



Perry Villager



Embrace the possibilities

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

March 2018

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**Perry Farm
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

I have been thinking a lot about my Mom and my Grandmothers recently... talking with my Mom and my sisters about what my Grandmothers would say about the world today and the issues and news. My maternal Grandmother – Eleanor Blackmore – carried this little 6-inch gold plated ruler in her purse and every so often she would pull it out and say “This means I only have to follow the Golden Rule *half* the time” ... and laugh and laugh and laugh. She was not shy about saying what was on her mind! I think about the huge changes and unrest they lived through. I used to be jealous of my mother and the fact that she lived through and came of age intellectually in the 60s & 70s, she had protests and BIG ISSUES and stuff felt important ... AND be careful what you wish for! But what I loved then, and now with my mom and my sisters (& brother), my kids and my nieces and nephews, is the engagement. Like it or lump it – the engagement with the news of the day, with the issues, with the debate and the passion - keeps the wheels turning and, if nothing else, helps fight the winter blues.

Planning & dreaming & scheming ... that is what also helps keep the winter blues away! And we are doing lots of that this month at both Hillside and Perry. Dreaming and planning for spring when we can start to get outside again ... plant flowers and veggies, plenty of fresh air and getting the dust out! We are still looking for great Friends & Family projects for 2018 – so if you have something in mind just let us know! We are looking at some great longer term ideas, ones that might take us a couple of years to implement but that would make a big impact in our residents lives.

We will also be missing many, many friends this spring when we start to get out and about again ... such great memories to cry and laugh over, such voids that will be slow to fill. It has been a bittersweet winter at Perry – but from our family to yours – we know that we will pull together to laugh and cry and celebrate wonderful lives well lived.

Mary Catherine

Board Members



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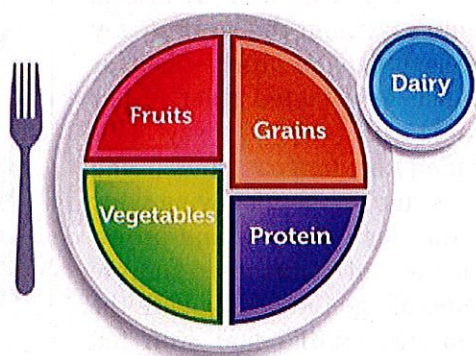
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Look for PVM on:



*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.

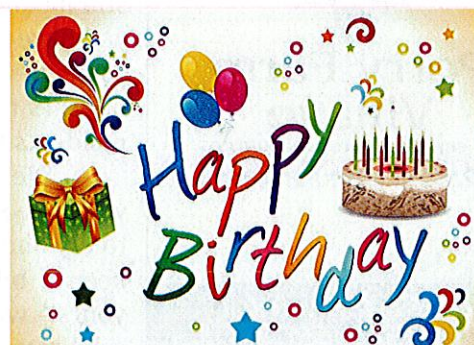
Eat healthy, be active and enjoy life!



Birthdays!

**11th Kraeg K.
20th Al O.**

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



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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Oral Health is as Easy as 1, 2, 3

March is national nutrition month, so you might expect this article to focus on healthy eating, however, if you suffer from poor oral health, eating healthy may be the last thing on your mind. The pain and discomfort associated with tooth decay, gum disease, dry mouth and other oral health problems can make chewing and swallowing difficult. You may skip eating altogether or turn to softer foods, which tend to be highly processed, contain a lot of fat and sugar, and are far from healthy.

The good news is that poor oral health is not an inevitable part of aging. Taking good care of our mouths is just as important, if not more so than when we were younger. That's because if left untreated, oral health problems in older adults not only cause tooth loss, they substantially increase our risk of heart disease and stroke.

The three most important things you can do to keep your mouth healthy are 1) brush your teeth twice daily with a soft bristled toothbrush; 2) floss once per day; 3) and visit your dentist regularly. Brushing your teeth removes food particles and bacteria (called plaque) from your teeth that if left in place cause cavities. Flossing removes food particles and plaque from between your teeth and below your gum line, which if not removed can lead to gum disease. And visiting your dentist regularly can catch problems early should you have any and keep them from becoming more serious.

As we get older, our hands may not be as steady as they used to be so performing daily tasks such as brushing our teeth and flossing may be a lot more challenging and as a result we may skip them. However, using a wide-handled or electric tooth brush can make brushing easier and using a floss pick or water flosser can make flossing easier. For other oral health tips geared toward older adults visit the website www.toothwisdom.org. Should you need them, the site also has a low cost dental care locator that may help you find nearby low cost dental services.

★ **MOVIE NIGHT** ★
Admit One

Saturday, March 3rd
Titanic

Saturday, March 10th
Driving Miss Daisy

Saturday, March 17th
The Quiet Man

Saturday, March 24th
Victoria & Abdul

Saturday, March 31st
Easter Parade

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

Sunday, March 4th
The Artist

Sunday, March 18th
Eat Pray Love








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



March Happenings 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4 Movie Matinee At 2 pm "The Artist" The Oscars At 7p	5 Bus Day 10:30 am Sit & Fit 11:45 am Lunch at The Paper Station	 6  2pm Sensational Smoothies	7 Bus Day 10:30 am Sit & Fit 2pm Bible Study	1 11 am Euchre 2pm Travel Series	2 Bus Day 10:30 am Sit & Fit	3 Movie Night at 6:45 pm "Titanic"
11  Daylight Savings Begins "Spring Forward"	12 Bus Day 9am Foot Clinic 10:30 am Sit & Fit Movie at The Lyric Time: TBD	13 2pm Tea & Cookies with Mayor Bill Brown	14 Bus Day 10:30 am Sit & Fit 2pm Bible Study 3pm Resident Meeting	15 11 am Euchre 12pm Taco Extravaganza 2pm Travel Series "Ireland" w/  Shamrock Shakes	16 Bus Day 10:30 am Sit & Fit 1pm Crooked Tree 2018 Juried Photography Exhibit	17 St. Patrick's Day 4pm Highland Dancers Movie Night at 6:45 pm "The Quiet Man"
18 Movie Matinee At 2 pm "Eat Pray Love"	19 Bus Day 10:30 am Sit & Fit 11:30 am Lunch at Julienne Tomatoes	20 <i>1st Day of Spring</i>  1pm Lemonade & Cookies	21 Bus Day 10am Perry/Hillside Shopping Day 10:30 am Sit & Fit 2pm Bible Study	22 11 am Euchre 2pm Travel Series with Munchies!	23 Bus Day 10:30 am Sit & Fit Therese Lawless' Celebration of Life Dinner at 5pm 	24 Movie Night at 6:45 pm "Victoria & Abdul"
25 Great Lakes Chamber Orchestra "Double Reeds" At 4 pm	26 Bus Day 10:30 am Sit & Fit 5:00 pm Dinner out at Teddy Griffin's	27 1pm Tie Blankets 	28 Bus Day 10:30 am Sit & Fit <i>1pm Decorate</i> <i>Easter Eggs</i> 2pm Bible Study	29 11 am Euchre 2pm Travel Series	30 Bus Day No Exercise!	31 Movie Night at 6:45 pm "Easter Parade"



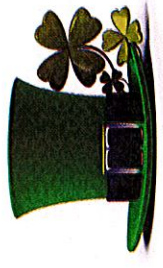
March Lunch




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



March Dinner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pork Loin	2 Chicken Enchilada	3 Atlantic Salmon
4 Spaghetti	5 Beef Stew	6 Crab Cakes	7 Baby Back Ribs	8 Macaroni & Cheese	9 Pot Roast	10 Seafood Casserole
11 Beef Burrito	12 Country Pork	13 Broiled Whitefish	14 Beef Stir-Fry	15 Seared Duck Breast	16 Chicken Florentine	17 St. Patrick's Day Lamb Stew 
18 Meaty Lasagna	19 Apricot Glazed Ribs	20 BBQ Chicken	21 Sautéed Whitefish	22 Crab Cakes	23 Filet Mignon	24 Pork Tenderloin
25 Spaghetti	26 Sautéed Whitefish	27 Chicken Stir-Fry	28 Beef Stroganoff	29 Macaroni & Cheese	30 Baby Back Ribs	31 Stuffed Peppers



Giving Matters.

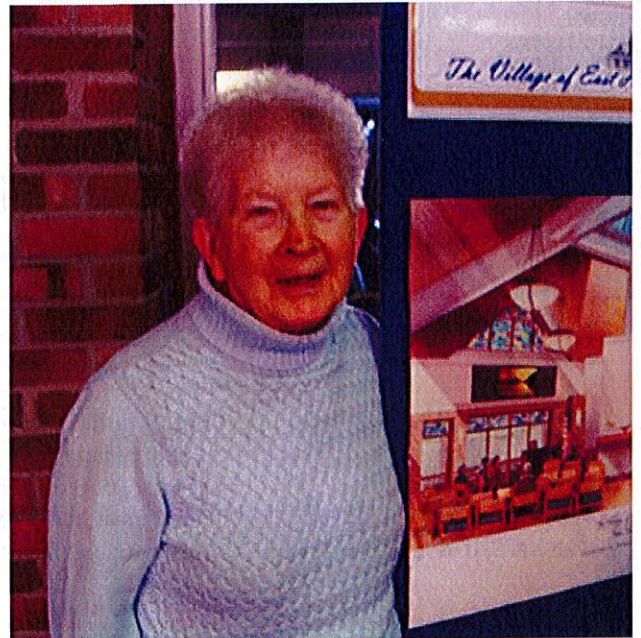
By Paul J. Miller, CFRE,
President, PVM Foundation

You have the power to leave an amazing legacy.

Betty honored her new home, friends and family by leaving a gift in her will.

Betty left a gift in her will to help build the Kleemann Chapel at The Village of East Harbor and provide stained-glass windows. Before her passing, Betty said she always believed in the PVM mission to serve older adults and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her "happy home for these many years."

To learn more about leaving a gift in your will, please visit mylegacy.pvmf.org. You'll be asked simple questions to help you plan the joy you'll bring.



Your legacy has the power to delight others well into the future. Betty's gift is bringing joy to her fellow residents every day at The Village of East Harbor.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

THANK YOU

FOR YOUR DONATION!

...have you considered leaving your legacy for PVM residents?

**A GIFT IN YOUR WILL
GETTING STARTED**

How It Works: To make a charitable bequest, you need a current Will or revocable living trust. After your lifetime, Presbyterian Villages of Michigan Foundation receives your gift.

Without obligation, PVM Foundation would like to answer any questions you may have.

Please call The PVM Foundation at
248.281.2040
mylegacy.pvmf.org

**Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION**

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

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Village Staff

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

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Joseph Mastaglio

Executive Chef

Andy Schaefer

Registered Nurse

Tammy Stclair

Susan Storrs

Janell Terrian

Farrell Thompson

Joele Weld

Christine Woodward

Sheree Woollard

Transporter

Jim Flick

Jack Frank

Jane Rye

Jill Tibbits

Administrator

Sandy Jakubiak

Cook

Katie Parr

Perry Club Manager

Mary Jane Kiogima

Dawn Svatora

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Jon Terrian

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Susan Foley

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**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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