



Perry Villager



Embrace the possibilities

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

December 2018

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**Perry Farm
Village**

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Notes from the Executive Director...

So – it is once again that time of year. I feel like I say it every year, but wow did December come fast! It was October and then bam! Thanksgiving is over, Christmas is coming and I am not ready. I am finding it hard this year to think about letting go and trying to welcome in 2019 with an open heart and open mind. The world seems so turbulent and crazy and divided – and yet we are so insulated here in our own little world in Northern Michigan. But we know that here too there is want and need and division... within our campus', within our families and within our communities. So I am trying to carry a bit of Thanksgiving with me into the holiday season – the general spirit of forgiveness and thankfulness and compassion. We are all trying our best, given our resources and capacities and I am thankful every day for the people who I get the privilege to work with and for and in service of – people whom I am impressed with continuously for their caring and compassion and abilities.

As my grandmother said “be nice to each other” and enjoy the holiday and Christmas season! We have lots of celebrations going at both Hillside and Perry Farm Village. Enjoy the cheer and the parties and in the New Year we will look to start off 2019 with gladness and hope!

Mary Catherine



Board Members



PFVA

Karin Flint
Andy Spence
Don House
Kelley Newton
Marta Olofsson
Ken Ostrowski
Dick Collie

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



Look for PVM on:



How “**Merry Christmas**” is said Around the World...



African/Eritrean/Tigrinja:

Rehus-Beal-Ledeats

Arabic: Milad Majid

Brazilian: Feliz Natal

Chinese: (Cantonese)

Gun Tso Sun Tan'Gung Haw Sun

English: Merry Christmas

Finnish: Hyvaa joulua

French: Joyeux Noel

German: Frohliche Weihnachten

Greek: Kala Christouyenna

Hawaiian: Mele Kalikimaka

Hebrew: Mo'adim Lesimkha. Chena tova

Iraqi: Idah Saidan Wa Sanah Jadidah

Irish: Nollaig Shona Dhuit

Italian: Buon Natale

Japanese:

Shinnen omedeto. Kurisumasu

Omedeto

Navajo: Merry Keshmish

Spanish: Feliz Navidad

Welsh: Nadolig Llawen



Give the Gift of Health



What a better way to say

Merry Christmas

Then with the gift of health!

This includes the following:

- Exercise Classes
 - One-on-One Personal Training
- Massage Therapy
 - Salon Services
 - Meals from the Perry Farm Kitchen
- Housekeeping Services

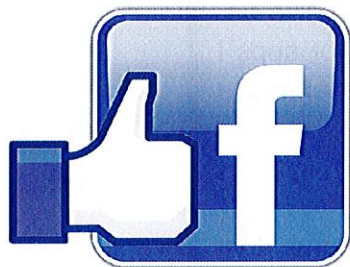
Please see the Katie Parr,
the Perry Club Manager if
you are interested in
purchasing gift certificates!



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Help Us Spread the Word



Almost everyone I know has embraced social media. With the upcoming holidays it will help families stay in touch with each other even if they cannot be with each other in person. For me, nothing compares to a tea party with my granddaughter on FaceTime to tide me over until our next visit.

The same holds true with our PVM family. With so many locations we have been able to share good news, celebrations and special events with each other. One advantage of the Presbyterian Villages of Michigan Facebook page which you may not be aware of is that it allows us to get the word out to the rest of the world. Others can see how unique we are in terms of resident engagement, service excellence and vitality.

We have now surpassed the 3,000 mark for Likes on our page; and almost all of our Likes have transitioned into followers. This is triple the number we had just a few short months ago. You can help us reach even more people. And the more Likes we have the more clout we have with social media. This helps us keep our Villages strong with high occupancy. Please Like us if you have not yet done so; and ask your family and friends to join in on the fun as well. An added bonus is that you will all be in the know when it comes to PVM and also be privy to information on Wellness and other age related issues and opportunities.

Speaking of keeping in touch with family and friends, we wish our readers a joyful holiday season and all the best in the coming year!

★ **MOVIE NIGHT** ★
Admit One

Saturday, December 1st
The Holiday

Saturday, December 8th
Christmas with the Kranks

Saturday, December 15th
The Man who Invented
Christmas

Saturday, December 22nd
Holiday Inn

Saturday, December 29th
White Christmas

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

Sunday, December 9th
The Bishop's Wife

Sunday, December 23rd
The Polar Express

**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 2

In last month's column I shared that due to some minor repair work I spent a little over a week without a car, yet still had things to do and places to be. Heeding the advice of my daughter's boyfriend, I decided to look for apps I could download onto my smartphone that would help address this dilemma.



Starting with transportation, I essentially had two options: Lyft and Uber. Both connect you to people who - for a small fee - use their personal cars to take you places. Because I was a first time user, Lyft offered me \$5 off my first eleven rides so logically I chose them. I went to Apple's online App Store and within seconds had the free app downloaded on to my iPhone. After entering my contact information - and of course a valid credit card - I was all set to start using the app.



The next morning, when I was ready for work I launched the app, entered the address of where I needed to go and in less than a minute was notified that a driver was on his way to pick me up. I was provided with the driver's name and photograph, along with the make and model - and picture - of the car he was driving and its license plate number. He arrived in just under six minutes. Through the app, through use of an avatar I could actually watch his car make its way to my home.

The car was clean and in good condition and the driver was friendly. The ride to work took no longer than usual and cost a little over a \$1 per mile. When I factored in my car payment, the cost of gas and insurance, and the cost of repairs and depreciation I discovered that if I took 1 to 2 short rides per day (6 - 10 miles) the cost was only slightly more than what I pay to use my own car. It was definitely cheaper than a taxi or renting a car and it was extremely convenient. I used Lyft the rest of the week and the longest I had to wait for a ride was 9 minutes.

Next month I'll share how I was able to go grocery shopping without leaving the comfort of my couch.

December 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

3rd Doris S.

3rd Arline L.

12th Bob B.

19th Marta O.

21st Sandy C.

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

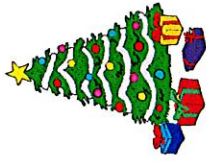


December Happenings

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------|
| 2 Little Traverse Choral Society at 4 pm "A Season for Singing" | 3 10:30 am Sit & Fit 1pm Medicare Presentation | 4 11:30 am Yoga 2pm Cocoa & Cookies 3:00 pm Piano Lessons | 5 10:30 am Sit & Fit 11:45 am Lunch at Small Batch 2pm Bible Study | 6 11 am Euchre 2pm Travel Series 4:00pm Lake Street Ensemble & Cocktail Party | 7 10:30 am Sit & Fit | 1 Movie Night at 6:45 pm "The Holiday" |
| 9 Movie Matinee at 2 pm "The Bishop's Wife" | 10 10:30 am Sit & Fit 11:30 am Lunch at Perry Hotel in the H.O. Rose Dining Room | 11 11:30 am Yoga 1pm Christmas Cookie Decorating 3:00 pm Piano Lessons | 12 10:30 am Sit & Fit 2pm Bible Study 3pm Resident Meeting | 13 11 am Euchre 2pm Travel Series | 14 10:30 am Sit & Fit 1pm Sturgeon River Pottery | 15 Movie Night at 6:45 pm "The Man Who Invented Christmas" |
| 16 | 17 10:30 am Sit & Fit 6pm Christmas Light Tour | 18 11:30 am Yoga 2pm Christmas Tea Party 3:00 pm Piano Lessons | 19 10:30 am Sit & Fit 10am Shopping Day 2pm Bible Study 3pm Perry Farm Christmas Concert | 20 11 am Euchre 4:30pm Cocktails 5pm Annual "Celebration of Christmas Dinner" | 21 7 pm Great Lakes Chamber Orchestra "Handel's Messiah" | 22 Movie Night at 6:45 pm "Holiday Inn" |
| 23 Movie Matinee at 2 pm "Polar Express" | 24 Christmas Eve Office Closed No Bus Christmas Eve | 25 Christmas Office Closed Merry Christmas | 26 No Bus | 27 11 am Euchre 2pm Travel Series | 28 Movie at The Lyric "Mary Poppins Returns" Time: TBD | 29 Movie Night at 6:45 pm "White Christmas" |
| 30 | 31 New Year's Eve | | | | | |



December Lunch



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------------|--------------------------------------------------|-------------------------------------|------------------------------------------|-----------------------------------------|--------------------------------------------|-------------------------------------------|
| | | | | | | ¹ Pulled Pork Sandwich |
| ² Hot Dog | ³ Grilled Ham & Cheese | ⁴ Quiche Lorraine | ⁵ Egg Salad Sandwich | ⁶ French Dip | ⁷ Chef Salad | ⁸ BLT |
| ⁹ Sloppy Joe | ¹⁰ Meatloaf Sandwich | ¹¹ Tuna Melt | ¹² Taco Extravaganza | ¹³ Corned Beef Rueben | ¹⁴ Derby Sandwich | ¹⁵ Cheeseburger |
| ¹⁶ Bratwurst | ¹⁷ Tarragon Chicken Sandwich | ¹⁸ Turkey Sandwich | ¹⁹ Chicken Sandwich | ²⁰ Tuna Salad Sandwich | ²¹ Spinach & Swiss Quiche | ²² Grilled Cheese & Soup |
| ²³ Fish Sandwich | ²⁴ Cheeseburger | ²⁵ Hot Dog | ²⁶ Pulled Pork Sandwich | ²⁷ French Dip | ²⁸ Chicken Salad Sandwich | ²⁹ Sloppy Joe |
| ³⁰ Tuna Salad Sandwich | ³¹ BLT | | | | | |



December Dinner



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------|-------------------------|-------------------------|------------------------------|---------------------------------------------------------------------------|-------------------------------|------------------------|
| | | | | | | 1 Atlantic Salmon |
| 2 Pot Roast | 3 Beef Stroganoff | 4 Sautéed Whitefish | 5 Spaghetti w/ Meat Sauce | 6 Beef Burrito | 7 Shrimp W/ Rice | 8 Pork Loin |
| 9 Meat Loaf | 10 Rosemary Chicken | 11 Broiled Whitefish | 12 Seared Duck Breast | 13 5pm Pizza Night | 14 Baby Back Ribs | 15 Lamb Stew |
| 16 Scalloped Potato W/ | 17 Macaroni & Cheese | 18 Sautéed Whitefish | 19 Stuffed Peppers | 20 4:30pm Cocktails 5pm Annual "Celebration of Christmas Dinner" | 21 Spaghetti w/ Meat Sauce | 22 Chicken Stir-Fry |
| 23 Pork Tenderloin | 24 Chicken Pasta | 25 Beef Stew | 26 Broiled Whitefish | 27 Meat Loaf | 28 Crab Cakes | 29 Baby Back Ribs |
| 30 Roast Pork W/ Stuffing | 31 Shepard's Pie | | | | | |



'Twas the night before Christmas, when all
through the house
Not a creature was stirring, not even a mouse.
The stockings were hung by the chimney with
care,
In hopes that St Nicholas soon would be there.

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their
heads.
And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's
nap.

When out on the lawn there arose such a
clatter,
I sprang from the bed to see what was the
matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the luster of mid-day to objects below.
When, what to my wondering eyes should
appear,
But a miniature sleigh, and eight tinny reindeer.

With a little old driver, so lively and quick,
I knew in a moment it must be St Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them
by name!

"Now Dasher! now, Dancer! now, Prancer and
Vixen!
On, Comet! On, Cupid! on, on Donner and
Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the
sky.
So up to the house-top the coursers they flew,
With the sleigh full of Toys, and St Nicholas too.
And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,

Down the chimney St Nicholas came with a
bound.

He was dressed all in fur, from his head to his
foot,
And his clothes were all tarnished with ashes
and soot.
A bundle of Toys he had flung on his back,
And he looked like a peddler, just opening his
pack.

His eyes-how they twinkled! his dimples how
merry!
His cheeks were like roses, his nose like a
cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the
snow.

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a
wreath.
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of
jelly!

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of
myself!
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his
work,
And filled all the stockings, then turned with a
jerk.
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a
whistle,
And away they all flew like the down of a
thistle.
But I heard him exclaim, 'ere he drove out of
sight,
"Happy Christmas to all, and to all a good-
night!"



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



**Presbyterian
Villages**

OF MICHIGAN

THE FOUNDATION

Office Numbers Main Office (231) 526-1500

Village Staff

Mary Catherine Hannah

Executive Director

Jill Tibbits

Administrator

Katie Parr

Perry Club Manager

Jon Terrian

Maintenance Tech

Joseph Mastaglio

Executive Chef

Betty Frain

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

Kristen Mingrone

Amanda Rockwell

Tammy St. Clair

Susan Storrs

Janell Terrian

Sheree Woollard

Transporter

Jim Flick

Jane Rye

Normal open office hours: Mon-Fri 8:30a-4:30p
And Saturdays 10:00a-3:00p

EMERGENCY NUMBER

911

24/7 Resident Assistant Desk, Terrace Level

(231) 526-1500 x 4

Main Office Fax Number

(231) 526-6462

Jon's Maintenance Tech Office

(231) 221-1013



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**

**4241 Village Circle Drive
Harbor Springs, MI 49740**

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