



# Perry Villager



Embrace the possibilities

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

July 2015

## Featured Articles

UV Safety	pg. 2
Stop Stressing	pg. 2
Live it Well	pg. 3
Birthday's	pg. 3
Senior Advocate	pg. 4
Movie Nights	pg. 4
Giving Matters	pg. 5



**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Happy July to everyone! A big huge and wonderful thank you to everyone who participated in the Virtual Village Cup this year... it was a wonderful event and I look forward to those prizes rolling in this year!

Another big huge and wonderful thank you to everyone who had already filled out and turned in their Resident Satisfaction Surveys... thank you! As I have said before, we taken the responses to these seriously and would love to hear from 100% of our residents and family members.

And yet another big huge and wonderful thank you to everyone who attended our Hillside-Friendship Center Renewal Project breakfast at Perry. It was great to see so many supportive folks out – and Lois Manville and Barb Taylor did a wonderful job telling their stories about how important Hillside is to our community.

July is such a busy month in Harbor Springs – so many great community events and friends and family visiting and parades and music...whew. Just a reminder to be safe, drink lots of water, and have fun!

At Hillside Phase I we are starting to have our pre-move planning meetings, getting ready for the start of our big project in September. At both campus' we are continuing to work on landscaping: pruning, trimming, pulling and planting. At Perry we are also working on the installation of some new/supplemental air conditioning for our lower level Wellness Center and Salon. The work never ends!

As always, come and see us in the office if you have any questions or concerns – we are always ready to listen!

*Mary Catherine Hannah*

## Board Members



### PFVA

Judge Jim  
Churchill  
Karin Flint  
Don House  
Linda Rhodes-  
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Lois Manville  
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## UV Safety



July is UV Safety Month. Hats, sunglasses, sunscreen and protective clothing are all recommended as protection against excessive ultraviolet radiation (UV).

Do you know why you need this protection? The answer is that while small amounts of UV are essential for the production of Vitamin D, excessive UV may result in acute and chronic health effects on the skin, eye and immune system.

By giving yourself a short refresher course in the dangers of UV and taking a few simple precautions, you can greatly reduce your risk of sun-related illnesses. The following steps are recommended by the U.S. Centers for Disease Control and Prevention (CDC) and the Environmental Protection Agency (EPA):

- Limit your time in the sun between 10 a.m. and 4 p.m.
- Whenever possible, seek shade.
- Use a broad spectrum sunscreen with an SPF of at least 15.
- Wear a wide-brimmed hat and if possible, tightly woven, full-length clothing.
- Wear UV-protective sunglasses.
- Avoid sunlamps and tanning salons.
- Watch for the UV Index daily. UV Index reports can be found in local newspapers, on television, etc.

The American Academy of Dermatology recommends that, "If you must be in the sun, use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15, even on cloudy days."

### ABCs for FUN in the SUN

**A=AWAY.** Stay away from the sun in the middle of the day.

**B=Block.** Use SPF 15 of higher sunscreen.

**C=COVER UP.** Wear a T-shirt and a hat.

**S=SPEAK OUT.** Talk to family and friends about sun protection.

## Stop Stressing! It's Summertime



We all know what it feels like to be overwhelmed by stress, and there are many ways to effectively reduce high levels of stress to more manageable levels so you don't suffer negative health consequences. However, the best way to manage severe stress is to prevent it, or catch it while it's still low-grade stress and prevent it from becoming severe and chronic. Below are some important suggestions that have also been recommended by the Mayo Clinic on how to manage stress day-by-day to prevent it from becoming overwhelming.

**Relaxing:** It's important to keep your mind and body relaxed. Meditation, prayer, having a creative outlet, listening to music and laughter all help.

**Physical Activity:** Practicing martial arts, jogging, lifting weights, or even a short walk can improve mood and reduce feelings of stress by increasing endorphins, lowering cortisol levels, and providing many other benefits.

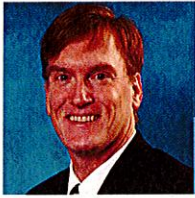
**Eat Well:** A healthy diet gives you the energy to handle daily stress, and keeps your blood sugar levels stable so you don't experience mood swings due to low blood sugar levels. Skipping meals and making poor food choices can contribute to fatigue, greater susceptibility to illness, and greater feelings of stress.

**Setting Boundaries:** Being overscheduled and rushed can be a significant cause of stress. By prioritizing your commitments and saying no to some tasks can help you be more successful with what you find to be really important, and you'll have extra time for additional stress management activities.

**Keep a Positive Perspective:** Throughout the day, stop and evaluate the endless stream of thoughts that run through your mind. If they are negative, try to reframe those thoughts in a positive way.

**Get Help If You Need It:** If stress is affecting your ability to work or find pleasure in life, seek help from your doctor, mental health care provider or other professional. There's no need to let stress overwhelm your life, and there are many effective forms of help available. Finding it could give you the life you want and deserve.





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

By Tom Wyllie,  
Director of Wellness

*This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program*

### Let Your Garden Grow



What better hobby than one that creates life! Gardening not only makes the environment around you bloom into something even more beautiful, it also provides some great health benefits. Here are a few important benefits to keep in mind as you plant:

**Increases hand strength:** Gardening keeps hand muscles healthy and strong, because of the continuous work it requires. Try maintaining a garden to lower the risk of your hands losing their agility!

**Decreases risk of Alzheimer's disease:** In a study, researchers found that daily gardening was one of the biggest activities that reduced the risk of dementia. This may be due to the amount of learning and problem solving that goes into managing a garden.

**Improves immunity:** While working outside in your garden, your body is turning sunlight into vitamin D. Vitamin D can help your body fight off diseases, and can also alleviate depression.

You can either choose to start plants from seed early in the season (6 weeks before the last frost) or buy starter plants any time during the summer. Pick out your favorites and watch them flourish!

# July

## Birthdays!

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



16<sup>th</sup> Gery Willey  
23<sup>rd</sup> Marian Peterson  
25<sup>th</sup> Catherine Stewart  
29<sup>th</sup> Carol Smith  
30<sup>th</sup> Artie Lancaster  
30<sup>th</sup> Billie Serba

"Where liberty  
dwells, there is my  
country."  
-Benjamin  
Franklin





# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to Rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center. Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer!

★ **MOVIE NIGHT** ★  
Admit One

**Saturday, July 4<sup>th</sup>**  
Field of Dreams

**Saturday, July 11<sup>th</sup>**  
Please Don't Eat the Daisies

**Saturday, July 18<sup>th</sup>**  
On the Town

**Saturday, July 25<sup>th</sup>**  
The Long, Hot Summer

**Saturday, August 1<sup>st</sup>**  
Guys and Dolls










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



"We hold these truths  
to be self-evident, that  
all men are created  
equal, that they are  
endowed by their  
creator with certain  
unalienable rights, that  
among these are  
Life, Liberty and the  
pursuit of Happiness."



# July Happenings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Movie Matinee at 2 pm "The Blind Side"	6 9 am Fit & Well 10:30 Sit & Fit 1pm Scrabble	7 1pm Lemonade & Cookies 2pm Wii Bowling 5p-6p Piano Music	8 9 am Fit & Well 10:30 Sit & Fit 12pm Backyard B.B.Q. 	9 11 am Euchre 2pm Bingo 3pm Bible Study	10 9 am Fit & Well 10:30 Sit & Fit 1pm Tie Blankets	11 Movie Night At 6:45 pm "Please Don't Eat the Daisies"
12	13 9 am Fit & Well 10:30 Sit & Fit 6pm Music with Catherine 	14  12pm Luau! 2pm Wii Bowling 5p-6p Piano Music	15 9 am Fit & Well 10:30 Sit & Fit 12:30pm Perry/Hillside Shopping Day 2pm Travel Series	16 11 am Euchre 2pm Bingo	17 1pm Bill's Farm Market 	18 Movie Night At 6:45 pm "On the Town"
19 Movie Matinee at 2 pm "Julie & Julia"	20 1pm Ice Cream Social 	21 2pm Wii Bowling 5p-6p Piano Music	22 11:30 am Lavender Hill Farms for Lunch 	23 11 am Euchre 2pm Bingo 3pm Bible Study	24 10am Thrift Shopping 	25 Movie Night At 6:45 pm "The Long, Hot Summer"
26	27 9 am Foot Clinic 6pm Music with Catherine 	28 2pm Wii Bowling 5p-6p Piano Music	29 11:30 am Lunch at Dudley's Deck 2pm Travel Series	30 11 am Euchre 2pm Bingo 3pm Bible Study	31 1pm Pond Hill Farm 	August 1 Movie Night At 6:45 pm "Guys and Dolls"




# July Lunch 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Calzone	2 Open-Face Chicken Chipotle Sandwich	3 Chicken Salad	4 Pasta Salad
5 Ciabatta Grilled Cheese Sandwich with Fruit	6 B.L.T.	7 Whitefish Sandwich	8 Beef Stew	9 Chicken Strudel	10 Soup & Beef Sandwich	11 French Toast Supreme
12 Turkey Salad with Soup	13 Pastrami Sandwich	14 Luau	15 Cilantro Chicken Salad	16 Toasted Reuben	17 Shrimp Salad	18 Egg Salad Sandwich
19 Grilled Mozzarella Sandwich	20 Club Sandwich	21 Tuna Melt	22 French Dip	23 Italian Grilled Sandwich	24 Soup & Turkey Sandwich	25 Country Ham Sandwich
26 Pulled Pork Sandwich	27 Sloppy Joos	28 Shrimp Caesar	29 Salmon Panzanella Salad	30 Bleu Cheese Club	31 Quiche with Fruit	



# July Dinner 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Baked Whitefish	2 Club Steak Parmigiana	3 But Crusted Walleye	4 Steak on the Grill 
5 Country Chicken	6 Wild Mushroom Ravioli	7 Salmon w/ Pineapple Salsa	8 <b>Backyard B.B.Q. at 4 pm</b>	9 Beef Wellington	10 Spaghetti w/ Meat Sauce	11 Seafood Newburg
12 Pot Roast	13 Chicken Picatta	14 Scallops	15 Salisbury Steak	16 Boneless Pork Chop w/ Apricot Sauce	17 Potato Wrapped Whitefish	18 Tenderloin Tips
19 Tilapia	20 Chicken Parmesan	21 Ran Roasted Lake Trout	22 Veal and Mushrooms	23 Rack of Lamb	24 Country Boneless Beef	25 Chicken Stir-Fry
26 Turkey Tetrazzini	27 Cornish Hen with Wild Rice	28 Beef Bourguignon	29 Meatloaf & Mashed Potatoes	30 Country Boneless Pork	31 Chicken Amandine	





# Giving Matters.

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

## What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **Gifts that pay you income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (\_\_\_\_\_ percent of the residue of my estate) or (the sum of \$\_\_\_\_\_), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

We are so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.

Warm regards,  
Paul J. Miller, CFRE

## LEAVE A Legacy

Ways to make  
a Planned Gift

Support PVM during your  
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy



**Presbyterian  
Villages**  
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THE FOUNDATION

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller:

**248.281.2045** [www.pvmnfgifts.org](http://www.pvmnfgifts.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)



**Presbyterian  
Villages**  
OF MICHIGAN

THE FOUNDATION

## Office Numbers (231) 526-1500

### Village Staff

<b>Mary Catherine Hannah</b> <i>Executive Director</i>	<b>Greg Goodman</b> <i>Executive Chef</i>	<b>Andy Schaefer</b> <i>Registered Nurse</i>	<b>Wendy Nellett</b> <i>Amanda Rockwell</i>
<b>Jill Tibbits</b> <i>Administrator</i>	<b>Sandy Jakubiak</b> <i>Cook</i>	<b>Resident Assistants</b> <i>Mariah Brecht</i>	<b>Susan Storrs</b> <i>Janell Terrian</i>
<b>Katie Parr</b> <i>Wellness Coordinator</i>	<b>Mary Jane Kiogima</b> <i>Mary Niswander</i>	<b>Tanya Chevalier</b> <i>Arrin Dull</i>	<b>Sheree Woollard</b> <b>CDL Transporter</b>
<b>Dan Kolberg</b> <i>Maintenance Tech</i>	<b>Jon Terrian</b> <i>Groundskeeper</i>	<b>Colleen Froats</b> <i>Rose Gokee</i>	<b>Jane Rye</b> <b>Housekeeper</b>
		<b>Shellie Harrington</b> <i>Tanja Jamroz</i>	<b>Tracy Archey</b>
		<b>Amanda Kleinert</b>	

### EMERGENCY NUMBER

(231) 526-1500 x 4

### Resident Assistants' Desk Cell

(231) 557-4403

### Fax Number

(231) 526-6462



**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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