



Perry Villager



Embrace the possibilities

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

March 2019

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**Perry Farm
Village**

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

This is the time of year that is often the toughest ... we get hints of spring, false starts and teases and other parts of the country are showing their daffodils and cherry blossoms and we are taking bets on how long the snow pile lasts and the last day of ice on the bay. Others are talking plantings and mulch and we are talking snow plow bills and ice melt! But spring will come – and we are getting ready...

The 2018 Resident Satisfaction Results are in – and huge congrats to both the Hillside Team and the Perry Farm Village Team for increases in the “Ultimate Question” satisfaction question; which is not to say that there are not areas for improvement! We will be sharing the results of the survey and our plans at both campuses to work on areas of improvement at upcoming resident meetings. Look for a few follow up questionnaires to help us dive into some of the results to really understand the areas of concern.

We have gotten great news from our PVM Wellness Director Tom Wyllie – we have been given permission to form a JOINT TRAVEL TEAM for the **PVM VILLAGE VICTORY CUP** in June. This is a friendly competitive event held every year (at larger and larger venues) for all of the Villages within the PVM system. Compete in events such as walking races, seated volleyball, bean bag toss, seated hoop shoot, or things like timed puzzle solving. We have participated in the Virtual Village Victory Cup – but this is first year we will be putting together a travel team. So start putting your teams together and talk to Sarah or Katie about events!

Finally, we are starting to put together our plan for having an Office Volunteer ... so be on the look-out for the ‘job description’ and if you are interested – let us know.

Thanks and stop by any time to chat!

Mary Catherine

Board Members



PFVA

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

PFDC/Hillside

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Pauly
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Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

AGING WELL ATTITUDE

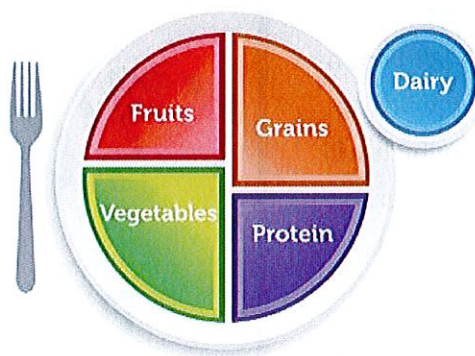
Father time plays tricks on us. We look in the mirror and ask: "Where did the time go?" Over the years as director of the Michigan Office of Services to the Aging, an author, motivational speaker and now in my role with Presbyterian Villages of Michigan, I have been a long-time proponent of having an Aging Well Attitude. Just what is an Aging Well Attitude? In my definition it is a mindset which allows us to "Embrace the Possibilities" (our PVM motto) and look upon aging in a positive way. Yes, we will have some challenges as we age. However, it can be the best of times if we look for the positives. Now folks can live to see their grandchildren graduate and marry, and even experience the joy of welcoming great grandchildren into the world. They have a chance to take up interests and even second careers which allow them to follow their dreams and passions. Over the years I have observed several key components which many experts have noted. Simply utilizing the letters in the word AGE we can zero in on them:

A IS FOR ATTITUDE – Almost everyone I know who has aged well with longevity has displayed this trait. In other words, they do not let anything get them down. They look for the joy in life and help to create it for others no matter what may be going on in their lives. I remember from my motivational speaking days when a woman said she was getting very down due to some issues. Her husband told her to deal with what was going on but to look for the "blessing in disguise" and not let the situation zap the joy from her life. She replied that it was easy for him since that was always what he projected. To that he replied: "What makes you think it is easy for me? I work at it."

G IS FOR GENETICS – Genetics does play a role. Chronic conditions and longevity which we inherit do impact our aging process. However, experts say that it only impacts 25-30% when it comes to the aging process. And no one gets dealt four aces in the deck. We all have issues to deal with. We can offset this impact by our life choices and engage in a Wellness lifestyle. I did get one ace in the deck since I have a paternal ancestor who lived to be 114 in the 1800's! However, I also received a few lower cards just like everyone else.

E IS FOR EMBRACING AGING & EMBRACING LIFE – Sadly many people fear aging so much that they want to deny its existence. Many commercials tout: "Don't give in to Aging. Defy It". And many people do not want to tell anyone their age. I was once told by a dental assistant that there are thirty or forty somethings who get insulted if they ask them their age. This is not good news for them or for our society! I saw a good slogan: "Know your age and then forget it". Do not dwell on it. First of all, it never works to try to deny any part of ourselves. It is not good for our self-esteem. Secondly, if we are truly engaged in life via volunteerism, enjoying our families and joining in with others we will have that Aging Well Attitude which can make these some of the best years of our lives.

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!



★ **MOVIE NIGHT** ★
 Admit One

Saturday, March 2nd
 A Good Year

Saturday, March 9th
 As Good as it Gets

Saturday, March 16th
 The Money Pit

Saturday, March 23rd
 When in Rome

Saturday, March 30th

Card Room at 6:45 pm
every Saturday!

Sunday, March 3rd
 Marley & Me

Sunday, March 17th
 The Great Outdoors

Sunday, March 31st
 Sabrina

Sunday Movie Matinees
At 2pm
In Card Room





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The "Ins & Outs" of Shipt - Part 1

For the last few months, I have been writing about my experience living life without a car. As you might recall, to get groceries I used the app-based service Shipt. This month, in case you might want to try it for yourself, I am going to write in more detail about how it works.

The first thing you'll need is a smartphone or other portable smart device such as a tablet. You'll also need internet access either through Wi-Fi or a cellular data plan and you'll need to have an email address. You will also need a major U.S. credit card, debit card or reloadable gift card, which will be kept on file and used to pay for your Shipt membership, any groceries you order, any delivery fees you may encounter and any tip you might decide to give your shopper.

Lastly, once you have all the above you'll need to get the Shipt app, which is free and can be downloaded from the App Store for iOS devices (i.e., Apple products) and from the Google Play Store for Android devices. Because Shipt works on both iOS and Android platforms, it really doesn't matter what brand of device you choose to use. After downloading the app, the next step is to create an account.

Creating an account involves entering your name, cell phone number, and email address into the Shipt app; entering the address to which you want your groceries delivered; entering your credit/debit/gift card information; and selecting a membership plan, either month-to-month (currently priced at \$14 per month) or yearly (currently priced at \$99 per year). Once you've created your account and purchased a membership, you can finally begin shopping, which I will walk you through in more detail in next month's column.



March Exercise Schedule

Sit & Fit

Mondays, Wednesdays and
Fridays at 10:30am
(Please see calendar for all dates)



Birthdays

6th Frank K.
11th Kreag K.
18th Ruth C.
20th Al O.

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





March Happenings



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Movie Matinee at 2 pm "Marley & Me"	4 Bus Day 10:30 am Sit & Fit Movie at The Lyric "Green Book" 1pm, Show at 1:30 pm	 5 10am Paczki Day! 1pm Bingo 3:00 pm Piano Lessons 5:30pm Mardi Gras Dinner Party	6 Bus Day 10:30 am Sit & Fit 2pm Bible Study	7 11 am Euchre 2pm Travel Series	1 Bus Day 10:30 am Sit & Fit	2  1pm Music with Ed Palmer Movie Night at 6:45 pm "A Good Year"
10  Daylight Savings Begins "Spring Forward"	11 Bus Day 10:30 am Sit & Fit 11:45 am Lunch at The Paper Station	12 1pm Bingo 3:00 pm Piano Lessons	13 Bus Day 10:30 am Sit & Fit 2pm Bible Study 3pm Resident Meeting	14 11 am Euchre 12pm Taco Day 2pm Travel Series  "Ireland" w/ Shamrock Shakes	15 Bus Day 10:30 am Sit & Fit 1pm Crooked Tree 2019 Juried Photography Exhibit	16 Movie Night at 6:45 pm "The Money Pit"
17 <i>St. Patrick's Day</i> Movie Matinee at 2 pm "The Great Outdoors" 	18 Bus Day 10:30 am Sit & Fit 5:00 pm Dinner out at Teddy Griffin's	19 1pm Bingo 3:00 pm Piano Lessons	20 Bus Day <i>1st Day of Spring</i> 10am Perry/Hillside Shopping Day <i>No Exercise</i> 2pm Bible Study	21 11 am Euchre 2pm Travel Series	22 Bus Day 10:30 am Sit & Fit 11:30 am Lunch at Julienne Tomatoes	23 Movie Night at 6:45 pm "When in Rome"
24 Movie Matinee at 2 pm "Sabrina"	25 Bus Day 10:30 am Sit & Fit Movie at The Lyric Time: TBD	26 1pm Bingo 3:00 pm Piano Lessons	27 Bus Day 10:30 am Sit & Fit 2pm Bible Study	28 11 am Euchre 2pm Travel Series w/ Lemonade & Cookies	29 Bus Day 10:30 am Sit & Fit	30 Movie Night at 6:45 pm "Miss Congeniality"
31 Movie Matinee at 2 pm "Sabrina"						



March Lunch

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

March Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Spaghetti	4 Seared Duck Breast	5 Mardi Gras Dinner Party Cajun Chicken	6 Pot Roast	7 Broiled Whitefish	8 Baby Back Ribs	9 Atlantic Salmon
10 Chicken Dijon	11 Meaty Lasagna	12 Beef Stew	13 Sautéed Whitefish	14 Beef Burrito	15 Crab Cakes	16 Macaroni & Cheese
17 Lamb Stew	18 Shrimp W/ Rice	19 Broiled Whitefish	20 Chicken & Dumplings	21 Shepard's Pie	22 Pasta Primavera	23 Pork Tenderloin
24 Chicken Marsala	25 Scalloped Potato W/	26 Meat Loaf	27 Rainbow Quiche	28 Pot Roast	29 Baby Back Ribs	30 Crab Cakes
31 Spaghetti						

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Men &
Women

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Lunch Time!



Effective March 1st, lunch will be served in the main dining room.

We encourage you to sign up by 10 am to ensure you can get the daily lunch provided. If you are getting a cup of soup we encourage you to join in the dining room.

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-4:30p
And Saturdays 10:00a-3:00p

Mary Catherine Hannah

Executive Director

Jill Tibbits

Administrator

Katie Parr

Perry Club Manager

Tequara Kiley

Maintenance Tech

Joseph Mastaglio

Executive Chef

Jon Terrian

Cook

Mary Jane Kiogima

Dawn Svatora

Dietary Assistants

Andy Schaefer

Registered Nurse

Resident Assistants

Olivia Arnold

Arrin Dull

Benjamin Duncan

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Brooke Maki

Kristin Mingrone

Amanda Rockwell

Tony Sibilio

Tammy St. Clair

Susan Storrs

Janell Terrian

Farrell Thompson

Sheree Woollard

Transporter

Jim Flick

Jane Rye

EMERGENCY NUMBER

911

24/7 Resident Assistant Desk, Terrace Level

(231) 526-1500 x 4

Main Office Fax Number

(231) 526-6462

Maintenance Office Desk

(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**

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