



Perry Villager



Embrace the possibilities

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

February 2019

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Look for PVM on:



In this shortest, darkest month – I find myself lacking in any meaningful inspiration. So instead I bring you a series of quotes on February from those famous and infamous...

Good morrow, Benedick. Why, what's the matter,
That you have such a February face,
So full of frost, of storm and cloudiness?
~William Shakespeare, *Much Ado about Nothing* (Act

I thought the world was cold in death;
The flowers, the birds, all life was gone,
For January's bitter breath
Had slain the bloom and hushed the song.
And still the earth is cold and white,
And mead and forest yet are bare;
But there's a something in the light
That says the germ of life is there.
~Mrs. Jane [Goodwin] Austin, "February," c.1886

Without Valentine's Day, February would be... well,
January. ~Jim Gaffigan

In the coldest February, as in every other month in
every other year, the best thing to hold on to in this
world is each other.

Linda Ellerbee

Enjoy the anticipation of spring! We are busy planning
for warmer months and activities to combat 'Cabin Fever'.
Looking ahead to announcements on the progress of our new
project at Perry and to getting our lobby back in order at
Hillside East. In the meantime ... call, email or stop in to chat!

Mary Catherine

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Meal Sign Up

Starting **Sunday, February 3rd** there will be the meal of the day for dinner with the option of an alternate meal of ***Chicken, Whitefish or a Dinner Salad*** on a nightly basis. You will see a lunch and a dinner binder located in the kitchen window for sign up opportunities. For those that are automatically signed up for dinner you will be assumed to take the meal of the day unless you notify the kitchen staff and sign up for an alternate meal. If you have any questions please see any of the kitchen staff.

Also, we are happy to have you come for breakfast upstairs, but please be sure to be dressed appropriately.

We look forward to you dining with us!



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer



PVM's New Blog

I am pleased to announce that we have launched a blog on the PVM website. Now you will be able to find very helpful information on everything from avoiding financial exploitation, housing and services, alternative transportation, on-line delivery services, family issues and fun topics such as creating memories with your grandchildren.

This blog is very simple to use. Simply go onto the PVM website at pvm.org. Right on the home page to the left of the Crain's logo there is a button which states PVM Blog. Just press it; and you will be taken right to it.

Just in a few short weeks over 1,200 viewers have been enjoying what we have to offer. Come join the fun and become one of the most knowledgeable members of your social set.

Read on and stay warm during the winter months!

Join the Fight Wear **Red** on February 1st



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.



Wear your red as you join us for heart healthy smoothies at 2pm on the 1st!



Saturday, February 2nd
Goundhog's Day

Saturday, February 9th
It Happened One Night

Saturday, February 16th
Sleepless in Seattle

Saturday, February 23rd
You've Got Mail

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

Sunday, February 3rd
The Blind Side

Sunday, February 17th
The Notebook

**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 4



SHIPT

This is the fourth article in a series of articles I have been writing about living life without a car. Last month I introduced you to the online, on-demand shopping and home delivery service Shipt. This month I am going to share my experience using it.

As you might recall, when I took my car to the shop I was completely out of groceries. "No problem," I thought. I'll just use Shipt. After my experience at my sister's, I had already downloaded the app on to my iPhone from the App Store and signed up for the service. Where I live there are two stores Shipt does business with: Meijer and Target. I chose Meijer because the Meijer closest to me has more variety than the closest Target store.

I found that using the app was pretty easy. Essentially, all I had to do to select an item to buy was to tap its picture. After selecting all the items I wanted, I selected my desired delivery time, which completed my purchase. Shortly thereafter, I received an email confirming my order and soon after that, was notified who my shopper was that included her picture. About a half hour before my scheduled delivery time, I received a text message from my shopper that she was about to start shopping.

While my shopper shopped, she periodically sent me text messages when an item on my list was not available and would suggest substitutes. For example, if the store did not have the specific brand of mild salsa I requested she would suggest a different brand of mild salsa or the same brand but medium rather than mild. I could then text back with my decision, which could be to remove salsa from my list rather than accept a substitute. After my shopper finished shopping, she sent me a text that she was in the checkout line and would soon be on her way to my house.



When she arrived with the groceries, everything was in order. There were no missing items, the eggs weren't broken, the cold items were still cold and the frozen items were still frozen. Overall, it was a very positive experience. From a convenience standpoint, it was a home run. My primary complaint is that for my liking there were a few too many items from my list that weren't available for which I had to select a substitute. That was a bit frustrating. However, given that I was without a car, it was sure nice not to have to go without groceries even if I had to buy a few different items than originally intended.

Next month, I will write in more detail on how the app works so if you decide to try it, you will have a better understanding of how it works.

February 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


14th Marni O.

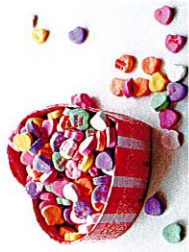
14th Ann C.

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



February Happenings 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>3</p> <p>Movie Matinee at 2 pm "The Blind Side" Super Bowl LIII At 6:30 pm</p> 	<p>4</p> <p>Bus Day 10:30 am Sit & Fit Movie at The Lyric Time: T.B.D..</p>	<p>5</p> <p>11:30 am Yoga 1pm Bingo 3:00 pm Piano Lessons</p>	<p>6</p> <p>Bus Day 10:30 am Sit & Fit 1pm Domino Lessons 2pm Bible Study</p>	<p>7</p> <p>11 am Euchre 2pm Travel Series</p>	<p>8</p> <p>Bus Day 10:30 am Sit & Fit 11:45 am Lunch at Freshwater Grill</p>	<p>9</p> <p>Movie Night at 6:45 pm "It Happened One Night"</p>
<p>10</p>	<p>11</p> <p>Bus Day 10:30 am Sit & Fit 2pm Cocoa & Cookies</p> 	<p>12</p> <p>11:30 am Yoga 1pm Bingo 3:00 pm Piano Lessons</p>	<p>13</p> <p>Bus Day 10:30 am Sit & Fit 1pm Valentine Cookie Decorating 2pm Bible Study</p> 	<p>14</p> <p>11 am Euchre 12pm Taco Day! 2pm Valentine's Music with Randy 5:30 pm Valentine's Day Dinner</p>	<p>15</p> <p>Bus Day 10:30 am Sit & Fit</p>	<p>16</p> <p>Movie Night at 6:45 pm "Sleepless in Seattle"</p>
<p>17</p> <p>Movie Matinee at 2 pm "The Notebook"</p>	<p>18</p> <p>Bus Day President's Day 10:30 am Sit & Fit 11:45 am Lunch at Rodrigo's</p>	<p>19</p> <p>11:30 am Yoga 1pm Bingo 3:00 pm Piano Lessons</p>	<p>20</p> <p>Bus Day 10am Perry/Hillside Shopping Day 10:30 am Sit & Fit 2pm Bible Study</p>	<p>21</p> <p>11 am Euchre 2pm Travel Series</p>	<p>22</p> <p>Bus Day 10:30 am Sit & Fit 2pm High Tea</p> 	<p>23</p> <p>Movie Night at 6:45 pm "You've Got Mail"</p>
<p>24</p> <p>The Oscars At 8p In the Card Room</p> 	<p>25</p> <p>Bus Day 10:30 am Sit & Fit Movie at The Lyric Time: T.B.D..</p>	<p>26</p> <p>11:30 am Yoga 1pm Bingo 3:00 pm Piano Lessons</p>	<p>27</p> <p>Bus Day 10:30 am Sit & Fit 2pm Bible Study</p>	<p>28</p> <p>11 am Euchre 2pm Travel Series</p>		




February Lunch

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



February Dinner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Alternate Dinner Options of Chicken, Whitefish or Dinner Salad upon request.						
3 Spaghetti W/ Meat Sauce	4 Seared Duck Breast	5 Chicken Florentine	6 Meat Loaf	7 Broiled Whitefish	1 Sautéed Whitefish	2 Pork Loin
10 Meaty Lasagna	11 Scalloped Potato W/ Ham	12 Sautéed Whitefish	13 Beef Stew	14  Crab Cakes	15 Chicken Enchilada	16 Macaroni & Cheese
17 Shrimp W/ Rice	18 Spaghetti W/ Meat Sauce	19 Rosemary Chicken	20 Shepard's Pie	21 Broiled Whitefish	22 Pork Tenderloin	23 Lamb Stew
24 Chicken Stir Fry	25 Pot Roast	26 Sautéed Whitefish	27 Baby Back Ribs	28 Crab Cakes		



Employee Additions and Changes!

Please help us in welcoming our new employee **Olivia Arnold** who will be joining the resident assistant team! If you see a new face, please say hi! **Welcome Olivia!**

Also, please congratulate **Jon Terrian** on his move to the kitchen team!
We look forward to seeing Jon in his new role!



Sending a big **THANK YOU** to Dave Sluyter who is the Bay Connect driver for Hillside for filling in for us! Thank you Dave!
We look forward to having you back again!



Thank you to all the bus riders who were all very patient and understanding during this cold snap we had. It is always priority the safety of residents as well as our driver when making these decisions. **Thank you again and happy riding!**

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-4:30p
And Saturdays 10:00a-3:00p

Mary Catherine Hannah

Executive Director

Jill Tibbits

Administrator

Katie Parr

Perry Club Manager

Vacant

Maintenance Tech

Joseph Mastaglio

Executive Chef

Jon Terrian

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

Kristin Mingrone

Amanda Rockwell

Tony Sibilio

Tammy St. Clair

Susan Storrs

Janell Terrian

Farrell Thompson

Sheree Woollard

Transporter

Jim Flick

Jane Rye

EMERGENCY NUMBER

24/7 Resident Assistant Desk, Terrace Level

Main Office Fax Number

911

(231) 526-1500 x 4

(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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