



Perry Villager



Embrace the possibilities

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

June 2022



Featured Articles



Updates	pg. 2
Covid update	pg. 2
Birthdays	pg. 3
Puzzles	pg. 3
Wellness	pg. 4
Movies	pg. 5

Hello Perry Farm Residents and Families,
I am writing this after our Memorial Day picnic and gathering and am pleased that summer weather came in for celebrating and enjoying the patio area. It was wonderful to share time with so many under the new shade of the pergola and open door to the card room. We had our largest group of over 40 gathered to share a meal and remember those who served our country and are no longer with us.

We would like to recognize those veterans who call Perry Farm Village home: Kraeg Kepford, Jim Hoddy, Bill Fisher, and Jim Woodward. Thank you for your service!

Our **FRIENDS & FAMILY Fundraiser** was a huge success raising \$13,415!! This annual fund raiser in April is for all Presbyterian Villages to participate in to benefit their specific community. We are so pleased to announce that Perry Farm Donors raised the most of any PVM Village in Michigan with 25 donors and 12 new donors. A HUGE THANK YOU TO ALL WHO MADE THIS POSSIBLE. 100% of this remains here at Perry Farm to enhance programs and services for all Residents. A very special thank you goes to Colleen Froats for her beautiful quilts that gave us the opportunity for a raffle and added to our total. She has added two others to the walls for our viewing pleasure. What works of art they are!!!

Benefits of the fundraiser can be seen on our patio covering and fan, lawn games that will be placed outside for you and your families' enjoyment when they visit. We are waiting for an estimate on the shuffle board court and hope to have the new presentation screen up later in June.

Be sure to check out all the new programs and activities that Kjersti our Wellness Coordinator is offering along with outings and events! I have almost completed 6 months with you all and am so very glad to be here to serve you!!

Barbara



Perry Farm
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:

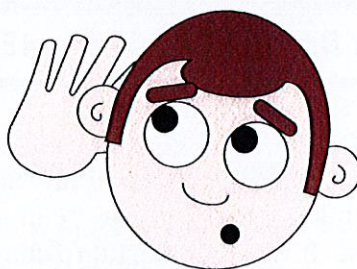


Hearing loss may increase the risk of cognitive problems and even dementia. By the time Americans reach their 70s, two-thirds have hearing loss.

"The general perception is that hearing loss is a relatively inconsequential part of aging," says Frank Lin, an otologist and epidemiologist at Johns Hopkins University in Baltimore. But recent findings, he says, suggest that it may play a much more important role in brain health than we've previously thought. Fortunately, there's a potential upside. If this connection — shown in several recent and well-regarded studies — holds up, it raises the possibility that treating hearing loss more aggressively could help stave off cognitive decline and dementia. "The benefits of correcting hearing loss on cognition are twice as large as the benefits from any cognitive-enhancing drugs now on the market. It should be the first thing we focus on."

The Connection Between Hearing Loss and Dementia

Questions? Call Dr. Wong, AuD
Little Traverse Hearing
231-881-9128



How Often Can I Be Reinfected with Covid?

By: Apoorva Mandavilli

New York Times

May 16, 2022

A virus that shows no signs of disappearing, variants that are adept at dodging the body's defenses, and waves of infections two, maybe three times a year — this may be the future of Covid-19, some scientists now fear. The central problem is that the coronavirus has become more adept at reinfecting people. Already, those infected with the first Omicron variant are reporting second infections with the newer versions of the variant. Those people may go on to have third or fourth infections, even within this year. And some small fraction may have symptoms that persist for months or years, a condition known as long Covid. "It seems likely to me that that's going to sort of be a long-term

pattern," said Juliet Pulliam, an epidemiologist at Stellenbosch University in South Africa. "The virus is going to keep evolving," she added. "And there are probably going to be a lot of people getting many, many reinfections throughout their lives."

This is not how it was supposed to be. Earlier in the pandemic, experts thought that immunity from vaccination or previous infection would forestall most reinfections. The Omicron variant dashed those hopes. The good news is that most people who are reinfected with new versions of Omicron will not become seriously ill. At least at the moment, the virus has not hit upon a way to fully sidestep the immune system.

Board Members

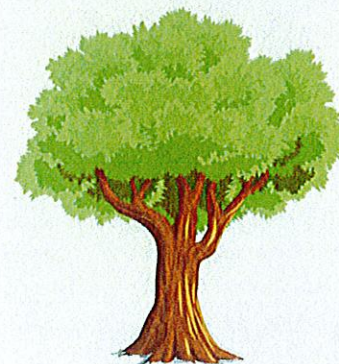


PFVA

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

PFDC/Hillside

Kay Flavin
Karin Flint
Roy Griffiths, Jr.
David Hartnett
Terry Keating
Tim Knapp
Linda Rhodes-
Pauley
Joanne Robinson



Let's Go Outside!

As the weather turns warmer and the sun is shining, Let's get outside and have some fun!

You'll notice a few additions to our outdoor area this summer. Maybe try your hand at Corn Hole or gather a few friends for Croquet! Tuesdays 11am, meet in Card Room!

Shuffleboard and Bocce ball still to come in the future!

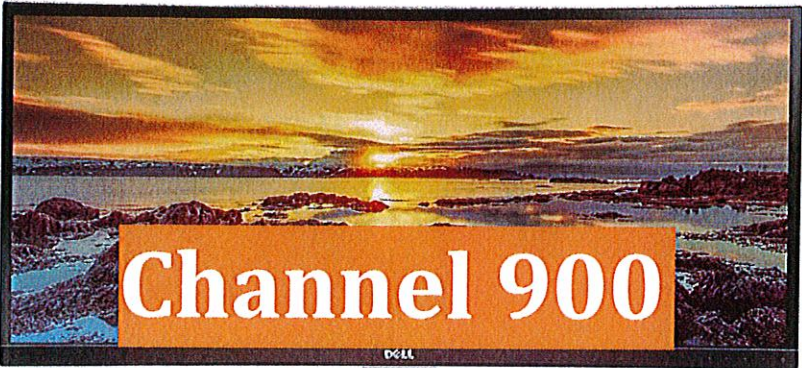


Pictures at Perry Farm Village

We would love to update our website with some current pictures of YOU! Please come to Happy Hour on **Thursday, June 2nd** for our community pictures!

Stay Connected! Community Channel 900

Check out our new Community Channel 900 throughout our Village and on your home television! You will find announcements, events, menus, and messages!



Sudoku

1		2					5
8		5	1		7		9 4
9			3				8 7
7	2	3	4				
		4			5	8	
	9		7		1		2
4							
			8				

Riddles

- 1-What can travel all around the world without leaving its corner?
- 2-What two things can you never eat for breakfast?
- 3-When is a door no longer a door?
- 4-Two fathers and two sons are in a car, yet there are only three people in the car. How?

Ask or email Kjersti for the answers ☺

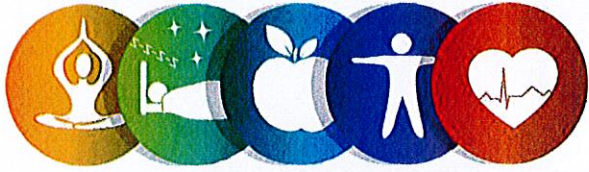


Birthdays!

- 1st Bill F.
- 2nd Leo H.
- 13th Norma B.
- &
- 26th Ciara H, RA

Happy Birthday from all of us at Perry Farm Village!





Wellness Matters

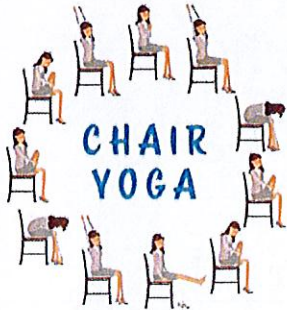
Kjersti Kontio
Wellness Coordinator

Wellness Classes in June

Yoga: Yoga is a low-impact activity that won't strain your joints.

Our new yoga program, starting on Thursday, June 2nd at 9:30am

is designed to include seated and standing options. Give it a try!



Pilates: Like yoga, Pilates offers an effective workout while being gentle on joints and has been shown to reduce the symptoms of arthritis, multiple sclerosis (MS), and Parkinson's disease.

Many of the exercises are performed in sitting or reclining positions.

Our new class, Flex & Stretch will incorporate elements of Pilates and Strength Training!

Starting Tuesdays 6/7 at 9:30am!



Aerobic exercise: Adding endurance activity to your day can help boost cardiovascular function, strengthen lungs and airways, and improve every day stamina. Walking, swimming, and using the stationary bike are all good choices! Thirty minutes a day is the recommended amount. This can include three short, 10-minute sessions spread out over the day.



Strength training: No, we're not talking about bench pressing 100 pounds! There are simple, low-impact bodyweight exercises you can do to help reverse muscle loss. Aim for two to three workouts weekly to reap the most benefits. *Our Sit & Fit class on Monday, Wednesday and Friday at 10:30am is a perfect option!* Please join us!



Men's Only Balance! There are a few simple exercises we can do that help us improve and maintain our balance. This class is only for the men and will last only 30 minutes! June 9th at 11-11:30am.



Summer Time

Sun shines on your skin
and mine.
Until it sets way after nine.
Memories made with a cold
drink in hand.
Moments to cherish with feet
in the sand.
Everyone laughing smiles on
every face.
Remember the moments;
those were the days.
Turn up the music, sing it out
loud.
Indigo skies, no sign of a
cloud.
Mutter the words that no one
will know.
Everlasting memories;
where does time go?

— William Wilson

Let's learn or Perfect our Croquet skills as we gather on Tuesdays at 11am in June in the Card Room and head outside together!

Thursday, June 23rd at 1pm
Let's meet in the Card Room for a make & take patriotic wreath!
Sign up to join in the fun!

June Classes for Wellness

Sit & Fit

Mon/Wed/Fri 10:30am

Flex & Stretch

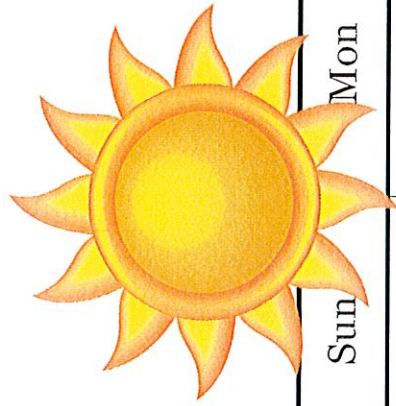
Tues 9:30am

Yoga

Thurs 9:30am

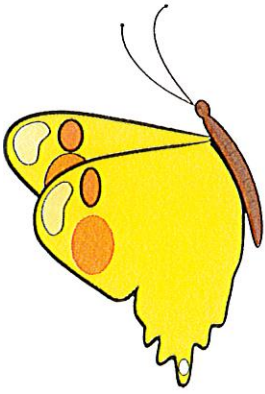
Men's Only Balance!

Thurs June 9th – 11am



June Lunch

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chicken Salad Sandwich	2 French Dip	3 Quiche Lorraine	4 Fish Sandwich
5 Cheese-Burger	6 Meatball Sub	7 Tuna Melt	8 Egg Salad Sandwich	9 Pulled Pork Sandwich	10 Derby Sandwich	11 Sloppy Joe
12 Quesa-Dilla	13 Corned Beef Rueben	14 Turkey Sandwich	15 Chef Salad	16 Grilled Cheese	17 Maurice Salad	18 BLT
19 Brat-Wurst	20 Patty Melt	21 Roast Beef Sandwich	22 Grilled Ham & Cheese	23 Turkey Wrap	24 Spinach & Swiss Quiche	25 French Dip
26 Hot Dog	27 Turkey Sandwich	28 Ham Sandwich	29 Chicken Salad Sandwich	30 Tuna Salad Sandwich		



June Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Sautéed Whitefish	2 Spaghetti W/ Meat Sauce	3 Beef Tips	4 Seared Duck Breast
5 Shepard's Pie	6 BBQ Chicken	7 Taco Dinner	8 Atlantic Salmon	9 Baby Back Ribs	10 Crab Cakes	11 Pizza Night
12 Meat Loaf	13 Cranberry Chicken	14 Pot Roast	15 Broiled Whitefish	16 Pork Loin	17 Lamb Stew	18 Meaty Lasagna
19 BBQ Chicken	20 Salisbury Steak	21 Chicken Ala King	22 Atlantic Salmon	23 Spaghetti W/ Meat Sauce	24 Crab Cakes	25 Pork Tenderloin
26 Stuffed Peppers	27 Chicken Dijon	28 Beef Stroganoff	29 Cod Dinner	30 Baby Back Ribs		

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4:30pm Happy Hour Every day!	Lunch Bunch 2nd & 4th Wed 8th Petoskey Brewing 22nd The Pier	Bus Tues & Thurs Pick up 9:45am & 1pm Sarah 231-373-2803	1 No Sit & Fit 12:45-3pm Shopping 1pm Rummy Cube 2pm Bible Study 4:30pm Happy Hour	2 9:30am Yoga 11am Euchre 1pm Chicken Foot 4:30pm Happy Hour With photos!	3 10:30am Sit & Fit 1pm Rummy Cube 2pm Bingo 4:30pm Happy Hour	4 8:30-10am Continental Breakfast 4:30pm Happy Hour
5 8:30-10am Continental Breakfast 1:30pm Church Service 4:30pm Happy Hour 6:30pm Movie	6 10:30am Sit & Fit 1pm Rummy Cube 4:30pm Happy Hour	7 9:30am Flex&Stretch 11pm Croquet 1pm Bingo 4:30pm Happy Hour	8 10:30am Sit & Fit 12:00pm Lunch Bunch 1pm Rummy Cube 2pm Bible Study 4:30pm Happy Hour	9 9:30am Yoga 11am Euchre 4:30pm Happy Hour	10 10:30am Sit & Fit 1pm Rummy Cube 2pm Bingo 4:30pm Happy Hour	11 8:30-10am Continental Breakfast 4:30pm Happy Hour
12 8:30-10am Continental Breakfast 4:30pm Happy Hour 6:30pm Movie	13 10:30am Sit & Fit 1pm Rummy Cube 4:30pm Happy Hour	14 9:30am Flex&Stretch 11pm Croquet 1pm Bingo 4:30pm Happy Hour	15 9am-1pm Farm Market 12:45-3pm Shopping 10:30am Sit & Fit 1pm Rummy Cube 2pm Bible Study 4:30pm Happy Hour	16 9:30am Yoga 11am Euchre 1pm Travel Australia 4:30pm Happy Hour	17 10:30am Sit & Fit 1pm Rummy Cube 2pm Bingo 4:30pm Happy Hour	18 8:30-10am Continental Breakfast 4:30pm Happy Hour
19 Father's Day 8:30-10am Continental Breakfast 4:30pm Happy Hour 6:30pm Movie	20 10:30am Sit & Fit 1pm Rummy Cube 4:30pm Happy Hour	21 9:30am Flex&Stretch 11pm Croquet 1pm Bingo 4:30pm Happy Hour	22 10:30am Sit & Fit 12:00pm Lunch Bunch 1pm Rummy Cube 2pm Bible Study 4:30pm Happy Hour	23 9:30am Yoga 11am Euchre 1pm Crafts with Barb 4:30pm Happy Hour	24 10:30am Sit & Fit 1pm Rummy Cube 2pm Bingo 4:30pm Happy Hour	25 8:30-10am Continental Breakfast 4:30pm Happy Hour
26 8:30-10am Continental Breakfast 4-6pm Little Bay Live! 6:30pm Movie	27 10:30am Sit & Fit 1pm Rummy Cube 4:30pm Happy Hour	28 9:30am Flex&Stretch 11pm Croquet 1pm Bingo 4:30pm Happy Hour	29 10:30am Sit & Fit 12:45-3pm Shopping 1pm Rummy Cube 2pm Bible Study 4:30pm Happy Hour	30 9:30am Yoga 11am Euchre 1pm Travel Spain 4:30pm Happy Hour		

Are you interested in going out
for lunch?

Lunch Bunch

Will travel to a new destination for
lunch on the 2nd and 4th Wednesdays
each month!

June 8th – Petoskey Brewing

June 22nd – The Pier

Please sign up early as space is limited.
Ask Kjersti if you have any questions.



Catch the bus

Tuesday & Thursday

Pick up times - 9:45am & 1pm

Call Sarah 231-373-2803

to let her know you'll be waiting.

★ MOVIE NIGHT ★

Admit One

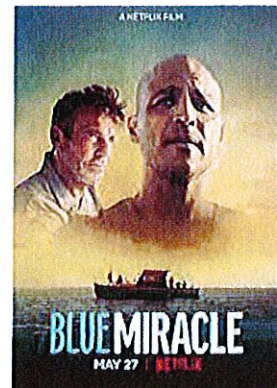
June 5th

“Penguin Bloom”



June 12th

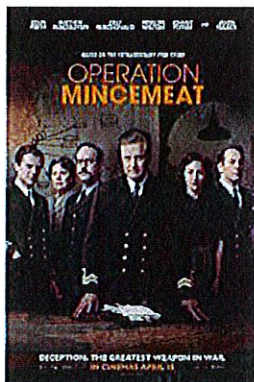
“Blue Miracle”



**Sunday
evenings
6:30pm**

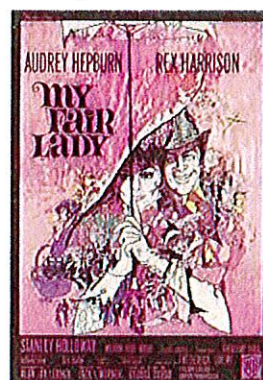
June 19th

“Operation Mincemeat”



June 26th

“My Fair Lady”



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



Presbyterian
Villages

OF MICHIGAN

THE FOUNDATION

Village Staff

Barbara Woodward-Boonstra

Executive Director

Jill Tibbits

Administrator

Kjersti Kontio

Wellness Coordinator

Mark Svatora

Maintenance Tech

Transporter

Vacant, but w / interim coverage

KITCHEN TEAM:

Joseph Mastaglio

Executive Chef

Jeremy Kimble

Cook

Dawn Svatora

Colleen Froats

Dietary Assistants

CAREGIVING TEAM:

Nancy Rondel (Interim)

Registered Nurse

Resident Assistants:

Benjamin Duncan

Joy Eaton

Rose Gokee

Ciara Halliday

Michelle Khaled

Karen Martin

Laurie Russo

Margaret Small

Susan Storrs

Sheree Woollard

Christine Woodward

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

Embrace the possibilities