



# Perry Villager



Embrace the possibilities

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

July 2018

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Look for PVM on:



### *Executive Director Column*

My mother warned me that there would be a point in life when time would seem to shrink and elide – that there are almost whole years of her life that she can't really recall because it was so busy between family and career and community ... it all just becomes a blur. I think I am there! Things are humming along at both Hillside and Perry Farm Village – we are rocking it with full campus', great staff, wonderful events, great partners like The Friendship Center of Harbor Springs (who just had a great Open House – congrats!).

A big shout-out and thank you to Sarah Grant, our Hillside Administrator, for getting the new trees planted at the front and for generally having the campus looking great for summer! Unfortunately our front landscaping at Perry has been having a rough start to the summer due to some pet issues – a big reminder to all that pet waste kills plantings! Please don't let your pets pee on the flowers, shrubs or other plants ...

A great turn out at Perry for the Virtual Village Victory Cup! Thank you to everyone who participated – and great coverage in the Detroit Free Press of the PVM Village Victory Cup held in Novi this year... I am thinking Road Trip for 2019! A big thank-you to Katie for all of her hard work in putting on such a great event this year – and to Sarah for coming up to help out.

Speaking of thank-yous ... Don't forget to fill out a Shining Star nomination for a staff member at Perry or at Hillside who you appreciate. Nominations are due by the end of August... but get yours in early!

*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  
Linda Rachwitz







## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### STOMP OUT ELDER ABUSE!

June 15<sup>th</sup> was World Elder Abuse Awareness Day. Elder Abuse and exploitation is a rapidly growing problem in America and will continue to increase with the aging of our population. Lance Robertson of the Administration For Community Living, formerly the Administration on Aging at the federal level, released information on how to join the fight for elder justice. He stated that we need to:

#### BREAK DOWN ISOLATION

Elders without strong social networks are at greater risk. Stay in touch with older adults in your community. Support community efforts to fight isolation. Volunteer to deliver meals or act as a long-term care ombudsman who works to report abuse, neglect and exploitation.

#### LEARN TO SPOT RED FLAGS

There are a number of "red flags": Isolation, especially by a caregiver; unpaid bills or utilities that have been turned off; unusual or quick changes in a will or other financial documents; missing medications; bruises or welts.

#### WHAT YOU CAN DO

Elder abuse is more difficult to recognize than child abuse since children attend school. Thus, it is important that fellow citizens observe very carefully for any of the red flags mentioned. Bank tellers, nurses and physicians, senior services providers, hair stylists and others with front line access to seniors can make a difference. Report any red flags to the proper authorities. The statewide hotline in Michigan is (855) 444-3911. Let's look out for others who may not be able to protect themselves from harm.



## Perry Farm Village Book Club

### *Summer Recess*

After a very successful winter reading series our club will take our usual summer recess and will resume in September.

Many "thanks" to all our members for contributing to our 5 years of good reading and discussion. I personally learn and appreciate your perspective and "wisdom" after each book!

Have a wonderful summer and see you in September.

Happy Summer Reading

Marni





Do you have friends or family that would like to be a part  
on The Perry Club?



**Membership includes:**

Wellness Club Membership

Wellness Consultation

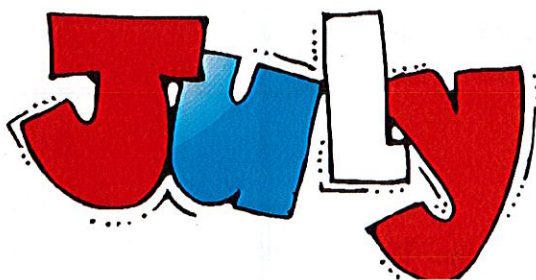
10 Meals per month

Access to Perry Farm Village Bus

Perry Center Activities

And much more!

To inquire please see Katie in the office or  
call 231-526-1500 x 8.



**Birthdays!**

16<sup>th</sup> Royce D.

16<sup>th</sup> Gery W.

25<sup>th</sup> Catherine S.

29<sup>th</sup> Carol S.

30<sup>th</sup> Artie L.

30<sup>th</sup> Billie S.

31<sup>st</sup> Lucy G.

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

**★ MOVIE NIGHT ★**  
Admit One

**Saturday, July 7<sup>th</sup>**

An American in Paris

**Saturday, July 14<sup>th</sup>**

Cirque du Soleil: Worlds Away

**Saturday, July 21<sup>st</sup>**

Barefoot in the Park

**Saturday, July 28<sup>th</sup>**

Les Miserables

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

**Sunday, July 1<sup>st</sup>**

Mary Poppins

**Sunday, July 15<sup>th</sup>**

It's Complicated

**Sunday, July 29<sup>th</sup>**

Barbershop

**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!*

## It's Strawberry Season!

Strawberries are delicious and nutritious and pair perfectly with any meal! Strawberries may improve your health as they are full of potassium, magnesium, folate, and vitamins C and K. Strawberries are a great snack, but can also be added to many other foods. Add strawberries to your salad, yogurt, muffins, salsa, tea, and more!

In Michigan, strawberries are in season from June – August. A fun way to add more physical activity in to your day is to go strawberry picking! Walk around a local farm and pick fresh strawberries! Here is a link to find your nearest strawberry farm.

<http://www.pickyourown.org/MI.htm>

When picking your strawberries, choose the bright red ones. This means that they are ripe and ready to eat! Make sure that they are not too soft or bruised! If you have an abundance of strawberries, you can freeze them for up to 10 – 12 months! In order to keep them fresh, strawberries should be refrigerated daily. Rinse your strawberries before you cut them to keep them fresh longer!

### Strawberry Fun Facts\*

- Every state in the U.S grows strawberries.
- An average strawberry has 200 seeds.
- Americans eat 3.4 pounds of strawberries on average each year.

\*Source: <https://www.countryliving.com/food-drinks/a35552/facts-about-strawberries/>

## July 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)



## Chair Yoga with Ashley

July 3<sup>rd</sup>  
July 10<sup>th</sup>  
July 17<sup>th</sup>  
July 24<sup>th</sup>  
July 31<sup>st</sup>  
**At 1:00 pm**

## Beginner Yoga with Ashley

July 11<sup>th</sup>  
July 18<sup>th</sup>  
July 25<sup>th</sup>  
**At 3:15 PM**

### Yoga Prices

**\$50/month (4 classes)**  
**\$15/class**

**\$12/class for Perry Club  
Members**

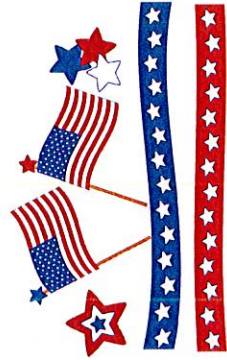




# July Happenings 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Movie Matinee at 2 pm "Mary Poppins"	2 Bus Day 9am Fit & Well 10:30 am Sit & Fit Movie at The Lyric Time: TBD	3 1pm Chair Yoga 5pm Music with Gary	4 4th of July Office Closed 4th of July 12pm Backyard Cookout	5 11 am Euchre 2pm Travel Series	6 Bus Day No Exercise Classes!	7 Movie Night at 6:45 pm "An American in Paris"
8	9 Bus Day 9am Fit & Well 10:30 am Sit & Fit 11:45 am Lunch at The Pier	10 1pm Chair Yoga 2pm Root Beer Floats 5pm Music with Gary	11 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Bible Study 3:15pm Beginner Yoga	12 11 am Euchre 2pm Travel Series 4:30pm Dinner at Crow's Nest	13 Bus Day 9am Fit & Well 10:30 am Sit & Fit	14 Movie Night at 6:45 pm "Cirque du Soleil: Worlds Away"
15 Movie Matinee at 2 pm "It's Complicated"	16 Bus Day 9am Fit & Well 10:30 am Sit & Fit 4:30 pm Dinner at Douglas Lake Bar	17 1pm Chair Yoga 2pm Popsicles on the Patio 5pm Music with Gary	18 Bus Day 9am Fit & Well 10am Shopping Day 10:30 am Sit & Fit 2pm Bible Study 3:15pm Beginner Yoga	19 11 am Euchre 12pm Luau! 2pm Travel Series	20 Bus Day 9am Fit & Well 10:30 am Sit & Fit	21 Movie Night at 6:45 pm "Barefoot in the Park"
22	23 Bus Day 9am Fit & Well 10:30 am Sit & Fit Movie at The Lyric Time: TBD	24 1pm Chair Yoga 2pm Lemonade & Cookies 5pm Music with Gary	25 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Bible Study 3:15pm Beginner Yoga	26 11 am Euchre 1pm Ice Cream Social 2pm Travel Series	27 Bus Day 9am Fit & Well 10:30 am Sit & Fit 11:30pm Concert in the Park "Kellerville"	28 Movie Night at 6:45 pm "Les Miserables"
29 Movie Matinee at 2 pm "Barbershop"	30 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Birthday Celebration	31 1pm Chair Yoga 5pm Music with Gary				



# July Lunch



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Hot Dog	2 Tarragon Chicken Croissant	3 Turkey Sandwich	4 July 4th Cookout	5 Egg Salad Sandwich	6 Quiche Lorraine	7 BLT
8 Roast Beef Sandwich	9 Pulled Pork Sandwich	10 Maurice Salad	11 Corned Beef Rubeen	12 BBQ Chicken Salad Sandwich	13 Derby Sandwich	14 Cheeseburger
15 Egg Salad Sandwich	16 French Dip	17 Coney Hot Dog	18 Grilled Ham & Cheese	19 Luau Cookout	20 Chicken Salad Sandwich	21 Fish Sandwich
22 Bratwurst	23 Corned Beef Rubeen	24 Spinach & Swiss Quiche	25 Pulled Pork Sandwich	26 French Dip	27 Tuna Salad Sandwich	28 BLT
29 Chicken Salad Sandwich	30 Grilled Cheese & Tomato Soup	31 Chicken Caesar				





# July Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Spaghetti W/ Meat Sauce	2 Pork Loin	3 Pot Roast	4 Sautéed Whitefish	5 Chicken Florentine	6 Crab Cakes	7 Atlantic Salmon
8 Ham & Scalloped Potato	9 Sautéed Whitefish	10 Pork Tenderloin	11 Chicken Enchilada	12 Macaroni & Cheese	13 Baby Back Ribs	14 Filet Mignon
15 Chicken Marsala	16 Beef Stew	17 Broiled Whitefish	18 Chicken Stir Fry	19 Seared Duck Breast	20 Beef Burrito	21 Lamb Stew
22 Spaghetti W/ Meat Sauce	23 BBQ Chicken	24 Crab Cakes	25 Meat Loaf	26 Pizza Night	27 Meaty Lasagna	28 Pot Roast
29 Baby Back Ribs	30 Broiled Whitefish	31 Macaroni & Cheese				



# Presbyterian Villages

OF MICHIGAN  
SENIOR LIVING COMMUNITIES

## Shining Star

Hello PVM Residents, Families, Board Members and Employees,

The Shining Star Committee has revised the attached Shining Star nomination form with the intention of making it more user-friendly and adding more opportunities for recognition. A Shining Star is someone who works at PVM and has been **nominated by you** - a resident, family member, coworker or board member- for exhibiting one or more of the Service Standards of Excellence. One of the best things about this is that everyone can nominate a staff person as a Shining Star!

PVM is committed to providing excellent services to the residents we serve, their families and to each other. The vision of Service Excellence includes four core values: Respect, Relationships, Listening and Accountability. These values serve as a standard against which every action and thought can be measured. The Service Excellence Standards show our commitment to make PVM a great place to live and work.

If you witness a staff person, manager, or leader doing a great job and exhibiting of one or more of the Service Excellence Core Values, you can nominate them at any time. As an alternative to submitting a paper form you may also submit nominations online at <http://pvm.org/about-us/what-i-do-matters-service-excellence/>.

Please take this time to nominate deserving PVM staff members and share this nomination form with others. PVM is proud of the hard work and care our employees provide for those we serve and this is your opportunity to help recognize them for their efforts. Nominations may be submitted year round. However, **2018 nominations are due by August 22, 2018** to be processed in time for this year's celebration and award consideration.

Sincerely,

**The 2018 Shining Star committee:** Nicole Banks (Home Office), Michelle Steffen, (East Harbor), Jason Lovelly (Westland), Carl Brown (Home Office), Timprince Graves (Lakeshore), Ann Campbell (Lakeshore), Kristine Toutant (Lakeshore), Rachel Healy (East Harbor), Avni Thomas (Home Office), Nakia Johnson (Home Office), Jessica Gross (Rosebush), Dawn Corwin (Rosebush), Hannah Micallef (Redford), Gloria Robinson (Redford), Jill Tibbits (Perry Farm).





## SHINING STAR NOMINATION

**DUE BY August 22<sup>nd</sup>**



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence. Employees, residents, families and board members are eligible to nominate PVM employees.

**EMPLOYEE NAME** (One employee name only) \_\_\_\_\_  
(All nominees must have completed at least 90 days of employment to qualify)

**PVM VILLAGE** \_\_\_\_\_

**EMPLOYEE JOB TITLE OR CATEGORY (if you know please check one)**

- ☐ **Dining Services** (Dietary Assistant, Utility, Cook, Chef)
- ☐ **Caring Spirit** (CNA, Resident Assistants/Leads., Universal Worker)
- ☐ **1<sup>st</sup> Impressions** (Administrative Assistant, Receptionist, Marketing Asst., Sales & Leasing Specialist)
- ☐ **In-House Services** (Housekeeper, Laundry Assistant, Security)
- ☐ **Maintenance Services** (Maintenance & Floor Technician/Coordinator/Leads, Groundskeeper)
- ☐ **Wellness** (Wellness Assistant, Fitness Specialist, Wellness Coordinators, Driver/Transporters)
- ☐ **Administrative/IT** (Billers, Accountants/Clerks, All Coordinators (except Wellness Coord.), Medical Asst., Gift/Database Specialist, Technology/Informatic Specialist, Compliance Specialist, Unit Secretary, Restorative and HR Assistants, Program/Vol. Coord.)
- ☐ **Nursing** (LPN, RN)
- ☐ **Leadership In Action** (Supervisors, Managers, Social Worker, Executive Chef, Director of Nursing)
- ☐ **Sr. Leadership** (Administrators, All Directors)

**CRITERIA** – The PVM Service Standards of Excellence are built on the four core values listed below.

These values serve as a standard against which every action and thought can be measured and support a culture where team members share their best work, gifts and talents.

**Which of the Service Excellence core values have you experienced or seen this employee engaged? Please choose at least one and describe a short story or actual example.** (Please use the back of form if needed)

<b>Listening</b> Listens with full attention and seeks to understand	<b>Accountability</b> Accepts responsibility and delivers upon expectations
<b>Relationships</b> Forms meaningful and genuine connections with residents/staff	<b>Respect</b> Treats all with dignity and worth

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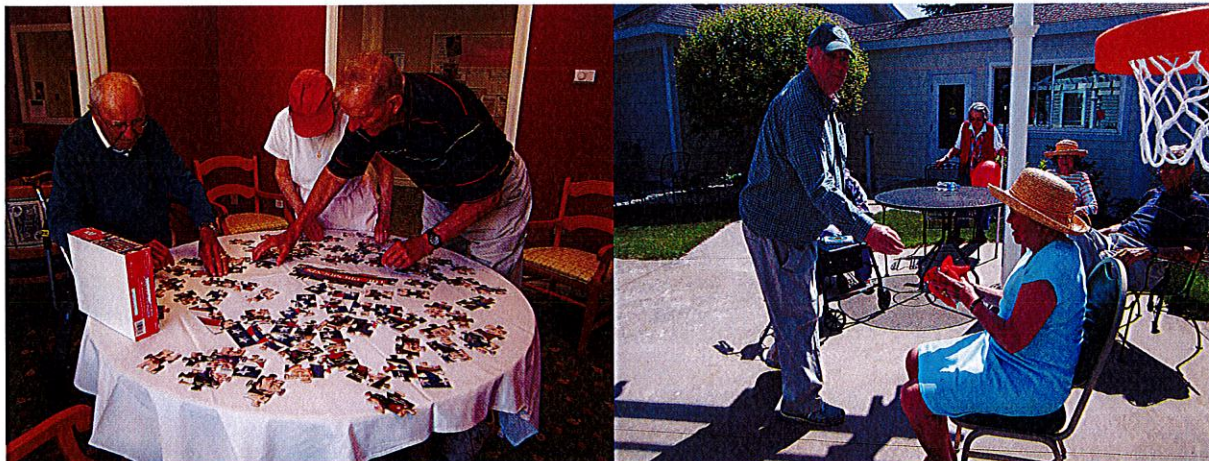
**Print Name of Person Submitting Nomination** \_\_\_\_\_ **Date** \_\_\_\_\_  
**Person submitting for is a (please circle one):**    EMPLOYEE    RESIDENT    FAMILY    OTHER

**You can submit nominations any of the following ways:**

<b>Online</b> <a href="http://pvm.org/about-us/what-i-do-matters-service-excellence/">http://pvm.org/about-us/what-i-do-matters-service-excellence/</a>	<b>Mail:</b> Presbyterian Villages of Michigan Attn: Human Resources 26200 Lahser Rd., Suite 300, Southfield, MI 48033
<b>Fax:</b> 248-281-2098	<b>Email:</b> <a href="mailto:hrrsupport@pvm.org">hrrsupport@pvm.org</a>
<b>At your Village</b> to the Administrator or Human Resources Manager	



Thank you to everyone that participated in the Virtual Village Victory Cup! It was such a fun day!  
Keep an eye open for the awards presentation to be announced!





## 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

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

Mary Catherine Hannah

*Executive Director*

Jill Tibbits

*Administrator*

Katie Parr

*Perry Club Manager*

Jon Terrian

*Maintenance Tech*

Joseph Mastaglio

*Executive Chef*

Sandy Jakubiak

*Cook*

Mary Jane Kiogima

Dawn Svatora

*Dietary Assistants*

Andy Schaefer

*Registered Nurse*

### **Resident Assistants**

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Brooke Maki

Amanda Rockwell

Tammy Stclair

Susan Storrs

Janell Terrian

Farrell Thompson

Joele Weld

Christine Woodward

Sheree Woollard

### **Transporter**

Jim Flick

Jack Frank

Jane Rye

### EMERGENCY NUMBER

911

24/7 Resident Assistant Desk, Terrace Level

(231) 526-1500 x 4

Main Office Fax Number

(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)

4241 Village Circle Drive  
Harbor Springs, MI 49740

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