



# Perry Villager



Embrace the possibilities

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

March 2015

## Featured Articles

- Movie Night pg. 2
- Glen Campbell pg. 2
- Healthy Snacks pg. 3
- Transportation pg. 3
- Fitness pg. 4
- Giving Matters pg. 5



**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

## Notes from Mary Catherine...

Surely its spring, right? Right? Right?... Sigh. This is the hardest time of year for me – we have made it through three long months of winter and have only the slightest hints of a break. But the hints are there – we are looking at spring clean-up estimates, signing contracts for landscaping and flowers, and planning gardens and summer activities.

Planning is roaring ahead for the Hillside-Friendship Center Renewal Project – and feeling more and more real by the day as we talk the details of heating systems, electrical grids and lighting plans. Oh – and that pesky relocation of residents!

We had an initial Interior Design Committee meeting at Perry and are starting to get a vision of some updates and freshening up of our finishes and décor as we head into spring and summer.

Friend & Family is right around the corner and we are excited about both projects this year. The project for Hillside is – we hope for the last year! – the Hillside-Friendship Center Renewal Project. The total goal of \$1.5 million is within reach, with a little over \$900,000 raised to date. Let's finish this with a bang!

The Perry Farm Village project is "Transformative Transportation" with a goal of \$25,000. All money raised during Friends and Family this year will go towards the purchase of new transportation for the Village! Our current bus is starting to show its age in increased maintenance costs – and we want to keep transit running at Perry! Please support Friends & Family at either campus this year!

*Mary Catherine*

## Board Members



**Hoppy St. Patrick's Day  
PFVA**

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

## PFDC/Hillside

Kay Flavin  
Karin Flint  
Don House  
Jean Jardine  
Lois Manville  
Webb Martin  
Rob Mossburg  
Linda Rhodes-  
Pauly  
Linda Riley  
Debra Schirmer  
R.H. Schirmer  
Jill VanAlstyne  
Fred Walstrom

Look for PVM on:







## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection. They are:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit [alz.org/10signs](http://alz.org/10signs).



**Saturday, March 7<sup>th</sup>**  
We Bought a Zoo

**Saturday, March 14<sup>th</sup>**  
Mansfield Park

**Saturday, March 21<sup>st</sup>**  
Singin' in the Rain

**Saturday, March 28<sup>th</sup>**  
St. Vincent

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



May the road rise to meet you,  
may the wind be always at your  
back...

May god bless us with  
happiness,  
May love and faith abide...

May your neighbors respect you,  
and troubles neglect you...

May your pockets be heavy and  
your heart be light,  
May good luck pursue you each  
morning and night...

Dance as if no one were  
watching,  
Sing as if no one is listening,  
and live each day as if it were  
your last.



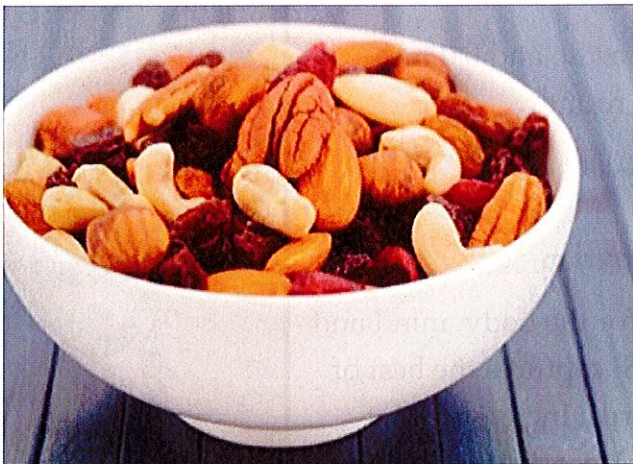


## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program*

### The Importance of Healthy Snacking

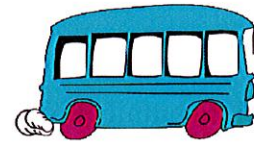


Snacking is our "go-to" for many situations. If we're bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name. Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you're on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you're in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I'm sure you'll enjoy the company too.

## Transportation



For the month of **March** transportation will be offered on **Monday's** and **Friday's**. Please make sure to sign up with enough notice and if you have to cancel please notify as soon as possible.

*If it's March...  
It's National  
Nutrition Month!*

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber and other nutrients and lower in calories. Pick fruits, vegetables, whole grains and fat-free or low-fat dairy more often.

Eat healthy, be active and enjoy life!



## March Fitness Classes

### Fit & Well:

This class entails low-impact aerobics, strength, balance, stability, agility, core and some floor work. This class is for all ranges of levels.

*Monday, Wednesday & Fridays starting March 9<sup>th</sup> at 9 am*

### Sit & Fit:

This class is primarily sitting, we do stand to do cardio and balance exercises. Everyone is welcome. Classes run year round.

*Monday, & Wednesdays at 10:30am*

### Arthritis Foundation Tai Chi Program

Tai Chi is an ancient discipline with the benefits for the body, mind and spirit. The Arthritis Foundation Tai Chi Program captures the best of this discipline to promote the following rewards: Increased joint flexibility, improved balance and coordination, improved posture and body awareness, sustained muscle strength and stamina, increased ability to relax and cope with stress, improved lung function and breathing capacity and improved concentration and memory.

*Tuesdays & Thursdays starting March 10<sup>th</sup> and running 8 sessions until April 2<sup>nd</sup> at 9 am*

### Stretch Yoga

Stretch Yoga offers benefits for the body, mind and spirit in a self-paced class. Stretch Yoga includes the regular benefits of exercise, plus more specifically-Stretch Yoga exercise improves posture range of motion and strength, restores joint mobility and flexibility, assists in mental and psychological stress release, improves mental clarity and function, strengthens joints and muscles, improves foot health, increases lung capacity and respiratory health and develops core strength while decreasing back pain.

This class can be done from a sitting or standing position.

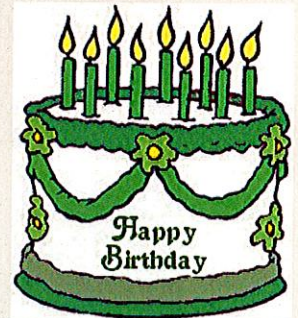
*Fridays at 10:30 am*

## MARCH

### Birthdays!

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

4<sup>th</sup> Betty Kosorski  
11<sup>th</sup> Kraeg Kepford  
21<sup>st</sup> Jerry Randolph



## Communion at Perry Farm Village



**The first Sunday of every month, Pastor Pat from First Presbyterian Church of Harbor Springs will be here to deliver communion to those interested in the Communion Room.**






***March 1<sup>st</sup> at 1pm***






# March Happenings 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Communion at 1pm	2 10:30 am Sit & Fit	3 <b>1pm Yahtzee</b> 2pm Wii Bowling	4 10:30 am Sit & Fit 2pm Travel Series "Italy-Rome, Naples & Alalfi Coast"	5 11am Euchre <b>2pm Bingo</b> 3pm Bible Study	6 10:30am Stretch Yoga	7 2pm Book Club Discussion <b>Movie Night</b> at 6:45 pm "We Bought a Zoo"
8  Don't forget to set all of your clocks one hour ahead!	9 9am Fit & Well <b>9 am Foot Clinic</b> 10:30 am Sit & Fit	10 9am Tai Chi 1pm Tie Blankets 2pm Wii Bowling	11 9am Fit & Well 10:30 am Sit & Fit 2pm Travel Series "Ireland"	12 9am Tai Chi 11am Euchre <b>2pm Bingo</b>	13 9am Fit & Well 10:30am Stretch Yoga	14 <b>Movie Night</b> at 6:45 pm "Mansfield Park"
15	16 9am Fit & Well 10:30 am Sit & Fit <b>1pm Tea &amp; Cookies</b>	17  St. Patrick's Day 9am Tai Chi 12pm St. Patty's Lunch & Party 2pm Wii Bowling	18 9am Fit & Well 10:30 am Sit & Fit <b>2pm Resident Meeting</b>	19 9am Tai Chi 11am Euchre <b>2pm Bingo</b> 3pm Bible Study	20 <b>1st Day of Spring</b> 9am Fit & Well 10:30am Stretch Yoga	21 <b>Movie Night</b> at 6:45 pm "Singin' in the Rain"
22 	23 9am Fit & Well 10:30 am Sit & Fit <b>1pm Scrabble</b>	24 9am Tai Chi 1pm Tie Blankets 2pm Wii Bowling	25 9am Fit & Well 10:30 am Sit & Fit 2pm Travel Series "England"	26 9am Tai Chi 11am Euchre <b>2pm Bingo</b> 3pm Bible Study	27 9am Fit & Well 10:30am Stretch Yoga	28 <b>Movie Night</b> at 6:45 pm "St. Vincent"
29 <b>Palm Sunday</b> 	30 9am Fit & Well 10:30 am Sit & Fit	31 9am Tai Chi 2pm Wii Bowling			 LUCK O' THE IRISH	



# March Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Macaroni & Cheese	2 Shrimp Salad	3 Quiche	4 Hot Dog	5 Cobb Salad	6 Ham Sandwich & Soup	7 Grilled Cheese Sandwich
8 Shrimp Caesar	9 Turkey Sandwich w/ Fruit	10 B.L.T	11 Rueben Sandwich	12 Fruit Bowl	13 Tuna Stuffed Tomato	14 Country Ham Sandwich
15 French Toast Supreme	16 Mediterranean Sandwich	17  St. Patty Luncheon At 12 pm	18 Grilled Ham & Cheese	19 Chicken Strudel	20 Roast Beef Sandwich	21 Cobb Salad
22 Chicken Caesar	23 Club Sandwich	24 Chicken Dijon	25 Calzone	26 Blue Cheese Club	27 Tuna Melt	28 Steak Caesar
29 Chili Dog	30 Grilled Corn beef On Rye	31 Vegetarian Sandwich				





Happy St. Patrick's Day

# March Dinner Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Spaghetti with meat balls	2 Salmon w/ Pineapple Salsa	3 Scallops	4 Beef Stroganoff	5 Ravioli	6 Cube Steak	7 Chuck Pot Roast w/Mixed Vegetables
8 Tilapia	9 Beef Stir-fry	10 Stuffed Peppers	11 BBQ Ribs	12 Cranberry Chicken	13 Boneless Pork Chop	14 Shrimp Pasta
15 Salisbury Steak	16 Steak & Fries	17 Irish Companion of Lamb	18 Roulade of Chicken	19 Prime Rib	20 Baked Chicken	21 Beef brisket w/ Potatoes
22 Pork Stir-fry w/Refried rice	23 Potato Wrapped Whitefish	24 Asian Style Pork Tenderloin	25 Boneless Beef Country Style	26 Meatloaf & Mashed Potatoes	27 Chicken Piccata	28 Pecan Crusted Walleye
29 Spaghetti	30 Veal & Exotic Mushrooms	31 Beef Wellington				



## Shining Star Nomination



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence. Employees, Residents, Families, and Board members are eligible to nominate a PVM employee. Nominations that do not do a narrative will be accepted but will not be considered when determining the top 10 so please write more rather than less!

Name of Nominee \_\_\_\_\_ PVM Village \_\_\_\_\_

Email \_\_\_\_\_ Phone H( ) \_\_\_\_\_ Cell( ) \_\_\_\_\_

*All nominees must have completed at least 90 days of employment to qualify.*

**Criteria:** The Service Standards of Excellence are built on four core values, listed below, and these values serve as a standard against which every action and thought can be measured and support a culture where team members share their best work, their gifts and talents. Please write a summary on **at least one and as many as four**. Write below each core value, in your own words, why you feel this person meets that particular value.

Use the **back** of this form for additional comments.

(1.) Listening with full attention to another person and seeking to understand. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(2.) Relationships are our way of forming meaningful and genuine connections with our residents, each other and the community. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(3.) Accountability is the willingness to accept responsibility and to deliver upon expectations. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(4.) Respect is treating all with dignity and worth. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Name of Person Submitting Form \_\_\_\_\_

PVM Village \_\_\_\_\_ Email \_\_\_\_\_

Signature of Person Submitting Form \_\_\_\_\_ Date \_\_\_\_\_

Please place an X: Employee \_\_\_\_\_ Resident \_\_\_\_\_ Family \_\_\_\_\_ Other \_\_\_\_\_

Please turn the completed nomination form directly to the PVM Human Resources **no later than April 1st of 2015**. You can email, fax, or mail materials to: Presbyterian Villages of Michigan, Human Resource Nicole Banks, 26200 Lahser Rd., Suite 300, Southfield, MI 48033, [nbanks@pvm.org](mailto:nbanks@pvm.org) or Fax 248.281.2096





## Shining Star Nomination



Name of Nominee \_\_\_\_\_

(1.) Listening with full attention to another person and seeking to understand. \_\_\_\_\_

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(2.) Relationships are our way of forming meaningful and genuine connections with our residents, each other and the community. \_\_\_\_\_

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(3.) Accountability is the willingness to accept responsibility and to deliver upon expectations. \_\_\_\_\_

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(4.) Respect is treating all with dignity and worth. \_\_\_\_\_

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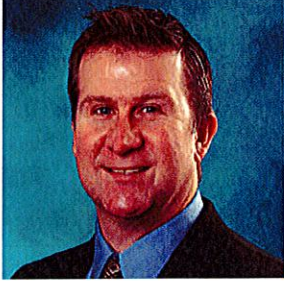
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## Giving Matters



# Giving Matters.

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

## Friends & Family: Coming to Your Village in April!

The annual **Friends & Family Appeal** will be coming to your Village in the month of April! This fundraising campaign is an opportunity for PVM residents to raise funds for projects and programs to enhance and enrich their lives. The 2015 goal is to raise \$136,000 cumulatively across all participating PVM Villages.

### Help your Village reach its individual project goal and make a gift during Friends & Family (F&F) from April 1<sup>st</sup>-30<sup>th</sup>!

Every gift this year is eligible to be matched since the match will be awarded at the end of the appeal and will no longer be first-come, first-matched. The match will be based on the percentage each Village raises toward the cumulative F&F goal. So, the more funds your Village raises, the more matching dollars you'll receive! *Example:* If your Village raises 10% of the cumulative F&F amount raised, then your Village will receive 10% of the matching funds available.

To learn more about your Village's individual fundraising goal and project, attend your Village Kick-Off Party or look for flyers and posters. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, **every gift matters!**

#### To Make a Gift:

- See the front desk or your Administrator for a donation envelope
- Go online at [pvmfoundation.org](http://pvmfoundation.org) and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Best of luck to ALL the Villages for a successful Friends & Family Appeal!

Warm regards,  
Paul J. Miller, CFRE

## Your Life. Your Legacy.

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...  
and leave a legacy.**



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



**Presbyterian  
Villages**  
OF MICHIGAN  
THE FOUNDATION

## Office Numbers (231) 526-1500

### Village Staff

<b>Mary Catherine Hannah</b> <i>Executive Director</i>	<b>Greg Goodman</b> <i>Executive Chef</i>	<b>Andy Schaefer</b> <i>Registered Nurse</i>	<b>Wendy Nellett</b> <i>Amanda Rockwell</i>
<b>Jill Tibbits</b> <i>Administrator</i>	<b>Sandy Jakubiak</b> <i>Cook</i>	<b>Resident Assistants</b> <i>Mariah Brecht</i>	<b>Janell Terrian</b> <i>Sheree Woollard</i>
<b>Katie Parr</b> <i>Wellness Coordinator</i>	<b>Mary Jane Kiogima</b> <i>Dietary Assistants</i>	<b>Tanya Chevalier</b> <i>Arrin Dull</i>	<b>CDL Transporter</b> <i>Jane Rye</i>
<b>Dan Kolberg</b> <i>Maintenance Tech</i>	<b>Jon Terrian</b> <i>Groundskeeper</i>	<b>Rose Gokee</b> <i>Shellie Harrington</i>	<b>Housekeeper</b> <i>Tracy Archey</i>
		<b>Tanja Jamroz</b> <i>Mandi Moore</i>	

### 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