



Mill Creek Scoop



Embrace the possibilities

300 Carl Avenue • Battle Creek, Michigan 49037 • www.pvm.org

November 2016

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The Village of Mill Creek celebrated Halloween with a Spooktacular Party!

Residents enjoyed a creepy taco bar and ghoulish desserts after a game of BINGO! Thank you to everyone that made it a success.



The Village of Mill Creek

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





YOU matter.

Thank you for being our hero!

You've given PVM residents and seniors all of this—

A safe and secure home.

New friends and experiences.

A chance to **thrive** in their golden years.

Hope.

And more—and we couldn't be more grateful for you!

We give thanks to you, our hero, for **making life better** for older adults. Not only this season, but all year round.

Thank you!

Wishing you and your family a blessed and Happy Thanksgiving,

Paul J. Miller, CFRE





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Answers to Fact or Fiction?

Below are the answers to the true or false statements published in last month's column.

1. **FALSE.** It is NOT very difficult for older adults to learn new things. It is well established that those who regularly practice their learning skills maintain their learning efficiency over their life span.
2. **FALSE.** Clinical depression DOES NOT occur more frequently in older than younger people. There is no evidence that depression occurs more often in older adults than younger groups, and it should not be considered a normal part of aging.
3. **FALSE.** Personality DOES NOT change with age. Particular traits in youth and middle age will not only persist but may be more pronounced in later life.
4. **TRUE.** Older adults DO have more trouble sleeping than younger adults do. They often experience sleep changes such as taking longer to fall asleep, frequent awakenings, daytime napping, and lighter sleep.
5. **TRUE.** Physical strength DOES decline in old age. However, research shows that weight bearing exercise, aerobics, and weight resistance can restore muscle strength, increase stamina, stabilize balance and minimize falls.
6. **FALSE.** Older people are NOT happier if they are allowed to disengage from society. There is substantial evidence that people who remain active and engaged have higher levels of function and happiness.
7. **TRUE.** Older persons DO take longer to recover from physical and psychological stress. However, older adults who have developed active and health lifestyles may be able to resist some of the negative effects of stress or illness.
8. **TRUE.** Most older adults DO consider their health to be good or excellent. Overall, most people over the age of 65 still rate their health positively.
9. **FALSE.** Older workers CAN work as effectively as younger workers. Research has identified characteristics of low turnover, less voluntary absenteeism and fewer injuries in older workers.
10. **FALSE.** Research DOES NOT show that old age truly begins at 65. Old age is a social construct. Meanings, definitions and experiences of aging vary across cultures and throughout history.

<http://info.umkc.edu/aging/quiz/>

HAPPY THANKSGIVING

RESIDENT POTLUCK

Monday, November 21st

Bingo starts at 1pm

Potluck at 2:30pm

*Turkey, Dressing and Ham will be served for
our main course.*

Please bring a dish to pass

Hope to see you there!



Don't forget!!

**GAME NIGHT the 1st Friday & Last Saturday of every
month at 6pm in the community room**

Announcements

❖ Resident Activity Meetings

The resident activity committee meets the 3rd Tuesday of every month in the community room from 3-4pm

❖ Bible Study – Every Friday 2pm in the community room

❖ BINGO - is held in the community room the last Thursday of Every month at 2pm ** Date change for Nov. Monday Nov. 21st at 1pm

❖ Thanksgiving Potluck Monday, Nov. 21st at 2:30pm Bring a dish to pass

❖ Health Screening & Exercise Group –Every Wednesday at 10:30a.m. located the community room

❖ Oral Health Presentation Q&A session, Thursday, Nov. 17th 2pm

NOVEMBER BIRTHDAYS

Doris Choffin – 11-3
DiAnna Rabb – 11-7
Charlie Waychoff – 11-8
Clifford Case – 11-9
Elaine Stafford – 11-11
Alice Nichols – 11-13
Sally Osborn – 11-19
Janet Jones – 11-19
Doreen Perez – 11-20
Cliff Mason – 11-21

Our Next quarterly
B-Day Celebration is in
December! Hope to see
you all there. ☺



How Much Do You Know About Thanksgiving?

In 1863, President Abraham Lincoln established Thanksgiving as an official national holiday. Since that time Americans across the country have gathered together with their family and friends to eat a lot of turkey, enjoy a little pie, watch a football game or two, and of course give thanks. This year, after you've loosened your belt and before you lapse into your traditional tryptophan coma, give your brain a little exercise. Take the quiz below to see just how much you know about Thanksgiving.

1. What cartoon character has appeared in the annual Macy's Thanksgiving Day parade as a giant helium filled balloon more than any other character?
a. Charlie Brown b. Snoopy c. Lucy
2. What year did the Detroit Lions first play a football game on Thanksgiving Day and who was their opponent?
a. 1927, New York Giants b. 1957, Cleveland Browns c. 1934, Chicago Bears
3. What President issued the first official presidential turkey pardon?
a. George H.W. Bush b. Harry S. Truman c. Thomas Jefferson
4. In what year did Congress enact legislation that moved Thanksgiving from the last Thursday in November to the fourth Thursday in November?
a. 1941 b. 1962 c. 1919
5. What is the busiest day for domestic air travel in the United States?
a. The day before Thanksgiving b. Thanksgiving Day c. The day after Thanksgiving

Answers: 1. b, 2. c, 3. a, 4. a, 5. a

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Health Screening/ exercise 10:30am	3	4 Bible Study 2pm Game Night 6pm	5
6	7	8 Health Clinic 12:30pm Resident Activity Committee 3-4pm	9 Health Screening/ exercise 10:30am	10	11 Bible Study 2pm	12
13	14	15	16 Health Screening/ exercise 10:30am	17 Oral Health Presentation 2pm	18 Bible Study 2pm	19
20	21 Bingo! 1pm Potluck 2:30pm	22	23	24  Office Closed	25 Bible Study 2pm Office Closed	26 Game Night 6pm
27	28 Cooking w/Jackie 5pm	29	30 Health Screening/ exercise 10:30am			

**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



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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 Foundation at **248-281-2040** or visit www.pvmfoundation.org



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Battle Creek, MI. 49037**

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More Pics of our 2016 Halloween Party!

