



Perry Villager



Embrace the possibilities

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

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From our Executive Director

Hello Perry Farm Residents, Families, and Friends,

I think of this month as the time of thankfulness, as the "holiday season" begins over these next 2 months. The changes in color, weather, anticipation of a good winter after a not-so-great 2024 season. I have added to my prayers asking for a snowy beautiful winter for all who count on this season for their livelihood. And I have to admit after many, many west Michigan 'gray winters', I do think Northern Michigan winters are beautiful.

As I write this, it is October 31st, I just know that a good time was had by all, as children graced our community with costumes, smiles, and totes for candy. And grateful parents who did not have to be out in the rain!

*As we consider gratitude, I know many ask how they may show theirs to the team here at Perry who serve you every day in both big and small ways. A reminder that tips and gifts are not permitted, and we have an Employee Holiday Fund that you may give directly to through the Foundation or drop off at the office and we will mail it in. There are envelopes in the office so be sure to note that it is for the **Employees Holiday Gift Fund**. Last year each employee received a very generous gift card from all, at their holiday party in December. Thank you in advance for showing your appreciation to the team this season.*

It may be time to stay inside more but there is always something going on, someone to chat, sit, walk, laugh, play a game, share a meal, sing a song with, or just be together. Enjoy this special month.

*So much to be thankful for.....In gratitude,
Barbara*



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Aria Jesick
Cook



Aria Jesick is one of our newest additions to our kitchen. She's a 2023 Petoskey High School graduate and working towards earning her nursing degree. This year her little sister graduates from high school, and feels so happy for her accomplishment looking forward to watching her meet her future goals.

Aria's Dad has been a sous chef for over 30 years and while growing up she's admired his cooking skills and talent in the kitchen. They cook delicious meals together, inspiring her to cook too.

Growing up, Aria had a keen interest in horses. She's competed in dressage and jumping and finished in 1st place twice!

In her free time, Aria loves to read, kayak on Mullet Lake, do arts & crafts and spend time training her golden labrador.

Aria loves working at Perry Farm Village. "I love interacting with the residents and cooking for them, connecting with them as a friend and caring about them."

Thank you for making Perry Farm the place where you choose to share your talent for cooking, Aria!



Marge Crawford
Resident

Marge is the youngest of 6 children, raised in Detroit in the 1950's. Upon finishing her college degree, she was recruited to Harbor Springs to help set up the new pre school program. She taught PreK, Kindergarten and 2nd grade for 35 years and LOVED IT!

She met her husband, Dick in Harbor Spring in 1971. They have 3 children and 6 grandchildren.

Marge started playing euchre at Perry Farm many years ago. She first recruited a friend and soon they had a group playing in what is now the computer room. Their small group grew and soon she found herself here as many as three times/week playing euchre with friends.

Marge says she really enjoys living at Perry Farm. "I like the peace and serenity of my apartment. It's just the right size. My house was perfect when I had a family, but after Dick passed it was just too big. I love not having to worry about food and shopping. Our dining room makes me feel like I go out to dinner every night and enjoy good conversation with friends. Food for the body and food for the soul."

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

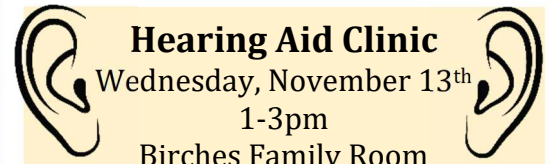
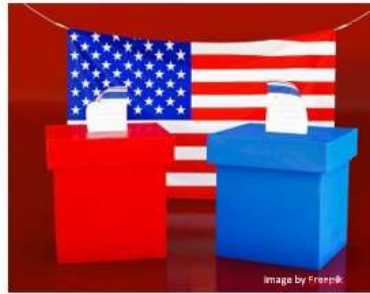
Birthdays

Susan D.	3 rd
Don M.	9 th
Sheryl F.	15 th
Lou P.	18 th
Dee M.	27 th
Liz F.	29 th
Virginia K.	30 th
Kathy Barnett	1 st
<i>Community Concierge</i>	
Sigurd Bjornson	1 st
<i>Maintenance Technician</i>	
Melissa Hinston-Livermore	
<i>Resident Assistant</i>	10 th
Douglas Back	13 th
<i>Cook</i>	

Sunday, November 3rd



**YOUR
VOTE
YOUR
VOICE**
TUESDAY,
NOVEMBER
5TH, 2024



Hearing Aid Clinic
Wednesday, November 13th
1-3pm
Birches Family Room
Sign up in the Wellness binder for
a time to meet with Dr Wong.

Bay View Reading Club

Thursday, November 7th
Thursday, November 21st
1:30pm-3pm

Perry Farm Dining Room
All are welcome!



Do you have a favorite recipe to share?!

The PVM Foundation is looking for residents who love to cook/ bake and want to share their favorite recipe!



To participate, please give Kathy your recipe TODAY. She'll also take your picture.

Lunch Bunch ~ Petoskey Brewing
Wednesday, 11/6 ~ 12pm

Dinner Club ~ Café Sante ~ Boyne City
Thursday, 11/21 ~ 5pm



Pumpkin Pie Social
Friday, November 22nd – 2pm after Bingo

Great Lakes Chamber Orchestra

Sunday Series ~ November 10th ~ 4pm
First Presbyterian Church of Boyne City

DRUMHEADS



This is a free concert, and PFV provides transportation! Sign up early!

Northern Michigan Choral

“Journey Through the Years in Song”
Sunday, November 17th ~ 3pm
Great Lakes Center for the Arts
Tickets: \$12 seniors



Salvation Army Angels

Last year, through our resident's generosity we helped 3 families and bought holiday meals totaling \$2,200!



Please watch for information regarding this year's opportunity to help local families in need. If you have any questions, please ask Kathy.

Thanksgiving Scavenger Hunt

Tuesday, 11/26
10am-2pm

Directions will be available at 10am in the Wellness sign up book.



Munson Home Health
Monday, November 25th ~ 4:30pm

Annie Bodnar will be back with the President of MH Charlevoix and Otsego Hospital, Joanne Schroeder to answer your questions about Munson Healthcare's plan for Emmet County that were posed at last month's presentation.



WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
231.838.0333

Each holiday season comes with high expectations for a cozy and festive time of year. However, for many, this time of year is tinged with sadness, anxiety, or depression. Certainly, major depression or a severe anxiety disorder benefits most from professional help. But what about those who just feel lost or overwhelmed or down at this time of year? Research suggests that one aspect of the Thanksgiving season can lift the spirits, and it's built right into the holiday –being grateful.

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all these meanings. Gratitude is an appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals –whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

Excerpt from: Anthem Blue Cross Blue Shield – November 2023

Wellness Classes

Sit & Fit

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

Seated Tai Chi for Beginners*

Tues/Thurs 10:30am
Wellness Center Classroom

Meditation*

Mon/Wed 11:30am
Terrace Level Living Room

Walking Indoors or Outdoors*

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

Exercise Community Crew*

Mon/Wed/Fri 9am

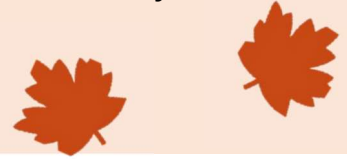
* no charge!



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!

This month let's cultivate an attitude of gratitude! We will have a gratitude tree near the coffee station where you can write on a leaf and attach to a branch. There will also be slips of colorful paper to write a message to another resident or staff member to show your appreciation for their impact on your life.

Let's spread some love and kindness throughout Perry Farm Village as we kick off the holiday season.



**Perry Farm Christmas Picture
Monday, November 4th @ 3pm
In the Dining Room**



We are creating a Christmas card for Perry Farm Village and need everyone's help! Please come to the PFV dining room, dressed in a Christmas sweater or colors, if you wish.

We invite *every* resident and staff person to be in this picture.

Christmas cards will go to our family and friends and also be available for purchase.

Questions? Ask Kathy or Kjersti



Winter is on the way.....

If you have patio furniture or screens in your windows that you'd like to have stored, please contact our Maintenance Technician, Sigurd. Our storage space is limited and on a first come/first serve basis.

Please silence your phones when participating in any activity, for example Bingo, Sit & Fit, Happy Hour, etc. If you must take a call, please take it to a private area so as not to disrupt the activity that others are enjoying.

Thank you for your cooperation!



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

Please join us for a Thanksgiving Buffet!
Thursday, November 28th ~ 3pm

*Everyone is welcome! Residents, family and friends.
Make your reservation with the kitchen by
Monday, November 25th.*

***Note to residents - the kitchen will prepare breakfast and
Thanksgiving buffet only on 11/28.*

Embrace the possibilities

