



Perry Villager



Embrace the possibilities

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

February 2015

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Notes from Mary Catherine

Hard to believe that January is behind us already – these long winter days seems to be slipping by faster and faster. I have been happy to see the sunshine over the past couple of days!

We are going to be so busy on both campus' as we head into spring... We have ordered new furniture for the common room in D building at Hillside and new fitness equipment for the Wellness Center at Perry. We are starting to get proposals for spring clean-up and building repairs as we look forward to spring and another lovely summer season. New faces abound at both properties – new residents, new staff – and new people mean exciting new ideas for us. We had a wonderful meet and great at Perry for residents new and old to get to know one another and we are planning one for February for Hillside. Hopefully, we will also be able to introduce a new Assistant Administrator to the Hillside family at that time too!

As we look ahead to the next months, I want to start talking **Friends & Family 2015!** As many of you are aware, the Friends & Family Campaigns are our 'local' fundraisers for each campus within PVM – each campus picks a project to raise funds for and then we ask our "Friends & Family" to help. For the past couple of years, finishing up the Hillside-Friendship Center Renewal project has been the Friends & Family project for Hillside – and this will be the final year for that project! Yeah! At Perry we are focusing on transportation for Friends & Family 2015 – we will be raising dollars to replace and/or supplement our aging bus with additional transportation. So be looking for information throughout February and be ready to get out there in March and help us reach our goals!

Mary Catherine

Board Members



PFVA

- Judge Jim Churchill
- Karin Flint
- Don House
- Linda Rhodes-Pauly
- Ken Ostrowski

PFDC/Hillside

- Kay Flavin
- Karin Flint
- Don House
- Jean Jardine
- Lois Manville
- Webb Martin
- Rob Mossburg
- Linda Rhodes-Pauly
- Linda Riley
- Debra Schirmer
- R.H. Schirmer
- Jill VanAlstyne
- Fred Walstrom



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PVM CELEBRATES 70th ANNIVERSARY THROUGHOUT 2015



I am pleased to announce that PVM will be celebrating our 70th Anniversary in 2015. Throughout the coming year we will be hosting events at all of our Villages culminating with our annual PVM Gala in November. We will highlight the rich tapestry of shared history with Michigan since we are Michigan founded and Michigan based. During the past 70 years PVM has become one of the state's premiere senior living and services organizations known for its Service Excellence, innovation, diversity and leadership. It has also created a positive and significant economic impact on the communities which it serves.

As a resident at one of our PVM Villages you may be most aware of our Village Victory Cup and our Wellness programs. However, we are expanding and growing every day with the addition of home services, community outreach, advocacy and other innovative programs. We hope that you will join in the celebration by participating in our upcoming events and even volunteering to help if that is something that you enjoy. Events will be posted on the PVM website at www.pvm.org and on our Facebook page at Presbyterian Villages of Michigan. Your friends and family can join in the fun for many of the events. Ask them to check out these sites with you and keep updated on the latest 70th Anniversary news.

Along with announcing our anniversary, we at PVM want to thank you for placing your trust in us. We look forward to enjoying many more years of embracing the possibilities!

★ **MOVIE NIGHT** ★
Admit One

Saturday, February 7th

The Book Thief

Saturday, February 14th

The Tunnel of Love

Saturday, February 21st

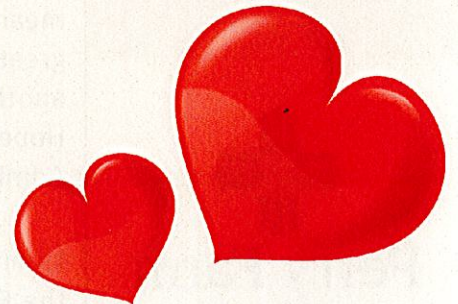
The Spirit of St. Louis

Saturday, February 28th

Shall We Dance

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

Upcoming Trips



Wednesday, February 11th

11:45 am Lunch at Bar Harbor

Monday, February 16th

Perry/Hillside Shopping Day

Wednesday, February 21st

11:30 am Lunch at Side Door
Saloon

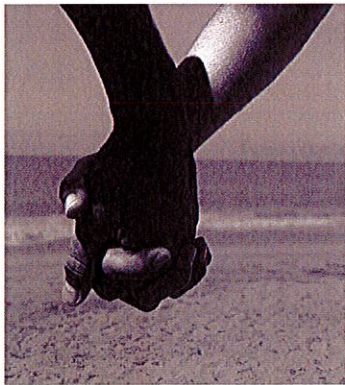


It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Be Happy & Well In Your Relationships through Constructive Communication



February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** – Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** – Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** – Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** – Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** – Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** – Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** – Ask your loved one: "How can I help *you*?" Act on the offer!

Healthy Heart Lunch & Lecture Wear Red Day



Please join us for a Healthy Heart Lunch & Lecture given by Jeff Fox, PA, with Michigan Heart and Vascular at 12 pm in the Perry Farm Village Dining Room.

Cost: \$5.00

**Don't forget to wear
your RED-for
Wear Red Day!**

Limits seats are available!
To reserve your spot call
231-526-1500.



♥ American Heart Month ♥

Heart disease, including stroke, is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can help prevent it — both at home and in the community.

Here are just a few ideas:

Encourage families to make small changes, like using spices to season their food instead of salt.

Motivate teachers and administrators to make physical activity a part of the school day to help students start good habits early.

Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Birthdays!

Happy Birthday from all of us at Perry Farm Village!

14th Ann Churchill
14th Marni Ostrowski
15th Sally Ricker



Communion at Perry Farm Village



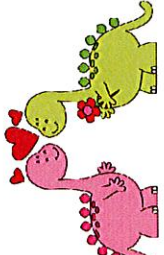


The first Sunday of every month, Pastor Pat from First Presbyterian Church of Harbor Springs will be here to deliver communion to those interested in the Care Room.

February 1st at 1pm

Happy Valentine's Day February Happenings 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Communion at 1pm Super Bowl at 6:30pm	2 Groundhog's Day  10:30 am Sit & Fit	3 9am Tai Chi 2pm Wii Bowling	4 9 am Stretch Yoga 10:30 am Sit & Fit 2pm Travel Series	5 9am Tai Chi 11am Euchre 2pm Bingo 3pm Bible Study	6 Wear Red Day 10:30 am Sit & Fit 12pm Heart Healthy Luncheon	7 2pm Book Club Meeting Movie Night at 6:45 pm "The Book Thief"
8 	9 10:30 am Sit & Fit	10 9am Tai Chi 1pm Valentine Crafts 2pm Wii Bowling	11 9 am Stretch Yoga 10:30 am Sit & Fit 11:45 am Lunch at Bar Harbor 2pm Travel Series	12 9am Tai Chi 11am Euchre 2pm Bingo 3pm Bible Study	13 10:30 am Sit & Fit	14 Valentine's Day Movie Night at 6:45 pm "The Tunnel of Love" 
15 	16 President's Day 10:30 am Sit & Fit 12:30pm Perry/Hillside Shopping	17 9am Tai Chi 2pm Wii Bowling	18 Ash Wednesday 9 am Stretch Yoga 10:30 am Sit & Fit 2pm Travel Series 3pm Resident Orientation	19 9am Tai Chi 11am Euchre 2pm Bingo 3pm Bible Study	20 10:30 am Sit & Fit 1pm Scrabble	21 Movie Night at 6:45 pm "The Spirit of St. Louis"
22 The Oscars 7pm 	23 10:30 am Sit & Fit Travel Series at 1 pm	24 9am Tai Chi 2pm Wii Bowling	25 9 am Stretch Yoga 10:30 am Sit & Fit 11:30 am Lunch at Side Door Saloon 2pm Travel Series	26 9am Tai Chi 11am Euchre 2pm Bingo 3pm Bible Study	27 10:30 am Sit & Fit	28 Movie Night at 6:45 pm "Shall We Dance"



February Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Hamburger and fries	2 Steak Caesar	3 BLT	4 Whitefish sandwich	5 Tuna stuffed tomato	6 Healthy Heart Luncheon	7 Sloppy Joies
8 Egg Salad Sandwich	9 Mediterranean sandwich	10 Chef salad	11 Grilled Cheese & Ham Sandwich	12 Cobb Salad	13 Chicken salad	14 BBQ pork sandwich
15 Tuna Pasta Salad	16 Roast beef sandwich	17 Quiche	18 Chicken strudel	19 Club sandwich	20 Shrimp Salad	21 Vegetable Stuffed Pita
22 Beef Stew	23 Tuna melt	24 Devonshire sandwich	25 Calzone	26 Rueben	27 Shrimp Caesar	28 Turkey sandwich



February Dinner Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Boneless Pork	2 BBQ Chicken	3 Steak au poivre	4 Roulade of Chicken	5 Veal Piccata	6 Pot Roast	7 Chicken Alfred
8 Tilapia	9 Tenderloin Tips Pappardelle	10 Chicken Estragon	11 Salisbury steak	12 BBQ Pork Ribs	13 Nut Crusted Walleye	14 Steak a' la Oscar
15 Beef Stir-fry with fortune cookie	16 Salmon w/ Mango Salsa	17 Asian Style Pork Tenderloin	18 Potato Wrapped Whitefish	19 Lasagna	20 Pork chop and Gravy	21 Shrimp Pasta
22 Spaghetti and meatballs	23 Crab en Croute	24 Veal Parmesan	25 Chicken Parmesan	26 Meatloaf and Mashed potatoes	27 Scallops	28 Rack of Lamb

Giving Matters



Giving Matters.

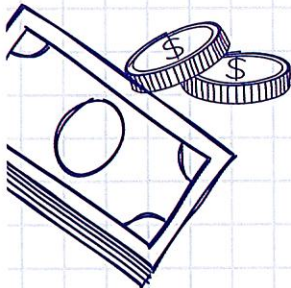
By Paul J. Miller, CFRE,
President, PVM Foundation

Save the Date! Friends & Family, April 2015

Save the date for the annual **Friends & Family Appeal**, being held **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised *over \$950,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.



AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



For more information, call Paul Miller at the PVM Foundation **248.281.2045**
www.pvmgifts.org

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.

**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 (231) 526-1500

Village Staff

Mary Catherine Hannah <i>Executive Director</i>	Greg Goodman <i>Executive Chef</i>	Andy Schaefer <i>Registered Nurse</i>	Wendy Nellett <i>Amanda Rockwell</i>
Jill Tibbits <i>Administrator</i>	Sandy Jakubiak <i>Cook</i>	Resident Assistants <i>Mariah Brecht</i>	Janell Terrian <i>Sheree Woollard</i>
Katie Parr <i>Wellness Coordinator</i>	Mary Jane Klogima <i>Mary Niswander</i>	Tanya Chevalier <i>Arrin Dull</i>	CDL Transporter <i>Jane Rye</i>
Dan Kolberg <i>Maintenance Tech</i>	Jon Terrian <i>Groundskeeper</i>	Rose Gokee <i>Shellie Harrington</i>	Housekeeper <i>Tracy Archey</i>
		Tanja Jamroz <i>Mandi Moore</i>	

EMERGENCY NUMBER

(231) 526-1500 x 4

Resident Assistants' Desk Cell

(231) 557-4403

Fax Number

(231) 526-6462



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

4241 Village Circle Drive
Harbor Springs, MI 49740

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