



Perry Villager



Embrace the possibilities

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

Featured Articles

Meet PFV	pg. 2
Events	pg. 3
Wellness	pg. 4
Notices	pg. 5
HS Friendship Center Calendar	pg. 6

From our Executive Director, Dotty St. Amand

Many thanks for the warm welcome and engaging orientation during my first few weeks at Perry Farm Village and The Birches. I am thrilled to be back home in Northern Michigan and am honored to serve as Executive Director.

In my daily rounds and interactions, I have had the chance to participate in Sit-n-Fit, Happy Hour, breakfast at the Perry Center, and walks through the courtyards. The raised gardens in the courtyard adjacent to the back patio are lovely with beautiful blooms of pansies, fresh lettuce and aromatic herbs. I hope you get a chance to waken your senses with a visit to the garden!

I have enjoyed getting to know the residents and team at The Birches and witness the compassionate care and teamwork. From leisurely breakfasts to lively reminiscence and socialization, the team is clearly focused on quality resident care and customer service.

I admire the fine work of the team at Perry Farm Village and the comradery among the residents. I appreciate Barbara's leadership and dedication in working alongside the leadership team and staff to make Perry Farm Village and The Birches a welcoming and supportive home for our residents. I am excited to work with the residents, staff, Boards, and PVM to prepare Perry Farm Village and The Birches to provide quality services to the community for many years to come.

While I am settling in and learning Perry Farm Village operations, Barbara is behind the scenes supporting our transition this summer. We look forward to honoring Barbara at a reception on August 13th from 3:00 – 4:30 p.m. Please join us for this very special day to wish her well on her long-deserved retirement.

I look forward to continuing my conversations with all of you this summer. Enjoy the Fourth of July holiday and summer in our beautiful community!

With heartfelt appreciation,



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Pictures from around Perry Farm & The Birches in June.....



Planted on June 2nd & growing well on 6/25!



Welcome Dotty!



Board Members

PFVA

- Joanne Arbaugh
- David Hartnett
- Dr. Maria Kokas
- Kay Flavin
- Ken Ostrowski
- Paul Matthews
- John Swallow

PFDC/Hillside

- Kay Flavin
- Roy Griffitts, Jr.
- David Hartnett
- Dr. Maria Kokas
- Nancy McEnroe
- David Monan
- Emil Muccino
- Linda Rhodes-Pauly
- Joanne Robinson
- Mark Slater
- Edy Stoughton

Thank you, Tiera, for organizing our 2nd Annual Father's Day Car Show!



Happy Birthday!

- | | |
|---------------------------|------------------|
| Ann W. | 27 th |
| Stephanie Smith | 11 th |
| <i>Clinical Director</i> | |
| Dotty St. Amand | 13 th |
| <i>Executive Director</i> | |
| Jim Bear | 15 th |
| <i>Volunteer Driver</i> | |
| Megan Kolinski | 25 th |
| <i>Resident Assistant</i> | |



Dinner Group ~ 5pm

Thursday, July 17th – Crow’s Nest

Lunch Bunch ~12pm

Wednesday, July 23rd - Barrel Back

Foot Clinic with Lisa

Tuesday, July 22nd

9am-noon

Please sign up early!



Music in the Park on Sundays!

Perry Farm will be taking the bus to Marina Park in Harbor Springs to enjoy the sights and sounds of summer. We’ll bring the lawn chairs and bottled water, all you have to do is sign up and be on the bus at 3:30pm!

- July 6th – Sunshine Strings Band
- July 13th – Rivertown Jazz Band
- July 20th – Kirby
- July 27th – Rivertown Jazz Band



Please sign up early, **no cost** for transportation

Meet Juan Rhoades, Nurse Practitioner with Legacy Medical Group

Thursday, July 10th ~ noon



Legacy Medical Group has an entirely different approach to medical care.

- They don’t merely look at symptoms and medicate accordingly.
- They involve the patient in planning their care.
- They look at root causes, issues that no one might have ever considered.
- They look at every patient as unique and game plan with them accordingly.
- Then they take a true science-based approach geared toward exposing wellness as opposed to covering symptoms. All based on truth. All with the patient’s comfort in mind.

They begin with a consultation in which they truly listen, review history, assess issues and how they might be connected, then discuss root causes. They create a game plan with you.

This is **NOT** a concierge service, but a medical practice that comes to you **AND ALSO** bills Medicare. No program is planned, but instead this is your opportunity to meet Juan and ask questions. Refreshments to be served 😊



Join Us for a Special Fire Safety Happy Hour Meeting & Barbecue!

Tuesday, July 22nd 4:30pm – 6:30pm



All residents (cottage too!) are invited to attend a Special **Fire Safety Meeting & Happy Hour** at the Perry Center followed by a delicious **Community Barbecue Dinner**. During the meeting, we’ll share important fire safety tips and go over our **Fire Evacuation Procedure**, so *everyone* knows what to do in the event of an emergency. This meeting is especially important to prepare everyone for a full

Fire Drill ~ Thursday, July 24th, 2025



Come enjoy some great food, connect with your neighbors, and help us keep Perry Farm a safe and informed community!





WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
989.330.2651



10 Reasons Why Hydration is Important

Staying hydrated is a simple yet critical part of maintaining good health. But ... research shows 75% of Americans are chronically dehydrated...

As we age, drinking enough water is even more important. Dehydration is common among older adults, occurring in up to 28% of this population. Adults 60 and older are at greater risk for dehydration for a number of reasons, including natural drops in thirst levels and body composition changes. Older adults are also more likely to take diuretics and other medications that cause fluid loss in the body.

Here are 10 great reasons to stay hydrated.

1. Improved brain performance
2. Digestive harmony
3. More energy
4. Weight loss and weight management
5. Decreased joint pain
6. Better temperature regulation
7. Kidney stone [& UTI] prevention
8. Healthier heart
9. Improved detoxification
10. Fewer headaches

Every person's hydration requirements are different," said Kathleen Cameron, former Senior Director of NCOA's Center for Healthy Aging. "It depends on factors like medical history, health conditions, and any medications you take. Your doctor can help you come up with a hydration plan that meets your personal health needs and lifestyle."

Find details in the full article here:

<https://www.ncoa.org/article/10-reasons-why-hydration-is-important/>

Wellness Classes

Sit & Fit

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

Tai Chi Video for Beginners*

Tues/Thurs 10:30am
Dining Room

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!

Save the Date ~ **Wednesday, August 13, 2025** ~ Save the Date

Annual PFVA Owners Meeting

1:00pm – 2:30pm

Perry Farm Main Dining Room

A remote option will be available

Special Note:

There will be a reception honoring our outgoing Executive Director Barbara Bear following the meeting from 3pm-4:30pm.

All are invited & encouraged to attend and refreshments, reflections and reminisces will be offered.

Trash and Recycling Pickup Information

Maintenance takes all trash and recycling totes out every **Monday**. Trash and recycling are picked up by our service companies on **Tuesday**, sometime during the day (within about 10 hours). Trash is picked up by **GFL**, and recycling is picked up by **Emmet County Recycling**.

Please make sure your recycling is sorted correctly. Easy-to-follow sorting guides are posted in the trash rooms and are also available from Emmet County.

For Cottage Residents: If you need help getting your trash to the curb or recycling to the paddock, please call Maintenance to schedule a pickup. 231-373-2235

Window washing will take place on July 22nd

If you have a non-urgent maintenance issue, please call the office and a maintenance work order will be issued.

Movie Monday – 2pm – Terrace Level Living Room




July 7 - Hitchcock – Iconic filmmaker, Alfred Hitchcock struggles with his marriage, the censors and the financiers of his 1960's film "Psycho" in this engrossing biopic.

July 14 - Falling INN Love – When a San Francisco exec wins a New Zealand inn, she ditches city life to remodel and flip the rustic property with help from a handsome contractor

July 21 - Widow Clicquot - With her marriage cut short, Barbe-Nicole Ponsardin takes the helm of a winery, transforming from a young widow to the "Grande Dame of Champagne".






July 28 - Rear Window (1954) – Stuck at home due to a broken leg, a photographer begins to monitor his neighbors in secret, only to stumble upon a possible murder.

If you want to have some fun, meet new people, engage in a new exercise, activity or craft, check out the **Harbor Springs Friendship Center** calendar of events for July! They also serve lunch daily for only \$4! Please let Kathy or Kjersti know if you (and 3 friends, minimum 4) want to participate and we'll handle the transportation!

2025 JULY THE FRIENDSHIP CENTER OF HARBOR SPRINGS 231-526-6061				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPEN TO ALL AREA ADULTS 60+ LUNCH COST IS \$4.00 FOR THOSE 60+ GUEST UNDER 59 COSTS \$6.00 MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY.</p>	<p>1 SALVATION ARMY SHOPPING 10 AM DRUMFIT 9:15 AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM VEGETABLE LASAGNA BIBLE STUDY 1PM</p>	<p>2 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM BREAKFAST</p>	<p>3 DRUM FIT 10:30 – 11:15AM LUNCH 12:00PM INDEPENDENCE DAY CELEBRATION COOKOUT HAMBURGERS 12:00PM COST \$4</p>	<p>4 CLOSED</p> 
<p>7 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM BEEF STEW & BISCUITS BINGO 2PM</p>	<p>8 DRUMFIT 9:15 AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM FRIED CHICKEN</p>	<p>9 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM SPAGHETTI & MEATBALL</p>	<p>10 DRUM FIT 10:30 – 11:15AM LUNCH 12:00 PM GURNEY SANDWICH MUST SIGN UP BY 7/8 FOOT CARE 1-3PM CALL LISA 231-330-4273 CRAFT ROCK PAINTING 1:30PM</p>	<p>11 LINE DANCING 9:30AM -11:30 AM LUNCH 12:00 PM RIVERTOWN JAZZ BAND ON THE PATIO HOTDOGS 1:00PM</p>
<p>14 GENTLE YOGA 10:30 – 11:15 AM SOUP & SALAD BAR 12PM SOUP: BROCCOLI CHEDDAR DIME BINGO 2PM</p>	<p>15 SALVATION ARMY BINGO 10 AM DRUMFIT 9:15 AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM SWEET & SOUR PORK BIBLE STUDY 1PM</p>	<p>16 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM MEATLOAF HISTORY PRESENTATION JANE GARVER PETOSKEY CLOCK TOWER 1PM</p>	<p>17 DRUM FIT 10:30 – 11:15AM LUNCH 12:00PM PIZZA DAY MUST SIGN UP BY 7/16</p>	<p>18 LINE DANCING 9:30AM -11:30 AM LUNCH 12:00 PM POT ROAST</p>
<p>21 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM BEEF STROGANOFF</p>	<p>22 DRUMFIT 9:15 AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM CHICKEN TENDERS BIBLE STUDY 1PM</p>	<p>23 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM SPARERIBS</p>	<p>24 DRUM FIT 10:30 – 11:15AM LUNCH 12:00PM WING DING DAY MUSIC BY JIM QUALES HOT FUDGE SUNDAE 12:30 PM</p>	<p>25 LINE DANCING 9:30AM -11:30 AM LUNCH 12:00 PM HAM & CHEESE SLIDERS HEARING AID CLEANING 1PM</p>
<p>28 GENTLE YOGA 10:30 – 11:15 AM SOUP & SALAD BAR 12PM SOUP: CHICKEN NOODLE DIME BINGO 2PM</p>	<p>29 DRUMFIT 9:15 AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM FISH & CHIPS BIBLE STUDY 1PM</p>	<p>30 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM EGG SALAD CROSSIANT</p>	<p>31 DRUM FIT 10:30 – 11:15AM LUNCH 12:00PM CABBAGE ROLLS SINGER/STORYTELLER BILL JAMERSON 1PM</p>	<p>Our mission is to enrich the quality of life and support independence and vitality for all area older adults.</p>



July 2025 Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Center Dining/Living Room Terrace Level Outing	1 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	2 10:30am Sit & Fit 11:30am Meditation	3 10:30am Tai Chi	4 Happy Independence Day! 	5 8:30-10am Continental Breakfast	
6 8:30-10am Continental Breakfast 3:30pm Music in Park	7 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	8 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	9 10:30am Sit & Fit 11:30am Meditation 2:30 Bible Study	10 10:30am Tai Chi 12pm Presentation by Juan Rhoades, NP 1:30pm Rock Painting @ Friendship Ctr.	11 10:30am Sit & Fit 1pm Bingo	12 8:30-10am Continental Breakfast
13 8:30-10am Continental Breakfast 3:30pm Music in Park	14 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	15 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	16 10:30am Sit & Fit 11:30am Meditation 2:30 Bible Study	17 10:30am Tai Chi 5pm Dinner Group 	18 10:30am Sit & Fit 1pm Bingo	19 8:30-10am Continental Breakfast
20 8:30-10am Continental Breakfast 3:30pm Music in Park	21 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	22 9am-12pm Foot Clinic 10:30am Tai Chi 1pm Bingo 4:30pm Special Happy Hour & Dinner 	23 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch 2:30 Bible Study	24 10:30am Tai Chi **Fire Drill Today** 6:15pm Coffee & Conversation	25 10:30am Sit & Fit 1pm Bingo	26 8:30-10am Continental Breakfast
27 8:30-10am Continental Breakfast 3:30pm Music in Park	28 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	29 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	30 10:30am Sit & Fit 11:30am Meditation 2:30 Bible Study	31 10:30am Tai Chi	*Save the Date* Annual PFVA Owners Meeting 8/13/25~1pm  	

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

Dotty St. Amand
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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