Perry Farm Village

Perry Villager

Embrace the possibilities

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

September 2015

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

Look for PVM on:

Notes from Mary Catherine...

Cooler weather, a new school year on the horizon, quieter streets downtown – another summer season is winding down in Harbor Springs. I, for one, am looking forward to 'sweater weather' and color season. My kids are actually looking forward to school starting and I am excited to see the fruition of more than three years of planning come to fruition with the start of our Hillside-Friendship Center Renewal Project this month!

A huge thank you to our Fundraising Committee who worked with so much enthusiasm to raise the funds necessary, to the staff at PVM and Hillside who have worked so diligently on logistics and planning and coordination – and to our residents, both those moving and those staying put in D Building – who have hung tough through all of the uncertainties and stress of getting this project off the ground.

Another big thank-you for everyone's patience at both campus' as we transition with our Maintenance Team! We are sorry to see Dan Kolberg leave – but happy that he has a new opportunity and a chance to spread his wings with a new organization. Jodi, Jill and I are working hard to find the right candidate to join our team and ensure that all of our buildings are well tended and looking their best. *Please make sure that you continue to call the office with your maintenance requests*, or if there are issues that need to be addressed – we don't want things to go untended. Remember – we can't actually read minds... if something needs taking care of please tell a staff person or call the office to report/place a work order!

As always, we are here to help – call or email if you have any questions, concerns or accolades...

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
Fred Walstrom
John Deegan
Linda Rachwitz

It's Your Life. Live It Well.

By Tom Wylie,
Director of Wellness

September is National Healthy Aging Month. In the word search below there are 20 things you can do to stay healthy as you age. See if you can find all 20!

M	T	K	L	S	Q	E	O	Y	U	G	S	G	S	N	L	F	S	F	P	H	L	Y	C	K
A	A	T	C	I	T	A	N	K	Z	T	L	P	H	B	I	K	R	H	S	M	F	T	A	Y
T	H	I	X	E	W	R	J	T	A	B	U	C	L	W	T	Q	Y	W	H	S	N	K	J	R
N	C	N	N	O	H	Y	E	Y	S	K	F	L	L	Q	T	S	E	S	J	R	N	I	Y	D
E	W	O	U	T	H	C	H	N	C	O	E	A	S	R	I	X	O	P	N	D	I	L	T	Z
L	Z	H	M	X	A	Y	Y	E	G	W	V	K	U	C	E	S	J	U	M	G	A	T	E	V
Y	N	I	N	E	D	I	H	T	P	T	X	N	I	O	D	T	C	K	D	S	N	H	C	U
R	P	T	L	R	D	C	N	E	E	P	H	A	M	Z	S	R	Q	C	V	U	N	Z	Y	L
B	H	Z	A	A	L	I	E	H	S	F	N	T	I	L	S	E	B	E	I	T	U	Y	I	H
B	J	T	M	A	I	L	T	S	E	C	A	J	R	B	V	T	T	H	S	J	A	U	P	Y
Q	E	T	T	Q	S	C	Z	A	H	A	B	S	Z	A	R	C	E	C	I	X	L	P	Q	A
D	Q	N	X	K	C	M	O	E	T	C	L	T	E	J	I	H	W	G	T	T	V	R	H	H
E	E	Q	S	I	J	K	C	S	Q	E	C	T	U	M	A	N	I	N	F	T	A	W	X	U
D	I	I	I	L	U	K	A	G	W	K	A	B	H	A	O	G	U	I	R	A	C	R	E	T
L	Y	S	X	Q	U	E	X	E	R	C	I	S	E	Y	K	H	O	R	I	D	C	T	W	B
G	Y	C	B	P	Y	H	T	L	A	E	H	T	A	E	W	L	Y	A	E	H	I	Y	R	J
R	V	I	S	I	O	N	C	H	E	C	K	U	P	S	C	E	C	E	N	U	N	E	E	N
W	E	N	G	N	I	H	T	E	M	O	S	N	R	A	E	L	I	H	D	H	A	C	E	X
O	Q	T	D	T	R	Y	Q	A	R	V	S	X	D	P	H	U	S	G	S	B	T	L	T	W
H	M	C	O	G	K	Z	D	D	E	U	U	J	F	Q	J	K	Z	W	H	I	I	B	N	W
V	Y	A	R	P	S	C	M	H	T	Y	E	R	J	Y	W	Y	C	O	X	T	O	K	U	F
Z	N	E	A	D	A	F	W	D	A	P	R	A	K	I	A	P	C	L	K	S	N	K	L	V
P	A	D	B	B	P	L	Q	H	I	Z	Z	R	B	K	F	T	R	G	S	H	S	N	O	Y
D	J	F	E	U	J	Z	Z	L	U	A	C	M	V	P	L	K	D	Q	S	S	H	F	V	H
H	R	W	A	B	P	O	T	W	P	N	F	Q	Z	P	L	S	S	V	P	K	Y	T	T	Y

Annual Vaccinations
Dental Checkups
Eat Healthy
Exercise
Hearing Checkups
Home Safety Check
Learn Something New
Maintain Healthy Weight
Meditate
Physician Checkups
Pray
Read
Sleep Well
Socialize
Stay Hydrated
Strength Train
Stretch
Vision Checkups
Visit Friends
Volunteer

Perry Farm Village

BOOK CLUB

After a wonderful summer recess our Perry Farm Book Club will meet on September 26th at 2:00 pm in the coffee area to select books for our next season. All are welcome to attend.

Please join is...our discussions are never dull!

-Marni

Resident Meeting & New Resident Orientation

Please join us for the resident meeting on Tuesday, September 1st at 2:00 pm in the Dining Room. There will be an orientation for new residents following the meeting. Hope to see you there!

Birthdays!

Happy Birthday from all of us at Perry Farm Village!

4th Judy Attie
7th Robert Rutherford
8th Ken Ostrowski
10th Ray Latimer
10th Therese Lawless
30th Cary Rowland

The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

REINVENTING MICHIGAN

Living Well, Aging Well

"Knowledge is power", especially when it comes to aging well and living well. So I am pleased to report that, as an outcome of Governor Snyder's Special Message on Aging, the State of Michigan has just launched a new website: "Living Well & Aging Well". The goal is to easily connect residents with local aging programs and services as well as with aging services organizations and communities. The website can be viewed at www.michigan.gov/aging. PVM will link to this site and use this opportunity to enhance our message.

To view our website go to www.pvm.org. You can also "Like" us on Facebook at Presbyterian Villages of Michigan. Help us spread the word about all the great things we are doing.

★MOVIE NIGHT★

Admit One

Saturday, September 5th
Emma

Saturday, September 12th
Grown Ups

Saturday, September 19th
Mona Lisa Smile

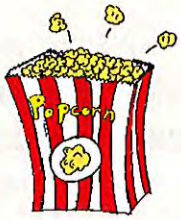
Saturday, September 26th
My Life in Ruins

Card Room at 6:45 pm every Saturday!

Sunday, September 13th
50 First Dates

Sunday, September 27th
Eat Pray Love

Sunday Movie Matinee's At 2pm In Card Room



September Happenings 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **2:00 pm** **Resident Meeting** **New Resident** **Orientation to follow** 5p-6p Piano Music	2 ***Bus Day till 12p*** 9am Fit & Well 10:30am Sit & Fit	3 11 am Euchre 2:00 pm Bingo 3pm Bible Study	4 ***Bus Day*** 9am Fit & Well 10:30am Sit & Fit	5 Movie Night at 6:45pm "Emma"
6	7 **Labor Day** ***Office Closed*** ***6pm Music with Catherine***	8 **2pm** **Travel Series** **w/ Tea & Cookies** 5p-6p Piano Music	9 ***Bus Day*** 9am Fit & Well 10:30am Sit & Fit ***11:45 am Lunch at Vernales*** **3pm Matter of Balance**	10 11 am Euchre 2:00 pm Bingo 3pm Bible Study	11 ***No Bus!*** 9am Fit & Well 10:30am Sit & Fit	12 Movie Night at 6:45pm "Grown Ups"
13 ***Movie Matinee at 2pm*** ***"50 First Dates"***	14 ***Bus Day*** 9am Fit & Well 10:30am Sit & Fit	15 **4:30pm** **13th Anniversary** *"Lucky Charms"* **Dinner Party** 5p-6p Piano Music	16 ***Bus Day*** 9am Fit & Well 10:30am Sit & Fit 12:30pm Perry/ Hillside Shopping	17 11 am Euchre 2:00 pm Bingo 3pm Bible Study	18 ***Bus Day*** 9am Fit & Well 10:30am Sit & Fit ***2pm Scrabble***	19 Movie Night at 6:45pm "Mona Lisa Smile"
20	21 ***Bus Day*** 9am Fit & Well 10:30am Sit & Fit ***6pm Music with Catherine***	22 **9am-12pm** **Balance** **Screenings** 5p-6p Piano Music	23 ***Bus Day*** ***1st Day of Fall*** 9am Fit & Well 10:30am Sit & Fit	24 11 am Euchre 2:00 pm Bingo 3pm Bible Study	25 ***Bus Day*** ***11:30 am Legs Inn for Lunch***	26 ***2pm Book Club Meeting*** Movie Night at 6:45pm "My Life in Ruins"
27 ***Movie Matinee at 2pm*** ***"Eat Pray Love"***	28 ***Bus Day*** 9am Fit & Well 10:30am Sit & Fit *2pm Coffee & Cookies*	29 **2pm** **Travel Series** **w/ Boston Coolers** 5p-6p Piano Music	30 ***Bus Day*** 9am Fit & Well 10:30am Sit & Fit			

September 2015 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Chicken Strudel	2 Roast Beef Sandwich	3 Country Ham & Cheese Sandwich	4 Chicken Salad	5 Sloppy Joes
6 Calzone	7 Burger & Fries	8 Shrimp Caesar	9 Quiche	10 Pulled Pork	11 Soup and Sandwich	12 Open– Faced Chicken Chipotle Club Sandwich
13 Mozzarella Sandwich	14 Egg Salad Sandwich	15 Chicken Strudel	16 Turkey Reuben	17 Canadian Bacon Cheese Sandwich	18 Steak Caesar	19 Tuna Melt
20 Nacho Potato Bake	21 French Dip	22 Mediterranean Sandwich	23 Pasta Salad	24 B.L.T.	25 Soup and Sandwich	26 Traditional Corn Beef Reuben
27 Mac and Cheese	28 Club Sandwich	29 Tuna Salad	30 Soup and Sandwich	Oct 1 Chili Dog w/Fries	Oct 2 Shrimp Salad	Oct 3 Grilled Ham & Cheese

September 2015 Dinner Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Potato Wrapped Whitefish	2 Chicken Pasta w/ tomato sauce	3 Beef Bourguigon	4 Chicken Roulade	5 Pan Seared Walleye
6 Apricot Pork Chop	7 Roast Stuffed Tenderloin	8 Asian Style Pork	9 Veal Picatta	10 Salmon w/ Mango Salsa	11 Cube Steak Parmigiana	12 Cornmeal Oven-Fried Chicken
13 Crab Topped Baked Cod	14 Chicken Dijon	15 **4:30pm** **13th Anniversary** ***"Lucky Charms"*** **Dinner Party**	16 Cranberry Chicken	17 Salisbury Steak	18 Lasagna	19 Crab en Croute
20 Hawaiian Pineapple Chicken	21 Veal Parmesan	22 Rack of Lamb	23 Scallops with Bacon	24 Steak and Frites	25 Country Style Pork	26 Country Style Beef
27 Beef Stroganoff	28 Roasted Chicken	29 Lake Perch	30 Spaghetti with Meat Sauce	1 Oct T.B.D.	2 Oct Chicken Parmesan	3 Oct Tilapia

Giving Matters.

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

How Would You Like to Receive Income and Support Future PVM Residents, Too?

If you'd like to support PVM's mission and receive steady payments during your retirement years, a **charitable gift annuity (CGA)** may be right for you.

Through a simple agreement, you agree to make a donation of cash, stocks or other assets to PVM Foundation. In return, you receive a ***fixed income payment*** for the rest of your lifetime with a rate of return as high as 9%, depending on your age.

Other benefits of a CGA include:

- Your initial gift is partially income tax–deductible.
- Your CGA payments are partially income tax–free throughout your estimated life expectancy.
- Your payments are not affected by ups and downs in the economy.
- The CGA can be for one or two people, so your spouse or another loved one can also receive payments for life.

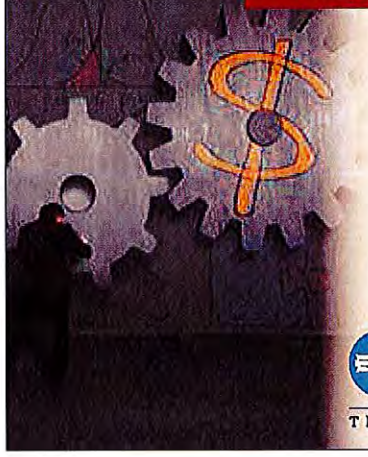
Donors who make a planned gift to PVM, like a CGA, are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about CGAs and Calvin Society membership, please contact us at 248-281-2040 or visit PVMFgifts.org.

You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big impact. Thank you to all our donors who support the PVM mission and make a lasting impact on future residents!

Warm regards,
Paul J. Miller, CFRE

PUT YOUR MONEY TO WORK FOR YOU!

With a Charitable Gift Annuity from PVM!



Key Features

- 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+	9.0%

Presbyterian Villages OF MICHIGAN
THE FOUNDATION

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmfgifts.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.

www.pvm.org

Office Numbers (231) 526-1500

Village Staff

Mary Catherine Hannah
Executive Director

Jill Tibbits
Administrator

Katie Parr
Wellness Coordinator

Greg Goodman
Executive Chef

Sandy Jakubiak
Cook

Mary Jane Kiogima
Mary Niswander
Dietary Assistants

Jon Terrian
Groundskeeper

Andy Schaefer
Registered Nurse

Resident Assistants
Mariah Brecht
Tanya Chevalier
Colleen Froats
Eva Gray
Rose Gokee
Shellie Harrington
Amanda Kleinert
Wendy Nellett
Amanda Rockwell
Susan Storrs
Janell Terrian
Farrell Thompson

CDL Transporter
Jane Rye

Housekeeper
Tracy Archey

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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