



Perry Villager



Embrace the possibilities

4241 Village Circle • Harbor Springs, Michigan 49740 • www.pvm.org • May 2024

Featured Articles

Meet PFV	pg. 2
Events	pg. 3
Wellness	pg. 4
Notices	pg. 5
Staff	pg. 6



Perry Farm
Village

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



Look for PVM on:



From our Executive Director

Dear Residents, Families, Friends, & Board Members,

THANK YOU!!! As I write this on the evening of April 29th I am humbled, so grateful, and happy to share that with your generous donations during the past 29 days Perry Farm Village raised \$22,550 during the Friends and Family fundraiser month, AND we have one more day to go! Your generosity doubled our goal and Perry Farm will receive an additional \$5,000 from the foundation for doing so. Thank you!! Drawings for Colleen's quilts will be on May 1st and maybe the amount will have grown a bit more.

We are looking forward to having the raised garden beds built, sun shades for the Birches courtyard, additional benches along the circle drive, a tall flag pole at our entrance, and more possibilities to enhance your community for those who live here.

May truly is the transitional month here in our area as Residents and families return from spending the winter in other locations. Homes and cottages open up, flowers bloom, the lineup of boats heading through our town return to slips and mooring balls, bicycles and motor bikes come out of storage and the wonderful sounds of springtime and summer return.

This year Jim and I will be gone for a good part of May as we take a very special trip to explore Ireland and the Isle of Man. My brother and wife and Jim's sister and husband will be joining us for part of the trip. What started as a chat on the porch last summer developed over the winter to a shared trip together as all our families have roots in "The Emerald Isle" that we are discovering more about and look forward to visiting.

I leave you in the very capable hands of an AMAZING Leadership Team and want to thank Jill, Kjersti, Anna, Kathy, Sigurd, and Chris who will step in when and where needed to keep your community running smoothly. You will also see the familiar face of Nancy Rondel.

I will miss you all and ask for your prayers for safe travels for us. Thank you again for a wonderful April and **Welcome May!!**

Barbara

New Faces at Perry Farm Village & The Birches

Christian Poupard
Executive Chef



Our new Executive Chef Christian is originally from Monroe, MI but after his graduation, he came to Northern Michigan to be closer to his Mom and brother. He grew up around restaurants as his grandparents owned a bar, and his Uncle Steve owns Southwoods & Northwoods. His first job was a dishwasher, but quickly learned he prefers to cook. Through hard work, studying with other chefs, he honed his craft and now shares his talent with our residents. Christian lives with his girlfriend Carissa and their 14 yr old Morkie. He loves spending time outside, especially near or on the water.

Bob Damman
Cook & Transporter



Bob started at PFV driving for some of our outings, until we really needed help in the kitchen, and now he's an integral part of our kitchen team, while still driving on occasion. Bob is originally from Birmingham, MI and has 9 brothers and sisters. His grandfather opened a hardware store in 1920 and it grew to 18 locations where Bob found his career. He moved to Harbor Springs 20 years ago and spends much of his free time on the Birchwood golf course.

Sara Sumner
Lead Resident Assistant



Sarah has worked as a Resident Assistant for a year and a half and is excited to say she's gone back to school for nursing! Originally from Oklahoma, she's a mother and step mother of SIX, ages 21, 19, 16, 13, 4 and 2. She's one busy mama. If she has a free moment, she loves to read thrillers, Steven King is a favorite, and she also likes to create latch hook rugs "because she can't crochet".

Marcie Morse
Resident Assistant



Marcie grew up in Harbor Springs, 3rd generation, and loves spending time with her 4 grands and 1 great-grand, and especially enjoys family time in the UP. She loves to cook and an "hor d'oeuvre only" dinner is often requested by her kids. Marcie and her husband have enjoyed bear hunting with their dogs since before they were married 44 years ago. She loves working at the Birches!

Board Members PFVA

Joanne Arbaugh
David Hartnett
Dr. Maria Kokas
Kay Flavin
Ken Ostrowski
Paul Matthews
John Swallow

PFDC/Hillside

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



May Birthdays

Marge M.	3 rd
Pau M.	9 th
Tom T.	17 th
Essie B.	23 rd
Elaine D.	26 th
Jeremy Kimble RA and Cook	6 th
Rebecca Stadler Clinical Assistant	13 th
Joy Eaton Resident Assistant	20 th
Christian Poupard Executive Chef	20 th
Marci Morse Resident Assistant	27 th

Little Traverse Choral Society presents:

Celebrating 35 Years of Sharing Music

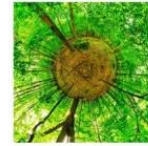
Featuring pieces by Jeffrey Cobb, Franz Schubert, Leonard Bernstein, Gwyneth Walker, and Eric Whitacre, amongst others.

Hearts to Arts Free Concert! Bus leaving ~ 6:30pm
Please sign up by Wed. May 1st

THE LITTLE TRAVERSE CHORAL SOCIETY
CELEBRATES 35 YEARS

SHARING MUSIC

PRESENTING THE PREMIERE OF



•CIRCLE of SEASONS•
 BY JEFFREY COBB



GREAT LAKES CENTER FOR THE ARTS
 SATURDAY, MAY 4, 2024, 7:30 P.M.

IMAGES ©MICHAEL JAMES MURRAY

Amjad design



Free of charge, Sunday Series brings small orchestra ensembles to five neighborhood venues across Charlevoix and Emmet counties.

The Hummel Trio

May 12, 2024 | 4:00 PM

First Presbyterian Church
 of Harbor Springs

Musicians

Libor Ondras, violin & viola
 Andrew Laven, cello
 Emily Grabinski-Conklin, piano



Lake Street Orchestra

Wed May 15th
 4:30pm



Menu Chat

Monday, May 6th
 1:30pm

Please come to share your thoughts about our meals.

Special Happy Hour & Dinner

Please join us for a
 Special Happy Hour
Wednesday, May 22nd ~ 4:30pm

Music by Ken Forrest
 Appetizers
 Wine/Beer

Special Dinner to follow with
 birthday cake to celebrate our residents
 born in May!

Coming in June.....Raised Garden Beds!

Let's meet to plan what we want to plant in our new garden beds. Flowers, herbs, maybe a few cherry tomatoes? Please attend if this sounds like a fun summer project!

Wednesday, May 29th ~ 4pm

Where in MI am I?

Part 2

With Kyle Schippa

Thurs. May 16th
 2pm





WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
231.838.0333

"If you don't exercise because you're not the kind of person who relishes a hard workout, put your mind at ease – and start walking. A common symptom of aging is loss of coordination between various regions of the brain. Some complex cognitive skills – multitasking, making decisions, solving problems, setting priorities and following instructions – fall to more than one part of the brain. Connectivity "significantly" improved between regions of the brain in walkers."

Walking is the most popular form of exercise in the US, according to the Centers for Disease Control and Prevention, but only 48% of adults do enough walking. <https://stayingsharp.aarp.org/articles/walk-for-brain-health/>

To help inspire you to get into a walking routine, Perry Farm Village is a sponsor for the Alzheimer's walk again this September and we invite everyone to participate! It's not necessary to attend the event in September, but let's walk to keep *every* body, mind and spirit in shape!

Walking every hall in Perry Farm Village is 0.4 mile. Walking outside on the circle drive around our community is also 0.4 mile. We would like to encourage everyone to join the Walking Club on Tues/Thurs at 10:30am or to set another time with a friend to take a walk. Starting on May 1st we challenge everyone to track your walks by picking up a poker chip for each 0.4 mile walk you take! On May 31st at Happy Hour, bring your chips and the one with the most will win a free PFV dinner!

If you'd like to join in the effort to make Alzheimer's a memory instead of a reality, we invite you to donate, create a team and gather donations, or simply join us to walk on September 21st. Every effort counts, every dollar counts, and every dollar will be used towards making Alzheimer's a disease of the past. Talk to Kathy or Kjersti about how you can help.

Let's go for a ride and
take the scenic route!

Wed. May 15th ~ 1pm



In search of trillium,
wildflowers, and
an ice cream cone.



Wellness Classes

Sit & Fit

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

Meditation*

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

Walking Group*

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

Exercise Community Crew*

Mon/Wed/Fri 9am

* no charge!

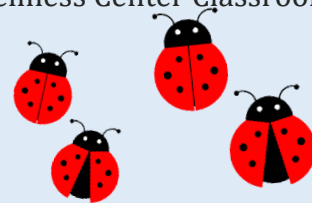
**Video Classes available
anytime in the Wellness
classroom!**

Seated Tai Chi for Beginners*

Tues 10am
Wellness Center Classroom

Chair Yoga*

Thurs 10am
Wellness Center Classroom



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!

Project Include –
Improving Social Connections to Reduce Loneliness and Isolation in Older Adults
Monday, May 13th ~ 1:30pm-3pm

As part of the **Healthy Aging** initiative at CMU's College of Medicine, we have been asked, along with other PVM communities, to participate in Project INCLUDE, conducted by Drs. Jyotsna Pandey MD, PhD and Jim Gerhart PhD, and assisted by a few of their student.

This will be an informational presentation about loneliness, answer any questions, discuss what might help and to provide surveys to those interested in participating in their study.

To review a survey prior to May 13th, please see the SAMPLE SURVEY in the back of the Wellness Binder. To complete prior to May 13th, please take a copy of the survey, complete and return to the office.

Please come and be a part of providing these presenters with a good audience. They are working towards making a positive difference in the lives of older adults, now and in the future!

Refreshments to be served!

Changes are happening in our Village!

Have you noticed the new dog park? Beyond the pergola on our back patio, is a new fence that insures our furry friends have a large, safe area to play. We also have a new park bench under the tree in the dog park, donated by the Family of Marion Lamy.

Please feel free to take a walk, enjoy watching the pups play or simply sit on the new bench and listen to the bird's sing.

And, be a good neighbor and be sure to pick up after your pooch!



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

Sigurd Björnson
Maintenance Technician

Kathy Barnett
Community Concierge

Dave Sluyter
Bob Damman
Transporter

KITCHEN TEAM:
Christian Poupard
Executive Chef

Douglas Black
Cook

Colleen Froats
*Dining Services Coordinator
for The Birches*

Jeremiah Bassett

Claire Howard

Victoria Losinger

Laura Green

Dining Services Assistant

CAREGIVING TEAM:

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

Rebecca Stalder
Clinical Assistant

Tiera Morse
Activities at the Birches

Sheree Woollard
Housekeeping

Resident Assistants

Logan Bond
Joy Eaton
Michll Evans
Tiffany Gagnon
Marlene Gasco
Madison Gehres
Melissa Hingston-Livemore
Jeremy Kimble
Christina Leal
Marci Morse
Donna Payne
Kerri Rolfe
Sara Sumner
Olivia Thompson

EMERGENCY NUMBER

24/7 Resident Assistant Desk 231-526-1500 Ext



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**

Embrace the possibilities