

Perry Farm Village



Perry Villager



Embrace the possibilities



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

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Happy Fall Everyone!

I hear so often that while we all enjoy the warm summers, fall in our area is the favorite time of year for many, even with the 119 lakeshore parade of vehicles and bikes. The sunny warm days, burst of colors that seem to change overnight and the cool evenings. I loved walking through MSU's campus in the fall when I was in nursing school visiting friends and thinking that there is no place as beautiful. I was wrong.....northern Michigan has it beat in that the beauty continues for miles. Be sure your guests know and make reservations while visiting if they would like to stay in our guest suites.

This month is a busy one not only with our full calendar of events and offerings but also for the Perry Center and corridors. After 20 years our boiler system said goodbye and the new one should be installed within a week. A special thank you to our Residents on the TL for your patience during this time. New corridor doors at the end of halls 1,3,4,5, & 6 will be installed during the month giving ease of entering in between the doors, with the auto feature opening and keyless entry into the building.

Also a big thank you to our Maintenance team who have worked with Squier Electric to find and get all of the outdoor lights working again!! If during this time you are leaving the area, we bid you safe travels and thank you for your support and participation at Perry Farm Village. If staying enjoy the newsletter and all that is offered.

Blessings and warm Hugs to you all,

Barbara



Perry Farm
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:





Tattie Bellucci
Resident

You may know Tattie because of these cute little pups, Nibbles and Nugget. Or you may know her because of her presence in our kitchen. "It gives me purpose and I feel needed."

Tattie moved to Harbor Springs from Cincinnati in 2014 after visiting the area for a friend's wedding. She remembers thinking, "I want more of these beautiful days." And says, "Every day is beautiful here!"

While Tattie volunteered and cooked 40 hrs/week for Hospice, she had the opportunity to visit Perry Farm Village and immediately knew she wanted to live here someday. "It is heavenly!"

Prior to Hospice, she owned/operated Tattie's To Go, but quickly changed the name when she kept getting inquiries about tattoos! Tattie's Gourmet Deli had one special entrée every night for people to pick up on their way home.

Tattie has a passion for her dogs, cooking (of course) and horses, which she had to give up when she moved here. She also has an eye for color and her interior décor, insisting on bright colors which uplift the mood, leaving the dull browns and grey to those who want to be depressed.

Thank you for choosing PFV to be your home, Tattie!

McKenna Enloe
Cook



McKenna comes to us from Cherokee, NC, in the mountains next to Tennessee. Her entire family including her older brother still live there.

As you may know, McKenna and Sig (one of our maintenance techs) are quite the pair and they lived together in High Point, NC for two years.

McKenna graduated from Art School and is a classically trained illustrator, however her favorite expression is sculpting, especially soapstone and plaster. She also crochets in her spare time and LOVES all animals.

McKenna was a server for 9 years and was trained as a line cook, managing a Papa John's pizza, and also worked catering gigs.

A funny tidbit, one of her most notable jobs was at a "trashy" little theme park called "Santa's Land" which was only open in the summer!

McKenna really enjoys working in the kitchen at Perry Farm. "It has everything I like about working in a kitchen without everything I don't like about working in a restaurant."

Welcome McKenna! We love having you as a part of our team!

Board Members

PFVA

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

PFDC/Hillside

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



Happy Birthday!

Charlotte N.	4 th
Dodo M.	13 th
Joey J.	15 th
Carol C.	17 th
John S.	18 th
Lillian O.	23 rd
Michelle Khaled	1 st
<i>Resident Assistant</i>	
Laura Green	4 th
<i>Resident Assistant</i>	
Kjersti Kontio	6 th
<i>Wellness Coordinator</i>	
Hailey Helminiak	11 th
<i>Resident Assistant</i>	
Karen Martin	29 th
<i>Community Concierge</i>	

Celebration of Life**October 7th ~ 1-3pm**

You are invited to join Marion Cowan's family to remember and celebrate the spunky, sassy and always smiling lady. She was a friend and a special part of the Perry Farm community. There will be an opportunity for her friends to tell a story or share a memory of Marion. Food, drinks and warm memories to be served.

**Vaccine Clinic
Thurs. Oct 5th**

- Flu
- Pneumonia
- Shingles
- RSV

Covid will be offered on another date.
Sign up in the office, in advance.

**Craft with Barb**
is back as we make
Fall Lanterns!**Tuesday, October 11th ~ 1pm**

**Advance sign up is mandatory
by 10/9 at noon.**
No charge, all materials provided.

Paint & Sip with McKenna
Monday, October 16th ~ 4pm**Sign up deadline 10/2**

\$15, all materials provide & includes wine!
Class fee billed to your end of month statement.

Join the Lunch Bunch!Oct 4th – Moose Jaw Oct 18th – Bar Harbor*Sign up early, limit 8***Ice Cream Social**Oct 6th & Oct 20th
after Bingo

The Annual PVM Gala is coming up soon and you can participate in the fun!
This is PVM's largest fundraiser that benefit seniors in Michigan and in Harbor Springs!

Buy raffle tickets for a chance to win one of these top prizes:

Raffle Tickets
\$10 each or 12/\$100
Purchase from
Kathy in the office
before 10/20

- \$4,000 CASH
- \$5,200 gift cards to Kroger
- 1 week use of a house in Venice Florida
+ \$1,000 cash for travel
- Emagine 50 seat theater event with your friends

**Thursday, October 12th**
4:30pmLive Music provided by the
Sunshine String Band**Chili Cook-off**
Tues. 10/24

Do you have a recipe
you'd like to cook &
enter?
(Limit 6 cooks)



Looking ahead.....

Dorothy Gerber Strings presents Hearts to Arts
and invites you, your friends & family to the
Great Lakes Center for the Arts
Monday, November 6th
for their first *full* symphony!

Mark your calendar!



Trick or Treat at Perry Farm

Tuesday, Oct 31st 3:30-5:30pm

Young school children in costume. Have your candy ready!

We appreciate our resident's recycling efforts as we all strive to reduce the amount of garbage that PFV sends to the landfill.

Our maintenance team requests recycling is *SORTED* before being placed in bins or set out at the curb for efficient removal.



When you schedule an appointment that requires PFV transportation, please schedule with our office asap. 48 hrs minimum advance notice is *required*, and more notice is much appreciated.

What is it called when a tree doesn't think its autumn?

Disbe-leaf



There are many benefits to living in a community like Perry Farm Village! To enjoy new friendships, play a game in the afternoon, and gather for happy hour and meals can have a positive effect on our wellbeing.

However, there may be drawbacks too.

In a vibrant community, such as ours, it's important to consider that our "space" may feel invaded at times. We share common spaces with all who live here *and* visit. We may feel inconvenienced with guests, family (including children) and the extra activity and noise in our common hallways and living areas. We appreciate your understanding and ask our residents to remind their guests that this is our home and to be mindful of activities and noise levels, especially between 9pm and 9am.



Do you have a favorite holiday recipe that you would like to share? Each year, the Holiday Issue of *Your Giving Matters* includes a cookbook of recipes shared by residents at PVM Villages. To submit your recipe, please include your name with your recipe, drop it off at the office and we will take a picture of you to complete your submission. Thanks in advance to all who participate!

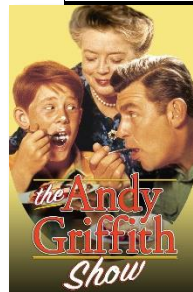
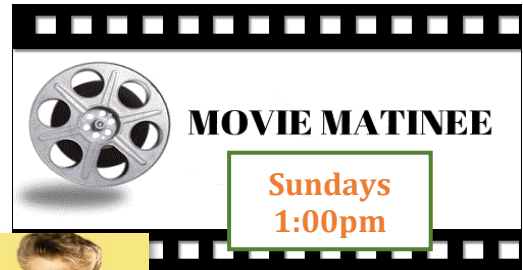
Deadline is November 3rd.

Our residents are busy people with doctor/dentist appointments, going to the salon, and supporting other community businesses!

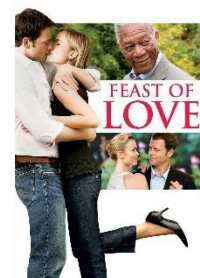
We depend on our volunteer drivers to make sure they get there and we are desperately short on drivers!

If you have an hour or two in your week to help drive a resident, it would be appreciated by both our residents and our staff who work so hard to make sure everyone gets to where they need to go.

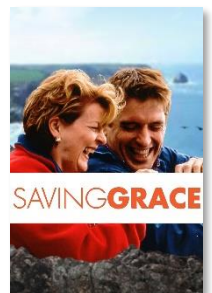
If you are interested, please talk to Kathy, Community Concierge. You will make her day! 231-526-1500



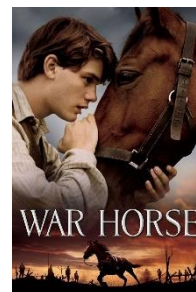
Oct 2nd



Oct 9th



Oct 16th



Oct 23rd



Oct 30th

October Wellness Classes

Sit & Fit

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

Seated Tai Chi for Beginners*

Tues/Thurs 10:30am
Wellness Classroom

Meditation*

Mon/Wed/ Fri 11:30am
Terrace Level Living Room

How to Meditate*

Tues/Thurs 11:30am
LL Boardroom

Walking Indoors or Outdoors*

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

Exercise Community Crew*

Mon/Wed/Fri 9am

* no charge!



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



It goes without saying that some time to ourselves, quietly sitting and slowly breathing, will prove to calm us down after a stressful day, but when it comes to life's most mentally taxing episodes -- death, disaster, disease -- how much good can meditation really do?

Meditation can help:

- Reduce stress
- Sleep better
- Supports the immune system
- Improve blood pressure
- Improve memory
- Improve decision making
- Fight off Depression/Anxiety

In a practical sense, sitting quietly is really all there is to meditation, for anywhere from fifteen minutes to an hour, whether alone or with a group, you sit in a quiet place with your eyes closed, focusing on your breath as it moves in and out. Your mind will inevitably wander, but instead of growing frustrated with your lack of focus or getting caught up in the web of your thoughts, you train yourself to observe the thought or emotion with acceptance and curiosity, and to calmly bring your focus back to the breath.

Will it work for you? I'd be happy to lead you to a more calm, relaxed mind and body. We already have meditation on our calendar and quite a few people feeling the benefits. We have been focusing on our breath, while I lead them through pleasant visualizations. It's very relaxing.

As I research different things I want to offer to our residents, I'm learning too! I currently subscribe to a meditation class and would like to share it with you. **Every Tues/Thurs at 11:30am in October**, I will lead a group through the same videos called "**How to Meditate**". In just 20-30 minutes, step by step you will learn about and experience meditation. There will be no charge for these classes, only the willingness to learn something new.

My hope for these sessions is that you learn how to better handle your stress. Meditation can be a tool you add to your toolbox of life skills.

If you don't live at PFV and want to participate, you are welcome too! Just give me a call and let me know to expect you.

Be well,

Kjersti



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
Transporter

KITCHEN TEAM:

Dawn Svatora
Dining Services Supervisor

Colleen Froats
*Dining Services Coordinator
for The Birches*

McKenna Enloe
Cook

Tucker Woollard
Dining Services Assistant

CAREGIVING TEAM:

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

Rebecca Stalder
Clinical Assistant

Housekeeping
Kamala Gold Franseth
Sheree Woollard

**Activities at
The Birches**
Margaret Small

Resident Assistants

Benjamin Duncan
Joy Eaton
Michll Evans
Rose Gokee
Hailey Helminiak
Michelle Khaled
Jeremy Kimble
Christina Leal
Marci Morse
Donna Payne
Melanie Schulz
Katelynn Sterly
Sara Sumner
Olivia Thompson

Perry Farm Office: 231-526-1500

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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