



# Village Herald



Embrace the possibilities

3325 Grange Hall Road Holly, Michigan 48442 • [www.pvm.org](http://www.pvm.org)

January 2014

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## Village Administrator

Happy New Year! I hope that everyone had a great Christmas and Wonderful Holiday. Now that we have entered 2014, are you thinking of New Year resolutions? Make a list and place them on your refrigerator. Each month check to see if you are still on track. I try to just make goals that I know I can achieve.

Thank you to all those who filled our offices with all the goodies, cards and good thoughts. The staff enjoyed and appreciated them all. It is always fun to share the cookies, candy and chocolate.

Please remember to be extra careful when going outside. Winter is here. They maintenance staff tries very hard to keep the sidewalks clear but if you see any ice on the walks or notice the salt buckets needs to be filled, please call the office so we can take care of it.

I would also like to welcome Lee Krentzen. She will be working as the part time receptionist on the days Bernice is not here. Please stop by and introduce yourself.

Deanna Coggins  
Administrator



The Village of  
**Holly  
Woodlands**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





## The Power of Volunteering

With the arrival of the New Year, many of us will use it as an opportunity to make a fresh start. We'll re-examine our lives, establish new goals, and resolve to make this year the best one yet. To that end, something you may want to consider doing this year is becoming a volunteer. While most of us volunteer without expecting to get anything in return, research has recently revealed that along with providing a societal benefit, volunteering provides direct health benefits to those who volunteer. Compared to their non-volunteering peers, volunteers have lower rates of depression, greater functional ability, and lower mortality rates. And though it may be true that healthier individuals may be more likely to volunteer (thus accounting for these differences), the evidence suggests that volunteering itself can actually lead to improved health, both physically and mentally. This seems to be particularly true for adults who volunteer at least 100 hours per year and are 60 years of age or older. So, the next time you're looking for a way to improve your health, consider volunteering. There are plenty of organizations in need and plenty of opportunities available. A good place to start looking is [www.VolunteerMatch.org](http://www.VolunteerMatch.org). Simply follow the link.

*Proverbs 11:25 "Generous persons will prosper; those who refresh others will themselves be refreshed"*

*(Common English Bible translation)*



# Giving Matters.

By Paul J. Miller, CFRE,  
President, PVM Foundation

## Statewide Comprehensive Campaign Reaches \$13.6M For Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM's strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project.

I am also happy to report that in 2013, the PVM Foundation awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities
- And more!

None of this could be accomplished without the continued support of our donors, *so thank you for all you do to further PVM's mission!*

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). We wish you a happy new year filled with good health, peace and joy!

Warm regards,  
Paul J. Miller, CFRE

**DON'T BREAK THE BANK!**  
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- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%

*The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.*

For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)



**Sat**

			1 <i>Office Closed New Year's Day Bingo 7:00</i>	2 <i>VG'S 9:30</i>	3 <i>Goodwill Holly &amp; Tom's Coney 11:30 Yahtzee 7:00</i>	4
5 <i>Church Service 3:00</i>	6 <i>Workout Stretch 10:00 Euchre 1:00 Scrabble 3:00 Bingo 7:00</i>	7 <i>Bible Study 10:00 Five Below, And That, &amp; Red Robin 11:00 Craft Class 2:00</i>	8 <i>Holly Foods 9:30 Bingo 7:00</i>	9 <i>Bus Service 9-12 Focus Hope 1:00</i>	10 <i>Workout Strength 10:00 Yahtzee 7:00</i>	11
12	13 <i>Workout Stretch 10:00 Euchre 1:00 Celeste 1:00 Scrabble 3:00 Bingo 7:00</i>	14 <i>Bible Study 10:00 Password 1:30 Craft Class 2:00</i>	15 <i>Kroger's Davisburg 9:30 Bingo 7:00</i>	16 <i>Quib Quibbler 1:30</i>	17 <i>Workout Strength 10:00 Yahtzee 7:00</i>	18
19 <i>Church Service 3:00</i>	20 <i>Office Closed Martin Luther King Jr. Day Bingo 7:00</i>	21 <i>Bible Study 10:00 Password 1:30</i>	22 <i>Meijer's Hill Rd 9:30 Bingo 7:00</i>	23 <i>Bus Service 9-12 National Pie Day 2:00</i>	24 <i>Workout Strength 10:00 Target Fenton 1:00 Yahtzee 7:00</i>	25
26	27 <i>Workout Stretch 10:00 Euchre 1:00 Celeste 1:00 Scrabble 3:00 Bingo 7:00</i>	28 <i>Olive Garden Lunch Bunch 11:00 Bible Study 10:00</i>	29 <i>Wal-Mart Grand Blanc 1:00 Bingo 7:00</i>	30 <i>Pictionary 1:30</i>	31 <i>Workout Strength 10:00</i>	

SENIOR NUTRITION PROGRAM - MEALS ON WHEELS  
JANUARY 2013 MENU








MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><i>January</i></p> <p><b>HAPPY-NEW-YEAR</b></p>	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE MARGARINE &amp; HALF PINT OF MILK SERVED WITH EVERY MEAL</p> <p>Cost Share \$3.00</p>		<p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 888-886-8971</p>		<p>2</p> <p>STUFFED CABBAGE MASHED POTATOES PEAS &amp; CARROTS BREAD SELECTED FRUIT DESSERT</p> 	<p>3</p> <p>BEEF STEW TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>
	<p>6</p> <p>BBQ CHICKEN WEDGE POTATO SLICED CARROTS BREAD SELECTED FRUIT DESSERT</p>	<p>7</p> <p>POTATO ENCRUSTED FISH RICE AND PEAS TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>8</p> <p>HAMBURGER POTATO SALAD GREEN BEANS BREAD SELECTED FRUIT DESSERT</p>	<p>9</p> <p>PORK FRITTER W/GRAVY SUCCOTASH SCALLOPED POTATOES BREAD SELECTED FRUIT DESSERT</p>	<p>10</p> <p>MEATLOAF W/GRAVY OVEN BROWNED POTATOES GREEN PEAS BREAD SELECTED FRUIT DESSERT</p>	
<p>13</p> <p>BAKED HAM AU GRATIN POTATOES BLEND VEGETABLES BREAD SELECTED FRUIT DESSERT</p> 	<p>14</p> <p>SLOPPY JOE KERNEL CORN 3 BEAN SALAD BREAD SELECTED FRUIT DESSERT</p> 	<p>15</p> <p>HERBED CHICKEN RED SKIN POTATOES MIXED VEGETABLES BREAD SELECTED FRUIT DESSERT</p> 	<p>16</p> <p>COPPER COUNTRY PIE BRUSSEL SPROUTS TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>17</p> <p>TURKEY W/GRAVY WHIPPED POTATOES SNAP BEANS BREAD SELECTED FRUIT DESSERT</p>		
<p>20</p> <p>BAKED CHICKEN W/GRAVY VEGETABLE RICE BLEND VEGETABLES BREAD SELECTED FRUIT DESSERT</p> 	<p>21</p> <p>SPAGHETTI W/MEATBALLS ITALIAN MIXED VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>22</p> <p>FISH SANDWICH POTATO WEDGES COLESLAW SELECTED FRUIT DESSERT</p>	<p>23</p> <p>TERIYAKI CHICKEN OVER BROWN RICE BROCCOLI SPEARS TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>24</p> <p>CHOPSTEAK W/GRAVY MASHED POTATOES LIMA BEANS BREAD SELECTED FRUIT DESSERT</p>		
<p>27</p> <p>SWEET &amp; SOUR MEATBALLS OVER WHITE RICE MIXED VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p> 	<p>28</p> <p>POLISH SAUSAGE W/SAURKRAUT WHOLE POTATOES CARROT COINS BREAD SELECTED FRUIT DESSERT</p>	<p>29</p> <p>CRISPY CHICKEN THIGH MASHED RED SKINS GREEN BEANS BREAD SELECTED FRUIT DESSERT</p> 	<p>30</p> <p>BEEF GOULASH ITALIAN BEANS TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>31</p> <p>TURKEY BURGER SWEET POTATO FRIES VEGETABLE BLEND BUN SELECTED FRUIT DESSERT</p>		

MANAGED BY PARAGON MANAGEMENT, INC. \*SPONSORED BY THE COMMUNITY OF CHRIST CHURCH\*, PARTIAL FUNDING THROUGH THE AREA AGENCY ON AGING 1-8, OSA, OAA AND PARTICIPANT DONATIONS\*. THANK YOU!  
THE SENIOR NUTRITION PROGRAM/MEALS ON WHEELS COMPLIES WITH ALL CIVIL RIGHTS AND SOCIAL REHABILITATION ACTS.

APPROVED: 10/20/2011

## Services Offered at Holly Woodlands

**Focus Hope:** Second Thursday of every month.

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

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

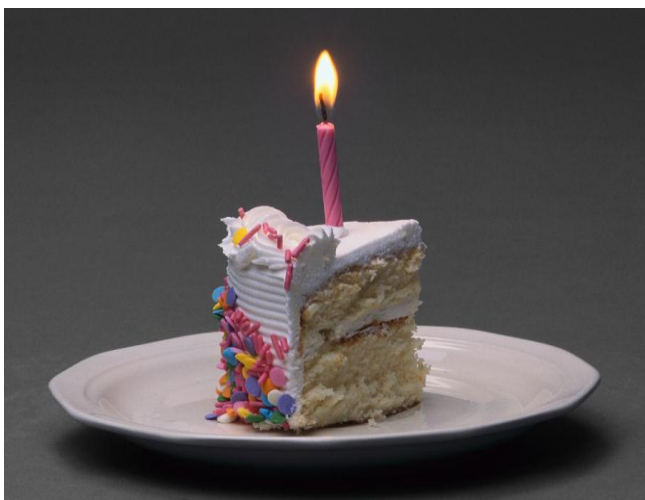
**CVS Deliveries:** CVS will deliver prescriptions every Tuesday and Thursday at 2:00.

**Beauty Salon:** Third floor of the Manor. Sarah will be here by appointment only. Please call 810-444-3208.

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

### January 2014 Birthday List

Dorothy "Tina" Batchelder	1-1
Margaret "Vi" Noggle	1-1
Harold Tsuchiya	1-1
Darlene Haremza	1-3
Jan Mathewson	1-3
Carroll Harris	1-16
Carole Soyka	1-19
Joan Hindmarsh	1-20
George Hindmarsh	1-22
Phil Henry	1-26





## Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

### Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid, unless needed to support tax filings
- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997.

More information can be found on the government web site [www.USA.gov](http://www.USA.gov) / [Managing Household Records](#)

**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](http://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*

**Receptionists**  
*Bernice Riggs and Lee Krentzen*

**Angel Marker**  
*Housekeeper*

**Derek Elkins**  
*Groundskeeper*

### **EMERGENCY NUMBER**

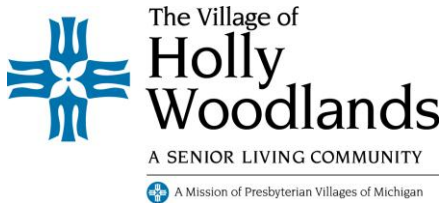
**248-534-8263**

### **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](http://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