

Perry Farm Village



Perry Villager



Embrace the possibilities

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

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Dear Residents, Friends, Families, and Owners,

As we say so-long to the 'official' closing of the summer season. September, the month of cooler temperatures mixed with warmer days, where each morning I marvel at the changes in color on the trees and bushes that begin slowly, and then seem to burst into glorious reds, yellows, and oranges by the end of the month!

It has been a very busy 3 months for our community as we welcomed new residents to the Birches and Terrance Level, along with many guests who enjoyed the new studio rooms available for short stays. Call the office if you would like to reserve a room for your guests!

We also welcomed new employees to our team and continue to recruit for open positions. Perry Farm Village is a wonderful place to live and work!

Every 2 years, Presbyterian Villages of Michigan holds a Gala event and this year it is on October 27th. I am honored to be working with Karin Flint the chairperson of the event along with the many committee members to help promote this special evening and the impact it makes for older adults living in PVM communities now and in the future. Our own Perry Farm Village Residents will be making a video to be played during the evening and Jim and I will be attending and would welcome all who would like to join us. Please look for additional information in this newsletter on the prizes, tickets and attending the event.

As we take a few moments to reflect back on another full summer in Northern Michigan, I want to thank each of you for choosing Perry Farm Village as your home, a place to gather, continue to be fit and well, learn something new and enjoy family and friends.

Wherever this fall takes you may God's Blessings be with you,

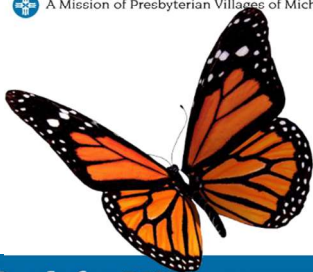
Barbara



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:





Gary Hillier
Resident

Gary Hillier is no stranger to Perry Farm Village. He’s been gracing us with his musical talent at the piano a few years! The piano in the Perry Center is actually the piano his wife gave to him on his 45th birthday, and he later gifted to us!

Gary was born in Detroit to a mother of 10 children. He and his sister were her 3rd and 4th and were placed in foster care when Gary was just 6 years old. Fortunately, he and his sister were both adopted by Dr. Hillier, a very prominent obstetrician and his wife and were raised in Highland Park. In college, Gary thought he’d be a doctor like his father, however, while studying at Wayne State he decided on manufacture engineering , and soon found a career working for the tractor division of Ford Motors, taking him to London, Paris and beyond, eventually ending up at a new plant in Romeo, MI.

Welcome Gary! We feel so lucky to enjoy your company and your music on a regular basis!

Sigurd Björnson
Maintenance Technician



Sigurd or “Sig” as we have all been invited to call him is new to our maintenance team. He, along with Greg, are tackling some of our toughest issues, bringing with them their own areas of expertise.

Sig worked his way to become a master window/door replacement specialist. He also worked in maintenance at the #1 haunted attraction in America, “Woods of Terror”. Maintenance by day, then using his love for theater to scare the patrons at night.

His musical talent runs deep, playing the guitar, bass, mandolin, mouth harp, spoons and drums.

In case you didn’t know, Sig stumbled upon the beautiful goddess, McKenna (our cook) in the Appalachian Mountains on a hike where she “kicked open the door to his heart”. (More to come on McKenna Enloe in October’s newsletter.) AND, Sig is also nurse Anna’s son!

Sig says, “I love the variety of tasks every day in maintaining this building, and also love helping the residents.”

Board Members

PFVA

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

PFDC/Hillside

- Kay Flavin
- Roy Griffiths, Jr.
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- Dr. Maria Kokas
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- Irene W. 4th
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- Judy A. 7th
- Marion C. 7th
- Kay M. 7th
- Ken O. 8th
- Susi H. 13th
- Diane M. 22nd
- Colleen Froats 5th
Dining Services Coordinator for The Birches
- Melanie Schultz 15th
Resident Assistant
- Sara Sumner 22nd
Resident Assistant
- Nancy Rondel 25th
Back up RN
- Barbara Woodward-Boonstra 28th
Executive Director

Nutrition Presentation

with Lisa from
Affinity Home Health

**Thurs. Sept. 7th
1pm**



Harbor Springs History – Warriors in Mr. Lincoln's Army

Thursday, September 7th ~ 2pm

In the dining room



Author Quita Shier talks about her recently published book about the history of Company K - a Michigan sharpshooter regiment during the Civil War which included only Native American enlisted men.

Senior Day at Harbor Springs Farmer's Market

Saturday, Sept 9th



- Walk the market
- People watch
- Listen to live music

Buy a treat or fresh produce to take home

- Shade tent & chairs provided

The bus will leave at 10am and make return trips at 11:30am and noon.

Vaccine Clinic at PFV provided by Kelbel's Pharmacy



- Covid
- Flu
- Pneumonia
- Shingles
- RSV

Watch for date in October, to be announced!



Who are these 2 walkers from 2022?

Walk to End Alzheimer's

Date: Saturday, September 30th

Time: 9am Registration - 10am Promise Garden

Ceremony/Walk Start Bayfront Park, Festival Shelter in Petoskey

Please join the PFV Team! We will provide transportation.

The walk is very short and optional, the ceremony is memorable.

Sign up on the Wellness table.

The Annual PVM Gala is coming up soon and you can participate in the fun!
This is PVM's largest fundraiser that benefit seniors in Michigan and in Harbor Springs!

Buy raffle tickets for a chance to win one of these top prizes:

- \$4,000 CASH
- \$5,200 gift cards to Kroger
- 1 week use of a house in Venice Florida + \$1,000 cash for travel
- Imagine 50 seat theater event with your friends



**Raffle Tickets
\$10 each or
12/\$100
Purchase from Kathy
in the office**

Please sign up!



Shopping

Sept. 13th & 27th
12:45pm

Special Happy Hour & Meal

September 13th



Turkey Dinner!

Please join us as we welcome Kyle Schippa for **"Where in Michigan Am I?"**
Thursday, September 14th ~ 2pm

Kyle Schippa is a former Director of Life Enrichment and offers presentations ranging from national parks to cities and regions, and a seven-part series called "Where In Michigan Am I?" which is his most popular. He will combine trivia with his own photography and personal experiences to bring this presentation to life! Let's have some fun!



This month we will be introducing "Project INCLUDE". This is a collaboration between PVM and Central Michigan University, working together to find the causes for loneliness and isolation in older adults and suggests education, coaching and measure to alleviate. *This month we will be distributing a short pre-prep survey* to our residents about their social connectedness and comfort to allow for the best seminar and provide support based on your current needs. More information to follow.....



There are so many benefits to living in a community like Perry Farm Village! To enjoy new friendships, play a game in the afternoon, and gather for happy hour and meals can have a positive effect on our wellbeing. However, there may be drawbacks too.

In a vibrant community, such as ours, it's important to consider that our "space" may feel invaded at times. We share common spaces with all who live here *and* visit. We may feel inconvenienced with guests, family (including children) and the extra activity and noise in our common hallways and living areas. We appreciate your understanding and ask our residents to remind their guests that this is home and to be mindful of activities and noise levels, especially between 9pm and 9am.



Sept 3rd



Sept 10th



Sept 17th



Sept 24th

September Wellness Classes

Sit & Fit

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

Seated Tai Chi for Beginners*

Tues/Thurs 10:30am
Wellness Classroom

Meditation

Mon/Wed/ Fri 11:30am
Terrace Level Living Room

Walking

Indoors or Outdoors*

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

Exercise Community Crew*

Mon/Wed/Fri 9am

*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



Years ago the buzz word was self-help. Today we call it self-care which, by the way is *not* synonymous with being selfish or self-indulgent. If we are taking care of others, either for a profession like many of us working at Perry Farm Village, or as a family member caring for a loved one, how effectively can we care for others if we aren’t taking care of ourselves?

As a physical, emotional and spiritual being it’s easy to feel depleted. When we give so much of our time and energy to others, it’s harder to stay healthy in body, mind and spirit to allow us to keep giving.

Self-care does not mean the same thing for everyone. Different people will adopt different self-care practices, and even your own definition might change over time.

Take a moment this month to determine what brings you joy, replenishes your energy, and restores your balance. Self-assess if you are building these activities into your every day schedule, or are you just checking the boxes off on your to-do list?

Start small by choosing one behavior you’d like to incorporate into your routine and build to practice that behavior every day for one week. Then, reflect on how you feel, adding more practices when ready.

Practicing self-care doesn’t need to be a heavy lift right out of the gate. Here are a few ideas to ease you into your self-care journey:

- Journal.
- Eat breakfast.
- Drink a glass of water, or two.
- Take a few really full, deep breaths in the morning and again in the evening.
- Take a walk.
- Reflect on what you’re grateful for each night.
- Put your phone on airplane mode for a half hour before bed each night to release yourself from the flurry of notifications.
- Call a friend just to say hello.
- Take up a relaxing hobby.
- Pick a bedtime, and stick to it.

Creating a solid self-care routine will enable you to take care of those you care about with greater ease in the months to come! Let’s all start to do something new for self-care this month and let me know what you’re doing!

Kjersti

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

Greg Jacobson & Sigurd Björnson
Maintenance Technicians

Karen Martin
Kathy Barnett
Community Concierge

Dave Sluyter
Transporter

KITCHEN TEAM:

Dawn Svatora
Dining Services Supervisor

Colleen Froats
*Dining Services Coordinator
for The Birches*

McKenna Enloe
Cook

Tamme Sterly
Tucker Woollard
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

Rebecca Stalder

Katelynn Sterly

Sara Sumner

Olivia Thompson

Victoria Losinger

Housekeeping

Kamala Gold Franseth

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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