



# Perry Villager



Embrace the possibilities

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

February 2018

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**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Ah February – the short month that feels like it lasts forever in Northern Michigan! Months down of winter and months left to go... but already a glimmer of hope. The light has changed and is already lighter when I head out in the morning or when I head to the car after work; the air seems slightly softer and March just *sounds* better right around the corner. So... it means we start thinking spring!

The raised garden beds at Hillside need a volunteer garden coordinator for this season! Veggies? Herbs? Cut flowers? The Resident Fund can buy seeds or plantings – but we need someone to take charge of the beds. Just let Sarah in the office know if you are interested. We are also thinking about our terraced beds and seeing if there is someone in the community who could help bring those back to their former glory – they need some love!

At Perry we are looking forward to a full season with our new 'Butterfly Garden' and new pergola over the patio. I know that Chef Joe is already thinking about cook-outs and grilling.

A huge thank you to everyone who filled out their Resident Satisfaction Survey! We have the results back and will be sharing those over the next couple of weeks with residents at both campus' and our plans to address any issues/concerns raised in those surveys. I know that I and all of the staff, and the board, take those results very seriously. We are continuously striving to improve our scores and responses – and make our Villages the best places to live that we possibly can.

Have a wonderful and happy February – enjoy the bits of increased sunshine.

*Mary Catherine*

## Board Members



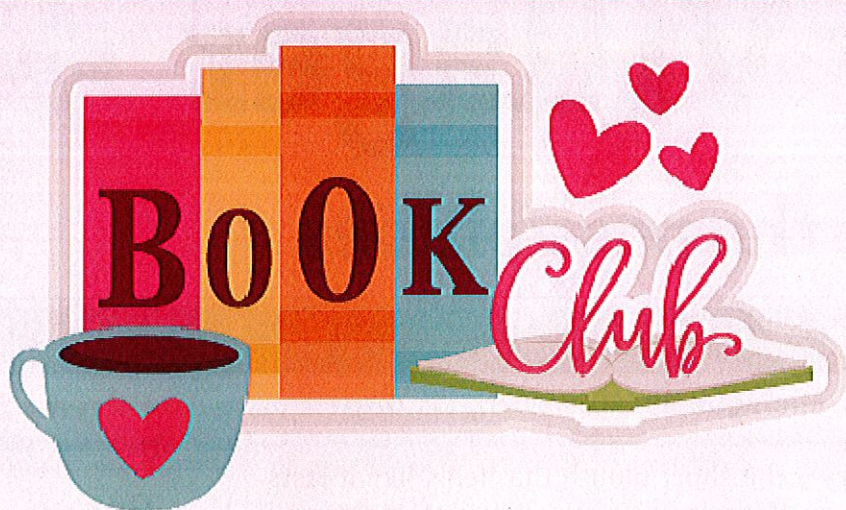
### PFVA

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

### PFDC/Hillside

Kay Flavin  
Karin Flint  
Roy Griffiths, Jr.  
Kate Kelly  
Don House  
Jean Jardine  
Andy Spence  
Linda Rhodes-  
Pauly  
Linda Riley  
Debra Schirmer  
Fred Walstrom  
Linda Rachwitz





### Perry Farm Book Club Notice

The Next meeting of our club will be  
Saturday, February 24th at 2 pm in the Card Room.

Our first "read" in the New Year will be  
**"The Wangs vs. the World,"** a smart and funny riches  
 to the rags story about a wealthy Chinese American  
 family who lose their fortune and Bel Air estate in the  
 financial crash of 2008 and head to China to reclaim a  
 plot of land once belonging to his ancestors. How the  
 Wangs with their four very American children grapple  
 with this foreign culture and gives us a new  
 understanding of what it means to be an American.

Please contact Marni (Condo 1) to order your book.  
 The average cost is about \$14.00 with our book club  
 discount.

Happy Reading,

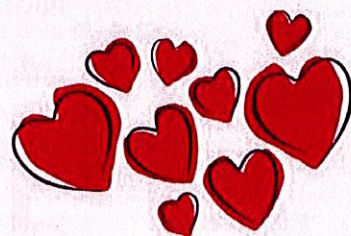
Marni

## FEBRUARY

### Birthdays!

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

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





## Join the Fight Wear **Red** on February 2nd



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).



## 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

### Exercise as a Spiritual Practice

We've all heard about the physical benefits of exercise, but did you know it can also be good for our souls? Though spirituality means different things to different people, at its core is a sense of connection to something greater than ourselves that fills us with awe and provides us with meaning and purpose. Cultivating that sense of connection requires practice, and one way to practice is through exercise.

As Dr. Stephanie Ludwig, Director of Spiritual Wellness for Canyon Ranch Wellness Resort so aptly put it, "to exercise is to move, and to move is to be alive. The more intentionally we move and experience the connection that is available through it, the more alive we become." The key is to move with intention.

Any form of movement (i.e., exercise) will do. The goal is to stay in the moment, to be and remain in the here and now. When you first start exercising you might notice a myriad of thoughts pop into your head. You might start thinking about all the things you still need to do or all the things you didn't do that you should have done. Rather than be in the present, you find yourself either dwelling on the past or planning for the future. When this begins to happen, shift your focus from your thoughts to the rhythmic movements of your body.

Focus on your breathing. Notice the rise and fall of your chest and abdomen as you breathe. Listen to the sound of the air as it enters and leaves your body. Feel the beating of your heart in your chest. Attend to the movement of your arms and legs and the placement of your hands and feet. Notice your surroundings. Hear the sounds. Smell the smells. See the sights. Know that because you are breathing and moving you are alive and well.

Over time, with regular practice you will begin to attain a heightened sense of awareness and achieve an unwavering connection to that which is greater than yourself whether for you it is nature, the universe, the sublime, the divine or God. Through exercise it is possible to experience a spiritual awakening. All it takes is a little practice.

★ **MOVIE NIGHT** ★  
Admit One

**Saturday, February 3<sup>rd</sup>**  
The Queen

**Saturday, February 10<sup>th</sup>**  
Cool Runnings

**Saturday, February 17<sup>th</sup>**  
The Cutting Edge

**Saturday, February 24<sup>th</sup>**  
Goodbye Christopher Robin

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

**Sunday, February 11<sup>th</sup>**  
Miracle

**Sunday, February 25<sup>th</sup>**  
Sabrina



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





# February Happenings 2018

| Sun  | Mon  | Tue  | Wed   | Thu  | Fri   | Sat  |
|--|--|--|---|--|---|--|
| 4<br>Super Bowl LII<br>At 6:30pm<br>Patriots vs.<br>Eagles | 5<br>Bus Day<br>10:30 am Sit & Fit<br>Movie at The Lyric<br>Time: TBD                          | 6<br>11am Tai Chi<br>2:00pm<br>Wii Bowling                                   | 7<br>Bus Day<br>10:30 am Sit & Fit<br>11:30 am Lunch at<br>Side Door Saloon<br>2pm Bible Study            | 8<br>11 am Euchre<br>11am Tai Chi<br>2pm Travel Series<br>7pm Winter Olympics<br>Opening Ceremony  | 9<br>Bus Day<br>10:00am<br>Sit & Fit<br>(please note time change) | 10<br>Movie Night<br>at 6:45 pm<br>"Cool Runnings"   |
| 11<br>Movie Matinee<br>At 2 pm<br>"Miracle"                | 12<br>Bus Day<br>10:30 am Sit & Fit<br>1pm Valentine<br>Cookie<br>Decorating                   | 13<br>Fat Tuesday<br>2:00pm Wii Bowling<br>12pm Mardi Gras<br>Luncheon Party | 14<br>Bus Day<br>Valentine's Day<br>10:30 am Sit & Fit<br>2pm Bible Study<br>5:30p Valentine's Day Dinner | 15<br>11 am Euchre<br>2pm Travel Series<br>w/ Tea & Cookies  | 16<br>Bus Day<br>10:30 am<br>Sit & Fit                            | 17<br>Movie Night<br>at 6:45 pm<br>"The Cutting Edge"  |
| 18   | 19<br>Bus Day<br>President's Day<br>10:30 am Sit & Fit<br>11:30 am Lunch at<br>City Park Grill | 20<br>2:00pm<br>Wii Bowling  | 21<br>Bus Day<br>10am Perry/Hillside<br>Shopping Day<br>10:30 am Sit & Fit<br>2pm Bible Study             | 22<br>11 am Euchre<br>12pm Taco<br>Extravaganza!<br>1pm Free Hand<br>Massages<br>2pm Travel Series | 23<br>Bus Day<br>10:30 am<br>Sit & Fit                            | 24<br>Perry Farm Book<br>Club Meeting at 2pm<br>Movie Night at 6:45 pm<br>"Goodbye<br>Christopher Robin" |
| 25<br>Movie Matinee<br>At 2 pm<br>"Sabrina"                | 26<br>Bus Day<br>10:30 am Sit & Fit<br>Movie at The Lyric<br>Time: TBD                         | 27<br>1pm Cocoa &<br>Cookies<br>2:00pm<br>Wii Bowling                        | 28<br>Bus Day<br>10:30 am<br>Sit & Fit<br>2pm Bible Study   |  |   |  |




# February Lunch 2018

| Sun                          | Mon                         | Tue   | Wed  | Thu                               | Fri                            | Sat                           |
|------------------------------|-----------------------------|---|--|-----------------------------------|--------------------------------|-------------------------------|
|                              |                             |   |  | 1<br>Grilled Cheese<br>& Soup     | 2<br>Tuna<br>Melt              | 3<br>B.L.T.                   |
| 4<br>Fish<br>Sandwich        | 5<br>Turkey<br>Reuben       | 6<br>Chef<br>Salad  | 7<br>French<br>Dip   | 8<br>Chicken<br>Salad<br>Sandwich | 9<br>Spinach &<br>Swiss Quiche | 10<br>Cheeseburger            |
| 11<br>Bratwurst              | 12<br>Meatball<br>Sub       | 13<br> 12pm Mardi Gras<br>Luncheon Party | 14<br>BBQ Chicken<br>Salad Sandwich  | 15<br>Sloppy<br>Joe               | 16<br>Maurice<br>Salad         | 17<br>Grilled Ham<br>& Cheese |
| 18<br>Roast Beef<br>Sandwich | 19<br>Corned Beef<br>Reuben | 20<br>Quiche<br>Lorraine  | 21<br>French<br>Dip  | 22<br>Taco<br>Extravaganza        | 23<br>Pulled Pork<br>Sandwich  | 24<br>Coney<br>Hot Dog        |
| 25<br>Sloppy<br>Joe          | 26<br>Blue Cheese<br>Club   | 27<br>Egg Salad<br>Sandwich   | 28<br>Derby<br>Sandwich  |                                   |                                |                               |





# February Dinner 2018

| Sun                        | Mon                            | Tue                          | Wed  | Thu                         | Fri                       | Sat                      |
|----------------------------|--------------------------------|------------------------------|--|-----------------------------|---------------------------|--------------------------|
|                            |                                |                              |  | 1<br>Pork<br>Loin           | 2<br>Chicken<br>Enchilada | 3<br>Atlantic<br>Salmon  |
| 4<br>Vegetable<br>Lasagna  | 5<br>Beef<br>Stroganoff        | 6<br>Baby Back<br>Ribs       | 7<br>Sautéed<br>Whitefish  | 8<br>Macaroni &<br>Cheese   | 9<br>Crab<br>Cakes        | 10<br>Lamb<br>Stew       |
| 11<br>Spaghetti            | 12<br>Broiled<br>Whitefish     | 13<br>Apricot<br>Glazed Ribs | 14<br><br><i>Valentine's<br/>Day Dinner</i> | 15<br>Seared Duck<br>Breast | 16<br>Stuffed<br>Peppers  | 17<br>Pork<br>Tenderloin |
| 18<br>Cranberry<br>Chicken | 19<br>Beef<br>Burrito          | 20<br>Sautéed<br>Whitefish   | 21<br>Crab<br>Cakes  | 22<br>Macaroni &<br>Cheese  | 23<br>Baby Back<br>Ribs   | 24<br>Filet<br>Mignon    |
| 25<br>Pot<br>Roast         | 26<br>Country Fried<br>Chicken | 27<br>Spaghetti              | 28<br>Broiled<br>Whitefish   |                             |                           |                          |





# Giving Matters.

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

**Love, Love, Love! ♥**

**...and incredible donors like YOU.**



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

**A GIFT IN  
YOUR WILL**

*can change  
the lives  
of seniors.*

Presbyterian Villages of Michigan  
is only able to provide the best  
quality of housing, programs and  
services to seniors throughout  
Michigan with the generous  
support of our donors.

**Please consider a  
charitable bequest...**

Without obligation, PVM  
Foundation would like to  
answer any questions you may  
have. Please call Paul Miller  
**248.281.2045**  
[mylegacy.pvmf.org](http://mylegacy.pvmf.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](http://www.pvm.org)

## 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*

Sandy Jakubiak

*Cook*

Mary Jane Klogima

Dawn Svatora

*Dietary Assistants*

Andy Schaefer

*Registered Nurse*

### **Resident Assistants**

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Brooke Maki

Amanda Rockwell

Tammy Stclair

Susan Storrs

Janell Terrian

Farrell Thompson

Joele Weld

Christine Woodward

Sheree Woollard

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

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Harbor Springs, MI 49740

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