



Perry Villager



Embrace the possibilities

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

September 2017

Featured Articles

- Aging Well pg. 2
- Birthday's pg. 2
- Book Club pg. 3
- Live it Well pg. 4
- Movie Nights pg. 4
- Giving Matters pg. 5



**Perry Farm
Village**

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:



For a relatively cool summer – I am still not really ready for fall to arrive. I am very fond of ‘sweater weather’ generally; cool nights, hearty soups and crisp blue skies... but that is usually after the long hot days of late August. A long cool wet summer has meant that we have verdant growth (hello weeds!) and all the lawns are looking happy and lush – but at least our rain had been nothing compared to down on the Gulf...

At Hillside we are finally done with our lighting project for East – and will be getting the same lights up for parking lot at West shortly. Our sign has been designed and we are looking out about 6 weeks for fabrication and installation; we are also doing signs for the entrances of the Friendship Center, East (by office) and West. Speaking of signs – you should also notice the new “no through street” sign going up at the front of the driveway (on the same post as the directional sign for M-119 which the city added). I have also heard that we will be getting a zebra stripe/crosswalk from the Friendship Center corner across Traverse to Main Street!

At Perry the wonderful new patio butterfly garden is complete and looks fantastic. The Pergola should be going in shortly and then we will have a fantastic spot to enjoy our late summer and early fall days. The butterflies have already found the new plantings and seem to be enjoying them greatly. We are also grateful that Mike Bowes and his crew are working again on pulling/cutting and trimming our very mature plantings to freshen and clean everything up.

I am very excited about new plans in the works for Bay Connect. We are very fortunate to have been awarded a large grant through the Weinberg Foundation to work on expanding home and community based services for older adults in our rural Emmet County. This is a great complement to the Transit Connect project underway and the work that Kenda Deshermeier – our Service Coordinator – has been piloting this summer.

Mary Catherine

Board Members



PFVA

Hon. James Churchill
Karin Flint
Don House
Linda Rhodes-Pauly
Ken Ostrowski

PFDC/Hillside

Kay Flavin
Karin Flint
Roy Griffiths, Jr.
Don House
Jean Jardine
Lois Manville
Rob Mossburg
Linda Rhodes-Pauly
Linda Riley
Debra Schirmer
Fred Walstrom
Linda Rachwitz



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Aging Well Is In!

How exciting it is to report that a major magazine is echoing my message of many years. The term anti-aging is out, and the notion of aging well is in! Allure Magazine has announced in its latest issue that they are making a resolution to stop using the term anti-aging. They state, "changing the way we think about aging starts with changing the way we think about aging."

I have said that embracing aging is the way to go. Denying anything about ourselves is a futile task. Ponce de Leon never found that Fountain of Youth, and never will we.

Of course we want to be our best, but obsessing over age robs us of the joy in life. And as they say, it beats the alternative! Now is the time to enjoy every moment and rejoice in our longevity as well as second chances, creating a legacy and appreciating all that has been given to us. Enjoy life!



September

Birthdays!

4th Judy A.

7th Robert R.

8th Ken O.

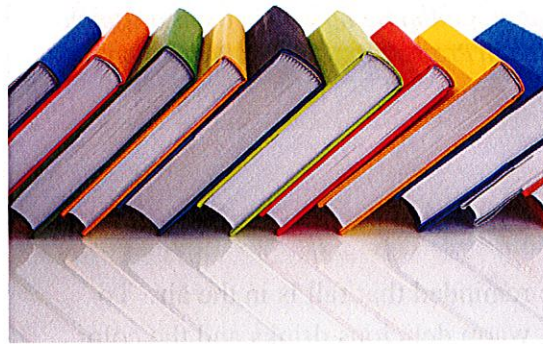
10th Therese L.

30th Cary R.

***Happy Birthday
from all of us at
Perry Farm Village!***



PERRY FARM BOOK CLUB NOTICE



After a summer recess our own Perry Farm Book Club will restart with a novel that was a finalist for the National Book Award!

“The News of the World”

By Paulette Jiles is about Captain Kyle Kidd, an itinerant news reader, in Texas in 1870, who agrees to transport a 10 year old orphan, captured by the Kiowa Indians, back to her family in San Antonio. Their 400 mile journey through dangerous territory, the two lonely survivors tentatively began to trust each other and form a bond that makes the difference between life and death in the treacherous Texas landscape.

Please join our first book club meeting on September 30th at 3 pm in the card room! Our discussions are fun, informative and never dull!

Our book club is a recognized book club in Harbor Springs and discounts on books are always available to members!

Please contact Marni (Unit 1) to join!

Happy Reading!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Fall is in the Air

As the weather starts to change we are reminded that fall is in the air. To some, fall reminds us of crisp cool air, warm delicious drinks and the color change. To others the word fall might mean something entirely different. According to the National Council on Aging (NCOA), every 11 seconds an older adult is seen in an emergency department for a fall-related injury. As we begin to age a fear of falling can become a part of our everyday lives, dictating the things we do and places we go. Luckily there are easy ways to manage your risk for falling!

The NCOA has six tips to help reduce your risk for falling:

- Find a good balance and exercise program
- Ask your health care provider for an assessment of your risk of falling
- Regularly review your medications with your doctor or pharmacist to make sure the side effects aren't increasing your risk of falling
- Get your vision and hearing checked annually and update your eye glasses
- Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars in key areas
- Enlist the support of your family members and PVM staff in taking simple steps to stay safe

By implementing some or all of these tips you can help reduce your risk of falling. Instead of worrying about **A** fall, you can instead enjoy **THE** fall!

More information on how to reduce your risk of falling is available on the NCOA website: <https://www.ncoa.org/healthy-aging/falls-prevention/>

★ **MOVIE NIGHT** ★
Admit One

Saturday, September 2nd
Meet Me in St. Louis

Saturday, September 9th
Hello, My Name is Doris

Saturday, September 16th
Charade

Saturday, September 23rd
Pretty Woman

Saturday, September 30th
Cinderella

**Card Room at 6:45 pm
every Saturday!**

Sunday, September 3rd
Casablanca

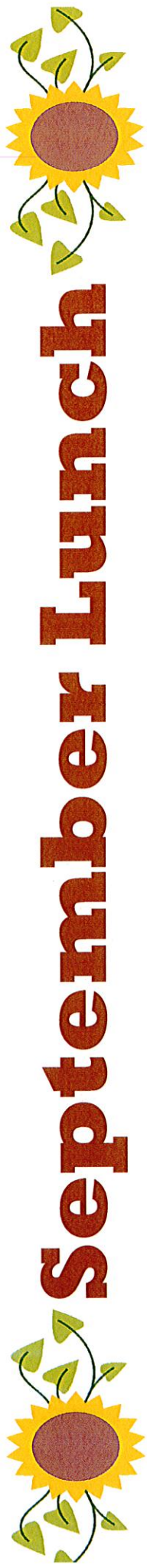
Sunday, September 17th
Roman Holiday



**Sunday Movie Matinees
At 2pm
In Card Room**

September Happenings 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Movie Matinee At 2 pm "Casablanca"	4 <i>Labor Day</i> <i>Office Closed</i> 	5 1pm Ice Cream Social 2:00pm Wii Bowling <i>Piano Music 5p-6p</i>	6 Bus Day 10:30 am Sit & Fit 2pm Bible Study 3pm Resident Meeting	7 11 am Euchre 1pm Scrabble 2pm Travel Series	8 Bus Day 10:30 am Sit & Fit 1pm Crooked Tree: Our National Parks Juried Photo Exhibit	9 Movie Night at 6:45 pm "Hello, My Name is Doris"
10	11 Bus Day 10:30 am Sit & Fit Movie at The Lyric Time: TBD	12 2:00pm Wii Bowling <i>Piano Music 5p-6p</i>	13 Bus Day 10:30 am Sit & Fit 12:30p Emmet County Senior Expo 2pm Bible Study	14 11 am Euchre 2pm Travel Series 4:30pm Dinner at Dam Site Inn	15 Bus Day 10:30 am Sit & Fit 1pm Walking Group	16 Movie Night at 6:45 pm "Charade"
17 Movie Matinee At 2 pm "Roman Holiday"	18 Bus Day No Exercise! 5pm Thai Orchid for Dinner	19 2:00pm Wii Bowling <i>Piano Music 5p-6p</i>	20 Bus Day No Exercise! 10am Perry/Hillside Shopping Day 15th Anniversary Dinner Party	21 11 am Euchre 12p Taco Extravaganza 2pm Travel Series	22 Bus Day No Exercise! 12pm Lunch at Little Traverse County Club	23 Movie Night at 6:45 pm "Pretty Woman"
24	25 Bus Day 9a-12p Foot Clinic 10:30 am Sit & Fit	26 2:00pm Wii Bowling <i>Piano Music 5p-6p</i>	27 Bus Day 10:30 am Sit & Fit 12pm Lunch at The Pier 2pm Bible Study	28 11 am Euchre 1pm Boston Coolers 2pm Travel Series	29 Bus Day 10:30 am Sit & Fit 1pm Walking Group	30 Perry Farm Village Open House 1p-3p Book Club-2pm Movie Night at 6:45 pm "Cinderella"




September Lunch

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Quiche Lorraine	2 Pulled Pork Sandwich
3 Grilled Ham & Cheese	4 Labor Day Cookout	5 BLT	6 Texas Rueben	7 French Dip	8 Derby Sandwich	9 Grilled Cheese
10 Herbed Grilled Cheese	11 Turkey Rueben	12 Maurice Salad	13 Bratwurst	14 Tuna Melt	15 Chicken Salad Sandwich	16 Cheese Burger
17 Grilled Cheese	18 Roast Beef Sandwich	19 Spinach Swiss Quiche	20 Egg Salad Sandwich	21 Taco Extravaganza	22 Chef Salad	23 Pulled Pork Sandwich
24 Coney Hot Dog	25 French Dip	26 Blue Cheese Club	27 Baltimore Rueben	28 Tuna Salad Sandwich	29 Chicken Caesar	30 BLT



September Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 BBQ Chicken	2 Pork Loin
3 Meat Loaf	4 Baby Back Ribs	5 Shrimp Pasta	6 Sandy's Burrito	7 Rosemary Chicken	8 Spaghetti & Meat Sauce	9 Lamb Stew
10 Chicken Alfredo	11 Cranberry Chicken	12 Sautéed Whitefish	13 Pork Tenderloin	14 Macaroni & Cheese	15 Chicken Enchilada	16 Atlantic Salmon
17 Salisbury Steak	18 Vegetable Stir-Fry	19 Seared Duck Breast	20 <i>15th Anniversary Dinner Party</i>	21 Broiled Whitefish	22 Chicken Florentine	23 Crab Cakes
24 Spaghetti & Meat Sauce	25 BBQ Chicken	26 Pot Roast	27 Vegetable Lasagna	28 Sautéed Whitefish	29 Baby Back Ribs	30 Beef Stir-Fry



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Goodbye Summer; Hello Fall!
Seeds sewn years before are bearing fruit.



Almost nothing is more satisfying than seeing hard work and preparation pay off. This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—*it's cider mill season!*

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer ☺... become so very worth it.

The season is also a great metaphor for a planned gift, **such as a gift in your will**. Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

By doing the hard work now—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—**you can create a bountiful harvest** which will survive long into the next “season.”

Learn how you can leave a gift in your will and start planning at MyLegacy.pvmf.org. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

***P.S.** Want to volunteer with the PVM Foundation? Call us at 248-281-2043!



LEAVE A
Legacy

Help support
the PVM
Mission during
your lifetime
and beyond.

CONTACT
US TO
LEARN MORE



Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

For more information,
call Paul Miller at the
PVM Foundation
248.281.2045
MyLegacy.pvmf.org

WAYS TO MAKE A PLANNED GIFT

- > Bequest in your will
- > Charitable Gift Annuity
- > Life Insurance

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

Office Numbers Main Office (231) 526-1500

Village Staff

Mary Catherine Hannah

Executive Director

Jill Tibbits

Administrator

Katie Parr

Perry Club Manager

Jon Terrian

Maintenance Tech

Joseph Mastaglio

Executive Chef

Sandy Jakubiak

Cook

Mary Jane Kiogima

Dawn Svatora

Dietary Assistants

Andy Schaefer

Registered Nurse

Resident Assistants

Tanya Chevalier

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Brooke Maki

Amanda Rockwell

Susan Storrs

Janell Terrian

Farrell Thompson

Christine Woodward

Sheree Woolard

Transporter

Jim Flick

Jack Frank

Jane Rye

EMERGENCY NUMBER

911

24/7 Resident Assistant Desk, Terrace Level

(231) 526-1500 x 4

Main Office Fax Number

(231) 526-6462



**Presbyterian
Villages**

OF MICHIGAN

THE FOUNDATION

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

4241 Village Circle Drive
Harbor Springs, MI 49740

Embrace the possibilities