

Perry Farm Village



Perry Villager



Embrace the possibilities

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

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From our Executive Director

Hello Residents, Families, Owners, and Friends of Perry Farm Village!

Our community has grown not only in size but also in numbers who come to enjoy the wellness center, social and educational programs, dinners, games, or just to visit. All are welcome. The weather has contributed to our landscape blooming, and I'm sure you will all agree that it is wonderful to see the green grass and flowers replace the brown of two years of construction. A Big THANK YOU goes out to Birchwood Landscaping for keeping our grounds looking so nice.

We have welcomed 4 new members to our team and will be adding 3 more this month. Staffing across the nation has been challenged and in our small area even more so. We have been fortunate to have a team who rolls up their sleeves and steps in wherever and when needed. This month as McKenna, Greg, Sig, and Tucker no longer become the "new employees", we will welcome to the Birches team, Kamala, Rebecca, Laura, and Victoria.

If you don't think you have enough to do just take a look at the Happenings and come join in! The bus has been busy and will continue as more driver volunteer drivers have been added. This increases our offerings to get out and do things. Sujo Offield, in July, took groups out for lunches, dinners, and entertainment. Check out the activities table for all that is of being offered this month and sign up! If we need to take two vehicles, we will.

We will also be holding our annual meeting for Owners and for Residents. These are important events so please check the calendar for the dates and times. Enjoy this month of good weather, sunshine and friendships. I thank our Lord every day for the opportunity to serve all who come to Perry Farm Village.

Barbara



Perry Farm Village

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



Look for PVM on:



July Activity Pictures



Come join in the fun in August!

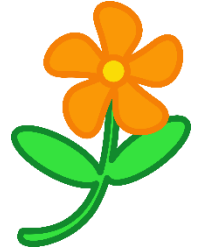


Greg Jacobson
Maintenance
Technician

If you feel like you recognize our new Maintenance Technician, Greg, you aren't going crazy. We have seen him around Perry Farm Village for a while, however he was moving our furniture from the Terrace level, and even a baby grand piano to the Birches as he was working for Blane's Moving & Storage for 4 years.

Greg is originally from Petoskey, and moved to Florida for 20 years where he was an Iron worker and also worked in an ice production facility. When he came back to Petoskey for a visit 4 years ago, he decided it was time to come home and hasn't left since.

Greg says he was always surprised by how nice the staff and residents were when he visited. "This is my dream job working with a dream team and awesome residents!" Welcome aboard, Greg! We are so happy you are here!



Board Members

PFVA

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

PFDC/Hillside

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



August Birthdays

Susan B -	3 rd
Nancy M -	12 th
Betty F -	15 th
JoAnn H -	15 th
Cameron O -	21 st

Bay View Music Festival presents:

Wednesday, August 2nd ~ 7:30pm

A Puccini Double-Bill: Suor Angelica and Gianni Schicchi

A perfect night at the opera! Featuring the soaring melodies of Puccini that can tug on your heartstrings, and make you laugh!

Language: Sung in Italian with English supertitles projected above the stage to fully enjoy the drama and the laughs.

Transportation included, running time, a little over 2 hours

Tickets: \$32

Please sign up, tickets will be ordered and billed to your account



Music in the Park – Sundays 4-6pm

Sponsored by: HS Chamber & Local businesses
including Perry Farm Village



Sunday, August 6 - Rivertown Jazz Band
Sunday, August 20 – Rivertown Jazz Band

Please sign up by the Friday prior so we can anticipate transportation to downtown Harbor Springs!

Bus leaves at 3:45pm and returns around 6pm. If you order dinner, please notify the kitchen to pack your meal to-go to eat upon your return.

Harbor Springs History – Michigan Lighthouse Matriarch, Elizabeth Williams

Thursday, August 10th ~ 2pm

Video in the dining room



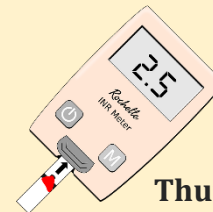
Author and speaker Dianna Stampfler presents an in-depth look at the illuminating life of Elizabeth (Whitney) VanRiper Williams – Michigan's most noted female lighthouse keeper. Born in 1844 on Mackinac Island, Elizabeth led a colorful life in northern Michigan including time on St. Helena Island, Traverse City and Beaver Island. She and her husband – Clement VanRiper – moved into the St. James Harbor Light at Whiskey Point (one of two lighthouses on Beaver Island) in 1869 and thus began her 44 year career as a tender of the now historic beacons.

Bible Study with Pastor Kip

We are happy for Pastor Kip and his wife as they move to their next adventure and church community. We are also sorry to see him leave Presbyterian Church of Harbor Springs and taking the lead for our PFV Bible Study. His last Bible Study will be **Wed. Aug. 9th**. Please come to say good-bye and wish him well!

Presentation

Diabetes Management
with Lisa Cleary, BSN
Affinity Home Care LLC



Thursday, August 3rd ~ 1pm

In the dining room

(Lisa has also been conducting our Foot Clinics!)

Presentation

Do you struggle with your phone or computer? Would you like to learn a few new things to make them easier to use? Join us and we will learn together!



Thursday, August 24th – time TBD

PFV Resident Meeting

Wednesday 9th ~ 1pm

Annual PFV Homeowners Meeting

Wednesday, August 16th ~ 1-3pm

Both in the PFV Dining Room

Attention all Perry Farm Village Foodies!**Friday, August 4th ~ leaving at 11am**

Pond Hill Farm for lunch

Thursday, August 17th ~ leaving at 4:30pm

Douglas Lake Bar for dinner

Wednesday, August 23rd – leaving at 12pm

Polish Kitchen for lunch

Friday, August 29th ~ leaving at 12pmRide the Ferry from Harbor Springs to Bay Harbor
to Candy Harbor for ice cream!

Please notify the office *as soon as you know* you will require transportation to/from an appointment, a minimum 72 hrs. Our driver, Dave works Tuesday, Thursday and every other Wednesday. Mondays & Fridays we rely on volunteers. It is becoming increasingly difficult to ensure transportation on days when Dave is not working. We are doing our best to recruit new drivers, but if at all possible, plan your appointments for Tuesday, Wednesday or Thursday.

The kitchen appreciates advance notice, *including staff*, for all meals.

Breakfast: day before

Lunch: by 10am

Dinner: by noon, but if there is extra, they will set a place for you! Also, if you arrive late to dinner, the kitchen will package up your meal and deliver.

**Menu Chat with Colleen for The Birches****August 7th at 1pm****Menu Chat with Dawn for Perry Farm****Aug 8th at 11am***Bring your menu suggestions/ ideas for September***A reminder from our Maintenance Team:**

For those in the Cottages, please have your trash & recycling to the curbside (or outside the garage) on **Thursdays by 3pm**. Thank you!



Join us in the Dining Room

for our **Special Happy Hour & Meal**

And an exceptional musical evening with Amy Cross and her pianist featuring Jazz/Broadway/Classics

**Friday, August 25th
starting at 4:30pm**

Amy has performed with the GLCO and at Bay View. As a music teacher at Harbor Springs Public Schools, she is extremely active in our area's prolific music community.

Assorted gins, tonic & olives will be served!**Welcome to the team!**

Greg Jacobson Sigurd Björnson
McKenna Enloe Tucker Woollard

ShoppingAug 2nd, Aug 16th, and 30th*Please sign up!***MOVIE MATINEE**

**Sundays
1:00pm**

Check the Happenings for titles!

August 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

Cornhole on the Patio*

Mon 1pm

Billiards*

Mon 1pm

*self-guided, no instructor, no charge! Grab a friend and challenge them to a game!

We have lots of activities 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!

WELLNESS MATTERS

Kjersti Kontio

PFV Wellness Coordinator

231.838.0333



Some of us were active as children, adolescents and adult. Some of us enjoyed anything *but* physical activity. However, it is well known and researched that movement of any kind as we age is a key component to enjoying our Golden Years.

What kind of lifestyle do you want to enjoy in your next decade and beyond? Think of the people you have known at different ages and what sets them apart health-wise. Doctors are very good at extending our lives, and we are living longer. But just because you live longer doesn't necessarily mean you will enjoy a "good" quality of life.

We are our own best advocate for how well we age. To eat a variety of foods, avoid processed food and sugar, and be mindful of moderation when we indulge are all tools we can use for our own nutrition. But, what are you doing to keep your body strong, mobile and flexible?

You may automatically think of weight loss when you think of reasons why you would exercise. But if you think about the many other benefits of moderate exercise, you might find yourself lacing up your walking shoes more often.

In Sit & Fit, the exercises we practice will not only help you improve your strength, but also your flexibility, mobility and balance. These are all equally important so you can maintain, or maybe even improve, your daily life. To be able to lift a bag of groceries (important if you maintain your own home), turn your head to look over your shoulder (important if you drive) bend down to pick up something you've dropped (pretty important), live independently (for as long as possible, right?).

I want to help you in any way I can to live your most health-full life, whatever that means to you! Let me know if you have any questions. You'll find me in Sit & Fit on M/W/F at 10:30am or around the building. Your first class is free and we will make sure you have a really good time!

Kjersti

Fun Fact:

You might think BINGO is just a fun game, however, did you know it's a brain game?

Playing Bingo requires focus, an attention to detail – important for brainwork. Some research has even shown that playing Bingo can aid in short-term memory, as that is what is being tested while playing. Bingo also exercises the participant's hand-eye coordination. Overall, it is a very mentally stimulating game! Join us every **Tues/Fri at 1pm** in the dining room for Bingo and do some brainwork!



Presbyterian Villages of Michigan Mission Statement

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

www.pvm.org



**Presbyterian
Villages**
OF MICHIGAN
THE FOUNDATION

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

Village Staff

Barbara Woodward-Boonstra
Executive Director

Jill Tibbits
Administrator

Kjersti Kontio
Wellness Coordinator

Greg Jacobson & Sigurd Björnson
Maintenance Technicians

Karen Martin
Kathy Barnett
Community Concierge

Dave Sluyter
Sujo Offield, Volunteer
Transporters

KITCHEN TEAM:

Dawn Svatora
Dining Services Supervisor

Colleen Froats
*Dining Services Coordinator
for The Birches*

Jeremy Kimble
Cook

Tamme Sterly
McKenna Enloe
Tucker Woollard
Dining Services Assistant

CAREGIVING TEAM:

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

Resident Assistants

Benjamin Duncan
Joy Eaton
Michl Evans
Rose Gokee
Ciara Halliday
Hailey Helminiak
Michelle Khaled
Jeremy Kimble
Christina Leal
Marci Morse
Donna Payne

Melanie Schulz
Katelynn Sterly
Sara Sumner
Olivia Thompson

Housekeeping

Kamala Gold
Helen Ingersol
Sheree Woollard

Activities at The Birches

Margaret Small

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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