



# Perry Villager



Embrace the possibilities

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

June 2015

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**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



The flowers are planted, grounds work is well underway, people are truly emerging from their winter cocoons and venturing outside to enjoy our beautiful spring! The trillium season was brief but spectacular as always, the lily of the valley and iris are about to bloom and the scent of lilacs is heavy in the air. At The Village of Hillside and at Perry Farm Village, I feel like we too are in bloom! The summer closet switch is under way – the bright colors and sandals are coming out.

I am so excited for everyone's participation in this year's Virtual Village Cup – Perry and Hillside had good showings last year, but this year is going to be even better. Fair warning Perry Farm folks, the Hillside crew are gunning for the leaders from last year! It is looking like we are getting great participation – let's make Tom bring that Virtual Village Cup up here this year! All levels of participation are encouraged: write an essay, do a puzzle, walk/shoot hoops/play a game... We have it all.

Finally, once again, a reminder that this month is the month of Resident Satisfaction Survey's! Please be sure to look for a letter shortly regarding the survey – and that dates for distribution and the deadlines for turning those in... We – both PVM and at the Village level – take the results very seriously and really pay attention to the feedback we receive in the surveys. I am sure we can think of a great celebration if we are able to get good participation this year!

*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  
R.H. Schirmer  
Jill VanAlstyne  
Fred Walstrom





## Voices Without Borders, Inc.

Please join us to enjoy young  
singers from the Vietnam Choir  
and from the Little Traverse Youth  
Choir's Treble Choir!

**Friday, June 26<sup>th</sup>**

**Performance at 11 am**

**Luncheon with Choir to follow**

**Cost: \$5.00**



## Calling All Volunteers!

If you would like a chance  
to volunteer here at Perry  
Farm Village please sign  
up in the volunteer binder  
in the card room.

***Volunteer opportunities  
include the following:***

Sunday Greeter  
Bingo Calling  
Door Posting  
Activity Round-Up  
Birthday Cards  
Welcome Committee for  
New Residents  
Gardening

If you have any other  
ideas to which you would  
like to volunteer please  
see Katie in the office.







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

By Tom Wyllie,  
Director of Wellness

### Let the Games Begin!



Mark your calendars! It's time to lace up your tennis shoes and put on your sweat bands. The 10<sup>th</sup> Annual Village Victory Cup is nearly here! Scheduled for Friday, June 26 the event will once again take place at Ultimate Soccer Arenas in Pontiac. The Puzzler, Wellness Walk, Hoop Shoot, Beanbag Toss, Paper Airplane Distance Contest & Balloon Volleyball Tournament all return as events. The Bake Off returns as well, but with new categories: cookies, cupcakes, brownies/bars, and pies. And in recognition of PVM's 70<sup>th</sup> anniversary, the theme of this year's Expression of Wellness event is "70 and Still Making Waves".

For Villages located 100 miles or further from PVM's home office in Southfield, we will once again be hosting the Virtual Village Victory Cup. Rather than gather at a central location, participants in the Virtual Village Victory Cup compete in events held at their Village. The results are transmitted to and tallied by the PVM Wellness Department with the Village earning the most points declared the winner.

Since its inception, the Village Victory Cup has gotten more and more competitive. Last year marked the closest margin of victory ever for the winners of both the Village Victory Cup and the Virtual Village Victory Cup. In such closely contested competition, every point counts. Rather than sit this one out, help your Village earn points. Contact your Administrator and sign up to participate in this fun-filled day of camaraderie and friendly competition. Who knows? Because of your help, it just may be your Village whose name gets added to the trophy as this year's winner.

*Answers to last month's crossword puzzle*

**Across:** 2. Tennis Shoes, 6. Energy, 7. Stretch, 8. Swimming, 9. Treadmill

**Down:** 1. Friend, 3. Exercise, 4. Doctor, 5. Heart Disease, 10. Mood

## Virtual Village Victory Cup



### Events Include:

Paper Airplane Distance Contest  
Beanbag Toss  
Hoop Shoot  
Wellness Walk  
The Puzzler  
Expression of Wellness  
Poster Contest  
Team Points  
Spirit Award

If you are interested in participating in any of these events or come to cheer on Team Perry please sign up with Katie in the office.

**Village Victory Cup  
Practice/Spirit  
Award Video  
Wednesday, June 10<sup>th</sup>  
at 1pm**

**Virtual Village  
Victory Cup  
Wednesday, June 17<sup>th</sup>  
Starting at 11 am**

**Hope you will join us  
to bring home the win!**





## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

Along with Memorial Day vivid memories came flooding over me as I thought about my dad's burial ceremony a year ago. He was a veteran of World War II having served on the US Nashville. It was a flagship for General MacArthur just before they were attacked by Kamikaze pilots. My dad returned home with major wounds. Shrapnel was still in his body when he passed away. Having lived an extremely honorable life, I think his burial service at Great Lakes National Cemetery in Holly (not far from our Village of Holly) was a fitting tribute to all that he was as a veteran, citizen and human being. If you or a loved one has served our country you are entitled to burial there just as you would be at Arlington National Cemetery. Great Lakes mirror's the beauty of Arlington and provides a healing experience for families. This is the best of what the Veterans Administration has to offer. Contact your local office for information not only about burial services but also for information on many other benefits and services which may be unknown to you. The local staffs are wonderful to work with. Much is owed to those who serve and protect our country.

# June

## Birthdays!

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

happy birthday!

11<sup>th</sup> Nancy Beck  
13<sup>th</sup> Norma Brown



**Saturday, June 6<sup>th</sup>**

Mr. Mom

**Saturday, June 13<sup>th</sup>**

Three Men & a Baby

**Saturday, June 20<sup>th</sup>**

Father of the Bride

**Saturday, June 27<sup>th</sup>**

Mrs. Doubtfire

**Saturday, July 4<sup>th</sup>**




Field of Dreams

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





# June Happenings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 am Sit & Fit <i>6pm Music with Catherine</i>	2 9 am Tai Chi 2pm Wii Bowling <i>Piano Music 5p-6p</i>	3 10:30 am Sit & Fit 2 pm Resident Meeting	4 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study	5  9am National Donut Day Celebration 10:30 am Sit & Fit	6 2pm Book Club Discussion Movie Night at 6:45 pm “Mr. Mom”
7 Movie Matinee At 2 pm “The Men that Built America”	8 9am Fit & Well 9am Coffee with Mary Catherine 10:30 am Sit & Fit	9 9 am Tai Chi 2pm Wii Bowling <i>Piano Music 5p-6p</i>	10 9am Fit & Well 10:30 am Sit & Fit 1pm Virtual Village Victory Cup Practice/Video Shooting 2pm Travel Series	11 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study	12 9am Fit & Well 10:30 am Sit & Fit 1 pm Tie Blankets	13 Movie Night at 6:45 pm “Three Men & a Baby”
14	15 9am Fit & Well 10:30 am Sit & Fit 6pm Music with Catherine	16 9 am Tai Chi 2pm Wii Bowling  <i>Piano Music 5p-6p</i>	17 9am Fit & Well 11am Virtual Village Victory Cup	18 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study 4pm Lake Street Ensemble 	19 9am Fit & Well 10:30 am Sit & Fit	20 Movie Night at 6:45 pm “Father of the Bride”
21 Father’s Day Movie Matinee At 2 pm “The Men that Built America part 2”	22 9am Fit & Well 10:30 am Sit & Fit 1 pm Ice Cream Social w/ Satisfaction Survey Kick-Off	23 9 am Tai Chi 2pm Wii Bowling <i>Piano Music 5p-6p</i>	24 9am Fit & Well 10:30 am Sit & Fit 12:30pm Perry/Hillside Shopping 2pm Travel Series	25 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study	26 9am Fit & Well 11am Voices without Borders followed by lunch 1 pm Tie Blankets	27 Movie Night at 6:45 pm “Mrs. Doubtfire”
28	29 9am Fit & Well 10:30 am Sit & Fit 6pm Music with Catherine	30 9 am Tai Chi 2pm Wii Bowling <i>Piano Music 5p-6p</i>	July 1 9am Fit & Well 10:30 am Sit & Fit	2 9 am Tai Chi 11 am Euchre 2pm Bingo 3pm Bible Study	3 No Exercise! 11:30 am Little Traverse Country Club	4 4th of July Movie Night at 6:45 pm “Field of Dreams”



# June Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 French Dip	2 Quiche	3 Fruit Bowl	4 Soup & Sandwich	5 Chicken Salad	6 Sloppy Joes
7 Grilled Cheese	8 Black & Bleu Burger	9 Grilled Ham & Cheese Sandwich	10 Tuna Salad	11 Pulled Pork	12 Turkey Sandwich & Soup	13 Coney Dog
14 Egg Salad Sandwich	15 Pasta Salad	16 Whitefish Sandwich	17 Country Ham Sandwich	18 Organic Micro Greens Salad/ Strawberries	19 Shrimp Salad	20 Turkey Sandwich
21 Chicken Caesar	22 B.L.T.	23 Chicken Strudel	24 Club Sandwich	25 Reuben Sandwich	26 Country Ham Sandwich & Soup	27 French Toast Supreme
28 Organic Micro Greens Caesar Salad	29 Burger & Fries	30 Tuna Melt				



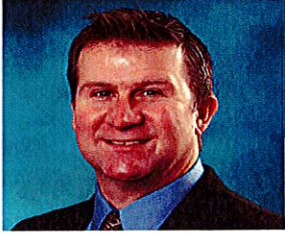


# June Dinner Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Potato Wrapped Whitefish	2 Lasagna	3 Country Chicken	4 Salisbury Steak	5 Chicken Picatta	6 Salmon w/ Pineapple Salsa
7 Pot Roast	8 Vegetarian Pasta	9 Bistro Style Chicken	10 Steak and Frites	11 Crab en Croute	12 Boneless Country Beef	13 BBQ Pork Ribs
14 Cranberry Chicken	15 Spaghetti	16 Grilled New York Strip w/ Bleu Cheese	17 Boneless Pork Chop w/ Apple Sauce	18 Turkey Tetrazzini	19 Roulade of Chicken	20 Pickarel Sauté w/ Caper Butter
21 Cube Steak Parmesan	22 Rack of Lamb	23 Grilled Spare Ribs and Roasted Corn	24 Chicken Dijon	25 Meatloaf & Mashed Potato	26 Beef Ribs	27 Baked Chicken
28 Tilapia	29 Lake Perch	30 Veal Parmesan				





# Giving Matters.

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

## \$191,000 Raised Through Friends & Family!

**THANK YOU** to the 707 donors who generously contributed **nearly \$191,000** for PVM residents through Friends & Family, exceeding our goal of \$136,000 and making this the most successful year in the history of PVM Foundation!

The annual Friends & Family Appeal took place during the month of April and allowed all Villages to raise funds for projects and programs to enrich the lives of residents, providing them with security cameras, patio furniture, buses for reliable transportation, new computers and so much more. Congratulations and thank you to **ALL the Villages** for their hard work to make so much possible!

A special congratulations to **The Village of Our Saviour's Manor**, who had the most new donors with 30 new donors, and to **The Village of East Harbor** for most amount raised with \$70,370! For a complete listing of all Village projects, goals and amounts raised, please see your Administrator or visit our website at [pvmfoundation.org](http://pvmfoundation.org).

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you again for your support and we look forward to another successful Friends & Family next year!

Warm regards,  
Paul J. Miller, CFRE

## Help Michigan Seniors Thrive

# TRANSFORM AGING

Help Michigan  
Seniors Thrive!

WATCH TO SEE  
HOW YOU CAN  
TRANSFORM AGING



Visit

[pvmfoundation.org/  
transform](http://pvmfoundation.org/transform)

- Watch the inspirational video!
- Share the video with your contacts!
- Take advantage of matching dollars by making a donation!



## 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

<b>Mary Catherine Hannah</b> <i>Executive Director</i>	<b>Greg Goodman</b> <i>Executive Chef</i>	<b>Andy Schaefer</b> <i>Registered Nurse</i>	<b>Wendy Nellett</b> <i>Amanda Rockwell</i>
<b>Jill Tibbits</b> <i>Administrator</i>	<b>Sandy Jakubiak</b> <i>Cook</i>	<b>Resident Assistants</b> <i>Mariah Brecht</i>	<i>Susan Storrs</i>
<b>Katie Parr</b> <i>Wellness Coordinator</i>	<b>Mary Jane Kiogima</b> <i>Mary Niswander</i>	<i>Tanya Chevalier</i> <i>Arrin Dull</i>	<i>Sheree Woollard</i>
<b>Dan Kolberg</b> <i>Maintenance Tech</i>	<b>Jon Terrian</b> <i>Groundskeeper</i>	<i>Colleen Froats</i> <i>Rose Gokee</i>	<b>CDL Transporter</b> <i>Jane Rye</i>
		<i>Shellie Harrington</i> <i>Tanja Jamroz</i>	<b>Housekeeper</b> <i>Tracy Archey</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](http://www.pvmfoundation.org)

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Harbor Springs, MI 49740

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