



Perry Villager



Embrace the possibilities

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

December 2022



From our Executive Director

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Hello Perry Farm Village Family,
 The winter snow began, hit hard, left us, and while we all enjoy the mild unseasonably warmer days, as Michiganders we hold our breath because we know.....IT'S COMING !! Will we get the holiday decorations out before the snow files again?!? With the winter comes the time from Halloween to the New Year that I think of as "Family Times". Families can be of your blood or of your heart. Those special people who we have built memories with over time or the ones we just met and memories are waiting to happen. For some here at Perry Farm Village they did not know anyone before making the move here. And now look at the friendships that have been made! You are never alone here unless you choose to be.

A special *thank you* goes to Dawn and Colleen whose partnership in running Dining Services, being open to new ideas and now offering a favorite of mine! BREAKFAST SPECIALS!! Pancakes, biscuits, gravy, & sausage, french toast and so much more! Jeremy will continue to cook on weekends and is moving his gift of serving to The Birches on the night shift. We welcomed Jim to the team who makes Fried Chicken that is wonderful and says he loves being adopted into the Perry Farm Village Family.

More exciting news as we near the end of 2022 is that The Birches is getting close to opening and it's been a long time coming! I want to give a special *Thank you to Suzanne, Irene, Judy, Ann, Karen, Jackie and John*. The Residents' of Hall # 2 who have put up with so much, and especially *NOISE!* They have had a front row seat to the construction and have remained positive along the way. You are all AMAZING! Open houses will begin and as promised you all will be our first guests. Mark your calendar, invite your families and please come for a most special happy hour on Saturday, December 10th when you will be given the Grand Tour of our newest community.

It's going to be a busy month as our whole team will be part of the transition moving in and out between the buildings, helping to put the final touches on, and welcome those who have chosen *The Birches of Perry Farm Village*. Moving Day is January 3rd.

Happy Holidays Everyone and may God's Blessings be with you during this wonderful time of the year!

Barb



Perry Farm Village

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Meet the people that make Perry Farm a great place to live & work!



Anna Minnick, RN

Hello all!

My name is Anna Minnick and I am the new nurse for Perry Farms Village.

I grew up in Marion, Indiana, lived in Holland, Michigan for a few years, and have spent the past 20 years in Greensboro, North Carolina. I moved to Petoskey in March where I live now.

I have three children ages 26, 24, and 21. I have two Shih Tzu-Poodle mix dogs named Kevin and Franklin.

I have been in healthcare for a while with lots of experience: Hospice, Hospital Med-Surge, COVID-19 unit, Public Health, Community Psych, Emergency Department, and a paramedic. I am so excited to be at Perry Farms and am appreciative of the warmth and kindness everyone has shown. I am here to help as I can.

Thank you for being patient and I look forward to getting to know all of you!

Anna



Leo & Joann Houlmont

The Houlmont's arrived at Perry Farm Village during the pandemic, 2 years ago, coming from Canadian Lakes. They also lived in Grand Rapids, MI where Leo owned and operated a thriving insurance agency.

They have two sons (one living in Harbor Springs), 3 grandkids, and 3 great-grands with another little boy on the way in March!

Prior to moving to Harbor Springs, Leo and Joann enjoyed their 42' sailboat and sailed the Great Lakes. They also enjoyed many international trips, having visited Israel, Egypt, Germany, and Leo won a trip to Hawaii 13 consecutive years with his business.

Leo & Joann recently celebrated 70 years of marriage! Joann says, "We have been blessed all our lives."

Thank you for being such a blessing to Perry Farm Village! We are so happy you are here!

Board Members

PFVA

- Joanne Arbaugh
- Dick Collie
- Kay Flavin
- Maria Kokas
- Kelley Newton
- Ken Ostrowski
- Joanne Robinson

PFDC/Hillside

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

Dodie H.	12 th
Bob B.	12 th
Suzanne L.	20 th
Carol M.	26 th



Christina "Krista" Leal 12th
Resident Assistant

From the Kitchen.....

In addition to your breakfast favorites, the Dietary Team is excited to offer a new service! We will be offering a daily featured breakfast Monday-Friday, 8-10am. Please sign up with the kitchen, the day before from 7am-7pm. Stop by the window or call ext. 3. We look forward to providing you with another quality meal!



Mistletoe means something very unromantic in German.....and a Few Other Interesting Christmas Facts

It's likely not news to anyone that there's a lot more to Christmas than giving and receiving gifts, wearing festive Christmas sweaters and decking the halls with Christmas decorations that make your home look like Santa's workshop. Christmas is an age-old celebration with centuries of tradition and symbolism behind just about every aspect of the holiday.

Excerpts taken from Good Housekeeping Sept 2022 By: Asher Fogel and Lizz Schumer



Legend has it, we hang stockings by the chimney with care thanks to a poor man who didn't have enough money for his three daughters' dowries. Generous old St. Nick dropped a bag of gold down their chimney one night after the girls had hung their freshly-washed stockings there to dry. That's where the gold ended up, and the tradition stuck!

Christmas wreaths are religious symbols. The Christmas wreath first originated as a symbol of Christ. The holly represents the crown of thorns Jesus wore at his crucifixion and the red berries stand for the blood he shed. So when you see a wreath this holiday, you'll remember the reason for the season.

Jingle Bells was originally a Thanksgiving song. Turns out, we first started dashing through the snow for an entirely different holiday. "One Horse Open Sleigh" was written for a church's Thanksgiving concert in the mid-19th century.

Christmas wasn't always on December 25th. There's no mention of December 25th in the Bible and many historians say Jesus was most likely born in the spring.

Gifts have both Christian and Pagan origins. Christians have grown up learning that we give gifts at Christmas to mimic the presents the Three Wise Men brought the baby Jesus. But pagans originally gave offerings to the gods, too.



The tradition of Christmas trees goes all the way back to the ancient Egyptians and Romans, who decorated using evergreens during the winter solstice to signify that spring would return.



The eight tiny reindeer have had lots of names. Rudolph was almost Rollo, which doesn't quite have the same ring to it. But his crew also have been called Flossie, Glossie, Racer, Pacer, Scratcher, Feckless, Ready, Steady and Fireball.

Mistletoe's name Mistle thrush birds eat the plant's berries, digest the seed, and then help the plant germinate with their droppings. The Germanic word for mistletoe literally means "dung on a twig." Really makes you want to pucker up, doesn't it?



December Wellness Classes

Sit & Fit

Mon/Wed/Fri 10:30am



Advanced Circuits

Tues 10:30am

Meditation

Mon & Fri 10am

(20 minutes for residents and staff)
Lower Level Wellness classroom

Craft with Barb!

Thursday, December 1st
1:00pm



Let's kick off the holiday season with **Christmas door décor!** Barb will bring the materials, you just have to bring a smile and your "Can-do" spirit!

Join us for the annual
Resident Meeting

Wed, Dec 14th, 3-4pm

Ask questions, get answers!

Cookie Decorating

Sign up early for this delicious activity!

Cookies, frosting, & sprinkles provided....let your inner child loose and have some holiday fun!

Thursday, December 15th
1:30pm

In the Card Room

Wednesday Wanderings

~Weather permitting~

Dec 7th – Lunch Bunch at Moosejaw

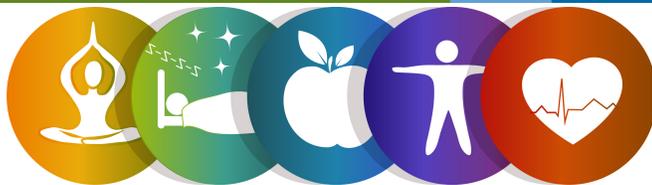
Dec 14th – Shopping

Dec 21st – Lunch Bunch Pierson's

Dec 28th – Shopping

Wellness Matters

Kjersti Kontio
Wellness Coordinator



December, a time to begin reflecting on the past year. Every year I look back at January, and remember my excitement and anticipation for the coming year.

In January 2021, I was working from home and was longing for a bigger purpose, a place to be every day where I would go home feeling fulfilled and happy. I hadn't had a "job" like that in years but I wanted it again more than anything.

In March 2022, I was getting discouraged. I decided to delete my online resumes on the online job sites, just throw in the towel.....and there it was...on the screen, an ad for Wellness Coordinator at Perry Farm Village. I knew without a shadow of doubt, this was the job I had been waiting to find!

This year has been one of the best of my life. I can honestly tell you, I've never been happier. I still have goals for the future, but I am in the right place surrounded by wonderful people!

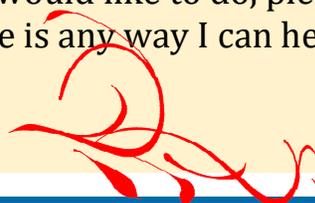
How has 2022 been for you? Maybe it's been really good, but maybe it's been really hard, or somewhere in between. No judgement, just acknowledge what your experience of 2022 has been for you. Reflect, acknowledge, and decide what you want for 2023.

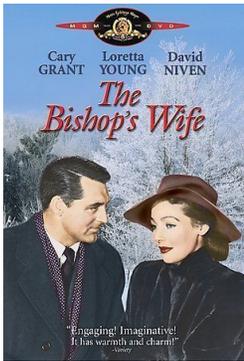
At Perry Farm Village, I have the privilege of creating events, scheduling activities, and planning things to enrich your life. I would love to know what would excite and inspire you in 2023!

Since many of us enjoy reading, **let's start a Book Club and meet on Thursday, December 29th at 2:30pm.** Please choose a book that you are currently reading or have read in the recent past and come tell us about it. It might inspire others to keep reading through the cold winter months. Coffee & cookies provided. If you are interested, please sign up in the Wellness binder.

If there is anything you would like to do, please let me know! And as always, if there is any way I can help, please stop by and let's chat!

Kjersti





Dec. 4th



the Holiday



Dec. 11th



Dec. 18th



Dec. 25th

Lurri

\$2 Movie Matinees every other Friday 11am

Dec 9th - Meet Me in St. Louis

Dec 23rd - A Christmas Story

Your \$2 includes popcorn and pop, *if you let them know you are from Perry Farm Village.*

Sign up no later than Thursday at noon for transportation.

Help keep *everyone* safe! Please keep outside doors locked at all times.



Interested in learning how to play chess?

Let's meet in the Living Room behind the fireplace Tuesdays, 4pm-4:30pm and learn a new move.

In January, we'll test our new knowledge and make a plan to play while the winter weather keeps us inside.

No experience necessary, just the curiosity willingness to learn something new!



Mark your calendar, invite your families and please come for a most special happy hour on **Saturday, December 10th** when you will be given the Grand Tour of our newest community. Opening Jan 3rd!

The Birches



Presbyterian Villages of Michigan Mission Statement

Guided by our Christian heritage we serve seniors of all faiths and create new possibilities for quality living.



Office Numbers

(231) 526-1500

Village Staff

Barbara Woodward-Boonstra
Executive Director

Jill Tibbits
Administrator

Kjersti Kontio
Wellness Coordinator

Marc Svatora
Maintenance Tech

Tom Swan
Sales & Leasing Consultant

Karen Martin
Kathy Barnett
Community Concierge

KITCHEN TEAM:
Vacant
Executive Chef

Jeremy Kimble
Jim Hammond
Cook

Dawn Svatora
Colleen Froats
Dining Services Assistants

Dave Sluyter
Greg Chamberlain
Steve Hunt
Transporters

CAREGIVING TEAM:

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

Resident Assistants:

Benjamin Duncan *Margaret Small*
Joy Eaton *Susan Storrs*

Rose Gokee *Sara Sumner*
Ciara Halliday *Olivia Thompson*

Michelle Khaled *Sheree Woollard*
Christina Leal *Christine Woodward*

Laurie Russo

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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