



Perry Villager



Embrace the possibilities



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

Top of the Mornin' to you ALL!

Wow! What a beautiful winter this has been. One of the best for me since returning from living in Florida. Being from West Michigan where 'gray clouds' are all you see for months, northern Michigan is truly beautiful when covered in white, and most everyone knows how to drive in it. I always think of March as the last full month of winter and try to guess.....will it come in like a lamb.....or a lion? I am hoping to hear the ROAR !

Be sure to bring out your **GREEN** as everyone is a bit *IRISH* this month. And I get to say that I truly am! Chef Christian will be making some traditional Irish fare and of course there will be a special dinner for **St. Patrick's Day**. This month why not invite a friend or family member to join you for dinner?

Perry Farm has continued to be busy inside with our fires going, coffee on and welcome to all who come in. Kjersti and Tiera have continued to keep everyone active and fit with classes, indoor walking and the fitness center ready for all. Or maybe you enjoy relaxing in the Terrace Level Library with a good book and great view.

A small reminder is that it's still cold and flu season so please take care of yourself, stay home if you don't feel well and please reach out to any of our staff if you need some assistance.

May you have all the happiness and luck that life can hold. And at the end of your rainbows, may you find a pot of GOLD.

*Barbara, Jim
& Gidget*






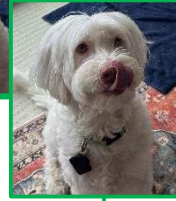
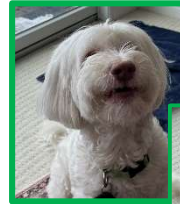
Lauren Budzynski
Housekeeping

Lauren is one of our newest team members, having started learning our housekeeping protocol for the last month. Prior to working at Perry Farm, she worked for a cleaning service in Petoskey.

Lauren was born in Charlevoix, but has lived in Texas and South Carolina before moving back to the Northern Michigan.

She has two daughters, age 6 and 7 that keep her very busy. Her oldest daughter is a competitive dancer, so their weekends are full of travel to statewide competitions. They also love spending time at the local parks, looking for Petoskey stones, camping in the summer and hiking.

Lauren is enjoying her new job keeping Perry Farm and The Birches looking it's best and really appreciates the flexibility of the schedule. Thank you, Lauren, and  welcome to the team!



Lou Pollie & Sherman
Residents

Lou has called Perry Farm Village home for about a year now but is no stranger to Harbor Springs. Lou and her husband built a cottage on Walloon Lake in 1967 and found themselves coming to Harbor Springs for meals at what is now called the New York Restaurant. Back then they served breakfast, lunch and dinner. They spent many summers and most weekends up here while their two children were growing up. Lou graduated from University of Michigan with an Early Childhood & Development and Education degree. Her father instilled in her a love for learning at a young age. She shared that love with her students by creating a school with a focus on Multi Age Grouping theory. K-12 children were taught according to their ability rather than their age or grade. Lou says, "I learned something every day from my students." Lou returned to college at age 50 and earned her master's in social work, working in another field that brought her much satisfaction.

Lou loves walking, reading, dancing, and above all loves to learn. The other love in her life right now is her precious pup, Sherman! We are so happy Lou & Sherman call Perry Farm 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

Michll Evans <i>Resident Assistant</i>	6 th
Dave Sluyter <i>Driver</i>	10 th
Jenna Bettis <i>Resident Assistant</i>	14 th
Bob Damman <i>Dining Services/Driver</i>	17 th
Jill Tibbits <i>Administrator</i>	25 th
Donna Payne <i>Resident Assistant</i>	28 th
Destinie Bunker <i>Resident Assistant</i>	29 th
Marlene Gasco <i>Resident Assistant</i>	31 st

Great Lakes Chamber Orchestra

NOTEABLE CHAMBER CHOIR

March 9, 2025 | 4pm

First Congregational Church Charlevoix

This is free to attend!

Sorry, transportation not provided this time.

March 9th



Coffee & Conversation

Thursday, March 20th ~ 6:15pm
immediately following dinner

Topic to be determined

Come for Coffee (decaf of course)
Stay for the conversation



Dinner Group – New York

Thursday, 3/6 ~ 5pm

Lunch Bunch ~ Bayside Restaurant

Wednesday, 3/12 ~ 12pm

Sign up in Activities Book!



**What do you get when you cross poison ivy
with a four-leaf clover?**

A rash of good luck!

Travelling Happy Hour

We have six hallways and every month, let's plan to meet in one hallway for Happy Hour. When your hall is chosen, you might choose to provide a light appetizer, open your door and invite your neighbors in for a peek and show off your style. If

not, that's ok too 😊

This month we'll meet in.....

Hall #3

Thursday, March 27th ~ 4:30pm

Let's gather for snacks, a glass of wine, a little billiards and enjoy the hospitality of Hall #3.

**Friends & Family Fundraiser
is coming April 1-30**

and we need everyone's participation!

In the last 3 years we accomplished a lot with the funds raised. This provides the "extras", above and beyond our general operating budget to make

Perry Farm Village & The Birches shine!

More information is coming soon!

Kickoff Luncheon ~ April 1st

What do ghosts drink on St Patrick's Day?

BOOS!



WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
989.330.2651



LET'S TALK ABOUT PROTECTING YOUR FINANCIAL HEALTH & POT OF GOLD

My husband and I have both been targets of scams in the last month. He received a call and was told by "Sargent Smith" that there was a warrant out for his arrest for not showing up for jury duty, and if he didn't pay \$3,600 immediately over the phone, there would be a police officer sent to our address, and he would be arrested. Randy told him he didn't have \$3,600 and after 15 minutes of back and forth, the "Sargent" hung up. Randy called the Emmet County Sherrif and was told there was no warrant, this is a scam.

I received a voice message from Cheboygan, MI, from the Grand Traverse County Sherrif's office, Lieutenant James Perry, saying I "failed to appear for federal grand jury duty, it's a serious matter, and if I wanted to prevent further legal consequences, I should call them as soon as possible", etc. I called the Emmet County Sherrif and was told this is another current scam.

Why do financial scammers target seniors?

Fraudsters and con artists tend to go after older adults because they believe this population has plenty of money in the bank. But it's not just wealthy older Americans who are targeted. Older adults with low income are also at risk for fraud.

The top 3 scams below made up more than 65 % of complaints in 2022.

1. Government impersonation scams – Scammers call unsuspecting older adults and pretend to be from the IRS, SSA, or Medicare. They may say the person has unpaid taxes and threaten arrest or deportation if they don't pay up immediately. Or they'll say their SS or Medicare benefits will be cut off if the person doesn't provide personal information, which leads to identity theft. People age 60 and older lost more than \$724 million to this type of scam in 2022.
2. Sweepstake and lottery scam – Scammers call the older adult to tell them they've won a lottery or prize and to claim their winnings, the older adult must send money, cash, or gift cards up front.
3. Another common robocall is the "Can you hear me?" call. When the person says "yes", the scammer records your voice and hangs up. The criminal then has a voice signature to authorize unwanted charges on items like stolen credit cards.
4. The Grandparent scam – Scammer will call and impersonate a "grandchild", saying they're in trouble and need money. Don't fall for it! If in doubt, hang up and call your family member back to verify.

Bottom line – Be aware and **never** give any personal information over the phone. The SSA knows your SS#, your bank knows your account numbers and have no need to ask for your birthdate. If in doubt, look up their phone number and call them, ask questions and protect yourself and your money.

Wellness Classes

Sit & Fit

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

Seated Tai Chi Video 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!

Movie Mondays in March – Terrace Living Room ~ 2pm~



March 3 – LONELY PLANET – Oscar winner Laura Kern stars in this sumptuous romance about a successful author whose post-breakup trip to Morocco turns into an unexpected love story.

March 10 – HEROES – On a cross-country bus trip, a troubled Vietnam vet pursuing his dream bonds with a young woman looking to find herself.

March 17 – SHIRLEY – The first Black woman elected to Congress makes an against-all-odds run for president in this rousing story starring Academy Award winner Regina King.



March 24 – PERSUASION – Her high-society relations persuaded her to give up the penniless man she loved. Years later, she’s single, full of regrets – and about to see him again.

March 31 – JUDY – Renee Zellweger won an Academy Award for Best Actress in this captivating story about the last year of Judy Garland’s life, based on a hit Broadway play.

We do our best to keep everyone informed about the goings on around Perry Farm Village. However, it’s not unusual to have things come up during the month *after* the Newsletter and Happenings have been printed and delivered that we’d like you to know about. We also email the newsletter to residents, family and friends to keep everyone updated.

If you would like to get email from Perry Farm Village, please let us know! Simply complete the form below and drop it off at the main office. If you don’t want to receive email, you don’t need to do anything additional.

And don’t worry, we will continue to deliver the newsletter and last-minute notes to your door.

Thank you for being a valued part of our community!

Yes, I want to receive email from Perry Farm Village! (please print clearly)

Name _____

Email _____

Protecting yourself from Scams

by: Sigurd Bjornson

Scammers often try to trick people into giving away personal information through phone calls, text messages, or emails. These messages may appear to come from trusted sources like banks, government agencies, or even family members, but they are not what they seem. They may ask for sensitive details, such as your Social Security number, bank account information, or passwords. Remember, legitimate organizations will never ask for this type of information over the phone or online. If you receive a message like this, do not respond, click on any links, or provide any personal information.

Recently we were informed by our local Sheriff's department that there has been a dramatic increase in scams here in the Little Traverse Bay area. If you ever feel unsure or think you've received a scam message, it's important to act quickly. The best first step is to inform someone you trust—whether it's a family member, caretaker, or our office staff. By talking to someone, you can help protect yourself and prevent further issues. Scams can be serious, and it's always better to be cautious and seek advice if something doesn't feel right.





March 2025 Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:30-10am Continental Breakfast
2 8:30-10am Continental Breakfast	3 10:30am Sit & Fit 1pm Menu Chat 2pm Movie Monday	4 10:30am Tai Chi 1pm Bingo	5 10:30am Sit & Fit	6 10:30am Tai Chi 2pm Shopping @ IGA 1:30pm B.V. Reading 5pm Dinner Group	7 10:30am Sit & Fit 1pm Bingo	8 8:30-10am Continental Breakfast
9 DAYLIGHT SAVING TIME 8:30-10am Continental Breakfast 4pm GLCO Sunday Series	10 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	11 10:30am Tai Chi 1pm Bingo	12 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch	13 10:30am Yoga Vista 2pm Shopping @ IGA	14 10:30am Sit & Fit 1pm Bingo	15 8:30-10am Continental Breakfast
16 8:30-10am Continental Breakfast	17 ★ 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	18 10:30am Tai Chi 1pm Bingo	19 10:30am Sit & Fit 11:30am Meditation	20 10:30am Yoga Vista 2pm Shopping @ IGA 1:30pm B.V. Reading	21 10:30am Sit & Fit 1pm Bingo	22 8:30-10am Continental Breakfast
23 8:30-10am Continental Breakfast	24 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	25 10:30am Tai Chi 1pm Bingo 6:15pm Coffee & Conversation after dinner	26 10:30am Sit & Fit 11:30am Meditation	27 10:30am Yoga Vista 2pm Shopping @ IGA 4:30pm Travelling Happy Hour Hall 3!	28 10:30am Sit & Fit 1pm Bingo	29 8:30-10am Continental Breakfast
30 8:30-10am Continental Breakfast	31 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday				Special Happy Hour & Dinner Birthday Dinner	Wellness Center Dining/Living Room Terrace Level Outing

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



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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

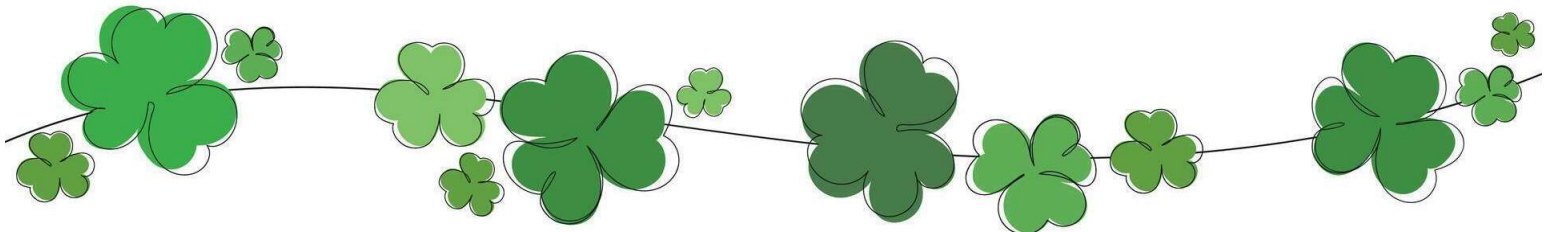
Rebecca Stalder
Clinical Assistant

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**



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