



# Perry Villager



Embrace the possibilities

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

February 2017

## Featured Articles

Senior Advocate	pg. 2
Birthday's	pg. 2
Heart Month	pg. 3
"E" is for Eat	pg. 3
Wear Red	pg. 4
Movie Nights	pg. 4
Lost & Found	pg. 4
Giving Matters	pg. 5



**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

One month into 2017 – how are your New Year's Resolutions holding up? I am a bit late to getting mine set in my head & heart... and I am trying to take some learnings from my work life into my personal life – so I worked on making my New Year's goal – S.M.A.R.T. goals [Specific.Measurable.Attainable.Realistic.Time-Based].

One of the great things about big projects is that they can be exciting and all-consuming and that can also be the bad thing about big projects! So as our building project at Hillside East winds up and transitions to day-to-day operations, I can slow down a bit and take a breath and look around. Look for me at 'Coffees with Mary Catherine' at both campus' throughout the month and to be back into regular office hours – generally I will be at Hillside Tuesdays & Thursdays and at Perry Monday, Wednesday & Fridays. While sometimes I am off campus working on developing more and better programs to serve our current and future residents and helping to develop ongoing partnerships in the region – I am always available via email, text, cell phone, US post, etc.

We will be gearing up in the next month or so for our annual Friends & Family campaign – so if you have ideas for projects or needed/wanted items for either campus please let us know! We had wonderfully successful campaigns in 2016, so let's make 2017 even better!

Last – but most certainly not least – I am very happy to welcome Kurt Grangood as our new Administrator at The Village of Hillside. Kurt comes to us with a wealth of administration experience and has been a long-time resident of the area. We are excited to welcome Kurt to the PVM North family and to helping him be successful in his new role!

*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:







## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### SILVER KEY COALITION PRODUCING RESULTS FOR MICHIGAN SENIORS

It is a true pleasure to be able to announce good news for Michigan seniors. You may be aware that PVM is very involved with advocacy and community partnering to assist with quality of life for Michigan seniors. We are a part of making Michigan a great place to live and age well. No doubt there is still much work to do. However, on the good news front, we are making progress! PVM is a member of the Silver Key Coalition which was formed in 2014 to advocate for an increase in state funding for in-home services supported through the Michigan Aging and Adult Services Agency (AAHSA). AAHSA is the state agency charged with providing senior services across Michigan and reporting to state and federal government agencies. An increase of \$7.5 million over the past three years was intended to remove wait lists and serve all in need of assistance.

Due to rising costs and increased need we still have been unable to eliminate wait lists; although many more seniors did receive help. And there are many more seniors who still need help. The services which are provided include: Personal Care, Homemaking, Respite, Home Delivered Meals, Chore Services/ Minor Repair, Adult Day Care, Personal Emergency Response Systems and Medication Management. Our next phase of advocacy will feature a rationale for the value and positive outcomes of in-home services. The main message will stress the exceptional productivity by the Aging Network to increase the number of individuals assisted, increase funding for those on the wait lists, and emphasize progress in addressing unmet needs. Governor Snyder and the Michigan Legislature have been quite receptive to our advocacy efforts. In fact, he recognized the success and importance of the Silver Key Coalition in his recent State of the State Address. So the good news is that we are poised to see another increase for the 2018 budget in support of the Silver Key Campaign and Michigan seniors.

Many experts have noted that seniors want to maintain as much independence as possible, yet have needed services and safety measures in place. PVM is proud to be a part of providing services which assist Michigan seniors to take charge of their Aging Well destiny and create new possibilities for embracing life at any age. We will continue to advocate daily at all levels for PVM and community initiatives in support of all Michigan seniors. I will keep you posted on our progress as well as any other new information regarding senior services throughout Michigan. Healthy aging for all!

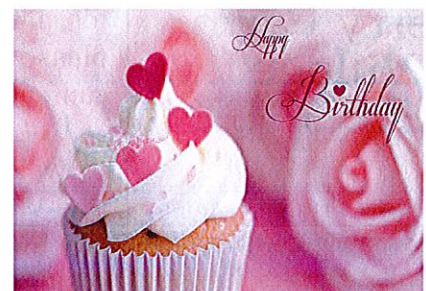
# February

## Birthdays!



**14<sup>th</sup> Ann C.**  
**14<sup>th</sup> Marni O.**

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





## 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.**



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

By Tom Wyllie,  
Director of Wellness

### "E" stands for Eat

In December 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 **Move, Eat, Sleep, Heal**. 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 the "E" (eat).

In the words of Dr. Thomas, "In order to be well, we need to eat well." So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but have since changed their minds and now claim it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say "whatever" and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore\*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

*\*To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*



## Join the Fight Wear **Red** on February 3rd



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).



If you are missing an item please come and check in the office we have a wide array of hats, scarves, eye glasses, jewelry, etc.

### ★ **MOVIE NIGHT** ★ Admit One

**Saturday, February 4<sup>th</sup>**  
Love & Friendship

**Saturday, February 11<sup>th</sup>**  
Me Before You

**Saturday, February 18<sup>th</sup>**  
The Meddler

**Saturday, February 25<sup>th</sup>**  
The Eagle Huntress

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

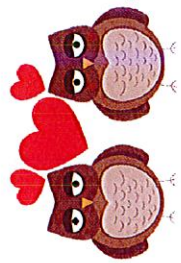
**Sunday, February 12<sup>th</sup>**  
Sleepless in Seattle

**Sunday, February 26<sup>th</sup>**  
Casablanca





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







# February Happenings 2017


Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30 am Sit & Fit 2pm Bible Study	2 <i>Groundhog's Day</i> 9am <i>Tai Chi</i> 11 am Euchre 2pm Travel Series 4:30pm <i>Music with Catherine</i>	3 <i>Wear Red Day</i> 10:30 am Sit & Fit 2pm Heart Healthy Smoothies	4 Movie Night at 6:45pm "Love & Friendship"
5  Super Bowl LI At 6:30pm Patriots vs. Falcons	6 10:30 am Sit & Fit Movie at The Lyric Time: TBD	7 2pm Sudoku	8 10:30 am Sit & Fit 2pm Bible Study	9 11 am Euchre 2pm Travel Series 4:30pm <i>Music with Catherine</i>	10 10 am Coffee with Mary Catherine 10:30 am Sit & Fit	11 Movie Night at 6:45pm "Me Before You"
12 Movie Matinee at 2 pm "Sleepless in Seattle"	13 10:30 am Sit & Fit 1pm Valentine Cookie Decorating	14 <i>Valentine's Day</i>  5 pm Valentine's Day Dinner	15 10:30 am Sit & Fit 11:45 am Perry/Hillside Shopping 2pm Bible Study	16 11 am Euchre 12pm <i>Taco Extravaganza</i> 2pm Travel Series 4:30pm <i>Music with Catherine</i>	17 <i>No Exercise!</i> 5pm Dinner at The New York	18 Movie Night at 6:45pm "The Meddler"
19	20 <i>President's Day</i> 10:30 am Sit & Fit Movie at The Lyric Time: TBD	21 2pm Cupcake Decorating 	22 10:30 am Sit & Fit 2pm Bible Study	23 11 am Euchre 2pm Travel Series 4:30pm <i>Music with Catherine</i>	24 10:30 am Sit & Fit	25 Movie Night at 6:45pm "The Eagle Huntress"
26 Movie Matinee at 2 pm "Casablanca" The Oscars At 7p	27 10:30 am Sit & Fit	28 10am Paczki Day! 5pm Mardi Gras Dinner Party 	March 1 <i>Ash Wednesday</i> 10:30 am Sit & Fit 2pm Bible Study	2 11 am Euchre 2pm Travel Series 4:30pm <i>Music with Catherine</i>	3 10:30 am Sit & Fit 11:45 am Lunch at Vernales	4 Movie Night at 6:45pm "Pillow Talk"

# February Lunch 2017

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



# February Dinner 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Country Chicken & Gravy	2 Broiled Whitefish	3 Beef Stir Fry	4 Pork Loin
5 Country Beef & Gravy	6 Vegetarian Stuffed Pepper	7 Spaghetti With Meat Sauce	8 Sautéed Whitefish	9 Chicken Florentine	10 Crab Cakes	11 Baby Back Ribs
12 Swiss Steak In Tomato Sauce	13 Vegetable Lasagna	14 Broiled Whitefish	15 Chicken Parmesan	16 Lamb Stew	17 Fresh Ocean Fish	18 Filet Mignon
19 Sunday Ham Dinner	20 Beef With Sweet Pepper & Gravy	21 Macaroni & Cheese	22 Baby Back Ribs	23 Shrimp Stir Fry	24 BBQ Chicken Dinner	25 Atlantic Salmon
26 Spaghetti With Meat Sauce	27 Pork Tenderloin	28 Mardi Gras Dinner			 LOVE	



# Giving Matters.

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

**ALL YOU NEED IS LOVE ❤️**  
**...and amazing donors LIKE YOU.**

*Really!*

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

❤️ Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or  
[pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

Paul J. Miller, CFRE



**Maybe money CAN grow on trees...\$**

**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.pvmgifts.org](http://www.pvmgifts.org)

**UP TO 9.0% RETURN**

**Presbyterian Villages OF MICHIGAN THE FOUNDATION**



## 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-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 Klogima

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](http://www.pvmfoundation.org)

4241 Village Circle Drive  
Harbor Springs, MI 49740

# Embrace the possibilities