



Perry Villager



Embrace the possibilities

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

October 2018

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Executive Director's Column

So – October. I actually love fall; it is by far my favorite season. There is something so wonderful and comforting about sweaters and hot apple cider, gourds and gloves, crisp mornings & evenings ... makes me want to curl up to family and purr.

We are starting to think about buttoning up for winter at both Hillside and Perry. So happy and thankful for our new maintenance tech – Gena Lewis – at Hillside! She has been settling in and getting to know all of the residents (who, she reports, have been welcoming to a fault!). Flower beds and planters are being cleaned up, we will start picking up outdoor furniture and putting away grills, and I have reviewed the snow plowing contracts – yikes! We have high hopes that the new screen/storm doors at Hillside East will continue to help with wind and water intrusion.

We had a warm early September – and it taxed our air conditioning systems at both campus'! Our Anniversary Dinner at Perry was a warm affair ... but the leak in the compressor line will get repaired in plenty of time for next summer. A huge thank-you to Chef Joe and his team for a wonderful meal and thank-you to everyone who joined us for a lovely evening.

The behemoth of a chiller at Hillside East continues to struggle with the transitional season – cold, then warm, then cold – and it can't keep up...

Keep your toes warm and toasty! Enjoy time with friends and family (of all kinds) and get out and spend some time breathing in the lovely fall air.

Mary Catherine



Board Members



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Look for PVM on:



Flu Immunization Clinic

Friday, October 19, 2018
9:00 - 11:00 am Perry
Farm Village Dining
Room
4241 Village Circle Dr.
Harbor Springs

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



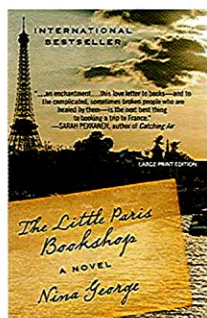
www.nwhealth.org



**HEALTH
DEPARTMENT**
of Northwest Michigan



Perry Farm Book Club Notice



After a beautiful summer recess our own Perry Farm Book Club will restart with an uplifting story about literary apothecary, Monsieur Perdu, and his floating bookstore on a barge on the Seine. Using his “intuitive feel” he prescribes exact books a reader needs. Perdu mends broken hearts and souls but he can’t seem to heal himself.

His journey down the Seine is a love letter to books, meant for anyone who believes in the power of stories to shape people’s lives.

Please join our first boom club meeting on **October 27th at 2 pm** in the card room. Our discussions are fun, informative and never dull!

Please contact Marni at 440-667-6396 to order the book before the meeting by October 15th.

Our club is a recognized book club in Harbor Springs and discounts on books are always available to members!

Please contact Marni (unit 1) to join.

Happy Reading.

★ **MOVIE NIGHT** ★
Admit One

Saturday, October 6th
Parental Guidance

Saturday, October 13th
Leap Year

Saturday, October 20th
Death Becomes Her

Saturday, October 27th
The Phantom of the Opera

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

Sunday, October 14th
On Golden Pond

Sunday, October 28th
Into the Woods

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





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

So What's All the Fuss About Gluten?



**GLUTEN
FREE**

If you're like me, you may have noticed an increase in foods labelled or promoted as being gluten-free. Restaurants too are offering an increasing number of gluten-free options. So what is going on? Is it a left-wing, communist conspiracy or a right-wing, fascist plot to change the way Americans eat? Will the "food police" soon be knocking on your door to check your pantry for gluten? While to some it might seem like it, it's actually a response by the food industry to an increasing number of people diagnosed with celiac disease or who are following a gluten-free diet.

Gluten is a naturally occurring protein found in wheat, rye, and barley. Unfortunately, for an estimated 1 in 100 people consuming foods containing gluten causes their immune system to go "haywire" and attack their small intestine causing substantial damage in the process, a disorder called celiac disease. There is no cure for celiac disease and the only effective treatment is to refrain from eating foods that contain gluten. Foods that commonly contain gluten, unless specifically labelled as gluten free, include breads, pastas, pastries (and other baked goods), cereals, soups, sauces, salad dressings, beer, and malt liquor.

Even the smallest amount of gluten can harm someone with celiac disease regardless of symptoms. Some people with celiac disease have no symptoms at all while others can have severe abdominal pain, joint pain, migraines and extreme fatigue. Most have symptoms that lie somewhere in between. If left untreated, other disorders can develop including diabetes, multiple sclerosis, anemia, intestinal cancer, osteoporosis and dementia.

So if you're like me, someone who has celiac disease, it's a good thing that the food industry is making more gluten-free foods available because it provides us with a little peace of mind and allows us to enjoy eating out with a little less worry. For more information about gluten and celiac disease, visit <https://celiac.org>.

September Exercise Schedule

Sit & Fit

Mondays, Wednesdays and
Fridays at 10:30am
(Please see calendar for all dates)

Highland Dance

Wednesday's at 5:30pm
\$10/class



Yoga with Ashley

Tuesday's at 9:15 am

Yoga Prices

\$50/month (4 classes)

\$15/class

\$12/class for Perry Club Members



Birthdays

13th Dodo M.

21st Bob B.





23rd Dave S.

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



October Happenings 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Bus Day 10:30 am Sit & Fit	2 9:15 am Yoga 3:00 pm Piano Lessons 5pm Music with Gary	3 Bus Day 10:30 am Sit & Fit 2pm Bible Study 5:30pm Highland Hustle	4 11 am Euchre 2pm Travel Series	5 Bus Day 10:30 am Sit & Fit	6 Movie Night at 6:45 pm "Parental Guidance"
7	8 Bus Day 10:30 am Sit & Fit Movie at The Lyric Time: TBD	9 9:15 am Yoga 3:00 pm Piano Lessons 5pm Music with Gary	10 Bus Day 10:30 am Sit & Fit 2pm Bible Study 5:30pm Highland Hustle	11 11 am Euchre 2pm Travel Series	12 Bus Day 10:30 am Sit & Fit 1pm Uncle Frank's Apple Town 	13 Movie Night at 6:45 pm "Leap Year"
14 Movie Matinee at 2 pm "On Golden Pond"	15 Bus Day 10:30 am Sit & Fit 5pm Dinner at The New York	16 1pm Fall Color Tour  3:00 pm Piano Lessons 5pm Music w/ Gary	17 Bus Day 10am Shopping Day 10:30 am Sit & Fit 2pm Bible Study 5:30pm Highland Hustle	18 11 am Euchre 12pm Taco Extravaganza! 2pm Travel Series	19 Bus Day 9a-11a Flu Immunization Clinic 4:30 pm Dinner at Weathervane	20 Movie Night at 6:45 pm "Death Becomes Her"
21 3:15pm Great Lakes Chamber Orchestra Young People's Concert "Movies, Music & More"	22 Bus Day No Sit & Fit 11:45 am Lunch at Willow	23 9:15 am Yoga 2pm Cider & Donuts  3:00 pm Piano Lessons 5pm Music	24 Bus Day 10:30 am Sit & Fit 1pm Pumpkin Painting  2pm Bible Study 5:30pm Highland Hustle	25 11 am Euchre 2pm Travel Series	26 Bus Day No Sit & Fit 1pm Bill's Farm Market 	27 Book Club at 2pm Movie Night at 6:45 pm "The Phantom of the Opera"
28 Movie Matinee at 2 pm "Into the Woods"	29 Bus Day No Sit & Fit Movie at The Lyric Time: TBD	30 9:15 am Yoga 3:00 pm Piano Lessons 5pm Music with Gary	31 Bus Day 10:30 am Sit & Fit 12pm Halloween Party & Lunch 2pm Bible Study 5:30pm Highland Hustle			




October Lunch

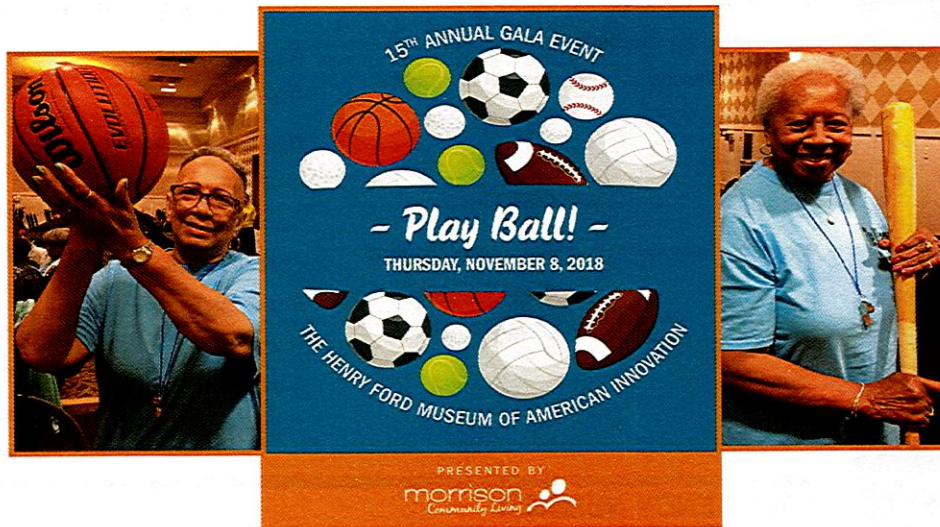
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Sloppy Joe	2 Quiche Lorraine	3 Turkey Rueben	4 Roast Beef Sandwich	5 Chef Salad	6 Cheeseburger
7 Bratwurst	8 Grilled Ham & Cheese	9 Derby Sandwich	10 French Dip	11 Egg Salad Sandwich	12 Chicken Salad Sandwich	13 BLT
14 Fancy Grilled Cheese	15 Fish Sandwich	16 Maurice Salad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



October Dinner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pork Loin	2 Baby Back Ribs	3 Seafood Pasta	4 Meatloaf	5 Spaghetti	6 Atlantic Salmon
7 Chicken Pasta	8 Beef Stroganoff	9 Sautéed Whitefish	10 Macaroni & Cheese	11 Crab Cakes	12 Chicken Florentine	13 Lamb Stew
14 Roast Pork with Stuffing	15 Meatloaf	16 Broiled Whitefish	17 Seared Duck Breast	18 Spaghetti	19 Fried Chicken	20 Pot Roast
21 Meaty Lasagna	22 Scalloped Potato with Ham	23 Sautéed Whitefish	24 Beef Burrito	25 Chicken Stir-Fry	26 Baby Back Ribs	27 Crab Cakes
28 Rosemary Chicken	29 Pork Chops	30 Broiled Whitefish	31 Macaroni & Cheese			



PVMF Gala—November 8th!

Come to the best party around Thursday, November 8th at The Henry Ford Museum of American Innovation!

PVMF's 15th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for **Play Ball!**

The best part?! By attending, **you become the real MVP** for the 5500+ older adults served by PVM and 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 tickets:
All Tickets \$300!

Learn more about how to attend at pvmf.org/Gala2018. If you have any questions or comments, please contact us at 248-281-2040 or 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!

A GIFT IN
YOUR WILL
can change
the lives
of seniors.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

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
THE FOUNDATION

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

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

Betty Frain

Cook

Mary Jane Kiogima

Dawn Svatora

Dietary Assistants

Andy Schaefer

Registered Nurse

Resident Assistants

Arrin Dull

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Brooke Maki

Amanda Rockwell

Tammy St. Clair

Susan Storrs

Janell Terrian

Farrell Thompson

Christine Woodward

Sheree Woollard

Transporter

Jim Flick

Jack Frank

Jane Rye

EMERGENCY NUMBER

24/7 Resident Assistant Desk, Terrace Level

Main Office Fax Number

911

(231) 526-1500 x 4

(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**

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Harbor Springs, MI 49740**

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