



Perry Villager



Embrace the possibilities



4241 Village Circle Drive • Harbor Springs, Michigan 49740 • www.pvm.org • February 2024

Featured Articles

Meet PFV	pg. 2
Events	pg. 3
Wellness	pg. 4
Notices	pg. 5
PFV Team	pg. 6

From our Executive Director

Residents, Families, and Friends,

February may be the shortest month of the year, but it will be a full month of things to do, fitness, good food, fellowship, and fun! All while staying warm inside.

You have seen new faces over the past few weeks and we'd like to officially welcome Tiera Morse, Activities Assistant working with Kjersti in Wellness and Engagement. You will see that the Happenings Calendar is full for the Perry Center and Birches with things to do and places to go!

Betty and Colleen in dining services welcomed Rebecca Fisher in mid-January and Douglas Black last week, both bring years of experience in the culinary field. Learn more about 'Becca' further on in the newsletter and be sure to attend the monthly menu chat this month! We have a few more support roles in dining to fill and look forward to completing the team this month.

The Birches had full occupancy in January and we are adding to the clinical team to meet those needs. Anna and her team are here to support all who live at Perry Farm Village in both independent living and the Birches. Our respite services are being used each month for those who may require a short stay and the Birches' reputation for quality personal care continues to grow.

We do have two open studio apartments on the Terrace Level if you know someone who would like to come and stay for a few months or longer, and experience all that Perry Farm has to offer! Our guest rooms have received great reviews and be sure to let Kathy in the office know if you need to make reservations for your guests.

It may still be cold outside but Perry remains warm from the smiles, laughter and love each of you bring inside!

Barbara



Perry Farm
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Board Members**PFVA**

Joanne Arbaugh
David Hartnett
Dr. Maria Kokas
Kay Flavin
Ken Ostrowski
Paul Matthews
John Swallow

PFDC/Hillside

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

**February Birthdays**

Byron C.	11 th
Marni O.	14 th
Ann C.	14 th
Jim H.	21 st
Ron N.	22 nd
Sue G.	25 th

Sheree W.	1 st
Environmental Services	
Benjamin D.	20 th
Resident Assistant	
Anna M.	28 th
RN/Nurse Manager	

**Rebecca Fisher***Dining Services Supervisor*

Rebecca is a new face at PFV, however, she may not be new to you. She's a lifelong resident of Harbor Springs, 6th generation, and even had Mrs. (Marge) Crawford for a preschool teacher!

Rebecca graduated from college with a degree in Museum Studies and worked in the National Museum of American Indian in Washington DC, before making her way back home, working for the tribe for 18 years. More recently she worked at Collin's Café and catering.

Rebecca loves working at PFV because it's so friendly and she knows most of the people. She loves hearing your stories of times spent in Harbor Springs, the area and its people.

She has two boys, ages 13 & 15 at HS schools. She's an avid reader of non-fiction and autobiographies.

Welcome Rebecca!

**Virginia Knoop***Resident*

Virginia Knoop has been a resident of Perry Farm Village for 5 years and frequents the gym most days, loving our *new* Nusteps, and the occasional massage with Mary!

Born in Pennsylvania, Virginia was a Majorette in high school and later went on to Carnegie Mellon University to study dance and nutrition. She raised her four children in Pennsylvania, then made her way to Harbor Springs where she had a home in Birchwood with her husband Frank, and worked at Cutlers.

Virginia loves living at PFV, "I enjoy the security that is offered here, and love the people here, and living close to one of my daughters." She also says, "I want everyone to know I live in the BEST hallway too!"

We love having you here Virginia! Thank you for making this your home.

Menu Chat with Colleen

Please come and provide Colleen valuable feedback about your dining experience at Perry Farm.

Your opinion matters!

Monday, February 12th ~ 1:30pm
Dining Room



Birthday Cake for February Birthdays!

Friday, 2/2 ~ 2pm after Bingo



Lunch Bunch

Wed. 2/7 ~ Boyne Highlands

Wed. 2/21 ~ Side Door Saloon

Leaving by noon ~ return before 2pm

Special Happy Hour & Dinner

with music by **Sugar Moon**

Tuesday, February 13th ~ 4:30pm

Lyric Matinee on Fridays ~ 1:30pm!

Do you love going to the movie theater?
Watch the Wellness sign up binder for the
Friday matinee at the Lyric!



Bible Study returns!

Friday, February 28th ~ 2pm

Join Pastor Nancy on the
2nd & 4th Wednesdays of the month

Lunch & Learn

Thursday, February 22nd ~ 12pm

Dr. Lisa Fortin from Re You Venate
will talk about exciting therapies for
common health issues of aging.



Learn to play Quirkle!

Behind the fireplace in the
Living Room

Monday's in February
~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!

February 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*

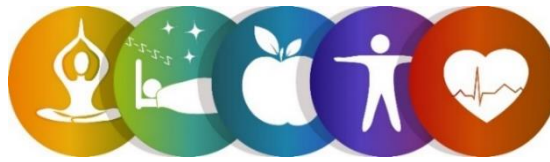
Mon/Wed/Fri 9am

* 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!



WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
231.838.0333

Part 3 – Healthy Aging (Part 1/December and Part 2/ January)

One of the greatest challenges of aging is maintaining your support network. Staying connected isn't always easy as you grow older – even for those who have always had an active social life. Career changes, retirement, illness, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship and loss.

The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you find ways to get out of the house (if possible) and socialize.

Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh.

Make an effort to make new friends. As you lose people in your circle, it is vital to make new connections so your social life doesn't decline. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.

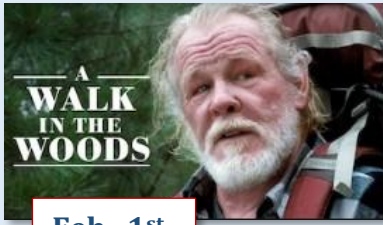
Spend time with at least one person every day. Whatever your living situation, you shouldn't be alone day after day. Phone or email contact is not a replacement for spending time with other people. Regular face to face contact helps you ward off depression and stay positive.

Volunteer. Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone.

Find support groups in times of change. If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

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

Come to the Terrace Level living room to watch with your friends!



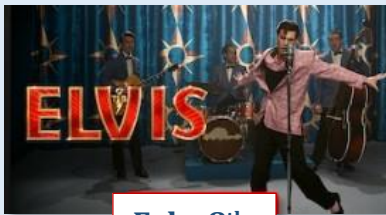
Feb. 1st



**Thursdays
2:00pm**



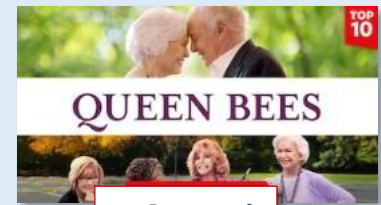
Feb. 29th



Feb. 8th



Feb. 15th



Feb. 22nd



Documentaries for February

Wednesdays ~ 2pm ~ Dining Room

Feb. 7th – Life on our Planet with David Attenborough

A broadcaster recounts his life and evolutionary history of life on Earth.

Feb. 14th – Won't you be my Neighbor

When Fred Rogers found his calling in television, his unassuming children's show was beloved by generations for his kindness, empathy and understanding.

Feb. 21st – Call Me Kate

The inner life of intensely private Katherine Hepburn.

Feb. 28th – My Octopus Teacher

A filmmaker forges an unusual friendship with an octopus living in South African kelp forest, learning as the animal shares the mysteries of her world.

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 Drive • Harbor Springs, Michigan 49740
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

Rebecca Fisher
Douglas Black
Cook

Colleen Froats
*Dining Services Coordinator
for The Birches*

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**
Tiera Morse



Resident Assistants

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

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**

Embrace the possibilities