



# Perry Villager



Embrace the possibilities

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

September 2022

## Featured Articles

Meet PFV	pg. 2
Birthdays	pg. 2
Events	pg. 3
Wellness	pg. 4
Devon-Gifts	pg. 5
Movies	pg. 6
Invitation	pg. 6



Perry Farm  
Village

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Fondly,  
*Barb*

## A Letter from our Executive Director

Hello Perry Farm Family,

Wow, it's September already!! Perry Farm Village has been a busy community all summer long. It has been fun meeting families, seeing the outdoor areas and games used and so many who walk the circle road for fresh air and exercise. Kjersti Kontio has everyone engaged in fun and healthy activities, and it resonates throughout the building, and the staff have joined in to stay fit. When people come in to visit or tour, it is wonderful to hear "This place is so active and fun!" It is all of you who make it this way, and thank you for allowing our Team to be here to be part of Perry Farm.

And the team is growing!! We welcomed to our Care staff, Kathryn and soon Sarah and Carmen will be joining this month. Karen Martin may have stepped back from full time, but she just couldn't stay away and will be helping during September and occasionally in the months to come. We are thrilled that Tracy Archey will be returning to take the full time position, and you will see her doing much more as she helps with activities and wellness. Welcome Back Tracy!!

You may have noticed by this time the movement in the main offices. With the addition of Tom Swan, Sales Specialist, more desks and space were needed. Kjersti does not want to be left out, and she too will spend some time each day upstairs and needed a place to be. Our open door practice remains, and we enjoy and welcome each person who comes into the office. Nancy Rondel, RN our "Clinical Angel" has returned to continue support to the care team and please join us all as we welcome her back.....Again!! Thank you Nancy, you are a blessing to us all.

With the opening of THE BIRCHES scheduled for early December, it's important that we have "all hands on deck", which means that our team will be using some vacation days to have time off before this occurs. So bear with us as those well-deserved days are taken and we step in for each other to make sure Perry Farm continues to run smoothly.

## Meet people that make Perry Farm Village a great place!

### Ciara Halliday

Lead Resident Assistant



I have lived in this area my entire life, and I don't plan on leaving Northern Michigan anytime soon! On my days off I play softball, basketball, and enjoy hiking the nature preserves in our area.

I have worked in Dementia/Alzheimer's care for about 2 years now, and I plan to continue this career path. I hope to obtain more certifications/degrees in Dementia care within the next few years.

I started working at Perry Farm 4 months ago, and I have enjoyed every minute of it! I love my job because all of my coworkers strive to help our residents any chance they can. All of our residents are a joy to be around every day, and I'm truly thankful I work for a community like ours!

### Kay Melzow

Resident



**Resident  
of the  
Year  
2022!**

Kay Melzow has lived at Perry Farm Village for 1 ½ yrs. Many recognize Kay for her graceful nature, elegant style and her encouragement of all residents to participate in our wellness programs. She and her husband of 63 years, George, started coming to Harbor Springs many years ago, enjoying their cottage on Lake Michigan. Kay reflects that "Harbor Springs was always important to us."

Upon obtaining her Master's degree from the University of Michigan, Kay & George, settled in Birmingham MI and was the Director of Guidance for the Warren school system for 31 years.

She loves listening to Jazz, and just ask her about the many Corvettes she's owned?! Thanks Kay, for sharing your story and for encouraging everyone to keep moving!

## Board Members

### PFVA

Joanne Arbaugh  
Dick Collie  
Kelley Newton  
Ken Ostrowski

### PFDC/Hillside

Kay Flavin  
Roy Griffiths, Jr.  
David Hartnett  
Tim Knapp  
Maria Kokas  
Pastor Kenneth Murphy  
Linda Rhodes-Pauly  
Joanne Robinson  
Mark Slater  
Ed Stoughton

Irene W.	4 <sup>th</sup>
Karen H.	5 <sup>th</sup>
Judy A.	7 <sup>th</sup>
Marion C.	7 <sup>th</sup>
Kay M.	7 <sup>th</sup>
Ken O.	8 <sup>th</sup>
Susi H.	13 <sup>th</sup>

*Happy Birthday  
from all of us at  
Perry Farm  
Village!*



Joe Mastaglio Executive Chef	3 <sup>rd</sup>
Colleen Froats Dining Services	5 <sup>th</sup>
Barbara Woodward-Boonstra Executive Director	28 <sup>th</sup>

## Alzheimer Walk – September 17<sup>th</sup> ~ 9am

Held annually in more than 600 communities nationwide, Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

### *These flowers have a lot of fight in them.*

Across the nation, the Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

### *How can you participate?*

1. *Sign up* for our local walk – PFV is a sponsor and we are forming a team! Residents and staff are all encouraged to participate!
2. *Start fundraising and sharing*
3. *Join us on Walk Day* – Come together for an inspiring community event that celebrates our community commitment that ends the disease.



**Melissa Thompson**  
Regional Director

## Virtual Village Victory Games are quickly approaching and we need YOU!

Please consider participating, as team work makes the dream work, right? Being “athletic” is not a requirement, only the desire to have fun with friends.

Every Presbyterian Village property will be participating and one of the ways we gain points is to have a team. We will be meeting in Kiwanis Park in Harbor Springs on Friday, October 7<sup>th</sup> with Village of Hillside and doing our best to score points in 5 Categories:

- |  |         |
|--|---------|
| 1. Beanbag Toss – aka CornHole   | 100 pts |
| 2. Hoop Shoot – aka Basketball   | 75 pts  |
| 3. The Puzzler – 60 to 100 pc puzzle, timed                                    | 100 pts |
| 4. Wellness Walk – 50 yds, timed   | 75 pts  |
| 5. Kick-a-Roo – aka Soccer   | 75 pts  |
| 6. Expression of Wellness – we create a video about what wellness means to us! | 100 pts |

We also need *volunteers* to help, and *cheerleaders* to keep the team spirit high!

Sign up on the Wellness table, and look at your September calendar for practice days/times.

## Announcements



### SAVE YOUR GROCERY RECEIPTS

We appreciate grocery receipts from Oleson's Food, and D&W.

Please bring your receipts to the PFV office. This is a great way to bring additional dollars to support our programs!



*Wrinkles will only go where the smiles have been.*

*Jimmy Buffet*



**September Classes for Wellness****Sit & Fit**

Mon/Wed/Fri 10:30am

**Cardio Drumming**

Thurs 10:30am

At HS Friendship Center

**Meditation**

Fri 10am

(20 minutes for residents and staff)

**Victory Games Practices****Cornhole & Hoop Shoot**

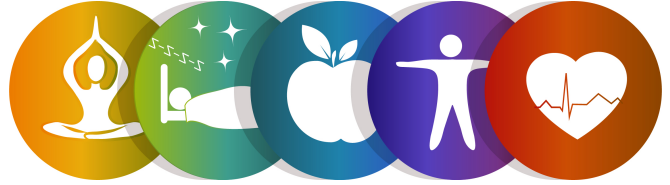
Tues/Thurs 10:30am

On patio off card room

Grab a friend and play!

**Kick-A-Roo**

Fri 10:30am

**Wellness Matters**Kjersti Kontio  
Wellness Coordinator

Hello Friends!

September has always offered a new beginning for me, much like January. Back to school was always one of my favorite times of year, both as a child and as a parent. New routines, new teachers, new activities, new school clothes, pencils and a perfectly intact box of 64 Crayola's!

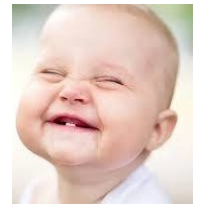
This year I'm thinking of a new beginning for our wellness program. Exploring new ideas, new programming, and new ways of offering wellness throughout our property.

Sit & Fit classes will continue, AND on Thursdays in September you can join my new Fitness Drumming class! I'll be teaching at the HS Friendship Center and if you want to give it a try, sign up and meet me by the front door at 10:15am and I'll give you a ride! No musical skill needed, only the enjoyment of music. Come and give it a try! As always, I'll encourage you to move at your comfort level and I'll make sure you have fun doing it!

Another new offering will be Meditation in the Card Room on Fridays at 10am. If you've never tried meditation, this is a great time to try! If you can sit quietly for 15 minutes, you're half way there! ☺

Presbyterian Villages of Michigan is once again, after a Covid interruption, offering Virtual Victory Games, October 7<sup>th</sup>. I hope you'll join us! We also need cheers from a crowd to keep our team's energy high! Karen, being the creative soul of our bunch, is thinking up a team name, team song, and ordering T-shirts for ALL that sign up! Check out our practice times on the left side of this page.

Another exciting bit of news ..... I'll be working upstairs in the office most afternoons to allow me to connect with you more! Stop in and say hello, the door is always open!



If there is something that would enrich your life, please share with me. We are contemplating a book club, checkers/chess, maybe a Men's group that could meet for coffee and conversation? Does anyone knit? I do!

Lastly, we make every attempt to post every event in this newsletter and on our calendar, however, sometimes we are offered events at the last minute. Keep watch for notices on the wellness table and in the card room for unexpected surprises!

*Kjersti*

**If you support the  
Alzheimer's Walk  
Sat. Sept 17<sup>th</sup> you'll get  
1 free fitness class!**

- Walk
- Donate
- Volunteer

Sign up on the Wellness table.

**The goal of meditation  
isn't to control  
your thoughts,  
it's to stop letting  
them control you.**



**Craft  
with  
Barb  
O'Neill  
Sept 15<sup>th</sup>  
1pm**



Devon Meier

A Letter from our PVM Director of Planned Giving

Hello Everyone! I hope you’re doing well. As some of you know, my name is Devon Meier, and in May 2022 I joined the PVM family as the new Director of Planned Giving. I have the honor of partnering with donors who want to make a gift beyond their lifetime in support of our incredible mission.

About Me

I grew up in West Michigan and graduated from the University of Michigan with a degree in Drama and English. I’ve dedicated the last 14 years of my career to working in philanthropy, helping raise important funds for children battling cancer, refugees, older adults, and more. In 2020, after many years away, my husband and I moved back to Michigan to be closer to family. We live in Novi, MI, with our two fur babies – Bella and Cocoa.

Special Connection to Perry Farm Village

My grandfather grew up in Harbor Springs. As a teen, he drove the horse-drawn carriages for the residents on the Point. When I was planning my first trip up here, I told Barb this fun fact. She informed me that Perry Farm Village is on the site where the horses were kept. I was speechless! There is something magical about knowing that when I walk around the grounds, I am walking the same path as my grandfather. What a beautiful connection.

Did You Know?


- Anyone can make a legacy gift.
- The easiest way to do it is by leaving a gift in your will.
- There is no required amount to make a legacy gift. We have been blessed with gifts of all different sizes.
- You can designate your support to a specific PVM fund, Village, or to the organization as a whole.
- When you make a commitment of gift beyond your lifetime, you join a fantastic group of people in our legacy society, and you help ensure a brighter future for older adults today!

Have questions? Want to learn more? Let’s get together. I travel to Perry Farm Village once a month, and I’d love to meet you in person. You’ll find me in the front office, calling Bingo from time to time, and at Happy Hour now and again. You can also contact me at 947.247.0995 or [dmeier@pvm.org](mailto:dmeier@pvm.org).

I look forward to seeing you in September! *Devon*

*Extra planning and preparation go into our special meals, such as last month’s steak dinner. Please provide the kitchen with a minimum 48 hrs. advance notice if you plan to attend☺*  
*The next special meal is Thurs. Sept 15<sup>th</sup>. Plan to wear purple for Alzheimer Awareness!*  
*Thank you, Chef Joe*

**Shopping**  
September 7<sup>th</sup>  
September 21<sup>st</sup>  
(sign up 48 hrs in advance)




**Lunch Bunch**  
(bus leaves promptly at 11:30am)



**September 14<sup>th</sup>**  
City Park Grille

**September 28<sup>th</sup>**  
Northwoods

**Just a reminder....**  
Exterior doors are to remain locked at all times. An exception may be when you are unloading or loading your vehicle. This is a safety issue and one door unlocked leaves all residents and staff vulnerable.



*Come to a Cabaret  
with Mimi*

**MUSIC  
FOOD  
BEVERAGE**

**TUESDAY, SEPTEMBER 20**  
**3:30 – 5:30 PM**  
**PERRY FARM VILLAGE**

A smiling woman with short, wavy grey hair is the central figure. She is wearing a light-colored straw hat with a wide brim and a dark jacket over a white collared shirt. The background is split horizontally into a blue top half and a yellow bottom half, both decorated with yellow stars of various sizes. The text is arranged around her, with the title at the top, the event details in the middle left, and her portrait on the right.

WE BOUGHT A  
**ZOO**

BETTE MIDLER LILY TOMLIN

**BIG BUSINESS**

Mixed up at birth, two sets of twins finally meet their...

**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.



**Presbyterian  
Villages**  
OF MICHIGAN  
THE FOUNDATION

## Office Numbers

### 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, interim coverage*

**(231) 526-1500**

### **CAREGIVING TEAM:**

*Nancy Rondell RN,BSN*

*Interim RN/Nurse Manager*

### **Resident Assistants:**

*Benjamin Duncan*

*Joy Eaton*

*Rose Gokee*

*Ciara Halliday*

*Michelle Khaled*

*Christina Leal*

*Kathryn Leist*

*Laurie Russo*

*Margaret Small*

*Susan Storrs*

*Sheree Woollard*

*Christine Woodward*

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

# Embrace the possibilities