



Perry Villager



Embrace the possibilities



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

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From our Executive Director

Dear Residents, Families, and Friends,

Welcome, Spring!

It felt like winter might never let go, and that we'd roll straight into summer—but as I write this at the end of April, the sunshine is finally warming our days.

While our community and all of Northern Michigan continue to clean up from the recent ice storm, signs of renewal are all around us: the grass is growing greener, perennials are starting to bloom, and we wait with hope to see whether the damaged trees will leaf out and recover.

In that same spirit of resilience, our **Friends & Family Emergency Preparedness Fundraiser** is underway, and we have until **May 16th to double our goal!** Thank you to everyone who has already donated. If you haven't yet, there's still time—and every \$100 donation earns you a raffle ticket for a chance to win one of **Colleen's beautiful quilts** or a relaxing **massage by Mary!**

While we regularly hold fire safety reviews and annual evacuation drills, the ice storm revealed some new areas where we can grow in our preparedness. Over the coming month, we'll be meeting with the Perry Farm Village Association, owners, residents, families, and staff to gather input and suggestions. Together, we'll work on thoughtful solutions to ensure we're even more ready in the future.

This month's newsletter is full of great information: upcoming outings, educational sessions, delicious menus, and introductions to new members of our team and community. A special thank you to **Kjersti and Kathy**, who put this entire newsletter together with such care and dedication every month!

Blessing to you all wherever you happen to be, safe travels if coming home, I look forward to seeing you when Jim, Gidget and I return May 12th from our vacation in Florida.

Warmest Regards,
Barbara



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Friends & Family Fundraiser has been extended through May 16th due to the ice storm

and we need everyone's participation!

In the last 3 years our Friends & Family funds have provided many "extra's" that we have enjoyed and made our community even better! The ice storm we experienced in March, a once in a generation event, provided great insights into our critical needs during a local emergency. This year, all funds raised will be used to create an EMERGENCY FUND for Perry Farm Village & The Birches.



Remember, if we hit our target goal, **\$13,150**, we will receive an **additional \$1,000** from PVM Foundation, and if we double our goal, as in the past 2 years, we will receive an **extra \$5,000!**

Please drop off your contribution to the office before May 16th.

We Can Do This with Everyone's support!

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



Mental Health America

founded Mental Health Month in 1949 and has led the effort every May to promote mental wellness nationwide.

This year, Mental Health America is asking you to turn awareness into action and use your voice to create a better, more supportive world for mental health! **To show support, you can wear green throughout the month.**

For yourself, they suggest that small actions can lead to big changes. Whether it's building a routine, practicing mindfulness, or finding new ways to nurture your spirit, these self-help [practices] can help you feel empowered to take proactive steps toward wellness.

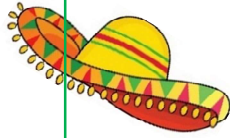
<https://mhanational.org/mental-health-month/action-guide/>

Birthdays

- | | |
|--|------------------|
| Marge M. | 3 rd |
| Janet G. | 6 th |
| Paul M. | 9 th |
| Gary S. | 14 th |
| Essie B. | 23 rd |
| Elaine D. (101 yrs young!) | 26 th |
| Alice C. | 29 th |
| | |
| Rebecca Stalder
<i>Clinical Assistant</i> | 13 th |
| Christian Poupard
<i>Chef</i> | 20 th |
| Joy Eaton
<i>Lead Resident Assistant</i> | 20 th |

Cinco de Mayo

Special Happy Hour & Dinner



Margaritas and yummy appetizers with your favorite Mexican flavors to be served!

May 5th ~ 4:30pm

Piano Ken returns on Tuesdays starting **May 6th!**



Affinity Foot Clinic with Lisa Cleary in Lower Level Boardroom



Thursday, May 8th
9am-3:30pm



Sign up in Activities book!

Dinner Group – Chandler’s
Thursday, 5/8 ~ 5pm

Lunch Bunch ~ Maple & Batter
Wednesday, 5/14 ~ 12pm



Sign up in Activities Book!

Biblio Bag

Wednesday, May 28th ~ 4:30pm

Jodi Haven from Petoskey Public Library will be here for a brief chat during Happy Hour to let you know about this free program!

Coffee & Conversation

Thursday, May 15th ~ 6:15pm
immediately following dinner

Local HS resident, Terry Morse will bring local tales and trivia.

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



Traveling 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 #1

Thursday, May 22nd ~ 4:30pm



Let's gather for snacks, a glass of wine, and enjoy the hospitality of Hall #1.

Raised Flower/Vegetable Garden Meeting

We will discuss what we envision for Summer 2025 and begin to plan what we will GROW!

If you have interest in planning, planting, watering, harvesting a garden, please join and help our PFV garden grow!



Tuesday, May 20st ~ 3:30pm In the dining room

Sunshine Strings

returns

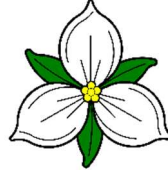
May 23rd ~ 4:30pm



Join in the fun as the Sunshine Strings comes to share some of your favorite oldies!



WELLNESS MATTERS
Kjersti Kontio
PFV Wellness Coordinator
989.330.2651



I'm so happy to be back and so grateful to our amazing Leadership team that encouraged me to take the time to heal, fully. And BIG thank you to Tiera and Suzie for keeping everyone moving in Sit & Fit!

It's been a long road, and much longer than the week I'd planned to be away for vacation. But, when your appendix "speaks" in Tampa, FL, there isn't much to do other than visit Tampa General on a Sunday evening for an emergency appendectomy, which was NOT on my itinerary. I've been told I'm very lucky and I feel that sentiment, in many ways.

I find myself wondering how the recovery would have been different if I were not as health conscious as I am? I work towards getting some sort of physical activity in each day, eat a healthy diet 80% of the time, avoid processed foods, food additives, added sugars, and fried foods, however I do enjoy a meal out, and a "few" glasses of wine on the weekends. I am far from perfect, but I am mindful of making good choices most of the time.

What choices do you make every day that affect your health?

- Stairs or elevator? Take a short walk or a few extra steps?
- Baked or fried? Adding extra salt or sugar to foods?
- Soda, juice or water?
- Exercise class or sitting?
- Visit with friends or are you alone all day?

It's never too late to start one good habit. Here are some ideas:

- Take a walk around our hallways or outside, grab a friend. Once around our driveway circle is 0.4 mile!
- Reach for fruit as a snack
- Join in the fun for Tai Chi or Sit & Fit
- Sit outside for 10 minutes and enjoy some fresh air and sunshine!

Good habits done daily will pay off when the next unexpected health crisis happens, and you'll be happy to be a healthier version of yourself!

Be well friends,

Kjersti

New location!

Wellness Classes

Sit & Fit

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

Tai Chi Video for Beginners*

Tues & Thurs 10:30am
Wellness Center Classroom

Meditation*

Mon/Wed 11:30am
Terrace Level Living Room

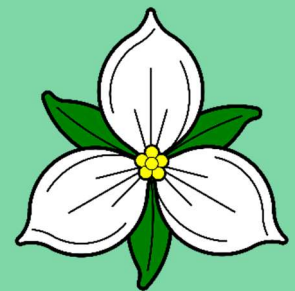
Walking Indoors or Outdoors*

Tues/Thurs 10:00am
(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 May – Terrace Living Room ~ 2pm~

May 5 – Apollo 13 Survival – Using original footage and interviews, this documentary tells the nail-biting story of Apollo 13 and the struggle to bring its astronauts safely home.

May 12 – The Shack – When a grief-stricken father receives a mysterious note urging him to visit a shack in the woods, he sets out to find answers in this faith-based drama.

May 19 – For Love of the Game – An aging pitcher whose future on the mound is uncertain suddenly finds himself within reach of baseball’s ultimate accomplishment: a perfect game

May 26 – NO MOVIE - Memorial Day

Senior Spring-Cleaning: Tips and Strategies



Create a manageable schedule:

A well-planned schedule is the foundation of successful spring cleaning. Breaking tasks into smaller chunks makes the process less daunting and helps prevent physical and mental fatigue. Think of it as a gradual transformation rather than a rushed overhaul. Instead of tackling everything at once, break down your spring cleaning into smaller, manageable tasks spread across several weeks. This approach prevents exhaustion and makes the process more enjoyable. Some ideas:

--**Start by assessing** your home, noting areas that need attention and creating a room-by-room checklist.

--**Schedule specific tasks** for different days, allowing plenty of rest between sessions.

--**Build flexibility** into the schedule for unexpected events or days when energy levels might be lower.

--**Plan more demanding tasks** when family members or caregivers can help.

<https://www.rightathome.net/blog/spring-cleaning-tips-for-seniors>

Trillium Tour



Let’s celebrate our return to spring, better weather, and trillium! Take in the sights of our beautiful Northern Michigan trillium on a bus ride with your friends. A stop for ice cream might be on the itinerary as well, so bring a little cash.

Wednesday, May 21st

leaving at 12:30pm and returning before 2:30pm.



Safe Drivers – Smart Options

May is National Older Americans Month - In 1963, President John F. Kennedy established National Older Americans Month. At the time, 1/3 of senior citizens lived in poverty and few programs were available to assist them. Even Medicare had not yet been created. Since then, much has changed, including the state’s Smart Drivers Smart Options website which provides valuable resources for older drivers, family members and the professional who support them. For more information visit the site Michigan.gov/AgingDriver

Interesting Fact: More than 10,000 “baby boomers” turn 65-years-old every day.

Easter Tea Party at The Birches ~ April 17th



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



Presbyterian
Villages

OF MICHIGAN

THE FOUNDATION

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

Stephanie Smith
Director of Clinical Services

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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