



Perry Villager



Embrace the possibilities

4241 Village Circle Drive • Harbor Springs, Michigan 49740 • www.pvm.org

November 2017

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Fall is here ... and winter is just around the corner. I thought I was ready for the turn – I love sweater weather with the cool nights and crisp days, apple cider and the smell of wood fires – but with it now upon us I do quail a bit.

So it is time to do the reminders about making sure that you are 'winter ready'! Have you pulled out the warm hats and mittens, gotten boots set by the door? Is your car winter ready? Don't forget that if it looks icy, or even if it has just been cold enough for ice, double check BEFORE you step outside and be EXTRA careful ...

At Perry we have a sign up list in the office for those of you who may want to store patio furniture off-site this year – for a small charge we will pick up furniture, store and return in the spring. At Hillside we are planning ahead for spring and looking for someone to take on the raised garden beds behind Hillside West – they are a great place for herbs, or cut flowers for brightening up spaces!

If you missed one of our lovely announced fire drills at either campus, have no fear an un-announced one is just around the corner! If you have any questions about what to do during a fire drill – or in the event of a real emergency – please just by the office for a review of our new procedures. These are incredibly important to know, review and practice!

For all of our co-owner's at Perry Farm Village – please be on the lookout this month for our long awaited condo docs revisions to be hitting your mailbox. We will be sending out the Restated Declaration of Covenants and Restrictions, Restated Master Deeds and Revised ByLaws to all owners. We will be scheduling a Q&A/Review Session for those documents shortly after they are mailed out. We will hold voting open for 30 days to approve the new documents. I look forward to being able to share with everyone the fruit of many long months of work with our fantastic Owner's Visioning Group – a huge thank you to all who participated!

As always, please come and let me know how things are going or bring in great ideas for things we can be doing better. I can be found at either office, via email or cell phone.

Mary Catherine

Board Members



PFVA

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

PFDC/Hillside

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Perry Farm Village

A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

SIGNS OF SCAMS

The Office of the Michigan Attorney General has shared some signs that a call you receive is likely from someone attempting to scam you and/or steal your identity. They fall into 3 categories:

URGENT/SECRET

Pressure to act immediately.
Limited term: act now language.
Told to keep the contact a secret.
Designed to frighten you into action.

BELIEVABLE

Claims to be from government or law enforcement.

Claims to be calling to fix a problem with your account, computer, government benefits, or related to something in the news.

The contact has some of your personal information already.

MONEY/PERSONAL INFORMATION

Requires a wire transfer, prepaid credit card, or any personal information.

Remember - No need to be polite. Simply hang up the phone. Be a smart and savvy senior!



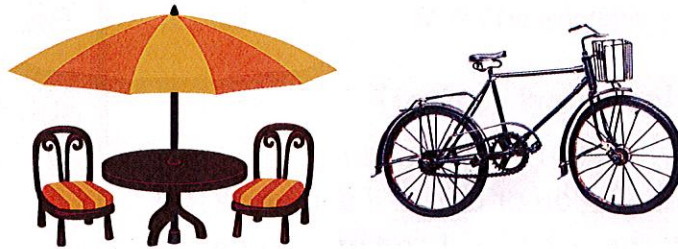
Birthdays!

11th Lois Desimpel

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



Patio Furniture/Bike Storage



If you would like to have Perry Farm Village store any of your patio furniture or your bikes please sign up in the office. The storage unit will be off-site at a locked and local storage unit. Storage will span from November 2017 to April 2018 and the items will be picked up in November and returned in April. The cost is \$25.00 and will be billed on your Perry Farm Village invoice.

PERRY FARM BOOK CLUB MEETING SATURDAY, NOVEMBER 4TH AT 2PM

Our own Perry Farm Book Club revisits the autobiography of Eleanor Roosevelt that explores her life between 1920 through 1945.

Eleanor's front row seat to this historical period gave her a unique perspective on people and events that marked that period!

AND In keeping with our new tradition of "Read the Book-Watch the Movie", a 1965 Documentary about Eleanor during this dynamic time period will be shown in the Card Room immediately after our discussion.

If you like history and sharing ideas with your neighbors join us on Saturday, November 4th at 2pm.

Happy Reading;
Marni Ostrowski



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Have you laughed today?

There is something intrinsically human about laughing. Regardless of nationality, race, religion or creed, if someone in a crowd starts laughing, most of the crowd will end up laughing. It is built into us.

It is pretty straight forward to discuss how laughter brings joy and happiness to our lives, but thanks to research inspired by Norman Cousins, and his book Anatomy of an Illness, we now know that laughter can actually make you healthier. Laughter has been shown to reduce or prevent stress, improve immune function, reduce pain and can even improve your cholesterol! How often do you get to hear that something you already enjoy doing will make you healthier?

Unfortunately, laughter doesn't always come to us when we need it most, such as during stressful times or when we are in pain. However, you can use humor to create laughable moments in even the direst of times. The trick is to hone and master the skill of humor so that you can tap into it when you need a good laugh. Yes, humor can be taught and trained. The next time someone tells you a joke try and guess what the punch line will be. If you're watching a funny TV program try and figure out what will happen next.

Here is training exercise for you to work on. Try and guess the missing punch line of the joke using just the hint.

I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the _____ were there

(Hint: What would a road worker steal from work?)

(Answers: Signs)

★**MOVIE NIGHT**★
Admit One

Saturday, November 4th
Brooklyn

Saturday, November 11th
Churchill

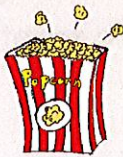
Saturday, November 18th
Beyond the Sea

Saturday, November 25th
White Christmas

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




Sunday, November 12th
The King's Speech

Sunday, November 26th
The Bishop's Wife




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

November Happenings 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5  Daylight Savings Time Ends! Clocks Fall Back!	6 Bus Day 10:30 am Sit & Fit 11:30pm Lunch at Side Door Saloon	7 Election Day 2:00pm Wii Bowling <i>Music w/ Catherine at 4:45pm</i>	1 Bus Day 10:30 am Sit & Fit 2pm Bible Study	2 11 am Euchre 1pm Meet & Greet with Candidate Matt Morgan 2pm Travel Series	3 Bus Day 10:30 am Sit & Fit	4 Book Club Viewing of "The Eleanor Roosevelt Story" at 2 pm Movie Night at 6:45 pm "Brooklyn"
12 Movie Matinee At 2 pm "The King's Speech"	13 Bus Day 10:30 am Sit & Fit 2pm Hot Cider & Cookies	14 1pm Free Hand Massage/Relaxation 2:00pm Wii Bowling <i>Music w/ Catherine at 4:45pm</i>	8 Bus Day 10:30 am Sit & Fit 2pm Bible Study	9 11 am Euchre 2pm Travel Series with Jeff Higgs to  "Africa"	10 Bus Day 10:30 am Sit & Fit 1pm Scrabble	11 Movie Night at 6:45 pm "Churchill"
19	20 Bus Day 10:30 am Sit & Fit Movie at The Lyric Time: TBD	21 2:00pm Wii Bowling <i>Music w/ Catherine at 4:45pm</i>	15 Bus Day No Exercise 10am Perry/Hillside Shopping Day 2pm Bible Study	16 11 am Euchre 2pm Travel Series	17 Bus Day 10:30 am Sit & Fit 11:45 am Lunch at The Pier	18 Movie Night at 6:45 pm "Beyond the Sea"
26 Movie Matinee At 2 pm "The Bishop's Wife"	27 Bus Day 10:30 am Sit & Fit 1p-3p Senior Fitness Test & Balance Assessment	28 11 am Christmas Tree Trimming 2:00pm Wii Bowling <i>Music w/ Catherine at 4:45pm</i>	22 Bus Day 10:30 am Sit & Fit 2pm Bible Study	23 Thanksgiving Day <i>Office Closed</i> Traditional Holiday Dinner at 4pm 	24 Bus Day <i>Office Closed</i> No Exercise	25 Movie Night at 6:45 pm "White Christmas"
26 Movie Matinee At 2 pm "The Bishop's Wife"	27 Bus Day 10:30 am Sit & Fit 1p-3p Senior Fitness Test & Balance Assessment	28 11 am Christmas Tree Trimming 2:00pm Wii Bowling <i>Music w/ Catherine at 4:45pm</i>	29 Bus Day 10:30 am Sit & Fit 2pm Bible Study	30 11 am Euchre 2pm Travel Series	Dec 1 Bus Day 10:30 am Sit & Fit 4:30pm Dinner out at Teddy Griffin's	2 Movie Night at 6:45 pm "It Happened on 5th Avenue"




November Lunch 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Sloppy Joe	2 French Dip	3 Quiche Lorraine	4 BLT
5 Turkey & Swiss	6 Corned Beef Rubeen	7 Chef Salad	8 Pulled Pork Sandwich	9 Taco Extravaganza	10 Chicken Salad Sandwich	11 Bratwurst
12 Ham & Cheddar	13 Texas Rubeen	14 Spinach & Swiss Quiche	15 Derby Sandwich	16 Chicken Caesar	17 Tuna Melt	18 Cheeseburger
19 Coney Hot Dog	20 French Dip	21 Pulled Pork Sandwich	22 Monte Cristo	23  Hot Dog	24 Maurice Salad	25 Grilled Cheese & Cheese
26 Roast Beef & Swiss	27 Baltimore Rubeen	28 Egg Salad Sandwich	29 BLT	30 Tuna Salad Sandwich		

November Dinner 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Beef Bourguignon	2 Pork Loin	3 Atlantic Salmon	4 Lamb Stew
5 Salisbury Steak	6 Cranberry Chicken	7 Sautéed Whitefish	8 Beef Stir-Fry	9 Spaghetti W/ Meat Sauce	10 Baby Back Ribs	11 Crab Cakes
12 Country Pork	13 Pot Roast	14 Shrimp Pasta	15 Pork Tenderloin	16 Macaroni & Cheese	17 Stuffed Peppers	18 Filet Mignon
19 Spaghetti W/ Meat Sauce	20 Chicken Florentine	21 Sautéed Whitefish	22 Country Beef	23  Traditional Thanksgiving Dinner at 4pm	24 Rosemary Chicken	25 Atlantic Salmon
26 Seafood Casserole	27 Sandy's Burrito	28 Seared Duck Breast	29 Crab Cakes	30 Baby Back Ribs		

Halloween at Perry Farm Village!

What a fun day!

Best Costume Winner-Kraeg as a Witch!



Renaissance Ladies



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

Office Numbers Main Office (231) 526-1500

Village Staff

Normal open office hours: Mon-Fri 8:30a-4:30p
and Saturdays 10:00a-3:00p

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**

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