



Village Herald



Embrace the possibilities

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

March 2017

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Village Administrator

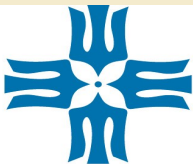
HAPPY ST. PATRICK'S DAY!!!

Don't forget we are month away from our Friends and Family Campaign. There will be more information about this coming soon.

We have had an unusual winter so far this year. We will be in the deep freeze one day and then have Spring weather the next. You never know what each day brings. Please make sure you watch the weather each day before going out. We still have the potential of having bad weather. I think the weather is just teasing us and making us think that Spring is here.

I hope to see you at the resident meeting on March 1st at 1:30 in the Manor. This is a time I have set aside to answer questions you may have and talk about what type of thing you would like to see happen here at Holly Woodlands. Come and join in the conversation.

Just remember, the first day of Spring is March 20th. I am ready for the warmer weather to come and stay.



The Village of Holly Woodlands

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Deanna Coggins



Cassie's Corner

Our Annual Village Rummage Sale & Bake Sale
will be March 9th & 10th from 9-3.

We are in need of people to bake for the sale.
Please stop by the office and let us know if you would be
willing to bake goodies for the sale.








This month for lunch bunch we will be going to
Aubree's Restaurant in Grand Blanc.

Also new this month, we will be going to the VG's store
on N. Leroy St. in Fenton instead of Silver Parkway VG's
this is per the request of a resident.

If you have any questions or suggestions please call
Cassie @ 248-634-0592





Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Resident Meeting With Deanna @ 1:30 Holly Foods 9:30 Chair Yoga 6pm	2 Wellbridge Group Presentation 10am at the Wellness Center Bingo 6:45	3 Mary Maxims & Lunch 9:30 Balance Exercise 9am	4
5	6 Dollar Tree & Bread Bakery 10am Balance Exercise 9am Church 6:00	7 Blood Pressure 2pm Bible Study 10am Bingo 6:45	8 Walmart Fenton 9:30 Chair Yoga 6pm	9 Village Rummage Sale 9-3 Bingo 6:45	10 Village Rummage Sale 9-3 Balance Exercise 9am	11
12 	13 Mott High School Swimming 9:30am Balance Exercise 9am Celeste Market 1pm	14 Lunch Bunch Aubree's at 11am Bingo 6:45	15 Vgs 9:30 North Leroy Store Chair Yoga 6pm	16 Guardian Angel Presentation 10am Manor Community Room Bus Service 9-3 Bingo 6:45	17 St Patrick's Day Luncheon Noon Balance Exercise 9am 	18
19	20 Balance Exercise 9am Church 6:00 FIRST DAY OF 	21 Bag Folding 1:30 Bible Study 10:00 Blood Pressure 2pm Bible Study 10am Bingo 6:45	22 Meijer 9:30 Chair Yoga 6pm	23 Bus Service 9-3 Bingo 6:45	24 Balance Exercise 9am	25
26	27 Balance Exercise 9am Celeste Market 1pm	28 CSFP Distribution 9-12 at the Wellness Center Bingo 6:45	29 Kroger 9am Neighbor to Neighbor 12:30 Chair Yoga 6pm	30	31 Friends & Family Kick off party 1pm	

Michigan Made Party







Patterson Elementary Valentine project





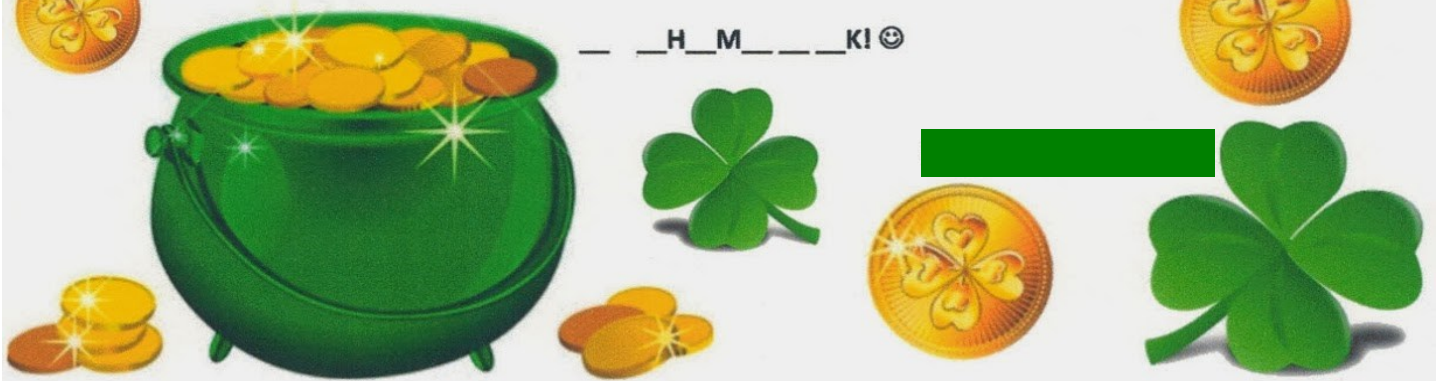
St. Patrick's Day Word Search

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

- GREEN
- SHAMROCK
- LUCKY
- LEPRECHAUN
- RAINBOW
- POT OF GOLD
- IRISH
- MARCH
- CLOVER

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE HIDDEN MESSAGE.

_ _ _ T _ _ _ Y _ _ _ T _ H _ _ _ U
 _ R _ S _ _ _ L _ _ _ C _ E _ N _ _ S _ N _ ?
 _ _ H _ M _ _ _ K I 😊



SERVICES OFFERED

Community Supplemental Food Program (CSFP): Last Tuesday of every month at the Wellness Center 9 am-noon. If you would like to sign up for this program please contact Monica Martinez @ 248-209-2659

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.

MARCH BIRTHDAY LIST

GAYLINE FREEMAN 3/1

ANNABELLE MOORE 3/6

EILENE MERRILL 3/7

JAMES GREGORY 3/8

DOROTHY BROOKS 3/9

DARLENE DOCKTER 3/16

CAROL BALDWIN 3/23

HAZEL PENNY 3/26

MARGARITA OXHOLM 3/28

Hello,
my name is Lin and I am
a resident here at
Holly Woodlands I 'm
looking for someone with
experience working with a
"Cricut" craft machine if you
have experience with these and
would like to share your
knowledge please call me at
248-212-0106

Reminder

We are still collecting VG's Receipts

So far to date we have collected a

total of 5,500!!

There is a box to collect receipts in

the Manor lobby as well as the

Wellness Center Lobby

Keep up the good work





What I do Matters!

Up Coming Events
March 2016

From the Desk of Mandy Sly, Service Coordinator

Fall Prevention

Eliminate Trip Hazards
Your own house may seem like the safest space in which to walk around, but more than 10,000 people die each year after falls at home. Many more than that are injured. To prevent these types of accidents, start by arranging furniture so that it's not in the way on your typical routes around the house; no obstructions should be between your bed and the door to your room, for example. Posi-

tion pet bowls and electrical cords along walls rather than across pathways. And get piles of paper off the ground. Also, remove throw rugs, which can skid, or keep them in place with carpet tacks or double-sided carpet tape. (Wall-to-wall carpeting is really your safest bet.) Put a rubber mat or nonslip strips in your bathtub, and install grab bars there as well. And if you're remodeling, consider going with anti-slip

flooring materials wherever possible.

Join me in the Community Wellness Center on Thursday March 2 at 10am for a Fall Prevention, Home Safety, and Exercise Presentation by the Wellbridge Group!



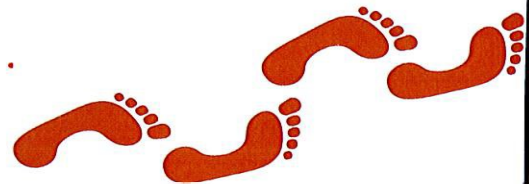
Safetymatters

- March 2, 2017
Wellbridge Group
Presentation
10 am
Community Well-
ness Center
- March 16, 2017
Guardian Angel
Presentation
10 am
Community Room
Manor
- First Day of Spring
March 21st

Diabetic Foot Care

Poor circulation and nerve damage leave people with diabetes at increased risk for potentially serious foot problems, especially during the cold weather. People with diabetes need to moisturize their feet daily to prevent their skin from itching or cracking. But avoid areas between the toes because applying moisturizer there could lead to a fungal infection. Diabetes can cause nerve damage (neuropathy) in the feet, which means it's important to keep them away from sources of direct and high heat. Avoid the use of warming aids on the feet, such as electric blankets, heated shoe inserts and heating pads.

Please join me in the community room at the manor on Thursday March 16 at 10am for a Diabetic Footwear Presentation by Guardian Angel.





Giving Matters.

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

Saving More Than Daylight

Your legacy can change a life.

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, **it's a gift.**

The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization.

The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service.

Spring forward—and into action this March. The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you.

Visit mylegacy.pvmf.org for more information.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

A GIFT IN YOUR WILL
can change the lives of seniors.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

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

248.281.2045
www.pvmgifts.org



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

HERITAGE AND LEGACY

With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!

Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michiganians do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications, conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at www.michigan.gov/library or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday – Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy.

Enjoy!



SCHEMES, SCAMS & SWINDLES

I have said for many years that for every dollar you make there are thousands of swindlers lining up to steal it from you! If only people used their cleverness for good, the world would be a better place. However, since that is not likely to happen, we need to protect ourselves and out-maneuver these scoundrels. Here are some of the latest issues and what to do about them:

CAN YOU HEAR ME? - In this gambit, when you answer the phone a voice on the other end will ask: "Can you hear me?" Do not answer. **HANG UP IMMEDIATELY!** What they will do if you answer "Yes" is tape record your voice and use it to scam you by acting as if you are saying yes to a number of false transactions. Some savvy consumers have gotten to the point (me included) where we monitor calls on Caller ID and don't pick up for any number we do not recognize. If the call is important enough and legit, the person can leave a message for you.

FamilyTree.Now - This is a search site that gives information about you and your family members. Although the original intent of this site was most likely innocent and helpful in nature, it has been reported that it is being used for nefarious purposes by bad people. There is an opt out. Go to the site, get your information and then go to the privacy section. They will tell you how to opt out. Don't let these scoundrels ruin you financially.

Be clever in a good way to offset their cleverness for evil.

PROTECT YOURSELF!



DID YOU KNOW?

Tax Tips For Single Persons:

1. Eligibility requirements for Home Heating Credit: Income cannot be more than \$13,070
2. Cannot claim rent and get rent credit due to having subsidized rent
3. Part of Social Security can become taxable if 1/2 of Social Security plus all other income equals \$25,000 or more, then part of Social Security can become taxable
4. Did you know even if you don't have federal tax to pay, you may have State tax to pay
5. If you are 65 years of age or older, you are not eligible for earned income credit. If you are less than 65 years of age, you may be eligible for earned income credit if you had earned income -submitted by a resident-

“S” stands for Sleep

In December, I introduced you to MESH. It’s an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the “S” (sleep).

According to Dr. Thomas, we shouldn’t accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it’s not. Everyone needs sleep. Sleep is nature’s way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won’t adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it’s time for sleep;
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.

For more tips and other information on sleep, visit www.sleepfoundation.org.



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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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

Kesha Akeridge

Kent Barnes

Sharlyn Gates

Reisa Hamilton

Pauline Kenner

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Sally Swayne

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Embrace the possibilities