

Village Herald

Embrace the possibilities

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

DECEMBER 2017

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VILLAGE ADMINISTRATOR

November was a great month in my household. I am pleased to introduce to you my new grandson Grant Eugene Smith. He was born November 3rd. He has been a great addition to our family and his big brother Nathaniel loves him dearly.



Our Thanksgiving Potluck was a great success. We had a lot of food and great fellowship. December brings us much more festivities from decorating to our resident dinner. I hear we have a great surprise for our entertainment this year. Be sure to check out the calendar this month so you don't miss anything.

We are still collecting toys in the office for the area youth assistance. We are helping to ensure that the local children have something to open on Christmas. You can drop off the toys in the office.

We have found a new beautician. Please see her flyer for more information about when she will be starting.

From my family to yours, I hope you have a very **Merry Christmas!**

Look for PVM on:



Deanna Coggins
Administrator



Congratulations to
Tina Batchelder
She won the
**\$50 Walmart Gift Card for the
Resident Satisfaction Survey**

Cassie's Corner

A Special Thank you to the Decorating Committee for helping assemble
this years Winter Wonderland Table Centerpieces

-Doris Wood, Sharon Jackson, Margaret Thomas & Karen Rudnicki-



We have a busy month ahead of us please see this months
Memo Packet for more details on scheduled events.
Bus Service will be on the second & third Thursdays this month
Any questions or suggestions please Call Cassie @ 248-634-0592



©aumsri

Holiday Tunes

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

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Night
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland

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 2nd floor lounge of the Manor.

2017 BIRTHDAY LIST

NANCY Malfroid 12-13

MARCELLA FAHLGREN 12-14

KAREN RUDNICKI 12-15

BARBARA SIMPSON 12-16

DONNA LOWE 12-23

STAFF BIRTHDAY

JIM POWERS 12-9



A special Thank you to
Margaret Thomas
&
Karen Rudnicki
for decorating all the
bulletin boards



A Caroling We Should Go

Whether you can carry a tune or not, it turns out that not only is singing good for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.

If done in a group, singing can improve our social lives and widen our circle of friends.

And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow. To learn more about the health benefits of singing visit <http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.



Here are some tips to “Beat the Holiday Blues”:

- 1. Keep your regular routine:** A change in routine can lead to additional stress. Try to exercise at your usual time, go to meetings that you normally go to, and stick to as normal a diet as you possibly can.
- 2. Think Moderation:** While it may be easy to drink and eat too much at parties and special dinners, we should try not to overindulge with food and/or alcohol. Remember, eating and drinking may feel like they temporarily “ease the pain” of the holidays blues, but they can also lead to feelings of guilt.
- 3. Be realistic, try not to expect the “ideal” holiday:** So many of us have an idealized version of what the holidays should be like and are very disappointed when they don’t live up to those expectations. Try to be realistic, remember, nobody has a perfect holiday or perfect family.
- 4. Stay connected:** Make sure to leave time to spend with friends and/or family who value you. And if they don’t live close by, call them for a “reality check”, for some “grounding”. Remember to ask for support if you need it.
- 5. Throw guilt out the window:** Try not to put unreasonable pressure on yourself to be happy, to rejoice, or even to enjoy the holidays. Likewise, try not to over-analyze your interactions with others. Give yourself a break this holiday season.
- 6. Don’t be alone, if you don’t want to:** If you anticipate spending the holidays alone, try to volunteer somewhere, in a soup kitchen, with children in group homes, or the elderly in various facilities. People will so appreciate you, you may feel better about yourself, but most of all, you’ll have company.
- 7. Focus on today, not yesterday:** There’s something about being with family and old friends that makes us become who we were and not who we are. When you find yourself reverting to old childhood patterns when with family members, try to walk away for a minute and remember who you are now. Also remember that it’s not necessary to play the same role as you did when you were younger, even if others are encouraging you to do so by their behaviors. If there is someone at the get-together who knows what you are like today, make sure to reach out to them and draw them into the interactions. That will help to ground you.
- 8. Just say no:** It’s OK to say no when you’re asked to do more than you can. It’s fine to say no to some invitations and fine to say no to those asking for favors. Remember, this is your holiday too!
- 9. Ask for help:** Holidays are often a time people attempt to take on too much, do too much on their own. It’s OK to ask for help from family and friends. Whether for decorating, shopping, cooking, or a shoulder to lean on, ASK.
- 10. Be good to yourself:** If you’re feeling blue, pamper yourself, do what feels good, what you want to do. Try to take a walk, spend time alone if that’s what you want. Remember, this is your holiday too and you can be there for yourself just like you try to be for everyone else.

Remember, the holidays only come once a year and only last for a few weeks. If you follow these 10 tips, you might just find this year to be more joyful and less stressful.

Have a peaceful holiday season!



**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 Phone Number
248-634-0592



THE FOUNDATION

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Tanzy 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



A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Holly Woodlands Board Members

Reisa Hamilton

Kent Barnes

Pauline Kenner

Mary Lloyd

Dale Smith

Sally Swayne

William Walters

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