



Perry Villager



Embrace the possibilities

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

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From our Executive Director

“April showers bring May Flowers” always plays in my head as we approach this month. Thoughts of what is ahead as the season makes its change with the sound of birds, new growth starting, and warmer air inviting us to open windows and let fresh breezes blow in, even if we have to close them a few hours later!

This month is a special one for us here at Perry Farm Village as we move into the 30 days of our Friends & Family Campaign. In the past two months our family has grown with the addition of Tiera for Activities/Engagement, 7 new care staff in the Birches and 3 members in Dining Services led by our New Executive Chef, Christian Poupard. We will be introducing them all to you throughout the month with pictures and introductions. Each one brings a gift to our team, for which we are grateful.

The Friends & Family fundraiser and raffle (we are awaiting Colleen’s quilt again this year) begins on April 1st and ends on the 30th. Funds raised are for support of what you, our Residents have suggested. Most notably in the past year has been outdoor furniture for the Birches and opening the Terrace Level for the Library, guest suites, and more shared space for all to enjoy.

This year on the list are more outside benches along Village Circle drive, shuffleboard courts, seating areas along the patio sidewalk, starting a employee emergency fund, music programs, and giving our Living room and Dining area a ‘lift’. We cannot do it without the generous gifts from Residents, Families, and Friends. Our goal is \$10,000 and last year we raised \$24,000 and would like to reach this again. Information is posted in both the Birches and Perry Center or ask any of the Leadership Team. Donations may be made on line, by mail, or in the office. Thank you in advance for helping to make this year’s campaign as successful as last year!

Happy Spring and Blessings to you all,
Barbara



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Our annual **Friend & Family Fundraiser is April 1-30th** and we need everyone's participation!

In the last 2 years we accomplished a lot with the funds raised:

- 2 large screen televisions, perfect for enhancing our presentations, conducting classes, etc.
- Pergola shade for our back patio
- 2 NuStep for Wellness Center – old machines unserviceable
- Treadmill for Wellness Center – motor died, no replacement available
- Patio furniture for The Birches
- Terrace level furnishings for guest rooms
- Bingo activity cart
- Kitchen equipment and tableware
- Alzheimer's Association Petoskey Walk Garden Sponsorship

Ideas we have received for 2024 include:

- Shuffleboard court – still to come in 2024, funds are waiting for the concrete man to pour the court!
- Raised gardens for herbs, cherry tomatoes and flowers!
- Umbrella shades for The Birches courtyard
- Let us know your ideas!_____

Your generosity today will make a difference in the lives for our residents today and in the future at Perry Farm Village!

100% of the money raised for Perry Farm Village stays at Perry Farm Village!

Goal: \$10,000

If our goal is met, we will receive an additional \$1,000 if doubled to \$20,000, \$5K more!

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

April Birthdays

- | | |
|-----------|------------------|
| Barbara S | 1 st |
| John C. | 16 th |
| Marge P. | 22 nd |
| Paul R. | 24 th |

Let's celebrate at dinner on Thurs. April 18th!



The Terrace Studio Apartments

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



Reserve your Terrace Studio apartment NOW!

Guest suites also available for our resident' family members, 2 night min., includes breakfast!

Hearts for Arts at the Great Lakes Center for the Arts

Monday, April 1st ~ 7:00pm

*No charge for our residents!
Transportation provided for 4+ residents!!*



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

April Lunch options:

Taco Buffet at PFV

Tuesday, April 9th

Tuesday, April 23rd

Lunch Bunch

Leaving at noon, back before 2pm

Rusty Saw – April 3rd

Brutus, MI

Bayside Restaurant – April 17th

Petoskey, MI

Menu Chat with Colleen

Tuesday, April 9th ~ 2pm @ The Birches

**Monday, April 15th ~ 1:30pm
@ PFV Dining room**

Let the kitchen know what foods
you enjoy!

Bay View Reading Club

**Thur. April 4th
Thurs. April 18th
1:30pm**

All are welcome!

Bible Study

**Every Wednesday in April
@ 2:30pm**



Meeting in the
Terrace Level Dining Room

Solar Eclipse

Northern Michigan will be in the “path of totality”, and if the clouds stay away, we should experience close to 90% of the Sun eclipsed. With the next total solar eclipse not happening again in the US until 2044, this will be a once in a lifetime experience for most of us!

Apr 8, 2024 at 3:13
pm



**Max View in Harbor
Springs Kiwanis
Winter Park, Michigan**

Global Event:	Total Solar Eclipse
Local Type:	Partial Solar Eclipse in Harbor Springs Kiwanis Winter Park, Michigan
Begins:	Mon, Apr 8, 2024 at 1:59 pm
Maximum:	Mon, Apr 8, 2024 at 3:13 pm 0.883 Magnitude
Ends:	Mon, Apr 8, 2024 at 4:25 pm
Duration:	2 hours, 26 minutes

Diabetes Education

By Zoom in the LL Boardroom

April 11, 18, 25 ~ 10-11am

Presented by: AARP-Michigan
Host: Dr. Renée Branch Canady, Chief Executive Officer of Michigan Public Health Institute with presenters from Michigan State University

REPERIO

APRIL 7, 2024 | 4:00 PM
FIRST PRESBYTERIAN CHURCH, BOYNE CITY



FREE ADMISSION

Great Lakes Chamber Orchestra presents:

April 20 | 7:00 PM - 9:00 PM

Dreams of Faraway Lands

Great Lakes Center for the Arts 800 Bay Harbor Dr., Petoskey

Join us for an exciting musical journey inspired by the cultures of faraway lands. Musical portraits by celebrated composers will transport you to the distant regions of the Middle East, Asia, Africa, Southern Europe in this smorgasbord-concert of distinct musical cultures presenting works such as Mozart's Abduction from Seraglio and Turkish March, Rossini's Italian Girl in



Free transportation for 4+ residents, please sign up 7 days in advance, a ticket will be ordered for you and billed to your account!



WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
231.838.0333

For the last few months I've provided excerpts from "Aging Well". This is the final article, with equally important tips about keeping your mind sharp!

Give your brain a workout. By the time you reached adulthood, your brain developed millions of neural pathways that help you process and recall information quickly, solve familiar problems, and execute habitual tasks with a minimum of mental effort. But if you always stick to these well-worn paths, you aren't giving your brain the stimulation it needs to keep growing and developing. You have to shake things up from time to time!

Memory, like muscular strength, requires you to "use it or lose it". The more you work out your brain, the better you'll be able to process and remember information. But not all activities are equal. The best brain exercises break your routine and challenge you to use and develop new brain pathways.

Four key elements of a good brain-boosting activity

1. *It teaches you something new.* No matter how intellectually demanding the activities, if it's something you're already good at, it's not a good brain exercise. The activity needs to be something that's unfamiliar and out of your comfort zone. To strengthen the brain, you need to keep learning and developing new skills.
2. *It's challenging.* The best brain-boosting activities demand your full and close attention. It's not enough that you found the activity challenging at one point. It must still be something that requires mental effort. For example, learning to play a new game.
3. *It's a skill you can build on.* Look for activities that allow you to start at an easy level and work your way up as your skills improve. When a previously difficult level starts to feel comfortable, that means it's time to tackle the next level of performance.
4. *It's rewarding.* Rewards support the brain's learning process. The more interested and engaged you are in the activity, the more likely you'll continue doing it and the greater the benefits you'll experience. So, choose activities that, while challenging, are still enjoyable and satisfying.

Think of something new you've always wanted to try, like learning how to play an instrument, juggle, play chess, speak French, or dance the tango. Any of these activities can help you improve your memory, so long as they keep you challenged and engaged.

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

April Wellness Classes

Sit & Fit

Mon/Wed/Fri 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!



MOVIE MATINEE

2:00pm ~ Terrace level living room



April 18th

**April 4th – Cabrini
@ The Lyric!**

Sign up by 3/29 to reserve your seat!



April 3rd



April 11th



April 24th



April 10th



April 17th



April 25th

Tiera Morse - The Birches Activities

Things are bustling over here at the Birches! Amid the clatter of kitchen dishes, the music from the piano, and Susan’s muttered “Phooey-Dooeys!” there are the stirrings of spring. In the dining room windowsill, our marigold plantings are growing quickly, soon to be joined by little zinnia seedlings. One of our residents, Diane, contributes her green thumb to their care and proper watering. We look forward to putting our sprouts into the new raised beds that will be built this spring. They will be such a pleasant addition for our residents to enjoy, tending to their own plants.

We have been busy with other projects as well: hosting a rescue dog for pet therapy, packing Manna food lunches for needy school children, and singing hymns and old times favorites with various local musicians. And we love celebrating the holidays.

For Valentine’s Day, we had an Ice Cream Social. For St. Patrick’s Day, we had a Leprechaun visit and do a jig for us! For Easter, there was a special service with more beautiful music from a local pastor. It’s a pity there isn’t a holiday in April for more festive fun! But we will be having plenty of activities to keep us busy. There will be crafts, more Manna projects, Sit and Fit, and the walking group that is starting up.

And let’s not forget to mention all the games. Dominoes, indoor bowling, Qwirkle, and the ever popular Bingo with our volunteer Norma. Game time provides such fun interaction and opportunity for the residents to express their various personalities. Our current frequent winner of the table games is Lillian, who wins while claiming that she doesn’t know how she did it! Could her innocent protestations be a diversion to disguise her mischievous mind and charming efforts to cheat under our very noses? And our most frequent winner of Bingo is Jill who seems to have a special luck for scoring all the best Bingo runs. Or does her luck have anything to do with her husband’s calling the Bingo?

This light-hearted banter and teasing are more of the wonderful bustlings that keep all of us at the Birches in high spirits. Here’s to more of the same good cheer this spring and all year!



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



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

Sigurd Björnson
Maintenance Technician

Kathy Barnett
Community Concierge

Dave Sluyter

Bob Damman
Transporter

KITCHEN TEAM:
Christian Poupard
Chef

Rebecca Fisher
Douglas Black
Cook

Colleen Froats
*Dining Services Coordinator
for The Birches*

Claire Howard
Victoria Losinger
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

Logan Bond
Joy Eaton
Michl Evans
Tiffany Gagnon
Marlene Gasco
Madison Gehres
Ciara Halliday
Melissa Hingston-Livemore
Jeremy Kimble
Christina Leal
Marci Morse
Donna Payne
Kerri Rolfe
Sara Sumner
Olivia Thompson

EMERGENCY NUMBER

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



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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