



Perry Villager



Embrace the possibilities

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

Featured Articles

- Meet PFV pg. 2
- Events pg. 3
- Wellness pg. 4
- Notices pg. 5



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



From our Executive Director

Dear Residents, Families, and Friends,

January brought snow, cold, more snow, and arctic blasts. It is very beautiful and very much needed for our area to support the many businesses and winter events, who rely on cold and snow for a good season of fun, and to support the economy. And let us not forget all this helps support the Lake levels which is one of the reasons we **LOVE** Michigan, and especially Northern Michigan!

I think of February as the month of 'Love' and how many times have you said that about a particular food, drink, or dessert.....'I love a good pot roast, hot fudge sundae, shrimp alfredo, or a true Michigan Hummer'?

Chef Christian and his culinary team, Douglas, Aria, Jeramiah, and Bob welcome their newest member Sara Rose who joined them the end of January and if you have not met her yet, please stop by the kitchen in the mornings to say hello. Our Kitchen is open every day 7am to 7:30pm and I want to take this time to say thank you to our dedicated Dining Team who prepare 3 meals a day, soups, salads, and desserts, while offering a welcome, and friendly smile to all who come to their window. All while prepping, cooking, cleaning, putting away, delivering meals and planning.....

Like any home, the kitchen is the 'hub & gathering spot', and like any family we all have foods we **LOVE** and those that may not be our favorite. Chef Christian is always open to suggestions and ideas, as he plans menus a month in advance. Please take a moment this month to stop by the kitchen and share the **LOVE** with your wonderful Dining Team.

Blessings to you All and stay warm,

Barbara



Sara Rose
Cook

Sara is the newest member of our kitchen team. She most recently enjoyed baking for the Little Harbor Club and you may have seen her at Toski Sands Market.

Sara completed her associate's degree from Secchia Institute for Culinary Education in Grand Rapids in 2005 with a focus on baking and pastries (aren't we lucky?!)

Originally from Pellston, Sara is now raising two children, ages 7 and 16. Her new position at Perry Farm is giving her better hours, Sunday-Thursday mornings, and a less stressful environment than her previous positions. She's looking forward to getting to know all the residents and is very happy to be a part of the PFV kitchen team.

Please help us welcome Sara to our team!



Marcia Ames
Resident

Marcia is one of our newest Perry Farm residents. She's originally from Indiana and started coming to the Harbor Springs area in 1980 when she and her family bought a small cabin in Good Hart. They moved here full time after retirement.

Marcia and her husband have 3 daughters, 10 grandchildren and 3 great grandchildren. Travel was something she and her husband have enjoyed together. Switzerland, a favorite destination with hiking and their food being one of the top attractions.

Marcia has been busy getting to know Perry Farm Village in the last few months, making new friends and enjoying spending more time with friends that already live here. Also, trying new activities like our Sit & Fit class, picking a pair of 7# weights for her first class, impressive!

Welcome, Marcia! We are so happy you have chosen to make Perry Farm your new home!

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

Byron C.	11 th
Carren S.	12 th
Marni O.	14 th
Ann C.	14 th
Jim Ho.	21 st
Ron N.	22 nd
Sue G.	25 th
Sheree Woollard	1 st
<i>Housekeeping</i>	
Aria Jesick	2 nd
<i>Cook</i>	
Rachel Berrymore	11 th
<i>Registered Nurse</i>	
Jeremiah Bassett	12 th
<i>Dining Services Assistant</i>	
Logan Bond	28 th
<i>Resident Assistant</i>	



**Dinner Group
Teddy Griffin's**

Tuesday, February 4th ~ 4:30pm

**Lunch Bunch
Vernales**

Wednesday, February 12th ~ 12pm

**Great Lakes Chamber Orchestra
Sunday Series presents**

**Free
Concert!**

Cummings Quartet

Sunday, February 9th ~ 4pm
Emmanuel Episcopal Church - Petoskey

Sign up by Wednesday, 2/5 by noon.
Bus leaves at 3pm.



A Treat to Love!

Friday, February 14th - 2pm



**Chocolate Sweetheart
Yogurt Parfaits**

Let's gather for a Special Evening!



Happy Hour ~ 4:30pm
with music from Marty Miller!
Dinner ~ 5:30pm



Thursday, February 20th



**Bay View
Reading Club**

Thursday, 2/6 &
2/20
1:30pm

*All are welcome
to attend!*



Foot Clinic with Lisa

Thursday, February 27th - Perry Farm
Sign up early ~ Limited appointments!



Coffee with Poetry

Tuesday, February 18th - 6:30pm

Special guest: Garon Gopigian
writer with Harbor Light Newspaper



Please bring a short reading to share: poetry, an article,
short stories, etc.

Movie Monday - Terrace Level - 2pm

February 3 - All Together Now
February 10 - The Hill



Feb 17 - The Children's Train
Feb 24 - The Age of Adaline



WELLNESS MATTERS

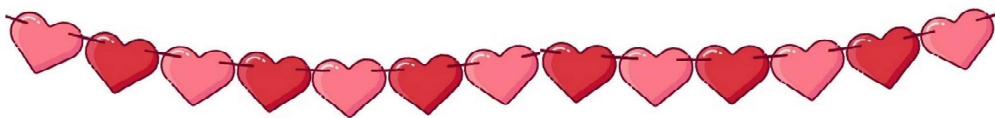
Kjersti Kontio
 PFV Wellness Coordinator
 989.330.2651

In 1964, President Lyndon B. Johnson issued the first proclamation declaring February American Heart Month. Each year, this is a great time to plan how best to care for your heart.

Show your heart more love today!



- Know your risk. Knowing your risk can help you make lifestyle changes.
- Eat a healthy diet. Start making healthy choices that include daily vegetables and less processed foods.
- Be physically active. Move more – it’s one of the best ways to stay healthy, prevent disease, and age well.
- Watch your weight. Stay at a healthy weight for you.
- Check your blood pressure and cholesterol. These are two main risk factors that could lead to heart disease.



Every day is a fresh start!
It's never too late or too early to invest in your heart health. When we take care of our heart, we reduce our risk of heart disease.

Wellness Classes

Sit & Fit

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

Seated Tai Chi for Beginners Video*

Tues 10:30am
 Dining Room

Meditation*

Mon/Wed 11:30am
 Terrace Level Living Room

Seated Yoga Vista Video*

Thurs 10:30am
 Dining Room

Walking Indoors or Outdoors*

Anytime!
 Every hallway = 0.4 mile

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!

A note from our Executive Chef, Christian Poupard

We have had a few changes in the kitchen over the past month. Thank you all for making Aria feel welcome! She's doing a great job and a great asset for breakfast in The Birches. We recently added Sara to the team, and you'll see her in the Perry Center kitchen in the mornings.

And some things stay the same. Please continue to help us increase our efficiency in meal service by signing up for meals:

- Breakfast – 5pm the day prior
- Lunch – 10:30am
- Dinner - noon

We always plan for an extra one or two dinners, so please ask if you want to join us at the last minute, I will always try to accommodate when possible. ~ CP

To our Perry Farm Village Christmas Angels ~



With your incredibly generous donation we were able to help...

- A single mom with 2 kids of her own and she has also taken on her 2 nieces.
- A single mom of 4 young kids.
- A couple with 3 young kids.

All of the families were very thankful and overcome with emotions when they picked up their gifts. The first mom I ended up delivering to at her job because of her work schedule, and there were many tears shed and lots of thank yous.

I can't tell you how thankful we are for all of you at Perry. Without people like you, we can't do the things that we are able to, and we are so very appreciative of your support. I truly appreciate and value our working relationship and pray that we are able to continue it for years to come. I don't feel like I can adequately express what a blessing you all are to us and the people that we serve.

Kimberly Senior ~ The Salvation Army

Safety FIRST!
Accidents DO Happen!
Walkers are for walking.
Wheelchairs are for riding.
Please do not push anyone in their walker as they can tip very easily, causing a fall!
Safety FIRST!



To ensure the safety of our residents and staff, ALL exterior doors in resident hallways are locked.

When exiting the building, please make sure you have:

- **An electronic Key Fob or Exterior Door Key**
- **Your cell phone**

When you exit your hallway exterior door, they will lock behind you and you may get locked out.

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 Bear
Executive Director

Jill Tibbits
Administrator

Kjersti Kontio
Wellness Coordinator

Kathy Barnett
Community Concierge

**Sigurd
Björnson**
Maintenance Technician

Christian Poupard
Executive Chef

Tiera Morse
Activities at the Birches

Vacant
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**

**Wishing you well,
Anna!**



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