



# Perry Villager



**Embrace the possibilities**

4241 Village Circle Drive • Harbor Springs, Michigan 49740 • [www.pvm.org](http://www.pvm.org) February 2023

## Featured Articles

Meet PFV	pg. 2
Sr. Advocate	pg. 3
Wellness	pg. 4
Foundation	pg. 5
Movies	pg. 6
Presentation	pg. 7

### The Birches

4211 Village Circle Drive  
Harbor Springs MI



**Perry Farm  
Village**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

## Look for PVM on:



## From our Executive Director

Happy February Everyone!

This month is best known for one thing.....LOVE.....Valentine's Day. It started as a Christian feast day honoring one or two Christian Martyrs named Saint Valentine and over time through folk traditions, cultures and generations, they became a significant cultural, religious and commercial celebration of romance and love. Can you recall your most memorable Valentine's Day? I can.....

By the time you are reading this The Birches will have been open and serving residents for 4 weeks. The transition has gone smoothly and everyone living, working, and visiting have all shared that they think it's wonderful. The Birches is a continuation of Perry Farm and open to all for visiting, coming to listen to piano playing, hymn sings and coffee with Colleen in the morning. Everyone is welcome and encouraged to enjoy this new space.

We had additional staff joining us and please be sure to read about them in this newsletter. More will be coming as we increase occupancy in both the Birches and Terrace Studios.

The Terrace Level is getting a new facelift and will offer more space for all to enjoy, gather, live and visit. We hope to have it completed by March and already have calls for the studio apartments. Don't forget to keep in mind the new Guest Suites for your company when they visit. Make your reservation soon!

Kjersti has a new activity this month and it's one of my favorites. Horse Racing! Look for it here in the newsletter and on posting throughout the community.

So in this month of Love let us remember who gave the ultimate gift. For God so loved the world that he gave us his only Son.....

Blessing and my love to you all,  
Barbara

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



### Ken & Marni Ostowski

*Residents since 2012*

Ken and Marni moved to PFV in 2012 while taking care of Marni's sister for 5 years, also a resident.

Marni wasn't new to Harbor Springs, working as a teen in many local businesses: The Colonial Inn, Nubs Nob, Boyne Highlands and Chimney Corner to name a few. Ken was in the Peace Corps as a language specialist.

The young couple were married at Holy Childhood in Harbor Springs in 1971, between their Junior year semesters at Wayne State University. Marni supporting Ken as he completed Law School, and likewise, Ken supporting Marni as she completed her Masters.

Ken spent his career working and travelling the world with the Rothschild's, Marni travelling with him often, or staying home at their farm in the beautiful Ohio countryside with her horses.

After years on the road and having so many responsibilities, Ken & Marni are appreciating the leisurely lifestyle that Perry Farm Village provides, and we love that you call this home!



### Rose Gokee

*Resident Assistant*

Rose has worked as a Resident Assistant at Perry Farm Village for 15 years! She says she loves working with the people and listening to the resident's life stories. Although Rose *could* retire, she loves her job and just can't seem to leave.

Rose has 4 grandchildren, ages 24, 20, 9 and 7 and feels very fortunate that they all live very close by.

In her free time, Rose loves to sew, do puzzles and diamond painting. Have you heard about diamond painting? Rose says "it's like cross-stitch with a pattern on a sticky board with small jewels that are put in place to create a picture!" She loves it!

We are so happy you are here Rose, and that you enjoy serving the residents at Perry Farm Village! She says, "It's the best job!"



### Colleen's Kitchen welcomes you for coffee!

Are you looking for that morning cup of coffee to get you going? Colleen would love to serve you the first cup of the day! She's in her kitchen at **The Birches, Monday-Friday at 7am**. Come on over, grab a cup and enjoy your morning!

### Board Members

#### PFVA

Joanne Arbaugh  
Dick Collie  
Karin Flint  
David Harnett  
Kelley Newton  
Ken Ostrowski  
Andy Spence  
John Swallow

#### PFDC/Hillside

Kay Flavin  
Karin Flint  
Roy Griffiths, Jr.  
David Harnett  
Tim Knapp  
Linda Rhodes-Pauly  
Joanne Robinson, *Liason*  
Andy Spence  
Mark Slater  
Edy Stoughton

### February Birthdays

**Byron C.** 11<sup>th</sup>  
**Ann C.** 14<sup>th</sup>  
**Marni O.** 14<sup>th</sup>  
**Jim H.** 21<sup>st</sup>



**Sheree Woolard** 1<sup>st</sup>  
*Resident Assistant*

**Benjamin D.** 20<sup>th</sup>  
*Resident Assistant*

**Anna M.** 24<sup>th</sup>  
*RN/Nurse Manager*



# The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

## "I'd Rather Do It Myself"



Recently I heard several stories of seniors who tried to take care of tasks which were too strenuous and ended up harming themselves in the process with everything from hip to knee injuries and beyond. They play the game "I'd Rather Do It Myself". That made me think that it is time to remind all of our readers of advice I have been dishing out for over 20 years!



When I first started with this messaging, seniors seemed to be much older than myself. Now this includes myself and my contemporaries. Ask loved ones and others for help if there is an object out of reach or if there are chores that may be beyond your capabilities these days. That includes indoor and outdoor tasks such as reaching to change a lightbulb up high or clearing debris from your backyard. My husband and I always say: "Call the guy"!



Also, do not fall into the trap of playing "I've Got A Secret". Keep your loved ones informed as to what is going on with you. They cannot help you if they are kept in the dark. Be smart and savvy. Your quality of life depends on it!

Let's take a culinary trip to....



**Wednesday, February 15<sup>th</sup>**  
Happy Hour 4:30pm  
Dinner 5:30pm

Crafty Barb will be back to help you make a Suncatcher! We need ALL the sunshine we can get in February, right?

**Thursday, February 16<sup>th</sup>**  
~ 1pm  
The Birches Dining room



## Victory Village Cup Awards 2022

Please join us for a special happy hour to honor the Perry Farm Village athletes with their medals!

We also won two very special team awards!

**Wednesday, February 1<sup>st</sup>**  
4:30pm

During Happy Hour the fireplace.



Sign up for an afternoon at the races on the Wellness table!  
You'll pick your horse, we will roll the dice and cheer for our horses to cross the finish line!

Fun for everyone, please join us!

Every Thursday in February  
During Happy Hour  
4:30pm-5:30pm



**WELLNESS MATTERS**

Kjersti Kontio  
PFV Wellness Coordinator  
231.838.0333



I couldn't say it better myself, therefore, please accept this excerpt from 50forward.org By: Angela Hurston

The heart has come to symbolize love and romance, celebrated every February 14th on Saint Valentine's Day. The heart also signifies passion and vitality. Long before modern medical science, people knew the beating heart was vital to life. For this reason, the heart symbol is also associated with health and wellbeing.

Cardiovascular health is essential to human longevity and wellness. So it seems appropriate that each February, the month of valentines and heart-shaped candies, should be the month the United States observes American Heart Month, proclaimed by Lyndon B. Johnson, February 1964. In 2004, the American Heart Association launched Go Red for Women®, a global initiative to end heart disease and stroke in women.

This February let's take charge of our cardiovascular health.

Here are some tips for making healthy lifestyle choices that lower risk factors and prevent illness.

- Eat Well
- Keep Moving
- Manage Weight
- Quit Smoking
- Stay on top of your medical care



If you struggle with any one of these, I have many tips on how to make small changes. One of the best ways to start, is to just move a little more today than you did yesterday! Let's start by walking! Walking our hallways provides an excellent way to move more.

**Meet me in the dining room on Tues/Thurs at 10am, and Let's Walk!**

*Kjersti*



**Super Bowl Party**  
**Sunday, Feb 12<sup>th</sup>**  
**6:30pm**  
**Dining Room**

**Laughter is the Best Medicine!**

Me: "I love you."

You: "Is that you or the wine talking?"

Me: "That's me talking to my wine."

**January Wellness Classes****Meditation**

Mon/Wed/ Fri 10am  
Main Level behind fireplace

**Sit & Fit**

Mon/Wed/Fri 10:30am  
Wellness Center classroom

**Walking Group**

(meet in dining room)  
Tues 10:00am

**\*Advanced Circuits**

Tues 10:30am

**Gentle Chair Stretches**

(following Bingo)  
Tues 2:15pm

**\*Exercise Community Crew**

Mon/Wed/Fri 9am

**\*DrumFit**

Thurs 10:30am  
(HS Friendship Center))

\*ask Kjersti for more info

**Activities to continue....please join!**

**Billiards** – Mondays at 1pm

**Chess** – Tuesdays at 4pm

**Lunch Bunch** – Feb 1<sup>st</sup> & Feb 15<sup>th</sup>

**Shopping** – Feb 8<sup>th</sup> & Feb 22<sup>nd</sup>

**Bingo** - Tuesdays & Fridays 1pm

**Book Club** – last Thursday of month 3pm

Hello everyone. Happy winter! As some of you know, my name is Devon Meier, and I am a member of the Presbyterian Villages of Michigan (PVM) Foundation team. I have been with the team for eight months, and I've really enjoyed coming up to visit with you at Perry Farm Village. I recently purchased snow tires, so now I can come up year-round. I have to be honest with you. Winter is not my favorite season, but after driving up last month I might just learn to love it. It is so beautiful up here. On my recent January visit, someone asked me to explain my role.

As a member of the Foundation team, I am here to be your partner in philanthropy. Specifically, I work with donors who want to make a gift beyond their lifetime, a legacy gift. They want to ensure a brighter future for the next generation of older adults who live at our villages. Up here, we have been blessed with donors who have made a gift in their will to support this village. We are grateful for their partnership. Have questions? Want to learn more? Let's get together. I'll be back up in mid-February. You'll find me in the front office, calling Bingo from time to time, and at Happy Hour now and again. You can also contact me at 947.247.0995 or [dmeier@pvm.org](mailto:dmeier@pvm.org). I look forward to seeing you soon.



PVM Legacy Society



Devon Meier

*Devon*



#### PS: Did You Know?

- Anyone can make a legacy gift.
- The easiest way to do it is by leaving a gift in your will.
- There is no required amount to make a legacy gift. We have been blessed with gifts of all different sizes.
- You can designate your support to Perry Farm Village, the Village of Hillside, or to the organization as a whole.
- When you make a commitment of gift beyond your lifetime, you join a fantastic group of people in our legacy society, and you help ensure a brighter future for older adults today!



LTBHS will be bringing some Furry Friends for us to love!

February 6<sup>th</sup> ~ 11am  
Gather around the fireplace in The Birches



#### Cops, Coffee & Donuts

Join a couple officers from the Emmet Co. Sheriff in the Perry Farm Village dining room for coffee, donuts and conversation.

February 21<sup>st</sup>  
9:30am



Please help us welcome new employees.....

Michll Evans

Resident Assistant

Tamme Sterly

Dining Services Assistant

Marci Morse

Resident Assistant

## Updates needed.....

This month, our office will be updating our Perry Farm Village resident files. In an effort to have the most current information about YOU, we will be distributing a packet for every resident to complete, unless you moved here in the last 6 months. This paperwork includes your emergency contact information, dietary preferences, pharmacy preferences if applicable, photo release, and will also include a page for you to tell us a little about yourself so we can better plan activities and events that appeal to more residents.

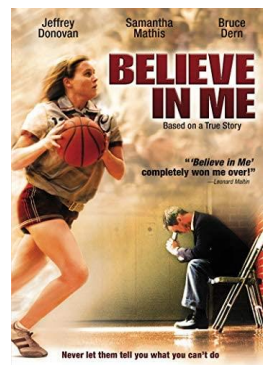
Please complete this paperwork and return to Karen or Kathy in the office at your earliest convenience.



**February 5<sup>th</sup> – 6:30pm**



**February 26<sup>th</sup>**



**February 12<sup>th</sup>**



**February 19<sup>th</sup>**

*If you prefer to watch at 6:30pm, please press play and enjoy!*

Have you read the entire newsletter? Awesome! First, I want to thank everyone that contributes to our monthly newsletters! It's teamwork at its finest☺ If you have any news to share in March, contact Kjersti at 231-838-0333 or email: [kkontio@pvm.org](mailto:kkontio@pvm.org) by 2/20 to be included.

This month, you may have noticed many hearts sprinkled throughout.  
Tell Kjersti how many you found!



**When people talk of violence in a school setting, most people think of places like Columbine High School in Littleton, Colorado, where two teens went on a shooting spree in 1999. But, do you know about the Bath, Michigan School House disaster?"**

On May 18, 1927, Andrew Kehoe, the 55-year-old school board treasurer in Bath, Michigan, used timing devices to set off an explosion that devastated the north wing of the Bath Consolidated School building, killing 36 schoolchildren and two teachers. As rescuers began working at the school, Kehoe drove up in his truck, stopped, and detonated dynamite inside his shrapnel-filled vehicle. He killed himself, the school superintendent, and several others nearby, as well as injuring many bystanders.



What makes George Robson's presentation more poignant is that both his parents were survivors of the disaster.

Although the disaster received significant coverage in newspapers, it soon was eclipsed by other news. On May 21, 1927, Charles Lindbergh landed in Paris, having flown solo across the Atlantic from North America. As the papers turned their coverage to Lucky Lindy's exploit, Bath was forgotten. In Bath itself, there was a reaction that many today would find curious. Today when disasters strike, there is a tremendous urge to remember and memorialize. But in Bath, the goal seemed simply to move forward. There were no vigils or memorial ceremonies, and only one, ambiguous memorial was created.

George Robson's presentation comes highly recommended from the Harbor Springs Friendship Center and Petoskey Public Library. Please join us in the dining room during Happy Hour on Wednesday, February 22<sup>nd</sup>, to learn about the Bath School Disaster, a piece of Michigan history that many know nothing about.

## **Bath School House Disaster Presentation**

Perry Farm Village – Dining Room

Wednesday, February 22<sup>nd</sup>  
4:30pm

All are welcome to attend!

## 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

**Perry Farm Village • 4241 Village Circle Drive • Harbor Springs, Michigan 49740**  
**The Birches • 4211 Village Circle Drive • Harbor Springs, Michigan 49740**

### 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**  
**Jim Hammond**  
*Cooks*

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

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

#### **CAREGIVING TEAM:**

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

#### **Resident Assistants**

*Benjamin Duncan*  
*Joy Eaton*  
*Michl Evans*  
*Rose Gokee*  
*Michelle Khaled*  
*Christina Leal*  
*Marci Morse*  
*Margaret Small*  
*Susan Storrs*  
*Sara Sumner*  
*Olivia Thompson*  
*Sheree Woollard*  
*Christine Woodward*

### **EMERGENCY NUMBER**

**24/7 Resident Assistant Desk** 231-526-1500 Ext 87003



**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)**

# Embrace the possibilities