



Perry Villager



Embrace the possibilities

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

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From our Executive Director – Barbara Bear

Dear Residents, Families, and Owners,

Wow September already! It has been a very busy summer at Perry Farm as well as in the area. It has been wonderful to see and meet so many family, friends, and summer visitors as they came through our doors. This year was the first time we had 5 summer residents staying 2 -5 months with requests to come back next year. Northern Michigan is the place to be in the summer, and for many, fall, winter and spring too!

Our August 14th meeting was well attended with Owners, Residents, and Families, past and present Board members, and staff. I want to thank the Perry Farm Village Association and Perry Farm Development Board for their presentations and the information provided. It was a time to look back, see where we are, and plan for the future. Perry Farm Village is well known for being a wonderful community to both live and work and this was evident by how many inquiries and tours we gave this summer. A reminder to Residents and Owners that if you have not returned your services survey yet, I am asking you to please take a few moments to complete and return to the office. This is a step in looking at the future of what services are important to offer at Perry. Thank you in advance for returning it.

Kjersti and Tiera have the calendars full and a focus throughout the month is the Annual Walk for Alzheimer’s. Perry/Birches Team will be front and center at this year’s event and you will see small purple boxes for donations for the team throughout the community. Be sure to read the article in this newsletter for more information on the walk and Remembrance Garden.

I’m not ready to say goodbye to summer as we have many more weeks of wonderful weather heading toward fall. Thank you for putting your trust in our team to provide a safe, fun, and active community to call home.

Blessings to you all,

Barbara



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:





Pat Liebert
Resident

Throughout the mid '70's Pat and her husband Frank sailed north from Chicago to the North Channel, always making a plan to stay in Harbor Springs for a week.

Pat enjoyed an exciting career as a journalist, working for the Chicago Daily News, Newsweek, and contracted with the National Portrait Gallery. In 1987 they moved to Washington DC and in 2001 found themselves in the middle of the 9/11 events and immediately chose to move to the safe haven of Harbor Springs full time.

Pat loves living at PFV, saying "I love that everybody on staff knows everyone's name!" She loves attending Sit & Fit, Bingo mediation and tending the new raised gardens. Thanks for making Perry Farm Village your home, Pat!



Shelly Evans
Resident Assistant

Shelly has been a Resident Assistant at The Birches since January 2023, continuing her 10 year career in home health care.

Shelly is originally from Petoskey, and has three children, ages 8, 11 and 18. Her oldest will be graduating from high school next year.

In her free time, Shelly loves spending time outdoors, learning about history and her Native American culture and anything to do with the paranormal.

Why does she like working at Perry Farm Village & The Birches? "I love getting to know the residents."

Thank you Shelly for your care and dedication to our Birches residents!

Board Members

PFVA

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

PFDC/Hillside

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

Birthdays

Irene W.	4 th
Kay M.	7 th
Ken O.	8 th
Susie H	13 th
Diane M.	22 nd
Donald R.	25 th

Paige Warner	7 th
Resident Assistant	
Sara Sumner	22 nd
Resident Assistant	
Nancy Rondel	25 th
RN	
Barbara Bear	28 th
Executive Director	

Are you techy? Are you looking for a way to help our Perry Farm Community? PVM is looking for 1-2 tech savvy seniors in each village to train to be the point person to help their fellow residents with the easier tech issues they may experience. Most popular issues are regarding the Spectrum cable remote and cell phones.

If this sounds interesting to you, and if you'd like to volunteer to help, please let Kathy know in the office. PVM is gauging interest and we will have more information to share soon!



Great Lakes Chamber Orchestra presents Copland: Clarinet Concerto

Saturday, September 7th ~ 7:30-9:00pm

John M Hall Auditorium – Bay View

Award winning clarinetist, Jeanmarie Riccobono takes centre stage. The renowned jazz clarinetist Benny Goodman asked Copland to compose a work for him. The result was a two movement concerto: the first section is one of Copland’s most lyrical and melodious creations; the second is an all-out jazzy style.

The concert will also include Copeland’s Hoedown, Debussy’s Dances Sacred & Profane, and Caroline Shaw’s Entr’acte.

Cellist Lena Systma-Reed, winner of the Great Lakes Chamber Orchestra’s 17th Annual Young Artist Competition, will also perform. Tickets: \$38



Foot Clinic - PFV

Friday, September 13th
9am-12pm

Foot Clinic – The Birches

Friday, September 27th
9am-4pm

Menu Chat

with Chef Christian

Monday, 9/9
1:30pm

Lunch Bunch ~ Northwood

Wednesday, 9/4 ~ 11:45am

Dinner Club ~ Grey Gables - Charlevoix

Thursday, 9/19 ~ 4pm



Alzheimer's Walk – Pennsylvania Park, Petoskey

Saturday, September 21st ~

Registration: 9:00am

Ceremony: 10:00am

Walk: Immediately to follow



Spare change appreciated!

Perry Farm Village is the proud sponsor of this year’s Flower Garden. Each *registered* participant will receive a Promise Garden flower. How can you participate? **1.** Sign up on the Wellness table to attend this event, it’s your choice if you want to walk (or not). **2.** Donate what you can, even loose change is appreciated. **3.** Grab a friend or family member, and let’s show Petoskey our passion for eradicating this disease!

At the event you’ll choose the color that best represents your connection to the disease.

- **Blue** represents someone living with Alzheimer's or another dementia
- **Purple** is for those who have lost someone to the disease.
- **Yellow** represents someone who is currently supporting or caring for a person living with Alzheimer's.
- **Orange** is for those who support the cause and the Association's vision of a world without Alzheimer's and all other dementia.





WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
231.838.0333

September is a perfect time to celebrate Healthy Aging Month since it is time when many people think about getting started on new tasks after the summer. Drawing on the “back to school” urge embedded in everyone from childhood, I’d like to encourage you to rejuvenate and get going on positive measures that can impact areas of physical, social, financial and mental wellness.

1. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
2. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
3. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural.
4. How’s your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.
5. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Invite someone to meet for lunch, brunch, dinner, or coffee.
6. Start walking not only for your health but to see the neighbors. **On September 21st, join us for the Alzheimer’s Walk in Petoskey.** We’ll provide the transportation, we hope you’ll join us! Sign up on the Wellness table, across from the elevator.

September is a perfect time to start one new thing, one small habit that will help you age healthier!

Wellness Classes

Sit & Fit

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

Seated Tai Chi for Beginners*

Tues 10:30am
Wellness Center Classroom

Meditation*

Mon & Wed 11:30am
Terrace Level Living Room

Walking Indoors or Outdoors*

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!



From our RN/Nurse Manager – Anna Minnick

Happy Fall Y'all!

As cooler weather makes its way, so do the viruses. COVID is making its way through our Northern Michigan communities. As with COLD and FLU please take precautions:

- Wash hands often – use soap and scrub while you sing the Alphabet Song
- Cover your mouth with your arm if you cough or sneeze
- If you feel like you have a cold or allergies, wear a mask when in public
- Continue to eat well, drink plenty of liquids, and exercise – this keeps your immune system at its best

Some updates on vaccinations:

COVID - NEW Vaccine available

FLU - Vaccine available

SHINGLES - Vaccine available – this is a one-time vaccine (2 shot series)

PNEUMONIA - Vaccine available – there is an updated vaccine

****We will hold a VACCINATION CLINIC in October – details to follow****

Please don't hesitate to reach out with questions or concerns.

~Anna

Respiratory Virus Guidance Snapshot

Core prevention strategies



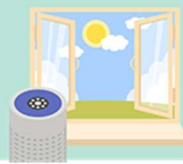
Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days

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 Bear
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

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

Rebecca Stalder
Clinical Assistant

EMERGENCY NUMBER

24/7 Resident Assistant Desk 231-526-1500 Ext 4



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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