



# Perry Villager



## Embrace the possibilities

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

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### From our Executive Director

Hello Owners, Residents, Families, & Friends,

**SAVE THE DATE: August 14 at 2:00 pm ...**

**For our Annual Homeowners Meeting and cocktail party,  
Everyone is invited.**

*Cocktails are hosted by the PVM Foundation as a thank you for your support.*

Summer in Northern Michigan is upon us and Perry Farm Village (PFV) is ready to greet families and visitors. Please come visit our outdoor areas bursting with color, new raised garden beds, comfortable areas to gather, outdoor yard games, walking areas, and enjoy the warmer weather while visiting with family and friends. Coming soon will be shuffleboard and croquet!

Sunday evenings please join us for Music at Marina Park as we sponsor another season of local music through the Harbor Springs Chamber. Our Dining Program is growing, led by our Executive Chef Christian Poupard. We all love going out to eat, and during July and August it can be crowded. Owners, families, & friends are welcome to join our Residents for breakfast or dinner in the main dining room and skip the long wait lines. Reservations are required 24 hrs. in advance please.

Over the past 18 months, we have welcomed the Birches as part of the many services available to Residents of Perry Farm Village as well as the surrounding community. If you have not taken a tour, please call to schedule a time with one of our team members. We are pleased to hear often, how our reputation has grown as we serve those who live and work here. I truly love to show Perry Farm & The Birches to others. The Hidden Gem in Harbor Springs.

I look forward to seeing many of you over the summer. Have a blessed and wonderful July!

*Barbara*



## Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



## Getting to know the people around Perry Farm Village

### Colin Murphy

*Dining Services Supervisor*

Colin Murphy is new to our kitchen staff and is enjoying starting his days cooking breakfast for The Birches. “To get our resident’s day started well is a true blessing,” he says.

Colin grew up in Petoskey and went on to earn a degree in Psychology from Michigan State. He worked in Youth Foster Care and later moved to Las Vegas for a few years and worked as a high school guidance counselor. From there he enlisted in the Army in Special Operations “looking for the thrill of adventure” and spent 7 years traveling the world. He lived in the Baltics and Germany and found these years to be a great learning and growth opportunity.

Colin speaks four languages fluently, is an ordained minister and plays the piano. He’s hoping to share some piano music with The Birches soon.

Also a notable fact about Colin, his grandmother is a resident at The Birches, Doris Lundtiegen! Welcome Colin, we are so happy you are here!



### 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 Monan  
Emil Muccino  
Linda Rhodes-Pauly  
Joanne Robinson  
Mark Slater  
Edy Stoughton



### Dinner at Perry Farm

As the restaurants get busy this summer, please consider having a meal with your family here in Perry Farm’s main dining room. It’s easy to get a reservation, BYOB, no crowds, great food and good service! Please call 231.526.1500 by noon on the day you would like to dine with us!

Our dinner menu for this month is attached to this newsletter.



### Walking Group on Friday at 2pm!

PFV will again be a sponsor for the **Alzheimer’s Walk** in Petoskey. We encourage our residents, their family and our community members to join us as we walk to support this cause AND for our own wellness. Each lap of each hallway in the building is 0.4 mile, and the driveway circle around the building is also 0.4 mile. After Bingo on Fridays in July, let’s all get walking either inside or outside, meeting afterward for some ice cream!

### July Birthdays

Ann W.	27 <sup>th</sup>
Claire Howard	13 <sup>th</sup>

*Dining Services Assistant*

**Dinner at Crow's Nest\*\***

July 9<sup>th</sup>  
leave at 4:45pm

**Garden Club**

Monday, July 8<sup>th</sup>  
~ 4pm



**Harbor Market**

**231.526.2102**

We are now offering a bus ride to Harbor Market on Tuesdays at 12pm. Or, if you'd rather let someone else do the shopping for you, call them on Thursday between 8am and noon with your list and payment preference and they will deliver your groceries to your door on Thursday at 2pm!



**Opera & Musical features at Bay View this month:**

**Fiddler on the Roof\*\***

Friday, July 12<sup>th</sup> ~ 8pm  
JM Hall Auditorium

**Cinderella\*\***

Thursday, July 25<sup>th</sup> ~ 8pm  
JM Hall Auditorium



**Bus Ride for Ice Cream\*\***

Let's take the *long way*, see the beautiful Northern Michigan countryside, and stop for ice cream on the way back!



Monday, July 15<sup>th</sup> ~ 1-3pm

\*\*Activities where we use our bus with a driver, 4 people minimum to attend.

**Great Lakes Chamber Orchestra\*\***

Thursday, July 18<sup>th</sup> ~ 7pm

**The most entertaining orchestra pops concert of the season with a Surprise you don't want to miss!**

An evening filled with high energy music of Roma (Gypsies) from the Mediterranean and Balkan vibrant cultures! You will tap your toes to the rhythms of Enescu's Romanian Rhapsody, Brahms' Hungarian Dances, Gypsy Kings' Medley, and more!

This concert will feature an internationally-acclaimed Balkan violinist Robert Lakatos from Serbia, and is one of the most promising artists of his generation and the GLCO is thrilled to bring him to northern Michigan audiences.



**Harbor Springs Farmer's Market ~ Senior Day\*\***

Let's take the bus, listen to Katherine Ryan and have a picnic lunch! We will order sandwiches from Harbor Ice Cream & Sandwich

Wednesday, July 31<sup>st</sup> ~ 11am-1pm  
Bus leaves at 11am



**Special Dinner July 24<sup>th</sup>**

BBQ Chicken & Shrimp Kabobs

Join us for a PFV happy hour for wine & cheese!



## WELLNESS MATTERS

Kjersti Kontio  
PFV Wellness Coordinator  
231.838.0333

This summer promises to be a scorcher in many parts of the country, so it will be important to drink plenty of water to stay hydrated.

That's even more important for older adults, who may not drink enough water or are more susceptible to becoming dehydrated, which can cause a host of health problems.

"The climate people live in has a big impact on hydration," says Bethany Agusala, M.D., medical director at UT Southwestern's William T. and Gay F. Solomon General Internal Medicine Clinic in Dallas. "In Texas last year, we had more than 40 days in the 100s. You have to be a lot more conscientious about your fluid intake," says Agusala, who also is a certified lifestyle nutritionist.

So, how much water should you consume? You've probably heard advice to drink eight 8-ounce glasses (64 ounces) of water a day. But newer recommendations from the National Academy of Medicine say that figure should be higher for adults age 50+: about 91 ounces for women and 125 ounces for men.

If the daily drinking-water recommendation seems like a lot to you, there's a simple solution: Eat more water-rich foods!

The daily recommendation includes water from food as well as beverages other than water. The body typically gets about 20% of the water it needs from food.

Foods packed with water:

1. Cucumber (96%)
2. Leafy greens (96%)
3. Tomato (95%)
4. Celery (95%)
5. Ice pops (94%)
6. Bell peppers (93%)
7. Mushrooms (90%)
8. Soup/broth (92%)
9. Watermelon (91%)
10. Apples (85%)



If you aim to drink water throughout the day and eat a well-balanced diet with plenty of fruits & vegetables, you can plan on getting enough fluids.

*Excerpt from: Sheryl Jean, AARP 6/18/2024*

## Wellness Classes

### Sit & Fit

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

### Meditation\*

Mon only 11:30am  
Terrace Level Living Room

### Walking Group\*

Friday 2:30pm  
(or anytime, just lace up and go!)

### Exercise Community Crew\*

Mon/Wed/Fri 9am

**Video Classes available anytime in the Wellness classroom!**

### Seated Tai Chi for Beginners\*

Tues 10am  
Wellness Center Classroom

### Chair Yoga\*

Thurs 10am  
Wellness Center Classroom

\* no charge

**Please leave the lights ON in the Wellness Center. Residents and guests may have difficulty locating light switches in the DARK!**

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!



## 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*

**Christian Poupard**  
*Executive Chef*

**Colin Murphy**  
*Dining Services Coordinator  
for The Birches*

**Tiera Morse**  
*Activities at the Birches*

#### **CAREGIVING TEAM:**

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

**Rebecca Stalder**  
*Clinical Assistant*

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

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