



# Perry Villager



Embrace the possibilities

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

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## From our Executive Director

Dear Residents and Family,

Happy April! March certainly did come in with a ROAR and continued all month long! But as the ditty goes.....*April showers bring May flowers* and hopefully that will come true along with warmer temperatures. I am writing this from sunny Florida after having ZOOMED into the luncheon for Friends and Family on the 28<sup>th</sup>. It was so nice to see so many attend. Many hands came together to provide it and we thank them all. I'm looking forward to getting my raffle tickets and hope you are too! Thank you in advance for your donation to your community and I can't wait to see what you all wished for!

This month along with Friends and Family we are looking forward to the opening of the Terrace Studio apartments, guest rooms, library, multi-use room and private dining room. We will keep you updated as things move along.....no peeking!! If you are considering your guests using the guest rooms be sure to make your reservation in the main office with Karen and Kathy starting April 15<sup>th</sup>. We are confirming the details and will be sure to send the flyer out in early April. These rooms are for guests of Residents and Owners.

The Birches has now been open for 3 full months and we have heard nothing but positive reviews from families and residents who need the additional support that the staff at the Birches provide. Colleen's kitchen is getting quite the reputation when it comes to the wonderful smells from desserts cooked daily for all of Perry Farm Village to enjoy.

We hear about staffing challenges nationwide and while Perry does experience this occasionally we are blessed to celebrate with those who have continued with us, returned to us, and those who have opportunities along their career path and are happy for them. The past two months we celebrated Jill(17 years), Rose(15 years), Colleen(8 years), Dawn(7 years, coming up), and Driver Dave(5 years). Sadly we said "so long" .....never good-bye on March 31<sup>st</sup> to Marc who gave so much to Perry Farm Village to keep the community running smoothly and took care of everything from TV's to furnaces and so very much more! And we welcomed several new employees to our Clinical and Housekeeping Team.


Perry remains the "Hidden Gem of Harbor Springs", blessings to you all and Happy Spring!!

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 Village a great place to live and work!



### James "Kelley" Newton – Resident

Kelley and his wife Judy, who has since passed, first rented at PFV in 2015, then purchased Apt. 13 followed by Apt. 5. He also has a home in Weque and is an accomplished tennis and croquet player. Kelley has inspired us to make croquet enjoyable for our residents, giving us lots of helpful information as to what we need to have a proper croquet field, and the improvements needed to make our lawn suitable for croquet this summer.

Kelley is an interesting guy, having served in the Air Force and was stationed in San Antonio, Sacramento and Korea. Thank you for your service! Have you heard him sing? Yes, he sings and actually sang at The Met.....Thank you for letting us get to know you a little better, Kelley!



### Joy Eaton – Resident Assistant

Joy has been a lifelong resident of the Petoskey area and a Resident Assistant with PFV for just over 3 years, however, she's built her healthcare career over 19 years. She says she loves working at Perry Farm because of the residents, they are just great!

When not at work, Joy loves spending time at home with her two dogs, a Yorkiepoo and a Chihuahua. She also has a crafty side making diamond paintings and just got a Cricket.

Joy has some big life changes coming up! Her son and girlfriend are expecting her first grandchild this summer, and Joy is engaged to be married! Congratulations Joy!

We appreciate your dedication to Perry Farm Village and our residents!

## Board Members

### 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

### PFV Anniversaries

Colleen Froats	8 yrs
Rose Gokee	15 yrs
Dave Sluyter	5 yrs
Dawn Svatora	7 yrs
Jill Tibbits	17 yrs



## Happy Birthday!

John C.	16 <sup>th</sup>
Marge P.	22 <sup>nd</sup>

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!

## Ideas for Friends & Family funds 2023



Flag Poles & lights



Outdoor furniture for The Birches



Additional outdoor benches along the circle for walkers



Raised garden beds



Wellness/fitness technology & innovation



Guest Suite furniture – Terrace level  
(Please share your ideas with the office!)

Hello Everyone,

It was wonderful to see so many of you at the 2023 Friends and Family Kick-off Luncheon on March 28, 2023. For those who were unable to attend, you may be asking, "What is Friends and Family?" Friends and Family (F&F) is a time to give locally and support the community where you live. It's your Village's annual giving campaign in partnership with the PVM Foundation. The funds raised stay right here at Perry Farm Village.

Perry Farm Village has been participating in F&F for the past 18 years. In 2022, Perry Farm took home the award for top fundraising Village - \$13,415.00. Congratulations!

**For 2023, your goal is \$10,000. But, wait there is more. If you double this and raise \$20,000, the PVM Foundation will provide an additional \$5,000 incentive match.**

The generosity of past annual Friends and Family giving has resulted in the additions of patio furniture, an outdoor grille, a TV and sound system in the clubhouse card room, kitchen equipment, and a variety of wellness/fitness items. All of this has made Perry Farm Village an even more incredible place to live and visit.

**Topping this year's fundraising wish list:** Flag poles & lights, outdoor furniture for the Birches, additional outdoor benches along Circle for walkers, an AED machine, raised garden beds, and concerts/lectures.

If you have any questions about F&F, don't hesitate to contact me or our Yalonda. We cannot wait to celebrate your success!

All the best,



Devon Meier  
Director of Planned Giving  
947-247-0995



Yalonda Jackson  
Manager of Annual Giving and Events  
248-281-2043



In search of DRIVERS!

Do you have a few hours a week to volunteer to drive our bus? You can make a meaningful impact on a resident by driving him/her to an appointment. We will work with your schedule! If interested, please contact our office 231-526-1500 to apply today!

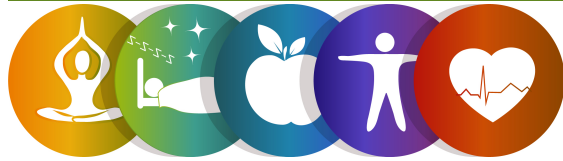
**\*NOTICE\***

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

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

Dogs are not permitted in the dining area at any time.





## WELLNESS MATTERS

Kjersti Kontio  
PFV Wellness Coordinator  
231.838.0333



### April Wellness Classes

#### Let's Stretch\*

Mon-Fri 10:00am  
Wellness Classroom

#### Sit & Fit

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

#### Meditation

Mon/Wed/Fri 11:30am  
Main Level behind fireplace

#### Walking Indoors\*

Tues/Thurs 10:30am  
(or anytime, just lace up and go!)

#### Exercise Community Crew

Mon/Wed/Fri 9am

#### DrumFit

Thurs 10:30am  
(HS Friendship Center)

\*self-guided, no instructor, no charge!



We have lots of activities scheduled every week.

Please check your "Happenings" calendar often, and to help us plan, please sign up on the *Wellness table* (across from the elevator) to let us know you plan to attend!

**Fighting Dementia through Nutrition** Dementia is a progressive decline in cognitive functioning that affects millions of people around the world. It is characterized by memory loss, difficulty in problem solving and impaired judgement. Although there is no cure for dementia, research suggests that proper nutrition can help improve the quality of life for those living with dementia.

**Nutrition and Dementia** Nutrition is a key factor in managing the symptoms of dementia. Studies have shown that a balanced diet, rich in essential nutrients, can help to improve cognitive functioning and reduce the risk of developing dementia.

Research suggests that we should be "eating the rainbow of colors" daily. This includes leafy greens, green peppers, broccoli, kiwi, cabbage, cauliflower, onions, bananas, yellow peppers, carrots, red peppers, tomatoes and eggplants, as just a few examples. "Each color provides various health benefits and no one color is superior to another, which is why a balance of all colors is most important. Getting the most phytonutrients also means eating the colorful skins, the richest sources of the phytonutrients, along with the paler flesh."

Lean proteins, such as fish, nuts, legumes and lean red meats, are also very important nutrients needed for your immune system. Healthy fats should also be included in your daily diet: olive oil, fatty fish, nuts, seeds and avocado. These provide omega 3 fatty acids needed for heart health function and may help in memory loss.

Fiber is important to not only keep our digestive system regular, but to also keep your heart healthy. Fiber can be found in whole grains such as brown rice, whole-wheat bread and quinoa.

In addition to a balanced diet, adequate hydration is also important for individuals with dementia. Dehydration can lead to further cognitive decline and can worsen symptoms such as confusion and disorientation. A study published in the [Journal of the American Geriatrics Society](#) found that elderly individuals with dementia who drank more than the recommended daily amount of water had a slower rate of cognitive decline.

Our bodies need nutrients, vitamins and minerals — powerful antioxidants to keep our bodies the strongest they can be.

Nutrition plays an important role in managing the symptoms of dementia, and a nutritious diet can help to protect the brain from damage and reduce the risk of developing dementia. A diet rich in essential nutrients, vitamins, minerals and antioxidants can help to support brain health and protect it from damage. Hopefully one day we will have a cure for dementia, but for now we can help fuel our bodies with what they need to fight!

*Information provided by Susanne Consiglio, a registered dietitian nutritionist (RDN) in private practice in St. Clair Shores, for over 30 years. She is a health care professional, trained to provide medical nutrition therapy and lifestyle changes for health improvements. Susanne continues to stay connected, following the latest nutrition advances.*

## Events this month...

### Friends & Family Fundraiser

April 1<sup>st</sup> – 27<sup>th</sup>

To make donating more fun, we have some exciting items you can win! For every \$100 donation, you will receive a ticket that you can place in the raffle for the item of your choice.

Please purchase your tickets from Karen or Kathy in the office, \$100/ticket.

This year we have:

- Three handcrafted quilts donated by Colleen Froats, \$950 value
- a Cynthia Rutherford painting, \$2,500 value
- Ralph Lauren flatware \$3,500 value
- Massage with Mary Froede
- Meal packages and Spring Cleaning package for residents, and MORE!

**Drawing will take place at Happy Hour on May 1<sup>st</sup>!**

Ann Wilderom presents: **Ephraim Shay & The Dummy Train**

Thursday, April 6<sup>th</sup> ~ 4-5pm

Location: Dining Room – All are welcome!

### Cops, Coffee & Donuts

Tuesday, April 18<sup>th</sup> ~ 9:30am

Location: Dining Room

Meet our local Animal Control officer! This is your time to ask questions to be better informed!

### Lunch & Learn – Fall Prevention

Presented by: Sherri Engler

McLaren Northern Michigan

Thursday, April 27<sup>th</sup> ~ 11:30am

Location: Dining Room

Buy a cup of soup, or lunch, or brown bag from home

### Genealogy

Presented by: Beth Wemigwase

April 10<sup>th</sup> ~ 2pm

Location: Dining Room

Come to hear about the services that the Historical Society offers in regards to family history research and genealogy. They host monthly genealogy workshops, and want you to know how easy it can be to research your genealogy!

### Lives Well Lived – April 20<sup>th</sup> ~ 12pm

### Perry Farm Village dining room

Please join this multi-generational event as we welcome students from Harbor Springs High School, and residents from Hillside. Enjoy your lunch as we all watch the documentary, "Lives Well Lived". Skye Bergman, film director and author will join us by Zoom to give us a peek behind the scenes and answer your questions.

**\$12 includes lunch**



### Bay View Book Club

Thursday, April 13<sup>th</sup> & 27<sup>th</sup> ~ 1:30pm

Location: Dining Room

All are welcome!

### PFV Book Club

Thursday, April 27<sup>th</sup> ~ 3pm

Location: Behind the fireplace

Bring a book you would recommend

### Lunch Bunch ~ 12pm

April 5<sup>th</sup> – True North

Compass Room

April 19<sup>th</sup> – Petoskey

Brewing



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



April 2<sup>nd</sup>



April 9<sup>th</sup>



April 16<sup>th</sup>



April 23<sup>rd</sup>



April 30<sup>th</sup>

HOSTED BY



# LEAD WITH YOUR LEGACY

## FUNDAMENTALS OF ESTATE PLANNING SEMINAR

Estate planning is not a one size fits all. Learn the fundamentals of estate planning and actions you can take to provide for your legacy and loved ones from our panel of local experts.



**Tuesday**  
**April 25 2023**



**Perry Farm Village**  
**4241 Village Circle**  
**Harbor Springs**



**2:00-3:00PM**



**Tim Knapp, AAMS®**  
Financial Advisor

**Edward Jones®**



**Don Molosky**  
Founder & Attorney

**MOLOSKY & CO.**



**Kip Murphy**  
Senior Pastor



### REGISTER NOW

Contact Devon Meier at the PVM Foundation

Phone  
947-247-0995

Email  
dmeier@pvm.org



# Presbyterian Villages of Michigan Mission Statement

Guided by our  
Christian heritage  
we serve seniors of  
all faiths and create  
new possibilities for  
quality living.



**Presbyterian  
Villages**  
OF MICHIGAN  
THE FOUNDATION

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

## Village Staff

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

**Jill Tibbits**  
*Administrator*

**Kjersti Kontio**  
*Wellness Coordinator*

**Vacant**  
*Maintenance Tech*

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

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

**KITCHEN TEAM:**  
**Jeremy Kimble**  
*Cook*

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

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

**CAREGIVING TEAM:**  
**Anna Minnick, BSN, BPH, RN**  
*RN/Nurse Manager*

**HOUSEKEEPING**  
*Esther Budiarjo*  
*Helen Ingersoll*  
*Sheree Woollard*

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

## **EMERGENCY NUMBER**

**24/7 Resident Assistant Desk**    231-526-1500 Ext 87013



**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