



# Perry Villager



Embrace the possibilities

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

December 2017

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And so the holiday season has rolled around once again...My Thanksgiving was wonderfully full of family and too much food – and once again I had to look around and know how lucky and privileged I am to be in a place that is so lovely, with friends and family around me, and the ability to sit down at a table loaded with too much food to celebrate. And so I try to carry that humble thought with me into the Christmas holiday – and to try to instill that into my children. I had a proud momma moment when my son 'caught the bug' of pride and that sense of accomplishment when he got to pick out something to spend his first real *earned* money on after working on Thanksgiving.

So how will we – as an organization and communities – think about thankfulness and gratitude as we head into the stress and frenetic activity of the holidays? We will celebrate our accomplishments and each other ... celebrate our friends and neighbors to who look out for us and each other. We will be thankful for the amazing staff and colleagues who make work worthwhile and worthy of thanks every day. I am personally thankful for all of the team members at Perry Farm Village and at The Village of Hillside who are the strength and lifeblood of our communities – who daily go out of their way to go the extra mile and live up to our core values of Service Excellence. I am thankful for the amazing residents who live at Hillside and Perry Farm Village – who every day have something to teach and share about their experience of living and about the value of relationships. I am thankful for the families of our residents who are the networks of support and love that hold us up – and who support not only their own families' members but the whole community in which they live. I am thankful for the community of Harbor Springs in which we live and work – that it is the type of community that always has open arms and open hearts to the needs of its own.

So with those thanks – I invite all of you to enjoy the holiday season and to celebrate in a spirit of thankfulness. Merry Christmas and best wishes for a wonderful new year in 2018!

*Mary Catherine*

## Board Members



### PFVA

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

### PFDC/Hillside

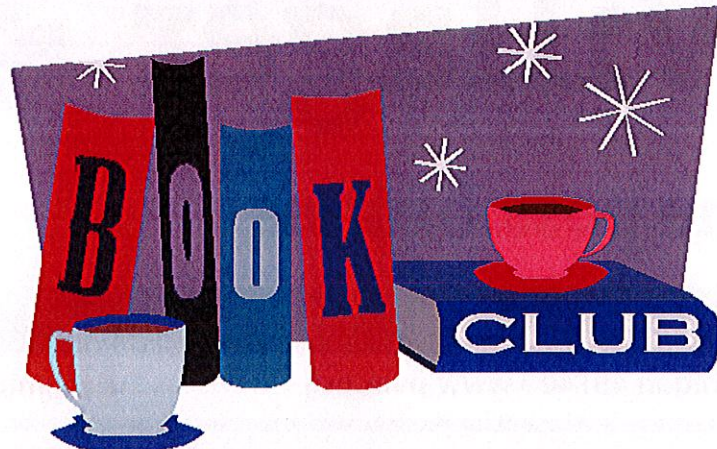
Kay Flavin  
Karin Flint  
Roy Griffiths, Jr.  
Don House  
Jean Jardine  
Lois Manville  
Rob Mossburg  
Linda Rhodes-Pauly  
Linda Riley  
Debra Schirmer  
Fred Walstrom  
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Look for PVM on:







## Perry Farm Village Book Club

The next meeting of our Perry Farm Book Club will continue to explore how the Roosevelt administration and specially Eleanor influenced our political candidates.

Our current "read" What Happened by Hillary Clinton was an Eleanor buff. She was actually accused by a Washington newspaper in 1990 of holding séances in the White House to commune directly with Eleanor's spirit. Hilary denied this, of course, but said she could have used her help.

Please join us on **December 9<sup>th</sup> at 2pm** in the Card Room to discuss her book! All our welcome!

Happy Reading

Marni

## December Birthdays!

3<sup>rd</sup> Arline L.  
3<sup>rd</sup> Doris S.  
12<sup>th</sup> Bob B.  
19<sup>th</sup> Marta O.  
21<sup>st</sup> Sandy C.

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





## Trash Reminder from Jon



Please remember that the trash/recycling pick up for the  
**Cottages and Duplex**  
is at 9am on Tuesdays.

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## *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 Katie Parr, the Perry Club Manager if you are interested in purchasing gift certificates!





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

By Tom Wyllie,  
Director of Wellness

### A Caroling We Should Go

Whether you can carry a tune or not, it turns out that not only is singing good for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.



If done in a group, singing can improve our social lives and widen our circle of friends. And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow. To learn more about the health benefits of singing visit <http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.

★ **MOVIE NIGHT** ★  
Admit One

**Saturday, December 2<sup>nd</sup>**  
It Happened on 5<sup>th</sup> Avenue

**Saturday, December 9<sup>th</sup>**  
Noel

**Saturday, December 16<sup>th</sup>**  
Holiday Inn

**Saturday, December 23<sup>rd</sup>**  
Christmas with the Kranks

**Saturday, December 30<sup>th</sup>**  
Fly Away Home

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

**Sunday, December 10<sup>th</sup>**  
Love Actually

**Sunday, December 24<sup>th</sup>**  
It's a Wonderful Life




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





# December Happenings 2017

| Sun   | Mon  | Tue  | Wed   | Thu   | Fri  | Sat  |
|---|--|--|---|---|--|--|
| 3<br> Little Traverse Choral Society "Winter Scapes" at 3 pm | 4<br>Bus Day<br>10:30 am Sit & Fit<br>11:30 am Lunch at Perry Hotel in the H.O. Rose Dining Room | 5<br>2:00pm Wii Bowling<br>Music w/ Catherine at 4:45pm                          | 6<br>Bus Day<br>10:30 am Sit & Fit<br>2pm Bible Study                                       | 7<br>11 am Euchre<br>1pm Free Hand Messages/Relaxation<br>2pm Travel Series                   | 8<br>Bus Day<br>10:30 am Sit & Fit<br>Movie at The Lyric Time: TBD     | 9<br>Movie Night at 6:45 pm "Noel"                       |
| 10<br>Movie Matinee At 2 pm "Love Actually"   | 11<br>Bus Day<br>9a-12p Foot Clinic<br>10:30 am Sit & Fit  | 12<br>2:00pm Wii Bowling<br>Weaving the Wind 3p-5p                               | 13<br>Bus Day<br>10:30 am Sit & Fit<br>11:45 am Lunch at Vernales<br>2pm Bible Study        | 14<br>11 am Euchre<br>2pm Travel Series<br>6:15p Great Lakes Chamber Orchestra "Messiah Plus" | 15<br>Bus Day<br>10:30 am Sit & Fit<br>1pm Christmas Cookie Decorating | 16<br>Movie Night at 6:45 pm "Holiday Inn"               |
| 17<br>CTAC School of Ballet Presents "The Nutcracker" at 3pm  | 18<br>Bus Day<br>10:30 am Sit & Fit<br>3pm Piano Recital<br>6pm Christmas Light Tour             | 19<br>2:00pm Wii Bowling<br>3pm Resident Meeting<br>Music w/ Catherine at 4:45pm | 20<br>Bus Day<br>10 am Perry/Hillside Shopping Day<br>10:30 am Sit & Fit<br>2pm Bible Study | 21<br>11 am Euchre<br>4:30pm Cocktails<br>5pm Annual "Celebration of Christmas Dinner"        | 22<br>Bus Day<br>10:30 am Sit & Fit<br>1pm Cocoa, Cookies & Carols     | 23<br>Movie Night at 6:45 pm "Christmas with the Kranks" |
| 24<br>Christmas Eve Movie Matinee At 2 pm "It's a Wonderful Life"   | 25<br>Christmas Office Closed<br>Merry Christmas   | 26<br>Office Closed<br>2:00pm Wii Bowling<br>Music w/ Catherine at 4:45pm        | 27<br>Bus Day<br>Movie at The Lyric Time: TBD<br>2pm Bible Study                            | 28<br>2pm Travel Series   | 29<br>Bus Day<br>11:45 am Lunch at The Pier                            | 30<br>Movie Night at 6:45 pm "Fly Away Home"             |
| 31<br>New Year's Eve<br>HAPPY NEW YEAR  |  |  |   |   |  |  |

# December Lunch 2017

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

3

Coney  
Hot Dog

4

Pulled Pork  
Sandwich

5

Chicken Salad  
Sandwich

6

French  
Dip

7

Egg Salad  
Sandwich

8

Derby  
Sandwich

9

Bratwurst

10

Turkey  
Sandwich

11

Steak  
Caesar

12

Spinach & Swiss  
Quiche

13

Sloppy  
Joe

14

Taco  
Extravaganza

15

Tuna Salad  
Sandwich

16

Texas  
Rueben

17

Ham  
Sandwich

18

Monte  
Cristo

19

Maurice  
Salad

20

Grilled  
Cheese

21

Hot  
Dog

22

Pulled Pork  
Sandwich

23

BLT

24

Tuna  
Melt

25

Chicken Salad  
Sandwich

26

Egg Salad  
Sandwich

27

Bratwurst

28

French  
Dip

29

Quiche  
Lorraine

30

Cheese  
Burger

31

Roast Beef  
Sandwich








# December Dinner 2017



| Sun                              | Mon                           | Tue                              | Wed                        | Thu  | Fri                              | Sat                      |
|----------------------------------|-------------------------------|----------------------------------|----------------------------|--|----------------------------------|--------------------------|
|                                  |                               |                                  |                            |  | 1<br>Pork Loin                   | 2<br>Beef Stir Fry       |
| 3<br>Spaghetti W/<br>Meat Sauce  | 4<br>Baby Back<br>Ribs        | 5<br>Beef<br>Bourgignon          | 6<br>Sautéed<br>Whitefish  | 7<br>Macaroni<br>& Cheese  | 8<br>Crab<br>Cakes               | 9<br>Lamb<br>Stew        |
| 10<br>Country Beef<br>With Gravy | 11<br>Broiled<br>Whitefish    | 12<br>Pork<br>Tenderloin         | 13<br>Rosemary<br>Chicken  | 14<br>Shrimp<br>Pasta  | 15<br>Country Pork<br>With Gravy | 16<br>Pot<br>Roast       |
| 17<br>BBQ Chicken<br>Breast      | 18<br>Salisbury<br>Steak      | 19<br>Sautéed<br>Whitefish       | 20<br>Crab<br>Cakes        | 21<br> 4:30pm Cocktails<br>5pm Annual<br>"Celebration of<br>Christmas Dinner" | 22<br>Seared<br>Duck Breast      | 23<br>Atlantic<br>Salmon |
| 24<br>Vegetable<br>Stir Fry      | 25<br>Beef Stew<br>3PM Dinner | 26<br>Spaghetti W/<br>Meat Sauce | 27<br>Macaroni<br>& Cheese | 28<br>Baby Back<br>Ribs  | 29<br>Sautéed<br>Whitefish       | 30<br>Filet<br>Mignon    |
| 31<br>Cranberry<br>Chicken       |                               |                                  |                            |  |                                  |                          |





# Giving Matters.

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

## Will you remember your peers in your year-end giving?

Until no seniors need us, we need **you**.

Picture this.

You're a healthy, working older adult close to retirement. Then one of your worst fears comes true. A car accident leaves you unable to work and you're forced to retire early. You now need an affordable home with your new, limited income.



Where do you turn?

It happened to Brenda. It may have even happened to you or someone you know.

Without faithful donors, Brenda would've had nowhere to turn.

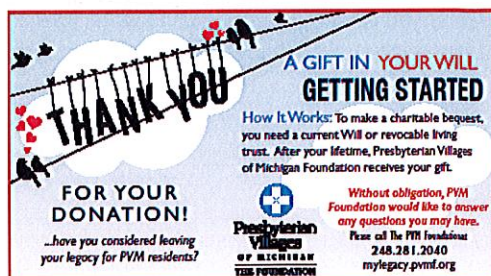
But, because donors made quality housing possible, Brenda's now thriving at a PVM community. She's living out the retirement she always hoped for but didn't think existed. Her schedule is filled with fitness classes, movies, arts and crafts, picnics and cultural trips—all the things she needs to age actively.

**Please be a hero for someone like Brenda and make your gift today.** You are needed now, more than ever!

Thank you for being a hero!

Paul J. Miller, CFRE

**\*P.S.** You can make your gift by calling 248-281-2040 or by visiting [GiveToPVMF.org](http://GiveToPVMF.org) today!





## 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 Kiogima

*Dawn Svatora*

*Dietary Assistants*

Andy Schaefer

*Registered Nurse*

### **Resident Assistants**

Tanya Chevalier

Susan Foley

Colleen Froats

Eva Gray

Rose Gokee

Shellie Harrington

Brooke Maki

Amanda Rockwell

Susan Storrs

Janell Terrian

Farrell Thompson

Joele Weld

Christine Woodward

Sheree Woollard

### **Transporter**

Jim Flick

Jack Frank

Jane Rye

### **EMERGENCY NUMBER**

911

**24/7 Resident Assistant Desk, Terrace Level**

(231) 526-1500 x 4

**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)**

4241 Village Circle Drive  
Harbor Springs, MI 49740

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