



Perry Villager



Embrace the possibilities



4241 Village Circle • Harbor Springs, Michigan 49740 • www.pvm.org • January 2025

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From our Executive Director

Dear Residents, Families, and Owners,

As we bid farewell to this year and welcome the new one, I would like to take a moment to express my deepest appreciation and gratitude for each and every one of you. The past year has completed my 3rd year as Executive Director, along with growth, improvements and changes.

Change can be exciting and challenging, and if there is one thing I can say about Perry Farm Village Residents, it is that through it all, you have encouraged, embraced, made suggestions, and supported them all, even when some parts were messy and noisy!

This coming year, as a Team, our focus will be looking forward to the next 5-10 years. Together our Leadership team has grown to provide and serve you, offering what we hope will meet your expectations as Residents, and improve the value for Owners. We will continue to evaluate those services, updating and improving them as needs and requests come to our attention.

I am so grateful for the warmth, kindness, and wisdom that has been shared with me daily and over these past years. My time at Perry is not over and as Roger Myers' letter stated, there are still things to be done.

Thank you for being such an important part of our lives and this community. We are excited for all that 2025 will bring and look forward to continuing this beautiful journey together.

Happy New Year to you and your loved ones from my family,

Barbara, Jim & Gidget



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:





Thank you to Guest Chef Tattie Bellucci for her delicious Christmas Day pot roast dinner!



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



January Birthdays

Marge C.	5 th
Kelley N.	9 th
Doris L.	13 th
Jim H.	25 th
Jan M.	26 th



Putting Away Christmas Décor

Monday, January 6th ~ 3-4:30pm

We would appreciate help gathering Christmas décor from around the Perry Center.

- Ornaments off Christmas tree
- Christmas garlands and wreaths
- Christmas Santas
- Christmas village matched with boxes



Lunch Bunch

Side Door Saloon

Wednesday, 1/15 ~ 12pm

New year ~ New ideas

This is a great time of year to think about one small change that could make a difference in your health, mood, energy level or relationships.

To experience something different we have to **do** something different.

Talk to Kjersti for some ideas or accountability!



Movie Monday - 2pm - Terrace Level Living Room

1/6 - The Six Triple Eight

During WWII, the only US Women's Army Corps unit of color stationed overseas takes on the impossible mission in Tyler Perry's drama based on a true story.

1/13 - True Spirit

With the support from her coach and parents, a brave teen sets out to sail around the world in an incredible true story of grit and pure determination

1/20 - Walk. Ride. Rodeo.

In the wake of an accident that leaves her with paraplegia, a star rodeo rider vows to get back on her horse and compete again. Based on a true story.

1/27 - The World's Fastest Indian

An ambitious New Zealander in his 60s strives to break speed records on his beloved custom motorcycle - no matter what it takes. Based on a true story.



**Shopping at Harbor Market
Thursdays @ 2pm
(please sign up)**



The bus will drop you off at 2pm and pick you up before 3pm

Delivery service is also available, just call 231-526-2101 and talk to Edie to place your order by Thursday at noon for delivery Thursday afternoon.



Bay View Reading Club

Tuesday, 1/9 & 1/23

1:30pm

All are welcome to attend!



Hot Cocoa Bar in January

Every other Friday ~ 2pm
3rd ~ 17th ~ 31st

Chef Christian has assembled the most delicious cocoa ingredients!

- *Peppermint stick*Butterscotch chips*Whipped cream*Heath Bits*Marshmallows*Sprinkles*
- *Lots of YUM*



WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
989.330.2651

What is a New Year's resolution?

Something that goes in one year and out the other.

Do you make New Year's resolutions? Statistics show that most resolutions don't last through the month of January. However, with a promise of the new year, many of us would welcome a (small) change for the better. It might be better health, better habits, more time, improved relationships, etc. What's yours?

If you were guaranteed that something would make you feel better every day, would you do it every day? Here are just four examples to get you started:

- 1. Drinking more water** will improve your energy level, digestion, and overall wellness. Try drinking a glass when you get up in the morning, with every meal, and when you're thirsty, before any other beverage.
- 2. Do one (or more) acts of kindness each day.** Did you know that being kind to others reduces stress by decreasing blood pressure and cortisol? It also helps us feel more confident. Make kindness a habit by performing one or more acts of kindness each day. This can be something as small as complimenting a friend, or something bigger like volunteering to help a friend, organization, or at a community event.
- 3. Create a gratitude ritual** Research shows that gratitude makes us happier. Each day, write down, share with your family or friends, or tell yourself out loud something you're thankful for.
- 4. Meditate or pray** People who are religious can use prayer to cultivate gratitude, while meditation involves focusing on the present moment without judgement, and to focusing on what they're grateful for (the warmth of the sun, a pleasant sound, etc.)

As we march into 2025, take a moment to think about one small change that could make a difference in your health, mood, energy level or relationships. I'm here for you if you want to make a plan or have some accountability!

*An optimist stays up until midnight to see the new year in.
A pessimist stays up to make sure the old year leaves.*

Wellness Classes

Sit & Fit

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

Seated Tai Chi for Beginners Video*

Tues 10:30am
Wellness Center Classroom

Meditation*

Mon/Wed 11:30am
Terrace Level Living Room

Seated Yoga Vista Video*

Thurs 10:30am
Wellness Center Classroom

Walking Indoors or Outdoors*

Anytime!
Every hallway = 0.4 mile

Exercise Community Crew*

Mon/Wed/Fri 9am

* no charge!

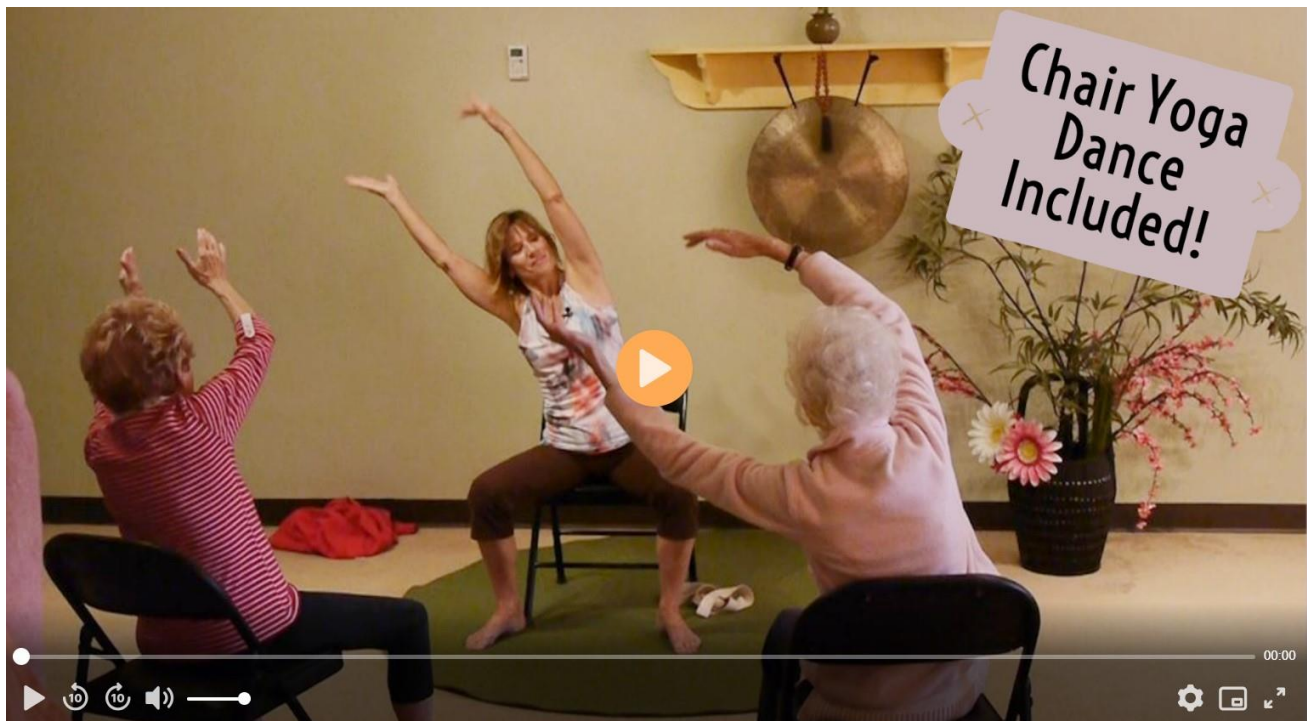


We have activities scheduled every week. Please check your "Happenings" calendar often, and to help us plan, please sign up on the *Wellness table* (across from the elevator) to let us know you plan to attend!



Plan to come to the Wellness Center every Monday through Friday at 10:30am!

- Monday/Wednesday/Friday - Sit & Fit**
- Tuesday - Seated Tai Chi Video ***
- Thursday - Yoga Vista Video * (starting 1/9)**



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

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**

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