



Perry Villager



Embrace the possibilities

4241 Village Circle • Harbor Springs, Michigan 49740 • www.pvm.org • July 2023

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**Perry Farm
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Dear Residents, Friends, Families and Owners,

June was a very busy month and by this time, Celebrations for our 20th Anniversary, Birches Dedication, and opening of the Terrace Level are behind us. I want to give a huge THANK YOU to all who helped make this possible, especially our Leadership Team – Karen, Kjersti, Kathy, Dawn, Colleen, Jim, Anna, and Jill. It would not have happened without your dedication, vision, and good old fashioned roll up your sleeves and get it done attitude. I know you, our Residents were holding your breath, along with me, that last week of sprinkler systems going in, more clean up, landscaping (SO BEAUTIFUL) and finally the grass seed sprayed. I was so glad to see all the brown covered. And the rain! Beautiful much needed rain God sent to water it all.

Welcome July and all it brings to us here in Harbor Springs and Northern Michigan with family gatherings and so many activities offered in the area to get out and enjoy. For me that may be just sitting outside in the warm sunshine, or watching a summer storm pass over. Kjersti has once again filled this newsletter with offerings, please be sure to sign up for what you would like to do.

We are sponsoring Sunday Music in the Park this summer through the Chamber down at the Marina and will be taking the bus, setting up chairs and if you'd like bring your favorite beverage to sit and listen and enjoy it all. Music, people, boats and fun. We hope you will join us.

On a personal note I would like to thank you for your kindness and caring last month when my father went "home" to be with our Lord with my Mom. Your words, cards and hugs got me through a tough time. June as I said was busy and I will be taking some time later this month with my family to honor him in Holland, Michigan where we spent most of our life.

Blessings to you all,

Barbara

Marion Cowan

Resident



Marion has come to Perry Farm Village after 50 years in Northville, MI. Her life after retirement was full of friends, exercise classes and theater performance, which she loved! And then Covid-19 changed everything.

Feeling isolated, Marion decided the time was right to look for a new home. For many years, her family visited Harbor Springs, and she would come up on the weekend with friends to enjoy the golf packages that Boyne offered on occasion. Her son Emil brought her to visit Perry Farm and Marion admits it was a difficult move, but once she met other residents, she quickly felt among friends and now truly likes her home.

You might notice Marion's lovely accent. She was actually born in Buffalo, NY to English parents, who moved back to London when she started school at 4 years old where she lived through WWII. She recalls hearing the bombs, although it remained a safe distance away from her home.

Marion is an advocate for maintaining her health through exercise and activity. She's been active all her life with dance as a child and exercise classes throughout her adulthood. She is a regular participant at Sit & Fit and we all love the energy she brings to every class!

Karen MartinCommunity Concierge
at The Birches

Karen Martin probably doesn't need an introduction, however, it is nice to learn something new about a familiar face too.

If it seems like Karen can do it all here, that's probably because she has! Karen came to Perry Farm in 2014 and was hired by Chef Greg to help in the kitchen. She remembers how specific he was about the attire for the kitchen staff, the presentation of the food, down to a garnish on every plate, *and* insisting upon music and candles. Karen says, "I got an education in gourmet food, presentation and service. Everything had to be perfect."

Getting to know the residents through the kitchen, Karen felt called to a Resident Assistant position and worked on the Terrace level, eventually accepting a private duty position as she was also taking care of her mom at the end of her life.

Karen likes feeling like the residents are a part of her family. She enjoys the personal relationships with the residents and also the staff.

Karen grew up in Charlevoix and has two daughters, both married, 6 grandchildren, and 3 great-grandchildren.

We appreciate everything you do Karen!

**Board Members****PFVA**

Joanne Arbaugh
David Hartnett
Dr. Maria Kokas
Kelley Newton
Ken Ostrowski
John Swallow

PFDC/Hillside

Kay Flavin
Roy Griffiths, Jr.
David Hartnett
Tim Knapp
Dr. Maria Kokas
Emil Muccino
Linda Rhodes-Pauly
Joanne Robinson
Mark Slater
Edy Stoughton

Happy Birthday!

Cynthia D. 12th
Ann W. 27th



Rose G. 25th
Resident Assistant

Little Waves with Great Lakes Chamber OrchestraTuesday, July 11th ~ 1pm

Location: Under the front portico at Perry Farm Village

GLCO members will play under the portico.

This is a free concert, refreshments will be provided.

Invite your friends & family to join us!

**Fall Prevention Assessment**

with Sherri Engler

Thursday, July 13th ~ 11amThursday, July 27th ~ 11am

Location: Dining Room

These are the final presentation in our Fall Prevention series.

All are welcome to attend!

Harbor Springs HistoryThursday, July 6th ~ 1pm

Video in the dining room

Delve into the history of gambling, gangsters and Prohibition in the Harbor Springs area with curator Beth Wemigwase of the Harbor Springs Area Historical Society.

**Legend of Sleeping Bear Presentation**Thursday, July 20th - 1:30pm

Location: Harbor Springs

Friendship Center

*Transportation provided, must sign up!***Music in the Park - Sundays 4-6pm**

Sponsored by: HS Chamber & Local businesses including Perry Farm Village

Sunday, July 2 - Rivertown Jazz Band

Sunday, July 9 - to be determined

Sunday, July 16 - Rivertown Jazz Band

Sunday, July 23 - Sunshine String Band

Sunday, July 30 - Rivertown Jazz Band



Please sign up by the Friday prior so we can anticipate transportation to downtown Harbor Springs! Bus leaves at 3:45pm and returns by 5:30pm for dinner.

**Book Club**

Thursday, July 27th ~ 3pm
Terrace Level living room

We are just talking about books we've enjoyed, please join us!

**Ice Cream Social**Friday, July 21st ~ 2pm

On the back patio

YUM!**Tickets: \$38**

Please sign up by Monday, 7/17 for tickets to be ordered and billed to your PFV account
~ Includes transportation~

Thursday, July 20th 6pm
Bus to leave at 5:15pm

GLCO's take on the Viennese Opera Ball celebrates the cultural and economic relationships between Austria and America, connecting the two continents and two centuries in one glamorous night. This performance features opera singers, dancers, and your renowned orchestra, performing waltzes, polkas, and quadrilles by Strauss, Lehar, Delibes; many more surprises promise a glamorous and delightful night.

The Terrace Level at Perry Farm Village has a new LOOK!

If you haven't had the opportunity to visit the Terrace level yet, please feel free to push the elevator button "2" and take a peek! We have moved the library, which you will see immediately upon leaving the elevator, a beautiful living room, dining room and kitchen, ready for your use and enjoyment.

There are six rooms in total. Four rooms are designated for Independent Living residents, while the other two rooms will be available for guests of our residents.

Independent living rooms are unfurnished, include one meal a day and require a 60 day stay minimum.

Guest rooms are fully furnished, much like a hotel room, include breakfast, and have a two night minimum/14 day maximum stay. (Longer stay may be possible based on availability.) \$145/night, billed to the resident.

PFV residents are welcome to use the common area for a special function or party. Please reserve through the office. There is no fee if left clean and tidy.



Please notify the office *as soon as you know* you will require transportation to/from an appointment, a minimum 72 hrs. Our driver, Dave works Tuesday, Thursday and alternating Wednesdays. Monday & Friday we rely on volunteers. It is becoming increasingly difficult to ensure transportation on days when Dave is not working. We are doing our best to recruit new drivers, but if at all possible, plan your appointments for Tuesday, Wednesday or Thursday. Thank you!

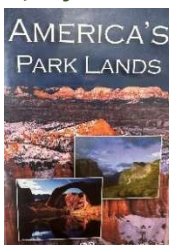
Join us in the Dining Room for our
Special Meal & Happy Hour
July 28th ~ 4:30-6:30pm



BBQ Chicken
Corn on the Cob
Potato Salad



July 2nd



July 9th



July 16th



July 23rd



July 30th



July Wellness Classes**Let's Stretch***

Mon-Fri 10:00am
Wellness Classroom

Sit & Fit

Mon/Wed/Fri 10:30am
Wellness Center classroom

Meditation

Mon/Wed/ Fri 11:30am
Main Level behind fireplace

Walking**Indoors or Outdoors***

Tues/Thurs 10:30am
(or anytime, just lace up and go!)

Exercise Community Crew*

Mon/Wed/Fri 9am

Cornhole on the Patio*

Mon 1pm

Billiards*

Mon 1pm

*self-guided, no instructor, no charge!



We have lots of activities scheduled every week.

Please check your "Happenings" calendar often, and to help us plan, please sign up on the *Wellness table* (across from the elevator) to let us know you plan to attend!

WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
231.838.0333



If you've ever thought you aren't standing as straight and tall as you once did, find walking up a flight of stairs to be a strain at times, or you groan as you slowly get up from sitting, you aren't alone. Keep this in mind: "We don't stop exercising because we get old, we get old because we stop exercising."

Older adults hurt themselves more through *IN*activity than through activity. Strength, flexibility, balance and endurance wither from *IN*activity. Exercise will increase your healthy life-years and enable you to fully engage in life, adding years to your life and life to your years.

With definitive research demonstrating that activity helps forestall cognitive decline (dementia) and being fit keeps people healthier longer, it's no wonder that more baby boomers are signing up for personal trainers, group exercise classes, boot camps, and walking groups.

Maintaining at least moderate activity is a key component in a positive health regimen that will combat or prevent these ailments: weight-related diseases, heart disease, anatomical and structural impairments, hypertension, osteoporosis, cholesterol, Alzheimer's disease, sexual performance, loss of muscle mass, and decreased sociability.

To prevent normal biological changes caused by aging, seek kinder, gentler workouts; slower and longer warm-ups & cool-downs; and exercise routines that emphasize diminished risk of injury while promoting posture, strength, endurance, flexibility, agility and balance. Specifically, walking, biking, strength training using light weights or bands, and balance exercises, practiced 30 minutes/day, 5 days/week will increase your healthy life-years and enable you to fully engage in life!

If you don't know how to start, come to Sit & Fit and pair with a few minutes on the NuStep, bike, treadmill or hall walking, and you have a complete plan to keep you moving!

Excerpts from Michael Mantell – acefitness.org

The kitchen appreciates advance notice, *including staff*, for all meals.



Breakfast: day before
Lunch: by 10am
Dinner: by noon, but if there is extra, they will set a place for you!

Have you noticed we have many new faces at Perry Farm Village? As we welcome new residents and anticipate new staff, we encourage you to wear your PFV name tag. If you don't have one, or have lost yours, please stop in the office and we will get one ordered for you. It's nice to put a name with the face!



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



**Presbyterian
Villages**
OF MICHIGAN
THE FOUNDATION

Perry Farm Village • 4241 Village Circle • Harbor Springs, Michigan 49740
The Birches • 4211 Village Circle • Harbor Springs, Michigan 49740

Village Staff

Barbara Woodward-Boonstra
Executive Director

Jill Tibbits
Administrator

Kjersti Kontio
Wellness Coordinator

**Jim Bear
Vacancy**
Maintenance Tech

**Karen Martin
Kathy Barnett**
Community Concierge

**Dave Sluyter
Larry Froede**
Transporters

KITCHEN TEAM:

Dawn Svatora
Dining Services Supervisor

Colleen Froats
*Dining Services Coordinator
for The Birches*

Jeremy Kimble
Cook

Tamme Sterly
Dining Services Assistant

CAREGIVING TEAM:

Anna Minnick, BSN, BPH, RN
RN/Nurse Manager

Resident Assistants

Benjamin Duncan
Joy Eaton

Michl Evans

Rose Gokee

Ciara Halliday

Hailey Helminiak

Michelle Khaled

Jeremy Kimble

Christina Leal

Marci Morse

Donna Payne

Melanie Schulz

Jennifer Selke

Katelynn Sterly

Sara Sumner

Olivia Thompson

Housekeeping

Helen Ingersol

Sheree Woollard

Activities at The Birches

Margaret Small

EMERGENCY NUMBER

24/7 Resident Assistant Desk 231-526-1500 Ext 87003



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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