



Perry Villager



Embrace the possibilities

4241 Village Circle • Harbor Springs, Michigan 49740 • www.pvm.org • May 2023

FEATURED ARTICLES

From Barbara Woodward-Boonstra, Executive Director

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Dear Family and Friends,

May is here and while it still may be a bit cold, we see robins and green coming back in the landscaping. May has two big goals for Perry Farm Village!

- As of this printing, we are *very close* to hitting our goal for Friends & Family!
- The completion of the studio apartments on the Terrace Level with 2 guest suites for your guests! I can't wait for the grand opening!!

Our staffing for the Birches is going well, and in April we added a few more caregivers. We still are in need of a COOK and MAINTENANCE TECHNICIAN - We are grateful to Jeremy in the kitchen, and Jim B who is keeping the building running smoothly. Thank you both!!

Tom Swan said goodbye to pursue his passion of Graphic Design. We were sorry to see him leave us and appreciate all he did during his 9 months with us.

Mark your calendar for June 28th, 4pm-6pm. Please invite your friends and families to come help us celebrate the 20th ANNIVERSARY of Perry Farm Village! What used to be the farm and pasture for the frolicking horses of Harbor Point, now have a very lively group of active and fun residents!!

As always I thank each of you for allowing our team to serve you and sharing time with you.

Warm Hugs to ALL,

Barbara



Perry Farm
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Ann Wilderom - Resident



Ann is a true local, living in Harbor Springs since at age 8. Leaving Mount Clemens by boat in 1943, they travelled the Great Lakes in search of the perfect place to call home. On October 8th, coming into Harbor Springs, they knew they'd found someplace very special, when along came a boat that circled them and the man on the other boat asked, "Is that the Mystic?" Ann's father confirmed that yes it was. "The Mystic used to call this home," was the man's reply. Ann says The Mystic actually brought her family home.

Ann earned her Master's degree in History and taught for a time. She also worked with the Girl Scouts, teaching adults and kids about wilderness camping and canoeing. More recently she taught children and adults how to sail with the Little Traverse Sailors. Currently you'll find Ann as a regular participant of Sit & Fit and has taken the lead in getting more residents to stretch! Her hard work is paying off in increased strength and flexibility with the goal of enjoying another kayaking season.

We enjoy Ann's residency every winter and officially one of our *newest* owners. If you want to hear a good story about adventure, pull up a chair and just ask Ann. You're sure to enjoy the conversation!

Dawn Svatora — Dining Services Supervisor

Dawn has been working at Perry Farm Village for 7 years, celebrating her anniversary this month! She has worked in the hospitality industry for 31 years, starting in *our* kitchen as a Dietary Assistant.



Dawn was born and raised in Harbor Springs and actually lives in the house she grew up in, just a short walk from our front door! She earned an Associate's degree from North Central Michigan College, and went on to earn a Bachelor's from Lake Superior State University.

Dawn has an abundance of hobbies:

- Rock hunting – fossils are a favorite
- Jigsaw puzzles
- Cross stitch
- Boating/Camping
- Antique shopping
- Watching college football
- Board/card games

Favorite things:

- Flower: Lilac & Lily of the Valley
- Color: Green
- Drink: Coke a Cola
- Television: Survivor
- Candy: Chocolate & peanut butter anything
- Season: Summer

Her favorite part of working here is being of service by creating delicious meals for grateful people. We appreciate you, Chef Dawn! Thank you for sharing your culinary talents with us!!



Board Members

PFVA

- Joanne Arbaugh
David Hartnett
Dr. Maria Kokas
Kelley Newton
Ken Ostrowski

Joanne Robinson, *Liaison*
John Swallow

PFDC/Hillside

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



Happy Birthday!

Marge M	3 rd
Essie B.	23 rd
Elaine D.	26 th

Jeremy K. <i>Cook</i>	6 th
Tamme S. Dining Services Assistant	10 th
Helen I. Resident Assistant	15 th
Joy E. Resident Assistant	20 th
Marci M. Resident Assistant	27 th
Dawn S. Dining Services Supervisor	31 st

Please notify the office *as soon as you know* you will require transportation to/from an appointment, a minimum 72 hrs. We are finding it increasingly difficult to schedule a driver for transportation *on short notice*. Our drivers would appreciate being able to plan their schedules well in advance. Thank you!

From Devon Meier, PVM Director of Planned Giving

May is Leave a Legacy Month

"Someone is sitting in the shade today because someone planted a tree a long time ago." - Warren Buffet

May is not just for spring flowers anymore. ☺ It's also Leave a Legacy Month! What does that mean? Legacy planning offers you an opportunity to support your loved ones and nonprofits of your choice beyond your lifetime. **Legacy giving allows you to plan today to make a gift in the future, so organizations like Perry Farm Village/PVM can continue the important work being done for generations to come.**

Legacy gifts may include a gift in your Will or gift through your retirement account or life insurance policy.

Did You Know?

- Anyone can make a legacy gift.
- The easiest way to do it is by adding a gift in your Will.
- There is no required minimum amount to make a legacy gift. We have been blessed with gifts of all different sizes.
- You can designate your support to Perry Farm Village.
- When you make a commitment of gift beyond your lifetime, you join a fantastic group of people in the PVM Legacy Society.

Your commitment today will help ensure a brighter future for older adults tomorrow!

Have questions? Want to learn more? Let's get together. I travel to Perry Farm Village once a month, and I'd love to visit with you. You can also contact me at 947.247.0995 or dmeier@pvm.org.

<https://pvmfoundation.org/giving/legacy-giving/>



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.



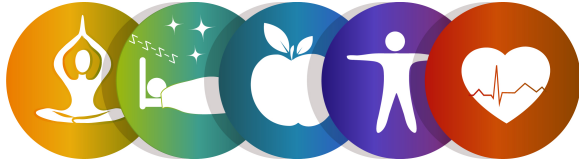
Perry Farm Village

A SENIOR LIVING COMMUNITY
A Member of Presbyterian Villages of Michigan

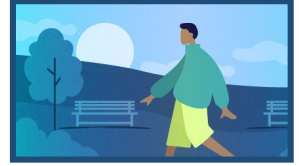
Do you have a photo of yourself from "back in the day" with a car that you just loved?

PVM is gathering photos for a project, hoping a few of our residents will share. Please give the photo to Kjersti by 5/8/23, she'll scan it and give it right back to you.





WELLNESS MATTERS
 Kjersti Kontio
 PFV Wellness Coordinator
 231.838.0333



What do you think about when you hear the terms “stretching” or “flexibility?” Often, these phrases bring images to mind of yoga poses or people in tip-top shape. The truth is that people of all shapes, sizes, and fitness levels can benefit from flexibility. Your goal for stretching isn’t necessarily about doing the splits or touching your toes. Instead, let’s shift the focus to supporting your body structure.

- Maintain good balance in daily activities
- Reduce the risk of injuries
- Improve your range of motion
- Decrease chronic pain
- Optimize muscle strength
- Protect joint and muscle health
- Boost energy levels
- Maintain your youthful appearance
- Enjoy independence in the years to come!

You might not notice immediate benefits from a single stretching session, but consistency with a routine has an undeniable impact on your overall fitness.

Even though bodies start to degenerate with age, it doesn’t mean that you can’t maintain flexibility as you are getting older. Aging causes different issues, such as a reduction in skin elasticity, stiffer tendons, a loss of muscle tone, and decrease in bone density. All of these issues can be contributing factors that result in a loss of flexibility.

Usually, flexibility problems are noticed in the shoulders and hips first. These parts of the body start to tighten up, and can have a domino effect on other movements throughout the body. These issues become more noticeable with age because flexibility issues contribute to chronic pains and aches.

If you are proactive with maintaining flexibility in your younger years, then it’s easier to keep this routine as you age. Don’t worry if you don’t already have a good flexibility routine. You can add these practices into your routine at any point in your life!

Inactivity with age compounds problems in the body. For example, if you aren’t exercising or maintaining a good stretching routine, then you will notice more problems in the body. Seniors who are proactive about fitness and stretching tend to have better mobility and healthier bodies overall!

**Stretch every day in the Perry Farm Wellness Center at 10am.
 No charge!**

Excerpt from Fitness Nation: <https://fitness-nation.net/2021/07/07/>

May Wellness Classes

Let’s Stretch*

Mon-Fri 10:00am
 Wellness Classroom

Sit & Fit

Mon/Wed/Fri 10:30am
 Wellness Center classroom

Meditation

Mon/Wed/ Fri 11:30am
 Main Level behind fireplace

Walking

Indoors or Outdoors*

Tues/Thurs 10:30am
 (or anytime, just lace up and go!)

Exercise Community Crew

Mon/Wed/Fri 9am

**self-guided, no instructor, no charge!*



We have lots of activities every scheduled every week.

Please check your “Happenings” calendar often, and to help us plan, please sign up on the *Wellness table* (across from the elevator) to let us know you plan to attend!

PFV Health FairThursday, May 18th ~ 3-4:30pm

We have gathered many business people from the Harbor Springs area to make it easier for you to be well. Meet your local vendors and ask them the questions that are on your mind!

- Damon Whitfield – Physical Therapy
- Jennifer Sutkay - Harbor Springs Friendship Center
- Dr. Wong – Hearing Aid
- BrightStar Care of No MI - Blood pressure and blood sugar check up
- Edie – Harbor Market – Grocery delivery
- Julie Brooks – The Care Team (Hospice)
- Mary Froede LMT – Massage
- TBD – information about 3 wheel bikes
- Kelbels Pharmacy – Get to know your friendly, local pharmacy
- Barb O'Neill – make and take First Aid kits!

**Cops, Coffee & Donuts**Tuesday, May 16th ~ 9:30am

Location: Dining Room

This is your time to ask questions, be better informed and to have a Johann's glazed donut!

**Lunch Bunch ~ 12pm**May 3rd – Rusty SawMay 17th – City Park Grille**Craft with Barb**Thursday, May 4th ~ 1pm

Paint a Patio Brick!

Bring your crafty spirit, Barb will bring the supplies!

Memorial Day ParadeMay 29th – bus leaves at 9am

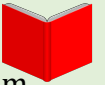
Perry Farm will have any entry in the parade this year. Sign up to ride the bus downtown.

Harbor Springs Historical Society presents:May 11th – 2pm – HS History part 1

In the dining room on big screen!

Lake Street EnsembleTuesday, May 23rd ~ 3:00pm

A local musical group, featuring our massage therapist Mary Froede! They are looking for a place to practice together, and we have the space AND an audience! Come, bring a beverage and enjoy some music!

**PFV Book Club**Thursday, May 25th ~ 3pm

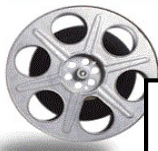
Location: Behind the fireplace

Bring a book you would recommend

Cap Tel Caption Telephone PresentationWednesday, May 24th ~ 2:30pm

Location: PFV Dining Room

Introducing technology that might make your phone conversations easier!

**MOVIE MATI**Sundays
1:00pm

May 7



May 14



May 21



May 28

Fall and Hip Fracture PreventionThursday, May 25th @ 11:30am

Location: Dining Room

Sherri Engler, BSN, RN
McLaren Northern Michigan

You may bring a lunch, or order a lunch or soup from the kitchen.

Great information!
Their mission is to decrease ER visits and admissions.

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

Vacancy
Jim Bear
Maintenance Tech

Karen Martin
Kathy Barnett
Community Concierge

KITCHEN TEAM:

Jeremy Kimble
Cooks

Dawn Svatora
Dining Services Supervisor

Colleen Froats
*Dining Services Coordinator
for The Birches*

Tamme Sterly
Dining Services Assistants

TRANSPORTATION:

Dave Sluyter
Steve Hunt

Larry Froede
Carole Winard

CAREGIVING TEAM:

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

Resident Assistants

Benjamin Duncan	Melanie Schulz
Joy Eaton	Jennifer Selke
Michl Evans	Margaret Small
Rose Gokee	Katelynn Sterly
Ciara Halliday	Susan Storrs
Hailey Helminiak	Sara Sumner
Helen Ingersol	Olivia Thompson
Michelle Khaled	Sheree Woollard
Jeremy Kimble	
Christina Leal	
Marci Morse	
Donna Payne	

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**

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