



Perry Villager



Embrace the possibilities

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

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From our Executive Director, Dotty St. Amand

August brings great opportunities to enjoy the beauty of summer in Northern Michigan. Our newsletter this month is full of announcements for events on campus and in the surrounding community. We hope you will join us for the music programs in early August.

Our Annual Meeting for Perry Farm Village Association owners will be held at Perry Center on August 13th at 1:00 p.m. I look forward to working with the Board to provide insightful information and am eager to continue my conversations with owners and residents. I appreciate the input, suggestions, questions, and information you bring forth as I begin my tenure as Executive Director for Perry Farm Village and The Birches.

I look forward to listening and learning more as we navigate upcoming fall and weather seasons. I am prepared to tackle challenging topics (such as budgeting!) this fall and look forward to having a little time to enjoy a game of Rummikub in the card room on a snowy winter day.

In the meantime, let's enjoy our beautiful summer days with conversations on the patio and walks around our campus. Please join our community for a reception to honor Barbara on August 13th from 3:00 – 5:00 p.m. on the patio outside the card room. We thank Barbara for her leadership and service to Perry Farm Village and The Birches and wish her well in her retirement.

With heartfelt appreciation,

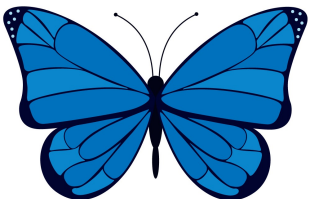
Dotty St. Amand, Executive Director



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



It was a beautiful July day when Libor introduce us to his Bay View students, "Sunset Strings". We love when we can provide live entertainment, and our *Friends & Family* funds help to make this possible. We have another brass ensemble coming on Tuesday, August 5th ~ 4:30pm. Please come and enjoy what's sure to be another great performance!



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

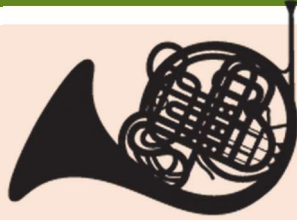


August Birthdays

Betty Fuller	15 th
JoAnn Houlmont	15 th
Pat Liebert	21 st
Tiera Morse	1 st
<i>Wellness Assistant</i>	
Paula Sterling	19 th
<i>Resident Assistant</i>	

Bay View Brass

Tuesday, August 5th
4:30pm



We're fortunate to live in a place where talented musicians travel to refine their craft and share their gifts with us. This month, we're thrilled to welcome another group of student performers to Perry Farm for an inspiring musical experience. Join us in giving them the warmest welcome – and let's fill the audience with energy and enthusiasm!

Aging Gracefully

Wednesday, August 13th
8:30am-2:30pm



Bay View Association – Voorhies Hall, Petoskey
Complimentary lunch will be provided.

Leaders from Charlevoix and Emmet Counties will address important issues affecting our aging population. Learn how local hospitals, rehab centers, doctors and senior care facilities are adapting and enhancing their services to better support older adults.

The event is free and open to the public. Perry Farm will have a bus available for a group of 4+.

Please sign up by Monday 8/4 ~ 10am.



Annual Owner's Meeting

Wednesday, August 13th ~ 1pm

followed by

Retirement Party for Barbara Bear

Wednesday, August 13th ~ 3-5pm

We welcome our entire community, everyone that wants to say goodbye to Barb and wish her well into her retirement.

Lunch Bunch ~ Junction Bar & Grille

Wednesday, August 6th
Bus leaves at 12pm

Dinner Group ~ Louie's Sports Bar & Grille at Northern Lights

Thursday, August 14th
Bus leaves at 5pm

Sunshine Strings returns


Thursday, August 7th
4:30pm

You know them, and we all love when they come with their guitars to sing our old favorites! Please join us!



Music in the Park – Marina Park

4-6pm

- Sunday, August 3 – Double Play 
- Sunday, August 10 – Rivertown Jazz
- Sunday, August 17 – The Tweed Tones

Foot Clinic with Lisa

Tuesday, August 26
Perry Farm Board room
Please sign up!





WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
989.330.2651

How Grandparent-Grandchild Relationships Boost Health and Well-Being

For grandparents:

- Spending meaningful time with grandchildren can reduce the risk of depression, cognitive decline, and even chronic illness.
- Studies show that older adults who engage regularly with younger generations report lower levels of loneliness and higher life satisfaction.
- Conversations and shared activities also help keep the mind active. Whether helping with homework, discussing current events, or sharing stories from the past, these interactions stimulate memory, language, and problem-solving skills – all critical for healthy aging.

For grandchildren: The benefits aren't one-sided.

- Grandchildren who have strong relationships with their grandparents often show greater emotional intelligence, resilience, and a stronger sense of identity.
- Grandparents offer a unique kind of support – less authoritative than a parent, but still deeply rooted in love and life experience.
- In families where grandparents help with caregiving – either regularly or as needed – children can experience more stability, better behavior, and improved academic outcomes.
- And even as teens or adults, grandchildren often gain valuable perspective from a grandparent's lived experience.

Connecting with your grandchild, or another familiar young person, can provide many benefits for both of you. Reach out and start the conversation!

(<https://www.rightathome.net/blog/grandparent-grandchild-relationships>)

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 10:30am
(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!

Fire Safety Reminders

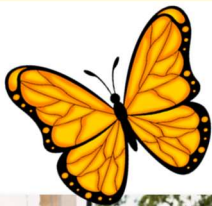
Many thanks to all the staff, residents, and visitors who were on-site to participate in our fire drill on July 24th. Overall, the drill was carried out with efficiency and good teamwork by the staff and residents who followed the protocols covered at our Fire Safety in-service held during happy hour on July 22nd.



Key points and reminders:

- Safety is our number one priority – Preventative planning and education are key.
- Be prepared to exit your apartment or any common area within our building from the closest exit when the alarm sounds or a fire is sighted.
- If you are in your apartment, exit through to the hall and out the end door to the carport. Or, exit through your patio door and proceed to the carport area to gather as a group. Choose the closest, clearest route to exit.
- Keep hallways and hall doors clear of any obstacles, including but not limited to chairs, tables, decorations, boots/shoes, or trash receptacles.
- If you are on the lower level or terrace level of the Perry Center, evacuate using the stairwell. Do NOT use the elevator during an emergency.
- If you are in a common area, such as the dining room or card room, evacuate through the closest exit and gather with others in the carports or parking lot away from the buildings.
- Fire extinguishers which are mounted throughout the hallways of our campus may be helpful for a small fire that can be quickly extinguished. Always err on the side of caution. If in doubt, pull the fire alarm and exit to safety rather than attempting to extinguish a fire.
- Use the PASS method for fire extinguishers only if the fire is small enough to quickly extinguish:
 - Pull the pin on the top of the extinguisher
 - Aim the nozzle at the base of the fire
 - Squeeze the trigger

Sweep side to side at the base of the fire to extinguish the flames



National Relaxation Day is an annual event on **August 15th**. It was proposed by nine-year-old Sean Moeller of Clio, Michigan in 1985. The day is meant to remind people to take a break from their hectic lives and focus on activities that promote relaxation and reduce stress. You can celebrate by engaging in activities you find relaxing, such as:



- Taking a nap.
- Going for a walk in nature.
- Reading a book.
- Practicing meditation or deep breathing exercises.
- Spending time with loved ones.
- Enjoying a hobby or activity that brings you joy.
- Avoiding stress-inducing activities.

(Courtesy of Google AI Overview)

2025 AUGUST 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>Our mission is to enrich the quality of life and support independence and vitality for all area older adults.</p>			
<p>4 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM GOULASH DIME BINGO 2PM</p>	<p>5 DRUMFIT 9:15 AM SALVATION ARMY SHOPPING 10AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM SUPREME PIZZA BIBLE STUDY 1PM</p>	<p>6 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM CHINESE PEPPER STEAK</p>	<p>7 DRUM FIT 10:30 – 11:15AM LUNCH 12:00 PM TACO DAY</p>	<p>8 LINE DANCING 9:30AM -11:30 AM LUNCH 12:00 PM CHEESEBURGER BOOK CLUB 1PM</p>
<p>11 GENTLE YOGA 10:30 – 11:15 AM SOUP & SALAD BAR 12PM SOUP: BEAN & HAM DIME BINGO 2PM</p>	<p>12 DRUMFIT 9:15 AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM FRIED CHICKEN</p>	<p>13 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM MEATLOAF ANDY BACKUS PHOTOGRAPHY PRESENTATION 1PM</p>	<p>14 DRUM FIT 10:30 – 11:15AM LUNCH 12:00PM GURNEY SANDWICH MUST SIGN UP BY 8/12 FOOT CARE 1-3PM BY APPOINTMENTS ONLY CALL LISA 231-330-4273</p>	<p>15 LINE DANCING 9:30AM -11:30 AM LUNCH 12:00 PM ROASTED PORK LOIN MARTY MILLER 12:30PM FROZEN SLUSHIES</p>
<p>18 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM TURKEY TETRAZINI</p>	<p>19 DRUMFIT 9:15 AM SALVATION ARMY BINGO 10 AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM SPARERIBS BIBLE STUDY 1PM</p>	<p>20 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM ENCHILADAS PAINT CLASS W/ MARTINA HAHN 1:30PM</p>	<p>21 DRUM FIT 10:30 – 11:15AM LUNCH 12:00PM PIZZA DAY MUST SIGN UP BY 8/20</p>	<p>22 LINE DANCING 9:30AM -11:30 AM LUNCH 12:00 PM BEEF PHILLY CHEESE STEAK MUSIC BY SUE SNYDER 12:30PM BANANA SPLITS</p>
<p>25 GENTLE YOGA 10:30 – 11:15 AM SOUP & SALAD BAR 12PM SOUP: CHILI DIME BINGO 2PM</p>	<p>26 DRUMFIT 9:15 AM STRENGTH & BALANCE 10:30 -11:15 AM LUNCH 12:00PM POT ROAST BIBLE STUDY 1PM</p>	<p>27 GENTLE YOGA 10:30 – 11:15 AM LUNCH 12:00PM LOADED BAKED POTATO</p>	<p>28 DRUM FIT 10:30 – 11:15AM LUNCH 12:00PM WING DING DAY MUST SIGN UP BY 8/27 ESTATE PLANNING AND MEDICAID PRESENTATION 1PM</p>	<p>29 LINE DANCING 9:30AM -11:30 AM LUNCH 12:00 PM ITALIAN CHICKEN</p>

August 2025 Happenings



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Center Dining/Living Room Terrace Level Outing LL Board Room Outside (Good weather)					1 10:30am Sit & Fit 1pm Bingo	2 8:30-10am Continental Breakfast
3 8:30-10am Continental Breakfast	4 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	5 10:30am Tai Chi 1pm Bingo 4:30pm Brass Ensemble 5:30pm Birthday Dinner 	6 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch	7 10:30am Tai Chi 4:30pm Sunshine Sisters	8 10:30am Sit & Fit 1pm Bingo	9 8:30-10am Continental Breakfast
10 8:30-10am Continental Breakfast	11 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	12 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	13 8:30am Aging Gracefully 10:30am Sit & Fit 11:30am Meditation 3:00pm Barb's retirement	14 10:30am Tai Chi 5pm Dinner Group	15 10:30am Sit & Fit 1pm Bingo	16 8:30-10am Continental Breakfast
17 8:30-10am Continental Breakfast	18 10:30am Sit & Fit 11:30am Meditation 1pm Ice Cream Ride 2pm Movie Monday	19 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	20 10:30am Sit & Fit 11:30am Meditation  2:30 Bible Study 4:30 Special Dinner/HH	21 10:30am Tai Chi	22 10:30am Sit & Fit 1pm Bingo	23 8:30-10am Continental Breakfast
24 8:30-10am Continental Breakfast	25 10:30am Sit & Fit 11:30am Meditation 2pm Movie Monday	26 10:30am Tai Chi 1-3:30pm Foot Clinic 1pm Bingo 4:30pm Piano Ken	27 10:30am Sit & Fit 11:30am Meditation 2:30 Bible Study 5:30pm Cookout	28 10:30am Tai Chi	29 10:30am Sit & Fit 1pm Bingo	30 8:30-10am Continental Breakfast
31 8:30-10am Continental Breakfast						

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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