



# Perry Villager



## Embrace the possibilities

4241 Village Circle • Harbor Springs, Michigan 49740 • [www.pvm.org](http://www.pvm.org) • November 2023

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## Perry Farm Village

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Welcome November.....

I think of this month as the time of thankfulness. I'm sure it is due to being the month of Thanksgiving as the "holiday season" begins and the month when 2 of my own children were born. The shoulder season of warm beautiful colors followed by cold temperatures. Wasn't it wonderful to have the first snow be on October 31<sup>st</sup> this year, and seeing so many happy faces as children graced our community with costumes and smiling faces? What a gift on a cold snowy day!!

For me I am grateful for family. My own as well as our Perry Farm Village family of Residents and staff. I want to thank each and every one of you for your sunny "Hello" each day, your positive attitude, and warm welcome to all who enter our doors.

This month will have quite a few home improvements happening with new doors and keyless entry at the end of halls 3,4,5 & 6 , new Perry Center boiler and control panel to balance the temperature and water, upgrades to the fire suppression system, and new water heaters that were installed in Hall 2 & 4. We are taking care of your home and appreciate your patience when water shut off occurs and equipment and service persons are in and out.

As you read this, Jim and I will be heading out for our time with family in Colorado to celebrate our granddaughter Hanna's marriage to Leo on the 11<sup>th</sup>. I will be sure to bore you all with pictures when I return on the 15<sup>th</sup>.

So much to be thankful for.....In gratitude,

*Barbara*

It was a beautiful event at The Henry in Dearborn!! The PVM Foundation Gala is held every 2 years with the donations helping residents with unexpected financial needs.



Thank you to everyone at Perry Farm Village that bought raffle tickets. Donations exceeded the goals set for the event!



The theme was Lights, Camera, Action and PFV was well represented with the opening video of Marion Cowan who passed in September. She loved to perform and was the star one more time! Emil and Sue Mancini, Karen Flint and Jim and Barb Bear (Woodward) were all in attendance.



**Pamela Landon**

*Sales & Leasing Specialist*



Pam considers herself to be a “slingshot” since she was born and raised in Petoskey, has lived in Florida, Chicago and Royal Oak, but always comes home to Petoskey.

Pam has worked in retired living communities for 30 years in various positions to include: CNA, Activities Director, Resident Coordinator and Executive Director. She loves her career and feels that she gets her energy and joy from the residents.

Pam has one daughter, Winifred and one grand-daughter named Wren who is a year and a half. Her favorite color is royal blue, her favorite food is her own homemade pizza and her favorite thing in the world is to be around people.

We welcome Pam as she takes on our Sales & Marketing position and wish you much success at Perry Farm Village!



**Board Members**

**PFVA**

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

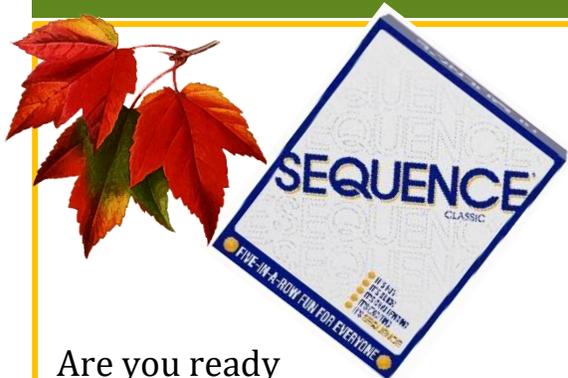
**PFDC/Hillside**

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



- Susan D. 3<sup>rd</sup>
- Sue F. 4<sup>th</sup>
- Don M. 9<sup>th</sup>
- Sheryl F. 15<sup>th</sup>
- Liz F. 29<sup>th</sup>
- Virginia K. 30<sup>th</sup>

- Kathy Barnett 1<sup>st</sup>  
Community Concierge
- Sigurd Bjornson 1<sup>st</sup>  
Maintenance Technician
- Greg Jacobson 11<sup>th</sup>  
Maintenance Technician



We are *Thankful* for  
 Crafty Barb!  
**Wed. 11/1 ~ 1pm**

Let's make a  
 holiday wreath!  
*No charge but  
 sign up by 10/30.*



**Bay View Reading Group**  
 Meets at Perry Farm Village  
 in the dining room

**November 9<sup>th</sup> @ 1:30pm**  
 All are welcome to attend!



Are you ready  
 to learn a new game? A game  
 that combines cards *with* a  
 board game.  
 Let's gather in the card room  
 and learn together!  
**Wed. 11/1 ~ 2pm**  
**Thurs 11/2 ~ 2pm**



**Hearts to Arts**  
**Monday, November 6<sup>th</sup> ~ 7pm**

You are invited to a FREE concert by the  
 Dorothy Gerber Youth Orchestra  
 You, your family & friends are all invited to attend!  
 Larry Froede will be your driver.  
 Bus will leave promptly at 6pm. Please sign up to attend.

**Warriors in Mr. Lincoln's Army**  
**Thursday, November 16<sup>th</sup> ~ 1pm**  
 Video presented from the  
 Harbor Springs Area Historical Society  
 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.

**Daylight  
 Saving  
 Time ends  
 Sunday,  
 Nov. 5<sup>th</sup>.**

**FALL**

**Deck the Halls!**  
 Week of November 27<sup>th</sup>

A staff member will be your  
 personal elf and help you decorate  
*your* hallway for the holidays!  
 If you have a specific idea in mind,  
 let your elf know in advance.

Hall 1 - Kjersti  
 Hall 2 - Pam  
 Hall 3 - Kathy  
 Hall 4 - Pam  
 Hall 5 - Kjersti  
 Hall 6 - Kathy

**Voting for best hall starts December 5<sup>th</sup>**

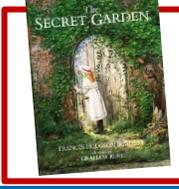


Every Tuesday in  
 November, Ken Forrest  
 will be at the piano for  
 Happy Hour!

Let's work together  
 this winter to keep everyone  
 healthy. If you don't feel well,  
 please do not visit. Or if you  
 must, please mask up!

*Northern Michigan Chorale Concert*  
 with Gary Hillier from PFV!  
**November 18<sup>th</sup> & 19<sup>th</sup>**  
 Check the sign up book for transportation

Special Happy Hour & Meal  
**Thanksgiving Dinner - November 23<sup>rd</sup> ~ 4pm**



We have a missing book, handed down through several generations,  
 "A Secret Garden". This book is old, and has a red, hard cover.  
 Any information would be appreciated, but having the book returned, priceless.

Hello Everyone,  
 I hope you're doing well. It's been a couple of months since my last visit. I miss you all, and I look forward to seeing you the week of November 20.

As we head into the month of Thanksgiving, I just wanted to send a quick note and give thanks to you. Thank you for your generosity. Your philanthropic spirit has helped Perry Farm Village with a number of projects and activities. That's right. **The funds raised here stay here.**

Here is a sampling of what your donations have supported for the community.

- Patio furniture
- TVs and a sound system
- Kitchen equipment
- Fitness equipment
- Wellness activities
- Landscaping for The Birches
- Renovations for the Terrace Level

All of this has made Perry Farm Village an even more incredible place to live and visit.

When you make a gift today or in the future, it can support Perry Farm Village as a whole, or it can support a specific project or fund like Resident Assistance Fund or Employee Holiday Fund.

If you ever have questions about your donations, don't hesitate to contact me.

Thank you again for your support. See you in a few weeks!



All the best,  
 Devon Meier  
 Director of Donor Engagement



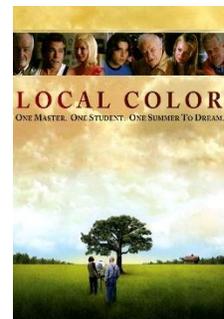
Nov 5<sup>th</sup>



Nov 12<sup>th</sup>



Nov 19<sup>th</sup>



Nov 26<sup>th</sup>

## November Wellness Classes

### **Sit & Fit**

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

### **Meditation**

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

### **Seated Tai Chi for Beginners\***

Tues/Thurs 10:30am  
Wellness Classroom

### **Calm Your Mind**

Tues/Thurs 11:30am  
LL Boardroom

### **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



**"AGING WELL"** What does it mean to you? For the next few months, I'll give you some tips for what others think this means and you can measure your definition and see if there's any room for change.....so you can strive to age well.

"As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, loss of loved ones, physical and health challenges, and even a loss of independence. How we handle and grow from these changes is often the key to healthy aging. Coping with change is difficult at any age and it's natural to feel the losses you experience. However, by balancing your sense of loss with positive factors, you can stay healthy and continue to reinvent yourself as you pass through landmark ages of 70, 80, 90 and beyond.

As well as learn to adapt to change, healthy aging also means finding new things you enjoy, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us aging also brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind? Many of these fears stem from popular misconceptions and myths about aging.

#### **Myth: Aging means declining health and/or disability**

**Fact:** There are some diseases that become more common as we age. However, getting older does not automatically mean poor health. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventative measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

#### **Myth: Memory loss is an inevitable part of aging.**

**Fact:** As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain games and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

#### **Myth: You can't teach an old dog new tricks.**

**Fact:** One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things any more. The opposite is true. Middle-aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience.

*Excerpt from Healthy Aging - Melinda Smith, MA, Jeanne Segal, PhD and Monika White, PhD*

## 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)



**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*

**Pamula**  
*Sales & Leasing Specialist*

**Greg Jacobson & Sigurd Björnson**  
*Maintenance Technicians*

**Karen Martin**  
**Kathy Barnett**  
*Community Concierge*

**Dave Sluyter**  
*Transporter*

#### **KITCHEN TEAM:**

**Betty Frain**  
*Chef*

**Colleen Froats**  
*Dining Services Coordinator  
for The Birches*

**Bruce Strachan**  
*Cook*

**Tucker Woollard**  
*Victoria Losinger*  
*Kristine Sellers*  
*Dining Services Assistant*

#### **CAREGIVING TEAM:**

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

#### **Resident Assistants**

*Benjamin Duncan*    *Melanie Schulz*  
*Joy Eaton*        *Rebecca Stalder*  
*Michl Evans*       *Katelynn Sterly*  
*Rose Gokee*        *Sara Sumner*  
*Ciara Halliday*    *Olivia Thompson*  
*Hailey Helminiak* *Victoria Losinger*

*Michelle Khaled*

*Jeremy Kimble*

*Christina Leal*

*Marci Morse*

*Donna Payne*

#### **Housekeeping**

*Kamala Gold Franseth*  
*Sheree Woollard*

**Perry Farm Office: 231-526-1500**

**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](http://www.pvmfoundation.org)**

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