



Perry Villager



Embrace the possibilities

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

April 2015

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**Perry Farm
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Happy Spring! Even if it's not quite cooperating yet... Welcome to the month when half of Harbor Springs leaves and the other half wishes they could. But we are going to enjoy the sunshine starting to gather warmth, the first green shoots starting to push up through the exposed dirt around houses and buildings, the smell of warming dirt and the first hints of Trillium in the woods – let others decamp, we know the beauty of the early spring in northern climes.

It's also FRIENDS & FAMILY month! We are celebrating the return of The Season with two great projects – “Transformative Transportation” at Perry Farm Village and “The Friendship Center-Hillside Renewal Project” at The Village of Hillside. We have set ambitious goals this year; but I know that we can do it. We have amazing residents, families and friends who know how important the work and mission that we do at our campus’ and have generously supported us in the past. This year there is great match money available for giving – so don’t miss out on the chance for your donation to be doubled or more! All gifts made during the month of April counts towards our Friends & Family goals and all gifts will work towards our match this year.

I want to thank everyone for their great input on our project on both campuses this year. As we work towards making these changes, it is wonderful to get your ideas/thoughts/critiques. All opinions are very important to us and help us make sure that the campus reflects that this is YOUR home – we just work here!

Mary Catherine

Board Members



PFVA

Judge Jim
Churchill
Karin Flint
Don House
Linda Rhodes-
Pauly
Ken Ostrowski

PFDC/Hillside

Kay Flavin
Karin Flint
Don House
Jean Jardine
Lois Manville
Webb Martin
Rob Mossburg
Linda Rhodes-
Pauly
Linda Riley
Debra Schirmer
R.H. Schirmer
Jill VanAlstyne
Fred Walstrom

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoA) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoA as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!



Saturday, April 4th
Calendar Girls

Saturday, April 11th
The Importance of Being Earnest

Saturday, April 18th
Into the Woods

Saturday, April 25th
Music of the Heart

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

UPCOMING EVENTS

Monday, April 6th
1pm Detroit Tigers
Home Opener Party

Tuesday, April 7th
12pm Friends & Family
Kick-Off Party

Saturday, April 11th
2pm Book Club
Discussion

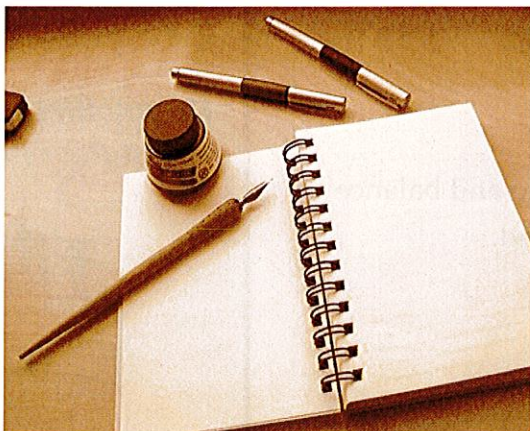
Wednesday, April 15th
12pm Volunteer
Appreciation Lunch



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program



Write Your Worries Away

Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.



Foot Clinic



Mark your calendars!
The next Foot Clinic is scheduled for May 11th, starting at 9 am. Please sign up in the Terrace Level.

Nice Essities

By: Suzie Friend

If you are interested in scheduling a hair appointment, manicure or pedicure please call Suzie at 526-1500 x 9. She would love to pamper you in the Village Salon!

April Fitness Classes

Fit & Well:

This class entails low-impact aerobics, strength, balance, stability, agility, core and some floor work. This class is for all ranges of levels.

Monday, Wednesday & Fridays at 9 am

Sit & Fit:

This class is primarily sitting, we do stand to do cardio and balance exercises. Everyone is welcome. Classes run year round.

Monday, & Wednesdays at 10:30am

Arthritis Foundation Tai Chi Program

Tai Chi is an ancient discipline with the benefits for the body, mind and spirit. The Arthritis Foundation Tai Chi Program captures the best of this discipline to promote the following rewards: Increased joint flexibility, improved balance and coordination, improved posture and body awareness, sustained muscle strength and stamina, increased ability to relax and cope with stress, improved lung function and breathing capacity and improved concentration and memory.

Tuesdays & Thursdays starting April 7th and running 8 sessions until April 30th at 9 am

Stretch Yoga

Stretch Yoga offers benefits for the body, mind and spirit in a self-paced class. Stretch Yoga includes the regular benefits of exercise, plus more specifically-Stretch Yoga exercise improves posture range of motion and strength, restores joint mobility and flexibility, assists in mental and psychological stress release, improves mental clarity and function, strengthens joints and muscles, improves foot health, increases lung capacity and respiratory health and develops core strength while decreasing back pain.

This class can be done from a sitting or standing position.

Fridays at 10:30 am



Birthdays!

Happy Birthday from all of us at Perry Farm Village!

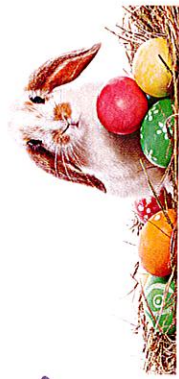


8th Milly Wilson
10th Judge Churchill







April Happenings 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 <i>Easter</i> 	6 9 am Fit & Well 10:30 am Sit & Fit 1pm Detroit Tigers Home Opener Party	 7 9 am Tai Chi 12pm <i>Friends & Family</i> Kick-Off Party 2pm Wii Bowling	1 <i>April Fool's Day</i> 9 am Fit & Well 10:30 am Sit & Fit 1pm <i>Egg Decorating</i> 2pm <i>Travel Series</i>	2 <i>Maundy Thursday</i> 11 am Euchre 2pm Bingo 3 pm Bible Study	3 <i>Good Friday</i> 9 am Fit & Well 10:30 am Stretch Yoga	4 Movie Night At 6:45 pm "Calendar Girls"
12 Movie Matinee "That's Entertainment" At 2pm	13 9 am Fit & Well 10:30 am Sit & Fit 1pm Sensational Smoothies	14 9 am Tai Chi 1pm Village Victory Cup Practice 2pm Wii Bowling	8 9 am Fit & Well 10:30 am Sit & Fit 11:45 am Lunch at Sam's Graces 2pm <i>Travel Series</i>	9 9 am Tai Chi 11 am Euchre 2pm Bingo 3 pm Bible Study	10 9 am Fit & Well 10:30 am Stretch Yoga	11 2pm Book Club Discussion Movie Night At 6:45 pm "The Importance of Being Earnest"
19 	20 9 am Fit & Well 10:30 am Sit & Fit	21 9 am Tai Chi 12pm Volunteer Appreciation Lunch 2pm Wii Bowling	15 9 am Fit & Well 10:30 am Sit & Fit 12:30pm <i>Perry/Hillside Shopping</i> 2pm <i>Travel Series</i>	16 9 am Tai Chi 11 am Euchre 2pm Bingo 3 pm Bible Study	17 9 am Fit & Well 10:30 am Stretch Yoga 	18 Movie Night At 6:45 pm "Into the Woods"
26 Movie Matinee "That's Entertainment Part 2" At 2pm	27 9 am Fit & Well 10:30 am Sit & Fit	28 9 am Tai Chi 1pm Village Victory Cup Practice 2pm Wii Bowling	22 <i>Earth Day</i> 9 am Fit & Well 10:30 am Sit & Fit 2pm <i>Travel Series</i>	23 9 am Tai Chi 11 am Euchre 2pm Bingo 3 pm Bible Study	24 <i>Arbor Day</i> 9 am Fit & Well 10:30 am Stretch Yoga	25 Movie Night At 6:45 pm "Music of the Heart"
			29 9 am Fit & Well 10:30 am Sit & Fit 2pm <i>Travel Series</i>	30 9 am Tai Chi 11 am Euchre 2pm Bingo 3 pm Bible Study	May 1 9 am Fit & Well 10:30 am Stretch Yoga	May 2 Kentucky Derby

April Lunch Menu




Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5 <i>Easter</i> Chef Salad	6 Turkey Sandwich	7 Friends & Family Kick-Off Party Tuna Melts	8 Pulled Pork Sandwich	9 Reuben	10 Shrimp Salad	11 Burger & Fries
12 Calzone	13 Mediterranean Sandwich	14 Steak Caesar	15 Chicken Strudel	16 Devonshire Sandwich	17 Roast Beef Sandwich & Chips	18 Blue Cheese Club
19 Grilled Cheese & Tomato Soup	20 French Dip	21 Volunteer Appreciation Luncheon Quiche	22 Sloppy Joes	23 Turkey Sandwich	24 Shrimp Caesar	25 Corned Beef Sandwich
26 Chef Salad	27 Whitefish Sandwich	28 Club Sandwich	29 Cobb Salad	30 Grilled Ham & Cheese		



April Dinner Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ravioli	2 Beef Stroganoff	3 Pork Ribs	4 Tilapia
5 <i>Easter</i> Ham & Scalloped Potatoes	6 Pizza Night	7 Chicken Dijon	8 Country Beef Ribs	9 Salisbury Steak	10 Parmesan Crusted Walleye	11 Tenderloin Tip Pappardelle
12 Pot Roast	13 Spaghetti & Meatballs	14 Potato Wrapped Whitefish	15 Oven Roasted Chicken	16 Crab en Croute	17 Pork Chop & Bread Stuffing	18 Country Chicken & Gravy
19 Spaghetti	20 Roasted Pork Tenderloin	21 Pan Seared Salmon	22 Meatloaf & Mashed Potatoes	23 Hot Turkey	24 Shrimp Pasta	25 Chicken Parmesan
26 Stuffed Cabbage	27 Veal & Exotic Mushrooms	28 B.B.Q. Chicken	29 Steak & Fries	30 Scallops		



Giving Matters.

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

Friends & Family Kicks Off; Consider Joining a Giving Society

April 1st will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30th**! The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040
- Mail your gift to: PVM Foundation,
26200 Lahser Road, Suite 300
Southfield, MI 48033

With the PVM Foundation's 21st Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8th at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015

FRIENDS & family

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.

Your gift today will change the lives of seniors for years to come!

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

TO MAKE A GIFT:

See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at 248.281.2040 or visit www.pvmfoundation.org.

Your gift can be MATCHED!

Match guidelines apply.

April 1-30

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 (231) 526-1500

Village Staff

Mary Catherine Hannah <i>Executive Director</i>	Greg Goodman <i>Executive Chef</i>	Andy Schaefer <i>Registered Nurse</i>	Mandi Moore <i>Wendy Nellett</i>
Jill Tibbits <i>Administrator</i>	Sandy Jakubiak <i>Cook</i>	Resident Assistants <i>Mariah Brecht</i>	Amanda Rockwell <i>Susan Storrs</i>
Katie Parr <i>Wellness Coordinator</i>	Mary Jane Klogima <i>Mary Niswander</i>	<i>Tanya Chevalier</i> <i>Arrin Dull</i>	<i>Janell Terrian</i> <i>Sheree Woollard</i>
Dan Kolberg <i>Maintenance Tech</i>	Jon Terrian <i>Groundskeeper</i>	<i>Colleen Froats</i> <i>Rose Gokee</i>	CDL Transporter <i>Jane Rye</i>
		<i>Shellie Harrington</i> <i>Tanja Jamroz</i> <i>Amanda Kleinert</i>	Housekeeper <i>Tracy Archey</i>

EMERGENCY NUMBER

(231) 526-1500 x 4

Resident Assistants' Desk Cell

(231) 557-4403

Fax Number

(231) 526-6462



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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