



Perry Villager



Embrace the possibilities

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

May 2015

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**Perry Farm
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Has spring finally sprung? Can we really truly put aside our hats and gloves? Can we actually pull the snow brush/ice scrapper out of the car? Shhhhhh.... Don't say anything too loudly! But I am cautiously optimistic that the daffodils and violets are true harbingers of the beautiful season to come. As we wrap up April and head into the season of May flowers – a **huge, huge thank you** to everyone who donated to our Friends & Family campaigns this year! Every dollar means so much in terms of the impact we are able to make on our campuses. We have met our goal at Hillside (yeah!) and made a great dent in our ambitious goal for Perry Farm Village. We will be sending out a survey shortly to Perry Farm Village residents and owners to help us make a final determination on new transportation- so please be on the look-out for that survey and get it filled out and back to the office! Speaking of resident feedback- the next season coming up at PVM Villages is the season of the Resident Satisfaction Survey! These are so important to us - both at the system level (Home Office in Southfield) and at the Village level. We pay close attention to the feedback gained in these surveys and make real changes based on the results. Please take a few moments in June- when the surveys come out- and give us your input into operations at the Village.

We are deep into relocation planning at the Village of Hillside and I am so grateful to our residents in Phase I who are taking this whole project in stride, although not without great (and understandable) anxiousness. I know that the relocation is not ideal for anyone, but the new building is so necessary for not only our current residents but for the future of Hillside to continue to serve Harbor Springs for years to come.

Mary Catherine

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Look for PVM on:



Top 10 Tips to Relieve Stress



We're hard-wired to respond to stress. Our bodies' "fight-or-flight" response system is designed to kick in when we're faced with a threat. However, modern man encounters a constant barrage of stressors that the body misinterprets as threatening, which can keep you on edge unnecessarily. These ten tips will help you soothe your nerves and put your mind at ease.

1. Identify Triggers

Examine the different areas of your life: work, finances, relationships, etc. Can you reduce the stress in your life in any of these areas? While jobs, family, and finances will continue to play integral roles in your life, you can change the way you cope with each.

2. Sweat it Out

If you need more reasons to schedule exercise into your calendar, evidence supports the benefits of physical activity for managing stress. In addition to helping your heart, regular exercise can boost your mood, manage your weight, and ensure a healthy night's sleep.

3. Cry

Some studies show that you may feel better following a good cry. The release of pent-up stress is like washing your emotional palette clean: endorphins (feel-good hormones) rush out, lifting tension. So, go on: let it all out.

4. Learn to Be Imperfect

While it's healthy to have goals, putting too much pressure on yourself to accomplish unrealistic expectations can have a negative effect on your health. First, you have to accept that there is no such thing as perfection. Then, you need to let go of your need to achieve it. Embrace your flaws, and learn from your mistakes. Your mind—and your heart—will thank you.

5. Schedule "Me" Time

Whether it's five minutes of meditation to close your day, a half-hour bath, or a walk, make time for you—and only you.

6. Do One Healthy Thing Each Day

Swap the candy bar for a piece of fruit. Trade in your morning cup of highly caffeinated coffee for (antioxidant-rich) green tea. Amidst a cluttered calendar, find the time to insert healthy steps towards reducing stress. You might just find that each healthy choice keeps you motivated to make more healthy decisions.

7. Be Prepared

Things happen, but you can reduce or eliminate stress by being prepared for inevitable or unpleasant events. Make copies of your house, apartment, or car keys to give to a family member or close friend. Keeping an easily accessible spare will leave you less stressed if you happen to lose a set. For those times when the unavoidable strikes, count to ten before speaking, take three deep breaths, or go for a walk to clear your mind.

8. Write it Down

Accumulating evidence suggests that journaling can help you sort through a gamut of emotions such as sadness, loss, and anger. Studies show that when people write about meaningful or traumatic events, their health and other biological markers for stress improve.

9. Drink Up

Water, that is. Hydration is important for staying healthy and combating fatigue. Stress management relies, in part, on staying hydrated. When you don't drink enough water, you might look to sweets to satisfy a sugar craving. To keep your body healthy, your mind sharp, and stress at bay don't wait until your mouth is parched. Drink water throughout the day and with meals.

10. Say No

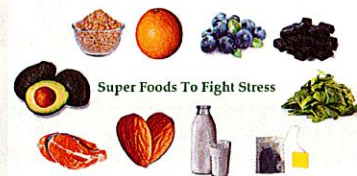
It might feel natural and downright nice to say "yes" to every project, proposal, and task that comes your way. However, recognizing—and sticking to—your limits will keep you in control of your time and your health. Instead, accept what you are willing to handle and politely say "no" to the rest. Use some of that downtime to recharge your batteries.

Some other tips to cope with unavoidable stress include:

- laughing a little every day
- cutting out stimulants (like caffeine and sugar)
- relaxation and meditation
- talking to a friend or counselor

Take a Bite Out Of Stress

Fantastic Foods That Fight the Frazzle



Asparagus: packed with the B vitamin folate, it keeps you cool under pressure by aiding in the production of serotonin which boosts mood

Avocados: this creamy green superfood contains more folate than any other fruit AND glutathione, a substance that blocks absorption of fats that create free radicals and contribute to aging

Citrus Fruits: berries and oranges are loaded with vitamin C and have been shown to help people bounce back more easily from stressful situations by lowering blood pressure and cortisol levels

Dark Chocolate: regularly nibbling on small portions of dark chocolate has been shown to combat the stress hormone cortisol as well as the "fight-or-flight" hormones known as catecholamines

Fatty Fish: salmon, tuna and other fish rich in omega-3 fatty acids have been shown to ease a stressed mind by keeping cortisol levels from rising in the face of taxing events

Leafy Greens: spinach and Swiss chard, in particular, naturally contain magnesium that is essential in helping muscles relax and calming nerves

Oatmeal: carbs naturally boost your mood by kick-starting serotonin production and grains with more fiber, like oatmeal, take longer to digest, therefore releasing serotonin at a more slow-and-steady pace

Oysters: these tasty shellfish are brimming with zinc that helps regulate dopamine production, a chemical in the body that helps boost energy and mood

Walnuts: the omega-3 fatty acids in walnuts have been shown to keep stress hormones like cortisol and adrenalin in check

Sources: www.huffingtonpost.com "Food and Stress: 7 Healthy Picks That Can Help You Relax" and

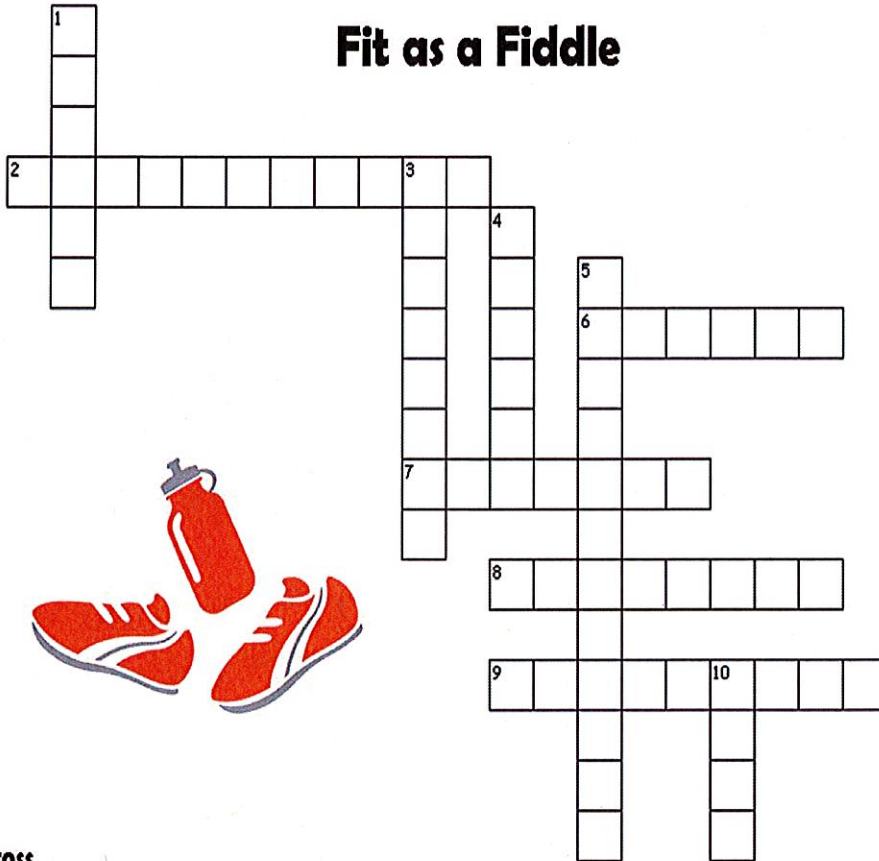
www.prevention.com "13 Foods That Fight Stress"



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Fit as a Fiddle



Across

2. Lace these up when you're about to head out for a run.
6. Exercise can give you this, which can help wake you up and help you stay positive throughout the day!
7. It's good to do this before being active, to loosen up those muscles!
8. This is an activity you can do in the water, and can be easy on the joints.
9. This is a machine that you can use to walk or run inside, and is great when the weather isn't permitting exercise.

Down

1. Grab one of these and have them come with you for a walk!
3. This is something you can do to keep your body healthy.
4. You should always speak with this person before becoming active.
5. This illness impacts the heart, and the risk of it can be reduced with exercise.
10. This is improved when you exercise, and leads to a more positive outlook.

Answers can be found in next week's newsletter!



Balance Assessments

Northern Michigan Sports Medicine Center will be here at Perry Farm Village conducting balance assessments on

**Tuesday, May 19th
from 10am-12pm!**

They will be coming quarterly so you can track your progress. I hope you will take advantage of this free assessment.

If you are interested please sign up in the card room for the selected time.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

OLDER AMERICANS MONTH – 2015

May is Older Americans Month. The Administration on Aging denotes this celebration as a way to draw attention to acknowledge the past and present older persons in our country. This year's theme is "Get Into the Act". When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived their life in poverty; and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month", the prelude to "Older Americans Month".

Every President since Kennedy has issued a formal proclamation for Older Americans Month asking that the entire nation pay tribute in some way to older persons in their communities. This is celebrated across the country through ceremonies, events, fairs and other such activities. Each of us can do something to honor our older Americans. If you are a senior who is blessed with mobility and good health reach out to another senior friend or neighbor who may not be as fortunate as you. If you are a family member, neighbor or friend of a senior find some special way to let them know that you appreciate what they have done through defending us or building the communities which we all now enjoy. We owe a debt of gratitude to our older Americans. Please join me in saying THANK YOU!



PERRY FARM VILLAGE INTERIOR DESIGN COMMITTEE

The first two meetings of the inaugural Interior Design Committee for Perry Farm Village have been a wonderful success and we look forward to many more such gatherings. The initial task of the Committee is to look at various soft finishes updates for both the condo wings and for the main Perry Center. The unanimous decision was to keep the red paint color in the Card Room, but to get some shades for the French doors out to the patio to help with glare on the television... So the new shades have arrived and will be installed shortly! We decided on matching curtains for the Chef's Dining Room and those are being hemmed and will go up with the shades. We have also found a wonderfully unique solution for the carpet buckling issues in the Perry Center and hallways and that project should start in the next two weeks. One of the topics that the Committee has taken up is to find a way to easily distinguish the hallways – which can be confusing, especially for new residents. Be on the lookout for other refreshing updates!



Birthdays!

Happy Birthday from all of us at Perry Farm Village!



Happy Birthday!

27th Marjorie Wilner
28th Billie Friend



Saturday, May 2nd
Young at Heart

Saturday, May 9th
Swing Vote

Saturday, May 16th
Tea for Two


Saturday, May 23rd
Divine Secrets of the Ya-Ya Sisterhood

Saturday, May 30th
Desk Set

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





May Happenings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 May Day 9am Fit & Well 10:30 am Stretch Yoga 1pm Tie Blankets	2 Kentucky Derby At 6 pm Movie Night at 6:45 pm "Young at Heart"
3	4 9am Fit & Well 10:30 am Sit & Fit	5 Cinco de Mayo 9 am Tai Chi 12pm Cinco de Mayo Fiesta 2pm Wii Bowling	6 9am Fit & Well 10:30 am Sit & Fit 	7 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study	8 9am Fit & Well 10:30 am Stretch Yoga	9 Movie Night at 6:45 pm "Swing Vote"
10 Mother's Day  Movie Matinee at 2 pm "That's Entertainment III"	11 9 am Foot Clinic 9am Fit & Well 10:30 am Sit & Fit	12 9 am Tai Chi 1pm Victory Cup Practice 2pm Wii Bowling	13 9am Fit & Well 10:30 am Sit & Fit 2pm Root Beer Floats	14 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study	15 9am Fit & Well 10:30 am Stretch Yoga 1pm Tie Blankets	16 Movie Night at 6:45 pm "Tea for Two"
17	18 9am Fit & Well 10:30 am Sit & Fit 12:30pm Perry/Hillside Shopping Day 6pm Music with Catherine	19 9 am Tai Chi 10am-12pm Balance Assessments 2pm Wii Bowling	20 9am Fit & Well 10:30 am Sit & Fit 1pm Trillium Tour 	21 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study	22 No Exercise!	23 Movie Night at 6:45 pm "Divine Secrets of the Ya-Ya Sisterhood"
24 Movie Matinee At 2 pm "I Am"	25  Office Closed!	26 9 am Tai Chi 1pm Victory Cup Practice 2pm Wii Bowling	27 Senior Health & Fitness Day 9am Fit & Well 10:30 am Sit & Fit 11:30 am Lunch at Whitecaps	28 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study	29 9am Fit & Well 10:30 am Stretch Yoga 1pm Tie Blankets	30 Movie Night at 6:45 pm "Desk Set"
31 						


May 2015 Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Soup & Turkey Sandwich	2 Macaroni & Cheese
3 Chef Salad	4 Ham and Cheese Sandwich	5  Cinco de Mayo Fiesta	6 Grilled Cheese	7 Calzone	8 Chicken Strudel	9 Tuna Melt
10 Chicken Caesar	11 Club Sandwich	12 Corned Beef on Rye	13 sloppy Joes	14 Egg Salad Sandwich	15 Soup & Beef Sandwich	16 Turkey Reuben
17 Burger & Fries	18 Pasta Salad	19 whitefish Sandwich	20 Chicken Sandwich	21 Tuna Salad On Lettuce	22 Quiche	23 Pastrami Sandwich
24 Country Ham Sandwich	25  Devonshire Sandwich	26 Shrimp salad	27 Tuna Stuffed Tomato	28 French Dip	29 Soup & Ham Sandwich	30 Blue Cheese Club
31 Fruit Bowl						

May 2015 Dinner Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Savory Chicken	2 Country Beef Ribs
3 Pan Fried Trout	4 Veal Parmesan	5 Roulade of Chicken	6 Pork Ribs	7 Salisbury Steak	8 Potato Wrapped Whitefish	9 Steak & frites
10 Pot Roast	11 Lasagna	12 Chicken Picatta	13 Grilled Lamb	14 Prime Rib	15 Meatloaf & Mashed Potato	16 Country Baked Chicken
17 Tilapia	18 Spaghetti	19 Veal and Lobster	20 Boneless Pork Chop	21 Seafood Newburg	22 Tenderloin Tips Pappardelle	23 Shellfish Pasta
24 Salisbury Steak	25 Tuna Noodle Casserole	26 BBQ Ribs	27 Chicken Dijon	28 Tournedos Espanol	29 Country Beef Ribs	30 1/2 Cornish Hen
31 Roast Duck						



Giving Matters.

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

Grants Awarded to PVM Villages

Through the generosity of our many donors, the **PVM Foundation Grant Allocation Committee** was able to award over **\$73,000** so far this year to fund various Village projects and programs including:

- Funding to complete a Paved Service Road at **The Village of Sage Grove**
- Funding to complete the new Security Camera system at **The Village of Warren Glenn**
- Funding to complete the Gazebo at **The Village of Our Saviour's Manor**
- Funding for resident activities at **16 Villages**
- Community Living Room updates at **The Village of Rosebush Manor**
- Automated phone call system at **The Village of Springs Meadows**
- Signage replacement and updates at **The Village of Bethany Manor**

Projects like these and many others that are funded throughout the year are only possible through the support of donors, so **THANK YOU** for all you do for residents! If you have any questions about projects that the PVM Foundation funds, please call Avni Thomas at 248.281.2040.

Another event the PVM Foundation supports is the annual **Village Victory Cup**, being held on **Friday, June 26th** at the Ultimate Soccer Arenas in Pontiac. This senior Olympics-style competition brings nearly all the Villages together for a fun-filled and rewarding day. I hope to see each of you there competing or cheering on your teams!

If you have any questions or would like to share your thoughts, please contact me at 248-281-2040 or pvmfoundation@pvm.org. Thank you for all you do to support PVM!

Warm regards,
Paul J. Miller, CFRE

LEAVE A

Legacy

Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy



**Presbyterian
Villages
OF MICHIGAN**

THE FOUNDATION

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller:

248.281.2045 www.pvmgifts.org

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

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Harbor Springs, MI 49740

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