



# Perry Villager



Embrace the possibilities

4241 Village Circle Drive • Harbor Springs, Michigan 49740 • [www.pvm.org](http://www.pvm.org)

December 2016

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**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

**Happy Holiday Season!** Thanksgiving is now behind us and Christmas is looming on the horizon. As much as I love the holidays, they can be anxiety producing too...so take care of yourself during this hectic season! I am looking forward to watching the holiday decorations take shape in our new digs at Hillside East, spruced up Hillside West and Perry Farm Village. It always feels so festive and cheerful to see the evergreens and tinsel, the trees and the red bows.

As we have been moving back into Hillside East, welcoming home returning residents and meeting new residents and as we have been working in our Owner's Visioning Group at Perry – I am reminded how critical it is to get input from all of stakeholders in any project. Many of the ideas will contradict each other, some won't work out because of technical or financial considerations and people have very strongly held opinions that won't match up with others – but that is why we have to hear it all and find the places where we can come to agreement. The back and forth, the sharing of notions/ideas/thoughts makes for a stronger discourse and a better outcome. If we hold on too tightly to our own preconceived notions of what should happen, we aren't open to new opportunities and new proposals that could be far better than any we had initially held. I am also reminded that it is not enough to passively be waiting for input, but to actively be seeking it. And, for myself if I have strong opinion about something – don't wait to share it and then be upset that it wasn't acted on; find the person who can affect the change and talk to them about it.

On that note – have a wonderful holiday season! Enjoy your family – either of relation or choosing – and be thankful for this amazing Harbor Springs community that we live in and all work hard to protect and serve.

*Mary Catherine*

## Board Members



### PFVA

Hon. James Churchill  
Karin Flint  
Don House  
Linda Rhodes-Pauly  
Ken Ostrowski

### PFDC/Hillside

Kay Flavin  
Karin Flint  
Roy Griffiths, Jr.  
Don House  
Jean Jardine  
Lois Manville  
Rob Mossburg  
Linda Rhodes-Pauly  
Linda Riley  
Debra Schirmer  
Fred Walstrom  
Linda Rachwitz



Look for PVM on:





## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### MESH: The Key to Healthy Aging

Last month I had the pleasure of attending a conference at which I heard world renowned geriatrician Dr. Bill Thomas speak about healthy aging. According to Dr. Thomas, the key to having what he refers to is a “good old age” can be summed up with the term: MESH, which stands for **M**ove, **E**at, **S**leep, **H**eal. As a practicing physician, Dr. Thomas has found that neglecting to do any of these four things can have dire consequences as we age. Over the next four months, I will devote a column to each of these four behaviors and explore what exactly Dr. Thomas means when he advises us to **M**ove, **E**at, **S**leep, and **H**eal.

The Merriam-Webster dictionary defines the word mesh as “to cause (things) to fit together or work together successfully.” Starting next month, we will begin to learn how these four things work together to help us age successfully. For those of you with access to a computer, follow this link for a sneak peak on what it means to move, which will be the subject of next month’s column:

<http://changingaging.org/blogstream/the-best-health-advice-just-move/>.



## Birthdays!

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

3<sup>rd</sup> Doris Schwaderer  
3<sup>rd</sup> Arline Lee  
12<sup>th</sup> Bob Brown  
21<sup>st</sup> Sandy Croll

happy  
birthday  
to you!



## *Give the Gift of Health*



What a better way to say

***Merry Christmas***

then with the gift of health!

***This includes the following:***

- Exercise Classes
- One-on-One Personal Training
  - Massage Therapy
  - Salon Services
- Meals from the Perry Farm Kitchen
  - Housekeeping Services

Please see the Perry Farm Village office if you are interested in purchasing gift certificates!

### **PFVA Owner's Corner**

Happy December! As is usual in December, all owners should be receiving the Annual Dues Letter from the Perry Farm Village Association (Homeowner's) Board. The letter gives a quick update on items from 2016 and touches on a few items looking forward to 2017. Also included for Owner's this year is a copy of the 2017 PFVA Budget which was passed by the Board at the November meeting. If you have any questions about the upcoming budget or would like to review in detail, please don't hesitate to schedule time with Mary Catherine.

Early in December the Owner Visioning Work Group will be preparing and sending out a report on their work in the last month reviewing options for future development and sustainability at Perry Farm Village. We are excited about the discussions the meetings so far have generated. If you are interested in participating in the final meetings this month, or in an ongoing group into 2017, please let either Ken Ostrowski, Board Chair, or Mary Catherine Hannah know of your interest.

# How "Merry Christmas" is said Around the World...



African/Eritrean/Tigrinja: Rehus-Beal-Ledeats

Arabic: Milad Majid



Brazilian: Feliz Natal

Chinese: (Cantonese) Gun Tso Sun Tan'Gung

Haw Sun

English: Merry Christmas

Finnish: Hyvaa joulua



French: Joyeux Noel

German: Froehliche Weihnachten

Greek: Kala Christouenna

Hawaiian: Mele Kalikimaka

Hebrew: Mo'adim Lesimkha. Chena tova

Iraqi: Idah Saidan Wa Sanah Jadidah

Irish: Nollaig Shona Dhuit

Italian: Buon Natale



Japanese: Shinnen omedeto. Kurisumasu

Omedeto

Navajo: Merry Keshmish

Spanish: Feliz Navidad



Welsh: Nadolig Llawen

★ **MOVIE NIGHT** ★

Admit One

**Saturday, December 3<sup>rd</sup>**

Babette's Feast

**Saturday, December 10<sup>th</sup>**

The Holiday

**Saturday, December 17<sup>th</sup>**

Christmas with the Kranks

**Saturday, December 24<sup>th</sup>**

A Christmas Carol

**Saturday, December 31<sup>st</sup>**

Miracles from Heaven

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

**Sunday, December 11<sup>th</sup>**

Love Actually

**Sunday, December 25<sup>th</sup>**

It's a Wonderful Life

**Sunday Movie Matinees  
At 2pm  
In Card Room**





# December Happenings 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 Little Traverse Choral Society "Let There Be Light" at 3 pm	5 10:30 am Sit & Fit	6 Beginner's Mahjong 10am-12pm 12pm Taco Extravaganza!	7 No Bus before 10:30a 10:30 am Sit & Fit 2pm Bible Study at Hillside	1 11am Christmas Tree Trimming 11 am Euchre 4:30pm Music with Catherine	2 10:30 am Sit & Fit	3 Movie Night at 6:45pm "Babette's Feast"
11 Movie Matinee at 2 pm "Love Actually"	12 10:30 am Sit & Fit 11:30 am Lunch at Perry Hotel in the H.O. Rose Dining Room	13 Beginner's Mahjong 10am-12pm 2:00 pm Wii Bowling	14 10:30 am Sit & Fit 1pm Christmas Cookie Decorating 2pm Bible Study at Perry 3pm Resident Meeting	15 11 am Euchre 4:30pm Music with Catherine 6:15p Great Lakes Chamber Orchestra "Messiah Plus"	16 10:30 am Sit & Fit 2pm Weaving the Wind Concert	17 Movie Night at 6:45pm "Christmas with the Kranks"
18 CTAC School of Ballet Presents "The Nutcracker" at 3pm	19 10:30 am Sit & Fit 11:15 am Ask the Therapist	20 Beginner's Mahjong 10am-12pm 4:30pm Cocktails 5pm Annual "Celebration of Christmas Dinner"	21 1st Day of Winter 10:30 am Sit & Fit 11:45 am Perry/Hillside Shopping Day 2pm Bible Study at Hillside	22 11 am Euchre 2pm Bingo 4:30pm Music w/ Catherine 6pm Christmas Light Tour	23 10:30 am Sit & Fit 1pm Cocoa, Cookies & Carols	24 Christmas Eve Office Closed Movie Night at 6:45pm "A Christmas Carol"
25 Christmas Movie Matinee at 2 pm "It's a Wonderful Life"	26 No Bus No Exercise!	27 Beginner's Mahjong 10am-12pm 2:00 pm Wii Bowling	28 10:30 am Sit & Fit 11:45 am Lunch at The Pier 2pm Bible Study at Perry	29 11 am Euchre 4:30pm Music with Catherine	30 No Exercise!	31 New Year's Eve Office Closed Movie Night at 6:45pm "Miracles from Heaven"



# December Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<sup>1</sup> Egg Salad Sandwich	<sup>2</sup> Chicken Caesar	<sup>3</sup> BLT
<sup>4</sup> Corned Beef Rueben	<sup>5</sup> Turkey Blue Cheese Club	<sup>6</sup> Taco Extravaganza	<sup>7</sup> BBQ Chicken Salad Sandwich	<sup>8</sup> Maurice Salad	<sup>9</sup> Tuna Melt	<sup>10</sup> Ham & Cheese
<sup>11</sup> Mac & Cheese	<sup>12</sup> Pulled Pork Sandwich	<sup>13</sup> Quiche Lorraine	<sup>14</sup> Sloppy Joe	<sup>15</sup> Blue Cheese Turkey Wrap	<sup>16</sup> Roast Beef Sandwich	<sup>17</sup> Cheese Burger
<sup>18</sup> Turkey Rueben	<sup>19</sup> Tuna Melt	<sup>20</sup> Derby Sandwich	<sup>21</sup> Steak Caesar	<sup>22</sup> French Dip	<sup>23</sup> Chicken Salad Sandwich	<sup>24</sup> Tuna Salad Sandwich
<sup>25</sup> BLT	<sup>26</sup> Chili Dog W/ Tots	<sup>27</sup> Ham & Cheese	<sup>28</sup> Turkey Bacon Wrap	<sup>29</sup> Spinach & Swiss Quiche	<sup>30</sup> Chef Salad	<sup>31</sup> Pulled Pork Sandwich



# December 2016 Dinner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<sup>1</sup> Rosemary Chicken	<sup>2</sup> Lasagna	<sup>3</sup> Pork Tenderloin
<sup>4</sup> Mahi Mahi	<sup>5</sup> Country Fried Chicken	<sup>6</sup> Broiled Whitefish	<sup>7</sup> Baby Back Ribs	<sup>8</sup> Beef Stir fry	<sup>9</sup> Chicken Parmesan	<sup>10</sup> Lamb Stew
<sup>11</sup> Pork Chops	<sup>12</sup> Seared Duck Breast	<sup>13</sup> BBQ Chicken	<sup>14</sup> Sautéed Whitefish	<sup>15</sup> Meat Loaf	<sup>16</sup> Pizza Dinner @ 5PM	<sup>17</sup> Atlantic Salmon
<sup>18</sup> Veggie Stir Fry	<sup>19</sup> Seafood Casserole	<sup>20</sup> 4:30pm Cocktails 5pm Annual "Celebration of Christmas Dinner"	<sup>21</sup> Baby Back Ribs	<sup>22</sup> Shrimp Stir Fry	<sup>23</sup> Spaghetti w/ Meat Sauce	<sup>24</sup> Sautéed Whitefish
<sup>25</sup> Beef Bourguignon	<sup>26</sup> Cranberry Chicken	<sup>27</sup> Pot Roast	<sup>28</sup> Fresh Ocean Fish	<sup>29</sup> Crab Cakes	<sup>30</sup> Pork Loin	<sup>31</sup> Filet Mignon



# Giving Matters.

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

## Rise to the challenge.

*And join me in raising \$50K for seniors!*

You can help seniors get \$50K—if YOU rise to the challenge and raise \$50K by December 31<sup>st</sup>, **doubling** your impact!

Think of what \$100,000 can do for residents! With your help, you can:

- **Transport** 1,000 residents on 4 special outings a year to local attractions like Belle Isle.
- Give 240 residents 1 year of **exercise classes** to stay fit and healthy.
- Support the **emergency needs** of over 300 residents in 1 year (up to \$300 each).
- Send over 400 residents to the **Village Victory Cup** each year for the next 5 years!

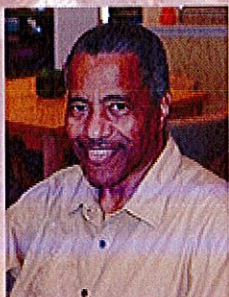
**The challenge ends December 31, 2016.** Please make your gift today and change the life of a senior who needs you!

Thank you for creating new possibilities for seniors and helping them thrive!

Happy holidays,

Paul J. Miller, CFRE

**Join the \$50K Challenge!**  
And change the life of a senior who needs ***You***



7 in 10 older adults, like David, will need long-term services and support in their lives. **YOU** can help!

Raise \$50K by Dec. 31, 2016—and PVM Villages will receive another \$50K, *doubling* your impact!

**MAKE YOUR GIFT TODAY!**

**Mail:** PVM Foundation, 26200 Lahser Rd, Suite 300, Southfield, MI 48033  
**Online:** [pvmf.org/challenge](http://pvmf.org/challenge)  
**Call:** 248.281.2040

## 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](http://www.pvm.org)

## Office Numbers Main Office (231) 526-1500

### Village Staff

Mary Catherine Hannah

*Executive Director*

Jill Tibbits

*Administrator*

Katie Parr

*Perry Club Manager*

Jon Terrian

*Maintenance Tech*

Joseph Mastaglio

*Executive Chef*

Sandy Jakubiak

*Cook*

Mary Jane Klogima

Mary Niswander

Dawn Svatora

*Dietary Assistants*

Andy Schaefer

*Registered Nurse*

### **Resident Assistants**

Tanya Chevalier

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Lois Hankins

BethAnne Hoffmann

Brooke Maki

Amanda Rockwell

Susan Storrs

Janell Terrian

Farrell Thompson

Christine Woodward

### **CDL Transporter**

Jack Frank

Jane Rye

Normal open office hours: Mon-Fri 8:30a-3:30p  
and Saturdays 9:00a-3:00p

### EMERGENCY NUMBER

911

24/7 Resident Assistant Desk, Terrace Level

(231) 526-1500 x 4

Resident Assistants' Desk Cell

(231) 557-4403

Main Office Fax Number

(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](http://www.pvmfoundation.org)

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Harbor Springs, MI 49740

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