



# Perry Villager



Embrace the possibilities

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

May 2016

## Featured Articles

Game On pg. 2

Wellness Reminder pg. 3

Birthday's pg. 3

Older American's Month pg. 4

Movie Nights pg. 4

Perry Club pg. 5



**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



April showers bring May flowers...but here in Northern Michigan we know that April snow showers could bring May flowers! Spring is always a whiplash for weather, but spring always comes in the end and it is almost always a surprise with how fast it springs.

It means a rush as we scramble to get spring clean-up projects done, beds weeded, flowers planted; but, we are well on our way with spring planning at both campus'. Things might take a bit longer with grounds at Hillside as we roll into the last months of construction – but Martha is working on getting the building itself cleaned up and spruced up and we have a wonderful resident (thank you Kathleen!) who is taking on our raised garden beds. If you have suggestions or requests for the garden, just let Martha know in the office.

At Perry, we are working on getting the front beds around the Perry Center re-done this spring/summer and finishing up our trim board repairs/replacement project. We have also moved into implementation on the upgrade of our call button/pull station system and hope to have that work finished up by the end of June.

I want to throw out a huge thank you to everyone who donated for Friends & Family this year. We had wonderful response for both properties and I am excited about seeing those projects outcomes and the improvements those donations make for everyone's lives. I look forward to hanging out on our new patio at Hillside and under a new canopy on the patio at Perry!

We have so many exciting projects in the hopper for us here in the northlands – be on the lookout for some great announcements in the coming months!

*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  
Fred Walstrom  
John Deegan  
Linda Rachwitz





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

By Tom Wyllie,  
Director of Wellness

### Game On!

Don't look now, but June is just around the corner and you know what that means. The 11<sup>th</sup> Annual Village Victory Cup will soon be here. Scheduled for Friday, June 24<sup>th</sup> it will once again be held at Ultimate Soccer Arenas in Pontiac, just south of the Village of Oakland Woods. Word on the street is that several Villages have been practicing for quite some time now. They've been testing out their best paper airplane designs; trying out new cookie recipes; wearing down the carpet in the hallways with all the walking they've been doing; putting puzzles together faster than ever before; hitting the bull's-eye more often than not with their beanbag tossing; and doing their best Michael Jordan imitation shooting baskets. We've also heard that several Villages have their eyes set on taking home the coveted Spirit Award this year.

Will the Village of Westland successfully defend their title and capture the Victory Cup for the third time in four years? Will the Village of Our Saviour's Manor win the Spirit Award an unprecedented three years in a row? You never know. But one thing we do know is that there will be plenty of action June 24<sup>th</sup> at Ultimate Soccer Arenas. If you haven't already done so, to be part of the action contact your Administrator. The deadline for Villages to sign up is June 10<sup>th</sup>.

*For Villages located 100 miles or further from the PVM Home Office we will once again be conducting the Virtual Village Victory Cup. Contact your Administrator for details.*

## Mothers Day

A Mother loves right from the start.  
She holds her baby close to her heart.  
The bond that grows will never falter.  
Her love is so strong it will never alter.  
A Mother gives never ending Love.  
She never feels that she has given enough.  
For you she will always do her best.  
Constantly working, there's no time to rest.  
A Mother is there when things go wrong.  
A hug and a kiss to help us along.  
Always there when we need her near.  
Gently wipes our eyes when we shed a tear.  
So on this day shower your Mother with Love.  
Gifts and presents are nice but that is not enough.  
Give your Mother a day to have some peace of mind.  
Be gentle, be good, be helpful, be kind.  
Happy Mothers Day.

**Carol Matthews**





## Wellness Center Reminder



The Wellness Center at Perry Farm Village is here for the residents to use! Make sure to see Katie to have clearance before using the equipment.

The Wellness Center is also open to the community at \$50/month. We offer family members of residents here at Perry Farm Village 50% discount at \$25.00/month or \$5.00/day. All interested community or family members must sign up to use the Wellness Center. Please see Katie in the office if you are interested.

**Thanks!**



## *Birthdays!*

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

10<sup>th</sup> Allyn Shepard  
27<sup>th</sup> Marjorie Wilner  
28<sup>th</sup> Billie Friend

*Happy  
BIRTHDAY*



# OLDER AMERICANS MONTH

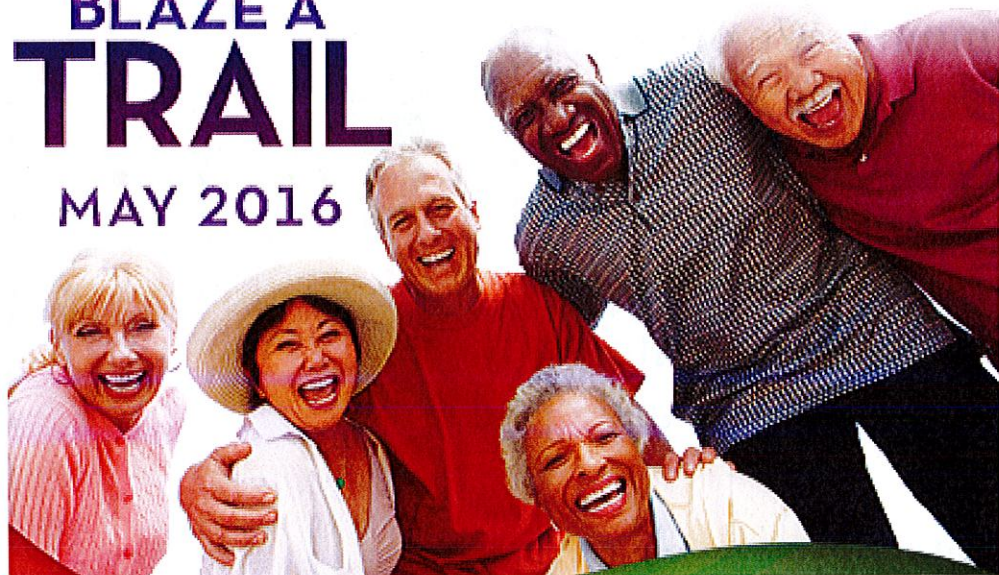


## BLAZE A TRAIL: MAY 2016

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. May is also when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation. The 2016 OAM theme is Blaze a Trail. The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults. They will also highlight the ways that older Americans are advocating for themselves, their peers, and their communities.

Be a trailblazer!

## BLAZE A TRAIL MAY 2016



★ **MOVIE NIGHT** ★  
Admit One

**Saturday, May 7<sup>th</sup>**  
Secretariat

**Saturday, May 14<sup>th</sup>**  
Ball of Fire

**Saturday, May 21<sup>st</sup>**  
The First Wives Club

**Saturday, May 28<sup>th</sup>**  
The Preacher's Wife

**Saturday, June 4<sup>th</sup>**  
Where the Boys Are

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

**Sunday, May 8<sup>th</sup>**  
The Wedding Planner

**Sunday, May 22<sup>nd</sup>**  
Quartet

**Sunday Movie  
Matinee's  
At 2pm  
In Card Room**





# May Happenings 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Great Lakes Chamber Orchestra at 4pm 	2 9 am <b>Foot Clinic</b> 10:30 am Sit & Fit	3  2pm Wii Bowling 5pm Music with Gary 	4 10:30 am Sit & Fit 4pm Crafts with Kids Club	5 11 am Euchre 12pm <b>Cinco de Mayo</b> Lunch & Party  2pm Bingo 3pm Bible Study	6 10:30 am Sit & Fit	7 6:30pm Kentucky Derby Movie Night at 6:45pm "Secretariat" Little Traverse Choral Society-7:00 pm
8 <i>Mother's Day</i> Movie Matinee at 2 pm "The Wedding Planner"	9 10:30 am Sit & Fit 2pm <i>High Tea</i> Party 	10 1pm <i>Lemonade &amp; Cookies</i> 2pm Village Victory Cup Practice 5pm Music with Gary	11 10:30 am Sit & Fit 11:45 am <b>Out</b> to Lunch	12 11 am Euchre 2pm Bingo 3pm Bible Study	13 10:30 am Sit & Fit 2pm <b>Scrabble</b>	14 Movie Night at 6:45pm "Ball of Fire"
15 Northern Michigan Chorale Spring Concert At 3 pm 	16 10:30 am Sit & Fit 11:15 am Ask the Therapist 1:30pm  Trillium Tour	17 11 am <b>Barrel Back</b> for Lunch 2pm Wii Bowling 5pm Music with Gary 	18 10:30 am Sit & Fit 11:45 am Perry/ Hillside Shopping Day	19 11 am Euchre 2pm Bingo 3pm Bible Study	20 10:30 am Sit & Fit 11:30am <b>Trip</b> to Casino 	21 Movie Night at 6:45pm "The First Wives Club"
22 Movie Matinee at 2 pm "Quartet"	23 10:30 am Sit & Fit 2pm <i>Travel</i> Series "Scandinavia"	24 1pm <b>Root Beer Floats</b> 2pm Village Victory Cup Practice 5pm Music with Gary	25 10:30 am Sit & Fit 11:30 am <b>Lunch</b> at Legs Inn	26  11 am Attorney General's Presentation "Scams" 11am Euchre 2p Bingo/3p Bible Study	27 10:30 am Sit & Fit	28 Movie Night at 6:45pm "The Preacher's Wife" 
29	30 <b>Memorial Day</b>  Office Closed	31  2pm Wii Bowling 5pm Music with Gary				



# May Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Turkey Reuben	2 Tuna Melt	3 BBQ Chicken Salad	4 Grilled Cheese & Tomato Soup	5 Taco Bar Party For Cinco de Mayo	6 Chef Salad	7 Derby #1 Sandwich
8 Bleu Cheese Club with Fries	9 Rainbow Quiche	10 Turkey Bacon Wrap	11 Cheese Burger	12 BLT	13 Chicken Salad Sandwich	14 Waldorf Salad
15 Chili Cheese Hot Dog	16 Egg Salad Sandwich	17 Maurice Salad	18 Spinach & Swiss Cheese Quiche	19 Pulled Pork Sandwich	20 Monte Cristo Sandwich	21 Tangerine Tossed Salad
22 Portobello Sandwich with Soup	23 Crispy Wonton Chicken Salad	24 Schmitter Sandwich	25 Tuna Salad Sandwich	26 Grilled Cheese & Tomato Soup	27 Turkey Avocado Wrap	28 Bratwurst
29 Ham & Cheese Sandwich	30 Steak Caesar	31 Corned Beef Reuben				





# May Dinner Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 County Fried Chicken with Gravy	2 Pecan Crusted Whitefish with Roast Red Skins	3 Pepper Steak With Pappardelle Pasta	4 Pan Seared Pork Chops	5 Lamb Stew With Mashed Potatoes	6 Shrimp Scampi Pasta	7 New York Strip Steak
8 Stuffed Pepper Boats	9 Mahi Mahi With Fruit Salsa	10 Maryland Crab Cakes	11 Chicken Piccatta with Pasta	12 Delmonico Steak with Twice Baked Potato	13 Pork Tenderloin	14 Wild Caught Ocean Whitefish
15 BBQ Chicken Dinner	16 Seared Diver Scallops	17 Steak Diane With Mashed Potatoes	18 Roast Pork Loin	19 Oven Roasted Salmon	20 Meatloaf with Mashed Potatoes And Corn	21 Spaghetti with Homemade Meatballs
22 Apricot Glazed Ribs with Baked Beans	23 Beef Stir-Fry	24 Rosemary Roasted Chicken	25 Sautéed Whitefish With Capers	26 Pan Seared Duck Breast	27 Stuffed Peppers	28 Filet Mignon
29 Broiled Whitefish with Tartar Sauce	30 Greek Lemon Chicken	31 Swiss Steak With Baked Potato				





## The Perry Club @ Perry Farm Village

Members of the general public (55 and better) are invited to join The Perry Club, which includes many benefits including the Wellness Center, or the Wellness Club only.

### Membership Rates

#### The Perry Club Membership Includes:

- Access to the Wellness Center
- Initial Consultation with Wellness Coordinator
- 10 Meals per Month (additional meals are available-see below)
- Resident Rates on Wellness Classes
- Salon Services
- Massages
- Priority on reservations for private use of community space
- Discounts on additional meal purchases
- Access to the Perry Farm Village bus
- Perry Center Activities

**Single Membership** \$175.00 per month

**Family\* Membership (Restrictions may apply)** \$225.00 per month



Additional wellness classes are offered throughout the year with priority given to residents, Perry Club Members and Wellness Club members.

**Wellness Club Only** \$50.00 per month

#### Club Dining Cost for Single Meals

Lunch \$9.00

Dinner \$15.00



## 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)



**Presbyterian  
Villages**  
OF MICHIGAN

THE FOUNDATION

## 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*

*Eva Gray*

*Rose Gokee*

*Shellie Harrington*

*BethAnne Hoffmann*

*Amanda Kleinert*

*Wendy Nellett*

*Amanda Rockwell*

*Susan Storrs*

*Janell Terrian*

*Farrell Thompson*

*Christine Woodward*

#### **CDL Transporter**

*Jane Rye*

*Jack Frank*

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

4241 Village Circle Drive  
Harbor Springs, MI 49740

# Embrace the possibilities