Perry Farm Village

Perry Villager

Embrace the possibilities

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

June 2016

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Perry Farm Village
A SENIOR LIVING COMMUNITY
A Mission of Presbyterian Villages of Michigan

Look for PVM on:

How is it summer already? I was just (okay, finally) putting away the winter coats, hats, scarves, boots , snow pants, and now I have to find the sun screen and beach towels! Summer is always such a whirlwind – the combination of long days, summer camps, extended family visits and the rush of visitors to our small community is both wonderful and exhausting. The rush to get our properties cleaned up from the long winter season and looking 4th of July ready is daunting – and then – all of the sudden it will be August and we will be waving good-bye to another season.

We are looking to finish up some longstanding projects – hello new Village of Hillside East! – and getting started on some new projects thanks to all of the wonderful support through Friends & Family 2016. Both of our campus' exceeded their goals this year!!! We are also looking to start the newest northern Michigan initiative with Emmet Transit Connect, thanks to a wonderful grant from the Michigan Health and Wellness Endowment Fund. This will be a program of Bay Connect – which is the new face of Community Connections of Greater Harbor Springs and questions regarding this project can go to Cyndi Kramer.

Keep an eye out for new trees around Perry Farm Village – and for the rest of the trim repair work around the building to be completed and we will also be starting on a gutter project to address some moisture issues around the patios on some condos. At Hillside, Martha is working on getting the beds around the building cleaned up – now that our siding and windows have been washed!

As always – if you have any questions/concerns or just want to chat find me via email, cell phone or at either office!

Mary Catherine

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It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

You Might Have More Power Than You Think!

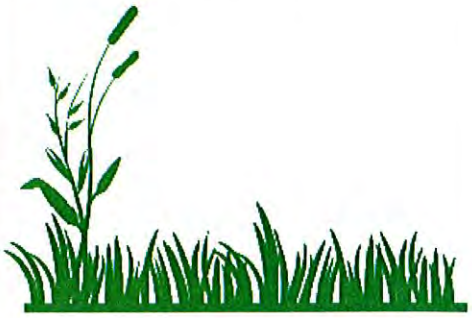
If you are among the nearly 1 in 3 adults over age 65 that own a smartphone or tablet, you have more computing power available to you than the Apollo 11 astronauts had on their way to the moon! While comparing a smartphone to a $3.5 million NASA computer is like comparing apples to oranges, the important question to ask is are you putting all that power to good use? One way to do that is to start making use of some of the senior-friendly apps now available for smartphones and tablets. As of July 2015, there were 1.6 million apps available for Android devices and 1.5 million for Apple devices. That's a lot of choices! To save you some search time, below are 3 apps we thought may interest you:

MediSafe (free) – MediSafe is a virtual pillbox that helps you remember to take your medications in the right doses at the right times. As an additional safeguard, it allows you to set up alerts that notify family and friends when you forget to take a medication.

EyeReader ($1.99) – EyeReader turns your smartphone into a magnifying glass. After activating the app, hold your smartphone's camera lens over any hard-to-read print. It will illuminate it using your phone's LED light and magnify it up to 5 times its original size.

Wunderlist (free) – Wunderlist is a simple to-do list/task manager designed to help you get things done. A key feature is the ability to share your to-do lists with others.

Maintenance News!



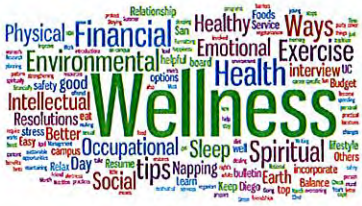
If you need any assistance keeping your enclosed patio area looking sharp-the maintenance team is here and able to clean up and weed wipe for residents that need it.

Kitchen Round Up!

If you have any of the Perry Farm kitchen's plates, bowls, utensils, cups, etc. please return to the kitchen as soon as possible.

Thank you!

Notes from Katie.....



I think the warm weather is finally here and as the weather is getting nicer take advantage of getting outside and enjoying the beautiful campus we have here at Perry Farm Village. Take a walk around the ½ mile loop and grab some friends to join you, join in some gardening fun or enjoy the wonderful patio to enjoy the sunshine (while wearing sunscreen)!

How about trying a Sit & Fit Class! The class is growing in size and we have a great time. We would love if you would join us to exercise and have a fun with us! We might even have some classes outside to enjoy the fresh Northern Michigan summer air!

June also brings us the Virtual Village Victory Cup! Please sign up to compete in the following:

- Bean Bag Toss
- Hoop Shoot
- Wellness Walk
- The Puzzler
- Paper Airplane Distance Contest
- Expression of Wellness
- Poster Contest
- Spirit Award
- Team Points

Event will be **Tuesday, June 14th at 1 pm**! Join us for the practices to get ready for the big day!

Birthdays!

Happy Birthday from all of us at Perry Farm Village!

5th June Delaney
11th Nancy Beck
13th Norma Brown

Having Fun in the Sun, Safely

PROTECTING YOURSELF IS VITAL

★MOVIE NIGHT★
Admit One

Saturday, June 4th
Where the Boys Are

Saturday, June 11th
Pal Joey

Saturday, June 18th
The Majestic

Saturday, June 25th
Hope Springs

Card Room at 6:45 pm every Saturday!

Sunday, June 5th
The King's Speech

Sunday, June 19th
Father's Day

Sunday Movie Matinee's At 2pm In Card Room

June Happenings 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ***Bus Day*** No Exercise!	2 11 am Euchre 1pm Walking Group 2pm Bingo 3pm Bible Study	3 ***Bus Day*** 9am National Donut Day Celebration 10:30 am Sit & Fit	4 Movie Night at 6:45pm "Where the Boys Are"
5 Movie Matinee at 2 pm "The King's Speech"	6 ***Bus Day*** 10:30 am Sit & Fit 1pm Wine Tour	7 2 pm Village Victory Cup Practice *Piano Music 5p-6p*	8 ***Bus until 2pm*** 9:30 am Harbor Springs Farmer's Market 10:30 am Sit & Fit	9 11 am Euchre 1pm Walking Group 2pm Bingo 3pm Bible Study	10 ***Bus Day*** 10:30 am Sit & Fit	11 Movie Night at 6:45pm "Pal Joey"
12	13 ***Bus until 3 pm*** **11 am Virtual Village Victory Cup** ***12pm Brown Bag Lunch***	14 **1pm Lemonade & Cookies** 2pm Wii Bowling *Piano Music 5p-6p*	15 ***Bus Day*** 10:30 am Sit & Fit 11:45 am Perry/ Hillside Shopping Day	16 11 am Euchre 1pm Walking Group 2pm Bingo 3pm Bible Study	17 ***Bus Day*** 10:30 am Sit & Fit **1pm Bill's Farm Market**	18 Movie Night at 6:45pm "The Majestic"
19 ***Father's Day*** Movie Matinee at 2 pm "Father's Day"	20 ***Bus Day*** ***1st Day of Summer*** 10:30 am Sit & Fit 11:15 am Ask the Therapist	21 11:15 am Concert in the Park with Lunch *Piano Music 5p-6p*	22 ***Bus Day*** 10:30 am Sit & Fit **2pm Resident Meeting**	23 11 am Euchre 1pm Walking Group 2pm Bingo 3pm Bible Study	24 ***Bus Day*** 10:30 am Sit & Fit Lake Street Ensemble & Cocktail Party 4p-5p	25 Movie Night at 6:45pm "Hope Springs"
26	27 ***Bus Day*** 10:30 am Sit & Fit 2pm Ice Cream Social	28 2pm Wii Bowling *Piano Music 5p-6p*	29 ***Bus Day*** 10:30 am Sit & Fit **11:45 am Little Traverse Country Club**	30 11 am Euchre 1pm Walking Group 2pm Bingo 3pm Bible Study		

June 2016 Lunch

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Roast Beef Sandwich	2 Chicken Salad Sandwich	3 Derby #1	4 Chili Cheese Hot Dog
5 Ham & Cheese Sandwich	6 Corned Beef Rueben	7 Maurice Salad	8 Bratwurst	9 Grilled Cheese	10 Chicken Caesar	11 Pulled Pork Sandwich
12 Egg Salad Sandwich	13 Turkey Rueben	14 Spinach & Swiss Quiche	15 Tuna Melt	16 Ham & Cheese Sandwich	17 Chef Salad	18 Chicken Salad Sandwich
19 Chili Cheese Hot Dog	20 Turkey Avocado Sandwich	21 Tuna Salad Sandwich	22 Roast Beef Sandwich	23 Schmitter Sandwich	24 Quiche Lorraine	25 Bratwurst
26 Pulled Pork Sandwich	27 Steak Caesar	28 Turkey Bacon Wrap	29 Grilled Cheese & Tomato Soup	30 Ham & Swiss Sandwich		

June 2016 Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Mahi Mahi	2 Pork Tenderloin	3 Chicken Parmesan	4 Lamb Shank
5 Beef Bourgonion	6 Pork Ribs	7 Sautéed Whitefish	8 Beef Stir-Fry	9 Maryland Crab Cakes	10 Pork Cutlets	11 Shrimp Pasta
12 Cranberry Chicken	13 Swiss Steak	14 Diver Scallops	15 New York Strip Steak	16 Oven Roasted Salmon	17 Chicken Picatta	18 Baby Back Ribs
19 Sautéed Whitefish	20 BBQ Chicken	21 Pork Chops	22 Lasagna	23 Wild Caught Ocean Fish	24 Stuffed Peppers	25 Filet Mignon
26 Spaghetti W/ Meatballs	27 Pork Loin	28 Broiled Whitefish	29 Delmonico Steak	30 Rosemary Chicken		

May Fun at Perry Farm Village!

Cinco de Mayo party with an awesome taco bar prepared by Chef Joe!

Lemonade and Cookies with Ms. Jackson's 2nd Grade Class! They provided such beautiful music and described what it means to be a good citizen.

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
Executive Director

Jill Tibbits
Administrator

Katie Parr
Perry Club Manager

Frank Smith
Maintenance Tech Lead

Jon Terrian
Maintenance Tech

Joseph Mastaglio
Executive Chef

Sandy Jakubiak
Cook

Mary Jane Kiogima
Mary Niswander
Dawn Svatora
Dietary Assistants

Andy Schaefer
Registered Nurse

Resident Assistants
Tanya Chevalier
Susan Foley
Colleen Froats
Kimberley Givens
Eva Gray
Rose Gokee
Shellie Harrington
BethAnne Hoffmann
Amanda Kleinert
Brooke Maki
Wendy Nellett
Amanda Rockwell
Susan Storrs
Janell Terrian
Farrell Thompson
Christine Woodward

CDL Transporter
Jane Rye
Jack Frank

EMERGENCY NUMBER	*(231) 526-1500 x 4*
Resident Assistants' Desk Cell	*(231) 557-4403*
Fax Number	*(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**

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