



Perry Villager



Embrace the possibilities

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

June 2017

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**Perry Farm
Village**

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

So my family and I are about six weeks into our temporary relocation – and my respect and admiration for our Hillside residents who were displaced for over a year has grown exponentially! Not having ‘my’ things around me, being in a space that is not really mine, the logistics involved in getting where I need to go – all that much more difficult. So for all of you – and anyone who has gone through a difficult moving transition – kudos for handling it with grace!

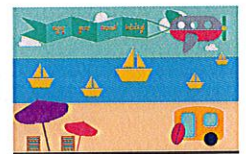
With the garage sales of Memorial Day weekend, I have also been thinking about the difficulties in downsizing and moving out of a home that you have been in for a long time. I remember packing up the house that my Grandmother had been in for over 40 years – the laughter and tears as we sorted through everything and how dear ‘things’ and our space can become. So it brings home to me how important looking after our physical spaces is – and not just for physical safety, but also for our sense of self and well-being.

At Hillside we have continued to struggle with issues around our new building (East) – and it prevents us from really feeling settled and at home. We are looking seriously at how to make sure that we have a good handle on all of the short and long term maintenance/upgrading projects at all of our buildings and then having a plan to address them in a timely manner. Security and pride in our homes is critical to wellness – body, mind and spirit.

Speaking of wellness – get out and enjoy the weather as it gets nicer! Let Katie at PFV or the folks down at the Friendship at Hillside East get you moving with some classes or other inspiration. As always – come see me anytime to chat. I am typically at Perry Farm Village Mondays, Wednesdays and Fridays and at Hillside Tuesdays & Thursdays.

Mary Catherine

Board Members



PFVA

Hon. James Churchill
Karin Flint
Don House
Linda Rhodes-Pauly
Ken Ostrowski

PFDC/Hillside

Kay Flavin
Karin Flint
Roy Griffiths, Jr.
Don House
Jean Jardine
Lois Manville
Rob Mossburg
Linda Rhodes-Pauly
Linda Riley
Debra Schirmer
Fred Walstrom
Linda Rachwitz

Look for PVM on:



Kitchen Round Up!



If you have any of the Perry Farm kitchen's plates, bowls, utensils, cups, etc. please return to the kitchen as soon as possible.

Thank you!



Calling All Volunteers!

If you would like a chance to volunteer here at Perry Farm Village please sign up in the volunteer binder in the card room.

Volunteer opportunities include the following:

Sunday Greeter
Bingo Calling
Door Posting
Activity Round-Up
Birthday Cards
Welcome Committee for New Residents
Gardening

If you have any other ideas to which you would like to volunteer please see Katie in the office.



Birthdays!

5th June D.
11th Nancy B.
13th Norma B.
18th Judy N.

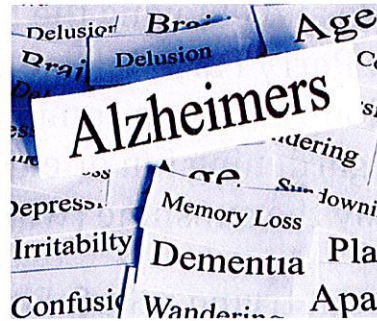


***Happy Birthday
from all of us at
Perry Farm Village!***





This month we have a special guest columnist, Victoria Macioce-Stumpf. Victoria is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.



As a person ages, they may begin to notice gradual changes in their memory, how they process things or even their ability to perform certain tasks. While most changes may be age-related, it is important to determine if there are any signs or symptoms of early Alzheimer's disease. Alzheimer's is a progressive and degenerative brain disease that may begin in middle or old age and is characterized by memory loss, confusion, behavioral changes and more.

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

To learn more about the signs and symptoms of Alzheimer's disease compared to typical age-related changes, read the [Alzheimer's Association 10 Warning Signs Checklist](#) and check out the information and activities from their [Alzheimer's & Brain Awareness Month](#) page.

Notes from Katie.....



I think the warm weather is finally here and as the weather is getting nicer take advantage of getting outside and enjoying the beautiful campus we have here at Perry Farm Village. Take a walk around the ½ mile loop and grab some friends to join you, join in some gardening fun or enjoy the wonderful patio to enjoy the sunshine (while wearing sunscreen)!

How about trying a Sit & Fit Class! The class is growing in size and we have a great time. We would love if you would join us to exercise and have a fun with us! We might even have some classes outside to enjoy the fresh Northern Michigan summer air!

June also brings us the Virtual Village Victory Cup!
Please sign up to compete in the following:

- Bean Bag Toss
- Hoop Shoot
- Wellness Walk
- The Puzzler
- Kick-a-Roo
- Expression of Wellness-Lip Sync Battle
- Photo Contest
- Spirit Award
- Team Points

Event will be Wednesday, June 14th at 11 am
with lunch included! Join us for the practices to get ready for the big day!

★ MOVIE NIGHT ★ Admit One

Saturday, June 3rd

The Long, Long Trailer

Saturday, June 10th

Saving Mr. Banks

Saturday, June 17th

A Dog's Purpose

Saturday, June 24th

The Shack

Saturday, July 1st

Yankee Doodle Dandy

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

Sunday, June 11th

Father of the Bride

Sunday, June 25th



Summertime



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



June Happenings 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>11 Movie Matinee At 2 pm "Father of the Bride" Great Lakes Chamber Orchestra "Americana Plus" at 7p</p> <p>18 Father's Day! </p> <p>25 Movie Matinee At 2 pm "Summertime"</p>	<p>5 Bus Day 10:30 am Sit & Fit 11:45 am Lunch at The Pier</p> <p>12 Bus Day 10:30 am Sit & Fit 11:30 am Lunch at Moose Jaw Junction</p> <p>19 Bus Day 9am Fit & Well 10:30 am Sit & Fit 1pm Bill's Farm Market</p> <p>26 Bus Day 9am Fit & Well 9am Foot Clinic 10:30 am Sit & Fit 11:45 am Lunch at Little Traverse Country Club</p>	<p>6 12:30p Games w/ Kids 1pm Victory Cup Practice 2pm Wii Bowling Piano Music 5p-6p</p> <p>13 1pm Lemonade & Cookies 2:00pm Wii Bowling Piano Music 5p-6p</p> <p>20 2:00pm Wii Bowling Piano Music 5p-6p</p> <p>27 10a-12p Hillside/Friendship Center Open House 2:00pm Wii Bowling Piano Music 5p-6p</p>	<p>7 Bus Day 10:30 am Sit & Fit 1pm Walking Group 2pm Bible Study 3pm Resident Meeting</p> <p>14 Bus Day 11am Village Victory Cup w/Lunch 2pm Bible Study</p> <p>21 Bus Day 9am Fit & Well 10am Perry/Hillside Shopping Day 10:30 am Sit & Fit 1pm Walking Group 2pm Bible Study</p> <p>28 Bus Day 9am Fit & Well 10:30 am Sit & Fit 1pm Walking Group 2pm Bible Study</p>	<p>1 11 am Euchre 2pm Travel Series</p> <p>8 11 am Euchre 1pm Ice Cream Social 2pm Travel Series</p> <p>15 11 am Euchre Service Excellence 10a-12p 12pm Taco Extravaganza! 2pm Travel Series</p> <p>22 11 am Euchre Attorney General Presentation "Scams" at 2 pm </p> <p>29 11 am Euchre 2pm Travel Series with Boston Coolers</p>	<p>2 Bus Day 1pm National Donut Day Celebration 10:30 am Sit & Fit</p> <p>9 Bus Day 10:30 am Sit & Fit 1pm Walking Group</p> <p>16 Bus Day 10:30 am Sit & Fit 1pm Walking Group 5pm Dinner at Crows Nest</p> <p>23 Bus Day 9am Fit & Well 10:30 am Sit & Fit 1pm Walking Group</p> <p>30 Bus Day 9am Fit & Well 10:30 am Sit & Fit 11:15a Concert in the Park "Ryan Cassidy" w/ Brown Bag Lunch 1pm Walking Group</p>	<p>3 Movie Night at 6:45 pm "The Long, Long Trailer"</p> <p>10 Allyn's Shepard's Ice Cream Social Celebration of Life At 1:30pm Movie Night at 6:45pm "Saving Mr. Banks"</p> <p>17 Movie Night at 6:45 pm "A Dog's Purpose"</p> <p>24 Movie Night at 6:45 pm "The Shack"</p> <p>July 1 Movie Night at 6:45 pm "Yankee Doodle Dandy"</p>

June Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Derby Sandwich	2 Chicken Salad Sandwich	3 Bratwurst
4 Baltimore Rueben	5 Monte Cristo	6 Maurice Salad	7 Pulled Pork Sandwich	8 Cheeseburger	9 Quiche Lorraine	10 Grilled Cheese & Tomato Soup
11 Coney Dog	12 French Dip	13 Herbed Grilled Cheese	14 Texas Rueben	15 Taco Extravaganza	16 Chef Salad	17 Turkey Bacon Wrap
18 Roast Beef & Cheese Sandwich	19 Veggie Cobb Salad	20 Steak Caesar	21 Tuna Salad Sandwich	22 Sloppy Joe	23 Egg Salad Sandwich	24 BLT
25 Fruit Salad W/ Cheese & Crackers	26 Club Sandwich	27 Tuna Melt	28 Ham & Cheese Sandwich	29 French Dip	30 Chicken Caesar	



JUNE DINNER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chicken Enchilada	2 Crab Cakes	3 Atlantic Salmon
4 Cranberry Chicken	5 Beef Stroganoff	6 Sautéed Whitefish	7 Shrimp Pasta	8 Baby Back Ribs	9 BBQ Chicken	10 Filet Mignon
11 Pork Loin	12 Spaghetti with Meat Sauce	13 Pork Milanese	14 Pot Roast	15 Broiled Whitefish	16 Beef Stir Fry	17 Lamb Stew
18 Spaghetti W/ Roasted Tomatillo Sauce	19 Country Beef With Gravy	20 Sautéed Whitefish	21 Baby Back Ribs	22 Chicken Alfredo Pasta	23 Pork Tenderloin	24 Crab Cakes
25 Cube Steak With Gravy	26 Shepard's Pie	27 Seared Duck Breast	28 Rosemary Chicken	29 Broiled Whitefish	30 Spaghetti With Meat Sauce	

Service Excellence



Service Excellence

LISTENING

Actively paying attention and seeking to understand.

RELATIONSHIPS

Our way of forming a meaningful and genuine connection with our residents, each other, and the community.

ACCOUNTABILITY

The willingness to accept responsibility and delivering upon expectations.

RESPECT

Treating all with dignity and worth.

Presbyterian Villages of Michigan

Presbyterian Villages of Michigan (PVM) is committed to providing excellent services to the elders 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

More information to come.....

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

Office Numbers Main Office (231) 526-1500

Village Staff

Normal open office hours: Mon-Fri 8:30a-3:30p
and Saturdays 9:00a-3:00p

Mary Catherine Hannah

Executive Director

Joseph Mastaglio

Executive Chef

Andy Schaefer

Registered Nurse

Brooke Maki

Amanda Rockwell

Susan Storrs

Jill Tibbits

Administrator

Sandy Jakubiak

Cook

Resident Assistants

Janell Terrian

Farrell Thompson

Katie Parr

Perry Club Manager

Mary Jane Kiogima

Dawn Svatora

Dietary Assistants

Tanya Chevalier

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Lois Hankins

Christine Woodward

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**

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