



Village Herald



Embrace the possibilities

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

November 2013

Featured Articles

- Smart Giving** Pg 2
- Flu Season** Pg 3
- Toy Project** Pg 5
- Calendar** Pg 6

Village Administrator

It's November already. I cannot believe how the year is flying by. It just seems like yesterday we were taking the Christmas decorations down and now it is almost time to put them back up.

I would like to thank everyone who completed their satisfaction surveys. As soon as I receive the results we will be scheduling meetings to discuss them. It is always good to receive feedback from the residents so we can see what we need to focus on.

We are coming into the season where we will be seeing that "white stuff" flying through the air. The maintenance department will try their best to keep up with the sidewalks. However, if you see an area that needs attention, please call the office immediately. We will be sending out the snow removal policy as a refresher. If you have any questions regarding the policy, please feel free to contact me.

Please remind your guests to park in the middle of the parking area to allow the end parking areas to remain open for the residents. This allows the residents to be closer to the entrance of the buildings.

This is the time of year that we take a few moments to ponder on all the things we have to be thankful for. I am very thankful for the Holly Woodlands Team. They are great to work with and I am thankful that they are all so dedicated to making Holly Woodlands a great place for the residents to enjoy. I am also thankful to all the residents. I enjoy speaking to and learning for each of you. You have so many great stories to share and I appreciate hearing them. I wish all of you a very happy Thanksgiving.

Deanna Coggins
Administrator



The Village of
Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Service Coordinator Corner

CONSUMER ALERT

**BILL SCHUETTE
ATTORNEY GENERAL**

'TIS THE SEASON FOR WISE CHARITABLE GIVING

This is the time of year when charitable organizations pull at both your heartstrings and your purse strings. During this season, generous Michigan citizens are asked to give time, money, or goods to charities that do important work in our communities.

As donors, we must choose among the many charities asking for our donations. Although most of these organizations operate with charitable intentions, there are a number of "charities" in which little of your donation finds its way to a worthy cause. You have a right to know how your donation will be used. The many wonderful, legitimate charities in Michigan will be happy to provide you any information you request.

This alert is intended to help you make an educated choice during these hard economic times when it more important than ever to ensure that your donation is used wisely. In addition to this alert, Michigan nonprofits and the Attorney General have partnered to create a joint release Giving Wisely-Helping Michigan Citizens Be Savvy Donors which is available on the Attorney General's website at www.michigan.gov/agcharities. Below are some of the tips to help you give wisely.

YOU ARE ENTITLED TO ANSWERS TO ALL THE FOLLOWING QUESTIONS BEFORE YOU DONATE:

What is the name, address, and phone number of your organization?

If a charity won't provide this information or give you time to verify it, this should raise a red flag, particularly if the request for your money comes by telephone from an unfamiliar organization. You may always ask that information about the charity be mailed to you before you make a decision.

Website solicitations should give you a street address and contact information - don't settle for a post office box number. If the solicitation is face to face, ask to see the identification given to the solicitor by the charity, and if you have any doubts, tell the person soliciting that you will need time to consider which charities you will be able to support this year.

Is your organization registered to solicit donations by the Michigan Attorney General's office? What is your registration number?



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Tis the Season: Flu Season!

The flu is a highly contagious respiratory illness that can have serious health consequences, especially for seniors. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall/winter. It starts as early as October, peaks in January or February, and ends as late as May.

The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

- Washing your hands often with soap and water or an alcohol-based hand rub.
- Avoiding touching your eyes, nose, or mouth (germs spread this way).
- Avoiding close contact with sick people.
- Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food).
- Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it).
- Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.



Donor Names Bryant Garden in Honor of Mother

Detroit native Janet DeVold has been a resident at The Village of Oakland Woods for six years. After seeing how much her mother, Velma Smith Bryant, thrived at The Village of Woodbridge Manor in her first year, she wanted to experience that quality of life first-hand. “Living at Oakland Woods is like my own little paradise. I didn’t know I would enjoy all the resident activities as much as I do,” she says.

Velma had a wonderful passion for gardening and volunteered in the seniors’ garden at the Hannan House in Detroit for years. She asked Woodbridge Manor for a raised bed garden for the seniors, but the funds were not available. Janet, knowing how much it would mean to mother, decided she would take action and made a generous donation to The Village of Woodbridge to make it happen. “I wanted to pay tribute to mother by honoring her passion for gardening and provide an outlet for others who love it,” says Janet. When Velma found out the garden would be named after her, she was so pleased and proud.



Velma Bryant



Janet DeVold

The raised bed garden, named 1300 Bryant Garden, was completed this past summer with numerous vegetable and herbs planted, including collard greens, tomatoes, peppers and more. Sadly, Velma passed away in August at age 99, only a few days before the garden dedication took place. Janet attended the dedication with family members to honor her mother and to participate in the Resident Memorial Ceremony. “To anyone who is thinking about donating, do it. It could help seniors in so many ways,” says Janet.

Thank you, Janet, for your generosity and thoughtful tribute in memory of Velma that will leave behind a wonderful legacy for current and future residents.

Warm regards,
Paul J. Miller, CFRE



Jacobson-Quinn Toy Project

We are approaching the time of year again when families are in need of our help with Christmas for their children.

The Jacobson-Quinn Toy Project helps provide Christmas gifts to over 350 local Holly families. This is the 31st year this organization has been helping local families.

Listed below are items that you can donate to help out. All items can be donated at the Holly Woodlands office. Please leave all items unwrapped. Please donate new items in good condition.

- Board Games
- Dolls
- Puzzles
- Action Figures
- Sports Equipment
- Art Supplies
- Small Stocking Stuffers

If you have any questions, feel free to contact Heather at 248-634-0595 or Holly Area Youth Assistance at 248-328-3181.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <i>Church Service</i> 3:00	4 <i>Workout Stretch</i> 10:00 <i>Euchre</i> 1:00 <i>Celeste</i> 1:00 <i>Scrabble</i> 3:00 <i>Bingo</i> 7:00	5 <i>Matter of Balance</i> 10-12 <i>Bible Study</i> 10:00 <i>Craft Class</i> 2:00 <i>Password</i> 2:00	6 <i>VG'S</i> 9:30 <i>Bingo</i> 7:00	7 <i>Bus Service</i> 9-12 <i>Focus Hope</i> 1:00 <i>Making Holiday</i> <i>Party Deco</i> 2:00	8 <i>Dollar Tree</i> 9:30 <i>Yahtzee</i> 7:00	9
10	11 <i>Workout Stretch</i> 10:00 <i>Euchre</i> 1:00 <i>Scrabble</i> 3:00 <i>Bingo</i> 7:00	12 <i>Matter of Balance</i> 10-12 <i>Bible Study</i> 10:00 <i>Pictionary</i> 2:00 <i>Craft Class</i> 2:00	13 <i>Holly Foods</i> 9:30 <i>Bingo</i> 7:00	14 <i>Making Holiday</i> <i>Party Deco</i> 2:00	15 <i>Workout Strength</i> 10:00 <i>Bronner's and</i> <i>Lunch</i> 10:30 <i>Yahtzee</i> 7:00	16
17 <i>Church Service</i> 3:00	18 <i>Workout</i> <i>Stretch</i> 10:00 <i>Scrabble</i> 3:00 <i>Bingo</i> 7:00	19 <i>Matter of Balance</i> 10-12 <i>Bible Study</i> 10:00 <i>Quib Quibbler</i> 2:00	20 <i>Kroger's</i> <i>Davisburg</i> 9:30 <i>Bingo</i> 7:00	21 <i>Bus Service</i> 9-11 <i>Lunch Bunch</i> <i>Cracker Barrel</i> 12:00 <i>Making Holiday</i> <i>Party Deco</i> 2:00	22 <i>Workout Strength</i> 10:00 <i>White Elephant</i> <i>Gift Auction</i> 12:00 <i>Yahtzee</i> 7:00	23
24	25 <i>Workout Stretch</i> 10:00 <i>Euchre</i> 1:00 <i>Scrabble</i> 3:00 <i>Bingo</i> 7:00	26 <i>Matter of Balance</i> 10-12 <i>Bible Study</i> 10:00 <i>Craft Class</i> 2:00 <i>Password</i> 2:00	27 <i>Wal-Mart Grand</i> <i>Blanc</i> 1:00 <i>Bingo</i> 7:00	28 <i>Happy</i> <i>Thanksgiving</i> <i>Office Closed</i>	29 <i>Office Closed</i> <i>Yahtzee</i> 7:00	30

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> SENIOR NUTRITION PROGRAM NOVEMBER 2013 </div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE WITHOUT NOTICE MARGARINE & 1/2 PT OF MILK SERVED WITH EVERY MEAL		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 888-886-8971		1 SLICED TURKEY W/GRAVY WHIPPED POTATOES PEAS BREAD SELECTED FRUIT DESSERT
4	5	6	7	8
POTATO ENCRUSTED FISH W/VEGETABLE BROWN RICE STEAMED SPINACH BREAD SELECTED FRUIT DESSERT	CHOPPED STEAK W/GRAVY MASHED POTATOES MIXED VEGETABLES BREAD SELECTED FRUIT DESSERT	BAKED MACARONI & CHEESE STEWED TOMATOES GREEN BEANS BREAD SELECTED FRUIT DESSERT	CHEESEBURGER ON BUN W/MUSTARD & KETCHUP POTATO WEDGES 3 BEAN SALAD SELECTED FRUIT DESSERT	BAKED HAM SWEET POTATOES TOSSED SALAD BREAD SELECTED FRUIT DESSERT
11	12	13	14	15
MEATLOAF W/GRAVY OVEN BROWNED POTATOES CAPRI VEGETABLES BREAD SELECTED FRUIT DESSERT	CHICKEN, VEG, DUMPLING CASSEROLE STEAMED BROCCOLI MIXED GREEN SALAD BREAD SELECTED FRUIT DESSERT	COUNTRY FRIED STEAK WITH GRAVY MASHED POTATOES GREEN BEANS BREAD SELECTED FRUIT DESSERT	PULLED PORK SANDWICH POTATO SALAD COLESLAW SELECTED FRUIT DESSERT	BEEF CHILI WEDGE POTATOES MIXED VEGETABLES BREAD SELECTED FRUIT DESSERT
18	19	20	21	22
STUFFED CABBAGE MASHED POTATOES GREEN PEAS BREAD SELECTED FRUIT DESSERT	TUNA SALAD PLATE OVER MIXED GREENS, CHEESE, SL.CUCUMBERS, GRAPE TOMATOES, VEGGIE PASTA SALAD BREAD SELECTED FRUIT DESSERT	VEGETABLE LASAGNA CAPRI VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT	"TURKEY DAY GOBBLINGS" TURKEY W/STUFFING WHIPPED POTATOES WHOLE GREEN BEANS BREAD CRANBERRY SAUCE PUMPKIN PIE	MEATBALLS W/GRAVY REDSKIN POTATOES 3 BEAN SALAD BREAD SELECTED FRUIT
25	26	27	28	29
MOSTACCIOLI W/SAUCE ITALIAN GREEN BEANS TOSSED SALAD BREAD SELECTED FRUIT DESSERT	CHICKEN ALA KING MIXED VEGETABLES CARROT RAISIN SALAD BREAD SELECTED FRUIT DESSERT	"MRS.DASH" LEMON BAKED FISH RICE PILAF COLE SLAW BREAD SELECTED FRUIT DESSERT	CLOSED	Thanksgiving CLOSED

MANAGED BY PARAGON MANAGEMENT, INC. *SPONSORED BY THE COMMUNITY OF CHRIST CHURCH* FUNDED THROUGH THE AREA AGENCY ON AGING 1-B, OSA, OAA
 OTHER CONTRIBUTORS: THE LIVINGSTON COUNTY COMMISSIONERS * THE LIVINGSTON COUNTY SENIOR NUTRITION PROGRAM COMPLIES WITH ALL CIVIL RIGHTS AND SOCIAL REHABILITATION ACTS.

APPROVED: 9/26/11

Services Offered at Holly Woodlands

Focus Hope: Second Thursday of every month.

Holly Foot and Ankle: They are here every other month.

Bible Study: Every Tuesday at 10:00 in the second floor lounge.

CVS Deliveries: CVS will deliver prescriptions every Tuesday and Thursday at 2:00.

Beauty Salon: Third floor of the Manor. Melissa will be here by appointment only.

810-875-7269

Church Service: Church service is on the first and third Sunday of the month at 3:00 in the Manor Community room.

November 2013 Birthday List

Happy Birthday!

Carol Mueller	11-3
Karl Robinson	11-3
Donna McKeny	11-24
Katherine Hollister	11-28
Mary Swartz	11-28



**TAX-FREE RELIEF
IS DOG GONE
GOOD NEWS!**

If you are 70½ or older, you can distribute a portion of your IRA to Presbyterian Villages of Michigan Foundation, tax-free.



**Presbyterian
Villages
OF MICHIGAN**
THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation **248.281.2045**
www.pvmgifts.org

READ ALL ABOUT IT!



Dress for the Season

Each fall I do the annual migration of clothes in my closet. I put the summer clothes away and replace them with winter clothes. This annual ritual is necessitated by the change in the weather and my need to be prepared for it. So my question to you is, “Is your wardrobe ready for the winter weather?”

My reason for asking is that I have often seen seniors going outside and not wearing the proper footwear, such as non-skid boots or shoes. Your comfortable slippers or shoes are just not going to cut it when there is snow or ice on the ground. While we do our best to clear the snow and ice, it is an impossible task in Michigan to get every spot cleared. Be prepared.

Do you have a winter coat available, along with a hat and gloves? You might not think you need them as you don’t go out much in the winter, but what would you do if you had to? Hypothermia, the loss of body heat, is a serious problem for seniors in the northern climates. Layering of clothes will keep you warm without a lot of bulk. Gloves are a must. Sunglasses can help with the glare that comes off the white snow. A scarf that you can pull up over your mouth and nose will help warm the air you are breathing in.

It is also important in the winter to check the weather forecast before you head out the door. Is a storm on the way? If so, perhaps that trip to the store can wait for another day.

No one wants to stay in the house all winter as cabin fever can set in. It pays to be smart and be prepared for the weather. Those of us who have lived in Michigan for a number of years know that winter can be a wonderful season as long as we are ready for it.

**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

Office Number

248-634-0592

Village Staff

Deanna Coggins
Administrator

Heather Green
Administrative Assistant

John Chandler
Service Coordinator

Cassie Roberts
Activities Coordinator

Justin Lay
Maintenance Supervisor

Carl Smith
Maintenance Technician

Gene Blankenship
Maintenance Technician

Receptionist
Bernice Riggs

Angel Marker
Housekeeper

Derek Elkins
Groundskeeper

EMERGENCY NUMBER

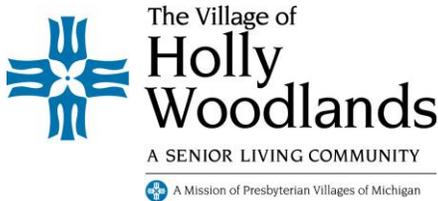
248-534-8263

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



**3325 Grange Hall Road
Holly, MI 48442**

Holly Woodlands Board Members

Kesha Akridge
Kent Barnes
Elena Danishevskaya
James Gotch
Reisa Hamilton
Pauline Kenner
Mary Lloyd
Bernice Riggs
William Walters

Embrace the possibilities