



Perry Villager



Embrace the possibilities

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

March 2017

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**Perry Farm
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

This is the worst part of 'winter' for me. We have been through the cold and the snow and the grey and have gotten small little hints of warmer weather and sun – but we know that we have 6-8 more weeks before we can really say that spring has come and winter gone for good. This is the time of year that it is easy to get the blues... So for all of us let's think positive thoughts!

We are excited to think about fun projects for the spring and summer to help make our buildings and grounds even more enjoyable. If anyone has suggestions for our Friends & Family project(s) for 2017 – please let us know in the office! We are always looking for input from everyone about how to make the campus better. I am looking forward to finishing up the landscaping at Hillside, getting to really use our new patio in front of Hillside West and to seeing what the crew will come up with for the raised garden beds! I am excited about a new patio and pergola at Perry. I am excited about seeing what great new things the Friendship Center of Harbor Springs has in store as they move into their new space and start offering their slate of programming and services. I am excited about welcoming new residents to both campus' and seeing new ideas and new community member get to know us and all the great things that we – and our residents – offer to the Harbor Springs area. Construction at Hillside is behind us and we can look forward to living into our new space and growing as a whole campus together. Things continue to be hopping at Perry – with a great dinner crowd most every night to enjoy Chef Joe's amazing meals. So – I will think about all the great things that we can be excited about and it will get us all through the 'winter blues' of March and see us into April showers and May flowers!

Mary Catherine

Board Members



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Look for PVM on:





It's Your Life. Live It

By Tom Wyllie,
Director of Wellness

"S" stands for Sleep

In December, I introduced you to MESH. It's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the "S" (sleep).

According to Dr. Thomas, we shouldn't accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it's not. Everyone needs sleep. Sleep is nature's way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won't adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it's time for sleep;
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.

For more tips and other information on sleep, visit

www.sleepfoundation.org.



Birthdays!

11th Kraeg Kepford



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



11th Rutherford's

St. Patrick's Day Word Scramble

Unscramble the words!

1. opt fo lgod _____



2. Ulck fo het Rishi _____

3. OufR Ealf Vcolre _____

4. Nriaobw _____



5. Rgene _____

6. Hlpauerunc _____

7. Uclky _____



8. Cniph _____

9. Ramhc 71 _____

10. Iktl _____



Answers: Pot of Gold, Luck of the Irish, Four Leaf Clover, Rainbow, Green, Leprechaun, Lucky, Pinch, March 17, Kilt



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

HERITAGE AND LEGACY

With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!

Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michiganians do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications, conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at www.michigan.gov/library or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday – Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy. Enjoy!

★ **MOVIE NIGHT** ★
Admit One

Saturday, March 4th

The Eagle Huntress

Saturday, March 11th

Loving

Saturday, March 18th

The Bridges of Madison County

Saturday, March 25th

Pillow Talk

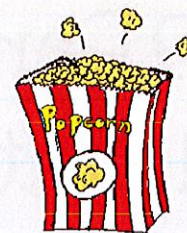
**Card Room at 6:45 pm
every Saturday!**

Sunday, March 12th

The Great Gatsby

Sunday, March 26th

The Sound of Music






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



March Happenings 2017




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>5</p>  <p>Daylight Savings Begins "Spring Forward" Movie Matinee at 2pm "The Great Gatsby"</p>	<p>6</p> <p>10:30 am Sit & Fit 11:45 am Lunch at Pierson's</p>	<p>7</p>  <p>1pm Irish Bingo 2:00 pm Wii Bowling</p>	<p>1</p> <p><i>Ash Wednesday</i> 10:30 am Sit & Fit 2pm Bible Study</p>	<p>2</p> <p>11 am Euchre 2pm Travel Series <i>4:30pm Music with Catherine</i></p>	<p>3</p> <p>10:30 am Sit & Fit</p>	<p>4</p> <p>Movie Night at 6:45 pm "The Eagle Huntress"</p>
<p>12</p> <p>Daylight Savings Begins "Spring Forward" Movie Matinee at 2pm "The Great Gatsby"</p>	<p>13</p> <p>10:30 am Sit & Fit 2pm Coffee & Cookies w/ Mary Catherine</p>	<p>14</p> <p>1pm Travel Series "Ireland" w/ Shamrock Shakes</p>	<p>15</p> <p>10:30 am Walk & Talk 10am Perry/Hillside Shopping Day 2pm Bible Study</p>	<p>16</p> <p>11 am Euchre 4:30pm Music with Catherine</p> 	<p>17 St. Patrick's Day</p> <p>10:30 am Walk & Talk 12pm St. Patty's Day Lunch & Party</p> 	<p>18</p> <p>Movie Night at 6:45 pm "The Bridges of Madison County"</p>
<p>19</p>	<p>20 1st Day of Spring</p> <p>10:30 am Walk & Talk 11:45 am Lunch at City Park Grill</p>	<p>21</p> <p>2pm Tea & Cookies</p> 	<p>22</p> <p>10:30 am Walk & Talk 2pm Bible Study</p>	<p>23</p> <p>11 am Euchre 2pm Travel Series <i>4:30pm Music with Catherine</i></p>	<p>24</p> <p>10:30 am Walk & Talk</p>	<p>25</p> <p>Movie Night at 6:45 pm "Pillow Talk"</p>
<p>26</p> <p>Movie Matinee at 2pm "The Sound of Music"</p>	<p>27</p> <p>10:30 am Sit & Fit 1pm Brain Games</p>	<p>28</p> <p>1pm Are You Smarter than a 5th Grader? 2:00 pm Wii Bowling</p>	<p>29</p> <p>10:30 am Sit & Fit 2pm Bible Study</p> 	<p>30</p> <p>11 am Euchre 2pm Travel Series <i>4:30pm Music with Catherine</i></p>	<p>31</p> <p>10:30 am Sit & Fit 1pm Billiards</p>	<p>April 1</p> <p>Movie Night at 6:45 pm "Lion"</p>



March Lunch 2017




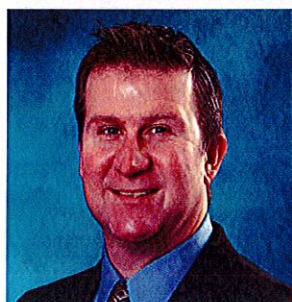
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Roast Beef Sandwich	2 Pulled Pork Sandwich	3 Tuna Melt	4 BBQ Chicken Sandwich
5 BLT	6 Baltimore Reuben	7 Maurice Salad	8 Grilled Cheese	9 Taco Extravaganza	10 Spinach & Swiss Quiche	11 Egg Salad Sandwich
12 Veggie Wrap	13 Ham & Cheese	14 Turkey Sandwich	15 Steak Caesar	16 Bratwurst	17 St. Patty's Party 	18 Cheeseburger
19 Chicken Salad Sandwich	20 Monte Cristo	21 Chef Salad	22 Egg Salad Sandwich	23 French Dip	24 Waldorf Salad	25 Pulled Pork Sandwich
26 Hot Dog	27 BLT	28 Turkey & Avocado Wrap	29 Grilled Cheese with Tomato	30 Meatball Sub	31 Tuna Salad Sandwich	



March Dinner 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Country Style Chicken	2 Macaroni & Cheese	3 Broiled Whitefish	4 Seared Duck Breast
5 Cranberry Chicken	6 Beef Pepper Steak	7 Spaghetti With Meat Sauce	8 Chicken Florentine	9 Crab Cakes	10 Shrimp Stir Fry	11 Lamb Stew
12 Fettuccine Alfredo W/ Chicken	13 Meat Loaf	14 Pork Tenderloin	15 Chicken Parmesan	16 Baby Back Ribs	17 Atlantic Salmon 	18 Filet Mignon
19 Broiled Whitefish	20 Vegetable Lasagna	21 Macaroni & Cheese	22 Beef Stir Fry	23 BBQ Chicken	24 Sautéed Whitefish	25 Pork Loin
26 Ham Steak	27 Spaghetti With Meat Sauce	28 Country Style Beef	29 Rosemary Chicken	30 Apricot Glazed Ribs	31 Mahi Mahi	



Giving Matters.

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

Saving More Than Daylight

Your legacy can change a life.

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, **it's a gift.**

The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization.

The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service.

Spring forward—and into action this March. The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you.

Visit mylegacy.pvmf.org for more information.

If you have any questions or comments, please contact us at 248-281-2040 or 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
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

Office Numbers Main Office (231) 526-1500

Village Staff

Normal open office hours: Mon-Fri 8:30a-3:30p
and Saturdays 9:00a-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 Kiogima

Dawn Svatora

Dietary Assistants

Andy Schaefer

Registered Nurse

Resident Assistants

Tanya Chevalier

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Lois Hankins

BethAnne Hoffmann

Brooke Maki

Amanda Rockwell

Susan Storrs

Janell Terrian

Farrell Thompson

Christine Woodward

CDL Transporter

Jack Frank

Jane Rye

EMERGENCY NUMBER

911

24/7 Resident Assistant Desk, Terrace Level

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Resident Assistants' Desk Cell

(231) 557-4403

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**

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Harbor Springs, MI 49740

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