



Perry Villager



Embrace the possibilities

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

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Perry Farm
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Welcome November.....

I think of this month as the time of thankfulness. I'm sure it is due to being the month of Thanksgiving as the "holiday season" begins and the month when 2 of my own children were born. The shoulder season of warm beautiful colors followed by cold temperatures. Wasn't it wonderful to have the first snow be on October 31st this year, and seeing so many happy faces as children graced our community with costumes and smiling faces? What a gift on a cold snowy day!!

For me I am grateful for family. My own as well as our Perry Farm Village family of Residents and staff. I want to thank each and every one of you for your sunny "Hello" each day, your positive attitude, and warm welcome to all who enter our doors.

This month will have quite a few home improvements happening with new doors and keyless entry at the end of halls 3,4,5 & 6 , new Perry Center boiler and control panel to balance the temperature and water, upgrades to the fire suppression system, and new water heaters that were installed in Hall 2 & 4. We are taking care of your home and appreciate your patience when water shut off occurs and equipment and service persons are in and out.

As you read this, Jim and I will be heading out for our time with family in Colorado to celebrate our granddaughter Hanna's marriage to Leo on the 11th. I will be sure to bore you all with pictures when I return on the 15th.

So much to be thankful for.....In gratitude,

Barbara

It was a beautiful event at The Henry in Dearborn!! The PVM Foundation Gala is held every 2 years with the donations helping residents with unexpected financial needs.



Thank you to everyone at Perry Farm Village that bought raffle tickets. Donations exceeded the goals set for the event!



The theme was Lights, Camera, Action and PFV was well represented with the opening video of Marion Cowan who passed in September. She loved to perform and was the star one more time! Emil and Sue Mancini, Karen Flint and Jim and Barb Bear (Woodward) were all in attendance.



Pamela Landon

Sales & Leasing Specialist



Pam considers herself to be a "slingshot" since she was born and raised in Petoskey, has lived in Florida, Chicago and Royal Oak, but always comes home to Petoskey.

Pam has worked in retired living communities for 30 years in various positions to include: CNA, Activities Director, Resident Coordinator and Executive Director. She loves her career and feels that she gets her energy and joy from the residents.

Pam has one daughter, Winifred and one grand-daughter named Wren who is a year and a half. Her favorite color is royal blue, her favorite food is her own homemade pizza and her favorite thing in the world is to be around people.

We welcome Pam as she takes on our Sales & Marketing position and wish you much success at Perry Farm Village!



Board Members

PFVA

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

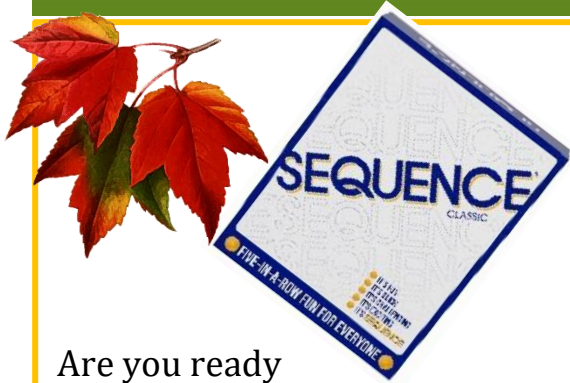
PFDC/Hillside

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



Susan D.	3 rd
Sue F.	4 th
Don M.	9 th
Sheryl F.	15 th
Liz F.	29 th
Virginia K.	30 th

Kathy Barnett	1 st
Community Concierge	
Sigurd Bjornson	1 st
Maintenance Technician	
Greg Jacobson	11 th
Maintenance Technician	



Are you ready to learn a new game? A game that combines cards *with* a board game.

Let's gather in the card room and learn together!

Wed. 11/1 ~ 2pm

Thurs 11/2 ~ 2pm

We are *Thankful* for
Crafty Barb!

Wed. 11/1 ~ 1pm

Let's make a
holiday wreath!
*No charge but
sign up by 10/30.*



Bay View Reading Group

Meets at Perry Farm Village
in the dining room



November 9th @ 1:30pm

All are welcome to attend!



You, your family & friends are all invited to attend!

Larry Froede will be your driver.

Bus will leave promptly at 6pm. Please sign up to attend.

Hearts to Arts

Monday, November 6th ~ 7pm

You are invited to a FREE concert by the
Dorothy Gerber Youth Orchestra

Warriors in Mr. Lincoln's Army

Thursday, November 16th ~ 1pm

Video presented from the

Harbor Springs Area Historical Society

Author Quita Shier talks about her recently
published book about the history of

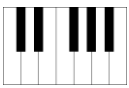
Company K - a Michigan sharpshooter
regiment during the Civil War which

included only Native American enlisted
men.

**Daylight
Saving
Time ends
Sunday,
Nov. 5th.**



Every Tuesday in
November, Ken Forrest
will be at the piano for
Happy Hour!



Let's work together
this winter to keep everyone
healthy. If you don't feel well,
please do not visit. Or if you
must, please mask up!



Deck the Halls!

Week of November 27th

A staff member will be your
personal elf and help you decorate
your hallway for the holidays!

If you have a specific idea in mind,
let your elf know in advance.

Hall 1 - Kjersti

Hall 2 - Pam

Hall 3 - Kathy

Hall 4 - Pam

Hall 5 - Kjersti

Hall 6 - Kathy



Voting for best hall starts December 5th

*Northern Michigan Chorale Concert
with Gary Hillier from PFV!*

November 18th & 19th

Check the sign up book for transportation



Special Happy Hour & Meal

Thanksgiving Dinner - November 23rd ~ 4pm



We have a missing book, handed down through several generations,
"A Secret Garden". This book is old, and has a red, hard cover.
Any information would be appreciated, but having the book returned, priceless.

Hello Everyone,

I hope you're doing well. It's been a couple of months since my last visit. I miss you all, and I look forward to seeing you the week of November 20.

As we head into the month of Thanksgiving, I just wanted to send a quick note and give thanks to you. Thank you for your generosity. Your philanthropic spirit has helped Perry Farm Village with a number of projects and activities. That's right. **The funds raised here stay here.**

Here is a sampling of what your donations have supported for the community.

Patio furniture

TVs and a sound system

Kitchen equipment

Fitness equipment

Wellness activities

Landscaping for The Birches

Renovations for the Terrace Level

All of this has made Perry Farm Village an even more incredible place to live and visit.

When you make a gift today or in the future, it can support Perry Farm Village as a whole, or it can support a specific project or fund like Resident Assistance Fund or Employee Holiday Fund.

If you ever have questions about your donations, don't hesitate to contact me.

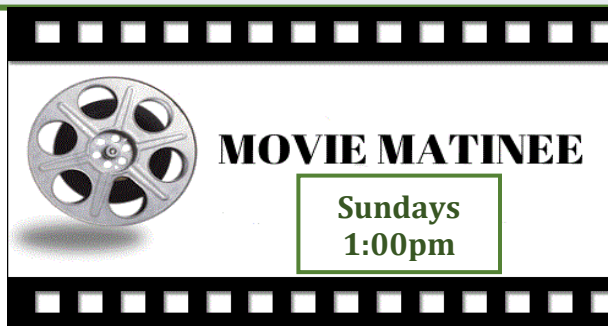
Thank you again for your support. See you in a few weeks!



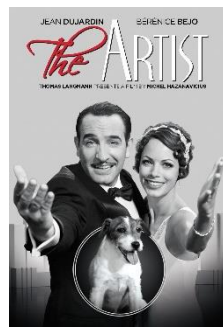
All the best,

Devon Meier

Director of Donor Engagement



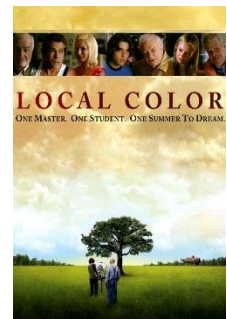
Nov 5th



Nov 12th



Nov 19th



Nov 26th

November Wellness Classes

Sit & Fit

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

Meditation

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

Seated Tai Chi for Beginners*

Tues/Thurs 10:30am
Wellness Classroom

Calm Your Mind

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

*self-guided, no instructor, 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



"AGING WELL" What does it mean to you? For the next few months, I'll give you some tips for what others think this means and you can measure your definition and see if there's any room for change.....so you can strive to age well.

"As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, loss of loved ones, physical and health challenges, and even a loss of independence. How we handle and grow from these changes is often the key to healthy aging. Coping with change is difficult at any age and it's natural to feel the losses you experience. However, by balancing your sense of loss with positive factors, you can stay healthy and continue to reinvent yourself as you pass through landmark ages of 70, 80, 90 and beyond.

As well as learn to adapt to change, healthy aging also means finding new things you enjoy, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us aging also brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind? Many of these fears stem from popular misconceptions and myths about aging.

Myth: Aging means declining health and/or disability

Fact: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventative measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

Myth: Memory loss is an inevitable part of aging.

Fact: As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain games and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

Myth: You can't teach an old dog new tricks.

Fact: One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things any more. The opposite is true. Middle-aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience.

Excerpt from Healthy Aging - Melinda Smith, MA, Jeanne Segal, PhD and Monika White, PhD

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

Pamula
Sales & Leasing Specialist

Greg Jacobson & Sigurd Björnson
Maintenance Technicians

Karen Martin
Kathy Barnett
Community Concierge

Dave Sluyter
Transporter

KITCHEN TEAM:

Betty Frain
Chef

Colleen Froats
*Dining Services Coordinator
for The Birches*

Bruce Strachan
Cook

Tucker Woollard
*Victoria Losinger
Kristine Sellers
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

Melanie Schulz
Rebecca Stalder
Katelynn Sterly
Sara Sumner
Olivia Thompson
Victoria Losinger

Housekeeping

Kamala Gold Franseth
Sheree Woollard

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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