



Perry Villager



Embrace the possibilities

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

July 2022

Featured Articles

Sr. Advocate	pg. 2
Birthdays	pg. 2
Events/Notices	pg. 3
Wellness	pg. 4
Movies	pg. 5
Trivia & Puzzle	pg. 6

A Letter from our Executive Director

Welcome summer!

By the time you are reading this, June 21st aka Summer Solstice has passed and we are enjoying daylight long into the evenings. July has always been my favorite summer month as summer residents return, friends visit and families gather to share time together.

I love it when my family comes, this year over the 4th of July. Four generations all in one place, sharing their stories of this past year and making their own special memories in Harbor Springs.

As your families and friends arrive and come to Perry Farm please stop and say hello as we'd love to meet them and hope you spend some time outside on the patio and playing some of the lawn games that will be set up for your use. July is full of things to do. July 4th for lunch (*please sign up*) will be a BBQ and our themed dinner is "American Fare" on the 22nd.

Two reminders:

Covid has NOT gone away so please continue to use caution when gathering indoors and be sure to let our staff know if you are not feeling well or have been notified that you've had a direct contact with someone who has tested positive. Thank you for helping to keep our community healthy!

Second is to keep the exit doors locked at the end of your halls along with your own outside doors especially when gone or in the evenings. We are blessed to live in a beautiful and safe community but as we have all seen on the news it only takes one person to change it.

Enjoy the month, check out all activities and services Perry Farm Village has to offer and thank you for sharing your home with us all!

Warm hugs and cheers to July,
Barbara



Perry Farm
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

As I write this the temperature is expected to reach 100 degrees today. This is just the beginning since a hot summer is on the horizon. Many thanks to the Detroit Housing Commission for sharing many of the following tips:

COOL YOUR BODY – Wet clothing to help bring down body temperature. Use water-soaked cloths or cooling packs on neck/wrists. Sit in or put legs in cool (not cold) bath.

HYDRATE – Drink water/cool liquids. Eat fresh fruit & salads. Drink before you feel thirsty.

REDUCE INDOOR HEAT – During the daytime cool living and working areas by closing windows and using window coverings, air conditioner and misters. If you do not have air conditioning stay with family or friends if possible or go to a cooling center. Your city and/or county government can direct you to a center near you.

ASK YOUR DOCTOR – If taking medications, ask your doctor's office regarding special precautions. Also check out the recommended water intake. Some medical conditions may

increase vulnerability during hot weather.

AVOID/LIMIT ALCOHOL & CAFFEINE – These can increase dehydration.

AVOID SUN EXPOSURE – Wear a wide-brimmed, breathable hat or use an umbrella. Avoid/limit strenuous activities during the hottest part of the day. Find shade if you must be outside; and be sure to use sunscreen. However, it is best to avoid/limit doing so all together. Perhaps a friend or family member who is less vulnerable can run errands and do shopping for you.

PROTECT YOUR PETS – Provide shade and cool drinking water and baths. Never leave pets unattended in cars or direct sunlight. They probably want to be inside as well. Plan any outdoor activities during cooler times. Asphalt may be too hot for paws.

CHECK ON OTHERS – Check in on family members and friends. Share these tips with them as well.

Enjoy the summer! Let's be smart and savvy to make it the best of times.

PFVA

Joanne Arbaugh
Dick Collie
Karin Flint
Kelley Newton
Ken Ostrowski
Andy Spence

PFDC/Hillside

Kay Flavin
Karin Flint
Roy Griffiths, Jr.
David Hartnett
Tim Knapp
Linda Rhodes-Pauly
Joanne Robinson
Andy Spence
Mark Slater
Edy Stoughton



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

**5th – Rose G.
Resident Assistant**



A Letter from our Maintenance Technician

July is a furnace filter replacement month. Filters are replaced every three months to keep everything running cleanly & smoothly. There is no preparation needed from residents as the units are located beneath the buildings in the crawl space. Residents who accept this service are billed for the cost of the filter & 15 minutes of labor on their July statement. **Filters typically cost \$10-\$12 depending on the unit, 15 minutes of labor is an additional \$10.** If you would like to decline this service or provide your own filter, simply leave a message with the Main Office or with Maintenance.

In other Maintenance news there will be a **fire alarm & sprinkler test** occurring on **Thursday July 22**. The inspectors will need access to apartments in buildings 2 & 5 to check the sprinkler heads for the auto fire suppression system & this typically takes less than five minutes. During the test, alarms will blare, fire doors will automatically shut, and there will generally be a lot of commotion, lasting only a few minutes. Afterward it's back to the hustle and bustle of Perry Farm Village. There will be notices posted as we get closer to the day of the test.

Thank you for helping to keep Perry Farm Village neat and orderly. Have a terrific July!

Marc

Check Community Channel 900 for announcements and updates on upcoming events!

Great Lakes Chamber Orchestra members, Ann Schoelles and Lynne Hansen will be here to provide musical entertainment.

This is free to everyone, so please invite your friends, family and neighbors to join us under the front entrance portico. Refreshments will be provided!



Thursday, July 7th ~ 2-4pm

Crafts with Barb O'Neil

We appreciate Barb sharing her creativity with us! The patriotic fabric wreaths are a beautiful addition, brightening our halls, doors and homes for July!

Thursday, July 21st ~ 1pm
HOT ROCKS!

Barb brings the supplies,
You bring yourself and your
crafty, curious spirit!

(Sample & sign up on Wellness table)

Midsummer's Eve

Where are you going, summer
breeze?
Off beyond the fields and trees.
What do you see when you
blow that way?
Children jumping from bales of
hay.
What do you hear as you travel
the land?
People dancing to an outdoor
band.
What do you smell as you rush
about?
The perfume of blossoms
bursting out.
What do you taste as you soar
up high?
Fresh corn on the cob and
apple pie.
What do you feel as you climb
to great heights?
The heat of the day and the
warmth of the night.
What do you wish for as you
leave?
Let all folks enjoy this
midsummer's eve.



Special Meals this month

Don't miss our July 4th cookout for lunch! Meet on the back patio under the pergola, weather permitting.

Our American themed dinner will be Thursday, July 22nd! Come enjoy Baby Back Ribs and special décor and music.



Wellness Matters

Kjersti Kontio
Wellness Coordinator

Walking is Your Super Power!

Walking helps more than your heart and lungs, your muscles and posture. Neuroscientists believe that plenty of regular walking unlocks the cognitive powers of the brain like nothing else. It can increase creativity and problem solving, lift your mood and protect you from depression.

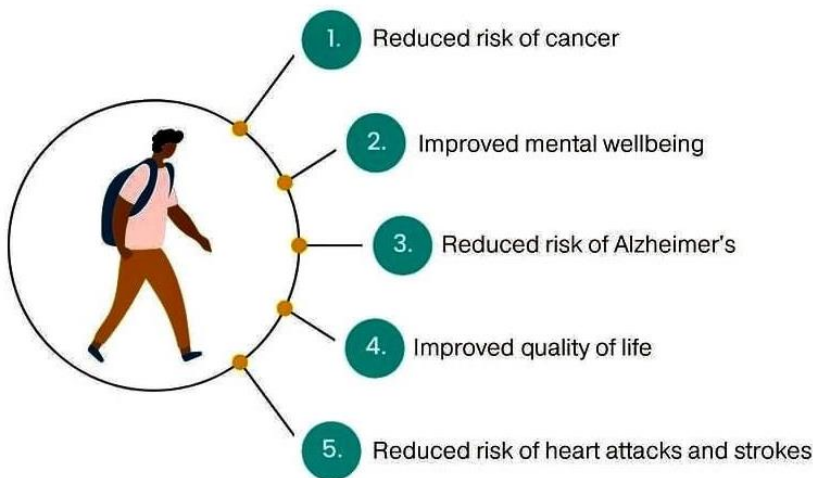
Therefore, walking makes us healthier, happier, and brainier!

Everyone gets to try their first class for FREE! Perry Farm Village residents will be charged \$12/class, but no more than \$75 for the entire month!

Non-residents also pay \$12/class, or can purchase a punch card of 10 visits for \$100.

When you consider the cost of healthcare, with doctors' visits, prescriptions, tests, etc. investing \$75 in exercise classes may actually help you *save money!*

5 Benefits of Walking



In addition to walking you might also try one of our classes this month. You have nothing to lose, just 45 minutes, because your first class is FREE! You are invited to try Sit & Fit as it would be a great first class choice. We move, lift light weights, balance, stretch and even get a little sweaty.

Just 30 minutes a day can also:

- Boost your mood
- Boost your energy
- Help you sleep better

Just like you, your health is one of a kind. What works for someone else may not work for you, so if you question what exercise is safe for you, please consult your physician.

July Classes for Wellness

Sit & Fit

Mon/Wed/Fri 10:30am

Yoga on the mat (advanced)

Tues 9:30am

Flex & Stretch

Tues 10:30am

Gentle Chair Yoga

Thurs 10:30am

Men's Only Balance!

Tues 7/19 - 11:30am
(30 minute class)

Croquet will be set up
outside between halls 2 & 3
July, Tuesdays ~ 10am-2pm

Grab a friend and play
a game or two!

Corn Hole will be set up
In front under the Portico
July, Thursdays ~ 10am -2pm

Foot Clinic
July 15th ~ 9am
Lower Level Boardroom
Call Terrace level ext 4
to make an appointment

Former PFV Wellness Center
Manager, Katie Parr will be here
July 28th at 1pm

in her new role as an MSU Health Program Instructor to present information on vaccines. This will be a good time to ask questions and learn more about how to keep yourself protected against preventable illness.

Are you interested in going out
for lunch?

Lunch Bunch

Let's travel to new destinations for
lunch in July!

July 6th – Moosejaw

June 20st – Vernales

Please sign up early!

Ask Kjersti if you have any questions.

Please sign up if you want transportation for
SHOPPING

Wednesdays, 7/13 or 7/27 from 12:45-3pm

*If you do **not** intend to go, please remove your name from
the list prior to the deadline so we can plan accordingly.*



Catch the bus

Tuesday & Thursday

Pick up times - 9:45am & 1pm

Call Sarah 231-373-2803

and let her know you'll be waiting.

★ MOVIE NIGHT ★

Admit One

July 3rd
"The Dig"

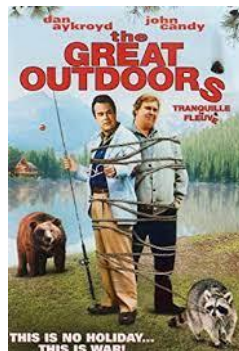


July 17th
"Dave"

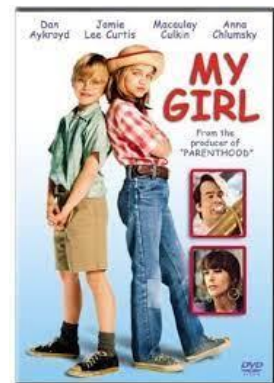


Sunday
6:30pm

July 24th
"The Great Outdoors"



July 10th
"My Girl"



July 31st
"On Golden Pond"



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



Village Staff

Barbara Woodward-Boonstra

Executive Director

Jill Tibbits

Administrator

Kjersti Kontio

Wellness Coordinator

Marc Svatora

Maintenance Tech

Karen Martin

Community Concierge

KITCHEN TEAM:

Joseph Mastaglio

Executive Chef

Jeremy Kimble

Cook

Dawn Svatora

Colleen Froats

Dietary Assistants

Transporter

Vacant, but w / interim coverage

Main Office (231) 526-1500

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

CAREGIVING TEAM:

(announcement soon!)

Registered Nurse

Resident Assistants:

Benjamin Duncan

Joy Eaton

Rose Gokee

Ciara Halliday

Michelle Khaled

Laurie Russo

Margaret Small

Susan Storrs

Sheree Woollard

Christine Woodward

Christina Leal

EMERGENCY NUMBER

24/7 Resident Assistant Desk, Terrace Level 231-526-1500 Ext 4



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**

United States

All the words listed are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

O K L A H O M A M O N T A N A
T H E N L A W I S C O N S I N
V A M E A A M E C R G O A I C
I A L K D I B O S G E M R P N
R R M A R Y L A N D R R I O E
G B V N S O A I M A O E Z B W
I E L S R K M N D A Y V O A J
N R D A E O A I N D I A N A E
I H D S Y G R S R O I A A V R
A O E W I O I D C F I R O M S
A D M H L O E I R S I G A E E
O E C F N G X V I E S P R U Y
C I C I I E E U A M E A K H R
M S L C M H O O A N W T A A N
A L D W S L A I R A L W N O R
I A E W H O W A L G A S S B O
N N K R O Y W E N I I R A N I
E D N F L O D R I E N A S C E

ALABAMA
ALASKA
ARIZONA
ARKANSAS
COLORADO
DELAWARE
FLORIDA
GEORGIA
HAWAII
ILLINOIS
INDIANA
KANSAS
LOUISIANA
MAINE
MARYLAND
MICHIGAN
MONTANA
NEVADA
NEW JERSEY
NEW MEXICO
NEW YORK
OKLAHOMA
OREGON
RHODE ISLAND
VERMONT
VIRGINIA
WISCONSIN
WYOMING

A bit of Perry Farm Village Trivia.....

**July 2, 2004, 18 years ago was the
Grand Opening of Perry Farm
Village!**

Kay Baker was our first resident.

**Wing 6 was the first structure
opened.**

**Kraeg Kepford, Dodo Miller, Bob &
Norma Brown and Cameron
O'Keefe were among the very first
residents.**

Embrace the possibilities