



# Perry Villager



Embrace the possibilities

4241 Village Circle Drive • Harbor Springs, Michigan 49740 • [www.pvm.org](http://www.pvm.org)

August 2018

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**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

And so August is here and my mother is already referring to summer in the past tense... I have a month left before the kids are back to school and summer is 'over'! Long days of sun and beach and family yet before we call it for summer 2018. I do hope folks have gotten a chance to get out and enjoy our warm (okay HOT) summer weather and sunshine. Given the heat, we have struggled with air conditioning in all of our buildings this summer – our systems were just not designed to handle this kind of load. My sister, who lives in Houston, TX, laughs that she carries sweaters in the summer to put on when she goes INTO buildings – we are just not used to needing constant AC. We are also continuing the search for the right Maintenance Technician to join our team for Hillside – which will also help Sarah on these continuing HVAC issues.

We are also starting to think about projects needed for 2019 and forward – trying to be good stewards and plan for necessary updates/repairs/improvements at both campus'. If you have any input – thoughts, suggestions, wild ideas – just let us know. We are also looking ahead to more home & community based services and projects and trying to keep our Bay Connect transportation going.

A reminder that the Shining Star nominations are open through the end of the month! So if you know of a staff person who is a Shining Star please fill out a nomination form – either a paper copy or online at [www.pvm.org](http://www.pvm.org). All nominees will be recognized and top winners will be celebrated this fall system-wide!

Have a wonderful summer month of August!

*Mary Catherine*

## Board Members



### PFVA

Hon. James  
Churchill  
Karin Flint  
Roy Griffiths, Jr.  
Don House  
Kelley Newton  
Marta Oloffsson  
Ken Ostrowski

### PFDC/Hillside

Kay Flavin  
Karin Flint  
Roy Griffiths, Jr.  
Kate Kelly  
Don House  
Jean Jardine  
Andy Spence  
Linda Rhodes-  
Pauly  
Linda Riley  
Debra Schirmer  
Fred Walstrom  
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Look for PVM on:





## Memorial Service Butterfly Release at Perry Farm Village



Residents, owners, family members and staff are all invited to join us for a memorial service with butterfly release to remember those we have lost during this past year. The service will be officiated by Pastor David Behling and will be a service of healing, remembering and renewal.

**Wednesday, August 22nd**

**12pm Fellowship and Refreshments**

**12:15pm Service & Release**

Hosted by:



**HOSPICE**

of Northwest Michigan

In partnership with

Health Department of Northwest Michigan





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### KEEP THE FUN IN SUMMER

I wish for all of our readers a fun and interesting summer. A chance to play on a beach with our grandchildren, check out one of the many summer novels, and enjoy walks in the nice weather are hallmarks of this beautiful season. Let's make sure to keep it fun by adhering to some tips on safety. There is nothing worse than a trip to the emergency room to zap the joy out of our fun! Here are some things to keep in mind:

- Avoid peak periods of sun when the heat index is extreme.
- Use sunscreen when you are out and about, even for a short time.
- Find some shady areas to sit at which can still allow you to join in the fun. A beach umbrella has prevented many a sunburn.
- Hydrate well by drinking lots of water.
- Make sure you stock up with groceries and water in case of a power outage.
- If you have an extended power outage don't try to be a hero. Stay with friends or relatives or go to a cooling center until the power is back on. Local officials/government can guide you as to where to go.
- Make sure to notify emergency contacts as to your safety. Our loved ones worry about us if they cannot reach us. Make sure their numbers are up to date with Village personnel so they can be reached.
- Regarding water safety, keep your eyes on anyone in the water at all times. Use life preservers. A tragic accident can happen in an instant.
- Food safety is also key. Do not let food sit out in hot temperatures. Have a way to keep things cool.

Let's KEEP THE FUN IN SUMMER! ENJOY!



**Saturday, August 4<sup>th</sup>**  
Gifted

**Saturday, August 11<sup>th</sup>**  
I can Only Imagine

**Saturday, August 18<sup>th</sup>**  
You Again

**Saturday, August 25<sup>th</sup>**  
Daddy's Home

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

**Sunday, August 12<sup>th</sup>**  
Breakfast at Tiffany's

**Sunday, August 26<sup>th</sup>**  
The Big Bouce

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







## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month we have a special guest columnist, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!*



### Victory is in the Air!

And the winner is...Westland! Congratulations to the Westland Stars for a big sweep to win the 2018 Village Victory Cup for the 5<sup>th</sup> time! This year was the closest competition with only a five point difference between the Stars and the Pirates from East Harbor!



Big congratulations to the residents of Oakman Manor "for taking home the Spirit Award. Sporting "Straight Outta Oakman Manor" t-shirts, they wowed the judges with their contagious team spirit, loud cheers, and incredible sportsmanship!

We also can't forget about our Virtual Village Victory Cup winners! Congratulations to the Village of Spring Meadows for winning the 2018 Virtual Village Victory Cup and the Village of Sage Grove for winning the Spirit Award with their amazing cheers during each event! Congratulations to all of the Villages for participating!

## August Exercise Schedule

### Sit & Fit

Mondays, Wednesdays and  
Fridays at 10:30am  
(Please see calendar for all dates)

### Fit & Well

Mondays, Wednesdays and  
Fridays at 9:00 am  
(Please see calendar for all dates)



### Yoga with Ashley

Thursdays at 3:30pm

### Yoga Prices

\$50/month (4 classes)

\$15/class

\$12/class for Perry Club Members



## Birthdays

12<sup>th</sup> Nancy M.

15<sup>th</sup> Eleanor R.

21<sup>st</sup> Don K.


21<sup>st</sup> Cameron O.

27<sup>th</sup> Lucy G.

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



# August Happenings 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Bible Study	2 11 am Euchre 2pm Travel Series 3:30 pm Yoga	3 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Pond Hill Farm	4 Movie Night at 6:45 pm "Gifted"
5	6 Bus Day 9am Fit & Well 10:30 am Sit & Fit	7 2pm Boston Coolers 5pm Music with Gary	8 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Bible Study	9 11 am Euchre 2pm Travel Series 3:30 pm Yoga	10 Bus Day 9am Fit & Well 10:30 am Sit & Fit	11 Movie Night at 6:45 pm "I Can Only Imagine"
12	13 Bus Day 9am Fit & Well 10:30 am Sit & Fit 11:45 am Lunch at Vernales	14 12pm Brown Bag Lunch on Patio 5pm Music with Gary	15 Bus Day 9am Fit & Well 10am Shopping Day 10:30 am Sit & Fit 2pm Bible Study	16 11 am Euchre 12pm Taco Extravaganza! 2pm Travel Series 3:30 pm Yoga	17 Bus Day 9am Fit & Well 10:30 am Sit & Fit 11:30 am Concert in the Park "Lara Fullford"	18 Movie Night at 6:45 pm "You Again"
19	20 Bus Day 9am Fit & Well 10:30 am Sit & Fit Movie at The Lyric Time: TBD	21  2pm Ice Cream Social 5pm Music with Gary	22 Bus Day 9am Fit & Well 10:30 am Sit & Fit 12pm Memorial Service Butterfly Release 1pm Annual Meeting	23 11 am Euchre 2pm Travel Series 3:30 pm Yoga	24 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Bill's Farm Market	25 Movie Night at 6:45 pm "Daddy's Home"
26	27 Bus Day 9am Fit & Well 10:30 am Sit & Fit 11:45 am Lunch at Chestnut Valley Golf Course & Restaurant	28 2pm Scrabble 5pm Music with Gary	29 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Bible Study	30 11 am Euchre 2pm Travel Series 3:30 pm Yoga	31 Bus Day 9am Fit & Well 10:30 am Sit & Fit	



# August Lunch

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Corned Beef Rueben	2 Lobster Roll	3 Quiche Lorraine	4 Cheeseburger
5 Egg Salad Sandwich	6 Coney Hot Dog	7 Tarragon Chicken Sandwich	8 Fancy Grilled Cheese	9 Pulled Pork Sandwich	10 Chef Salad	11 Fish Sandwich
12 Bratwurst	13 Tuna Salad Sandwich	14 Turkey Sandwich	15 Grilled Ham & Cheese	16 Taco Extravaganza!	17 Cranberry Chicken Sandwich	18 Brisket Sandwich
19 Hot Dog	20 Turkey Rueben	21 Spinach & Swiss Quiche	22 Derby Sandwich	23 Grilled Cheese & Tomato Soup	24 Chicken Salad Sandwich	25 Pulled Pork Sandwich
26 Roast Beef Sandwich	27 BLT	28 Maurice Salad	29 Egg Salad Sandwich	30 French Dip	31 Quiche Lorraine	



# August Dinner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chicken Parmesan	2 Pork Loin	3 Atlantic Salmon	4 Beef Stir Fry
5 Spaghetti W/ Meat Sauce	6 Stuffed Peppers	7 BBQ Chicken	8 Meat Loaf	9 Sautéed Whitefish	10 Baby Back Ribs	11 Beef Burrito
12 Pot Roast	13 Crab Cakes	14 Broiled Whitefish	15 Chicken Enchilada	16 Macaroni & Cheese	17 Seafood Pasta	18 Breakfast For Dinner
19 Pork Tenderloin	20 Shepard's Pie	21 Sautéed Whitefish	22 Beef Stew	23 Baby Back Ribs	24 Spaghetti W/ Meat Sauce	25 Filet Mignon
26 Chicken Marsala	27 Stuffed Pork Loin	28 Seared Duck Breast	29 Broiled Whitefish	30 Macaroni & Cheese	31 Crab Cakes	





# Giving Matters.

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

*You have the power to leave an amazing legacy.*  
***Betty honored her happy home, friends  
and family by leaving a gift in her will.***

A retired teacher, Betty left a gift in her will to help build the Karl & Frieda Kleemann Chapel at The Village of East Harbor and provide stained-glass windows.

Before her passing, Betty said she always believed in the PVM mission to serve older adults. She was delighted to honor her parents and a dear friend through the gift in her will.



Betty wanted to give back to her “happy home for these many years.” She wanted to make sure her gift would help future residents—people she’d never know! And she did! Today the chapel is a place where seniors of all faiths can gather, and Betty’s legacy shines!

Anyone can leave a bequest. **You have the power to answer future prayers today!** To learn more, contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org), or visit [mylegacy.pvmf.org](http://mylegacy.pvmf.org).

Warm regards,  
  
Paul J. Miller, CFRE

A GIFT IN  
YOUR WILL

*can change  
the lives  
of seniors.*



Presbyterian Villages  
OF MICHIGAN  
THE FOUNDATION



Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...**

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller  
**248.281.2045**  
[mylegacy.pvmf.org](http://mylegacy.pvmf.org)



## 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](http://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*

**Betty Frain**

*Cook*

**Mary Jane Kiogima**

**Dawn Svatora**

*Dietary Assistants*

Normal open office hours: Mon-Fri 8:30a-4:30p  
and Saturdays 10:00a-3:00p

**Andy Schaefer**

*Registered Nurse*

### **Resident Assistants**

*Arrin Dull*

*Susan Foley*

*Colleen Froats*

*Eva Gray*

*Rose Gokee*

*Shellie Harrington*

*Brooke Maki*

*Jocelyn Nulph*

*Amanda Rockwell*

*Tammy St. Clair*

*Susan Storrs*

*Janell Terrian*

*Farrell Thompson*

*Christine Woodward*

*Sheree Woollard*

### **Transporter**

*Jim Flick*

*Jack Frank*

*Jane Rye*

### EMERGENCY NUMBER

24/7 Resident Assistant Desk, Terrace Level

Main Office Fax Number

911

(231) 526-1500 x 4

(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](http://www.pvmfoundation.org)**

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Harbor Springs, MI 49740

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