



Perry Villager



Embrace the possibilities

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

August 2022

Featured Articles

A Letter from our Executive Director

Hello Residents and Families!

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Wow, July seemed to fly by with so much to do and absolutely perfect weather!! It has been nice to see so many spend time outdoors, walking, biking, sitting in the warmth of the sun, meeting family and friends, and enjoying all that the happenings in town.

This month's newsletter is FULL and a big THANK YOU goes to Kjersti in putting it altogether to help keep you informed and in the know of the happenings within Perry Farm Village.

The irrigation on the West side of the community should be back up and running within a few days of this printing. Weeding and trimming is a frustration for all and we understand and do apologize. Jill has been talking with the landscapers frequently, and like so many businesses, they are having difficulty finding staff to take care of it. Thank you to Marc for rotating the many hoses and sprinklers to keep the grass from getting worse and for working his way around to get as many weeds cut back as he can each week. covid continues to rear its ugly head, and most of us know someone who has tested positive over the past 2-4 months. The good news is that while we still need to be aware and careful, those who are vaccinated and some that may not be are not getting as ill, do not need hospitalization, and blessedly we are hearing of few deaths. We hope our updates and postings keep you all informed. Due to our licensed area on the Terrace Level our community is required to follow all the CDC guidelines when someone does test positive. The current variant we have been told is even more fast spreading, presents with sore throat, headache and may include a fever. IF YOU HAVE ANY SYMPTOMS, do not hesitate to let us know in the office. If no one is there please call the Terrace Level Caregivers.

The new building is coming along well, furniture is being delivered and stored downstairs, and weekly calls are received for information. Thank you to all of those who have welcomed others who are touring for a loved one. The feedback is always so positive that "this is the place we want to be." Warm hugs to all and enjoy a wonderful August,

Barbara



**Perry Farm
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Meet people that make Perry Farm Village a great place!



Colleen Froats
Dining Services Assistant

“I have been employed at Perry Farm Village since February 2015, first as a Resident Assistant, and now as a Dining Service Assistant. It has been, and still is, an honor and a privilege each and every day to come to work knowing that I am appreciated by my fellow team members, but mostly by the residents that I serve. Each of them are so gracious and caring it’s like spending my days with a favorite grandparent. I truly look forward to each day I come to work.”



We are fortunate to have Colleen as a part of our kitchen team! Thank you Colleen for everything you do every day!



Marian Hair
Perry Farm Village Terrace Level Resident

Marian Emerson Hair will turn 100 on August 13th! Marian grew up in southern Michigan and Northern Indiana. She met her husband, Robert Hair, in Sturgis, MI, where she worked as a bookkeeper and accountant, and he was managing editor at the local newspaper. They lived and worked in cities in Michigan, Indiana, Ohio and in Miami, FL, before retiring and moving back to Sturgis. Both were active in area historical societies. Marian also volunteered at the library, with the garden club, and at the Presbyterian Church. After becoming a widow, Marian moved north to be closer to family. She has two children, four grandchildren, and eight great-grandchildren.

Let’s all wish Marian Hair a very Happy 100th Birthday!

Board Members

PFVA

- Joanne Arbaugh
- Dick Collie
- Karin Flint
- Kelley Newton
- Ken Ostrowski
- Andy Spence

PFDC/Hillside

- Kay Flavin
- Karin Flint
- Roy Griffiths, Jr.
- David Hartnett
- Tim Knapp
- Linda Rhodes-Pauly
- Joanne Robinson
- Andy Spence
- Mark Slater
- Edy Stoughton

Marion L.	8/9
Nancy M.	8/12
Marian H.	8/13
JoAnne H.	8/15
Cameron O.	8/21

Happy Birthday
from all of us at
Perry Farm
Village!



Christine Woodward 8/3
RA/Contingent

A Note from our Executive Chef Joe Mastaglio

Please join us on **August 18** for a special treat, **NY Strip steak dinner**. With summer in full swing, I decided it was a good time for everyone to enjoy some steaks on the grill. Please sign up with the kitchen staff by August 16th.

~ Joe, Jeremy, Colleen, and Dawn

*Please join the family of Cary Rowland
for a celebration of her life
August 7th ~ 3:30-4:30pm
Perry Farm Village card room and patio*



Memories of Cary from Laurie Russo, RA

"Cary was a great lady and friend. Once she met someone she liked, they would be best friends for life. Cary was like my second mother. She loved flowers, and always had a flower bed outside her patio door. She loved her dog Max. Cary was a true Southern Bell. She always had a smile for everyone, and everyone always had a smile for her.

She will be missed by everyone she knew."

**Check Community
Channel 900
for announcements
and updates on
upcoming events!**

Emmet Co. EMT staff will present in our dining room on **Thurs Aug 18th ~ 1pm** providing information about emergencies and what to expect should they arrive at PFV. They'll bring an ambulance to tour and some goodie bags!

Sign up by 8/11 on wellness table.

Sunday, Aug 7th

There will be no church service at PFV, however we will offer transportation, or a short walk to First Presbyterian Church HS for an in person communion service.

Please sign up on Wellness Table by Friday Aug 5th

Sign up clarification.....

Thank you for signing up for activities and outings! It's fun to get out and enjoy beautiful Northern Michigan!

Please keep in mind that when you sign up, we plan our outings accordingly to have enough seating on the bus, enough seating at the event and we let restaurants know we are bringing a group.

If you must cancel, please allow a minimum 24 hrs. notice so we can adjust our planning accordingly. *A \$5 cancellation fee applies within the 24 hr. window.*

For all meals prepared by our kitchen staff, please sign up with kitchen staff.

Thank you!



Crafts with Barb O'Neil

How will Barb encourage our crafty spirit this month? We've made beautiful wreaths and colorful rocks!

Let's meet again on

Thursday, August 25th ~ 1pm

Barb brings the supplies, and you bring your crafty, curious spirit!

(Sign up by 8/27 on the Wellness table)

Senior Health Expo
Wed 8/17~10am-2pm
Central Elementary
School
Petoskey
(sign up for transportation)

**Aug 3rd
Rusty Saw North**



Please sign up early! Limited transportation. Ask Kjersti if you have any questions.

**Lunch
Bunch**

Leaving
11:30am
Returning
1:30pm

**Aug 31st
Side Door Saloon**



Please save your *D&W* and *Olsen's* receipts and drop them off to Karen in the office.

Their Community Share program allows organizations, like Perry Farm Village, to collect receipts and turn them in for **CASH!** This is an easy way to generate money for extra treats for residents and staff.

Your participation is greatly appreciated!



Wellness Matters

Kjersti Kontio
Wellness Coordinator

Changing Our “Internal Dialog”

Attitude is comprised of the internal dialog we have with ourselves and our reactions to the outside world. Researchers continue to find compelling evidence that a positive attitude has beneficial effects to our well-being and health. Studies consistently find links between attitude and health when related to:

- A longer life span
- Lower rates of depression
- Less susceptibility to airborne illnesses such as colds
- Reduced risk of death from cardiovascular disease

SIX STEPS TO A POSITIVE ATTITUDE

1 – Get Moving! Regular exercise, at least 3x/week, will have a positive effect to your mood by reducing stress. Mindfulness exercises like yoga, stretching or Pilates provide additional stress-busting benefits.

2 – Stick to a balanced diet. A diet with leafy greens, vitamin rich vegetables, and unprocessed foods will provide energy and help you feel happier.

3 – Positive affirmation. Sometimes we can't help but feel overwhelmed. In these moments follow one simple rule: Don't say anything to yourself that you wouldn't say to a friend. Try to think of the ways you'd encourage someone going through the same things and apply it to yourself.

4 – Use laughter as a barrier to stress. By actively seeking the humorous side of situations it allows you to step back and see the bigger picture. It is okay to laugh, even during difficult times. There's a reason laughter is called the best medicine!

5 – Positivity is contagious. Surround yourself with other positive, supportive people. Their attitudes will support an optimistic outlook in stressful situations, which helps maintain physical health. Alternately, negative people may increase your stress and make you feel more overwhelmed, sapping much needed energy.

6 - Watch out for negative influences. 24-hr news channels, celebrity gossip can seep into your day. It's ok to limit your exposure☺

Read more from Dr. Robert Bobert,
Immunologist at
<https://ojaihealth.com/positive-attitude/>

August Classes for Wellness

Sit & Fit
Mon/Wed/Fri 10:30am

New!

Let's Croquet!
Tues 10:30am
(meet in card room)

Let's Cornhole!
Thurs 10:30am
(meet in card room)

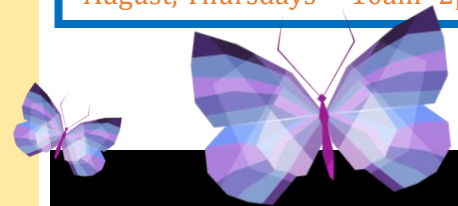
Intro to Meditation
Tues 8/23 1pm
(20 minutes for residents and staff)

Croquet will be set up
outside between halls 2 & 3
August, Tuesdays ~ 10am-2pm

Grab a friend and play
a game or two!

Meet Kjersti in the card room
at 10:30am to play!

Corn Hole will be set up
In front under the Portico
August, Thursdays ~ 10am -2pm



~~Impossible~~

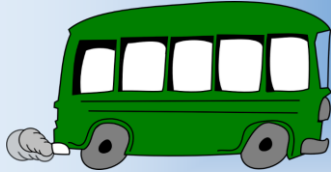
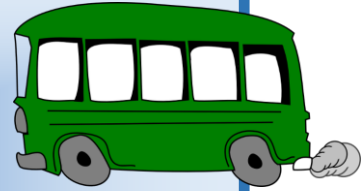
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SHOPPING

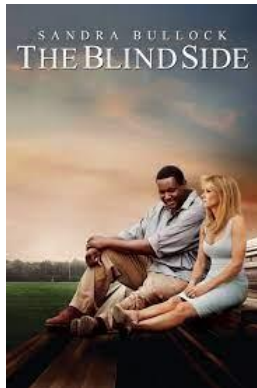
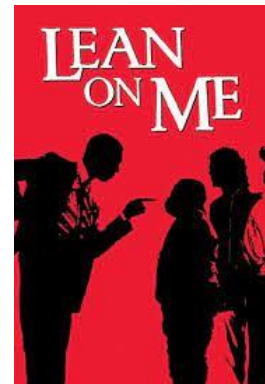
Wednesdays, 8/10 and 8/24 from 12:45-3pm
 This is a *drop off* service with a time provided by the driver to be ready for pick up.
Sign up on wellness table.

**Catch the bus**

Tuesday & Thursday
 Pick up times - 9:45am & 1pm
Call Sarah 231-373-2803
 let her know you'll be waiting.

*If you do **not** intend to go, please remove your name from the list prior to the deadline so we can plan accordingly.*

★ **MOVIE NIGHT** ★
 Admit One

Aug 7th**"The Blind Side"****Aug 21st****"The Terminal"****Aug 14th****"The Bucket List"****Aug 28th****"Lean on Me"**

Sunday
6:30pm

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

Village Staff

Barbara Woodward-Boonstra

Executive Director

Jill Tibbits

Administrator

Kjersti Kontio

Wellness Coordinator

Marc Svatora

Maintenance Tech

Karen Martin

Community Concierge

KITCHEN TEAM:

Joseph Mastaglio

Executive Chef

Jeremy Kimble

Cook

Dawn Svatora

Colleen Froats

Dining Services Assistants

Transporter

Vacant, but w / interim coverage

Main Office (231) 526-1500

Normal open office hours: Mon-Fri 8:30a-4:30p
And Saturdays 10:00a-3:00p

CAREGIVING TEAM:

Vacant

RN/Nurse Manager

Resident Assistants:

Benjamin Duncan *Laurie Russo*

Joy Eaton *Margaret Small*

Rose Gokee *Susan Storrs*

Ciara Halliday *Sheree Woollard*

Michelle Khaled *Christine Woodward*

Christina Leal

EMERGENCY NUMBER

24/7 Resident Assistant Desk, Terrace Level 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**

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