



Perry Farm Village



# Perry Villager



## Embrace the possibilities

4241 Village Circle • Harbor Springs, Michigan 49740 • [www.pvm.org](http://www.pvm.org) • October 2023

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Perry Farm  
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Happy December Everyone and Welcome Winter!

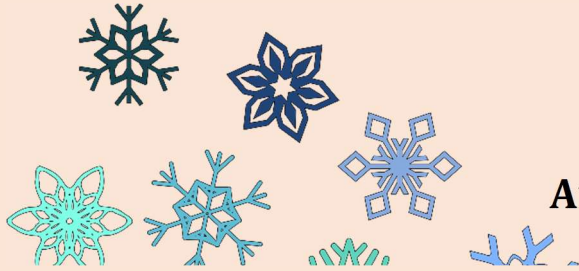
As I write this the snowplows and shovels are out, snow and leaves mix on the lawn, and the holiday season is upon us with lights, trees and decorations seen everywhere. Each season has its own beauty and how blessed we are to experience them all here in Michigan AND we live in a "Hallmark City"!!

2023 certainly was a busy year for Perry Farm Village with many changes and challenges. The Birches, Terrace Level Studios, Guest Suites, Library, and more shared spaced open for all to enjoy! The largest challenge as you all have seen is staffing, not only within our Community, but also for this whole area, especially in the health care field. In spite of this, Perry Farm Village continues to be a beautiful and supportive place to live, own, and work. We have two active Boards who work closely with our Leadership Team to maintain the high quality of living that Perry is known for. Board members, listed here in the newsletter, share their time and experience, for which we are grateful. With the approval of the budget in November, I am looking forward to the opportunities that 2024 will bring!

I am also grateful for the wonderful team members who have stayed with us and joined us this year. During this month, the question comes up often about giving gifts to the staff as a way to show appreciation. We asked that personal gifts to individuals not be given. Cards are always appreciated and if you would like to give, please do so to benefit ALL of the staff through the Employee Appreciation Fund. These funds used throughout the year, and mostly during this time, are for Perry Farm Village employees. We are planning a Holiday Party this month and these funds, which go through the foundation, pay for the party and gifts for our team. Please consider donating, which may be done in the office and sent to the Foundation specifically for Perry Employees.

I look forward to sharing this month together, and from my family to yours, God's blessings for a wonderful and joyous Christmas.

*Barbara, Jim & Gidgit*



**Ann Skrobeck**  
*Resident*

Ann Skrobeck is one of our newest residents. Born and raised in the Waterford/Clarkston, Michigan area, she has also lived in Canadian Lakes, near Big Rapids, MI and most recently Naples, Florida. Her plan is to spend her summers at Perry Farm and winters in Naples.

Ann has 2 children, 4 grandchildren and 4 great-grands! Two of her grandchildren live up here, one at Birchwood, the other in Petoskey.

Ann worked for many years at St Joe Hospital in Pontiac, scheduling for surgeries (before computers) and says it was very challenging but she liked it a lot.

She loves to golf and walk, and has been walking the hallways at Perry Farm. She was surprised to know each lap around all our hallways is 0.4 miles. She strives for 2 laps/day!

Welcome to Perry Farm Ann, we are so happy you are here!

## **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

## **Thanksgiving at Perry Farm 2023**



Creating a feast, and  
it was a feast!



Friends & Family



Service with a smile!



## **December Birthdays!**

Dodie H.	12 <sup>th</sup>
Suzanne L.	20 <sup>th</sup>
Carol M.	26 <sup>th</sup>
Gary H.	29 <sup>th</sup>

Katelynn Sterly <i>Resident Assistant</i>	7 <sup>th</sup>
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Kamala Gold <i>Housekeeping</i>	9 <sup>th</sup>
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Victoria Losinger <i>Dining Assistant</i>	23 <sup>rd</sup>
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### Great Lakes Chamber Orchestra presents Handel's Messiah

**Thursday, December 7<sup>th</sup> ~ 7pm**

Tickets - \$38 includes transportation  
Please sign up by Friday, December 1<sup>st</sup> at 5pm.



### Tea Time Trivia

Terrace level dining room  
Grab a cup of tea (or beverage of your choice)  
and let's talk trivia!  
Monday's in December ~2pm

### Resident Meeting Friday, December 8<sup>th</sup> ~ 2pm *after Bingo*

Come to get an updated on current projects,  
a review of 2023 and what's coming in 2024!

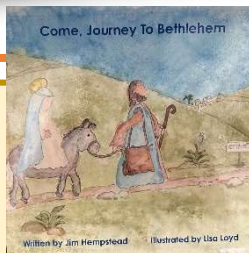
### Join the Lunch Bunch

MI Tequila Mexican in Petoskey - Wed. 12/13  
Sassy Loon at the bowling alley - Wed. 12/27  
leaving at noon, returning around 1:30pm  
*Sign up early, limit 8*



### Sunshine Strings Band returns! Saturday, December 9<sup>th</sup> ~ 4:30pm

PFV to provide appetizers/wine/beer  
Invite your friends & family to join us!



*Come to Bethlehem, written by Perry Farm Village  
resident, Jim Hempsted, is available to  
borrow and enjoy.  
Please see Kathy in the office.*

### Harbor Springs Historical Society

Presents

History and Folklore of Santa  
Thursday, December 7<sup>th</sup> ~ 7pm

Winter Memories in Harbor Springs  
Thursday, December 14<sup>th</sup> ~ 7pm



Craft with Kjersti

### Cookie Decorating

Thursday, December 21<sup>st</sup> ~ 2pm

Advance sign up is mandatory  
by Tues. 12/19 to plan supplies.

No charge.




### Salvation Army Christmas Angels


Please consider making a monetary  
donation to help sponsor a needy  
local family for Christmas this year.  
Last Christmas they provided 542  
children gifts and served 9,000  
meals to families.

Please drop off donations to Kathy  
in our office by **December 9<sup>th</sup>** to  
allow *everyone* to feel the joy  
of this holiday season!






A kind note of appreciation to our staff is always welcome, however, it is PVM policy that employees are not to accept tips or gifts of any kind. To avoid putting our staff in an awkward situation, please drop off any monetary gifts to the office and it will be added to our employee fund earmarked for special staff events, such as our Christmas party! Thank you for your understanding.



We offer transportation to events every month to provide additional social and cultural value to our community. Please encourage another resident to attend with you, especially if attendance looks low. A minimum 6 attendees will be required or the event will be cancelled before tickets are purchase. Thanks for your understanding



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.

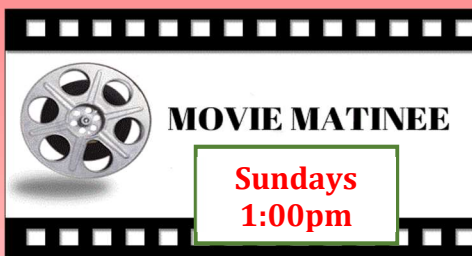
In a vibrant community, such as ours, it's important to consider that our "space" may feel invaded at times. We share common spaces with all who live here *and* visit. We may feel inconvenienced with guests, family (including children) and the extra activity and noise in our common hallways and living 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.



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.



**To watch a movie on Sunday at 1pm, go to The Terrace Level living room, turn on the TV then push the Netflix button on the remote. You will find the suggested movie (below) in "My List" on the left of the screen. You may also watch a movie on Netflix at any time during the week! Please limit hours between 9am-9pm. Thank you!**



**Dec 3rd**



**Dec 10th**



**Dec 17th**



**Dec 24th**



**Dec 31st**

## December 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

### **The Good Life\***

Tues/Thurs 11:30am  
Video in 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



As 2023 comes to an end (can you believe it?) let's learn a little about how to cope with change. As we all know, as we age....we change! The Greek philosopher Heraclitus is credited with the idea that the only constant in life is change.

“As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with stress and all of life's challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

**Focus on the things you're grateful for.** The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. December can be the perfect time to look back at the past year and reflect.

**Acknowledge and express your feelings.** You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

**Accept things you can't change.** Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

**Take daily action to deal with life's challenges.** When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

**Laughter is strong medicine for both the body and the mind.** It helps you stay balanced, energetic, joyful and healthy at any age. A sense of humor helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.”

Merry Christmas to you and Be Well in the New Year,

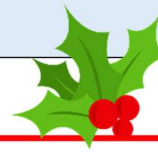
*Kjersti*

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



### A reminder from Maintenance

With the Gift Giving season approaching, I'd like to provide a reminder that **most** gift wrapping paper is recyclable. If you are throwing away or recycling wrapping paper, please contain it in bags to keep recycling bins tidy. Also, all cardboard boxes must be broken down to their *flat form* **before** they are placed in the recycling bin. If the flattened boxes are still too big for the recycling bins, please place them neatly *underneath* the bins. When you break down your own boxes, it allows me more time to help all of you with your maintenance needs! Thank you and I wish you Happy Holidays and warmer days to come!



### A reminder from our nurse, Anna Minnick, RN

Hi all. As we move into winter and have most of our social engagements inside, we wanted to provide some reminders about how to stay healthy. COVID, Flu, RSV, and the Cold are still in full affect in our area. If you are around someone who is sick or if you feel sick – **please wear a mask when in the public areas**. Masks are available in the office. Masks worn appropriately and good hand hygiene help prevent the spread of these contagious viruses.

## If you're exposed to COVID-19

### START PRECAUTIONS

Immediately

- Wear a [mask](#) as soon as you find out you were exposed FOR 10 DAYS

You can still develop COVID-19 up to 10 days after you have been exposed

Watch for symptoms



RUNNY/CONGESTED NOSE

SORE THROAT

SERIOUS DECREASED ENERGY

MAJOR HEADACHE

SHORTNESS OF BREATH

## If you develop COVID-19

### START ISOLATION

- Isolate for minimum 5 days
- Wear a mask as soon as you find out you are symptomatic or have a positive test result
- You can come out of isolation after 5 days if your symptoms are improving
- Continue to wear your mask when out for 5 more days after isolation

See your doctor if you have any chest pains, shortness of breath, or if symptoms worsen

### 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](http://www.pvm.org)

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

### Village Staff

<b>Barbara Woodward-Boonstra</b> <i>Executive Director</i>		<b>CAREGIVING TEAM:</b> <b>Anna Minnick, BSN, BPH, RN</b> RN/Nurse Manager
<b>Jill Tibbits</b> <i>Administrator</i>	<b>KITCHEN TEAM:</b>	
<b>Kjersti Kontio</b> <i>Wellness Coordinator</i>	<b>Betty Frain</b> <i>Chef</i>	
<b>Pamela Landon</b> <i>Sales &amp; Leasing Specialist</i>	<b>Colleen Froats</b> <i>Dining Services Coordinator for The Birches</i>	<b>Rebecca Stalder</b> <i>Clinical Assistant</i>
<b>Sigurd Björnson</b> <i>Maintenance Technician</i>	<b>Bruce Strachan</b> <b>Bob Damman</b> <i>Cook</i>	<b>Housekeeping</b> Kamala Gold Franseth Sheree Woollard
<b>Kathy Barnett</b> <i>Community Concierge</i>	<b>Tucker Woollard</b> <b>Victoria Losinger</b> <i>Dining Services Assistant</i>	<b>Activities at The Birches</b> Vacant
<b>Dave Sluyter</b> <i>Transporter</i>		<b>Resident Assistants</b> Benjamin Duncan Joy Eaton Michll Evans Rose Gokee Jeremy Kimble Christina Leal Marci Morse Donna Payne 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  
THE FOUNDATION

**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](http://www.pvmfoundation.org)**