



Perry Villager



Embrace the possibilities

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

January 2017

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A New Year Begins...

And with it hopes for 2017! I always start the year with a new wellspring of anticipation for what the new-year will bring: new challenges, new highs, new lows, new expectation, love of the year-after-year traditions and thinking about the unexpected things that we can't even begin to anticipate. 2016 was a year of many, many unexpected challenges, great new opportunities, wonderful moments of compassion and caring and new moments to challenge our preconceptions. I am a PollyAnna – I always think the best of people and believe that everyone has best interest at heart when making decisions and I refuse to stop being a PollyAnna! So my New Year's Resolution is to continue to believe in the best intentions of everyone.

And with the Resolution in mind, we have great high hopes for 2017 at Perry and at Hillside. Our wonderful new building at Hillside is really coming together with lovely and tasteful furnishings, whimsical decorating touches and fantastic local art on the walls. We are welcoming great new residents and are really looking forward to the Friendship Center living into their new space with great new programming and new opportunities to learn, interact and enjoy community.

At Perry Farm Village we continue to get really great input from our owners about their vision for a long term sustainable future and work on implementing the ideas from owners, residents, & staff. We have pulled together a really great plan for refreshing/redesigning our patio space this spring and I look forward to seeing how neat and clean the landscaping looks after our 'great prune' of 2016!

As always – call, email, stop by my office – and chat. I look forward to a great 2017 with all of you!

Mary Catherine

Board Members



PFVA

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Karin Flint
Don House
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Perry Farm Village

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

"M" stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase "use it or lose it". It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.

January
Birthdays!

8th Tom Whittingham

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

HAPPY
BIRTHDAY



Perry Farm Village Book Club

A Very Happy New Year to all of the Perry Farm Village Residents
from our own Book Club!

We will continue the popular "read the book, see the movie" series in 2017.
The next Book/Movie combo is The Girl with the Pearl Earring, a novel about
the famous painting by Vermeer. Considered the Northern European Mona Lisa,
the story behind the portrait is intriguing and questions the identity this
mysterious girl.



If you enjoy a good read/movie, we would love to have you join our group.
Please contact Marni Cameron-Ostrowski (Unit 1) or Katie in the office
to get started.

Our next Book Club Meeting will be **Saturday, January 28th at 2pm** to discuss
the book and then view the movie on **Sunday, January 29th at 2pm**. Both
gatherings will be in the Perry Center Card Room.

Happy Reading!
Marni

5 FOODS THAT BEAT THE BLUES



OMEGA-3 FATTY-ACIDS:

Omega-3[s have been shown to reduce depression symptoms. Some foods high in Omega-3's include: certain types of fish (tuna, salmon, and halibut), eggs, milk, oatmeal, walnuts, peanut butter, and spinach.

VITAMIN D

This vitamin has been linked to huge increases in immunity and lowered depressive symptoms. Food-wise, egg yolks and fatty fish are the best way to get Vitamin D. Unfortunately, there is not an abundance of food sources for this mood-enhancing vitamin; it's best synthesized from the sun by our skin.

B VITAMINS

B vitamins support neurological health, and many, especially Vitamin B3 (niacin) and Vitamin B9 (folate/folic acid), help to manufacture neurotransmitters, like serotonin which is thought to be a contributor to feelings of well-being and happiness.

VITAMIN C

By now, everyone knows about Vitamin C's immunity-boosting superpowers. It's also high in antioxidants and can increase energy levels and lower anxiety. While most people associate it with fruits, especially the citrus variety, there are alternate options such as: leafy greens, parsley, broccoli and cauliflower.

MAGNESIUM

Magnesium-rich foods, like leafy greens, fish, and nuts can help you better deal with stress as well as reduce depression and bolster immunity.

Information provided by: <http://www.besthealthmag.ca/eat-well/healthy-eating/5-foods-to-beat-the-winter-blues>

★ MOVIE NIGHT ★ Admit One

Saturday, January 7th
A Walk in the Woods

Saturday, January 4th
Sully

Saturday, January 21st
Florence Foster Jenkins

Saturday, January 8th
The Von Trapp Family: A
Life of Music

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

Sunday, January 1st
Love Actually

Sunday, January 15th
It's a Wonderful Life

Sunday, January 29th
The Girl with the Pearl
Earring

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



January Happenings 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Movie Matinee at 2 pm "The Bishop's Wife"	2 10:30 am Sit & Fit	3 2:00 pm Wii Bowling	4 10:30 am Sit & Fit 10:45am "Bandwagon" at the Lyric 2pm Bible Study at Perry	5 11 am Euchre 2pm Travel Series 4:30pm Music with Catherine	6 10:30 am Sit & Fit 11:30am Cormack's Deli for Lunch	7 Movie Night at 6:45pm "A Walk in the Woods"
8	9 Foot Clinic Starting at 9 am 10:30 am Sit & Fit	10 1pm Cocoa & Cookies 2:00 pm Wii Bowling	11 10:30 am Sit & Fit 2pm Bible Study at Hillside	12 11 am Euchre 1pm Bingo 2pm Travel Series 4:30pm Music with Catherine	13 10:30 am Sit & Fit	14 Movie Night at 6:45pm "Sully"
15 Movie Matinee at 2 pm "Harvest of Fire"	16 Martin Luther King, Jr. Day Office Closed No Bus	17 2:00 pm Wii Bowling 5pm Teddy Griffin's for Dinner	18 10:30 am Sit & Fit 11:45 am Perry/Hillside Shopping Day 2pm Bible Study at Perry	19 11 am Euchre 12p Taco Extravaganza 2pm Travel Series 4:30pm Music with Catherine	20 10:30 am Sit & Fit	21 Movie Night at 6:45pm "Florence Foster Jenkins"
22	23 10:30 am Sit & Fit 11:45 am Lunch at Polish Kitchen	24 1pm Scrabble 2:00 pm Wii Bowling	25 10:30 am Sit & Fit 2pm Bible Study at Hillside	26 11 am Euchre 1pm Bingo 2pm Travel Series 4:30pm Music with Catherine	27 10:30 am Sit & Fit 2pm Tea & Cookies 	28 Book Club at 2pm Movie Night-6:45pm "The Von Trapp Family: A Life of Music"
29 Movie Matinee at 2 pm "The Girl with the Pearl Earring"	30 10:30 am Sit & Fit	31  2:00 pm Wii Bowling				



January Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Roast Beef & Swiss	2 Baltimore Rueben	3 Maurice Salad	4 Pulled Pork Sandwich	5 Ham & Cheese	6 Quiche Lorraine	7 BLT
8 Turkey Sandwich	9 Hot Dog	10 Egg Salad Sandwich	11 Sloppy Joe	12 Grilled Cheese & Tomato Soup	13 Chef Salad	14 Cheese- Burger
15 Sandy's Chili	16 Corned Beef Rueben	17 Derby Sandwich	18 Tuna Salad Sandwich	19 Taco Extravaganza	20 Chicken Salad Sandwich	21 Ham & Cheese
22 Meatball Submarine	23 Bratwurst	24 Tuna Melt	25 Corned Beef Rueben	26 Spinach & Swiss Quiche	27 Chicken Caesar	28 Pulled Pork Sandwich
29 BLT	30 Egg Salad Sandwich	31 Roast Beef Sandwich				



January Dinner Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Country Beef W/Gravy	2 Vegetarian Lasagna	3 Broiled Whitefish	4 BBQ Chicken	5 Lamb Stew	6 Pork Loin	7 Crab Cakes
8 Country Style Chicken	9 Shrimp Stir-Fry	10 Duck Breast	11 Spaghetti W/ Meat Sauce	12 Sautéed Whitefish	13 Stuffed Peppers	14 Filet Mignon
15 Pepper Steak W/ Gravy	16 Meatloaf	17 Broiled Whitefish	18 Chicken Parmesan	19 Beef Stir-Fry	20 Pork Chops	21 Salmon
22 Cranberry Chicken	23 Pork Loin	24 Crab Cakes	25 Swiss Steak	26 Baby Back Ribs	27 Beef Stew	28 Shrimp Pasta
29 Pork Tenderloin	30 Rosemary Chicken	31 Spaghetti W/ Meat Sauce				



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

PVM RECOGNIZED AS BEST-MANAGED NONPROFIT

I am pleased to report that Crain's Detroit Business has selected PVM as The Best- Managed Nonprofit for 2016. PVM received the honor "For tackling the complexity of meshing an affordable senior community with increased access to health care and related services for seniors in the surrounding neighborhood and collaborating at high levels to do it..." The Edward N. and Della L. Thome Rivertown Neighborhood, near Detroit's east riverfront, was the driving force behind this award due to innovation and challenges which were met along the way by PVM and its partners. United Methodist Retirement Communities and Henry Ford Health System also deserve much credit for making this campus a success.

PVM, throughout its 71 year history, has been known for innovation and collaboration. All of our thirty villages represent what PVM is all about in providing service excellence and a commitment to "embracing the possibilities" that life has to offer at any age. Congratulations to all on receiving this prestigious award. We will transport this same innovative spirit into 2017 and beyond. Happy New Year to all!



Giving Matters.

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

Michigan, we're not getting any younger.

Going to the mall to return gifts today?...Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30th oldest state** in the USA to **10th oldest**.

So what?

So, an aging population means **the services YOU help provide to seniors are more important than ever.**

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. **You are the reason that Michiganders can thrive as they age.**

Thank you for your continued dedication to Michigan's older adults!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



Maybe money CAN grow on trees...

UP TO 9.0% RETURN

Presbyterian Villages OF MICHIGAN THE FOUNDATION

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM!

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmfgifts.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

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

Jill Tibbits

Administrator

Katie Parr

Perry Club Manager

Jon Terrian

Maintenance Tech

Joseph Mastaglio

Executive Chef

Sandy Jakubiak

Cook

Mary Jane Kiogima

Mary Niswander

Dawn Svatora

Dietary Assistants

Andy Schaefer

Registered Nurse

Resident Assistants

Tanya Chevalier

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Lois Hankins

BethAnne Hoffmann

Brooke Maki

Amanda Rockwell

Susan Storrs

Janell Terrian

Farrell Thompson

Christine Woodward

CDL Transporter

Jack Frank

Jane Rye

EMERGENCY NUMBER

911

24/7 Resident Assistant Desk, Terrace Level

(231) 526-1500 x 4

Resident Assistants' Desk Cell

(231) 557-4403

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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