for your use. You may pick-up a blank card to fill out and leave with any:**

**”Suggestions - Solutions - Support “**

***Don’t ask why, ask why not!***



Due to the Labor Day holiday our GOAT YOGA class is rescheduled for Tuesday September 3rd at 1:30 pm

Please meet Rene at the Circle Gazebo to participate. Buss will drive man-or at 1:15



For the residents that missed the Goat Yoga, here are a few fun shots!

Craft Day!



September Birthdays!



# SPOOKY HALLOWEEN WORD SEARCH

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



- bats
  - candy
  - ghost
  - magic
  - spooky
- costume
  - goblins
  - haunted
  - October
  - pumpkin
- witches
  - vampires
  - halloween
  - jackolantern
  - trickortreat

