



Perry Villager



Embrace the possibilities

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

January 2023

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From our Executive Director

HELLO 2023 !!

The year is over but what an amazing year it has been. I recall writing my first message for the newsletter in January 2022 and thinking about the year ahead and trying to remember everyone's name, who lived where, whose families were connected and learning all about Perry Farm Village. It may be a small community but there was A LOT to learn. Now I know your names, your voices, where you live, shared stories and you learned about me too! I have had the privilege to meet family and friends and help guide the growth of this community. In 2023 we will add more Residents, more services and more FUN!

What I love most about the start of a new year is a new clean fresh calendar. If you look through your 2022 calendar it's a reflection of all you have done, places you went, appointments, friends, special days and maybe a few sad days. My 2023 calendar is clean, special dates are clearly written with lots of open days just waiting for what may come to fill them in.

The Perry Farm Team is ready and waiting for the January 3rd move into The Birches and the beginning changes that will start on the Terrace Level studio apartments that will allow more residents to call Perry Farm "home" and places for guests to stay while visiting.

The newsletter is full of news, activities, and new classes, menus which include the featured breakfast, special events, new staff and 2023 new service fees. While I may be down in the Birches more as I help and support more residents I will be back and forth and hope that all of you will come and spend some time in the new areas. Maybe a "Breakfast at the Birches"?


May your 2023 calendar begin to fill with all the possibilities of a fresh new year!!

Many hugs to all, Barbara



**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!



Jim Hammond - Cook

Have you met our new Cook? Jim says he feels like the timing was perfect for him to take a new job and is thrilled to be serving the people at Perry Farm Village.

Jim is excited to share his love and passion for cooking. He says, "We eat with our eyes and nose as well as our mouth, therefore everything has to not only taste good but it's equally important that it looks and smells good too!"

Jim also has a passion for billiards and would like to share that passion with all of you! He's excited to offer lessons on Tuesdays at 1pm. Just meet him at the pool table! He'd love to get a group together that would enjoy playing during these cold winter months...and beyond!

Jim has been married for 17 years and has two children.

Thanks for choosing Perry Farm, Jim! We are happy you chose Perry Farm Village!



Jim & Susi Hempstead

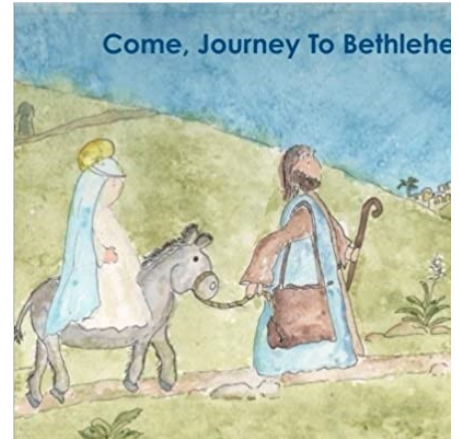
Residents

Jim and Susi Hempstead moved to Perry Farm Village in February 2020. Although new to Harbor Springs, they have lived in Petoskey for 30 years. They have been married 63 years, have two children, 5 grandchildren and 2 great-grandchildren!

Jim is a retired Episcopal priest, and spent many years at the Petoskey Episcopal Church on Mitchell Street.

If you want to hear a few great stories, just ask Jim or Susi about their Old English Sheepdog, Abraham. This lucky dog spent his final years not only a part of their family, but also their congregation, making many friends along the way.

After retirement, Jim wrote and self-published a book in 2013 which contains a New Year message he'd like to share with you. A copy will be on the Wellness table for your reading pleasure. Thank you for making this your home Jim and Susi!



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



Kelley N.	1/11
Jim H.	1/26

Margaret S.	1/27
<i>Resident Assistant</i>	



A New Year's Resolution Solution

January 2020 article for its Your Life, Live it Well column.

Author: Tom Wyllie, Former PVM Wellness Director

With the arrival of the New Year, like 100 million other Americans, you have probably made at least one New Year's resolution. Unfortunately, however, like most everyone else, by mid-April you will probably find that your resolutions are nothing but distant memories. So, why is it that as easy as resolutions are to make, they seem to be even easier to break?

Ask almost anyone that has made – *and broken* – a resolution and they will tell you that lack of will power was their downfall. But is failing at our resolutions really a matter of will power? Could it be that the problem isn't that we aren't mentally tough enough, but that we really haven't yet learned how to set realistic goals?

When it comes to learning how to set goals, behavioral experts recommend:

- Starting with something you **WANT** to do rather than something you think you should/need to do (e.g., being more physically active vs. eating less salt).
- Choosing something **ACTION** oriented rather than outcome oriented (e.g., walking vs. losing weight).
- Selecting something **MEASUREABLE** (e.g., walking a certain distance or for a certain amount of time vs. just walking).
- Selecting something **ACHIEVABLE** (e.g., walking 10 minutes/day, 3 times/week vs. walking 2 miles/day, 7 days/week).

As with any new skill, the more you practice it the better you will get at it. Before you know it, you will be setting and achieving goals with ease.

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



2023 Dining Prices

Breakfast	\$10
Lunch	\$12
Dinner	\$24
Delivery Service	\$4.50/meal
Holiday Meal (dinner)	\$30
Weekend Breakfast Buffet	\$6

10 Meals per month - \$228 per month
20 meals per month - \$447 per month
30 meals per month - \$648 per month
45 meals per month - \$783 per month

30 day notice to change package
Packages DO NOT include holiday meals
Guests will be charged the a la carte price.

Kudos to our entire, fantastic Dining Services Team!

Jeremy, Dawn, Colleen and Jim

It has not gone unnoticed by the staff, or the residents that the food quality continues to be exceptionally high.

The December Holiday meal was 5 STAR all the way, from the prep to the presentation. Many in attendance for that meal alone have remarked that it was a very fine meal, perfectly executed and presented.

We all appreciate your dedication, your creativity, your attention to the smallest of details to every meal, and making Perry Farm Village one of the finest dining experiences in Northern Michigan!

VIRTUAL Village Victory Cup Results!!

And the results are in....FINALLY! And it was worth the wait. Perry Farm Village faired very well against its PVM VIRTUAL competitors. A complete roster is on the Wellness Table if you want to see the complete tabulation, but here's how we placed in each category.



Congratulations, Team "Perry"-winkle Blues!

Hoop Shoot

Age 75-84	Judy Attie	20 th place
Age 85-89	Marge Malin	4 th place
	Karen Hovey	5 th place
	John Swallow	6 th place
Age 90+	Dodo Miller	1 st place
	Jim Hempsted	2 nd place
	Leo Houlmont	2 nd place
	Dodie Horan	2 nd place
	Marion Lamy	5 th place

Beanbag Toss

Team Perry	7 th place
Leo Houlmont	
Karen Hovey	
Marge Malin	
Dodo Miller	
John Swallow	

Kick-a-Roo

Age 75-84	Liz Frey	1 st place
Age 85-89	Marge Malin	1 st place
	Karen Hovey	3 rd place
	John Swallow	4 th place
	JoAnn Houlmont	4 th place

The Puzzler

Team Perry	8 th place
Leo Houlmont	
Karen Hovey	
Marion Lamy	
Dodo Miller	
Irene Wehner	

Wellness Walk

Age 75-84	Liz Frey	14 th
	Judy Attie	19 th
Age 85-89	Irene Wehner	3 rd
	Marge Malin	5 th
	John Swallow	6 th
	Susie Hempstead	8 th
	JoAnn Houlmont	10 th
	Karen Hovey	16 th
Age 90+	Leo Houlmont	4 th
	Marion Cowen	6 th
	Dodie Horan	7 th
	Dodo Miller	8 th
	Jim Hempstead	9 th
	Marion Lamy	10 th

Virtual Spirit Award goes to.....

Perry Farm Village

singing....

"Perry"winkle Blues!!

Final Victory Cup Rankings Overall

Perry Farm Village – 3rd place!!

Congrats to everyone! Your participation made a difference!

January Wellness Classes**Meditation**

Mon/ Fri 10am

Main Level behind fireplace

Wed 11:15am

(Fitness classroom after Sit&Fit)

Sit & Fit

Mon/Wed/Fri 10:30am

Wellness Center classroom

***Exercise Community Crew**

Mon/Wed/Fri 9am

***Advanced Circuits**

Tues 10:30am

Chair Yoga

Tues 2:30pm

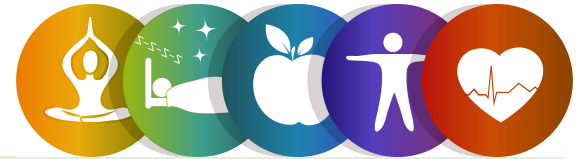
(After Bingo – Dining Room)

*ask Kjersti for more info

WELLNESS MATTERS

Kjersti Kontio

PFV Wellness Coordinator



It's January 2023! January is the time we all seem to take stock in our lives.....what's going well, and what we want to change. Let's not only Make a Change....but let's....

Keep the change!

Think about all the tiny habits that add up to your life, your lifestyle. Some habits are healthy, like brushing our teeth, bathing, eating fruits and vegetables, regularly connecting with friends and family, keeping doctors' appointments and getting regular health screens, and more. Other habits might need to be upgraded. Thinking about my own life and talking to hundreds of people about the habits they struggle with and want to change, especially this time of year:

- Eating too much sugar
- Drinking too much alcohol or drinking too often
- Fast food
- Smoking
- Being too sedentary
- Cluttered home/car/office/purse
- Staying up too late
- Hitting the snooze button

What do you want to accomplish in 2023? What small change would make a difference in your life? To your health? To your energy level? Let's **Keep the Change** we achieve!

I have created a Facebook Group, **Keep the Change**, where we can all check in to support each other. Maybe you kicked the sugar habit and can offer a few tips to someone else. Maybe it pains you to drive past the next drive-thru, but you're committed to "Keep the Change", and now you're feeling better and enjoy having extra money in your pocket! Did you start taking a 15 minute walk outside after dinner to beat the winter blues? Let's share our challenges *and successes*. Let's lift each other up! I hope you'll join me! Reach out and I'll send you an invitation. Let's make *and Keep the Change* in 2023 together!

Kjersti ☺

Craft with Barb!Thursday, January 19th

1:00pm

Barb will bring the materials, you just have to bring a smile and your "Can-do" spirit!

Special Dinner & Happy Hour
Thursday, January 19th

Let's take a
"trip" to Hawaii!!

**Let's play Chess!****Tuesdays 4pm**

Set up behind the fireplace.
Or grab a friend and play
anytime!

**Let's learn Billiards!**

Cook Jim will teach us the ins/outs of playing. Let's gather on Mondays at 1pm!

**Dr. DeCorte**
Foot Clinic

Monday, Jan 20th - 9am
(In resident's apartment)

Dr. Wong
Hearing Aid Clinic

Thursday, Jan 26th
1:30pm
(LL Boardroom)

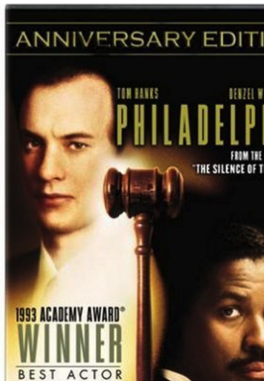
**Wednesday Wanderings**

Jan 4th – Lunch Bunch
"Nubs Nob"

Jan 11th – Shopping

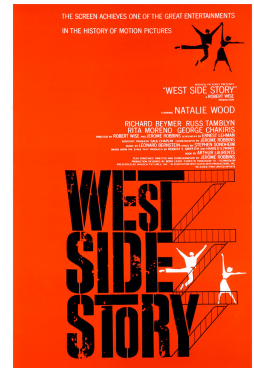
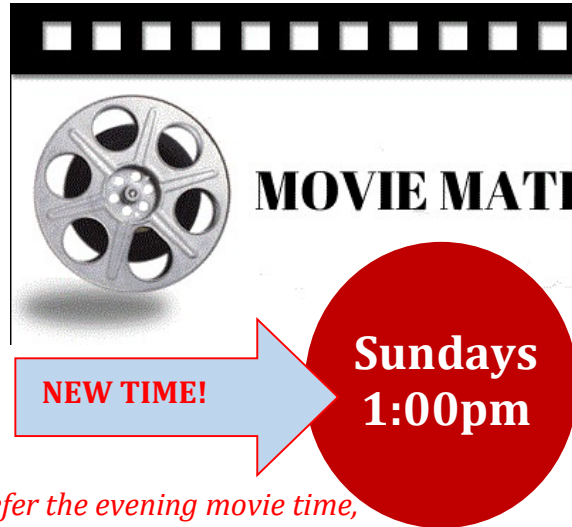
Jan 18th – Lunch Bunch
"Boyne Highlands"

Jan 25th – Shopping



January 1st
6:30pm
Philadelphia

*(If you prefer the evening movie time,
push play at 6:30pm and enjoy!!)*



January 29th
West Side Story



January 8th
North by Northwest



January 15th
Dancing at Lughnasa



January 22nd
House Calls

Moving Day into the Birches is Tuesday, January 3rd! We've waited a long time and the big day is near! The entire staff will be very busy as we help make the move for our current residents as easy as possible.

You can help on January 3rd by staying clear of the movers, and being patient. We will strive to meet everyone's needs, but it may take additional time.



Thank you to all who attended one of four Open Houses for The Birches! And a big thank you to the Harbor Springs Chamber of Commerce for holding the ribbon cutting during our special happy hour with our residents, board members and PVM President/CEO Roger Myers!



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

Perry Farm Village • 4241 Village Circle Drive • Harbor Springs, Michigan 49740
The Birches • 4211 Village Circle Drive • Harbor Springs, Michigan 49740

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
Cooks

Dawn Svatora
Colleen Froats
Dining Services
Assistants

Dave Sluyter
Greg Chamberlain
Steve Hunt
Transporters

(231) 526-1500

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*

EMERGENCY NUMBER

24/7 Resident Assistant Desk 231-526-1500 Ext 87003



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