

## Perry Farm Village



# Perry Villager



## Embrace the possibilities

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


### Featured Articles

Meet PFV	pg. 2
Events	pg. 3
Wellness	pg. 4
Movies	pg. 5
Friends & Family	pg. 6



## Perry Farm Village

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan



### Look for PVM on:



### From our Executive Director

HELLO MARCH!!

Besides leprechauns, green beer, & 4 leaf clovers, this is the month I look to see if it's coming in like a *lamb* or a **LION**. Do you too hope for a winter **Roar**? I can enjoy the snow and ice knowing spring is close, but don't like to think of a late March storm when March arrives as a *lamb*.

The Birches has now been open for two months and while the team had a few bumps along the way I can say that the larger space is welcomed. Most especially the kitchen and dining area where Residents and families gather. It is not unusual to find a family member offering help as they enjoy time together. Gary provides piano dinner music every Thursday which all enjoy. The Birches now has 11 Residents and we welcome Michll (Shelly), Donna, and Melanie to the Care Team. Hailey and Helen will be joining us soon!

The Terrace Level is half way through the facelift and taking on a whole new look. No peaking until the unveiling but I would suggest making your reservation for the guest rooms if you have company coming and would like to have them stay here close to you.

Everyone enjoyed Cops and Donuts and they will return this month because they too enjoyed the conversation and questions. We have been in the process of scheduling Active Shooter information after our Leadership Team had a training with the Harbor Springs Police dept. and Emmet Co. emergency services. Based on discussions at the Cops and Donuts there is an interest in having this presentation soon and will be for both Residents and Family.

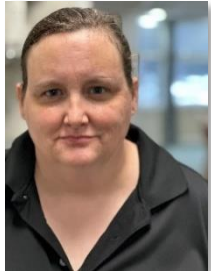
March is also the month leading up to the Friends and Family Community Fundraiser in April. Look in the newsletter for more information and think about what you would like to have or do! Bocce Ball and Croquet field, trip to Mackinaw or lunch cruise in the harbor or to Petoskey?

*Irish Blessings to you all with a bit of luck along the way,  
Barbara*

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

## Board Members

### Tamme Sterly – Dining Services Asst.



**Tamme Sterly** is a welcome addition to our kitchen staff in January 2023. She's worked in the food industry for many, many years and enjoys what she does. She especially loves working at Perry Farm Village saying that "the residents and staff make me feel welcome, saying Good Morning and Hello when they walk by. It's a very positive place to work, everyone's so happy!" She enjoys the interaction with the residents and loves coming in to work.

Tamme is from Levering and has four children, ages 21, 19, 14, and 10. In her free time she likes to read fiction and take care of her animals. She has 4 ferrets, 2 rabbits, 3 cats and 1 dog.

Asking if there's anything else she wants you to know about her, she says, "I'm nice!" Yes, you are Tamme and we are very happy you are here!



### Kraeg Kepford - Resident



#### Kraeg Kepford

is celebrating her 102<sup>nd</sup> birthday this month! Woohoo!

Kraeg has lived at Perry Farm Village since 2013 and says she loves living here because "everyone is so thoughtful, kind and caring."

Kraeg is a World War II veteran, serving in the Navy in San Diego in the Hospital Corp and has memories of delivering babies. Following her time in the military she worked as a Red Cross Nurses Aid. Her husband was also a highly decorated Navy man having received two Navy Crosses, the highest of honors. Kraeg and her husband had two children, and also have several grandchildren. Hobbies she has enjoyed include playing tennis, Bingo and Euchre. You may even remember her shop in downtown Harbor Springs, The Picket Fence as she also enjoys needlepoint.

**Happiest 102<sup>nd</sup> birthday to you, Kraeg!**

### PFVA

Joanne Arbaugh  
David Hartnett  
Dr. Maria Kokas  
Kelley Newton  
Ken Ostrowski  
Joanne Robinson, *Liaison*  
John Swallow

### PFDC/Hillside

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



*Happy Birthday!*

Jim B.	6 <sup>th</sup>
Kraeg K. 102!	11 <sup>th</sup>
Ruth C.	18 <sup>th</sup>
Michll Evans Resident Assistant	6 <sup>th</sup>
Susan S. Resident Assistant	22 <sup>nd</sup>
Jill T. Administrator	25 <sup>th</sup>
Donna Payne Resident Assistant	28 <sup>th</sup>

### Please help us welcome new employees.....

**Donna Payne**  
Resident Assistant

**Melanie Schulz**  
Resident Assistant





**YOU CAN HELP!!** We're experiencing many instances of appliances (e.g., dishwasher, icemaker, washer/dryer, etc.) in need of repair or replacement. In many cases the reason for the failure is the appliance not being used, causing the rubber and/or plastic components to become brittle.

*Per Tri-Lakes Appliance Repair recommendation, to help the appliance and the interior components last longer, we are asking you to run the appliances periodically to keep the components functioning properly. Unfortunately, due to the ages and models of some appliances, parts may be expensive and/or very difficult (or impossible) to locate, but normal or periodic use may help avoid a problem.*

## Cops, Coffee & Donuts

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



**March 21<sup>st</sup>  
9:30am**



## Emmet County Emergency Medical Services

will be in the PFV dining room  
**Monday, March 13<sup>th</sup> ~ 2pm**

They will provide helpful information about emergencies and what we can expect when they arrive at PFV. They'll bring an ambulance to tour and some goodie bags for all! Please bring your curiosity and questions. ☺

**PapaHoot & Patti Show**  
Thursday, March 24<sup>th</sup> 4:30pm



Everyone is invited to join in the fun as we welcome

PapaHoot & Patti to Perry Farm Village! This dynamic duo tailor their shows to seniors, to provide musical entertainment from the 30's through the 80's!

**Remember  
our clocks  
Spring  
forward  
March 12<sup>th</sup>!**



**St. Patrick's Tea Party**  
Thursday, March 16<sup>th</sup> ~ 1:30pm  
Perry Farm Village Dining Room  
Hosts: First Presbyterian Church

Come enjoy a cup of tea, cookies, music and a game!  
*Please sign up on Wellness table*

## Hearts to Arts



Monday, March 13<sup>th</sup> 7-8pm

Hearts to Arts is an opportunity for our community's senior citizens and young people to come together and enjoy a night out on the town at the Great Lakes Center for the Arts (GLCFA) to hear a live concert of the Dorothy Gerber Youth Orchestra! This group of talented youth are so excited to perform for you, *please sign up to attend!*  
**No ticket needed, just a smile☺**

**Survey for the kitchen: What are your top 3 favorite soups? (tear off & drop off) 🍀**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## March Wellness Classes

### **Meditation**

Mon/Wed/ Fri 10am  
Main Level behind fireplace

### **Sit & Fit**

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

### **Let's Stretch**

Tue/Thurs 10:00am  
Wellness Classroom

### **Walking Group**

Tues/Thurs 10:30am  
(meet in dining room)

### **\*Exercise Community Crew**

Mon/Wed/Fri 9am

### **\*DrumFit**

Thurs 10:30am  
(HS Friendship Center)

\*ask Kjersti for more info



## WELLNESS MATTERS

Kjersti Kontio  
PFV Wellness Coordinator  
231.838.0333

We have a lot of activities scheduled for March! As we look forward to this month, I hope you'll take a look at what's going on and make a plan to participate in something that interests you!

If you haven't been to Sit & Fit in a while, I invite you to come and give it a try! Fun, uplifting music, light weights or no weights, brain games, balance drills, and laughter! A great way to start the day!

Meditation is something that has been added to our wellness program to give us some practice at calming the mind and body. The next time you are faced with a stressful situation, wouldn't it be helpful to have the tools to take control of your body's reaction? Easy to learn, easy to practice and so valuable!

Walking group meets twice a week. Gather at the front door and make a left turn at every hallway. You can walk all the hallways, or just a few and can walk the hallways anytime!

Our cook, Jim is having a blast showing our residents the ins and outs of playing pool. Get a few pointers from Jim, then practice on your own.

Bingo is still a resident favorite game! Meet in the dining room on Tuesdays and Fridays at 1pm. It takes \$1 to play, but when you win you'll get to pick a prize! We also share the pot with the final coverall winner😊

Do you know what to do or expect if the paramedics show up? You or one of your neighbors may have a medical emergency and we need to know how to be the most helpful so they can do their job most efficiently. Our local EMS will be at Perry Farm on Monday, 3/13 to give us valuable information.

Our Special meal this month will fall on Friday, 3/17 to celebrate St. Patrick's Day, so please sign up! All are welcome to happy hour for wine and appetizers, even if you don't order the meal.

On Friday, March 24<sup>th</sup>, the PapaHoot & Patti Show will be here to entertain with music and comedy. Appetizers and wine will be provided, and sign up for ribs for dinner to make an evening of it!

As we move through March, please keep our calendar of events handy and participate in any way that feels good for you. Engagement in our community can go a long way to enduring the long winter months.

If I can do anything to help, please let me know!

*Kjersti*



## March Activities

**Billiards** Mondays 1pm

**Chess** Tuesdays 4pm

**Bingo** Tuesdays & Fridays 1pm

**Shopping** March 1<sup>st</sup> & 15<sup>th</sup>

### **Craft with Barb!**

March 2<sup>nd</sup> – Mod Podge

March 30<sup>th</sup> – Card making

### **Lunch Bunch**



March 8<sup>th</sup> - Petoskey Brewing

March 22<sup>nd</sup> – Maple & Batter

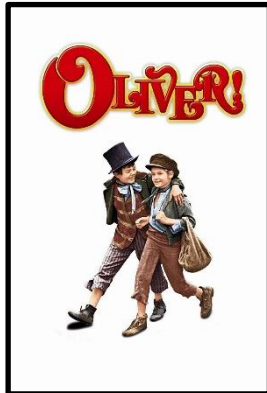
**Book Club** Last Thursday  
of the month

**Walking** Anytime!





March 5<sup>th</sup> ~ 6:30pm



March 12<sup>th</sup> ~ 1pm

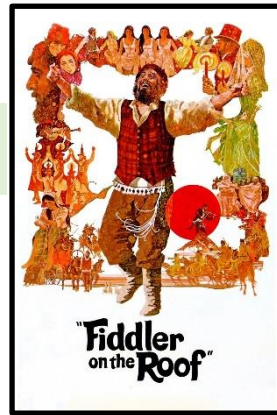


Please help keep everyone safe, even our 4-legged friends!

All dogs **MUST** be on a leash at all times in the common areas.



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



March 19<sup>th</sup> ~ 1pm



March 26<sup>th</sup> ~ 1pm

Please notify the office *as soon as you know* you will require transportation to/from an appointment, a minimum 72 hrs.

We are finding it increasingly difficult to schedule a driver for transportation *on short notice*. Our drivers would appreciate being able to plan their schedules well in advance. Thank you!



### In Search Of....DRIVERS!

Do you have a few hours a week you could volunteer to drive our bus? We need drivers to take our residents to appointments. A few hours of your time will make a world of difference for our residents!

If interested, please contact our office 231-526-1500 to apply today!



### First Presbyterian Church Children's Choir

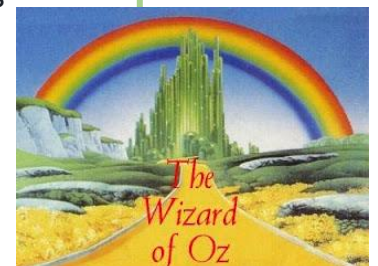
Thursday, March 9<sup>th</sup> 5:15pm  
Enjoy a short pre-dinner concert!  
Director Monica Pater

### Harbor Springs High School presents "The Wizard of Oz"

Sunday March 19<sup>th</sup> 3pm  
Harbor Springs Performing Arts Center  
\$7 seniors

Sign up by Tues March 8<sup>th</sup> at noon

Transportation is provided for PFV residents



**Perry Farm Village Friends & Family Kickoff Luncheon!**  
**Tuesday, March 28<sup>th</sup>**  
**12:00pm**

Please plan to come (and bring a friend as your guest) to this Kickoff Luncheon sponsored by Presbyterian Villages of Michigan.

*Please sign up on the Wellness table by Friday, March 24<sup>th</sup>.*

Our annual fundraiser is April 1-28<sup>th</sup> and we need everyone's participation and input! In the works this year is a silent auction, Colleen's quilts, and other surprises.

Please bring your ideas for what you want to see added to our community.

Last year we accomplished a lot with the funds raised:

- 2 large screen televisions, perfect for enhancing our presentations, conducting classes, etc.
- Pergola shade that made the back patio much cooler and enjoyable in the summer
- 2 large fans to move the air on the back patio
- Croquet set
- Weather station
- Shuffleboard court – still to come in 2023, funds are waiting for the concrete man to pour the court!
- ½ Margaret O'Malley portable bar (to be delivered this spring)

What ideas do you have that would improve our community? Ideas we have received for 2023 include:

- Bocce ball court
  - Croquet court
  - Patio furniture for The Birches
  - \_\_\_\_\_ - your idea goes here!
- 100% of the money raise for Perry Farm Village stays at Perry Farm Village!

**Goal: \$10,000**

*If our goal is met, we will receive an additional \$1,000 from PVM  
if doubled to \$20,000, \$5K more!*



Have you read the entire newsletter? Awesome!! If you have any news to share in April, contact Kjersti at 231-838-0333 or email: [kkontio@pvm.org](mailto:kkontio@pvm.org) by 3/20 to be included.

This month, you may have noticed many shamrocks sprinkled throughout.  
Tell someone how many you found!

## 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:**

**Jeremy Kimble**  
**Jim Hammond**  
*Cooks*

**Dawn Svatora**  
*Dining Services Supervisor*  
**Colleen Froats**  
*Dining Services Coordinator*  
*for The Birches*

**Tamme Sterly**  
*Dining Services Assistants*

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

#### **CAREGIVING TEAM:**

**Anna Minnick, BSN, BPH, RN**  
*Director of Clinical Services*

#### **Resident Assistants**

*Benjamin Duncan*  
*Joy Eaton*  
*Michill Evans*  
*Rose Gokee*  
*Michelle Khaled*  
*Christina Leal*  
*Marci Morse*  
*Donna Payne*  
*MelanieSchulz*  
*Margaret Small*  
*Susan Storrs*  
*Sara Sumner*  
*Olivia Thompson*  
*Sheree Woollard*

### **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