



Perry Villager



Embrace the possibilities

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

Featured Articles

From our Executive Director, Dotty St. Amand

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Many thanks to our owners and residents for your participation in our Annual Meeting for Perry Farm Village Association held on August 13th. I look forward to working with the Board as we identify and prioritize key capital projects and plan our 2026 budget. Please feel free to stop by or contact me with input, questions, and suggestions.

Summer days are shorter now, and a hint of fall is in the air. Labor Day weekend marks the end of summer activities and the start of school. As we begin a new season, school buses and fall foliage sightseers will be on our roads - a good reminder to be cautious of frequent stops of school buses and tourists along the way as we are out and about in the community.

Fall and the start of school also bring an uptick in the spread of viruses. Please protect yourself and others by monitoring any respiratory symptoms and taking action to care for yourself. If you are not feeling well, take precautions to isolate yourself from others. We are finalizing details to offer flu and COVID vaccinations for Perry Farm Village and The Birches. Stay tuned for more information for October vaccinations.

I look forward to seeing you at the many wonderful events at Perry Farm Village and throughout our community this month. We are pleased to have our new flag poles to proudly fly our American Flag. Our appreciation goes out to Friends and Family donors, who made it possible to complete this important project for our community. Please join us on September 24th for our ceremony with the American Legion to dedicate the new flag poles at the entrance of Perry Center and outside the courtyard at The Birches. (See page 3 for community event information.)

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:



August 2025.....Good Music.....Good meetings.....Great parties!



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
- Ron Rapson
- Linda Rhodes-Pauly
- Joanne Robinson
- Mark Slater
- Edy Stoughton

September Birthdays

Irene W.	4 th
Mary Lou K.	5 th
Kay M.	7 th
Ken O.	8 th
Susie H.	13 th
Diane M.	22 nd
Donald R.	25 th
Colleen Froats	5 th
Interim Dining Services Coordinator	
Kaia Thompson	12 th
Resident Assistant	
Emma Gasco	17 th
Resident Assistant	
Sara Sumner	22 nd
Resident Assistant	
Nancy Rondel	25 th
Registered Nurse	

Marty Miller Music



**Singing the fun oldies everyone loves~
~Come early, grab a seat and sing along
Tuesday, September 2 ~ 4:30pm**

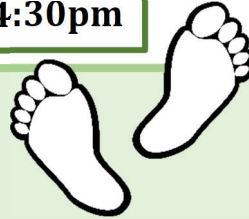
Lunch Bunch ~ Birdie's Tavern

Wednesday, September 10th ~ 12pm

Dinner Group ~ Terrace Inn

Thursday, September 18th ~ 5pm

Early color tour with a stop
for **ICE CREAM**
Monday, September 15th
1pm-2:30pm



Foot Clinic with Lisa
Tuesday, September 23rd
9am-12pm

Please join the family of
Bill Fisher on
September 11th ~ 3:30pm
to gather and remember
their father and our friend
who passed on June 29, 2025
Light appetizers to be served

Uncle Frank's Apple Town

Get a jump start on experiencing another beautiful
Northern Michigan fall afternoon!
Cider, donuts, and the beauty of the farm.

Friday, September 26th
1pm-2:30pm



**Dedication of our new
FLAG POLES**

Date/Time to be determined

- Perry Farm
- The Birches

Led by our local American Legion

FIGHTING FOR A DIFFERENT FUTURE.

Alzheimer's Walk - Pennsylvania Park, Petoskey ~ Sign up to ride our bus!

Saturday, September 27th ~

Registration: 9:00am

Ceremony: 10:00am

Walk: Immediately to follow

Perry Farm Village is the proud sponsor of this year's Flower Garden. Each *registered* participant will receive a Promise Garden flower. How can you participate? **1.** Sign up on the Wellness table to attend this event, it's your choice if you want to walk (or not). **2.** Donate what you can, even loose change is appreciated. **3.** Grab a friend or family member, and let's show Petoskey our passion for eradicating this disease!

At the event you'll choose the color that best represents your connection to the disease.

- **Blue** represents someone living with Alzheimer's or another dementia
- **Purple** is for those who have lost someone to the disease.
- **Yellow** represents someone who is currently supporting or caring for a person living with Alzheimer's.
- **Orange** is for those who support the cause and the Association's vision of a world without Alzheimer's and all other dementia.



WELLNESS MATTERS

Kjersti Kontio
PFV Wellness Coordinator
989.330.2651

Healthy Aging Month Tips: 6 Healthy Lifestyle Ideas

By Amy Davis, senior housing expert, Mansions Senior Living

Take cat naps

It's proven that naps are not just good for toddlers but for people of all ages. A study revealed people who take naps are 37% less likely to die from heart disease.

Mix & mingle with the right crowd

There is clear link between having the right social ties and living a longer life. Surround yourself with positive people who help lift you up and encourage you to follow your dreams. Continue your old hobbies and find new activities that you can do with your friends or alone.

Stay active

Exercise regularly. It is recommended to get least 2.5 hours of exercise a week. Not everyone likes the gym but how about a nice nature walk or dancing?

Set realistic goals

Make a plan to clearly define where you are going and how you will get there. Research has shown those [with a] clear sense of purpose and drive have less chance of getting Alzheimer's disease.

Budget and spend your money wisely

Create a budget. Know where your money is going. Try to cut down your expenses. Not being able to afford the things you want to do in life can add stress your life. Look at ways you can lower regular bills and allocate it to [things you enjoy].

Eat foods that give you natural energy

Healthy snacking: Everyone knows to stay away from processed sugar foods but there are many other snack options out there that are just as bad... instead of going for a convenient packaged item like chips try nuts, dried fruit or trail mix. Consider making your own fruit and energy nut bars. You will notice a difference in your energy levels as you continue to make healthier snack choices.

(<https://healthyaging.net/healthy-lifestyle/healthy-aging/>)

Wellness Classes

Sit & Fit

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

Tai Chi Video for Beginners*

Tues/Thurs 10:30am
Dining Room

Walking Indoors or Outdoors*

Tues/Thurs 10:30am
(or anytime, just lace up and go!)
Walk every hallway = 0.4 mile
Walk around the circle = 0.4 mile

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!

A Tribute to Barb

With gratitude from your Leadership Team at Perry Farm Village

You came with a mission, wit wisdom and grace,
To make Perry Farm a more beautiful place.
You guided with courage, with warmth in your stride,
Often with sweet little Gidgit Girl right there by your side.

With solutions and insight, you'd master the day,
Smiling through those occasional obstacles and fray.
From early morning meetings to late evening calls,
You led with compassion that echoes these halls.

You brought your openness and light to this place,
With gentle conviction, compassion and grace.
The Birches took flight under your steady hand,
And the Terrace Level blossomed into an area so grand.

You gave every detail the care that is needed,
And helped build something lasting, so deeply seeded.
You fought for what mattered, you stood firm but kind,
You carried this Village with purpose in mind.

Now as you step forward, towards some relaxation and rest,
Know that we send you off with only our best.
Your legacy lingers in all that we do,
In every warm smile offered, in every task we see though.

So, here's to the memories, the work, and the play –
To a leader whose love and compassion will not drift away.
With hugs and with laughter, with our thanks and tears too,
Perry Farm Village shines brighter because of you.



Did you know we rent our condo apartments and cottages? It's a great way to experience living at Perry Farm! We currently have one cottage available for rent. If interested, please call our office for more details! 231-526-1500

Important

For our Cottage and Duplex Owners:
A little reminder to check your records to determine when you last had your individual septic tank pumped. If you do not recall the most recent date, K & J Septic or another company you may have used should have a record.
If this service is due, we recommend that you get it scheduled soon.

GET YOUR RAFFLE TICKETS!

Each \$10 raffle ticket is a chance to win \$5,000 and much, much more!!

Purchase 10 tickets and receive 2 additional tickets free!

Enter our raffle for a chance to win:



\$5,000 Cash



Groceries for a Year
Compliments of Kroger



Get in the Game
Great Seats to 6 Games



Week-Long Florida
Vacation & \$1,000 Cash

You do not need to be present at the gala to win any of these amazing prizes!

To buy your raffle tickets: scan the QR code visit PVMF.org/Raffle or call 248.281.2040



#R82258

As cooler weather makes it way through northern Michigan, so do viruses.

Please take precautions:

- Wash hands often – use soap and scrub while you sing the Alphabet Song
- Cover your mouth with your arm if you cough or sneeze
- If you feel like you have a cold or allergies, wear a mask when in public
- Continue to eat well, drink plenty of liquids, and exercise – this keeps your immune system at its best

Watch the October newsletter for vaccination information.



As we approach the winter months, it's essential to ensure your home is ready for the colder weather. Here are some maintenance tips to help you stay comfortable and avoid any winter mishaps:

1. Make sure all windows and doors are properly sealed to prevent drafts.
2. Ensure your heating systems are functioning properly before the temperature drops. If you haven't done so already, schedule an inspection with your preferred HVAC company or contact Maintenance and we can help you get an inspection with our preferred HVAC company (Fairbairn).

Come to our office to purchase your tickets!

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



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

Apply at pvm.org
Maintenance Technician

Christian Poupard
Executive Chef

Tiera Morse
Activities at the Birches

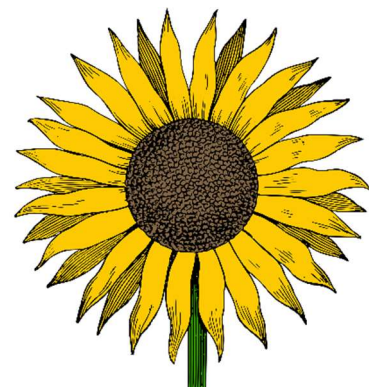
Stephanie Smith
Director of Clinical Services

Rebecca Stalder
Clinical Assistant



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**

Embrace the possibilities





September 2025 Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Wellness Center Dining/Living Room Terrace Level Outing	2 10:30am Tai Chi 1pm Bingo 4:30pm Marty Miller Music	3 10:30am Sit & Fit 2:30 Bible Study	4 10:30am Tai Chi	5 10:30am Sit & Fit 1pm Bingo	6 8:30-10am Continental Breakfast	
7 8:30-10am Continental Breakfast	8 10:30am Sit & Fit 2pm Movie Monday	9 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	10 10:30am Sit & Fit 12pm Lunch Bunch 2:30 Bible Study	11 10:30am Tai Chi 3:30pm Bill Fisher Memorial	12 10:30am Sit & Fit 1pm Bingo	13 8:30-10am Continental Breakfast
14 8:30-10am Continental Breakfast	15 10:30am Sit & Fit 1pm Ice Cream Tour 2pm Movie Monday	16 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	17 10:30am Sit & Fit 2:30 Bible Study	18 10:30am Tai Chi 5pm Dinner Group	19 10:30am Sit & Fit 1pm Bingo	20 8:30-10am Continental Breakfast
21 8:30-10am Continental Breakfast	22 10:30am Sit & Fit 2pm Movie Monday	23 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken	24 10:30am Sit & Fit 2:30 Bible Study	25 10:30am Tai Chi	26 10:30am Sit & Fit 1pm Bingo 1pm Apple Town Trip	27 8:30-10am Continental Breakfast 9-11am Alzheimer's Walk
28 8:30-10am Continental Breakfast	29 10:30am Sit & Fit 2pm Movie Monday	30 10:30am Tai Chi 1pm Bingo 4:30pm Piano Ken			Special Happy Hour & Dinner Birthday Dinner	