



Perry Villager



Embrace the possibilities

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

Featured Articles

- Meet PFV pg. 2
- Events pg. 3
- Wellness pg. 4
- Notices pg. 5
- Vaccine Clinic pg. 6
- F&F 365 pg. 7

From our Executive Director

Dear Residents, Owners, and Families,

As I am writing this the end of September for the October Newsletter, I feel very blessed by all the wishes for my birthday this past weekend. Thank you all so very much. I had wonderful days with family & friends, attending the Festival of the Book, and ate why too much cake!

We begin October with a celebration of two very special individuals who are part of Perry Farm Village.

Kay Flavin, for her continuing years of service volunteering her time and expertise as a member of Perry Farm Development Company Board of Directors, serving both Perry and The Village of Hillside. She is currently the Co-Chair of the Board.

Kjersti Kontio, Perry's Wellness Coordinator, who was selected as one of the top 10 PVM Employees to receive the SHINING STAR Award as she exemplifies the Core Values of Respect, Listening, Relationships, and Accountability.

Both Kay and Kjersti will be honored at a Luncheon on October 4th at the Ford Fieldhouse in Detroit.

CONTRATULATIONS KAY AND KJERSTI !!

I would also like to take a moment to share again the new Friends and Family 365 program offered Now through April 30th, 2025. Every \$1 donated NOW and continued monthly through April 2025 will be matched! If you donate \$100 a month now through April (\$700) will result in a match to give \$1400 for Perry. Your 2024 donations have made it possible to bring music and entertainment programs here to Perry Farm Village as well as provide Bus services to local events. Additional benches along Village Circle have been enjoyed, and the raised garden beds that were tended by Resident Gardeners, enhanced Chef Christian's culinary offerings all summer long. Please see the flyer included in this newsletter or ask in the office how to double your donation!

Every Resident, staff, family and volunteer brings something special to Perry Farm and The Birches and we are so grateful to each and every one of you. Happy Fall to ALL,

Barbara



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:





Sheree Woollard

Housekeeping

Sheree has worked at Perry Farm off and on for the last 15 years. She was an RA until 2 years ago when she moved to housekeeping. She's been a CNA for 30+ years.

Sheree is the oldest of 6 kids and started taking care of her sibs when she was just 5 years old, changing diapers (the real kind). She's been married 44 years this December and has 4 sons and 16 grandkids, ages 22-4 yrs old. She spends part of her days transporting the grands to school and activities.

When not at Perry Farm she enjoys sewing and vegetable gardening. She and her husband can the veggies and other things they purchase. "It's more expensive but I know what goes into the can and it just tastes better than what you can buy." They are busy canning tomatoes, tomato sauce, dilly beans, western jalapenos, and beets. This week she canned peaches and blueberries and is looking forward to canning apple pie filling soon.

Sheree is getting more involved in her church and is a 1st Counselor in the Relief Society and a Service Coordinator, to help others in her community. They are hosting a Thanksgiving dinner on Thanksgiving Day at the Lions Club in Indian River. The dinner is free, doors open at noon, dinner at 1pm. Ask Sheree for more details!

Sheree loves the people at PFV and we appreciate all that Sheree does to keep our building clean and in good order!



Betty Elliott

Summer HS resident

Prior to retirement, Betty and her husband Bob were invited by friends to visit Harbor Springs. They have lived in Dallas TX since 1977 and knew they wanted to get out of the summer heat in retirement and were instantly attracted to Harbor Springs. Betty says, "It reminds me of home. I grew in a small town. We've made a lot of friends here, and I like running into people I know on the street, or in the grocery."

Betty started coming to Perry Farm Village in 2017 to play Mahjong with friends and then found our Wellness Center.

Betty started Personal training with Kjersti two times per week in the summer of 2022. "Exercise gives me more energy and is keeping me strong. I don't want to become sedentary. Exercise is good for my overall health, not just physically but also mentally and socially. I want to be able to stay as active as possible, be able to do the things I love to do for as long as possible."

Betty is on the golf course 3-4 times per week year-round. She has also hired a trainer in Dallas to keep her in great shape until she returns to Harbor Springs next summer.

Thank you, Betty, for making Perry Farm a part of your summer wellness routine, and for spreading the word to your Dallas friends about our Terrace summer rentals!



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
- Edy Stoughton



October Birthdays

Mary Margaret S.	2 nd
Charlotte N.	4 th
Dodo M.	13 th
Joey J.	15 th
Ann S.	15 th
Carol C.	17 th
John S.	18 th
Lillian O.	23 rd
Tattie B.	28 th
Kjersti Kontio <i>Wellness Coordinator</i>	6 th
Kerri Rolfe <i>Resident Assistant</i>	12 th
Olivia Thompson <i>Resident Assistant</i>	16 th

Lunch Bunch ~ Polish Kitchen

Wednesday, 10/9 ~ 12pm



Dinner Club ~ Dam Site Inn

Thursday, 10/24 ~ 5pm

Bay View Book Club

Meets in the Perry Farm Dining Room



Thursdays

October 10th & 24th

1:30pm-3pm

All are welcome to join!

Vaccination Clinic

Perry Farm Village & The Birches

Wednesday, October 23rd



Registration is *mandatory*, see page 6 for details.

Are you having trouble using your tablet or cell phone?

The Youth Group at First Presbyterian Church of Harbor Springs has volunteered to help!

Sunday, October 13th ~ 1:30pm

Meet in the dining room, get your questions answered!



Dmitri BERLINSKY

MUSIC |
Beethoven Violin Concerto

Tickets will be purchased and placed on your end of month statement.

GLCO

Saturday, October 5th ~ 7pm
Beethoven's Night

Sign up by 10/2/24.

Kyle Schippa will be back!

Where in Michigan Am I? Part 3

Monday, October 14th ~ 3:30pm

Please come to be entertained with original photography and trivia about Michigan landmarks and attractions.



Apple Day

Friday, October 11th ~2pm

(following Bingo)

Calling all home chefs!!

This is your chance to make something with apples: Pie, muffins, cake, crumble, etc. We will enjoy a variety of treats after Bingo!



Let your voice be heard!

As our leadership team begins budgeting for the services we offer in 2025, it's vital to have **your** input. We want to hear from ALL residents and owners.

If you haven't completed your survey yet, please return asap. Kathy will have available in the office, and they will be attached to your emailed newsletter.

We are here to serve you and need to know what is important and not important to you as we make plans for the future.

Let's take the bus to.....

Uncle Frank's Apple Town

Thursday, October 17th ~ 1pm

Friday, October 18th ~ 10am

Reserve your seat on the bus to enjoy a ride seeing the beautiful northern Michigan autumn colors. We'll stop for some cider & donuts and a taste of fall!



Saturday 10/26 ~ tbd

In the Dining room

BYO Beverage

Snacks provided





WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
231.838.0333

Why your joints ache after 50 – And what you can do about it

Stiff knees, achy hips and swollen hands? If you're 50 and older, it could be osteoarthritis – a common wear and tear disease that happens when the cushion-like tissue between the bones breaks down over time, leading to joint pain.

“As we age, the one thing we can't change is the amount of time we've had our joints, so at 55 you have 55-year-old knees,” says Dominic King, a sports medicine physician and director of clinical transformation at Cleveland Clinic's Orthopedic & Rheumatologic Institute.

More than 34.5 million US adults have osteoarthritis, and most of them are older adults. While there's no way to cure or reverse the disorder, there are tried and true ways to prevent it or keep it from getting worse.

1. **Stay physically active** – It may sound counterintuitive to put more stress and strain on the body, but regular exercise is one of the best ways to treat osteoarthritis and preserve joint health. One reason: Exercise strengthens the muscles around the joints, helping to take pressure off them. It can also improve the flow of nutrients to the cartilage.
2. **Maintain a healthy weight** – More than 40% of older adults in the US have obesity. Extra weight puts extra stress on the joints – especially weight bearing joints like knees and hips. Being underweight can pose problems for joints too. Oftentimes people who are underweight lack proper muscle development.
3. **Clean up your diet** – Hand in hand with weight management is a healthy diet, focusing less on one food or nutrient, instead it's all about portion control, steering clear of empty calories and having a nice balance of protein.
4. **Stay hydrated** – If you're dehydrated, your body will start siphoning water from other sources, including the cartilage. Drawing water out of the cartilage, lessens its lubrication which leads to joint pain.
5. **Manage your pain** – When joint pain strikes, you don't have to suffer through it. There are simple ways to alleviate, but first try to understand what brought on the pain. If needed, talk to your doctor.

Excerpt from: AARP by Rachel Nania – September 6, 2024



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!





Preparing Your Home for Winter: Tips from the Perry Farm Maintenance Team

As we approach the winter months, it's essential to ensure your home is ready for the colder weather. Here are some maintenance tips to help you stay comfortable and avoid any winter mishaps:

1. **Check Your Windows and Doors:** Make sure all windows and doors are properly sealed to prevent drafts. If you feel cold air coming through any openings to the outdoors contact Maintenance or your local Contractor to make sure everything is sealed correctly.
2. **Inspect Heating Systems:** Ensure your heating systems are functioning properly before the temperature drops. If you haven't done so already, schedule an inspection with your preferred HVAC company or contact Maintenance and we can help you get an inspection with our preferred HVAC company (Fairbairn). If you are a renter this will need to be done through or approved by your condo owner.
3. **Prepare for Snow and Ice:** Keep walkways clear by having ice melt handy. While our team will handle most of the outdoor areas, ensuring your entryway is free of ice and snow can help prevent slips and falls.
4. **Winterize Outdoor Faucets:** Be sure to disconnect personal Hoses and make sure all your outdoor items are either stored away or are prepared to endure the winter weather.
5. **Emergency Preparedness:** In the event of a winter storm, make sure you have essentials on hand, such as bottled water, non-perishable food, flashlights, and extra blankets. Our team will keep you updated on any weather-related developments, but it's always good to be prepared.
6. **Warmer Winterers:** If you are one of our residents who prefers to weather the winter somewhere warmer, please make sure you notify the office so you can be placed on our maintenance weekly unit check.

Following these steps will help you stay warm and safe throughout the winter. If you need assistance with any of these tasks, the Perry Farm Village maintenance team is here to help! Stay cozy, stay safe, and let's look forward to a beautiful winter season ahead.

****Let the office know if you have screens to be removed or patio furniture to be stored.****



Do you enjoy coming down to the kitchen for a cup of coffee? Could we ask a BIG favor? Please bring your own coffee cup and let's see if we can cut down on the amount of trash we are producing at Perry Farm. We'll still provide the coffee, but it would really help if you could provide the cup. Thank you!



Are you registered to vote? If you are a resident of Michigan you can still register to vote for the November 5th election. Kathy has the form....

Just a reminder for those who have multiple addresses. If you vote absentee, please make sure your ballot is mailed to the correct address.

If you choose to vote in person, Perry Farm will be giving rides to the West Traverse Township Ha... Please sign up on the Wellness table for a ride!



VOTE

VACCINE CLINIC - October 23rd

at Perry Farm Village
FLU/ Covid/ Shingles / Pneumonia /RSV

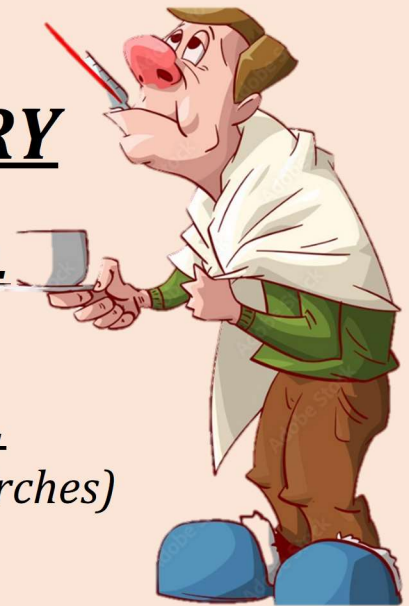
Pre-registration is MANDATORY

Tues. morning Oct. 8 from 9-11 a.m.

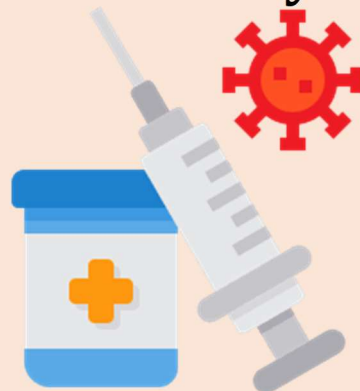
or

Wed. afternoon Oct. 9 from 2-4 p.m.

(No pre-registration needed for residents at The Birches)



Choose one of these dates and please bring your health insurance cards and any prescription cards with you to the Perry Center Dining Room.



*Kelbels Pharmacy will be administering the vaccines again this year.

Make a monthly gift and your gift will be
DOUBLED!

ACT NOW before November 1st, and your monthly donations will be matched dollar for dollar!



Are you looking to support your favorite Village year-round?

When you sign up to make a monthly gift through Friends & Family 365 by **November 1st**, all qualifying donations through April 2025 will be matched *dollar for dollar!*

Your monthly gift supports things like exercise and nutrition classes, outings to local attractions, and community celebrations all year round!

Join the movement — Give the older adults in your community something to look forward to all year round!

It's easy!

Call **Tabatha** at **248-281-2041** to learn more **TODAY!**



Scan the QR code or visit:
pvmf.org/friendsandfamily



I WANT TO BECOME A MONTHLY DONOR AND HAVE MY GIFT MATCHED!

YES!

I would like to give: \$10 \$20 \$30 Other \$ _____

I would like to make a monthly gift to: _____

Your Favorite Village Here!



25200 Telegraph Rd Suite 400
Southfield, Michigan 48033-7496
248.281.2040 | pvmf.org

Name as it appears on card (please print) _____ Phone Number _____

Card Number _____

Exp. Date _____ CVV _____

Billing Address (if different) _____

Signature _____

5



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

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

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



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