



# Perry Villager



Embrace the possibilities

4241 Village Circle • Harbor Springs, Michigan 49740 • [www.pvm.org](http://www.pvm.org) • January 2024

## From our Executive Director

Dear Residents, Families & Friends,

It has been a beautiful Holiday Season and was wonderful seeing so many friends and families, sharing time with you, of quiet moments and celebrations. Our Christmas dinner had the largest in attendance at over 72 which includes The Birches. Chef Betty out did herself with a fabulous dinner and so many helping hands to serve.

This week and month is a time of reflection as the decorations are taken down and packed up giving us moments to recall past and recent times together. An end of a busy year and beginning of a fresh new one.

The one item I look forward to each January is my new calendar. Yes there are electronic ones that many of us keep but I like my paper one to touch and turn the pages on. Each one crisp and new as I add what I know for each month. Birthdays, appointments, vacations, an upcoming event. The past years' calendar is like a diary with notes written on the sides, sticky notes, curled up corners, and kept for a while as a reference.

As we start this New Year I'd like to give an extra Thank you to all of our team past and present, that worked with us throughout a busy 2023. We could not have done it without each one of you! I am looking forward to 2024 and all the possibilities that await us here at Perry Farm Village.

Happy New Year to all,

*Barbara*

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Perry Farm  
Village

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



Look for PVM on:



**Christmas Joy 2023 at The Birches & 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



**January Birthdays!**

- Marge C. 5<sup>th</sup>
- Doris C. 8<sup>th</sup>
- Jackie C. 9<sup>th</sup>
- Kelley N. 11<sup>th</sup>
- Jim H. 25<sup>th</sup>
- Mary M. 29<sup>th</sup>

**Menu Chat with Colleen**

Please come and provide Colleen valuable feedback about your dining experience at Perry Farm. Your opinion matters!

**Monday, January 8<sup>th</sup> ~ 1:30pm**  
**Dining Room**

**Birthday Cake for January Birthdays!**

Tuesday, 1/9 ~ 2pm after Bingo



**Learn to play Backgammon**

Behind the fireplace in the Living Room  
 If you have a board, please bring it with you!

**Monday's in January ~2pm**



**Winter shopping in Petoskey is now offered on Tuesdays or Thursdays!**

Please let Community Concierge, Kathy know at least 24 hrs in advance and she'll arrange your transportation with Dave to your favorite Petoskey stores!



And remember, when you schedule an appointment that requires PFV transportation, please schedule with our office asap. 48 hrs minimum advance notice is *required*, and more notice is greatly appreciated!

**Join the Lunch Bunch**  
**Side Door Saloon - Wed. 1/10**  
**Pierson's - Wed. 1/24**

leaving at noon, returning around  
 1:30pm

*Sign up early, limit 8*

**Do you remember Club Ponytail in Harbor Springs?**

We have invited Taylor Dueweke to take us on a stroll down memory lane through the 1960's. Special Happy Hour and Dinner will complete the Blast from the Past! Come dressed for the 1960's.

**Thursday, January 18<sup>th</sup>**  
**4:30pm Presentation & Happy Hour**  
**5:30pm Special Dinner**

Let's try some easy and fun hand to brain exercises to improve memory, brain processing skills, visual and auditory processing and reading.

**Tuesdays/Thursdays in January ~ 11:30am**  
**PFV Card Room**



**Lyric Theater Matinee ~ Fridays in January ~ 1:30pm (leaving PFV before 1pm)**

Please keep an eye on the Wellness Sign up book (in front of the elevator) as we update sign up sheets for upcoming Friday matinees. If we get a minimum 4 people interested by Thursday at noon, and we have a driver available, we will enjoy an afternoon at the Lyric!

**The Color Purple ~ Friday, January 5<sup>th</sup> (please sign up now!)**



## WELLNESS MATTERS

Kjersti Kontio  
PFV Wellness Coordinator  
231.838.0333

In November I shared some myths about aging and in December we learned how to cope with change. This month, let's dive into finding Meaning & Joy.

A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change and you will gradually lose things that previously occupied your time and gave your life purpose. For example, you may retire from your career, downsize a home that you lived in for many years, or friends and family may move far away. But this is not a time to stop moving forward. Later life can be a time of exciting new adventures if you let it.

Everyone has different ways of experiencing meaning and joy, and the activities you enjoy may change over time. If you're not sure where to get started, try some of the following suggestions:

**Pick up a long-neglected hobby or try a new hobby.** Taking a class or joining a club is a great way to pursue a hobby and expand your social network at the same time.

**Learn something new**, such as an instrument, a foreign language, or a new game. Learning a new activity not only adds meaning and joy to life, but can also help to maintain your brain health and prevent mental decline.

**Get involved in your community.** Try attending an event, activity or volunteering for a cause that's important to you. The meaning and purpose you find in helping others will enrich and expand your life.

**Travel somewhere new** or go on a weekend trip to a place you've never visited.

**Spend time in nature.** Just taking a walk outside, breathing fresh air and feeling sunshine on your face can produce an immediate feeling of joy.

**Enjoy the arts.** Visit a museum, go to a concert or a play, join a book club or take an art class.

**Write your memoirs** or a play about your life experiences.

The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable *for you!*

Our northern Michigan community is rich with opportunities for activity. If you see something you'd like to attend that isn't already offered, let's talk about it!

Be Well,

*Kjersti*

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

## January Wellness Classes

### Sit & Fit

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

### Seated Tai Chi for Beginners\*

Tues/Thurs 10:30am  
Wellness Center 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

\* 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!

We offer transportation to events every month to provide additional social and cultural value to our community. Please encourage another resident to attend with you, especially if attendance looks low. A minimum 6 attendees will be required or the event will be cancelled before tickets are purchase. Thanks for your understanding.

Thank you for your enthusiastic participation this year for the **Salvation Army Christmas Angels!** We nearly doubled our donations from last year. We collected \$2,060 for families in need in our community for Christmas 2023. Thank you for your generosity!

Did you know, the **Harbor Market** provides delivery service? Call Edie at 231-526-2101 before noon Thursday with your grocery order and she will deliver right to your door Thursday afternoon! No delivery fee ~ Tips gratefully accepted





**Live to 100: Secrets of the Blue Zones**  
**Wednesdays in January**  
**3rd, 10th, 17th & 24th at 2pm**

Travel around the world, by Netflix video, as Dan Buettner discovers five unique communities where people live extraordinarily long and vibrant lives.

**Movie Matinee has moved to Thursday at 2pm. Head to the Terrace Level to watch with your friends!**



**Jan. 4th**



**Jan 18th**



**Jan 11th**



**Jan 25th**



**MOVIE MATINEE**  
**Thursdays 2:00pm**

### A reminder from our nurse, Anna Minnick, RN

Hi all. As we move into winter and have most of our social engagements inside, we wanted to provide some reminders about how to stay healthy. COVID, Flu, RSV, and the Cold are still in full affect in our area. If you are around someone who is sick or if you feel sick – **please wear a mask when in the public areas.** Masks are available in the office. Masks worn appropriately and good hand hygiene help prevent the spread of these contagious viruses.

### If you're exposed to COVID-19

#### START PRECAUTIONS

Immediately

- Wear a mask as soon as you find out you were exposed FOR 10 DAYS

You can still develop COVID-19 up to 10 days after you have been exposed

Watch for symptoms

- RUNNY/CONGESTED NOSE
- MAJOR HEADACHE
- SORE THROAT
- SHORTNESS OF BREATH
- SERIOUS DECREASED ENERGY

### If you develop COVID-19

#### START ISOLATION

- Isolate for minimum 5 days
- Wear a mask as soon as you find out you are symptomatic or have a positive test result
- You can come out of isolation after 5 days is your symptoms are improving
- Continue to wear your mask when out for 5 more days after isolation

See your doctor if you have any chest pains, shortness of breath, or if symptoms worsen.



It's not that he's heavy Daddy. You're standing on his skis!

Larry Harris, 2/2/1952 Saturday Evening Post

## 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

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The Birches • 4211 Village Circle Drive • Harbor Springs, Michigan 49740

### Village Staff

**Barbara Woodward-Boonstra**  
*Executive Director*

**Jill Tibbits**  
*Administrator*

**Kjersti Kontio**  
*Wellness Coordinator*

**Sigurd Björnson**  
*Maintenance Technician*

**Kathy Barnett**  
*Community Concierge*

**Dave Sluyter**

**Bob Damman**  
*Transporter*

#### **KITCHEN TEAM:**

**Betty Frain**  
*Chef*

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

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

#### **CAREGIVING TEAM:**

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

**Rebecca Stalder**  
*Clinical Assistant*

**Housekeeping**  
Kamala Gold Franseth  
Sheree Woollard

**Activities at  
The Birches**  
Vacant

#### **Resident Assistants**

Benjamin Duncan  
Joy Eaton  
Michll Evans  
Rose Gokee  
Jeremy Kimble  
Ruth Kujat  
Christina Leal  
Marci Morse  
Donna Payne  
Cayden Sharpless  
Katelynn Sterly  
Sara Sumner  
Olivia Thompson

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

**EMERGENCY NUMBER**

**24/7 Resident Assistant Desk 231-526-1500 Ext 4**



**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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