



# Perry Villager



**Embrace the possibilities**

4241 Village Circle Drive • Harbor Springs, Michigan 49740 •

November 2022

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## From our Executive Director

Hello Residents, Families and Friends,

WOW.....November already and so many wonderful things happening here are Perry Farm Village! This month's newsletter is packed with information, ways to keep busy, good food to eat and how to be fit and healthy doing it all. The wonderful thing about living at Perry Farm Village is that there is always something to do !! Last month I talked about changes and yes there are more to come. Sadly we had to say so long to Chef Joe (never Good bye) and sent him off with well wishes as he joins the team at Grain Train in Petoskey. Dawn and Colleen said "we can do this", and have been job sharing and covering the duties and Jeremy will continue supporting both in the kitchen and on the Terrance Level.....TEAMWORK !

Welcome to Anna Minnick, RN our new Clinical Supervisor. We are so glad to have her join our leadership team. We also welcomed Kathy Barnett who will be sharing the Concierge position with Karen. Read more about Kathy on page 2.

The exciting news for the campus is that the Birches is nearing completion and that you all will be the first invited for the official tour and unveiling by the end of the month. The Birches is a beautiful addition to Perry Farm and will offer much needed services and support in this area. Assisted Living, Memory and Respite care. I will be spending more time this month back and forth as there is a lot to do in preparation for a mid-December opening.

There is so much to be thankful for, Thanksgiving is a time we focus on our blessings. I'd like to share that the past 11 months I have felt blessed every day to be here to serve you.

*Barb*



**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Meet the people that make Perry Farm a great place to live & work!



**Kathy Barnett**

*Community Concierge*

I have lived in Petoskey for 41 years after growing up in the suburb outside of Detroit. I graduated from Wayne State University with a teaching degree in elementary education. I moved north to find teaching work. My family had vacationed on Walloon Lake and I knew how much I loved this area. I taught at the one room schoolhouse in Cross Village for one year. I then began a career as a medical receptionist for 30+ years.

I have 3 sons, all who have settled in Petoskey. I am blessed to have 3 grandchildren and one on the way!  
I cherish family time the most, but enjoy scrapbooking, cross-stitch, reading, and snuggling with my grandchildren and rescue dog.  
After only one day at work, I feel welcome and know this will be a wonderful place to work!

Welcome Kathy! We are happy you have joined our Perry Farm Village team!

**Karen Hovey**

*Resident*

Karen lived in Louisville, KY with her first husband and three children when she was widowed at a young age. They started coming to Harbor Springs in 1961 for the summers. Later, Karen was a buyer for J.L. Hudson in Detroit. Karen was familiar with Perry Farm’s great reputation and chose to make this her home 6 months ago making her one of our newer residents. “This isn’t the end of my life, but the beginning of a wonderful chapter. I feel supported by everyone at Perry Farm, from both the staff and the residents. This is a community that genuinely cares about me!” Yes, we do care about you Karen, and we are so glad you are a part of Perry Farm Village!

**Board Members**

**PFVA**

Joanne Arbaugh  
Dick Collie  
Kelley Newton  
Ken Ostrowski

**PFDC/Hillside**

Kay Flavin  
Roy Griffiths, Jr.  
David Harnett  
Tim Knapp  
Maria Kokas  
Emil Muccino  
Pastor Kenneth Murphy  
Linda Rhodes-Pauly  
Joanne Robinson  
Mark Slater  
Edy Stoughton

Susan D.	3 <sup>rd</sup>
Sheryl F.	15 <sup>th</sup>
Liz F.	29 <sup>th</sup>
Virginia K.	30 <sup>th</sup>



**Kathy Barnett** 1<sup>st</sup>  
*Community Concierge*

“When it comes to staying young, a mind-lift beats a face-lift any day.”  
~Marty Buccella



## The Senior Advocate.

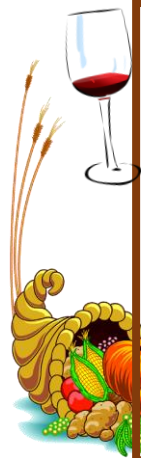
By Lynn Alexander,  
Senior VP & Chief Marketing Officer

At times we all need the advice of experts. For seniors this is an opportune time to remember this. Fall not only brings out beautiful panoramas of fall colors, pumpkins and cider. It also attracts scam artists of all types. Do not respond to direct appeals by phone or mail. Unscrupulous people are standing in line to steal your money. Especially prevalent at this time of year are so-called contractors who will falsify needs that you could have for driveway and roof repair. Do not contract with anyone without seeking the advice of a trusted friend or family member.

Also, since we are moving into enrollment season for healthcare, scam artists will try to get your social security number, bank account information and other important data to create identity theft. You may have heard the phrase: "Better safe than sorry!"

Truer words were never spoken. Check with your PVM service coordinator or administrator. They can refer you to Medicare/Medicaid counselors whose services are free of charge.

Along with these seasonal scams, unfortunately on-going ones are still working. I just heard recently of another woman who was scammed into giving thousands of dollars away thinking she was helping her grandson who was in trouble. On the second attempt by the scam artists her instincts kicked in. She called her daughter to find out that her grandson was sitting right there with her daughter safe and sound! Keep in mind as well that banks will not be calling you and asking for private information to "protect" your account. Be a safe and savvy senior and enjoy this beautiful fall season!



**Special Happy Hour and Meal** PFV provides a special evening of wine, appetizers, and a special dinner, once a month, marked on the calendar with a star. ★ All are invited to happy hour, but please sign up for the special meal at least 48 hrs in advance.

Please come Nov 15<sup>th</sup> at 4:30pm when Judith Zorn, soprano, and Monica Pavel Kissinger, accompanist will stir up memories with an "Evening on Broadway", playing your favorite show tunes!



### Are you interested in learning how to play CHESS?

We have a new chess set, a book to teach us each step of the way, and someone spearheading this activity!

If you see **Leo H.** please ask him questions about how we are learning to play chess.

We will also be meeting on **Tuesday's at 4pm** behind the fireplace each week to learn one short lesson.

We'd love to have 5-6 residents/staff playing during these next cold weather months. Chess is a great activity for the brain! Let's learn together!



**\$2 Movie Matinees are back!**

Every other Friday starting October 28<sup>th</sup>.



November 11<sup>th</sup>  
Pride & Prejudice

November 25<sup>th</sup>  
TBD

Your \$2 includes popcorn, pop (if you let them know you're from PFV) and transportation!

Sign up no later than Thursday at noon.



**November Wellness Classes****Sit & Fit**

Mon/Wed/Fri 10:30am

**Cardio Drumming**

Thurs 10:30am

At HS Friendship Center

**Meditation**

Mon &amp; Fri 10am

(20 minutes for residents and staff)  
Lower Level Wellness classroom**Wellness Matters**Kjersti Kontio  
Wellness Coordinator

To be thankful. I am so thankful for so much this year! Most of all, I'm thankful to work in such a wonderful place, with such kind people. I am thankful for YOU!

This month as we move into the colder months, I'd like to encourage you to take part in a new activity that you may not have considered before. The darker winter months can make us feel like hibernating. But, this can also be an opportunity to take the time to learn something new!

Everyone is welcome to join us for Sit & Fit. If you haven't tried MY class yet, come with curiosity, and ready to have a bit of fun! I promise you won't be disappointed!

Also, on Mondays and Friday's at 10am we have meditation. This isn't a creepy "ohm" class. We simply get comfortable in our chair, close our eyes and visualize different scenes...clouds, a forest, a beach, etc. Your job is to let your mind and body relax and enjoy a little break. You'll leave feeling refreshed, calm and ready for the rest of your day. Staff, you're welcome to join us too! It's free and only 10-15 minutes.

I have always wanted to learn how to play chess but was too intimidated to try. It seems so complicated, right? Well, I found a beautiful chess set for Perry Farm Village, a book to teach us the basics in a simple way, "Chess for Children", because that's how I learn best, and I found a friend at PFV that wants to play too! Let's get together on Tuesdays in November from 4-4:30pm for a simple lesson with Leo H. We're hoping to get a group to play on a regular basis this fall/winter. I'm game, are you?

Lastly, I want to mention, I will be on vacation this month from the 15<sup>th</sup>-25<sup>th</sup>, traveling Italy with my parents and two of my four children. What fun, I'm very excited! I will leave Sit & Fit in good hands with Laurie, and drivers will be lined up for shopping, and Lunch Bunch.

Please do your best to stay active this month, physically and mentally. Physical exercise has been proven to boost mood, and when you feel better, you feel like getting up and moving!

Be sure to sign up for the activities and events early, as spaces fill up fast. And as always, if there is any way I can help, please let me know!

Kjersti

**Craft with Barb!**Thursday, November 3rd  
1:00pm

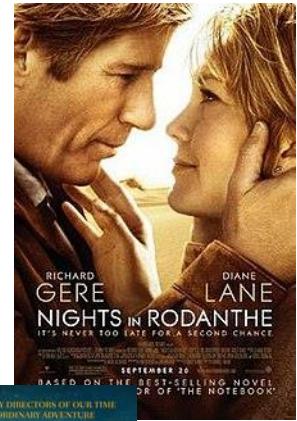
Let's kick off the holiday season with Thanksgiving door décor!

Barb will bring the materials, you just have to bring a smile and your "Can-do" spirit!

**Wednesday Wanderings**Nov 2<sup>nd</sup> - ShoppingNov 9<sup>th</sup> - Lunch Bunch  
"Beard's Brewery"Nov 16<sup>th</sup> - ShoppingNov 23<sup>rd</sup> - Lunch Bunch  
"Mi Taquila"Nov 30<sup>th</sup> - Shopping

Nov 6<sup>th</sup>Nov 13<sup>th</sup>

Sundays  
6:30pm

Nov 20<sup>th</sup>Nov 27<sup>th</sup>

Help keep *everyone* safe!  
Please keep outside doors  
locked at all times.



### Piano music!!!

Mondays during dinner, we have the privilege of having Gary Hillier play our beautiful piano. Even if you don't eat dinner in our dining room on Monday evenings, please know you are welcome to sit in the living area and enjoy the music. Bring a friend, gather around, and

*Enjoy!*



We had a beautiful day at Kiwanis Park for **Village Victory Games 2022** on October 11<sup>th</sup>.

- 16 participants & Zoey
- cheerleaders
- 3 staff members
- 1 volunteer
- 5 events
- Team shirts & pompoms
- Lunch from Piper's
- Sunshine & fresh air!



Our scores have been submitted to Presbyterian Villages of Michigan....look for results in our December Perry Villager!



## 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

### Village Staff

**Barbara Woodward-Boonstra**  
*Executive Director*

**Jill Tibbits**  
*Administrator*

**Kjersti Kontio**  
*Wellness Coordinator*

**Marc Svatora**  
*Maintenance Tech*

**Tom Swan**  
*Sales & Leasing Consultant*

**Karen Martin**  
**Kathy Barnett**  
*Community Concierge*

### **KITCHEN TEAM:**

*Vacant*  
*Executive Chef*

**Jeremy Kimble**  
*Cook*

**Dawn Svatora**  
**Colleen Froats**  
*Dining Services Assistants*

**Dave Sluyter**  
**Greg Chamberlain**  
**Steve Hunt**  
*Transporters*

**(231) 526-1500**

### **CAREGIVING TEAM:**

**Anna Minnick, BSN, BPH, RN**  
*RN/Nurse Manager*

### **Resident Assistants:**

<i>Emily Boyd</i>	<i>Laurie Russo</i>
<i>Benjamin Duncan</i>	<i>Margaret Small</i>
<i>Joy Eaton</i>	<i>Susan Storrs</i>
<i>Rose Gokee</i>	<i>Sara Sumner</i>
<i>Ciara Halliday</i>	<i>Sheree Woollard</i>
<i>Michelle Khaled</i>	<i>Christine Woodward</i>
<i>Christina Leal</i>	
<i>Kathryn "Katey" Leist</i>	

### **EMERGENCY NUMBER**

**24/7 Resident Assistant Desk, Terrace Level 231-526-1500 Ext 4**



**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)**



## Fun and Games Village Victory Games 2022 October 11<sup>th</sup>



# Embrace the possibilities