



# Perry Villager



Embrace the possibilities

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

November 2018

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## Executive Director's Column

It has been budget season for me – which like fall is a time of both closing down and wrapping up, but also for doing your planning and prepping for next year. Budgets are as much about hopes & dreams as they are about ones and zeros. Budgets are planning documents – what can you know, what are you making an educated estimate of and what are you just outright guessing about. Budgets are also places to implement policy changes and try and guide behavior – both internally and externally. Budgets can try and alleviate issues of the past, but they are by nature forward looking documents. What budgets aren't is static – they change, they adapt, they shape but if you are too rigid with their implementation you can get very skewed results.

For Hillside (both East & West) the budgeting process is very proscribed – due to the source of the funding for the those projects (HUD and MSHDA). The leeway that the owner/management agent has is very slim and revenues can only be used on bricks and sticks (the building), no programming or 'extras'. For Perry Farm Village we have a complicated system of interlocking parts – the associations, PFDC, PVM – all of which have to collaborate and cooperate in order to get to consensus on that planning that results in a budget. The PFDC Board, the PFVA Board, staff at PVM, myself and the staff here at Perry have been working hard to be thoughtful stewards of our resources over 2018 and to put together the best plans for 2019. I am very much looking forward to seeing our planning come to fruition!

*Mary Catherine*

## Board Members



### PFVA

Karin Flint  
Andy Spence  
Don House  
Kelley Newton  
Marta Olofsson  
Ken Ostrowski  
Dick Collie

### PFDC/Hillside

Kay Flavin  
Karin Flint  
Roy Griffiths, Jr.  
Kate Kelly  
Don House  
Jean Jardine  
Andy Spence  
Linda Rhodes-Pauly  
Linda Riley  
Debra Schirmer  
Fred Walstrom



Perry Farm  
Village

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Look for PVM on:







### Ways to Give Thanks...

1. Pay it forward, do a good deed!
2. Handwrite a Thank You Note
3. Support a Cause
4. Send a Sweet Surprise
5. Make it Public.
6. Send an E-Card
7. Simply say, "Thank You!"



"As we express our *gratitude* we must never forget that the highest *appreciation* is not to utter words, but to *love* by them."

**John Fitzgerald Kennedy**



Day light Savings ends at 2:00 AM on Sunday, November 4<sup>th</sup>

DON'T FOTGET TO TURN YOUR CLOCKS BACK BEFORE GOING TO BED ON SATURDAY!



American Diabetes Month, COPD Awareness Month, Lung Cancer Awareness Month, National Family Caregivers Month, National Healthy Skin Month & National Hospice Palliative Care Month!

### Thanksgiving Facts:

- The 1st Thanksgiving celebration lasted 3 days.
- In the U.S., about 280 million turkeys are sold for Thanksgiving.
- Californians are the larges consumers of turkey in the U.S.
- The Annual Macy's Thanksgiving Parade tradition began in the 1920's.





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### What Goes Around Comes Around

Recently I experienced good karma in a way which affirms my belief in caring about others. My grandma was right when she used to say: "What goes around comes around." I have witnessed this phenomena in many ways over the years. In my recent experience I was attending an annual meeting with an organization still somewhat new to me; and more than several attendees reached out to me in an intentional manner to include me and make me feel welcome. I am usually that person that notices when a fellow human being needs to be welcomed so this was a gratifying experience for me.

Bringing this concept around to PVM, residents often talk about how they and their neighbors all look out for each other. This has created a sense of community which adds to their quality of life. Unfortunately I have heard stories with the opposite script. We all have had issues to deal with and problems to conquer. The longer we have been on this earth the more we have endured as well as enjoyed. Keep that in mind and lift another person's psyche. Offering a smile and welcoming a newcomer can pay great dividends. You may meet a new lifelong friend or may need a smile yourself on any given day. "What goes around comes around."



**Saturday, November 3<sup>rd</sup>**  
Calendar Girls

**Saturday, November 10<sup>th</sup>**  
Mamma Mia! Here We Go Again!

**Saturday, November 17<sup>th</sup>**  
Letters to Juliet

**Saturday, November 24<sup>th</sup>**  
Planes, Trains and Automobiles

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

**Sunday, November 11<sup>th</sup>**  
Hidden Figures

**Sunday, November 25<sup>th</sup>**  
It's a Wonderful Life

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







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

By Tom Wyllie,  
Director of Wellness

### Life Without a Car



A few weeks ago I experienced - temporarily - what many of us will perhaps one day experience permanently: life without a car. Some of you may already be in that situation. I still had to go to work. I still had meetings to attend. I still had errands to run but I had no car. It was in the shop for some minor repairs that of course took longer to fix than I was originally told so when all was said and done, I was without a car for a little over a week.

I live alone and my kids have long since flown the coop to pursue adult lives of their own. Besides, they don't live nearby so asking them to cart me around wasn't really an option. So what was I to do? I was in a bit of a bind until I remembered something my daughter's boyfriend recently told me, that he was living the "app life". So what does that mean?

Well, if you own a smartphone and have access to the internet you have a lot of power in your pocket. There are thousands of computer applications, which are essentially small computer software programs commonly referred to as "apps" that you can place on your phone that allow you to do numerous things and provide you with easy access to a variety of innovative and useful services. Among them are apps that will link you to ridesharing services, two of the most popular being Lyft and Uber.

Over the course of the next few months, I will be sharing with you how I used "apps" to do what I needed to do and be where I needed to be without a car. In so doing, I discovered that giving up my car didn't mean I had to give up living my life. So stay tuned. Next month I will start by sharing how I used Lyft to get out and about.

## September Exercise Schedule

### Sit & Fit

Mondays, Wednesdays and  
Fridays at 10:30am  
(Please see calendar for all dates)



### Yoga with Ashley

Tuesday's at 11:30 am

### Yoga Prices

\$50/month (4 classes)

\$15/class

\$12/class for Perry Club Members

\$48/month Perry Club Members

## November



### Birthdays

3<sup>rd</sup> Susan D.








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








# November Happenings 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4</p>  <p>Daylight Savings Time Ends! Clocks Fall Back!</p>	<p>5</p> <p>9am Foot Clinic</p> <p>10:30 am Sit &amp; Fit</p> <p>Movie at <i>The Lyric</i></p> <p><i>"The Nutcracker &amp; the Four Realms"</i></p>	<p>6</p> <p><b>Election Day</b></p>  <p>1:30 am Yoga</p> <p>3:00 pm Piano Lessons</p>	<p>7</p> <p>10:30 am Sit &amp; Fit</p> <p>2pm Bible Study</p> <p>11:45 am Lunch at Vernales</p>	<p>1</p> <p>11 am Euchre</p> <p>2pm Travel Series</p>	<p>2</p> <p>10:30 am Sit &amp; Fit</p> <p>3pm Patriotic Ensemble Music</p> 	<p>3</p> <p>Movie Night at 6:45 pm</p> <p><b>"Calendar Girls"</b></p>
<p>11</p> <p><i>Veteran's Day</i></p>  <p>Movie Matinee at 2 pm</p> <p><b>"Hidden Figures"</b></p>	<p>12</p> <p>10:30 am Sit &amp; Fit</p> <p>2pm Hot Cider &amp; Cookies</p>	<p>13</p> <p>11:30 am Yoga</p> <p>3:00 pm Piano Lessons</p>	<p>14</p> <p>10:30 am Sit &amp; Fit</p> <p>11:45 am Lunch at Side Door Saloon</p> <p>2pm Bible Study</p>	<p>15</p> <p>11 am Euchre</p> <p>2pm Travel Series</p>	<p>16</p> <p>10:30 am Sit &amp; Fit</p>	<p>17</p> <p>Movie Night at 6:45 pm</p> <p><b>"Letters to Juliet"</b></p>
<p>18</p>	<p>19</p> <p>No Sit &amp; Fit</p> <p>Phone, Mail &amp; e-Seams Presentation At 1:00 pm</p>	<p>20</p> <p>11:30 am Yoga</p> <p>3:00 pm Piano Lessons</p>	<p>21</p> <p>No Sit &amp; Fit</p> <p>10am Shopping Day</p> <p>2pm Bible Study</p>	<p>22</p> <p>office closed</p> <p>Traditional Holiday Dinner at 2pm</p> 	<p>23</p> <p>office closed</p> <p>No Sit &amp; Fit</p>	<p>24</p> <p>Movie Night at 6:45 pm</p> <p><b>"Planes, Trains and Automobiles"</b></p>
<p>25</p> <p>Movie Matinee at 2 pm</p> <p><b>"It's a Wonderful Life"</b></p>	<p>26</p> <p>10:30 am Sit &amp; Fit</p> <p>Movie at <i>The Lyric</i></p> <p>Time: TBD</p> 	<p>27</p> <p>11:30 am Yoga</p> <p>1pm Christmas Tree Trimming</p> <p>3:00 pm Piano Lessons</p>	<p>28</p> <p>10:30 am Sit &amp; Fit</p> <p>2pm Bible Study</p> <p>4:30pm Dinner out at Teddy Griffin's</p>	<p>29</p> <p>11 am Euchre</p> <p>2pm Travel Series</p>	<p>30</p> <p>10:30 am Sit &amp; Fit</p> <p>Paint Party 2p-5p</p> 	

# November Lunch



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





# November Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chicken Florentine	2 Meat Loaf	3 Atlantic Salmon
4 Pot Roast	5 Beef Stroganoff	6 Sautéed Whitefish	7 Spaghetti W/ Meat Sauce	8 Pork Loin	9 Filet Mignon	10 Lamb Stew
11 Rosemary Chicken	12 Meaty Lasagna	13 Broiled Whitefish	14 Pork Tenderloin	15 Beef Burrito	16 Crab Cakes	17 Baby Back Ribs
18 Meat Loaf	19 Chicken Pasta	20 Sautéed Whitefish	21 Seared Duck Breast	22  <b>Thanksgiving Dinner at 2 pm</b>	23 Spaghetti W/ Meat Sauce	24 Chicken Stir-Fry
25 Roast Pork W/ Stuffing	26 Scalloped Potato W/ Ham	27 Broiled Whitefish	28 Baby Back Ribs	29 Crab Cakes	30 Chicken Enchilada	



## Thank you to everyone who came and participated in the Annual Perry Farm Village Halloween Party!



**Congrats  
to  
costume  
winner  
Bookie!**



## 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*

**Betty Frain**

*Cook*

**Mary Jane Kiogima**

**Dawn Svatora**

*Dietary Assistants*

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

**Andy Schaefer**

*Registered Nurse*

### **Resident Assistants**

*Arrin Dull*

*Susan Foley*

*Colleen Froats*

*Eva Gray*

*Rose Gokee*

*Shellie Harrington*

*Brooke Maki*

*Amanda Rockwell*

*Tammy St. Clair*

*Susan Storrs*

*Janell Terrian*

*Farrell Thompson*

*Christine Woodward*

*Sheree Woollard*

### **Transporter**

*Jim Flick*

*Jane Rye*

### **EMERGENCY NUMBER**

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

**Main Office Fax Number**

**911**

**(231) 526-1500 x 4**

**(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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