



# Perry Villager



Embrace the possibilities

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

## Featured Articles

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



Perry Farm  
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



## From our Executive Director

*Dear Residents, Families, & Friends,*

*Well I'd like to say "Happy Spring" but we Northern Michiganders know that while we may have a warm day or two .....winter is NOT over. No matter what the weather is outside there is always a warm and friendly welcome inside Perry Farm and The Birches.*

*We are welcoming new staff in both Dining Services and The Birches and will be introducing them as they complete their onboarding process so look for posted announcements as they join our team.*

*Being Irish (everyone claims to be a 'wee bit' Irish) are one of the themes this month. Kjersti, and Tiara have many activities planned and Chef Betty & Colleen will be cooking up Irish classics and basketball games will be on TV's. Our special dinner will include a bit of Irish cheer both before and after dinner.*

*The kick off for our annual Friends & Family fundraiser is March 26<sup>th</sup>. This is raising funds for things you our residents would like to have here at Perry Farm and the Birches. A survey will be going out in a week asking for your ideas on what your thoughts are on items needed for your community. More benches along the circle drive for walkers is one idea to start us off but I know together you may think of more.*

*We are happy to report that our two guest suites have received 5star reviews for comfort and hospitality. If you are planning to have guests this year please see Kathy and make your reservations early*

*We do have an open studio for lease. If you know anyone 55+ who would like to have a place at Perry Farm even for the months of summer be sure to let them know and give us a call. It is the best-kept secret and most affordable studio in the area and a meal plan is included.*

*March ends this year with Easter, a very special day for many across the world. As I continue to partner with Jill and our team as we oversee this community, you our Residents, your families, and our staff bless me each day. I thank you for making my life fuller.*

*Barbara & Gidgit*

**Norma Brown**  
*Resident*



Norma has been at Perry Farm since the beginning, but what you may not know is where she came to us from? Norma was raised in Central Upstate New York, in the Fingerlakes. She met Bob in Pittsburgh when she was an accountant with Price Waterhouse. A friend of hers had married a seminary student and introduced the two. She says, “It took a while for Bob to get *with it* though.” Living as a minister’s wife meant they moved around a lot. One of her favorite places was Sewickley, PA (Sweetwater) moving there when their first daughter, Allison was 1 ½ yrs old, Susan was then born and they stayed for 7 years. Bob Brown was the Director of Pastoral Services for PVM in 2002 and was told about plans for a new village in Harbor Springs. Since they were already planning their annual Michigan color tour, they decided to take a detour to Harbor Springs to check it out. Norma says, “We never made quick decisions, but we left a blank check with the Marketing Manager that day and built and closed on our cottage in 2003.” Norma enjoys living at Perry Farm saying, “I love our Executive Director, our staff is amazing, great activities and great care for all the residents.”

**Tiera Morse**  
*Wellness Assistant at The Birches*



Tiera may look familiar as you pass her in the halls because she has been a long time Harbor Springs resident. She’s the 5<sup>th</sup> generation in her family to live here! Tiera has many talents and interests which makes her a great fit to lead our Wellness programs at The Birches. She loves to read and sew, currently sewing aprons using vintage patterns, and also enjoys gardening. This summer, we plan to have raised vegetable and flower beds in the courtyard at The Birches which will give Tiera and the resident’s enjoyable outdoor time tending the gardens. In the past she has taught music: piano, voice, choir and violin. She has her personal training certification AND she enjoys organizing community events. Tiera has two teenage children and also cares for her grandmother. “We put so much emphasis on taking care of our youth, investing in their future, we sometimes forget to take care of our past. If we care for those who come after us, we should take equal care of those who came before us.” Tiera takes great care in planning activities for everyone at The Birches, making sure each person has an activity or interaction that makes their day better. Thank you Tiera for leading our activities at The Birches!

**Board Members**  
**PFVA**

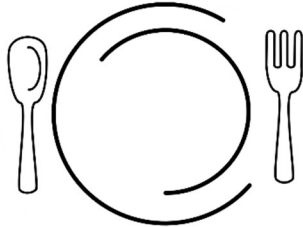
- Joanne Arbaugh
- David Hartnett
- Dr. Maria Kokas
- Kay Flavin
- Ken Ostrowski
- Paul Matthews
- John Swallow

**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

**March Birthdays**

Kraeg	11 <sup>th</sup>
Michll Evans	6 <sup>th</sup>
Resident Assistant	
Bob D.	17 <sup>th</sup>
Kitchen/Driver	
Jill Tibbits	25 <sup>th</sup>
Administrator	
Donna P.	28 <sup>th</sup>
Resident Assistant	

**Lunch Bunch**

Please join your friends in the Dining Room for lunch on **Wednesdays in March!**

A special menu has been planned. Please let the kitchen know to expect you.

**Great Lakes Chamber Orchestra**

Sunday Series featuring  
**The Drumheads**

**Sunday, March 3<sup>rd</sup> ~ 4pm**

First Congregational Church  
Charlevoix

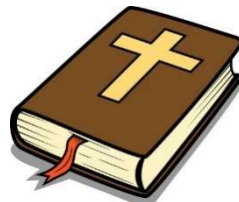
A highly energetic performance with unexpected color combinations and fun arrangements featuring our GLCO percussionists.

**Menu Chat with Colleen**

**Monday, March 11<sup>th</sup> ~ 1:30pm**

Location: Dining room

Let the kitchen know what foods you enjoy!

**Bible Study**

**Every Wednesday in March!**  
**2:30pm**

Meeting in the Terrace Level Dining Room

**Bay View Reading Club**

**Thur. March 21<sup>st</sup>**  
**1:30pm**

*All are welcome!*

**St Patrick's Day Dinner**

**Corned Beef & Cabbage**

**Sunday, March 17<sup>th</sup> ~ 5:30pm**

**Lunch & Learn**

**Don't Get Scammed**

Presented by:

**Robert Haig**

Retired Detroit Police Sergeant

**Wednesday, March 20<sup>th</sup> -12pm**

**Location: Dining Room**

**Hearts for Arts at the Great Lakes Center for the Arts**

**Monday, April 1<sup>st</sup> ~ 7:00pm**

*No charge for our residents!*

*Transportation provided for 4+ residents!!*

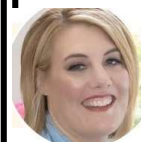


**Dorothy Gerber Youth Orchestra Winter Concert**  
(fresh off their first out of state tour in Cincinnati)

**Zoom Presentation**  
**Downsizing & Organizing**

**Wednesday, March 20<sup>th</sup> ~ 1pm**

LL Boardroom



by **Janelle Azar**

owner of *Meaningful Space*





## WELLNESS MATTERS

Kjersti Kontio  
PFV Wellness Coordinator  
231.838.0333

### Aging Well – Part 4

#### Tip 4: Get Active and boost vitality

Don't fall for the myth that growing older automatically means you're not going to feel good anymore. It is true that aging involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself.

And it's never too late to start! No matter how old you are or how unhealthy you've been in the past, caring for your body has enormous benefits that will help you stay active, sharpen your memory, boost your immune system, manage health problems, and increase your energy. In fact, adults who take up exercise later in life, for example, often show greater physical and mental improvements than their younger counterparts – because they aren't encumbered by the same sports injuries that many regular exercisers experience as they age. Similarly, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger.

A recent Swedish study found that exercise is the number one contributor to longevity, adding extra years to your life – even if you don't start exercising until your senior year. But it's not just about adding years to your life, it's about adding life to your years. Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost, and can even help diminish chronic pain. Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline, and dementia.

#### Exercise tips for older adults

- Check with your doctor before starting any exercise program.
- Find an activity you like and that motivates you to continue.
- Start slow. Just a few minutes a day puts you well on your way!

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

## 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!

### Why do leprechauns hate running?



They'd rather jig than jog!

## Documentaries for March Wednesdays ~ 2pm ~ Dining Room



March 6<sup>th</sup>



March 27<sup>th</sup>



March 13<sup>th</sup>



March 20<sup>th</sup>



March 7<sup>th</sup>



Thursdays  
2:00pm

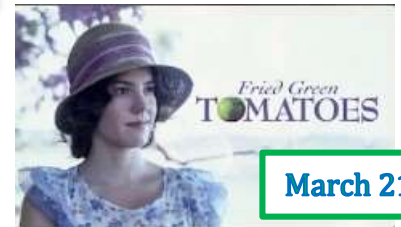


March 28<sup>th</sup>



March 14<sup>th</sup>

Terrace Level Living Room



March 21<sup>st</sup>

Our trash and recycling rooms at the end of each hall tend to overflow with boxes. It would help so much if those tasked with removing the waste also didn't have to spend time breaking down the boxes.

To make this process easy for you, safety box cutters have been placed in each recycling area. Please take a few moments to flatten your boxes, which in turn will save hours each week for maintenance to spend on other high priority items. Thank you for your help! ~ Sig



Pizza boxes  
are trash,  
not  
cardboard!

**Our driver is scheduled for Tuesdays and Thursdays. If you need transportation, please try to schedule your appointments for these days of the week.**



We've had two boxes of newer books donated to our library! Please check them out on our beautiful Terrace level.

Also, a BIG thank you to Emily and Cece for keeping our shelves neat and tidy!







## The Terrace Studio Apartments

**55+ independent senior  
living apartments  
available for rent this  
spring/summer!**

### Luxuries:

- Bay window
- Ample living space
- Adaptable bed area
- Full, private bathroom
- Step-in shower
- Suitable closet/storage
- Kitchenette with compact fridge



Studio Apartment  
395 sq. ft.



## Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

<https://perryfarmvillage.org/resources/brochures/86-independent-living-the-terrace-floor-plans/file>

# March 10th



**Why did the leprechaun  
go outside?**



To sit on his paddy-O!



Easter Sunday Church Service will be  
streamed live to the TV in the card room.

Sunday, March 31 ~ 10am

First Presbyterian Church of Harbor Springs



## PVM Legacy Society

# A GIFT IN YOUR WILL

*can change the lives of seniors.*

Perry Farm Village is able to provide the best quality housing, programs and services to seniors with the generous support of **YOU** the donor.

**Join the PVM Legacy Society with a gift in your will...**

**Find out how YOU can help future residents.**

Contact Devon Meier, Director of Planned Giving, at **947.247.0995** or **dmeier@pvm.org**.



## Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

## 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*

**Sigurd Björnson**  
*Maintenance Technician*

**Kathy Barnett**  
*Community Concierge*

**Dave Sluyter**

**Bob Damman**  
*Transporter*

#### **KITCHEN TEAM:**

**Betty Frain**  
*Chef*

**Rose Pyant**  
**Douglas Black**  
*Cook*

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

**Victoria Losinger**  
**Claire Howard**  
*Dining Services Assistant*

#### **CAREGIVING TEAM:**

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

**Rebecca Stalder**  
*Clinical Assistant*

**Housekeeping**  
*Sheree Woollard*

**Activities at  
The Birches**  
*Tiera Morse*

#### **Resident Assistants**

Benjamin Duncan  
Joy Eaton  
Michl Evans  
Melissa Hingston-  
Livermore  
Kerri Rolfe  
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 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)**

# Embrace the possibilities