



# Perry Villager



Embrace the possibilities

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

June 2018

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**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Look for PVM on:



## Executive Director's Column

My goodness – it kinda feels like whiplash this spring! As I sit down to write this it is 80+ degrees outside, the AC has been turned on and I actually decided it was TOO HOT to eat outside for lunch today ... and just about one month ago we had snow! The holiday weekend saw the first influx of summer folks returning to our area and the streets were once again bustling, the restaurants are full and the Farmer's Market has made its return! (My crazy children also dove into the lake up in GoodHart ... water temperature is only 45 degrees!!!!)

With so much change in the weather in such a short time we are struggling to get the grounds on both properties cleaned up and summer ready. Sprinklers have been blown out and started up, flowers are being planted and pots put out ... and the hum of lawn mowers and leaf blowers once again have become part of the soundscape of summer.

At Perry we will start to see work happening at the Apartment wing entrances – getting things cleaned up, replanted and looking good again! We have also gone with a new fertilizer product/treatment this year that is more environmentally friendly (better for our watershed) and with only one treatment – less invasive and less smell. At Hillside we are getting weeded and seeded, planters out and maybe even some additional plantings out front. You should also start to see the installation of our new signs this month! Sarah and Steve have been working hard on getting projects in line for the summer and even into next fall. After all the great work inside Hillside West this winter and spring – new carpet, new vinyl, new paint – it's time to get outside looking great too.

Finally, the HAH/Hillside/PFDC Board will be engaging in Strategic Planning this month at their June meeting. If you have any suggestions, thoughts, concerns, just track down myself, Jill or a board member to share and we will make sure it gets included in our planning discussions.

*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

### Summer Reading Fun



Recently I experienced the joy of being able to read to my grandchildren many times over while on vacation with them. I think I read the book about a dog named Biscuit at least forty times! What joy to be a part of their enthusiasm for reading. It flashed me right back to reading every night to my son and even being read to myself by my parents. I can even recall the excitement I felt as an elementary student when I brought the book Fun With Dick and Jane home to proudly show my mom. You can most likely flash back to some of your favorites as well. Reading is one of many ways that we can open up new worlds to our grandchildren and give our children some time to pursue other things. Also, this can help to set the path for success. Many studies have shown that being an avid reader gives youngsters a real advantage when it comes to learning overall.

Now that summer vacation is coming check out your local library. You can help your grandchildren select some of their favorite books and borrow them. Another thought is to create a contest to see how many books you can read together by the end of the summer. For advanced grades there will often be a recommended reading list sent home by teachers. You can also help with this which once again reduces some of the pressure on your own children as their parents. Some libraries ask for volunteer readers so that you can help other children learn the joy of reading. Remember to recapture the joy of reading for yourself. Sometimes we can look forward to lighter reading with fun novels at the pool or beach. Enjoy the summer and read on!

## Virtual Village Victory Cup

Please join us for some fun competition against other villages from PVM!

Events include the following:

**Beanbag Toss** (sitting or standing)  
**Hoop Shoot** (sitting)  
**Wellness Walk** (150 yards)  
**The Puzzler**  
**Kick-a-Roo**  
**Expression of Wellness**  
**Dance! Dance! Dance!**  
**Spirit Award**  
**Team Points**

If you are interested in participating in any of these events please sign-up with Katie in The Perry Club office! We also need Cheerleaders! We get points for everyone in attendance!

**Tuesday, June 12th**  
**11am Events at Perry**  
**12pm Brown Bag Lunch**  
**(Lunch is free for participants)**  
**12:30 pm Bus to Harbor Springs**  
**High School Gym for afternoon events**

Hope you will join us & stay tuned for team name- if you have suggestions please let Katie know!



## Pet Policy



*As the summer weather approaches, we'd like to take this opportunity to remind residents and guests about the House Rules regarding pets.*

*A copy of the House Rules with the Pet Rules is posted on the large Activity Board in Perry Center.*

*In addition to picking up after your pet, please adhere to these two items from House Rules Section 9:*

9.2 All dogs must be leashed and under supervision while in indoor and outdoor common areas.

9.3 No pets are allowed in the front entry way of the Perry Center; pet owners are encouraged to use the rear entry/exit doors as well as the doors located at the end of each residence hallway.

*Thank you in advance!*



## Birthdays!

**11<sup>th</sup> Nancy B.**

**13<sup>th</sup> Norma B.**

**18<sup>th</sup> Judy N.**

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

**★ MOVIE NIGHT ★**  
Admit One

**Saturday, June 2<sup>nd</sup>**

The Big Year

**Saturday, June 9<sup>th</sup>**

Bottle Shock

**Saturday, June 16<sup>th</sup>**

Midnight in Paris

**Saturday, June 23<sup>rd</sup>**

Two Weeks Notice

**Saturday, June 30<sup>th</sup>**

Yankee Doodle Dandy

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

**Sunday, June 3<sup>rd</sup>**

Quartet

**Sunday, 17<sup>th</sup>**

Father of The Bride

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







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

By Tom Wyllie,  
Director of Wellness

### Drink Up!



As we get older, our need to stay hydrated increases. If you lead an active lifestyle, your need is even higher. And now that the weather has warmed up, if you are active outdoors your need is even higher still. So why is it important to stay hydrated? For one, water helps our brains function properly. When we are dehydrated our capacity to think is diminished. We can get confused, become dizzy, get disoriented and as a result suffer a fall that could have disastrous consequences. If we don't drink enough water our ability to eliminate waste is also impacted. Our kidneys won't function properly, which in turn can lead to a host of serious health problems.

In general, the average healthy adult needs 64 ounces of water daily (eight 8 ounce glasses), however, the amount you need may differ depending on how active you are, on whether you have a chronic health condition, and on the amount and types of medications you take. As a result, it's best to have a conversation with your health care provider about your personal hydration needs. During that conversation, if you are someone who happens to also be dealing with incontinence and you haven't mentioned it to your doctor before; it's time to do so. A common but potentially dangerous practice some of us employ to deal with incontinence is to substantially reduce our fluid intake. Your doctor should be able to provide you with some tips, advice, and a treatment plan to deal with your incontinence in a much safer and healthier way.

## June Exercise Schedule

### Sit & Fit

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

### Fit & Well

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



## Chair Yoga with Ashley

June 5<sup>th</sup>  
June 12<sup>th</sup>  
June 19<sup>th</sup>  
June 26<sup>th</sup>  
**At 1:00 pm**

## Beginner Yoga with Ashley

June 6<sup>th</sup>  
June 13<sup>th</sup>  
June 20<sup>th</sup>  
June 27<sup>th</sup>  
**At 3:15 PM**

### Yoga Prices

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

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

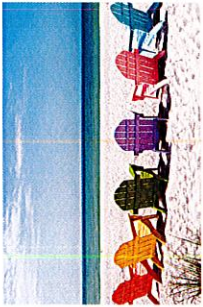





# June Happenings 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Movie Matinee at 2 pm "Quartet"	4 Bus Day 10:30 am Sit & Fit 2:30 pm Painted Rocks 	5  1:00 pm Chair Yoga 5pm Music with Gary	6 Bus Day 10:30 am Sit & Fit 1pm Resident Meeting 2pm Bible Study 3:15pm Beginner Yoga	7 11 am Euchre 2pm Travel Series with Munchies	8 Bus Day <i>Bus done by 1:30pm</i> 10:30 am Sit & Fit	9 Movie Night at 6:45 pm "Bottle Shock"
10 Great Lakes Chamber Orchestra "Grand Romance" at 6:30pm	11 Bus Day 10:30 am Sit & Fit 1pm Bill's Farm Market 	12 11 am Virtual Village Victory Cup 5pm Music with Gary	13 Bus Day 10:30 am Sit & Fit 2pm Bible Study 3:15pm Beginner Yoga	14 11 am Euchre 12pm Taco Extravaganza 2pm Travel Series	15 Bus Day 11:45 am Lunch at Little Traverse Country Club	16 Movie Night at 6:45 pm "Midnight in Paris"
17 Father's Day Movie Matinee at 2 pm "Father of The Bride"	18 Bus Day Movie at The Lyric Time: TBD 4:30pm Dinner at Barrel Back	19 11:15am-12pm Chair Yoga 5pm Music with Gary	20 Bus Day 9am Fit & Well 10am Shopping Day 10:30 am Sit & Fit 2pm Bible Study 3:15pm Beginner Yoga	21 11 am Euchre 2pm Travel Series Lake Street Ensemble & Cocktail Party 4p-5p 	22 Bus Day 9am Fit & Well 10:30 am Sit & Fit 1pm Crooked Tree Exhibit	23 Movie Night at 6:45 pm "Two Weeks Notice"
24 	25 Bus Day 9am Fit & Well 10:30 am Sit & Fit 1pm Petoskey Farms Vineyard & Winery	26 1:00 pm Chair Yoga 2pm Ice Cream Social 5pm Music w/ Gary 	27 Bus Day 9am Fit & Well 10:30 am Sit & Fit 2pm Bible Study 3:15pm Beginner Yoga	28 11 am Euchre 2pm Travel Series With Boston Coolers	29 Bus Day 9am Fit & Well 10:30 am Sit & Fit 11:30 am Concert in the Park "Ryan Cassidy"	30 Movie Night at 6:45 pm "Yankee Doodle Dandy"



# June Lunch

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



# June Dinner



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





# Giving Matters.

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

*Are you ready for the most  
exciting event of 2018?  
300 PVM residents are...  
It's the Village Victory Cup!*

I hope to see you at one of my favorite  
events of all time, ***the Village Victory  
Cup*** on June 22<sup>nd</sup> at Suburban  
Collection Showplace in Novi!



I love the event because it brings donors, volunteers, residents and staff members together under one roof! **It's a fun day of friendly, athletic-style competition—and a testament to the work that's being done for older adults.**

It's one way that donors, residents, staff and volunteers at PVM are making Michigan the best place to age! I can't wait for the bean bags to fly, the hoops to shoot and the games to begin!

Warm Regards,  
Paul J. Miller, CFRE


**\*P.S.** Behind every event is great volunteers! Do you want to volunteer at an event like the Victory Cup or the PVM Gala? Call Bobie at 248-281-7252!

— HELP SUPPORT THE PVM MISSION —


## Is your Will up to date?

Have you moved?  
Have your beneficiaries changed?

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.

 Presbyterian Villages of Michigan THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation  
**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

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)**

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Harbor Springs, MI 49740

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