Perry Farm Village

Perry Villager

Embrace the possibilities

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

April 2016

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

Look for PVM on:

It has been a tough month for the Hannah clan – my mother lost her younger brother Bill to a sudden heart attack (after surviving 25 years with MS) and on my father's side we lost my father's sister's husband, my Uncle Mike (after having lost his wife – my Dad's sister – my Aunt Mary last year). This heralds the pendulum swing in generational families between weddings and funerals and as much as I mourn their passing and know that the hole they leave in the family will never truly be filled – it makes me even more glad for my extended family and for the mere fact that I knew these amazing people, that my life was that much richer for the family mythology that they contributed towards building. I am reminded that these amazing people – who when I was 10 and running around on the beach seemed so OLD – were in fact in the prime of their lives and how now that I am that same age, how they just seem like people of indeterminate age. How my Uncle Mike after two new knees and hip surgery still went to the club and had the tennis pro hit balls to him; how my Uncle Bill worked through his declining health with MS to put in 35 years with the US Department of Energy. I am reminded that 'aging' is just the consequence of 'living' and the wealth of ways in which people live life is reflected in the diverse ways in which people age.

We are gearing ourselves up at PVM – and at both Perry Farm Village and at The Village of Hillside – to serve folks in ALL the ways in which they live life, ways in which they 'age'. As we head into Friends & Family think about all the ways that we have and can continue to serve our mission in Harbor Springs and our greater Northern Michigan community to make this 'the best place to live'!

Mary Catherine

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It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

April is Alcohol Awareness Month

This April during Alcohol Awareness Month, I encourage you to educate yourself and your loved ones about the dangers of drinking too much. In 2014 there were more than 9,300 drunk-driving accidents in Michigan. Of the 806 fatal car accidents that occurred in Michigan in 2014, nearly 30% involved alcohol and/or drugs. Excessive alcohol consumption also increases your risk of non-auto related injuries, violence, drowning, liver disease, and some types of cancer. If you are concerned that you or a loved one may be drinking too much, here are some strategies you can use to help you cut back or quit drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Choose a day each week when you will not drink.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

For more information visit the National Council on Alcoholism and Drug Dependence website at www.ncadd.org or call 1-800-622-2255.

"Spring is nature's way of saying, 'Let's Party!"
Robin Williams

Birthdays!

Happy Birthday from all of us at Perry Farm Village!

8th Milly Wilson
10th Judge Churchill
27th Geraldine Otto

Friends & Family 2016

April 1st-30th

★MOVIE NIGHT★
Admit One

Saturday, April 2nd
Pollyanna

Saturday, April 9th
A Walk in the Woods

Saturday, April 16th
Calendar Girls

Saturday, April 23rd
Brooklyn

Saturday, April 30th
A Good Year

Card Room at 6:45 pm every Saturday!

Sunday, April 10th
Fiddler on the Roof

Sunday, April 24th
My Best Friend's Wedding

Sunday Movie Matinee's At 2pm In Card Room

April Happenings 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Friends & Family Campaign Month					1 10:30 am Sit & Fit **11am Luncheon Lecture "Paddling Around the Great Lakes"**	2 Movie Night At 6:45 pm "Pollyanna"
3	4 10:30 am Sit & Fit **11:45 am** **Out to Lunch**	5 **1pm Puzzle Hour** 2pm Wii Bowling	6 10:30 am Sit & Fit	7 11 am Euchre 2pm Bingo 3pm Bible Study	8 ***9am Meet & Greet with Joe*** (Donuts & Coffee Provided) 10:30 am Sit & Fit	9 Movie Night At 6:45 pm "A Walk in the Woods"
10 Movie Matinee at 2 pm "Fiddler on the Roof"	11 10:30 am Sit & Fit 1pm Detroit Tigers Game & Party	12 2pm Village Victory Cup Practice	13 10:30 am Sit & Fit 11:45 am Thai Orchid for Lunch	14 11 am Euchre 2pm Bingo 3pm Bible Study	15 10:30 am Sit & Fit	16 Movie Night At 6:45 pm "Calendar Girls"
17 Great Lakes Chamber Orchestra at 3pm (Show at 4 pm)	18 10:30 am Sit & Fit ***11:15am Ask the Therapist*** 2pm Scrabble	19 **1pm Lemonade & Cookies** 2pm Wii Bowling	20 10:30 am Sit & Fit **11:45 am Perry/ Hillside Shopping Day**	21 11 am Euchre 2pm Bingo 3pm Bible Study	22 ***Earth Day*** 10:30 am Sit & Fit	23 Movie Night At 6:45 pm "Brooklyn"
24 Movie Matinee at 2 pm "My Best Friend's Wedding"	25 10:30 am Sit & Fit 2pm Travel Series "Germany"	26 2pm Village Victory Cup Practice	27 10:30 am Sit & Fit **2:00 pm Travelogue to "Nigeria"**	28 11 am Euchre 2pm Bingo 3pm Bible Study	29 ***Arbor Day*** 10:30 am Sit & Fit	30 Movie Night At 6:45 pm "A Good Year"

April Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Steak Caesar	2 Turkey Bacon Wrap
3 Roast Beef & Swiss Sandwich	4 French Toast Ham Supreme	5 Schmitter Sandwich	6 Crab Louie Sandwich	7 Grilled Cheese w/ Tomato Soup	8 Chef Salad	9 Tuna Melt
10 B.L.T.	11 Lobster Mac & Cheese	12 Ham & Cheddar Sandwich	13 Turkey Reuben	14 Helen's Chicken Salad	15 Cheeseburger	16 Tuna Salad Sandwich
17 Turkey Sandwich	18 Fruit Bowl	19 Roast Beef Sandwich	20 Quiche Lorraine	21 Ham & Cheese Sandwich	22 Steak Caesar	23 B.L.T.
24 Wedge Salad w/ Blue Cheese & Chicken	25 Turkey Avocado Wrap	26 Egg Salad Sandwich	27 Corned Beef Reuben	28 Tuna Stuffed Tomato	29 Schmitter Sandwich	30 Grilled Cheese w/ Tomato Soup

April Dinner Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pecan Crusted Whitefish	2 Seared Pork Chop w/ Cherry Chutney
3 Country Style Beef	4 Pork Loin w/ Gravy & Mashed Potato	5 Maryland Crab Cakes	6 Ham w/ Cheesy Potato	7 Lamb Stew	8 Pan Seared Ribeye	9 Sautéed Shrimp w/ Ricotta Gnocchi
10 Chicken Parmesan	11 Pan Seared Duck w/ Cherries	12 Spaghetti w/ Meat Sauce	13 Salisbury Steak	14 Sautéed Whitefish w/ Capers	15 Asian Style Pork Tenderloin	16 New York Strip Steak
17 Country Fried Chicken	18 Meatloaf & Mashed Potatoes	19 Wild Caught Ocean Whitefish	20 Lasagna	21 Pork Cutlet	22 B.B.Q. Chicken	23 Filet Mignon
24 Seared Diver Scallops	25 Pork Loin w/ Mac & Cheese	26 Swiss Steak	27 Cranberry Chicken	28 Homemade Meatballs with Pasta	29 Oven Roasted Salmon	30 Chop Steak w/ Fries

Friends & Family Kicks Off April 1st!

Join us in the annual **Friends & Family** fundraising campaign! Friends & Family is an opportunity for residents to raise funds for projects that will enhance and enrich their lives. The 2016 goal is to raise $150,000 cumulatively across all participating PVM Villages.

Match Opportunity

Your gift received by April 30th during Friends & Family (F&F) is eligible to be matched! Matching funds will be awarded at the end of the campaign to every Village, based on the percentage they raised toward the total F&F amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Example: If your Village raises 10% of the total F&F amount raised (across all Villages), then your Village will receive 10% of the matching funds available.

Want to Learn More?

Attend your Village Kick-Off Party or look for flyers and posters to learn more about your Village's individual fundraising goal and project. You can also visit pvmfoundation.org/FF2016. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, ***every gift matters!***

To Make a Gift

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

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!

Warm regards,
Paul J. Miller, CFRE

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

Joseph Mastaglio
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
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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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