



Perry Villager



Embrace the possibilities

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

April 2019

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Perry Farm
Village

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Welcome to "Almost Spring"! We are deep into project mode at both Hillside and Perry ... planning and starting implementation on some long term projects finally coming to fruition. The office at Perry was stuffed to the gills with boxes for a refresh of the living room area on the Terrace Level. A big thanks/kudos to our joint Maintenance Team duo who knocked out painting, etc., to get the room ready for new furniture, art, curtains, the works! It looks light and fresh already – just waiting for the final items to arrive.

The lobby at Hillside East is back together – and hopefully will stay dry for the spring (and years to come!). We are taking bets on how long the snow push piles last and when we can start planning pots and putting out flowers.

Don't forget that April is **FRIENDS AND FAMILY** month! We have been so lucky and blessed at both campuses with the generous donations in previous years. Those donations have allowed us to do things like the raised garden beds and landscaping at Hillside East, purchase patio furniture and install gazebos at both campuses, buy new electronics and update fixtures. We are so grateful for all of our 'friends and family' who help make living at our campuses gracious and lovely. You can find donation envelopes at both campus' offices – if you don't see one, just ask! And be sure to pass around to friends who might be willing/able to help us out.

As always – come and find me to chat, ask a question, talk about a concern, tell us what we did right, or give kudos to a staff person! Also, if you are interested in volunteering in the office at Perry Farm Village – drop me a note!

Mary Catherine

Board Members



PFVA

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

PFDC/Hillside

Kay Flavin
Karin Flint
Roy Griffiths, Jr.
Kate Kelly
Don House
Jean Jardine
Andy Spence
Linda Rhodes-Pauly
Linda Riley
Debra Schirmer
Fred Walstrom

Look for PVM on:



Food Price Changes



There has been a change in some of the food prices:

Soup: \$3.00

Breakfast: \$6.00

Breakfast Buffet: \$8.00

Lunch: \$7.00

We hope you will be joining us for some food and fellowship!



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

The Magic of Friendship

A recent special edition of Time Magazine is titled Friendship: "The Bonds That Shape Us at Every Age". This publication further supports the notion that friendship and connecting with others is the bond that makes life sweeter no matter what stage we are in. There is documented evidence that children fair better in school if they have developed strong friendships. Often these friendships last for a lifetime.

Whether it happens at the barber or beauty shop, a religious setting, a yoga class or being with neighbors and friends at a PVM village these bonds endure and help us to celebrate or problem solve our way through life - good times and bad. Many times PVM residents have remarked that they and their fellow residents look out for each other daily; and this brings joy and comfort to their lives.

Our annual Village Victory Cup is coming up on June 21st. This is a great way to celebrate the joy of life and is also a good way to make new friends as well as bond with the ones you have now. Come join in the fun. Talk to your village staff about becoming a member of your village team. Hope to see you there!



April Exercise Schedule

Sit & Fit

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



Chair Gentle Yoga

Tuesday's at 10:30 am

Yoga Prices
\$12/class



Birthdays

8th Milly W.
10th Jim C.

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

★ **MOVIE NIGHT** ★
Admit One

Saturday, April 6th

Titanic

Saturday, April 13th

Stan & Ollie

Saturday, April 20th

Green Book

Saturday, April 27th

At Eternity's Gate

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

Sunday, April 14th

In Good Company

Sunday, April 28th

Three Men and a Baby

Sunday Movie Matinees

**At 2pm
In Card Room**





Campaign!



**YOU give your Village the
Power to Choose**



Your gift for your Village during the Family & Friends Campaign offer you the opportunity to combat isolation and to be more independent.

Your gift to Perry Farm made it possible to have an updated kitchen, the remodeled fitness center with new cardio equipment, the pergola and butterfly garden on the patio, the newly constructed Friendship Center at The Village of Hillside, and the new piano in the dining room.

Simple pleasures! Yes. But, it's something important to you and your residents that can't be done by the Village and PVM alone. **Without you, it can't be done.**

YOUR gift changes things!

Your gift can help to make YOUR community healthier. Right here. Right now.

Will you give today?

**You can
make Perry
the BEST place
to age!**

Thank you!

**FRIENDS &
family
CAMPAIGN**

April 1 – 30, 2019

TO MAKE A GIFT:
See the front desk for a donation envelope or

ONLINE: pvmf.org/Perry	MAIL: PVM Foundation 26200 Lahser Road Suite 300 Southfield, MI 48033
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Presbyterian Villages of Michigan Foundation is a 501(c)(2) nonprofit organization.
Michigan Charitable Solicitation Registration #MCS 35871.

GOAL
\$10,000

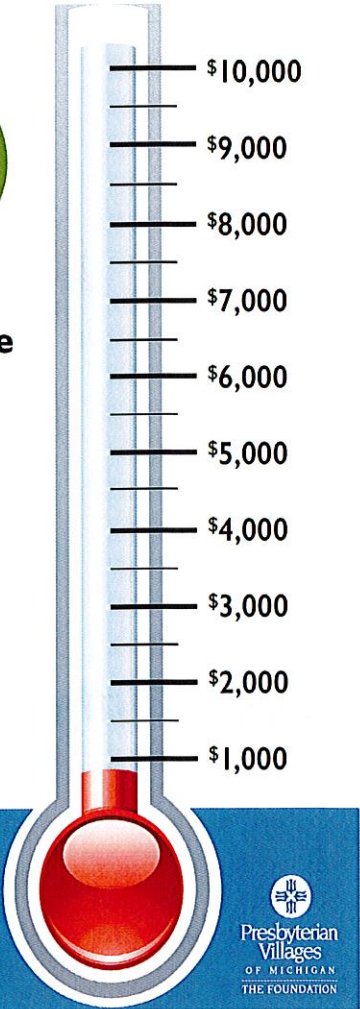
**Give today and make
Perry Farm the
BEST place to age!**

April 1 – 30



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April Happenings 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Bus Day 10:30 am Sit & Fit	2 10:30 am Chair Gentle Yoga 1pm Bingo 3:00 pm Piano Lessons	3 Bus Day 10:30 am Sit & Fit 2pm Bible Study	4 11 am Euchre 1pm Detroit Tigers Home Game with snacks! 	5 Bus Day 10:30 am Sit & Fit 2pm Friends & Family Kick-Off Party!	6 Movie Night at 6:45 pm "Titanic"
7	8 Bus Day 10:30 am Sit & Fit 1pm Village Victory Cup Practice	9 10:30 am Chair Gentle Yoga 1pm Bingo 3:00 pm Piano Lessons	10 Bus Day 10:30 am Sit & Fit 11:45 am Lunch at Bar Harbor 2pm Bible Study	11 11 am Euchre 1pm Dominos 2pm Travel Series	12 Bus Day 10:30 am Sit & Fit 2pm Sensational Smoothies 	13 Movie Night at 6:45 pm "Stan & Ollie"
14 Movie Matinee at 2 pm "In Good Company"	15 Bus Day 10:30 am Sit & Fit 11:30 am Lunch at Thai Orchid	16 10:30 am Chair Gentle Yoga 1pm Bingo 3:00 pm Piano Lessons	17 Bus Day 10:30 am Sit & Fit 2pm Bible Study	18 9 am Donuts & Coffee with Tequara 11 am Euchre 2pm Travel Series	19 Bus Day 10:30 am Sit & Fit 1pm Decorate Easter Eggs 	20 Movie Night at 6:45 pm "Green Book"
21 Easter Easter Dinner 3:00 pm 	22 Bus Day 9 am Foot Clinic 10:30 am Sit & Fit 1pm Village Victory Cup	23 10:30 am Chair Gentle Yoga 1pm Bingo 3:00 pm Piano Lessons	24 Bus Day 10:30 am Sit & Fit 2pm Bible Study	25 11 am Euchre 1pm Dominos 2pm Travel Series	26 Bus Day No Exercise! 4:30pm Dinner at Vivio's	27 Movie Night at 6:45 pm "At Eternity's Gate"
28 Movie Matinee at 2 pm "Three Men and a Baby"	29 Bus Day 10:30 am Sit & Fit	30 10:30 am Chair Gentle Yoga 1pm Bingo 3:00 pm Piano Lessons				



April Lunch




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



April Dinner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Beef Stew	2 Meat Loaf	3 Chicken Parmesan	4 Broiled Whitefish	5 Pork Loin	6 Atlantic Salmon
7 Smothered Chicken	8 Shepard's Pie	9 Sautéed Whitefish	10 Seared Duck Breast	11 Crab Cakes	12 Baby Back Ribs	13 Macaroni & Cheese
14 Spaghetti W/ Meat Sauce	15 Beef Burrito	16 Orange Chicken	17 Pot Roast	18 Broiled Whitefish	19 Stuffed Peppers	20 Lamb Stew
21 <i>Easter Dinner</i> 3 pm 	22 Meaty Lasagna	23 Sautéed Whitefish	24 Meat Loaf	25 Shrimp W/ Rice	26 Pork Tenderloin	27 Crab Cakes
28 Spaghetti W/ Meat Sauce	29 Baby Back Ribs	30 Chicken Alfredo				



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The "Ins & Outs" of Shipt – Part 2

This is the final article in a series of articles I have been writing about living life without a car when my car was in the shop for some minor repairs. Last month I wrote about what you need to have in place to use the online grocery shopping and delivery service Shipt. This month I am writing about how it works.

After you download the app and create an account, you're ready to begin shopping. As part of setting up your account, the app will find participating stores closest to your location and prompt you to choose one. In Michigan, you have two options: Meijer and Target. If both are available you can switch between the two each time you shop.

Using the app is pretty straight forward. When you open it, the delivery address you specified and the store you selected when you set up your account will be displayed along with the next available delivery time. Don't worry if that's not the time you want. You will select your actual delivery time later in the process.

Also displayed will be a search bar and a series of categories (Buy Again, On Sale, Browse, Favorites, etc.). You can use either to select the groceries you want.

The first time I used Shipt, I used the search bar. I typed in the name of the item I wanted and all the products containing that name were displayed along with their pictures and prices. From the displayed list I selected the specific item I wanted and added it to my shopping cart by tapping the plus sign located to the bottom right of its picture. If you tap the picture, you will be presented with more detailed information about the item and have the ability to add additional quantities of that item to your cart.

As you use Shipt it keeps track of the items you buy and compiles a list of those items in the Browse Again category. Since I'm a creature of habit and tend to buy the same things over and over again, the next time I used Shipt I shopped using that category. After tapping the icon, all the items I purchased in the past were displayed. I then tapped all the items I wanted to buy, which added them to my shopping cart.

As you use Shipt it keeps track of the items you buy and compiles a list of those items in the Browse Again category. Since I'm a creature of habit and tend to buy the same things over and over again, the next time I used Shipt I shopped using that category. After tapping the same things over and over again, the next time I used Shipt I shopped using that category. After tapping the icon, all the items I purchased in the past were displayed. I then tapped all the items I wanted to buy, which added them to my shopping cart.

Once you fill your cart with all the items you want, it's time to check out. Confirm your cart contains the items you want by tapping the cart icon in the upper right hand corner of your

screen. If it does, tap the green Checkout bar which is located at the bottom of your screen. Doing so will display a list of available delivery times. Selecting the time you want will display the delivery address, the delivery time you selected, how you prefer to be notified regarding substitutions, your payment method and the total cost of your order. If everything looks good, tap the green Place Order button at the bottom of your screen. If not, you can make changes by tapping the Edit button next to what you want to change. Tapping the Place Order button will place your order and also display an order confirmation. In addition, a confirmation email will be sent to the email address you associated with your account when you set it up.

A few minutes after you place your order a Shipt shopper will claim it. The shopper's picture along with their first name will appear in the app on the confirmation page along with their first name. When they begin shopping they will send you a text and ask you if you want to add anything to your order. While they shop, if you indicated you wanted them to contact you regarding substitutions they will send you a text if something you ordered is not available and will suggest a substitution, which you can accept or deny. Once they finish shopping they will notify you that they are checking out and once they check out, they will notify you that they are on their way to the delivery address you specified.

When they arrive, if you need help putting your groceries away they will assist you. If not, they will place them wherever you want. I have always had a positive experience. My shoppers have been very helpful and very friendly. I have received all the groceries I ordered (unless unavailable at the store) and the cold items were cold, the frozen items were frozen, and the fresh items fresh.

After your shopper drops off your groceries, you will have the opportunity to rate them and give them a tip through the app. Both are very important tasks to complete. Rating them lets Shipt know how well they did their job. Tipping them is a way of thanking them for a job well done. Additionally, Shipt shoppers can see your tip history, which can influence whether they claim your order. A Shipt shopper whom I know told me that better tipppers tend to attract the better shoppers.

For me, using Shipt has been pretty easy. Like with anything, I have found that the more I use it the better I get at it. The groceries themselves are a little more expensive (that's how Shipt makes their money) and the tip does add to the cost, however, you can't beat the convenience. So, the next time you find yourself without a car and in need of groceries, rather than take the bus or bum a ride from a friend you just might want to give Shipt a try.

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

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

24/7 Resident Assistant Desk, Terrace Level

Main Office Fax Number

911

(231) 526-1500 x 4

(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**

4241 Village Circle Drive
Harbor Springs, MI 49740

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