



Perry Villager



Embrace the possibilities

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

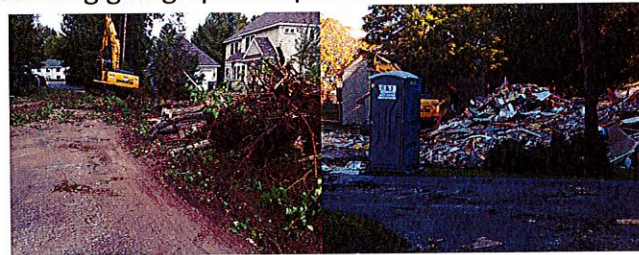
October 2015

Featured Articles

- Flu Shot Clinic pg. 2
- Birthday's pg. 3
- Breast Cancer pg. 3
- Senior Advocate pg. 4
- Movie Nights pg. 4
- Giving Matters pg. 5

Fall is in the air! Finally did my 'closet swap' from summer to winter clothes and pulled out all of my sweaters. I love these crisp evenings – wonderful for snuggling into warm blankets and admiring the change of the season.

Summer always goes too fast – and this summer has flown by like the rest. But with this fall has come the closing of a wonderful chapter of The Village of Hillside's campus with the start of demolition of A, B & C Buildings. Those of us at D Building have been fascinated watching the big excavators rip out trees, tear into the buildings and scoop up the debris. It is sad to see those buildings – which hold happy memories for so many – go; but exciting to think about the new building going up in its place.



At Perry Farm Village we are celebrating a wonderful summer – but full of surprises – and recovering from our lightning strike. We are always working on projects small and large to maintain our beautiful grounds and keep our building safe and lovely.

A big thank you to Jon Terrian these last couple of weeks as he covers maintenance and grounds – he has been kept hoping, but always with a huge smile and good grace. We continue to search for the right candidate to take on our Maintenance Tech Lead position!

Enjoy pumpkin season – and, as always, please call me or stop in with any questions/comments/ideas!

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
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- Linda Riley
- Debra Schirmer
- Fred Walstrom
- John Deegan
- Linda Rachwitz



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:



Flu Immunization Clinic

Flu, Pneumonia, and Tdap vaccines will be available

WHERE & WHEN:

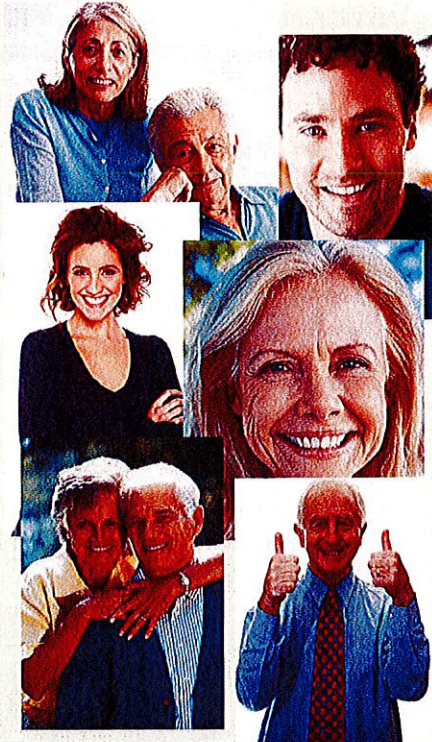
**Perry Farm Village
4241 Village Circle Dr.
Harbor Springs
Monday, October 19, 2015
9:00 - 11:00 am**

PAYMENT: Bring your insurance card, cash, or a personal check (NO credit cards).

Appointments are required.

Call:

1-800-432-4121



www.nwhealth.org



HEALTH DEPARTMENT
of Northwest Michigan



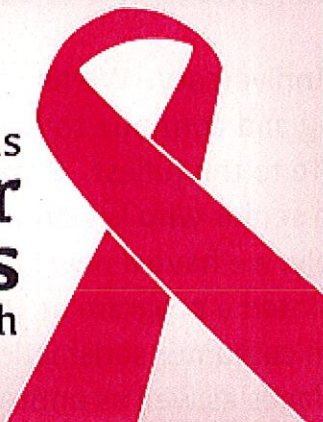
In addition to the Flu Shot Clinic there will also be a hearing clinic as well! Hope to see you there!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

October is **Breast Cancer Awareness** Month



Although breast cancer is the second leading cause of death among women, because of early detection and treatment an increasing number of women diagnosed with breast cancer are beating the disease. According to the American Cancer Society (ACS), when breast cancer is detected early and is in the localized stage, the 5 year relative survival rate is 100%. To detect breast cancer early, the ACS recommends that beginning at age 40 women have both an annual clinical breast exam (CBE) performed by their health care provider and an annual mammogram for as long as they remain healthy. It is important to remember that it is health status, not age that should determine whether or not to continue with regular mammograms. As long as you remain healthy and don't have a serious, chronic health condition you should continue getting an annual mammogram. And though mammograms aren't fool proof, they are an important tool in detecting breast cancer early. To learn more about the early detection and treatment of breast cancer, visit www.cancer.org and/or www.nationalbreastcancer.org.



Birthdays!

*Happy Birthday
from all of us at
Perry Farm
Village!*



- 1st Fay Squibb**
- 6th Harold Torgl**
- 21st Bob Bokram**
- 23rd Dave Squibb**





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

TOTAL SOLUTIONS FOR AGING WELL

PVM is in the midst of our 70th Anniversary. We have been known as innovators since the beginning and continue to provide creative solutions for enjoying life to the fullest. If you are a PVM resident, a caregiver, or simply a senior who is wanting to remain where you are safely and securely, we have a new service to help you or a loved one. We have piloted a program at The Village of Westland for five years with high customer satisfaction and are now launching it to all of our Villages as well as entire communities throughout Michigan. The program is called CareSync Solutions and is already receiving rave reviews. It is a joint venture between PVM and Homestead Home Health Care Services, our partner in the Westland pilot.

Whether you are looking for the comprehensive medical care that will help you stay in your home, or the stress-reducing personalized assistance that will help make your life a little easier, CareSync Solutions' innovative approach combines time-tested talents and the latest technology to meet the needs of any individual, family or community. Whether it's transportation, telehealth, home repairs, or meal preparation, CareSync's experienced staff will work tirelessly to meet your needs and keep you healthy at home.

Sometimes just a little help can keep oneself on a good path of health and longevity, as well as the ability to remain independent. If you would like to know more about these services, call (248) 773-4550 or check out the website at www.caresyncsolutions.org. For PVM residents, you can also talk with your Village staff.

We wish all of our readers the chance to live life to the fullest in the setting of your choice.



Saturday, October 3rd

A Star is Born

Saturday, October 10th

Bedknobs & Broomsticks

Saturday, October 17th

The Second Best Exotic Marigold Hotel

Saturday, October 24th

The Wizard of Oz

Saturday, October 31st

Bewitched

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

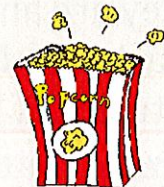
Sunday, October 11th

Julie & Julia

Sunday, October 25th

Sweet Home Alabama

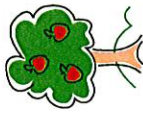


**Sunday Movie
Matinee's
At 2pm
In Card Room**

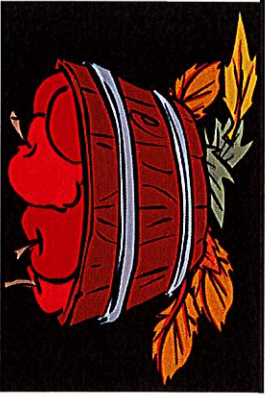




October Happenings 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 Movie Matinee at 2pm "Julie & Julia"	5 <i>Bus Day</i> 10:30 am Sit & Fit 6pm Music with <i>Catherine</i>	6 1pm Travel Series <i>5p-6p Piano Music</i>	7 <i>Bus Day</i> 10:30 am Sit & Fit 2pm Fall Color Tour	8 11 am Euchre 2pm Bingo 3pm Bible Study	9 <i>Bus Day</i> 10:30 am Sit & Fit 11:45 am Lunch at Little Traverse Country Club	10 Movie Night At 6:45 pm "Bedknobs & Broomsticks"
11 Movie Matinee at 2pm "Julie & Julia"	12 <i>Bus Day</i> 10:30 am Sit & Fit	13 11:45 am Lunch & Learn "Balance Talk" <i>5p-6p Piano Music</i>	14 <i>Bus Day</i> 10:30 am Sit & Fit 2pm Resident Orientation	15 11 am Euchre 2pm Bingo 3pm Bible Study	16 <i>Bus Day</i> 10:30 am Sit & Fit 1pm Bill's Farm Market	17 Movie Night At 6:45 pm "The Second Best Exotic Marigold Hotel"
18 	19 <i>Bus Day</i> 9am-12:30pm Flu & Pneumonia Shot Clinic/ Hearing Clinic 6pm Music with <i>Catherine</i>	20  1pm Pumpkin Painting <i>5p-6p Piano Music</i>	21 <i>Bus Day</i> 12:15 pm Perry/ Hillside Shopping Day	22 11 am Euchre 2pm Bingo 3pm Bible Study	23 <i>Bus Day</i> 8:30 am Breakfast at the Paper Station	24 Movie Night At 6:45 pm "The Wizard of Oz"
25 Movie Matinee at 2pm "Sweet Home Alabama"	26 <i>Bus Day</i> 11:45 am Lunch at Julienne Tomatoes	27 <i>5p-6p Piano Music</i>	28 <i>Bus Day</i> 10:30 am Sit & Fit 2pm Cider & Donuts 	29 11 am Euchre 2pm Bingo 3pm Bible Study	30 <i>Bus Day</i> HALLOWEEN 11am Halloween Party and Lunch	31 Movie Night At 6:45 pm "Bewitched"




October 2015 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chili Dog W/ Fries	2 Shrimp Salad	3 Grilled Ham & Cheese
4 Corn Beef Sandwich	5 Chef Salad	6 Soup and Sandwich	7 Calzone	8 Chicken Casserole	9 Chicken Salad	10 Sloppy Joes
11 Turkey Reuben	12 Club Sandwich	13 Shrimp Caesar	14 BLT	15 Burger & Fries	16 Beef Sandwich & Soup	17 French Dip
18 Nacho Potato Bake	19 Mediterranean Sandwich	20 Devonshire Sandwich	21 Mac "n" Cheese	22 Hearty Beef Potato Casserole	23 Quiche	24 Whitefish Sandwich
25 Mozzarella Sandwich	26 Grilled Chick- en Sandwich	27 Maurice Salad	28 Steak Sandwich	29 Tuna Melt	30 <i>Halloween Party & Lunch</i>	31 Classic Reuben



October 2015 Dinner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Potato Wrapped Whitefish	2 Parmesan Chicken	3 Tilapia
4 Chicken Pasta	5 Veal Picatta	6 Lasagna	7 Apricot Glazed Boneless	8 Almond Cranberry Chicken	9 Tenderloin Tips Pappardelle	10 Lake Perch
11 Cavatini Pasta	12 Mixed Grill	13 Shrimp Pasta	14 Scallops	15 Roulade of Chicken	16 Stroganoff	17 Stuffed Cabbage
18 Italian Spaghetti Bake	19 Roast Leg of Lamb	20 Veal Parmesan	21 Salisbury Steak	22 Seafood Newburg	23 Roast Pork w/Peach Glaze	24 Chicken Dijon
25 Boneless Country Style Beef	26 Grilled Duck Breast	27 Seafood Vol a Vent	28 Chicken Estragon	29 Beef Stroganoff	30 Meatloaf	31 Chicken Tetrazzini



Giving Matters.

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

Celebrate PVM's 70th Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12th annual PVM Foundation Gala on Friday, November 13th at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70th anniversary with a special theme of "**70 & Still Making Waves.**" The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

When: Friday, November 13, 2015

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:30 p.m. General Cocktail Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: **\$250 Individual Ticket*** includes General Reception, Dinner & Program

\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating at Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation
- And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit www.pvmfoundation.org/Gala2015. Thank you for supporting PVM residents and I hope to see you on November 13th!

Warm regards,
Paul J. Miller, CFRE

**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>	Susan Storrs <i>Janell Terrian</i>
Katie Parr <i>Wellness Coordinator</i>	Mary Jane Klogima <i>Mary Niswander</i>	Tanya Chevalier <i>Colleen Froats</i>	Farrell Thompson CDL Transporter
	Jon Terrian <i>Groundskeeper</i>	Eva Gray <i>Rose Gokee</i>	Jane Rye Housekeeper
		Shellie Harrington <i>Amanda Kleinert</i>	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 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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Harbor Springs, MI 49740

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