



Village Herald



Embrace the possibilities

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

February 2017

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Village Administrator

February has arrived! So far this winter the weather has been unpredictable.

We have a huge snow fall or freezing rain or just rain and in the 40's. The weather is forever changing so please make sure you are taking precautions when going out. If you see an area that looks icy please call the office immediately so we can address it.

February 14th is Valentine' Day. Don't forget to order someone a cupcake.

It is nice to send someone a little something to brighten their day. You can pick up order forms in the office.

GET READY! Our Friends and Family fundraising will be held April 1st - 30th.

I will be scheduling a meeting with the residents to talk about what our goal will be this year as well as what we will be raising funds for. Make sure you watch for the memo.

Have a great month!

Deanna Coggins



The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Cassie's Corner

February 2nd at 1pm in the Manor Community room

We will be assembling a valentine craft as a thank you to the students from Patterson elementary for making the holiday treat bags for our residents.

February 13th at 4 pm the girls from the Holly Dance Academy will be here in the Manor Community room to perform for your entertainment

Light refreshments will be provided.

Something new to the schedule

On February 13th at 9:30am we will be going to Waterford Mott High School for open swim.

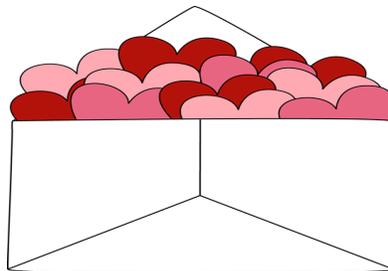
We will arrive at approximately 10am

We will be boarding the bus to return home at 11:45

The cost is \$2.50 per person to swim and can be paid at the school when we arrive.

Any questions or suggestions please call

Cassie Roberts @ 248-634-0592



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Holly Foods 9:30	2 Valentine Craft for Patterson Elementary 1pm	3 Joann's & Leos Coney 10am Balance 9am Exercise 9:30 Bingo 7:00	4
5	6 Dollar Tree & Bread Bakery 10am Balance 9am Exercise 9:30 Bingo 7:00 Church 6:00	7 Valentine Tile Craft 1:30pm Blood Pressure 2pm Bible Study 10am	8 Walmart Fenton 9:30 Chair Yoga 6pm	9 Bus Service 9-3	10 "Be Mine Bingo" 1:30pm Balance 9am Exercise 9:30 Bingo 7:00	11
12	13 Mott High School Swim- ming 9:30am Balance 9am Exercise 9:30 Bingo 7:00 Celeste Market 1pm Dancers 4pm	14 Valentine's Day  Valentine Potluck Noon	15 Vgs 1pm	16 Premier Medical 1-3 Arthritis Lecture & free lunch	17 Goodwill Holly 10am Balance 9am Exercise 9:30 Bingo 7:00	18
19	20 Balance 9am Exercise 9:30 Bingo 7:00 Church 6:00 Sugar Scrub Craft 1:30pm	21 Bag Folding 1:30 Bible Study 10:00 Blood Pressure 2pm Bible Study 10am	22 Kroger 9am Neighbor to Neighbor 12:30 Chair Yoga 6pm Bingo 7:00 Chair Yoga 6pm	23 Bus Service 9-3	24 Movie Day 1pm "Matilda" Balance 9am Exercise 9:30 Bingo 7:00	25
26	27 Titanic Exhibit 9:30am Balance 9am Exercise 9:30 Celeste Market 1pm	28 CSFP Distribution 9-12 at the Wellness Center				



Valentine's Day

LACCOHTEO

NELEAVTIN

HTEESWTAER

DRE

PCUDI

RHATE

SERO

DIMEAR

VELO

WFRLOE

RRBFAUEY

NADCY

WROAR

KIPN

ELVO SRDBI

ECSRET

RINEFD

Word Scramble

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.

Beauty Salon: Third floor of the Manor.

Please call Betsy at 810-877-3747 to schedule an appointment.

2017 BIRTHDAY LIST

2/2 Margaret Stanford

2/5 Carol Horning

2/8 Susan Ballinger

2/13 Kathleen Kessler

2/14 Carmen Ormsby

2/18 Mildred Davis

2/19 Mitzi Uebel

2/20 Sharon Navarro

2/24 Judith Stanton

2/28 Carole Burch

2/28 Judith Andrews



Darlene Haremza's birthday was missed in January's calendar

Her birthday was January 3rd

Happy belated Birthday Darlene

Recipes

Valentine Chex Mix

Ingredients

- 4.5 c Rice Chex
- 1/2 c white vanilla baking chips
- 1\4 c peanut butter
- 1\8 c butter
- 1\2 c powdered sugar
- 1\4c valentine candy sprinkles
- 1\4c valentine M&M's

In a small bowl microwave baking chips, peanut butter & butter uncovered on high for 1 min 30 sec stirring every 30 seconds

Until melted and smooth

Pour mixture over cereal until evenly coated.

Place half of mixture in gallon size storage bag add powdered sugar shake well then spread out on wax paper until cooled.

Meanwhile stir candies and sprinkles into remaining cereal mixture

Spread out on waxed paper until cooled then mix both cereals together and enjoy



Homemade Lotion

Cream together

- 2 bottle of baby lotion
- 1 large container of petroleum jelly
- 1 jar of Vitamin E lotion

Mix with hand mixer until mixed well pour into jars should make 4 jars worth all ingredients available at

Family Dollar for a total of \$6.65

Enjoy

Eileen Jones



“E” stands for Eat

In December I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age.

This month we will focus on the “E” (eat).

In the words of Dr. Thomas, “In order to be well, we need to eat well.” So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but have since changed their minds and now claim it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say “whatever” and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit www.choosemyplate.gov.

**To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*

ALL YOU NEED IS LOVE

...and amazing donors LIKE YOU.

Really!

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

Happy Valentine's Day!



Maybe money CAN grow on trees... \$

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

UP TO 9.0% RETURN

Presbyterian Villages OF MICHIGAN THE FOUNDATION

The Senior Advocate Article

SILVER KEY COALITION PRODUCING RESULTS FOR MICHIGAN SENIORS

It is a true pleasure to be able to announce good news for Michigan seniors. You may be aware that PVM is very involved with advocacy and community partnering to assist with quality of life for Michigan seniors. We are a part of making Michigan a great place to live and age well. No doubt there is still much work to do. However, on the good news front, we are making progress! PVM is a member of the Silver Key Coalition which was formed in 2014 to advocate for an increase in state funding for in-home services supported through the Michigan Aging and Adult Services Agency (AAHSA). AAHSA is the state agency charged with providing senior services across Michigan and reporting to state and federal government agencies. An increase of \$7.5 million over the past three years was intended to remove wait lists and serve all in need of assistance.

Due to rising costs and increased need we still have been unable to eliminate wait lists; although many more seniors did receive help. And there are many more seniors who still need help. The services which are provided include: Personal Care, Homemaking, Respite, Home Delivered Meals, Chore Services/ Minor Repair, Adult Day Care, Personal Emergency Response Systems and Medication Management. Our next phase of advocacy will feature a rationale for the value and positive outcomes of in-home services. The main message will stress the exceptional productivity by the Aging Network to increase the number of individuals assisted, increase funding for those on the wait lists, and emphasize progress in addressing unmet needs. Governor Snyder and the Michigan Legislature have been quite receptive to our advocacy efforts. In fact, he recognized the success and importance of the Silver Key Coalition in his recent State of the State Address. So the good news is that we are poised to see another increase for the 2018 budget in support of the Silver Key Campaign and Michigan seniors.

Many experts have noted that seniors want to maintain as much independence as possible, yet have needed services and safety measures in place. PVM is proud to be a part of providing services which assist Michigan seniors to take charge of their Aging Well destiny and create new possibilities for embracing life at any age. We will continue to advocate daily at all levels for PVM and community initiatives in support of all Michigan seniors. I will keep you posted on our progress as well as any other new information regarding senior services throughout Michigan. Healthy aging for all!

Lynn Alexander

Village Staff

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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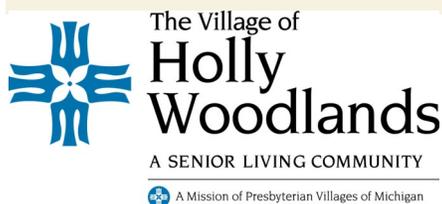
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Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan at **248-281-2040** or visit www.pvm.org



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