



# Perry Villager



Embrace the possibilities

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

October 2017

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**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Look for PVM on:



## October's Party

*By George Cooper*



October gave a party;  
The leaves by hundreds came-  
The Chestnuts, Oaks, and Maples,  
And leaves of every name.  
The Sunshine spread a carpet,  
And everything was grand,  
Miss Weather led the dancing,  
Professor Wind the band.

The Chestnuts came in yellow,  
The Oaks in crimson dressed;  
The lovely Misses Maple  
In scarlet looked their best;  
All balanced to their partners,  
And gaily fluttered by;  
The sight was like a rainbow  
New fallen from the sky.

Then, in the rustic hollow,  
At hide-and-seek they played,  
The party closed at sundown,  
And everybody stayed.  
Professor Wind played louder;  
They flew along the ground;  
And then the party ended  
In jolly "hands around."

## Board Members



### PFVA

Hon. James  
Churchill  
Karin Flint  
Don House  
Linda Rhodes-  
Pauly  
Ken Ostrowski

### PFDC/Hillside

Kay Flavin  
Karin Flint  
Roy Griffiths, Jr.  
Don House  
Jean Jardine  
Lois Manville  
Rob Mossburg  
Linda Rhodes-  
Pauly  
Linda Riley  
Debra Schirmer  
Fred Walstrom  
Linda Rachwitz



# FALL COLOR TOUR

Join us on the Bus for a spectacular tour of trees!



**Tuesday, October 10<sup>th</sup>**  
**Bus Leaves at 1:00 pm**

# "Perfectly Frank"



To any one who is a Frank Sinatra fan please join us on Wednesday, October 18<sup>th</sup> at 2 pm in the Dining Room for a performance by Billy McAllister as "Perfectly Frank"

# October Birthdays!



**13<sup>th</sup> Dodo M.**  
**21<sup>st</sup> Bob B.**  
**23<sup>rd</sup> Dave S.**

*Happy Birthday  
 from all of us at  
 Perry Farm Village!*



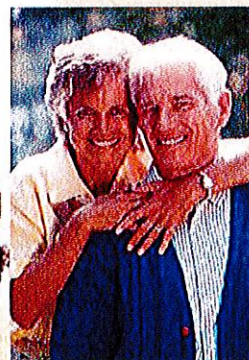


# Flu Immunization Clinic

WHERE & WHEN:

**Perry Farm Village  
Dining Room  
4241 Village Circle Dr.  
Harbor Springs  
Friday, October 20, 2017  
9:00 - 11:00 am**

**PAYMENT:** Bring your insurance card,  
cash, or a personal check  
(NO credit cards).



**Appointments are required.**

Call:

**1-800-432-4121**

Children must be  
accompanied by a  
parent or legal guardian



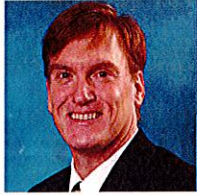
[www.nwhealth.org](http://www.nwhealth.org)



**HEALTH  
DEPARTMENT**  
of Northwest Michigan







## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.*

### National Check Your Meds Day

This year on **October 21<sup>st</sup>** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for "brown bag" medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21<sup>st</sup>** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21<sup>st</sup>** don't worry, this is a service that most major pharmacies will perform any day.

★ **MOVIE NIGHT** ★  
Admit One

**Saturday, October 7<sup>th</sup>**  
Paris Can Wait

**Saturday, October 14<sup>th</sup>**  
Little Red Wagon

**Saturday, October 21<sup>st</sup>**  
A Good Year

**Saturday, October 28<sup>th</sup>**  
America's Sweetheart

**Card Room at 6:45 pm**  
**every Saturday!**

**Sunday, October 1<sup>st</sup>**  
Divine Secrets of the Ya-Ya Sisterhood

**Sunday, October 15<sup>th</sup>**  
The Notebook

**Sunday, October 29<sup>th</sup>**  
Sabrina










**Sunday Movie Matinees**  
**At 2pm**  
**In Card Room**





# October Happenings 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Movie Matinee At 2 pm "Divine Secrets of the Ya-Ya Sisterhood"	2 Bus Day 10:30 am Sit & Fit	3 2:00pm Wii Bowling Piano Music 5p-6p	4 Bus Day 10:30 am Sit & Fit 2pm Bible Study 4:45pm Dinner at Beards Brewery	5 11 am Euchre 1pm Puzzle Mania 2pm Travel Series	6 Bus Day 1pm Pond Hill Farm 	7 Movie Night at 6:45 pm "Paris Can Wait"
8	9 Bus Day 10:30 am Sit & Fit 2pm Tea & Cookies	10  1pm Fall Color Tour 2:00pm Wii Bowling Piano Music 5p-6p	11 Bus Day 10:30 am Sit & Fit 11:30am Lunch at Petoskey-Bay View Country Club 2pm Bible Study	12 11 am Euchre 1pm Scrabble 2pm Travel Series	13 Bus Day Movie at The Lyric Time: TBD 4:30pm Dinner at Old World Cafe	14 Movie Night at 6:45 pm "Little Red Wagon"
15 Movie Matinee At 2 pm "The Notebook"	16 Bus Day 10:30 am Sit & Fit 1pm Bill's Farm Market 	17 2:00pm Wii Bowling Piano Music 5p-6p	18 Bus Day 10am Perry/Hillside Shopping Day 10:30 am Sit & Fit 2pm Perfectly Frank Musical Performance 	19 11 am Euchre 12pm Taco Extravaganza  2pm Travel Series	20 Bus Day 10:30 am Sit & Fit 9a-11a Flu/Pneumonia/ Tetanus & Whooping Cough Clinic	21 Movie Night at 6:45 pm "A Good Year"
22 3:15pm Great Lakes Chamber Orchestra Children's Concert "Harry Potter Suite"	23 Bus Day 10:30 am Sit & Fit 2pm Cider & Donuts 	24 1pm Free Hand Massages/ Relaxation 2:00pm Wii Bowling Piano Music 5p-6p	25 Bus Day 10:30 am Sit & Fit 2pm Bible Study	26 11 am Euchre 1pm Pumpkin Painting  2pm Travel Series	27 Bus Day Movie at The Lyric Time: TBD	28 Movie Night at 6:45 pm "America's Sweetheart"
29 Movie Matinee At 2 pm "Sabrina"	30 Bus Day 10:30 am Sit & Fit 2pm Halloween Bingo	31 <del>HALLOWEEN</del> 12pm Halloween Party and Lunch 2:00pm Wii Bowling Piano Music 5p-6p				



# October Lunch 2017


Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Ham & Cheese Sandwich	2 BLT	3 Quiche Lorraine	4 Pastrami Sandwich	5 Tuna Melt	6 Steak Caesar	7 Cheeseburger
8 Coney Hot Dog	9 French Dip	10 Chicken Salad Sandwich	11 Sloppy Joe	12 Grilled Cheese & Tomato Soup	13 Baltimore Rueben	14 Veggie Wrap
15 Roast Beef & Swiss	16 Monte Cristo	17 Egg Salad Sandwich	18 Pulled Pork Sandwich	19 Taco Extravaganza	20 Chef Salad	21 Bratwurst
22 Turkey Sandwich	23 Texas Rueben	24 Spinach & Swiss Quiche	25 Derby Sandwich	26 BLT	27 Maurice Salad	28 Tuna Melt
29 Ham & Cheese Sandwich	30 Rueben Sandwich	31 HALLOWEEN 12pm Halloween Party and Lunch				



# October Dinner 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Country Beef	2 Rosemary Chicken	3 Pork Loin	4 Beef Stroganoff	5 Tomatillo Pasta	6 Sautéed Whitefish	7 Lamb Stew
8 Spaghetti W/ Meat Sauce	9 Seared Duck Breast	10 Crab Cakes	11 Baby Back Ribs	12 Broiled Whitefish	13 Pot Roast	14 Sandy's Burrito
15 Cranberry Chicken	16 Shepard's Pie	17 Sautéed Whitefish	18 Beef Stir-Fry	19 Macaroni & Cheese	20 Pork Tenderloin	21 Atlantic Salmon
22 Salisbury Steak	23 Seafood Casserole	24 Spaghetti W/ Meat Sauce	25 Baby Back Ribs	26 Broiled Whitefish	27 Chicken Enchilada	28 Filet Mignon
29 Country Pork	30 Vegetable Stir-Fry	31 Sautéed Whitefish				



# Giving Matters.

By Paul J. Miller, CFRE,  
President, PVM Foundation

**PVMF Gala—November 17<sup>th</sup>!**

Come join the fun Friday, November 17<sup>th</sup> at  
The Henry Ford Museum of American Innovation!



PVMF's 14<sup>th</sup> annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

*The best part?!* By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan ~~a better~~ **the best** place to live at any age!

We hope to see you there!

**Join the Fun! Book your Sponsorships & Tickets:**

**\$375 Patron Ticket\* Strolling Dinner & Program, Name recognition in event program**

**\$250 Individual Ticket\* includes Strolling Dinner & Program**

(\*Estimated Fair Market Value: \$125/ticket)

Learn more about how to attend at [pvmf.org/Gala2017](http://pvmf.org/Gala2017). If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!

Paul J. Miller, CFRE

**\*P.S.** Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!


### PUT YOUR MONEY TO WORK FOR YOU!

With a Charitable Gift Annuity from PVM!

**Key Features**

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller  
248.281.2045 MyLegacy.pvmf.org



## 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)

## Office Numbers Main Office (231) 526-1500

### Village Staff

Normal open office hours: Mon-Fri 8:30a-4:30p  
and Saturdays 10:00a-3:00p

**Mary Catherine Hannah**

*Executive Director*

**Jill Tibbits**

*Administrator*

**Katie Parr**

*Perry Club Manager*

**Jon Terrian**

*Maintenance Tech*

**Joseph Mastaglio**

*Executive Chef*

**Sandy Jakubiak**

*Cook*

**Mary Jane Kiogima**

**Dawn Svatora**

*Dietary Assistants*

**Andy Schaefer**

*Registered Nurse*

### **Resident Assistants**

*Tanya Chevalier*

*Susan Foley*

*Colleen Froats*

*Eva Gray*

*Rose Gokee*

*Shellie Harrington*

*Brooke Maki*

*Amanda Rockwell*

*Susan Storrs*

*Janell Terrian*

*Farrell Thompson*

*Joele Weld*

*Christine Woodward*

*Sheree Woollard*

### **Transporter**

*Jim Flick*

*Jack Frank*

*Jane Rye*

### **EMERGENCY NUMBER**

**911**

**24/7 Resident Assistant Desk, Terrace Level**

**(231) 526-1500 x 4**

**Main Office Fax Number**

**(231) 526-6462**



**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)**

**4241 Village Circle Drive  
Harbor Springs, MI 49740**

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