



# Perry Villager



Embrace the possibilities

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

February 2016

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Perry Farm  
Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



My mother used to complain about how quickly time flies and she would bemoan how fast we grew up and on those endless weekends as a kids – when grey winter Saturdays dragged on FOREVER (because you better believe that my mother did NOT consider it her job to entertain us!) I thought that this complaint was one of those weird parent/adult things. So here I am both an adult and a parent catching myself looking at my kids and thinking “where did the time go?” and “how did it get to be the first of February already!?”

But here it is – February. Staring down the barrel of the back end of winter... we are starting the process of getting spring bids for spring clean-up, landscaping, mowing and our summer lists of exterior work. We have dealt with ice damming and construction slow-downs due to snow; heating units and hot water issues; kitchen renovations and finishes for the new Hillside building. Busy beginning of the year! A big shout out to Katie Parr and Jodi Brooke who have kept the campus’ humming along with warm fellowship activities and events and a big THANK YOU to our drivers – Jack and Jane – for their perseverance and safe driving through this winter weather. Also a warm Hillside and Perry welcome to Frank Smith – our new Maintenance Tech Lead! Frank has already had a great positive impact in helping Jon work on our back list of tasks and get caught up so that we can work on some longer term projects and address some out-standing system issues at both campus’. As always, if you have something that needs addressing – please contact the office so that we can a work request into our system! Stay warm and safe.

Mary Catherine

## Board Members



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Judge Jim  
Churchill  
Karin Flint  
Don House  
Linda Rhodes-  
Pauly  
Ken Ostrowski

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John Deegan  
Linda Rachwitz





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

By Tom Wyllie,  
Director of Wellness

### Did You Know?



If you are among the 500,000 plus Americans who undergo open heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.

Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open heart surgery considered to be an automatic death sentence.

In addition to being the first physician to successfully perform open heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.

### American Heart Month



Heart disease, including stroke, is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

**Make a difference in your community:** Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

**How can American Heart Month make a difference?**

We can use this month to raise awareness about heart disease and how people can help prevent it — both at home and in the community.

Here are just a few ideas:

Encourage families to make small changes, like using spices to season their food instead of salt.

Motivate teachers and administrators to make physical activity a part of the school day to help students start good habits early.

Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
  - Quit smoking and stay away from secondhand smoke.
  - Control your cholesterol and blood pressure.
  - If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



## Join the Fight Wear **Red** on February 5th



Support the fight against heart disease in women by wearing red on National Wear Red Day! It's a simple, yet powerful way to raise awareness of heart disease and stroke. For more information, visit the American Heart Association's *Go Red* website at [www.goredforwomen.org](http://www.goredforwomen.org).



### *Reminder for All Residents, Families & Guests*



Please keep your speed down while driving around the Perry Farm Village campus. People are out and dogs are being walked so it is important to remember to Go Slow!



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



14<sup>th</sup> Ann Churchill  
14<sup>th</sup> Marni Ostrowski  
15<sup>th</sup> Sally Ricker







## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### NATIONAL CHURCH RESIDENCES AND PRESBYTERIAN VILLAGES OF MICHIGAN WORKING TOGETHER TO KEEP SENIORS "HOME FOR LIFE" THROUGH NEW ENHANCED SERVICE COORDINATION AGREEMENT

SOUTHFIELD, Mich. - National Church Residences and Presbyterian Villages of Michigan (PVM) are combining their 126 years of experience to provide enhanced service coordination to residents at numerous PVM Villages. This new relationship began in early December 2015 and will be fully implemented by February 2016.

With its proven track record as the country's largest provider of service coordination, National Church Residences will provide service coordinators at 21 PVM affordable housing sites across Michigan. Through this strong collaborative relationship, PVM will become the 66th Quality Assurance Program for enhanced service coordination managed by National Church Residences.

Under the Home for Life model, National Church Residences has enhanced service using its Care Guide tool to understand a community's overall health and wellness profile, and to determine which residents may need more extensive support to continue living in the community. The service coordinators also arrange preferred providers to help the seniors and set up a more extensive socialization program. The two organizations will also be integrating these services into the many other innovative programs and services for which PVM is well known, such as resident engagement, wellness and service excellence.

Roger Myers, President & CEO for PVM, stated, "PVM is pleased to continue our path of innovation via partnering with National Church Residences. Our missions, values and philosophies are extremely well aligned. They are highly known throughout the senior living and aging services field for an exceptional commitment to quality service with dedication as a consumer-focused organization."

"Finding the best ways to allow seniors to continue to stay in their homes as they age is a passion for PVM and National Church Residences. We are so pleased to partner with them to serve their residents," said Terry Allton, Senior Vice President for Home & Community Services at National Church Residences.

*National Church Residences is committed to excellence that transforms the lives of the people it serves. The not-for-profit organization is an innovative leader in integrating housing, health care and supportive services, serving seniors of all income levels and families. With 340 communities in 28 states and Puerto Rico, National Church Residences is the nation's largest not-for-profit provider of affordable senior housing. It also operates full-service retirement communities in Ohio and Florida, as well as supportive housing for the formerly homeless and disabled in Ohio and Georgia. The National Church Residences model of person-centered care includes adult day health, assisted living, senior housing, skilled nursing homes, rehabilitation center, outpatient therapy, home health care and hospice. For more information, visit [www.nationalchurchresidences.org](http://www.nationalchurchresidences.org).*

*Presbyterian Villages of Michigan is a Michigan non-profit organization that was founded in 1945. It currently serves over 4,500 seniors of all financial means across the state in 28 communities. Its mission is to serve seniors of all faiths and create new possibilities for quality living and its vision is to positively transform senior living and services and enhance the communities it serves. For further information, go to [www.pvm.org](http://www.pvm.org)*

★ **MOVIE NIGHT** ★  
Admit One

**Saturday, February 6<sup>th</sup>**

The Artist

**Saturday, February 13<sup>th</sup>**

It Happened One Night

**Saturday, February 20<sup>th</sup>**

Somewhere in Time

**Saturday, February 27<sup>th</sup>**

An Affair to Remember

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

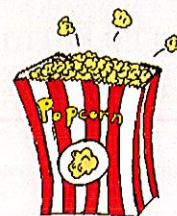
**Sunday, February 14<sup>th</sup>**

Sleepless in Seattle

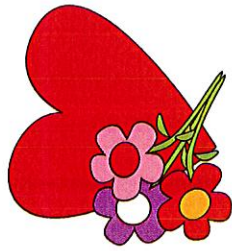
**Sunday, February 28<sup>th</sup>**

Casablanca

**Sunday Movie  
Matinee's  
At 2pm  
In Card Room**







# February Happenings 2016


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30am Sit & Fit	2 <i>Groundhog's Day</i> 9am Tai Chi 10 am Walking Group	3 10:30am Sit & Fit <i>2pm Brain Games</i>	4 9am Tai Chi 10 am Walking Group 11am Euchre 2pm Bingo 3pm Bible Study	5 <i>Wear Red Day</i> 10:30am Sit & Fit 2pm Heart Healthy Smoothies	6 <i>Movie Night</i> At 6:45pm "The Artist"
7 <b>Super Bowl</b> At 6:30pm Denver vs. Carolina	8 11:45 am Lunch at Whitecaps	9 9am Tai Chi <i>10am Paczki Day!</i> 2pm Wii Bowling <i>5pm Mardi Gras Dinner Party</i>	10 <i>Ash Wednesday</i> 10:30am Sit & Fit <i>1pm Valentine Cookie Decorating</i>	11 9am Tai Chi 10 am Walking Group 11am Euchre 2pm Bingo 3pm Bible Study	12 10:30am Sit & Fit <i>1:30p Crooked Tree Photography Exhibit</i>	13 <i>Movie Night</i> At 6:45pm "It Happened One Night"
14 <i>Valentine's Day</i> Movie Matinee At 2:00 pm "Sleepless in Seattle"	15 <i>President's Day</i> 10:30am Sit & Fit	16 9am Tai Chi 10 am Walking Group 1pm Cocoa & Cookies	17 10:30am Sit & Fit 11:45 am Perry/Hillside Shopping	18 9am Tai Chi 10 am Walking Group 11am Euchre 2pm Bingo 3pm Bible Study	19 10:30am Sit & Fit 1pm Billiards	20 <i>Movie Night</i> At 6:45pm "Somewhere in Time"
21 	22 <b>9am Foot Clinic</b>  10:30am Sit & Fit	23 9am Tai Chi 10 am Walking Group 2pm Wii Bowling	24 10:30am Sit & Fit <i>11:45 am Lunch at Etta's Kitchen</i>	25 9am Tai Chi 10 am Walking Group 11am Euchre 2pm Bingo 3pm Bible Study	26 10:30am Sit & Fit 4:45pm Dinner out at Northwood's	27 <i>Movie Night</i> At 6:45pm "An Affair to Remember"
28 Movie Matinee At 2:00 pm "Casablanca" <i>The Oscars</i> At 7p	29 10:30am Sit & Fit <i>1pm Scrabble</i> 	March 1 9am Tai Chi 10 am Walking Group <i>1pm Tea &amp; Conversation</i>	2 10:30am Sit & Fit	3 9am Tai Chi 10 am Walking Group 11am Euchre 2pm Bingo 3pm Bible Study	4 10:30am Sit & Fit 1pm Billiards	5 <i>Movie Night</i> At 6:45pm "Last Vegas"

# February Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tuna Melt	2 Chicken Salad	3 Country Ham Sandwich	4 Blue Cheese Club	5 Devonshire Sandwich	6 Sloppy Joes
7 Soft Tacos w/ Black Beans & Rice	8 Whitefish	9 Quiche	10 B.L.T.	11 Shrimp Salad	12 Turkey Sandwich & Soup	13 Traditional Reuben
14 <i>Valentine's Day</i> Quiche & Fruit	15 Steak Caesar	16 Tuna Salad	17 Turkey Reuben	18 Sloppy Joes	19 Chicken Strudel	20 Soup & Sandwich
21 Grilled Cheese	22 Mediterranean Sandwich	23 Chicken Salad	24 Club Sandwich	25 Turkey Sandwich & Soup	26 Beef Sandwich & Soup	27 Ham & French Toast Supreme
28 Egg Salad Sandwich	29 Tuna Sandwich					



# February Dinner Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tenderloin Tips	2 Veal Picatta	3 Pot Roast	4 Country Chicken	5 Salmon w/ Mango Salsa	6 Seared Blue Cheese Ney York Strip
7 Homemade Pizza Party!	8 Chicken Parmesan	9 5pm Mardi Gras Dinner Party 	10 Shrimp Stir Fry	11 Lasagna	12 Beef Tenderloin	13 Vegetable Stir Fry
14 Valentine's Day Beef Wellington	15 Chicken Pasta	16 Lamb Chops	17 Country Boneless Beef	18 Pork Ribs	19 Potato Wrapped Whitefish	20 Chicken Picatta
21 Swiss Steak	22 Chicken Estragon	23 Grilled Duck Breast	24 Mixed Grill	25 Scallops	26 Spaghetti	27 Chicken Stir Fry
28 Pot Roast	29 Meatloaf					

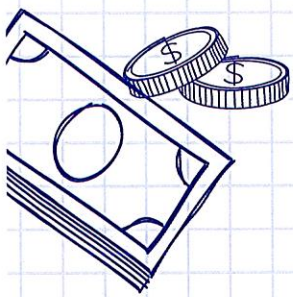
# Save the Date!

## Friends & Family, April 2016

Save the date for the annual **Friends & Family Appeal**,  
being held  
**April 1<sup>st</sup>-April 30<sup>th</sup>!**

Since 2002, this annual fundraising campaign has raised over **\$950,000** toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned!




### Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

**IMPROVE  
YOUR CASH  
FLOW!**

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



**Presbyterian  
Villages**  
OF MICHIGAN  
THE FOUNDATION

For more information, call Paul Miller at the  
PVM Foundation **248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.



## 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 (231) 526-1500

### Village Staff

**Mary Catherine Hannah**

*Executive Director*

**Jill Tibbits**

*Administrator*

**Katie Parr**

*Perry Club Manager*

**Frank Smith**

*Maintenance Tech Lead*

**Greg Goodman**

*Executive Chef*

**Sandy Jakubiak**

*Cook*

**Mary Jane Kiogima**

**Mary Niswander**

*Dietary Assistants*

**Jon Terrian**

*Maintenance Tech*

**Andy Schaefer**

*Registered Nurse*

#### **Resident Assistants**

*Tanya Chevalier*

*Susan Foley*

*Colleen Froats*

*Kimberley Givens*

*Eva Gray*

*Rose Gokee*

*Shellie Harrington*

*BethAnne Hoffmann*

*Amanda Kleinert*

*Wendy Nellett*

*Amanda Rockwell*

*Susan Storrs*

*Janell Terrian*

*Farrell Thompson*

*Christine Woodward*

#### **CDL Transporter**

*Jane Rye*

*Jack Frank*

### **EMERGENCY NUMBER**

(231) 526-1500 x 4

### **Resident Assistants' Desk Cell**

(231) 557-4403

### **Fax Number**

(231) 526-6462



**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

# Embrace the possibilities