



# Perry Villager



Embrace the possibilities

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

January 2018

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**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

## *Greetings to 2019!*

It's always tough to think about the year past – to sum up all that was and then try and look ahead to the next year. What can we learn, what do we need to let go of, what can we forgive, what do we need to hold tight to and never forget? How can we take our experience of another trip around the sun and help to make our world a better place?

In our leadership meetings at PVM we have been challenged to think about how can we be a 'disrupter' in the aging services world? Which sounds scary and terrible – 'disrupter'. But, it has been those disrupters, those who challenge the status quo, who have brought the most innovation and positive change. Do we (the care givers, the Village leaders, the medical staff) really know what our residents – those actually experiencing the aging journey – want/need? Do we challenge ourselves enough to be able to up end accepted expectations? Challenge the status quo? Do we really need to 'simplify' technology for older adults? Do we need to reduce, constrict, and protect – or do we need to do more expanding, enabling and empowering?

As I head fully into the second half of my life and watch my parents, and Aunts and Uncles, as they roll past 60, 65, 70 ... they just continue to live their lives. My Aunt and Uncle ride their horses and ski, my Mom is planning a trip to China (with my son! Oh my!), another Aunt has taken up Zumba ... and others have passed away (MS, ALS, stroke ...) and that, too, is part of life. So how can we, PVM, continue to protect, love, encourage, serve, empower those we have as residents and their families, as well as our staff? Thoughts for 2019! Live life, love and the best of wishes for the New Year ... *Mary Catherine*

## Board Members



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Andy Spence  
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Kelley Newton  
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Look for PVM on:





## Smart Home Setup

Improving safety and comfort with smart home and IoT (Internet of Things) technology

### Introduction

The Internet of Things, or IoT, is a category of new technologies that have experienced significant growth in the consumer market over the last several. They are generally small, intelligent, and networked devices that integrate with otherwise non-digital items. Smart watches, IP security cameras, and self-driving cars all fall under this general category, as they bring everyday objects "online". Smart home technology is the application of IoT devices to improving the comfort, convenience, and safety of the user's home. The smart home configuration outlined below is an example of a simple setup that will demonstrate the uses of these technologies in apartment and senior living.

### Devices

- Amazon Echo Show (\$180): voice and touch controlled smart home hub with a tablet-like screen that serves as the command center of the smart home
- Amazon Echo Dot (\$40): small voice controlled home assistant, and can be used in conjunction with the Echo Show
- Amazon Fire TV Stick (\$40): turns any TV into a Smart TV, allowing the user to play videos and music from the internet through their TV
- Amazon Cloud Cam (\$100): cloud-based security camera that can be used to check in on one's home from anywhere with an internet connection
- Lixf Mini Light Bulb (\$30): smart light bulb that can turn, turn off, or be dimmed through voice control

### Practical Uses

While smart home technology can be used for a wide range of tasks, the lists below highlight a few of the most common, and in particular those that will be most useful in a senior living setting.

- Voice control from anywhere in the home
- Cast Netflix, Hulu, Spotify or other streaming music and video services to home TV
- Set lighting schedules to suite time of day (e.g. lights on in the morning, dimmed lights at night)
- Easily set timers, make list, or set recurring alarms
- On demand news and weather, delivered by the home assistant
- Hands free, voice-activated video and voice calling
- Monitor home remotely with access to IP security camera

### Conclusion

IoT (Internet of Things) technology is modular by design, so any initial setups could easily be scaled up or down to meeting future needs.

## 5 FOODS THAT BEAT THE BLUES



### OMEGA-3 FATTY-ACIDS:

Omega-3s 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>



## Perry Farm Book Club



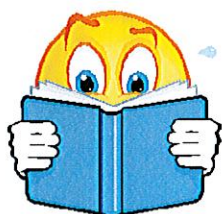
After our Christmas recess our Perry Farm Book Club will restart with a historical "who done it".

The Forgotten Seamstress by Liz Trenow weaves together past and present in a journey to discover a secret message stitched inside a quilt made before WWI. Who was the messenger and what was the story behind it? The book is a quest to reveal the mystery!

Please join our club meeting on February 2ns in the card room. To order the book, please contact Marni at (440) 667-6396.

Our club is a recognized book club in Harbor Springs and discounts on books are always available to members.

Happy New Year and Happy Reading!



**Saturday, January 5<sup>th</sup>**

The Love Bug

**Saturday, January 12<sup>th</sup>**

Mrs. Doubtfire

**Saturday, January 19<sup>th</sup>**

Blended

**Saturday, January 26<sup>th</sup>**

All Saints

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

**Sunday, January 6<sup>th</sup>**

The Bucket List

**Sunday, January 20<sup>th</sup>**

Fun with Dick and Jane

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







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

By Tom Wyllie,  
Director of Wellness

### Life Without a Car – Part 3



This is the third article in a series of articles I have been writing about living life without a car when my car was in the shop for some minor repairs. Last month I shared my experience using Lyft for transportation. This month I am going to introduce you to Shipt.

I first learned about Shipt a couple of years ago when visiting my older sister in Florida. Because I have unique dietary needs, the day I arrived she informed me that we needed to go grocery shopping to make sure we had enough of the right kinds of food. That's when she pulled out her phone and essentially said, "what should we get?".

I was a bit confused. Apparently, we weren't going to go to the grocery store to shop, we were going to "shop" with her phone using Shipt. Shipt is an on-demand grocery shopping service that you access using an app on a smartphone. You select what you want, place an order, someone on the other end claims it, goes to the store and does the actual shopping for you, and when done brings the groceries to wherever you are, usually at your home.

I watched this process unfold utterly amazed. After we filled our online shopping cart with what we wanted, my sister placed the order and selected a delivery time from the list of available times presented, all of which were just a few hours away from the current time. Within about an hour of the delivery time, she received a notification on her phone that someone had claimed her order that included the name and photo of the person who would be shopping for us.

When that person began shopping, she sent a text directly to my sister letting her know and asked her if she wanted to add anything else. As the shopping progressed, if the store didn't have an item my sister would get a text from the shopper with a recommended substitute that my sister could accept or reject. She even received a photo of the bananas the shopper planned to buy so we could make sure they were as ripe as we had requested.

It took the shopper about an hour to finish shopping. Before she left the store, she sent one last text letting us know her estimated time of arrival. When she arrived, my sister invited her in. The shopper placed the groceries on the counter then quickly went on her way. I could hardly believe it. We went grocery shopping without leaving my sister's house.

Flash forward a couple years. I am without a car and as luck would have it, I am of course out of food. That's when I remembered my experience at my sister's. Time to fire up Shipt so that I could go grocery shopping without a car. Next month, I'll let you know how it went.

## January Exercise Schedule

### Sit & Fit

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



### Yoga with Ashley

Tuesday's at 11:30 am

### Yoga Prices

\$50/month (4 classes)

\$15/class

\$12/class for Perry Club Members

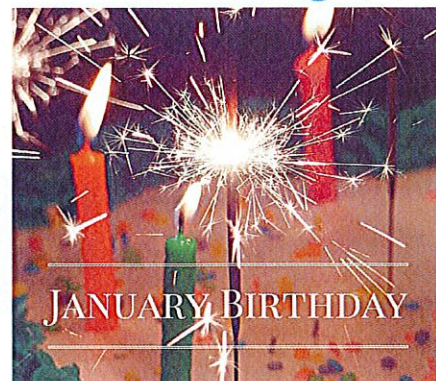
\$48/month Perry Club Members



## Birthdays





11<sup>th</sup> Kelley N.

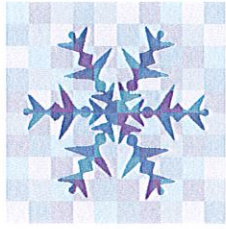
**Happy Birthday from  
all of us at Perry  
Farm Village!**



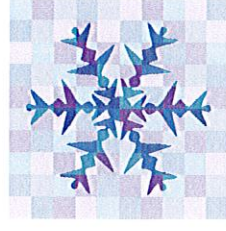


# January Happenings 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 6 1pm Scrabble Movie Matinee at 2 pm <b>"The Bucket List"</b>	7 10:30 am Sit & Fit Movie at The Lyric Time: T.B.D..	1 <i>New Years Day!</i>  Office Closed 3:00 pm Piano Lessons	2 10:30 am Sit & Fit 2pm Bible Study	3 9am Hallway Walking Group 11 am Euchre 2pm Travel Series	4 10:30 am Sit & Fit 2pm Afternoon Tea 	5 Movie Night at 6:45 pm <b>"The Love Bug"</b>
13 1pm Scrabble Movie Matinee at 2 pm <b>"The Bucket List"</b>	14 10:30 am Sit & Fit <b>"Healthy Transitions"</b> Seminar at 1 pm	8 9am Hallway Walking Group 1pm Bingo 3:00 pm Piano Lessons	9 10:30 am Sit & Fit 2pm Bible Study 5pm Dinner at The New York	10 9am Hallway Walking Group 11 am Euchre 2pm Travel Series	11 10:30 am Sit & Fit <b>11:30 am Lunch at            Julianne Tomatoes</b>	12 Movie Night at 6:45 pm <b>"Mrs. Doubtfire"</b>
20 1pm Scrabble Movie Matinee at 2 pm <b>"Fun with Dick            &amp; Jane"</b>	21 <b>Martin Luther            King, Jr. Day</b> <b>Office Closed</b> <b>No Bus</b>	15 9am Hallway Walking Group <b>11:30 am Yoga</b> 2pm Cocoa & Cookies 3:00 pm Piano Lessons	16 10:30 am Sit & Fit <b>10am Shopping Day</b> 2pm Bible Study	17 9am Hallway Walking Group 11 am Euchre 2pm Travel Series	18 10:30 am Sit & Fit	19 Movie Night at 6:45 pm <b>"Blended"</b>
27 	28 <b>9 am Foot Clinic</b> 10:30 am Sit & Fit Movie at The Lyric Time: T.B.D..	22 9am Hallway Walking Group <b>11:30 am Yoga</b> 1pm Bingo 3:00 pm Piano Lessons	23 10:30 am Sit & Fit <b>11:45 am Lunch            at The Pier</b> 2pm Bible Study	24 9am Hallway Walking Group 11 am Euchre 2pm Travel Series	25 10:30 am Sit & Fit <b>1:00 pm 2019 CTAC            Juried Photography            Exhibition</b>	26 Movie Night at 6:45 pm <b>"All Saints"</b>
27	28	29 9am Hallway Walking Group <b>11:30 am Yoga</b> 3:00 pm Piano Lessons	30 10:30 am Sit & Fit 2pm Bible Study	31 9am Hallway Walking Group 11 am Euchre 2pm Travel Series		

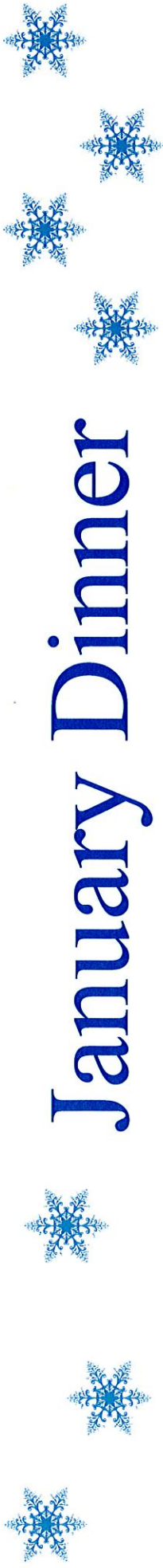


# January Lunch



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





# January Dinner

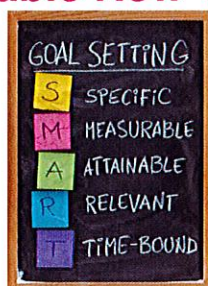
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Sautéed Whitefish	2 Spaghetti W/ Meat Sauce	3 Seared Duck Breast	4 Pot Roast	5 Macaroni & Cheese
6 Pizza Night	7 Broiled Whitefish	8 Baby Back Ribs	9 Beef Stew	10 Crab Cakes	11 Pork Loin	12 Stuffed Peppers
13 Lasagna	14 Meat Loaf	15 Sautéed Whitefish	16 Lamb Stew	17 Spaghetti W/ Meat Sauce	18 Atlantic Salmon	19 Beef Burrito
20 Beef Stroganoff	21 Broiled Whitefish	22 Rosemary Chicken	23 Pork Tenderloin	24 Crab Cakes	25 Baby Back Ribs	26 Macaroni & Cheese
27 BBQ Chicken	28 Shepard's Pie	29 Beef Stew	30 Lasagna	31 Quiche Lorraine		



Join us Tuesdays and Thursdays for a morning walking group at 9am! We will walk the halls of Perry Farm Village! Enjoy the support and fun of walking with others while improving your health! Meet in the Card Room with your walking shoes on!

## New Year, New You!

### *How to Set Attainable New Year's Resolutions*



It's that time of year again! It's a new year and a great time to set new goals or resolutions. As you may know, New Year's resolutions that focus on health and wellness are wildly popular. But they are also very hard to keep! So before we get into ideas for some healthy resolutions, let's talk about the best way to set a goal.

#### **Smart Goals**

When you set a goal, it is important to be as specific as possible. A good way to do this is to make a SMART goal. SMART goals are specific, measurable, attainable (or realistic), relevant, and time-bound. What is this so important? You are more likely to reach a SMART goal than a goal that is not well defined.

Let's go over some specific areas you may want to focus on for a healthier you in the New Year!

#### **Be More Active!**

Physical activity is a great way to improve your health, reduce stress and increase energy levels! Physical activity can be anything from walking to lifting weights to taking the stairs instead of the elevator. It is suggested that you try to get a half an hour of physical activity at least 5 days a week. An example of a SMART physical activity goal is to walk for thirty minutes on Monday, Tuesday, Thursday, Friday and Saturday.

#### **Eat More Fruits and Vegetables**

Fruits and vegetables are yummy, low calorie foods. These are high in water and fiber to help keep you full and contain nutrients to help fight disease and keep you healthy. You should aim for five serving of fruits and vegetables every day. An example of a SMART goal is to meet your five servings of fruits and vegetables at least three days a week. Why only three days? You need to make sure it is a goal you can reach! Fit your goal to what makes sense for YOU!

#### **Eat Breakfast**

Eating a balanced breakfast is a proven way to reach and maintain a healthy weight. It will also help you stay full and focused until lunch. An example of a SMART goal is to eat a balanced breakfast four days a week.

#### **Get Enough Sleep**

Getting enough sleep is important if you want to stay healthy! For most people, this means 7-8 hours of sleep a night. Enough sleep helps to lose and maintain weight, manage stress, and do your best during the day. An idea of a SMART goal is to go to bed by 10 p.m. five days a week.

These are just some healthy ideas to think about for the New Year. But there are many others! No matter what healthy goal you decide to take on in the New Year, be sure to make it a SMART goal. What is your New Year's SMART resolution?



## 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 **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*

*Cook*

**Mary Jane Kiogima**

**Dawn Svatora**

*Dietary Assistants*

**Andy Schaefer**

*Registered Nurse*

### **Resident Assistants**

*Arrin Dull*

*Benjamin Duncan*

*Susan Foley*

*Colleen Froats*

*Eva Gray*

*Rose Gokee*

*Shellie Harrington*

*Brooke Maki*

*Kristen Mingrone*

*Amanda Rockwell*

*Tammy St. Clair*

*Susan Storrs*

*Janell Terrian*

*Sheree Woollard*

### **Transporter**

*Jim Flick*

*Jane Rye*

### **EMERGENCY NUMBER**

**24/7 Resident Assistant Desk, Terrace Level**

**Main Office Fax Number**

**Jon's Maintenance Tech Office**

**911**

**(231) 526-1500 x 4**

**(231) 526-6462**

**(231) 221-1013**



**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)**

**4241 Village Circle Drive  
Harbor Springs, MI 49740**

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