



Perry Villager



Embrace the possibilities

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

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From our Executive Director

Dear Residents, Families & Friends,

The transition into summer always amazes me at how fast it seems to happen in Northern Michigan. Trees that just had buds seem to burst overnight, color appears everywhere, in the woods, fields, gardens, and flower boxes. And the sounds.....5am the birds start to chat as the light begins for the day and the windows are open to bring in the fresh chill of the morning. What beauty God has given us to enjoy.

I recall as a child being so excited for the month of June.....school ending, freedom to play all day, being outside, climbing trees, bike riding, backyard picnics, but the BEST was the anticipation of our time in Harbor Springs. Take some time to reflect on your own thoughts of summers past and I guarantee you will be smiling when you do.

Kjersti & Tiera have been busy putting together things to do this month for body, mind, and spirit! If you have not yet joined the walking club, take the challenge and collect the chips. We will be working toward not only a personal goal but to support the Walk to End Alzheimer's in September. Raised garden beds will be added at the Birches and Perry Center along with the long awaited shuffleboard court and croquet. Trips to the farmer's market, music at Perry and in town, ice cream rides, reading groups, and so much more.

Chef Christian's menus reflect this time of year for grilling and lighter fare and we welcome new members to his team this month. **As the restaurants get busy this summer please consider having a meal with your family here at Perry Farm's Main Dining Room. Easier to get a reservation, BYOB, no crowds, great food and good service!**

Thank you all for choosing Perry Farm Village as your and putting your trust in our team to serve you now and into the future.

Barbara



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Getting to know the people around Perry Farm Village

Logan Bond

Resident Assistant



Logan has worked at The Birches as an RA since February. She's originally from Muskegon, but moved north and graduated from Alanson High School. She was in cosmetology school in Marquette when Covid arrived, taking her in a new direction as a Pharmacy Tech at Meijer.

Logan's mom was recently in need of care, so she temporarily moved back to the Upper Peninsula and found she really enjoys helping people and loves the psychological component of caring for our residents.

When she's not working, Logan enjoys nature hikes, sewing/embroidery, reading, and has one cat. She recently became engaged to be married.



Rebecca Stalder

Clinical Assistant



Rebecca is a retired nurse after 44 years. Twelve years ago she and her husband moved to Harbor Springs and now live just 4 miles down the road!

They raised their two children in Central Ohio who now live with their families in Indiana and Michigan. Rebecca has six grandchildren.

When she's not at The Birches, Rebecca enjoys hiking, kayaking, gardening and snowshoeing.

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



June Birthdays

- | | |
|----------|------------------|
| Bill F. | 1 st |
| Leo H. | 2 nd |
| Don H. | 12 th |
| Norma B. | 13 th |

Dinner at Perry Farm

As the restaurants get busy this summer, please consider having a meal with your family here in Perry Farm's Main Dining Room. Easier to get a reservation, BYOB, no crowds, great food and good service!

Please call 231.526.1500 by noon on the day you would like to dine with us! Our dinner menu for this month is attached to this newsletter.



Invite a friend or two and join the **Walking Group, on Tues/Thurs 10:30am!** This is one of the best forms of exercise we have available to us as we age. Not only does it keep our muscles moving, but also helps reduce joint and muscle pain, improves our mood and challenges our balance!

This September, PFV will again be a sponsor for the **Alzheimer's Walk** in Petoskey. We welcome our residents, their family and our community members to join us as we walk to support this cause AND for our own wellness. Each lap of each hallway in the building is 0.4 mile, and the driveway circle around the building is also 0.4 mile. For every 0.4 miles walked, you may collect a poker chip. At the end of June, the person with the most chips will get a free PFV Dinner! Let's ALL get walking!

Raised garden beds are coming!

The week of June 10th, watch for the addition of two raised gardens beyond the back patio pergola at Perry Farm and two raised gardens in the courtyard at the Birches! All help is appreciated to help plant cherry tomatoes, herbs and flowers. (Watch for specific date/time.) They will also need a little water every day, so don't be shy! Grab a watering can, show them a little love and they will love you back when Christian incorporates the goodness into his dinner creations!



Friday, June 14th
Buffet Lunch at 12pm followed by music
Mr. Tim at 1pm

He calls himself an old crooner, enjoys singing the timeless classics of Frank, Sammie, Dean and others.

Bingo to follow.



Ice Cream Social

Friday, June 21st & 28th
 2pm

Bible Study with Pastor Nancy

Wednesdays in June
 2:30pm
 Terrace Level dining room

Menu Chat

Monday, June 10th
 ~ 1:30pm
 Dining room

Bus Ride for Ice Cream

Let's take the *long way*, see the beautiful Northern Michigan countryside, and stop for ice cream on the way back!
 Monday, June 24th ~ 1-3pm
 Will need 4 minimum



Great Lakes Chamber Orchestra

Friday, June 14th ~ 7pm
 @ Bay View
 Sign up early ~ 4 to attend

This concert is a community-collaborative Concert presenting over 120 local artists Spanning 4 generations! The performance Includes two masterworks and audience favorites, Carmina Burana by Carl Orff and Organ Symphony by Saint Saens with featured soloists Amy Cross, Thomas Gunther and Kelly Hale. The artists of GLCO, GLCO Chorus, and Little Traverse Choral Society.



Sunshine Strings Band is back by popular demand!

Saturday, June 29th
 4:30pm



Let's celebrate summer with an extra special happy hour on the back patio!

Music
 Appetizers
 Wine/Soda

We will move inside if weather isn't favorable.

Dinner at Douglas Lake Bar & Steakhouse

Wednesday, June 12th
 will make a reservation around 5pm
 sign up by Mon. 6/10 at noon ~ minimum 4

Harbor Springs Farmer's Market

Let's take the bus, listen to Sugar Moon and have a picnic lunch! We will order sandwiches from Harbor Ice Cream & Sandwich
 June 19th ~
 Bus leaves at 11am



Village Victory Cup returns

Friday, June 21st
 10am-2pm

Sign up today!

- Hoop Shoot**
- Bean Bag Toss**
- Puzzler**
- Wellness Walk**



Fun for all, lunch included!



WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
231.838.0333

Your Brain at Age 65 and Older

First the tough news. When we reach our mid-60's, our brain volume is decreasing, which can affect attention and memory. But maintaining a healthy lifestyle and challenging your brain can reduce some of the effects. Exercise continues to be important: A study of women 60 and older, found that a brisk 30-50 minute walk, three of four times a week increased blood flow to the brain. Brain health is tied to maintaining brain volume, as well as better symmetry and blood flow, all of which are tied to healthier aging.

Consider incorporating the following habits into your daily life.

Break out of your routine. Novelty helps build denser neural networks. Switch things up: If you typically play Sudoku, try a crossword puzzle. Try something new! Challenging yourself intellectually is one of the pillars of good brain health.

Follow the MIND diet. If you take the Mediterranean diet (largely plant-based) and combine it with the DASH diet (created to lower blood pressure), you get the MIND diet which can lower Alzheimer's risks by up to 53%, studies have found. MIND focuses on 10 brain healthy foods: green leafy vegetables, nuts berries, beans, other veggies, whole grains, fish poultry, olive oil and wine.

Get a hearing aid. If you're struggling to hear, and you're not wearing a hearing aid, you may be straining your brain. People who struggle to hear can devote too many mental resources to understanding what people are saying. Hearing aids improve working memory, selective attention and processing speed.

Help others. When older adults volunteered for 2 years, their brain did not shrink. The benefits could be due to increased physical activity, socializing and problem solving.

Connect with other people. When older adults are socially engaged and have a large social network, they tend to have better brains. In a study, participants with an active social life – whether volunteering, visiting friends or attending church – performed better on memory tests than those who didn't have an active social life.

Excerpt from: AARP "Staying Sharp" by Ken Budd – July 8, 2022

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

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

* no charge

Please leave the lights ON in the Wellness Center. Residents and guests may have difficulty locating light switches in the DARK!

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!



Nutrition & Loneliness Overlap

U.S. seniors who eat most of their meals without a companion are 42% more likely to have feelings of loneliness. Lonely seniors are twice as likely to have a physical disability that jeopardizes their ability to receive proper nutrition. On average, these seniors receive 157 fewer servings of fruit and vegetables per year than those who are not lonely. So next time you enjoy a meal, gather with others or invite a friend.

Data from 2023 survey by (Home Instead)



Shopping in Petoskey is offered on Tuesdays or Thursdays!

Please let Community Concierge, Kathy know at least 24 hrs in advance and she'll arrange your transportation with Dave to your favorite Petoskey stores!



And remember, 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 greatly appreciated!

Garden Club

Meeting Monday, June 10th ~ 4pm

Help wanted! If you'd enjoy helping with our new vegetable and flower garden, please join!



Happy 100th Elaine! It was a fun party!

Megan Korch – Gerontology Graduate School Project

Tuesday, June 11th

Megan is a volunteer at The Birches for the summer. She will be starting her graduate degree in Gerontology this fall and needs to write an essay about aging.

If you would be interested in volunteering 20 minutes of your time to answer

some questions, she would be most appreciative!

Your name will *not* be used, and *no* recording will be made. She will only be taking some casual notes during the conversation. If you're interested, please sign up in the Wellness book.



Rumi-friends ☺

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

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Village Staff

Barbara Woodward-Boonstra
Executive Director

Jill Tibbits
Administrator

Kjersti Kontio
Wellness Coordinator

Sigurd Björnson
Maintenance Technician

Kathy Barnett
Community Concierge

Christian Poupard
Executive Chef

Colin Murphy
*Dining Services Coordinator
for The Birches*

Tiera Morse
Activities at the Birches

CAREGIVING TEAM:

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

Rebecca Stalder
Clinical Assistant

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**

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