



Perry Villager



Embrace the possibilities

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

October 2022

Featured Articles

Meet PFV	pg. 2
Advocate	pg. 3
Wellness	pg. 4
Movies	pg. 5
Events	pg. 5

A Letter from our Executive Director

Happy Fall to ALL!!

If asked, fall is my favorite time of year. I think it's the amazing colors that seem to spring up overnight, and the beauty of it all when the sun shines and the colors brighten even more. Oh, and don't get me started on those unexpected warm days that surprise us. It truly is one of the many reasons that we all decide to call northern Michigan "HOME".

I read a book once that was titled "*CHANGE IS GOOD.....YOU GO FIRST*". There have been a lot of good changes and challenges over the last year, and more to come as we await the opening of *The Birches of Perry Farm Village*. I'd like to say a BIG THANK YOU to all who live down corridor # 2 for putting up with noise, no car ports, no garbage rooms, foot traffic down the hall, construction crews for neighbors, and oh so much more! Your patience is appreciated and know it's getting close to the end.

In anticipation we welcome new members to our Team. Tom Swan, Sales Specialist who now shares an office with me and Sara Sumner, Resident Assistant. We hope to continue to add to our team as the December opening comes closer. Positions are Dietary Aides, Cook, Caregiver, Housekeeping, Activity and Maintenance Assistants. Any referral for these positions are appreciated.

Karen Martin, Concierge extraordinaire, just could not stay away and will return part time, partnering with Kathy Barnett, to make sure the office front desk is staffed to serve you and all coming into or calling the community. So glad to have you back Karen!!

As always, Chef Joe is planning more delicious meals followed by those delectable desserts that Colleen and Dawn whip up.

Please look over the newsletter carefully and mark your calendars, as October is another full month for activities, fitness, entertainment and learning are all being offered. Enjoy the changes that fall brings! Blessings to you all,
Barb



Perry Farm
Village

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Tom Swan

Sales & Leasing Specialist



Although born and raised in Indianapolis, IN, I've been visiting Harbor Springs since I was a baby. My dad and a friend developed "Harbor Hills", a subdivision at the corner of M119 and Hedrick Rd., back in the mid 1960's, and I've come up for weeks in the summer and winter.

My wife, Jennifer, and I made the permanent move from the Indianapolis area to our home on Lake Street this past July. We are so happy that we moved and to be a part of such a special community. The people, the weather and the beauty of Little Traverse Bay has been well worth the 450 mile move.

I am so happy to be working for and be a part of Perry Farm Village family. The staff has been so welcoming and the residents couldn't be nicer or more accepting. I'm excited about the upcoming opening of The Birches and helping to grow and represent Perry Farm Village.

Liz Frey

Resident



Liz Frey has been a resident at Perry Farm Village since November 2021 when she spent 4 months on the Terrace level for assistance with healing a broken leg. She is well known for her long distance walks and she says, "I've been walking for many years, long before my broken leg, walking 2-3 miles every day, no matter the weather."

Liz grew up in Holland, Michigan and graduated from University of Michigan with a degree in Elementary Education. Upon graduation, she joined the Peace Corps and worked in their rural education program.

Liz has 4 children and retired after a fulfilling career in education. She is an avid reader, with an interest in historical novels and learning more about religion.

Other hobbies she enjoys are: snowshoeing, cross country skiing, swimming and is a regular at Sit & Fit! Thank you for the high energy you bring to our community, Liz!

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

Pat F.	4 th
Charlotte N.	4 th
Dodo M.	13 th
John S.	18 th
Lillian O.	23 rd

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



Michelle Khaled 1st
Resident Assistant

Kjersti Kontio 6th
Wellness Coordinator

Karen Martin 29th
Community Concierge



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer



International Day of Older Persons – October 1st

In the month of May we celebrate Older Americans Month via the Administration on Aging at the federal level and Older Michiganders Day with the State of Michigan. The United Nations has also created the International Day of Older Persons on **October 1st** annually to “increase awareness of the impact of having an aging population. We want people in society to be able to grow old with dignity.”

This is such an important philosophy with growing importance as the population ages in America. To enhance an appreciation of older citizens there is much we can do. First of all, encouraging an intergenerational approach to life is of utmost importance. There is a centuries old Latin phrase: Example teaches. This is very powerful. Our children and grandchildren observe our actions. Teach them early on to appreciate their older loved ones and others in the community. Giving our time and resources to seniors is a great way to act on this. With all that is going on in our lives, it is easy to push this off until another day. Recently I heard a great comment from Rabbi Steve Leder in that many of our regrets at the end of our life are about what we did not do rather than what we did.

Do you have a former teacher or mentor that shaped your life in a positive way? Make sure you acknowledge them today. Do you have an aunt or uncle or other relative who never missed your birthday with cards and a little cash? How long has it been since you sent them a card? Facebook birthday wishes are nice but cannot match the appreciation given by a card or a phone call. If you are an educator or PTO officer encourage your schools to engage in intergenerational programs. PVM Villages have been pleased to host choirs, arts projects and storytelling visits from community members. Embrace family history so young person's learn what their older loved ones were like when they were their age. Compassion comes easily when encouraged at a young age.

Let's celebrate older persons as a society every chance we get!

Announcements

SAVE YOUR GROCERY RECEIPTS



We appreciate all the grocery receipts we've received this month from Oleson's and D&W! Please keep them coming into the PFV office. This is a great way to bring additional dollars to support our programs!

Check Channel 900 often for upcoming events, changes and notices. We will also post pictures from past events for all to enjoy!

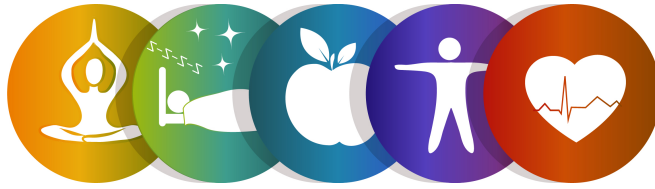


**“WE DON'T STOP
PLAYING BECAUSE
WE ARE OLD.
WE GROW OLD
BECAUSE WE STOP
PLAYING.”**

George Bernard Shaw

October Wellness Classes**Sit & Fit**

Mon/Wed/Fri 10:30am

Cardio DrummingThurs 10:30am
At HS Friendship Center**Meditation**Mon & Fri 10am
(20 minutes for residents and staff)
Lower Level Wellness classroom**Wellness Matters**Kjersti Kontio
Wellness Coordinator

Hello Friends!

I always sigh with relief when the heat and humidity of summer turn to the brisk, colorful days of fall. I love a hot cup of tea, a batch of muffins in the oven and a stew on stove. Can you tell how energized I'm feeling?

I hope to keep you energized and moving throughout fall too! Do you enjoy decorating your home for the season? Let's meet Oct 4th in the dining room at 2:15pm (after Bingo) and take on this task together! Many hands make light work! On the 7th we head to Kiwanis Park for Village Victory Games. Please sign up to cheer our Team "Perrywinkle Blues" to victory!! There is a heated indoor area, and lunch is provided.

We have two Lunch Bunch outings and a visit to Appletown that will provide an opportunity to enjoy a color tour. Also, mark your calendar for our *two* immunization clinics and Dr. Wong's visit if you'd like your hearing aids checked or cleaned.

You won't want to miss "Lives Well Lived". Please invite friends & family to join you in the dining room on Oct 27th. This is a special film that is sure to warm your heart.

A special Halloween costume theme has been chosen for the whole community and we hope you will be one of the 101.....hint, hint.....Crafty Barb will help us create our costumes on Oct 20th☺ On Halloween we will gather for a special Happy Hour (costumes encouraged).

Be sure to sign up for outings, shopping and events early as spaces fill up fast. And as always, if there is any way I can help, please let me know!

*Kjersti***Immunization Clinics
At Perry Farm Village**

Flu – October 18th 2-4pm
Covid – October 26th 2-5pm
For residents, staff & volunteers only.

**Dr. Adam Wong**

Will be here
Thursday, October 20th
1:00pm

Please sign up in advance to have your hearing aids cleaned and checked.

****Appointments are limited.******Craft with Barb!**

Thursday, October 20th
1:00pm

This month, to get everyone in the Halloween spirit (staff included) we have a fun, easy, *group costume craft!* If you don't want to get crafty, but still want to participate on

Oct 31st ~ 4:30pm**(Halloween Happy Hour)**

sign up and someone will make your costume for you! Here's your hint.....



If you love to decorate for the holidays, please join us on **Oct 4th at 2:15pm** to put PFV in the Fall Spirit! Meet in the dining room.

★ MOVIE NIGHT ★

Admit One

Sundays
6:30pm



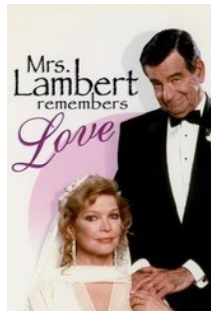
Oct 2nd



Oct 9th



Oct 16th



Oct 23rd



Oct 30th

Please remember....

Exterior doors are to remain locked at all times. One door unlocked leaves all residents and staff vulnerable.



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 Member of Presbyterian Villages of Michigan

Shopping

October 5th & October 19th
(sign up min. 48 hrs in advance in the office for transportation)



Lunch Bunch

(bus leaves promptly at 11:30am)

October 12th - Walloon Junction
Bar & Grill

October 26th - Sassy Loon



Fall colors, fresh apple cider,
homemade donuts....mmmm.

Let's take a trip to Brutus to
Appletown and enjoy a beautiful
autumn afternoon!

October 21st ~ 1:30-3:30pm

Sign up to save your seat on
the bus!



HALLOWEEN HAPPY HOUR

is sure to be a howling
good time!



MONDAY, OCTOBER 31ST

4:30-5:30PM

(Costumes are encouraged)

If you don't have a costume, you can
craft one 10/20/22 ~ 1pm
In the Card Room!

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

Tom Swan
Sales & Leasing Specialist

Karen Martin & Kathy Barrett
Community Concierge

KITCHEN TEAM:

Joseph Mastaglio
Executive Chef

Jeremy Kimble
Cook

Dawn Svatora

Colleen Froats
Dining Services Assistants

Transporter
Dave Sluyter
Greg Chamberlain

(231) 526-1500

CAREGIVING TEAM:

Vacant
RN/Nurse Manager

Resident Assistants:

<i>Benjamin Duncan</i>	<i>Laurie Russo</i>
<i>Joy Eaton</i>	<i>Margaret Small</i>
<i>Rose Gokee</i>	<i>Susan Storrs</i>
<i>Ciara Halliday</i>	<i>Sara Sumner</i>
<i>Michelle Khaled</i>	<i>Sheree Woollard</i>
<i>Christina Leal</i>	<i>Christine Woodward</i>

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**

Embrace the possibilities