Perry Farm Village

Perry Villager

Embrace the possibilities

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

March 2016

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Perry Farm Village
A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:

This is always a tough time of year for me – I feel like spring should be coming and we get little hints and teases; but, I know that we are still weeks ways from true SPRING here in Northern Michigan. It's hard to keep the good cheer going! However, we have so many amazing and exciting things going on in Harbor Springs and on our campus' that it's easy to get my enthusiasm going again.

The season of **FRIENDS & FAMILY** is upon us once again and we will be having our **Kick-Off Parties** for both properties at the end of the month – so look for those announcements. Our new building at Hillside is really starting to take shape and grow before our eyes into the wonderful place we know it will be ... so many great plans and programs being dreamed up! If you want to be involved or have an idea for a program/class/service, please come and see me or Jennifer at the **Friendship Center** so we can plan with YOU in mind. With the kitchen project at Perry Farm Village complete, we are now starting to look to our spring clean-up and exterior projects to help us looking spiffy and ready for residents and guest to be enjoying the great outdoors.

Community Connections of Greater Harbor Springs has been planning many great social and educational events in the community – and they are open and available to help hook you up with services and organizations in the community to assist and please let your friends and family who don't live on our campus about CCGHS as a resource for them. And certainly not last – a big welcome to the Service Coordinator at The Village of Hillside **KENDA DESHERMEIER**. She is another great resource for finding needed resources in the community to help all the older adults in our community live the life they choose and age in community with us safely and healthily.

Mary Catherine

Board Members

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It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Eat Better to Feel Better!

As we age, we often consider our daily aches and pains to be a sign that we are getting "old". We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the "fact" that there's nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body's ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it's best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit www.choosemyplate.gov/MyPlate.

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!

Please join us as we offer congratulations to

Greg Goodman

and best wishes on his retirement!

Please join us as we thank Greg for a wonderful 5 1/2 years of service here at Perry Farm Village!
Greg we wish you all the best!

Greg's last day will be March 31st!

We will be filling the Chef position as soon as possible.

Any questions please see the office.

Thank You

Birthdays!

Happy Birthday from all of us at Perry Farm Village!

11th Kraeg Kepford

Irish Blessing

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.

friends & family

Kick-Off Party!

We hope you will join us on

Wednesday, March 30th

At 12pm

for the Friends & Family Kick-Off Party at Perry Farm Village!

Friends & Family in year's past has helped raised funds for the following:

- Perry Center Kitchen Upgrade
- Terrace Level Kitchen Upgrade
- Media Room
- Upgraded Fire Alarms
- Improved Wellness Center Equipment

This is event is free!

★MOVIE NIGHT★
Admit One

Saturday, March 5th
Last Vegas

Saturday, March 12th
My Old Lady

Saturday, March 19th
St. Vincent

Saturday, March 26th
Easter Parade

Card Room at 6:45 pm every Saturday!

Sunday, March 13th
The Carol Burnett Show

Sunday, March 27th
The Greatest Story Ever Told

Sunday Movie Matinee's At 2pm In Card Room

March Happenings 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 am Walking Group 1pm Tea & Conversation	2 10:30 am Sit & Fit **2pm Resident Meeting**	3 10 am Walking Group 11 am Euchre 2pm Bingo 3pm Bible Study	4 10:30 am Sit & Fit 1pm Billiards	5 Movie Night At 6:45 pm "Last Vegas"
6 Spring forward! Don't forget to set all of your clocks one hour ahead!	7 10:30 Sit & Fit 11am Balance with Damon	8 10 am Walking Group 2pm Wii Bowling	9 10:30 am Sit & Fit 11:45 am "Out to Lunch"	10 10 am Walking Group 11 am Euchre 2pm Bingo 3pm Bible Study	11 10:30 am Sit & Fit 2:00 pm Scrabble	12 Movie Night At 6:45 pm "My Old Lady"
13 Daylight Savings Begins "Spring Forward" Movie Matinee at 2pm "The Carol Burnett Show"	14 10:30 am Sit & Fit 2pm Travel Series "Ireland"	15 10 am Walking Group **1:00 pm** **Shamrock Shakes**	16 10:30 am Sit & Fit **11:45 am Perry/ Hillside Shopping Day**	17 10 am Walking Group 11 am Euchre ***12pm St. Patty's Day Lunch & Party*** 2pm Bingo 3pm Bible Study	18 10:30 am Sit & Fit Harbor Springs Musical **"The Wizard of Oz"** 7:00 pm	19 Movie Night At 6:45 pm "St. Vincent"
20 1st Day of Spring & Palm Sunday	21 10:30 am Sit & Fit 11:45 am Lunch at Paper Station Bistro	22 10 am Walking Group 2pm Wii Bowling	23 10:30 am Sit & Fit 2pm Decorate Easter Eggs	24 ***Maundy Thursday*** 10 am Walking Group 11 am Euchre 2pm Bingo 3pm Bible Study	25 ***Good Friday*** ***Office Closed***	26 Movie Night At 6:45 pm "Easter Parade"
27 *Easter* Movie Matinee at 2pm "The Greatest Story Ever Told"	28 10:30 am Sit & Fit	29 10 am Walking Group **2:00pm** **Sensational Smoothies**	30 10:30 am Sit & Fit **12p Friends & Family Kick-Off Party!**	31 10 am Walking Group 11 am Euchre 2pm Bingo 3pm Bible Study	April 1 10:30 am Sit & Fit **11am Luncheon Lecture** **"Paddling Around the Great Lakes"**	April 2 Movie Night At 6:45 pm "Pollyanna"

March Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Ham Sandwich & Soup	2 Burger & Fries	3 Quiche	4 Chicken Strudel	5 Whitefish Sandwich
6 Roast Beef Sandwich	7 Devonshire	8 French Dip	9 Italian Chicken Wrap	10 Tuna Salad Melt	11 Chicken Salad	12 Soup & Sandwich
13 Grilled Cheese	14 Maurice Salad	15 Mediterranean Sandwich	16 Shrimp Caesar	17 *St. Patrick's Day* ☘ ***12pm St. Patty's Lunch & Party!***	18 Egg Salad Sandwich	19 Bacon Cheese Quiche
20 Sloppy Joes	21 Eggplant Parmesan	22 Steak Caesar	23 Cheddar Cheese Burger	24 Seafood Pasta Salad	25 Shrimp Salad	26 Chili & Roast Seeded Bread
27 *Easter* Turkey Sandwich	28 Black & Blue Burger	29 Pasta Salad	30 ***Friends & Family Kick-Off Party!***	31 Broccoli Cheddar Bowls		

March Dinner Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Herbed Cranberry Chicken	2 Potato Wrapped Walleye	3 Mixed Grill	4 Roulade of Chicken	5 Steak & Frites
6 Swiss Steak	7 Spaghetti & Meatballs	8 Tuscan Style Penne Pasta	9 Country Fried Chicken with Gravy	10 Pot Roast	11 Parmesan Crusted Whitefish	12 Chicken Parmesan
13 Pepper Steak	14 Scallops w/ Wasabi Vinaigrette	15 Veal Picatta	16 Tenderloin Tips	17 *St. Patrick's Day* Lamb Stew w/ Lamb Chop	18 Country Style Beef w/ Gravy	19 Cornish Hen with Rice
20 Chicken Pasta	21 Nut Crusted Pickerel	22 Roast Duck	23 Fruit Glazed Pork Ribs	24 Beef Bourguinon	25 Shrimp Stir Fry	26 New Zealand Lamb Chops
27 *Easter* 5pm Ham & Scalloped Potatoes	28 Chicken Estragon	29 Stuffed Peppers	30 Pan Seared Salmon	31 Beef Wellington		

Save the Date!
Friends & Family, April 2016

Save the date for the annual **Friends & Family Appeal**, being held
April 1st-April 30th!
Since 2002, this annual fundraising campaign has raised *over $950,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned!

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 (231) 526-1500

Village Staff

Mary Catherine Hannah
Executive Director

Jill Tibbits
Administrator

Katie Parr
Perry Club Manager

Frank Smith
Maintenance Tech Lead

Greg Goodman
Executive Chef

Sandy Jakubiak
Cook

Mary Jane Kiogima
Mary Niswander
Dietary Assistants

Jon Terrian
Maintenance Tech

Andy Schaefer
Registered Nurse

Resident Assistants
Tanya Chevalier
Susan Foley
Colleen Froats
Kimberley Givens
Eva Gray
Rose Gokee
Shellie Harrington
BethAnne Hoffmann
Amanda Kleinert
Wendy Nellett
Amanda Rockwell
Susan Storrs
Janell Terrian
Farrell Thompson
Christine Woodward

CDL Transporter
Jane Rye
Jack Frank

EMERGENCY NUMBER	*(231) 526-1500 x 4*
Resident Assistants' Desk Cell	*(231) 557-4403*
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**

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